

The Impact of Internet Addiction on Psychological Adjustment among Students of Princess Rahma University College

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Abstract

Objectives: This research aims to explore the level of internet addiction among students of Special Education Department at Princess Rahma University College and to investigate the effect of this addiction on the psychological adjustment of the students.

Methods: Descriptive method was used and a sample of (150) students was randomly selected. Two instruments were developed for data collection: Internet Addiction Scale and Psychological Adaptation Scale. The level of addiction was classified as low where the mean of the responses was (1-2.33), medium (2.34-3.67), and high (3.68-5).

Results: The level of internet addiction among the participants was high (3.75 ± 0.49). The average of the psychological adaptation was moderate (2.90 ± 0.56). There was a negative relationship between internet addiction and psychological adjustment. Also, there was significant differences according to the participants' gender in favor of female, the mean for male ((3.4 ± 0.20)) and for female (3.9 ± 0.56).

Conclusions: Addiction to the internet has a negative impact on the psychological adjustment aspects among young people. The study recommends increasing public awareness of the risk of internet use amongst youth and establishing therapeutic counseling programs to prevent internet addiction.

Keywords: Effect, internet, addiction, psychological adjustment, students of Princess Rahma University College.

أثر إدمان الإنترنت على التكيف النفسي لدى طلبة كلية الأميرة رحمة الجامعية

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ملخص

الأهداف: هدفت الدراسة إلى تعرّف مستوى إدمان الإنترنت لدى طلبة قسم التربية الخاصة بكلية الأميرة رحمة الجامعية وأثر هذا الإدمان على التكيف النفسي لدى الطلبة.

المنهجية: استخدمت الدراسة المنهج الوصفي، وتم اختيار عينة مكونة من (150) طالبًا وطالبة بطريقة عشوائية من قسم التربية الخاصة في كلية الأميرة رحمة الجامعية. جرى تطبيق مقياس الإدمان على الإنترنت، ومقياس التكيف النفسي على عينة الدراسة، وتم تصنيف مستوى الإدمان إلى منخفض إذا كان المتوسط الحسابي للإجابات (1-2.33)، متوسط (2.34-3.67)، ومرتفع (3.68-5).

النتائج: بينت الدراسة أن مستوى إدمان أفراد العينة على الإنترنت كان مرتفعًا؛ حيث بلغ متوسط إجابات العينة (3.75 ± 0.49). كما أشارت إلى أن مظاهر التكيف النفسي ظهرت عند أفراد العينة بدرجة متوسطة؛ حيث بلغ متوسط إجابات العينة على المقياس (2.90 ± 0.56)؛ بحيث تبين وجود أثر سلبي ودال إحصائيًا لإدمان الإنترنت على مظاهر التكيف النفسي. وبينت نتائج الدراسة وجود فروق دالة إحصائيًا في الإدمان على الإنترنت تبعًا لمتغير الجنس لصالح الإناث؛ حيث بلغ متوسط إجابات العينة من الإناث (3.9 ± 0.56)، ومتوسط إجابات العينة من الذكور (3.4 ± 0.20). الخلاصة: إن للإدمان على الإنترنت تأثير سلبي على مظاهر التكيف النفسي للشباب. توصي الدراسة بنشر الوعي المجتمعي بمخاطر الإنترنت على الشباب، وإعداد برامج إرشاد جمعي وعلاجي للتخفيف من حدة آثار الإدمان على الإنترنت.

الكلمات الدالة: الأثر، الإدمان، الإنترنت، التكيف النفسي، طلبة كلية الأميرة رحمة الجامعية

Introduction

The issue of Internet addiction is one of the issues that are currently prevalent in this era, and it is a result of the increasing use of the Internet, which has become one of the reasons for the emergence of the term addiction, which was based only on drugs and alcohol, the Internet, although it is an open-source of communication between individuals and an important source in obtaining information and knowledge for its users, it leads to fears and effects from a psychological, social and cultural point of view, especially for the youth who are the source of progress, production, and development. The Internet invades all areas of life and is used by all age groups of society, such as children, adults and the elderly, but the largest proportion of users of this service are from the age group that extends from childhood and adolescence to the youth stage, it spreads among all classes of society, whether high-income or low-income, as it invades all aspects of social life as a means of communication and exchange of ideas, we find the group that tends to use the Internet includes a group of individuals who have a great desire to open up and build the largest possible number of relationships, and thus they confuse what they want to achieve on the personal internal level (psychological adaptation) and what society wants at the external level (social adjustment). Especially since the internet means to achieve many of the prohibited needs and desires in many and varied ways, and at the same time it allows communication with those who wish and the way he wants so that they can talk and conduct interviews, meetings and discussions in bed and while eating (Hardy, 2004), it has become possible for a person to be connected to the whole world with one touch, he can quickly get the information he wants and create friendships with other people across the country (Jad, 2006), and because the Internet has penetrated all areas of life and has become found in educational, economic, commercial and other institutions, and has even become a necessity of life, entering the Internet has become a very easy thing, whether or not a person owns a computer, he can use the Internet through one of the internet cafes (Al-Osaimi, 2015). All of this contributed to the addiction of its users and caused them to follow improper methods of psychological communication, which in turn was reflected in their ability to adapt psychologically (Ismail, 2004).

