

Relationship between Internet Addiction and Loneliness

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Abstract:

The purpose of this study was to investigate the relationship between Internet addiction and loneliness. UCLA Loneliness Scale was used and the Internet addiction IAT. Data were analyzed using correlation coefficients. Results: Results showed a significant association between Internet addiction and loneliness. Conclusion: The results of the study of the relationship between Internet addiction and loneliness to show a causal relationship between these two variables is a need for further studies.

Key words: Internet addiction, loneliness

Introduction

The new technologies of the Internet as a new dimension of contemporary world society have an important role in the evolution of life of the countless opportunities that cyberspace

users of all sizes and the opportunities resulting from use of the Internet increase will push more users to this new phenomenon. For many people concept and definition of Internet addiction is related exaggeration to use drugs or alcohol to know .Internet addiction disorder are psychological disorder- psychological tolerance (increasing consumption) signs of separation, academic failure, and emotional breakdowns in communication disorders, emotional and social Ivan Goldberg, Columbia University psychiatry, internet addiction disorder was first proposed in July 1995.

The most common terms Internet addiction is behavioral addiction to the Internet can be determined with these characteristics: increased costs for Internet, issues related to it, feeling an unpleasant emotion (such as anxiety, depression, etcetera it) when an individual is exposed to the Internet, tolerance to the effects of the Internet, a denial of problematic behavior from this perspective, as the disorder or stress disorder, impulse control, such as pathological gambling is considered those who meet the criteria, psychological, social problems (Gonzalez, 2008).

American Psychological Association's Internet addiction is a pattern of internet use that causes dysfunction and with an unpleasant internal state over a period of two months may be, is defined (at least 3 months during the first two criteria): 1. Tolerance 2. Laym quit using the internet more than 3. Times that person originally intended to take internet 4. Persistent desires to control behavior. 5. Internet 6. Reduce time spent significantly related to social activities, occupational and recreational use of the Internet continued use despite knowledge of the negative effects of the 7. (Patrick Joyce-1 and 2-2008). This is a serious injury to the extent that most countries have assumed it to establish clinics for addiction to technology, especially the Internet, effective step to improve the condition of patients addicted to the Internet or mobile phones stop (Bullen & Harré, 2000). In recent years the prevalence of

internet addiction among 0.3% to 22% has been reported (Kim et al., 2009).

The prevalence of Internet addiction among people who use the Internet at a rate of 2 to 14 percent is estimated to be (Omidvar & Saremi, 2002). In Greece, 11% of Internet addiction in this age group (Konstantinos of Simon et al., 2008 as quoted by Ahmadi et al, 2012) and in Korea, 10.7% (Sopark et al., 2008 as quoted by Ahmadi et al, 2012) is estimated. The incidence rate of Internet addiction among girls was 08.03 percent (Qasemzadeh et al., 2008). The highest prevalence rates in the late 20s early 30s is the decade Initialize (Martasho & Block, 2008 quoted Ahmadi et al., 2012).

A complex psychological construct that has been discussed by philosophers of the time is loneliness since 1970, research carried out in the realm of conceptualization, definition and constituent elements of loneliness have made much progress, have gained a wealth of experimental data, the concept of complex and varied than it has been considered and its prevalence in the general population and students have reported (Varziniak and Polardvaitman, 2011). Loneliness is a phenomenon that it's more or less human in their life experience. In other words, in many cultures, races, ages and social classes and at different times each in a single experience (Brgono, Lrokoz, 2004). Loneliness is an unpleasant condition that the differences between the people that people want it and relationships with others in real terms. It feels this is important because people are emotional and social poverty, and health behavior in adults, adolescents and children is correlated (Qualter et al., 2013) despite extensive experience loneliness among men in ages, given the short history of the psychology of loneliness. In contrast, in philosophy, literature and religion can be found in many works that deal with loneliness (Cross & Parlo, 2008).

Research suggests that many psychological and emotional problems in children and adolescents with anxiety

