Relation of obsessive behaviors, anxiety and mental resistance with internet addiction in adolescents

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Abstract

The aim of the present research is to investigate the relationship between the obsessive behaviors, anxiety and mental resistance on the one hand and internet addiction of the adolescent girls of Sama secondary school students in Rasht on the other. The method of this research is correlation. The statistical population in this research is 201 individuals of Sama secondary school students in the city of Rasht who are studying in the school year 2014-2015. 186 individuals were selected as the sample size regarding their dependence on the internet and according to Morgan table.

In order to collect data, Maudsley’s intellectual-practical obsessive questionnaire, Hamilton’s anxiety rating scale, a resistance questionnaire and internet addiction questionnaire were used. For analyzing the data, the descriptive statistics and multivariate regression analysis with SPSS statistical software were applied. Regression analysis showed that among the independent variables of the anxiety and obsessive behaviors, anxiety has the greatest correlation with internet addiction variable and the mental resistance variable has the lowest relationship with the internet addiction variable. The above findings showed that obsessive behaviors and anxiety have a relationship in a positive way with internet addiction and mental resistance in a negative way.

Keywords: intellectual-practical obsession, anxiety, resistance, internet addiction.
Introduction

Using the Internet is one of the most obvious manifestations of the modern world and is considered as an important tool for training new generation. Nowadays, the role of the internet as an efficient and effective tool in creating and facilitating communication and for gaining quickly access to the various sources is of no doubt.

Although the internet addiction was discussed at first time in 1996, but the scientific community was previously acquainted with concepts such as addiction to technology, computer addiction and addiction to computer games. In fact, the notion that using the computer may come a compulsory habit or even addictive behavior, was formed since 1970s. Internet addiction disorder was used more than other terms such as: "behavioral dependence to the internet", "pathological use of internet" and "the problematic use of internet". However, the internet addiction disorder has been used more than other terms in recent writings (Omidvar and Saremi, 2003).

Research objectives

The main purpose: determining the relationship between the obsessive behaviors, anxiety and mental resistance on the one hand and internet addiction in adolescents on the other.

Secondary purposes:
1) determining the relationship between the obsessive behavior and internet addiction in adolescents.
2) determining the relationship between the mental resistance and the internet addiction in adolescents'.
3) determining the relationship between the anxiety and internet addiction in adolescents.

Research hypotheses

The main hypothesis: there is a relationship between the obsessive behaviors, anxiety and mental resistance on the one hand and internet addiction in adolescents on the other.

subordinate hypothesis:
1) there is a relationship between the obsessive behaviors and internet addiction in adolescents.
2) there is a relationship between the mental resistance and internet addiction in adolescents.
3) there is a relationship between the anxiety and internet addiction in adolescents.
Research literature

Ghasemzadeh (2011) has examined the prevalence rate of internet addiction among high school girls in Tehran and compared the internet-addicted and non-addicted girls in variables of loneliness and social skills. Therefore, prevalence rate of addiction among high school girls in Tehran is 2.3 percent. On the basis of demographic data, 14 normal (non-addicted) users were matched and were compared; the addicts compared to the other two groups showed significantly more inappropriate social behavior and their rebellion was also significantly higher than the normal users.

Dargahi & Razavi (2011) in their study entitled as internet addiction and factors influencing it in residents of region 2 of the west of Tehran achieved the following results: 30% of users was addicted to the internet and all of them showed varying degrees of psychosocial-social behaviors. Teens tendency to the Internet was much more severe than other age groups, this relationship was observed also in the case of single individuals and high school students. Internet addiction in the group of 19 to 15 years compared with other groups is more and several times as much.

Jafari et al. (2012) examined the relationship between internet addiction on the one hand and depression, anxiety, stress and social phobia on the other in the students of Isfahan University. The results showed that there is a significant positive relationship between internet addiction on the one hand and each of the clinical variables of depression, anxiety, social phobia, mental pressure. The findings of this research showed that the set of clinical variables of depression, anxiety, stress and social phobia can be predicting the internet addiction.