But it must be noted that e-life is not without negatives and positives, and the danger lies when negative aspects overwhelm the positive aspects. A person who misuses the Internet may face negative gaps in his personality such as psychological alienation and isolation, anxiety and low communication skills, and internal conflict (Sinan, 2004). Also, the excessive use of the Internet in an exaggerated manner exceeds just the usual natural use in terms of time duration, quality of use and its purposes, the individual becomes coerced and forced to stop this behavior and cannot resist it, which has bad effects on the physical, psychological, and family levels, professional, and social so that this behavior becomes dependent and the individual becomes addicted to the Internet and thus the Internet turns from his blessings to a curse (Zaidan, 2008).

What makes the Internet addictive, in general, is its ability to create an emotional connection with Internet friends and the activities they do within computer screens. This group provides a way to escape from reality and to find a way to fulfill their unfulfilled psychological and emotional needs in reality. The person uses to express his pent-up feelings, which leads to the illusion of intimacy, but this goal exposes the internet addict to real disappointment and pain (Abdel Hafiz, 2003).

The term (Internet addiction disorder) was used for the first time by Dr. Kimberly Young (1996). Her studies have resulted in the term addiction that it can be launched on the use of the Internet because the symptoms of Internet addiction carry the same characteristics of alcohol and tobacco addiction and then modified it to the term Pathological Internet use (Young, 1996). Yongfei's first research to define internet addiction as reported in (Murail & George, 2007) as using the internet for more than (38) hours per week.

The more information and services this network provide on a personal and professional level, the more curiosity arises in a person, this makes him remain in front of it for excessively long hours and he tends to use the Internet in an irrational manner (Salima, 2015). This may lead to what is called internet addiction, which is similar to drug or gambling addiction. (Yamina, 2016) indicates that some studies that found that most Internet users (90%) are young, and nearly (50%) are addicted to the Internet and suffer from mental disorders. Despite the general acceptance of the idea of the widespread use of the Internet formed among young people, studies have revealed that excessive internet use is very common between

a wide range of ages, conditions, and status. It is common among teenagers, college students, employees in various workplaces, and even housewives (Brad, 2015).

The issue of Internet addiction has emerged as a major social issue with the increasing use of the Internet. Psychologists have indicated that there is one among two hundred people who use the Internet showing symptoms of addiction. Some may sacrifice work, school, family relations, and money. It can even destroy a person's life by falling into the circle of Internet addiction and the problems that addiction leads to that may affect psychological and social adaptation. Excessive use of the Internet and addiction has many negative, psychological, and social effects. (Huang, Wang, Qian, Tao, & Zhong, 2007). Internet addiction has also led to problems such as health and physical damage, sleep disturbance, nutritional disorders, eye diseases, and professional, and academic damages, there are also moral and educational damages, and psychological damage, as Internet addiction causes episodes of severe depression, increases the isolation of the person and exacerbates his family, material and professional problems, which leads to an aggravation of his psychological state, his social relationships are also affected, and he suffers from isolation and loneliness, which is one of the characteristics of the internet addict, the time spent in front of a computer reduces his social activity and this, in turn, affects his social relationships and may lead to the loss of some relationships altogether (Al-Osaimi, 2010).

The Diagnostic Statistical Manual of Psychiatry (DSM-IV) has classified as stated in the review version that accredited or addicted people on the Internet are performing an increased, compulsive and steady activity in the use of the Internet so that it is accompanied by endurance with the appearance of some withdrawal symptoms and a loss of the ability to self-control. These standards also apply to addiction disorders related to substance abuse problems, internet addiction, and electronic games. Consequently, internet addiction is a compulsive disorder that includes loss of control according to the following criteria: loss of control over the amount of time using the Internet, confrontation with clearer pressure, time consumption, individual confrontation with social, professional, and financial problems, and the appearance of addiction symptoms during a manic or mild mania cycle (Heron & Shapira, 2003).

Internet addiction has been classified into five basic types, then it has been classified into five subcategories:

1. Addiction to sexual sites.
2. Addiction to relationships sites.
3. Addiction to gambling or online shopping.
4. Excessive downloading information or forced search for an update.
5. Computer games addiction (Squsner, 2001).

As for Murail & George (2007), they wanted to divide the formed internet into two types:

1. The delimiter is the excessive use of specific functions, events, or applications.
2. Generalized or multidimensional and is the excessive use of the Internet in all its dimensions.

Young (1996) lists the diagnostic criteria for addiction to the Internet. Five or more symptoms must be available to diagnose a person's addiction to the Internet. Here are some of these criteria:

1. Preoccupation with the Internet.
2. The need for a longer period to feel satisfied.
3. Repeated but unsuccessful efforts to control, reduce, or stop the use of the Internet.
4. Irritation when trying to reduce or stop internet use.
5. Stay on the internet more than expected.
6. The risk of losing an important emotional relationship, losing an important relationship, losing a job, or neglecting homework due to excessive use of the Internet.
7. Lying to the family, the therapist, or others, to hide the true size of the Internet's use.
8. Using the Internet to escape difficulties or to vent a bad mood (such as feeling helpless, guilt, anxiety, and depression..).