and loneliness are viewing pressure, high-risk behaviors such as smoking and drug use (Page, 1990), truancy from school, depression and alcoholism (Asher and Pockest, 2003), shyness and assertiveness bottom (Hope Ponzti and Meyer, 1999) and low levels of self-efficacy, self-confidence (Galanski, Kalantzi & Azizi, 1999) where of the hand. Another variable is usually arguing Internet addiction present study. Sue (2006) prevalence of Internet addiction among Chinese adolescents with internet addiction and interpreted the prevalence of psychological conditions will perform. The mean age was 19 to 15 years according YDQ amended, 64 students for Internet addiction and 64 patients were diagnosed as normal. The results of this study indicate that the use of internet addiction rate of 88% and 2.4% was reported. Internet addicts have high scores on the scale were neurotic perfectionism. Scale compared to the control group, the time and when the time efficiency achieved lower scores. Compared with controls, patients with drug addiction, a high score on the feeling symptoms, coping problems, hyperactivity and problems of social behavior were obtained. This study suggests that Internet addiction among Chinese adolescents is high, in addition to the psychological traits of individuals show different than the others. According to the study of Salimi et al (2009) perceived social support directly predicted negative and poor use of the Internet and Internet use is associated with increased loneliness. Amichai-Hamburger (2003) found that students who are excessively dependent on the Internet in terms of mental health, feeling alone. Griffiths (2003) in their study showed that students who are suffering from Internet addiction, in comparison with students who have Internet Addiction, mental and social well-being are less. The results Mashayekh et al. (2003) have been carried out on students other findings also showed that there was no significant relationship between loneliness and academic use of the Internet. Fang (2002) research showed that the students 'internet addiction causes cold interpersonal

relationships, family, friendship and community, and also has a positive effect on students' personal and social identity. Zarbakhsh Bahri et al (2012) Loneliness and Internet addiction among college students revealed two subscales relation between loneliness and family and emotional symptoms of internet addiction are positive and significant correlation and demographic variables such as age, gender and marital status had no significant correlation with Internet addiction. According to what was stated present study question was whether there is a relationship between Internet addiction and loneliness?

Methods:

A method of present study is correlational and Statistical population consisted of female college students at Zahedan in 2013-2014 academic years.

Revised Loneliness Scale (UCLA)

This scale was designed by Russell et al., (1980) was built which consists of 20 questions and the score obtained from the sum score of 20 items. The revised scale, according to the UCLA scale was constructed on the original scale of the response bias was likely to UCLA and to this end experts decided that new scale with a series of reforms provide evidence indicates and concurrent validity of the instrument is measuring ($r=0.53$). Test-retest reliability of method has been reported by Russell reported 0.89 in 1998, test-retest reliability of the test in this 0.78 reported.

In study by Mirdrikond (1999) was correlation between the new scale and original scale of 0.91 were reported to show the validity of this new scale. In this study, the Cronbach's alpha was used to determine the reliability of the scale was equal to 0.81. The test for the validity of the Belcher and Ortega

correlate with depression scores alone mode ($r=0.41$) and anxiety ($r=0.35$) coefficients were significant (Sudanei et al., 2012).

Group therapy sessions reality: Reality therapy is an effective treatment that has proven its effectiveness in population groups.

Internet Addiction Test

Kimberly addiction Internet addiction test has 20 questions designed based on the signs of Internet addiction diagnosis. This questionnaire is a Likert score notation. This method of grading scale is as follows: 5 degree rarely = 1, sometimes = 2, often = 3, often = 4, Always = 5. nmrh test generally varies between 20 and 100, the average correlation score between 39-20, 69-40 and 100-70, excessive heavy reliance interpreted (Young, 1998).

In my study year (2006) the internal reliability of the questionnaire, 0.93 mentions and Kim et al (2007) is 0.90 for Cronbach's alpha for this scale have been reported. Data were analyzed using correlation coefficients.

Results:

Table 1. Descriptive indicators show Loneliness and Internet Addiction.

Variable	Number	Mean	SD
Internet addiction	70	61.71	21.79
Loneliness	70	49.37	13.94

As the table shows mean of results for loneliness is (49.37) and for Internet addiction (61.71). There are relationship between internet addiction and loneliness among students.

Table 2.Evaluation of correlation between Internet addiction and loneliness

First Variable	Second Variable	Number	Correlation coefficient	Sig.	Result
Internet addiction	Loneliness	70	0.51	0.001	Significant relationship

****= p<0.01**

***= p<0.05**

According to Table 2, the Pearson correlation value 0.05 and $p = 0.001$ less than 0.01 so we can say with confidence 0.99 assumes that there is no Relationship between Internet addiction and loneliness to express rejection and suppose contrary to accepted students and between Internet addiction and loneliness, there was a statistically significant relationship.

Discussion and conclusions

The purpose of this study was to investigate the Relationship between Internet addiction and loneliness. Based on the research findings, Internet addiction is significantly correlated with loneliness that with these findings, Simpson and colleagues (2009), Maurer (2003) and Amichai-Hamburger (2003) is consistent. Loneliness occurs when a person's contact and relationship with others is false, so that a common emotional experience for the individual bilateral Relationship with others is not expected and human touch in the process, the relationship is not genuine and sincere (Vanhalst et al., 1979).The result of this can be explained by the relationship between the individual person who is suffering from loneliness. Person for redress and bring it to the Internet. It is hoped that the results of this study will help the authorities to identify the prevalence of Internet addiction. It is suggested that in relation to the factors that can lead to a higher prevalence of Internet addiction and also in relation to the prevalence of high-risk users, research will be done.

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