Research of Shahraray and Moradi (2012), entitled investigating the prevalence of internet addiction and its relationship with loneliness and self-esteem feeling in high school students in Tehran, has been conducted. The results of this research showed that the addicts to internet have significantly the social relationships fewer than normal users and non-users and their self-esteem is also lower than normal users.

Davoud Abadi (2013) examined the relationship between internet addiction and mental health. The results show that individuals who are addicted to the internet compared with non-addicted individuals have lower mental health.

Vahdani (2014) in a research examined the relationship between internet addiction and social compatibility of students. Based on this research, there is a significant relationship between the components of social compatibility, including social skills, empathy, self-awareness and self-control and internet addiction.
Pourramzan (2014) in his research examined the relationship between internet addiction and mental health among visitors to the CoffeeNets in the city of Mashhad. The sample consisted of 100 individuals (82 men and 18 women). The results showed that 47% of visitors were addicted to the internet and there is a significant relationship between internet addiction and all of the scales of SCL-90 test.

Discovering effective variables in internet addiction of Taiwanese students, Chi Hong et al. (2010) came to the conclusion that boys more than girls are afflicted with internet addiction and their major addiction is the online computer games. Also the age, male students, their academic grade and self-esteem showed a significant relationship with internet addiction.

Mirkerk et al. (2010) have carried out a longitudinal research on 447 adults addicted to the internet who were working for 16 hours in a week and have access to the internet during the past year. Among the results was a significant negative relationship between personality traits such as agreeableness, conscientiousness and extroversion and addiction to the internet.

In a research of Nalo and Prit Anand (2010) conducted on 200 high school students of 16 to 18 year-old of India, by the use of test of internet addiction 100 students addicted to the Internet were separated and examined two groups. In this research, feelings of worthlessness and depression and personality problems were significantly higher in the group addicted to the internet for determining the relationship between internet addiction, obsessive behavior, depression, anxiety, and hostility, Yen (2011) conducted a research on 2114 adolescents in which the signs of internet addiction, obsessive behavior, depression, anxiety, or hostility disorder were investigated. The results showed that female adolescents with internet addiction have more symptoms of obsessive behavior, anxiety, depression. In male adolescents with Internet addiction, hostility along with internet addiction is seen. More attention must be paid to male adolescents with high hostility in interfering with internet addiction.

Lee, Zhi and Wang (2011) examined the relationship between age, gender, family background and internet addiction. The results showed that there is a significant direct relationship between the age of students and their internet addiction. Boys whose age was more than their peers, their internet addiction were more severe. Internet addiction of boys was reported more than girls.

For examining the effects of gender, age, depression and introspection on internet users, Saunders (2012) conducted a research; results showed that 45% of them are women who had some periods of depression during their lifetime.
In the study of Alavi et al. (2012) which has been examined the relationship between psychiatric symptoms with internet addiction among students in Isfahan Universities, the results suggest that there is a positive and significant correlation between psychiatric disorders such as depression, anxiety, hypochondriasis, obsession, interpersonal sensitivity, hostility, paranoia, phobia and psychosis associated and internet addiction and it has three indicators GSI, PSDI, PST.

King (2012) in his research showed that individuals addicted to the internet are timid, shy and lonely individuals who are also depressed.

Afonso’s studies (2012) suggest that using the internet causes misery feeling, social isolation, loneliness, separation from family and mental health reduction generally. This separation from family and friends is a mental state that is said social isolation.

Match (2005) found that Internet usage is a time-consuming activity, then it can reduce time communication with individual’s family. In another study Match came to the conclusion that 50% of households, when they are online, talk less with each other and 41 percent are willing to learn anti-social behavior at decline of this time.

In a research conducted by Ball (2013), it was found that there is a negative relationship between anxiety, computer and internet addiction; it was also revealed that computer self-efficacy, computer anxiety and technology usage experience have a significant impact on teacher’s motivation in the use of educational technology in the traditional classroom.