Factors leading to internet addiction:

There are a number of factors that lead to Internet addiction, including factors related to society and family, including personal factors related to the Internet addict, including:

1-Boredom and emptiness: Some adolescents suffer from leisure and boredom, as the Internet helps its users to get preoccupied with anything important or unimportant in order to kill time and seek pleasure improperly (Ahmed, 2017, p. 95).

2- Lack of oversight: The world of the Internet and the activities it contains are difficult to monitor, whether by the family or the community, which encourages adolescents to integrate into this world with all its disadvantages without fear or shame from anyone.(Bozoglan, 2017, p. 33)

3- Confidentiality and non-disclosure of identity: the Internet enables the user to obtain information and knowledge, ask questions, and get to know people without the need to identify himself and give real information about his personality, as the adolescent feels the spirit of adventure and freedom from the restrictions imposed by society (Senormanci et al ., 2012, p. 172)

4- Life pressures and daily problems: The economic and social pressures and problems that an individual suffers from in his real world generates in him the motivation and desire to create a dream-like world that is not restricted by laws, does not control its movement by social customs, and does not impose restrictions on its behavior (Al-Alfi, 2008, p. 73) .

5- Escape: The Internet enables the user to escape from the real reality to an alternative reality, so the individual who lacks self-confidence can become an attractive personality, and the introverted person finds friends or girlfriends for himself, and each individual can adopt a different identity for himself through which he can obtain all What is lacking in real reality (Mukhtar, 2019, p. 136). The Internet world has also become a means of escaping from the economic and social problems that the individual suffers from, instead of working to confront such problems and trying to find solutions to them (Ahmed, 2017, p. 95).

6- Anxiety and depression: which have become a common feature in the real life of the individual, so the Internet world with all its temptations has become an outlet for the teenager to try to get out of the state of sadness, frustration and anxiety that he suffers from (Ahmed, 2017, p. 95)

Internet addiction diagnostic criteria:

Gackenbach (2011) indicated that behavior characterized by the following six criteria can be defined Practically as an addiction:

1- Prominence: Salience, which is represented in the compulsive use and lack of control, so that the use of the Internet becomes the most important and valuable activity in the life of the individual, as it controls his thinking and feelings, and he always feels the eagerness to do this activity.

2- Modification of Mood: It refers to relieving distress resulting from the self-experience that the individual gained as a result of this behavior, and it can be considered a strategy directed to avoid the effects of his absence.

3- Tolerance: the tendency to increase the number of hours of using the Internet to satisfy the same desire that was satisfied with fewer hours.

4- Withdrawal symptoms: Symptoms Withdrawal. This appears in irritable mood and suffering from psychological and physical symptoms when the Internet is disconnected, including tension, psychomotor, nervous movements and anxiety, compulsively focusing on the Internet with dreams and fantasies related to the Internet, and voluntary and involuntary movements performed by the fingers similar to the movements of the fingers. On the computer keyboard, the desire to return to relieve withdrawal symptoms.

5- Conflict: Refers to conflicts between the addict and the individuals around him, or conflicts and conflicts between this activity and other activities, work and social life.

6- Relapse: which is the desire to return again to the types of activities that the individual was addicted to (p25).

The behavior of internet addiction among the student is represented by his inability to refrain from using the Internet, and in the case of refraining and avoiding the use of the Internet, he generates feelings of tension and pressure, and therefore

this behavior negatively affects the student's practice of his daily activities or homework, it also affects psychological adaptation due to the depletion of his time and his long hours staying on the Internet to communicate with others through the various communication sites that he has become addicted to, which makes him in social isolation (Grohol, 2009).

Its impact extends to the individual's inability to adapt psychologically, so the individual is unable to deal with stressful situations and changes in his personal and social environment. Likewise, psychological adaptation includes satisfying the needs and motivations of the individual in a way that does not conflict with the standards and values of society and does not harm others or society. A psychologically adapted individual is a positive individual who succeeds in achieving a balance between the matters of his life, which helps him to resolve his internal conflicts and tensions appropriately, so the individual feels safe and happy with oneself, confidence, competence, appreciation, and pride (Engerlberg & Sjoberg, 2014). Poor adaptation occurs when an individual is unable to establish harmony with his environment, and when he is unable to solve his daily problems realistically and appropriately and it appears that the increasingly compelling use of the Internet is only an attempt to passively adapt and escape from facing his problems (Lengthier & Windham, 2004). Internet addiction causes many personal, family, academic, and professional dilemmas because addicts on the Internet spend time in isolation while taking less time to communicate with real people in their lives. They may face some financial problems as a result of a large amount of time spent on the Internet and the necessary fees for providing the service and some other financial fees that may include mandatory expenses and shopping (What is the internet, 2004).

The excessive use of the Internet also results in a wide range of problems, as addicts on the Internet are exposed to levels that may be slight, moderate, or strong. Among the problems that appear in this field:

1. Academic problems: difficulties in studying and completing assignments.
2. Problems in the field of marital relations, family relations, and close friendships.
3. Financial problems related to money spent.
4. Work-related occupational problems
5. Physical problems, including:
 - Severe back, neck, and headache pain.
 - Wrist pain and hands.
 - Dry eyes and vision problems.
 - Sleep disturbances associated with sleep deprivation.
 - Obvious weight gain or extra weight loss.
 - Excessive fatigue and weakened immune systems that may facilitate various diseases (Young, 1996).

