

## The Relationship between Mental Health and Internet Addiction

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### Abstract:

*We aimed to investigate the relationship between mental health and internet addiction. Statistical population included all students in the Human science, Sciences and engineering in Isfahan City (one of the Iranian Cities). Random cluster sampling method was used. The sample size for this study was 300. Method of investigation is correlation. Correlation and regression analysis were used for data analysis. Research measures are General Health Questionnaire (GHQ-28), Young's Internet Addiction Scale. Results showed that there is no relationship between general health and Internet addiction. Learning new behaviors to students in an era of rapidly advancing information*

*is growing daily and new communication tools, it is more efficient to enter global markets and provide everyone should receive. We must learn new behaviors; especially for young students how to use the Internet culture it is correct and accurate incentive and motivation to use it to achieve its scientific and industrial development.*

**Key words:** mental health, Internet addiction, student

## **Introduction**

Internet addiction is a phenomenon that arises from the easy access to computers and online information. It's a new kind of addiction, also drawn to Iran. According to experts, risks and problems of Internet addiction over dangers of drug addiction, because addiction in the human body is more damage is but in Internet addiction spirit of people would be suffered and mental health of individuals would decrease (Koch, Yen, Chen et al. 2008).

Psychology Center west knew compulsive and obsessive maniac Internet is because of away from the social atmosphere and general populace community and have warned towards its long-term damaging effects on the body and mind of human society (Ghasem-Zadeh et al. 2005).

In some studies, tendency of people to Internet, with its comfortable and friendly relationships with others have mentioned, but it should be noted that much fun spending time with useless activities, has many negative consequences; among them we can mention few of following: social isolation, breakdown of family system, destruction of personality, eating together, working relationships (Greenfield, 2005).

The final point that families are better good care and upbringing of their children and guiding them in use of communication tools, new for young people, to ensure that healthy environment and warm and friendly the epicenter of the family, prefer any alternative. According to content

identified, this study examined the relationship between mental health and Internet addiction among students.

## **Method**

The statistical population included all students in the Human science, Science and Engineering of Isfahan City .Sampling was done random cluster sampling between three groups. The sample size of this study was 300 students. Age range between 18 to 48 years were divided into three groups of 100 people each string of 50 undergraduate students and 50 students were enrolled in graduate school.

## **Measures**

### **General Health Questionnaire (28\_GHQ)**

This test has 28 items in this questionnaire will be given to two groups of phenomena: a) the inability of people to enjoy a healthy, productive action, b) new phenomena of with disabilities. This questionnaire has four subscales: (Physical symptoms, symptoms of anxiety and insomnia, social dysfunction, symptoms of depression). This scale has been run on normal group consisted of 80 subjects were randomly assigned in 1392 in Mashhad and Tehran. And Cranach's alpha was calculated at  $p = 0.05$  was significant and reliability of Mental Health questionnaire %0.91.

### **Young Internet Addiction Test**

This test has 20 items. The higher a person's score on Internet addiction is most severe. Scoring method is Likert. Persian version of this questionnaire have confirmed also by using Cranach alpha 0, 81.

## Procedure

This study is correlation research one and for data analysis, Pearson tests, U-Mann-Whitney and Kruskal were used.

## Results

**Table 1. Pearson correlation test between general health and level of Internet addiction**

Variable	Sig.	Correlation
Physical Symptoms	0.158	0.058
Symptoms of Depression	0.337	-0.024
Anxiety and insomnia	0.002	0.169
Impaired social function	0.005	0.149
General Health	0.356	-0.054

According to table there is no significant relationship between somatic symptoms and depression symptoms but there is significant and positive correlation between anxiety, insomnia and social functions, so what anxiety and insomnia and social inefficiency more people proportionally higher rates of Internet addiction in people and vice versa.

But in relation to overall impact of general health on Internet addiction, in this study was not found significant relationship.

## Discussion and Conclusion

In recent years Internet has been heavily focused on different groups of people, especially students and it's interesting to users attract them to spend hours of their time on side of computer and on other hand, by getting popular of Internet, use of excessive and pathological addiction to technology and Internet has attracted attention of psychologists (Chebbi & Prasanna 2000).The family is the first foundation of personality, intellectual values that play an important role in determining individual life policies in future. Mental health is

another variable that can be involved in Internet addiction (Whang, Lee & Chang 2003).

Many psychologists say that extreme and pathological Internet use reduced amount of student mental health. Indeed, increased levels of work with Internet are associated with lower levels of mental health. So this study will examine the relationship of mental health with Internet addiction research is important. Learning new behaviors to students in an era of rapidly advancing information is growing daily and new communication tools, it is more efficient to enter global markets, so we must learn new behaviors, especially for young students how to use Internet and to use it properly motivated to achieve scientific and industrial development of country.

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