Research method

Our research design is oriented to the research objective that is to investigate the relationship between the obsessive behavior, anxiety and mental resistance on the one hand and internet addiction in adolescents on the other. In the present research the correlation method has been used.

Statistical population

The statistical population in this research is 201 individuals of secondary school students of Sama in the city of Rasht who are studying in the school year 2014-2015.

Research findings

Analysis of the findings related to research hypotheses
Hypothesis 1: there is a relationship between the obsessive behavior and internet addiction in adolescents.
Table 1: correlation between the obsessive behaviors and internet addiction in the research participants

<table>
<thead>
<tr>
<th></th>
<th>internet addiction</th>
</tr>
</thead>
<tbody>
<tr>
<td>obsessive behaviors of</td>
<td>**0.787</td>
</tr>
<tr>
<td>Pearson correlation</td>
<td>0.000</td>
</tr>
<tr>
<td>significance of two domain</td>
<td>186</td>
</tr>
<tr>
<td>number of sample</td>
<td></td>
</tr>
</tbody>
</table>

** Correlation is significant at the level of 99%

Based on the Pearson correlation test, table 1 shows that there is a positive significant relationship between the obsessive behaviors and internet addiction of research participants in the level of 99%. This means that the more the average score of the obsessive behaviors of research participants is high, the more the average score of their internet addiction also.

( p<0005, n= 186, R= .787 )

Findings related to hypothesis 2

Hypothesis 2: there is a relationship between the mental resistance and internet addiction in adolescents.

Table 2: correlation between the mental resistance and internet addiction of research participants

<table>
<thead>
<tr>
<th></th>
<th>internet addiction</th>
</tr>
</thead>
<tbody>
<tr>
<td>mental resistance of</td>
<td>**-0.768</td>
</tr>
<tr>
<td>Pearson correlation</td>
<td>0.000</td>
</tr>
<tr>
<td>significance of two domain</td>
<td>186</td>
</tr>
<tr>
<td>number of samples</td>
<td></td>
</tr>
</tbody>
</table>

** Correlation is significant at the level of 99%

Based on the Pearson correlation test, table 2 shows that there is a negative significant relationship between the mental resistance and internet addiction of research participants in the level of 99%. This means that the more the average score of the mental resistance of research participants is high, the average score of their internet addiction is less.
The findings of related to hypothesis 3

Hypothesis 3: there is a relationship between the anxiety and internet addiction in adolescents.

Table 3: correlation between the anxiety and internet addiction of research participants

<table>
<thead>
<tr>
<th></th>
<th>internet addiction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety of Pearson correlation</td>
<td><strong>0.814</strong></td>
</tr>
<tr>
<td>significance of two domain number of sample</td>
<td>0.000 186</td>
</tr>
</tbody>
</table>

** Correlation is significant at the level of 99%

Based on the Pearson correlation test, table 3 shows that there is a positive significant relationship between the anxiety and internet addiction of research participants in the level of 99%. This means that the more the average score of the anxiety of research participants is high, the average score of their internet addiction is more.

( p<0005, n= 186, R=-.768 )

Table 4: general analysis of the regression of research variables

<table>
<thead>
<tr>
<th>Model</th>
<th>Significance</th>
<th>F-Test</th>
<th>arranged square of R</th>
<th>Freedom degree</th>
<th>Total squares</th>
</tr>
</thead>
<tbody>
<tr>
<td>regression</td>
<td>0.000</td>
<td>162.10</td>
<td>0.72</td>
<td>3</td>
<td>30950.75</td>
</tr>
<tr>
<td>remainder</td>
<td></td>
<td></td>
<td></td>
<td>182</td>
<td>11582.83</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Table 4 shows the general significance of the effect of research variables on the internet addiction. This table shows the independent variables have been able to explain 0.72% of changes in the variable of internet addiction.

\[ F = 162.10, \text{ df} = 3.182, F < 0.0005 \]