The scientist (Grohol, 2003) presented a model in which he outlined three stages in which individuals go through their exploration of the Internet:

1. The stage of acquisition or fascination: This stage occurs when the individual is a newcomer to the Internet as an existing user who is creating a new activity, and this stage is characterized by being highly addictive to individuals on the Internet until reaching the second stage.
2. The stage of emancipation: At this stage, individuals become not interested in the activities they were entering in as they were previously, and when the individual reaches this stage, he can reach the third stage.
3. Balance stage: The standard use of the Internet is summed up, and access to it is at different times by individuals, and these stages can be repeated in its cycle if the individual finds another exciting new activity.

Previous Studies

Numerous Arab and foreign studies have been conducted on Internet addiction and its effects on physical and mental health, and it will be presented in order from oldest to newest:

Study madkoor (2021), which aimed to know the nature of the level of cognitive distortions, Internet addiction and the relationship between them in the light of some demographic variables, and the study sample consisted of (536) individuals, the study applied the Internet addiction scale prepared by Keser et al. 2016 and the cognitive distortions scale prepared by Ara, 2016 Some of its results revealed that there are statistically significant differences in Internet addiction due to the

gender variable in favor of males, and that there are statistically significant differences in Internet addiction between scientific and literary specializations in favor of those with scientific specialization.

The study of albead (2020) aimed at identifying Internet addiction and its relationship to future anxiety. The study sample consisted of (160) students. The study applied the Internet addiction scale prepared by Azab et al., 2016 and the future anxiety scale prepared by Saeed 2004. There are differences between rural students and city students in Internet addiction towards city students.

Radi and Hassan (2020) study aimed to identify the relationship between internet addiction disorder and social isolation. The study sample consisted of 200 male and female students. The study applied the internet addiction disorder scale prepared by the two researchers and the social isolation scale prepared by the two researchers. Males and females in Internet addiction in favor of males, and that there are statistically significant differences in Internet addiction between scientific and literary specialization in favor of those with literary specialization.

Qaddouri study (2015): entitled Internet addiction and its relationship to some symptoms of mental disorders among a sample of students from the University of Ghardaia. This study aimed to identify the relationship between internet addiction and the symptoms of mental disorders among a sample of students from the University of Ghardaia, and the study sample consisted of (1200) male and female students and used the descriptive approach and the scale of Internet use, the results showed that there is a relationship between Internet addiction and some symptoms of mental disorders in the study sample. It also showed that there are differences between internet addicts and non-internet addicts in the emergence of some symptoms of mental disorders for the benefit of addicts on the Internet. She also indicated that there were differences in some symptoms of mental disorders in the research sample according to the gender variable in favor of females.

Al-Zaidi Study (2014): entitled Internet addiction and its relationship to social communication and academic achievement for University of Nizwa students, this study aimed to identify the relationship between Internet addiction and both social communication and academic achievement for University of Nizwa students, the sample of the study consisted of (412) male and female students from the third, fourth and fifth year, and from four colleges from the university's colleges. For the purposes of the study, the internet-scale and the social media scale were used. The results of the study showed that the number of Internet addicts (400) of the respondents with a percentage of (97%) of the study sample. She pointed to the absence of statistically significant differences between the mathematical averages of the Internet addiction scale attributable to the variable (gender, and the academic level), as it showed an inverse relationship between Internet addiction and social communication and the existence of a weak relationship between Internet addiction and academic achievement.

Al-Khawaja Study (2014) The study aimed to know the relationship of addiction to the Internet with psychological compatibility among a sample of undergraduate students at the College of Education at Sultan Qaboos University consisting of (150) females and (140) males, to achieve the goals of the study, the Internet addiction scale and the psychological compatibility scale were used. The results showed that there is an inverse relationship between Internet addiction and psychological compatibility. It also showed that the degree of psychological compatibility is lower among a group of Internet addicts compared to a group of non-Internet addicts and that there are no statistically significant differences between males and females in the level of psychological compatibility, but there are statistically significant differences between males and females in the level of Internet addiction and this level is in favor of males.

Leary Study (2009): This study examined the impact of social and psychological problems accompanying computer and internet users in Kuwait City, on a sample of (250) males and females who are not older than (25) years old. The study found that the sample members spend approximately (15) hours per week and spend approximately one hundred dinars per month and that this valuable time is spent on using useless programs that contributes to creating various social and psychological disorders. The results also indicated an increase in social and family problems in Internet addicts.

Tai, Sheng, Yeh, Shih, Cheng, Yang & Yan (2009) conducted a study aimed at identifying the dangers of Internet addiction, the study sample reached (1360) male and female university students in the first year. The results of the study showed that (17.9%) of the sample obtained high scores on the addiction scale on the Internet. The study results also showed that students who do not eat in the morning and do not have Social support sources are more likely to develop an internet

addiction problem.

Ceyhan & Ceyhan (2008) conducted a study aimed at whether there was a relationship between levels of loneliness, depression and self-efficacy, and addiction to internet use among university students. The sample of the study consisted of (559) university students in Turkey. The results indicated that there is a relationship between loneliness, depression and self-efficacy, and addiction to internet use. It also indicated that loneliness is the most predictive variable for internet addiction, depression came second, and self-efficacy came third.

Arnaut's study (2007) This study aimed to examine the relationship between Internet addiction, personality dimensions, and mental disorders in adolescents, do these three variables constitute a causal model that explains this relationship? The study also aimed to identify the relationship between the dimensions of personality and Internet addiction, and examine the differences in the dimensions of personality and psychological disorders between Internet addicts and non-Internet addicts. The study was conducted on (1000) university students, (546) students were addicted to the Internet, and (454) students were not addicted to the Internet, the addiction scale was applied online by the researcher, and the Eysenck Personality Test and a mental health measure were applied. The results indicated that there is a statistically significant correlation between mental disorders, personality dimensions, and internet addiction, and statistically significant differences were found between the internet and non-addicts in the dimensions of personality and mental disorders.

Comment on previous studies

It was found through a review of previous studies that:

- Several previous studies focused on Internet addiction and its relationship to personality dimensions and mental disorders such as (Arnaut, 2007), (Leary, 2009) and (Qaddouri, 2015), while (Al-Zaidi, 2014) focused on Internet addiction and its relationship to social communication and academic achievement.
- The sample in some studies was university students as mentioned in the study (Arnaut, 2007), the study (Leary, 2009), the study (Qaddouri, 2015) (Al-Zaidi, 2014), the study (Ceyhan and Ceyhan, 2008) and the study (Tsai et. al, 2009).

Benefits from Previous Studies

The two researchers have benefited from the previous studies in the theoretical framework, study design, determining their variables, in applying questionnaires, and in presenting and discussing the results, and the current study is distinguished from previous studies as it focused on the prevalence of Internet addiction and the effect of this addiction on adaptation for students of Princess Rahma University College, taking into account gender and specialization. What enhances this total difference is the study population, which gives the study its importance, as no study (within the knowledge of the two researchers) has ever conducted such a study before.

The Study Problem and Its Questions

The Internet is considered one of the most used technological means at the present time and just as every new technology has its advantages, it has also drawbacks, this is the case with dealing with the Internet, as its entry in recent years contributed to creating a new generation of addicts to use in all countries of the world, until this generation was called (the Internet generation), where statistics indicate that (93%) of the internet users are young people, including school and university students, and therefore they are most impressed and affected by the ideas presented online, this is because it is easily available in universities and schools, and through the personal observations of the two researchers through their work, and then by looking at the previous literature on this topic, the researchers noted that a segment of university students have a great tendency to browse the internet and enter various sites such as Facebook, email, Twitter, and others, as the student may be absent or delay from attending the lecture or exam, and even during the lecture he tries to browse the Internet surreptitiously from the teacher. All of this is evidence of the strong attachment to the Internet, which in some cases may lead to Internet addiction, this was a reason for us in the search for the effects of this addiction and thus determine the problem of the current study: What is the impact of Internet addiction on these students? What are the effects of Internet addiction on psychological adjustment? Specifically, this study attempted to answer the following questions:

The first question: What is the level of internet addiction among the students of Department of Special Education at Princess Rahma University College?

The second question: What are the manifestations of psychological adjustment among students of Department of Special Education at Princess Rahma University College between Internet addicts?

The third question: Is there a statistically significant correlation with an alpha level of less than or equal to 0.05 between Internet addiction and psychological adjustment among the study sample?

The fourth question: Are there differences in Internet addiction according to the gender variable (male, female)?

The Importance of the Study

The importance of the current study can be summed up by the following points:

- The importance of the variables discussed in the current study and the relationship of these variables to Internet addiction.
- The importance of the topic covered to raise awareness of the danger of Internet addiction on aspects of an individual's personality, such as adaptation.
- The target group for the study is the youth group of Al Balqa University students, represented by a sample of students from Princess Rahma University College.

The Objectives of the Study

The present study aims to:

- Examining the relationship between internet addiction and some aspects of psychological adaptation among a sample of Princess Rahma University College students.
- Identify the differences in some aspects of psychological adaptation in the research sample, Internet users, according to the gender variable.

Procedural definitions of terms

Internet addiction: Dependent behavior on the Internet pushes it to persist in the practice of dealing with the Internet for long periods spent with sites of particular appeal to the individual which constitutes a disadvantage to him and his social relationship (Sheikh, 2011), and it can be defined procedurally as the degree to which the examiner gets as a result to his response to the items of the Internet addiction scale adopted in this study, which is the Young scale.

Psychological adaptation: It is a process through which the individual seeks modification and change so that he can adapt to the requirements of his environment. This change may be internal or external, through which the individual seeks to deal with the problems, challenges, and pressures that he faces. Adaptation in this study is measured to the degree that the subject gets on the adaptation scale developed by Gabriel (1996).

The Limits of the Study

Time limits: The study was conducted in the first semester of 2018-2019.

Spatial limits: This study was conducted at Princess Rahma University College.

Objective limits: highlighting the relationship between internet addiction and psychological adaptation

Human limits: This study was conducted on (150) male and female students from Princess Rahma University College, Department of Special Education, where the number of females reached (90), while the number of males reached (60).

Study limitations: This study was limited to students of the Department of Special Education at Princess Rahma University College for the academic year 2018-2019.