**Table 5: Regression analysis of factors affecting internet addiction**

<table>
<thead>
<tr>
<th>Model</th>
<th>Significance</th>
<th>t-test</th>
<th>Beta standard coefficient</th>
<th>Beta standard error</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fixed amount</td>
<td>0.000</td>
<td>7.08</td>
<td>0.252</td>
<td>0.09</td>
</tr>
<tr>
<td>Obsessive behavior</td>
<td>0.001</td>
<td>3.14</td>
<td>0.252</td>
<td>0.06</td>
</tr>
<tr>
<td>Mental resistance</td>
<td>0.000</td>
<td>4.14</td>
<td>-0.269</td>
<td>0.07</td>
</tr>
<tr>
<td>Anxiety</td>
<td>0.000</td>
<td>5.24</td>
<td>0.396</td>
<td>0.13</td>
</tr>
</tbody>
</table>

Dependent variable: internet addiction

By using the Enter method a significant model was obtained.

Significant variables include:

<table>
<thead>
<tr>
<th>predicting variable</th>
<th>Beta</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obsessive behavior</td>
<td>0.252</td>
<td>0.001</td>
</tr>
<tr>
<td>Mental resistance</td>
<td>-0.269</td>
<td>0.000</td>
</tr>
<tr>
<td>Anxiety</td>
<td>0.369</td>
<td>0.000</td>
</tr>
</tbody>
</table>

(In this model, all of predicting variables were significant.)

Based on the regression analysis, table 5 shows that among all of the independent variables the anxiety has the greatest correlation with variable of internet addiction and the obsessive behaviors variable has the lowest relationship with the internet addiction variable.

Discussion and conclusion
First hypothesis: There is a relationship between the obsessive behavior, anxiety and mental resistance on the one hand and internet addiction in adolescents on the other.

Based on the regression analysis, it shows that among the variables of the obsessive behaviors, resistance and anxiety, the anxiety has the greatest correlation with internet addiction variable and the obsessive behaviors variable has the lowest relationship with the internet addiction variable.

The obtained result is in line with the findings of Jafari et al. (2012), Davoud Abadi (2012), Yen (2011), Mirkerk et al. (2010).

First subordinate hypothesis: There is a relationship between the obsessive behavior and internet addiction in adolescents.

Based on Pearson correlation test, it shows that there is a positive significant relationship between the obsessive behavior and internet addiction of research participants in the level of 99%.

In explaining research findings we can said that during researches that conducted about the reasons for the individuals’ tendency to the internet and their addictive use of internet, Grohol (2005) came to the conclusion that those who spend too much time on the internet, are those who have problems in life. In fact, since these individuals are reluctant to deal with their problems and unwilling even to face them, turn to the addictive activities of use of internet.

Second subordinate hypothesis: there is a relationship between the mental resistance and internet addiction in adolescents.

Based on the Pearson correlation test, it shows that there is a negative significant relationship between the mental resistance and internet addiction of research participants in the level of 99%.

The obtained result is in line with the findings of Jafari et al. (2012), Fine (2012), Mirkerk et al. (2010) Alavvi and et al. (2012).

Third subordinate hypothesis: There is a relationship between the anxiety and the internet addiction in adolescents.

Based on the Pearson correlation test, it shows that there is a positive significant relationship between the anxiety and internet addiction of research participants in the level of 99%.

The obtained result is line with the findings of Jafari et al. (2012), Fine (2012), Mirkerk et al. (2010), Alavvi et al. (2012), Feraro (2010). In explaining research findings we can say that in fact for some people the Internet as a medium of communication and entertaining provides the fun and safe life that has been denied in the real world. Internet can be a place of refuge for those who suffer from mental problems and anxiety and have become afflicted with the anxiety and loneliness feeling and it is a means to satisfy their mental and emotional needs. In justifying this finding we can say that because of the high potential of the internet for companionship, altered
patterns of on-line social interactions and as a way to adjust negative states associated with feeling of loneliness and anxiety, the lonely and anxious individuals are let to the internet.
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