Method and procedures

Study Approach

The descriptive (survey) method was used to study the effect of Internet addiction on adaptation among Princess Rahma University College students.

The Study Population and Its Sample

The study population consists of students of Princess Rahma University College for the academic year 2018-2019, and the number is (650) male and female students.

The Study Sample

The sample of the study was chosen from male and female students of Princess Rahma University College, which

represents the original community of study in a random manner, as the sample size reached (150) students distributed as follows:

Table 1: Frequency and percentages by gender

Gender	Frequency	Percentage
Male	60	40%
Female	90	60%
Total	150	100%

Study Variables

The current study includes the following variables:

1. **The Independent Variable:** Internet Addiction.
2. **Dependent variable:** psychological adjustment.

The Study Tools

The study consisted of two scales:

1. **Internet addiction scale:** addiction test (Kimberly Young, 1998), this scale consists of (20) items related to the use of the Internet such as psychological dependency, forced behavior, effects of withdrawal in addition to its relationship to sleep disturbance, family problems, poor time management, and this scale was found in many sites that talk about the Internet addiction, including the website for internet addiction under the supervision of Young, and this scale enables individuals to know the degree of addiction to the Internet and has been translated from English to Arabic in many references, as indicated by Al-Hamdi (2015) and (Al-Khawaja, 2014). Psychometric properties have been extracted, represented by the distinctive force, apparent and constructive validity, and reliability using Split-half way. The value of the reliability coefficient was (0.91) and by the method of alpha coefficient and the value was (0.95).
2. **Psychological Adjustment Scale:** A psychosocial adaptation scale developed by Gabriel (1996) was used. The scale consists of (40) items that include the following dimensions: the personal dimension, the emotional dimension, the family dimension, and the social dimension. Its psychometric properties were extracted and represented by the logical validity of the scale and the ability of the scale to distinguish between two categories: students with positive adaptation and those with negative adaptation. A reliability coefficient was extracted for the scale by the repetition method, the total degree constant-coefficient was (0.94), the personal dimension was (0.84), the emotional dimension was (0.79), the family dimension (0.87), and the social dimension (0.83).

Correction of the Scales

Quintet Likert scale was approved to correct the study tools, by giving each of its items one of the five grades (strongly agree, agree, neutral, disagree, strongly disagree) and they are digitally represented (5, 4, 3, 2, 1) respectively. The following criteria have been adopted to analyze the results:

From 1.00- 2.33	Low
From 2.34 - 3.67	Moderate
From 3.68-5.00	High

Thus, the scale criteria were calculated by using the following formula:

The upper limit for scale (5) - Lower limit for scale (1)

Number of required categories (3)

(5-1)

---- = (1.33).

3

Then add the answer (1.33) to the end of each category.

The Reliability of the Study Tools

To ensure the reliability of the two tools of study, the test-retest method was verified by applying the two scales and re-applying it after two weeks to a group outside the study sample consisting of (30) male and female students. The reliability coefficient was also calculated by the method of internal consistency according to the Cronbach alpha equation, and Table (2) shows the coefficient of internal consistency according to the Cronbach alpha equation and the test/retest reliability for each scale and these values were considered appropriate for this study.

Table 2: The internal consistency coefficient of Cronbach alpha and test/retest of the two scales and the overall score

Scale	test-retest reliability	Internal consistency
Internet Addiction	0.87	0.85
Psychological Adjustment	0.90	0.88

Statistical Treatment

To answer the first question, the second, and the fourth question, means, and standard deviations for the questionnaire items were calculated. To answer the third question, a simple regression analysis of the effect of Internet addiction on psychological adaptation was used, as shown in the following: -

The first question: What is the level of Internet addiction among Princess Rahma University College students?

To answer this question, the mean and standard deviations for the level of Internet addiction among Princess Rahma University College students were extracted. Table No. (2) illustrates this.

Table 3: Means and standard deviations for the level of Internet addiction among Princess Rahma University College students, in descending order, according to means

Rank	N	Items	Mean	Standard deviation	Level
1	1	I find myself sitting online longer than I meant	4.31	.794	High
2	2	I neglect my homework to spend more time online	4.19	.754	High
2	3	I prefer the fun I get from the internet better than the fun I get from my relationships with others	4.19	.888	High
4	5	My friends and family members complain about my frequent internet sessions and my preoccupation with them	4.08	.909	High
5	4	I constantly have new relationships with netizens	3.97	.777	High
6	7	I try to browse my email before I do anything else that I should have done	3.95	.754	High
7	9	I try to get rid of annoying thoughts and stress in my life by engaging with the internet	3.91	.877	High
8	15	I feel like I have trouble controlling my time online	3.88	.926	High
9	6	I feel my academic achievement and personal relationships have been affected by spending a lot of time on the Internet	3.86	.803	High
10	11	I have fears that my life without the internet will become boring, empty and unpleasant	3.85	.757	High
11	14	I say to myself (I need some extra minutes) when I finish the internet	3.81	.721	High
12	10	When I finish the internet, I know I will go back to it.	3.75	.677	High
12	20	I find it difficult for me to be off the internet for several days	3.75	.941	High
14	17	I prefer spending more time online than going out with my friends	3.69	1.074	High

Rank	N	Items	Mean	Standard deviation	Level
15	16	I am so annoyed that I scream when someone tries to interrupt me while I am using the internet	3.67	.946	Moderate
16	12	I get insomnia due to the late time I spend on the internet	3.59	.743	Moderate
17	13	When I leave the Internet, I feel busy, and I have fantasies to refer to	3.55	.864	Moderate
18	8	I feel defensive or reserved when someone asks me (What are you doing online?)	3.51	.766	Moderate
19	18	I feel depressed and upset when I leave the Internet	3.36	.943	Moderate
20	19	I feel like I am getting a lot of fun and contentment in life from my internet entry	2.22	.589	Moderate
		Internet addiction	3.75	.489	High

Table (3) shows that the means ranged between (2.22-4.31), where the item (1) came to the text, which says, "I find myself sitting on the Internet for a period longer than I meant" in the first rank with an average of (4.31), while item (19), which reads, "I feel that I am getting a lot of pleasure and satisfaction in life from my internet entry," ranked last, with an average of (2.22). The mean for Internet addiction as a whole was (3.75), this indicates that the level of Internet addiction is high and it is a collective problem among students of Princess Rahma University College and this is a negative indication that this addiction may have effects on mental health and is directly related to mental disorders, anxiety, depression and loneliness, and low self-esteem. The researchers believe that access to the Internet has become available every time, everywhere and, with ease, which increases the demand of students to surf the Internet. Economic and social factors increase addiction to the Internet, as employment opportunities are limited, and there are no activities that occupy free time, the Internet may be the only field to spend most of the time. As a result of the deteriorating economic conditions, students do not find an opportunity to find useful hobbies that are being developed or participating in sports clubs. This result is consistent with the findings of a study of (Al-Zaidi, 2014) that indicated (97%) of the study sample individuals are internet addicts. It contradicts the study of (Tsai et. al, 2009), where the percentage of Internet addiction among the study sample individuals reached 17.9%.

The second question: What are the aspects of psychological adaptation for students of Princess Rahma University College?

To answer this question, mathematical averages and standard deviations for the psychological adaptation aspects of Princess Rahma University College students were extracted, and Table (3) illustrates this.

Table 4: Means and standard deviations for psychological compatibility aspects among Princess Rahma University College students, in descending order, according to means

Rank	N	Items	Mean	Standard deviation	Level
1	9	I make my life full of optimism.	3.30	.685	Moderate
2	30	I feel it is not easy to hurt my feelings	3.19	.741	Moderate
3	21	I feel oppressed and unfortunate	3.18	.719	Moderate
4	33	I am working to solve my problems	3.16	.797	Moderate
5	38	I feel my life is full of joy	3.13	.781	Moderate
6	17	I do not give in to failure and try again	3.11	.844	Moderate
7	16	I participate in social activities	3.09	.774	Moderate
7	25	I modify my thoughts or behavior when necessary	3.09	.825	Moderate

Rank	N	Items	Mean	Standard deviation	Level
9	1	I feel like a person of value.	3.08	.837	Moderate
10	29	I feel that I am less than others	3.02	.809	Moderate
11	11	I love my family.	3.00	.842	Moderate
12	27	I consult with my family members in making my decisions	2.98	.843	Moderate
13	24	I accept criticism of others	2.97	.807	Moderate
14	5	I do not trust anyone.	2.95	.825	Moderate
15	8	I enjoy popularity among colleagues.	2.92	.761	Moderate
16	14	I love my self.	2.92	.880	Moderate
16	19	I trust my family	2.92	.889	Moderate
18	13	I wish if I were a person better than I am	2.90	.874	Moderate
18	35	I like to spend a lot of time with my family	2.90	.885	Moderate
20	40	I volunteer to help whoever needs it	2.90	.874	Moderate
21	15	I feel that my family members do not like each other	2.88	1.008	Moderate
22	32	I feel that my relationships are good with others	2.83	.903	Moderate
23	10	I feel sad and depressed	2.82	.852	Moderate
23	18	I complain of anxiety	2.82	.852	Moderate
25	20	I feel like my colleagues hate me	2.82	.869	Moderate
26	6	I feel happy.	2.80	.843	Moderate
26	23	I feel strange among my family	2.80	.899	Moderate
26	26	I feel like crying	2.80	.884	Moderate
26	28	I feel that others treat me bad	2.80	.903	Moderate
30	31	I feel that my family's status limits my freedom	2.78	.882	Moderate
31	4	I hurt the feeling of others when necessary.	2.76	.891	Moderate
31	37	I hesitate a lot before accepting the matter	2.76	.945	Moderate
33	39	I wish I was from a family other than my own	2.74	.843	Moderate
34	22	I do not get angry quickly	2.73	.851	Moderate
35	12	I avoid meeting strangers.	2.70	.870	Moderate
36	34	I feel restless and unwilling to settle in a specific place	2.68	.914	Moderate
37	2	I suffer from mood swings without knowing the reason.	2.67	.778	Moderate
38	3	I cooperate with my family.	2.66	.925	Moderate
38	36	I feel comfortable if colleagues obey my will	2.66	.985	Moderate
40	7	Differences occur between me and my brothers.	2.55	.916	Moderate
		Manifestations of psychological compatibility	2.90	.561	Moderate

Table (4) shows that the means ranged between (2.55-3.30), where the item (9) stated that "I make my life full of optimism" came first and with an average of (3.30), whereas, item No. (7), which states, "There are differences between me and my brothers," came last, with an average score of (2.55). The arithmetic mean for the field of psychological compatibility as a whole was (2.90), and this indicates an average level and the appearance of compatibility aspects can be explained as a direct result of the high level of Internet addiction, which may lead to these students' belief that going to the Internet will be a safe way to express their needs and feelings. The Internet has also become dominant in its thinking and feelings and has reached the level of addiction, which in turn leads to feelings of frustration, anxiety, loneliness, and low

self-esteem. Here, the opportunity becomes conducive to the appearance of confusion and the inability to adapt. Also, the great time that these students spend browsing the Internet is at the expense of psychological adaptation, this is consistent with the study of (Qadoura, 2015), where the results indicated that there are differences in the manifestations and dimensions of psychological compatibility between Internet addicts and non-internet addicts in favor of Internet addicts. This is consistent with the study of (Leary, 2009) and a study of (Arnault, 2007).

The third question: Is there a statistically significant correlation with an alpha level of less than or equal to 0.05 between Internet addiction and psychological adjustment among the study sample?

To answer this question, the correlation coefficient was calculated Pearson between the Internet addiction variable and the psychological adjustment variable, and the correlation coefficient reached (-0.418), which is statistically significant at the level of significance, and this indicates that there is an inverse relationship between Internet addiction and psychological adjustment, meaning that the greater the Internet addiction, the less psychological adjustment.

In order to find out the explanatory ability of the Internet addiction variable in psychological adjustment, a simple regression analysis was performed, considering that Internet addiction is a predictive variable and psychological adjustment is a predictor variable as shown in the following table:

Table 5: Results of simple regression analysis to measure the effect of internet addiction on psychological adaptation

Independent variable	Correlation coefficient R	Interpreted variance R2	Standard coefficient BETA	"F" value	Sig
Internet addiction	.364	.133	-.418	22.665	.000

It is clear from the above table that the explained variance was (0.133), that is, internet addiction explained 13.3% of the psychological manifestations of adaptation, it was also found that there was a statistically negative effect of internet addiction on the aspects of psychological adjustment, as the value of F (22.665P) and with a statistical significance (0.000).

Through the standard (beta) value of the regression coefficient, we notice the contribution of the Internet addiction variable in explaining psychological adjustment, as Internet addiction contributed to a decrease in psychological adjustment (-0.418) standard unit when Internet addiction increased by one unit.

the difference between addicts and non-addicts in psychological adaptation may be due to the degree of addiction, so the individual who is not addicted is more feeling of psychological adjustment and thus less exposure to psychological disorders such as social isolation, disability and loss of meaning of life, this is confirmed by the theoretical heritage, which indicated that addiction to the Internet leads to the isolation of its owner, because addicted people suffer from loneliness and isolation as a result of spending long times on the Internet, thus exacerbating their problems and affecting their relationships with their families and friends. This is consistent with what the study of (Arnaut, 2007) indicated, which confirmed the existence of differences between addicts on the Internet and those without addicts in the dimensions of personality and mental disorders, the study of Ceyhan and Ceyhan, (2008), the study (Leary, 2009), the study (Qadori, 2015) and the study (Khawaja , 2014).

The Fourth Question: Are there differences in Internet addiction according to the gender variable (male, female)?

To answer this question, the mean and standard deviations for Internet addiction were extracted according to the gender variable (male, female), and to show the statistical differences between the means, the "T" test was used, and the tables below show that.

Table (6): Mathematical Averages, Standard Deviations and "T" Test of Gender Impact on Internet Addiction Degree

	Gender	N	Mean	Standard deviation	"T" value	Df	Sig
Internet addiction	Male	60	3.40	.568	-9.158	148	.000
	Female	90	3.99	.204			

Table (6) shows that there are statistically significant differences ($\alpha = 0.05$) due to the gender variable, and the differences were in favor of females. This can be explained by the fact that females use the internet more than males because females are weak and cannot face the real world with its changes and developments, so the females resort to the virtual world of the Internet and become more dependent on it. The oriental society may pay it for this addiction, because it imposes customs and restrictions imposed on females in the aspects of social and family relations, and this may be the means available to them to express their feelings that cannot be revealed. Social upbringing comes as one of the factors that cause the female to flee to the Internet as a means of venting for the psychological and social pressures she directs, and this result agreed with the result of Qaddouri's study (2015) and (Al-Khawaja, 2014) which indicated the presence of differences according to the gender variable, the outcome of this study differed with the results of (Zaidi 2014) study that indicated that there were no differences due to the gender variable.

Recommendations

In light of the findings of the current study, the two researchers recommend the following:

1. The study recommends increasing public awareness of the risk of internet use amongst youth.
2. Developing group and therapeutic counseling programs to mitigate the effects of addiction on the Internet.
3. Activating the role of counseling offices in universities to educate students about the dangers of addiction on the Internet.
4. Find an alternative method of social interaction that replaces addiction to the Internet.
5. Conducting more studies on internet addiction and new variables.

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