

The Relationship between Internet Addiction and Social Support and Hopefulness (Case Study: Qom Azad University Students in Educational Year of 91-92)

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ABSTRACT

This study aimed to determine the relationship between social support and hope with Internet addiction. The sample consisted of 376 patients (203 male and 173 female) students of Islamic Azad University, Qom years 91-92 of the 8951 patients randomly selected, the design of this research is a correlation tool of social support questionnaires hope Snyder and Yang Internet, which Stability and reliability is located at an appropriate level, the data obtained by using descriptive statistics and Pearson and Spearman correlation and regression analysis. With investigating the findings, Internet addiction relationship with two was variable significant found. Results Table shows the Pearson correlation coefficient between Internet addiction and the total score of social support which suggests a significant relationship at 95% confidence between the two variables in the subjects studied between addiction to Internet and total score suggests a significant relationship Internet, therefore, tangible support (social support subscale) and hope predict their Internet addiction.

Keywords: Internet addiction, social support, hope, Student, Islamic Azad University

1. INTRODUCTION

The compulsive use of the Internet by measures such as isolation, depression, loneliness and anxiety is associated. Lack of stable and intimate relationships, lack of confidence and the general failure in all aspects of life, provide grounds for internet addiction.

It should be noted that spending too much time on useless activities and entertainment, has many negative consequences and outcomes. Internet addiction has many variables and individual character of the relationship. Internet addiction and personality variables such as high neuroticism, agreeableness and conscientiousness are meaningful relationship. Also in the field of education, Internet addiction has fallen by the number of units, reducing the average and probation relationship.

Also, the use of chatrooms is resulted in reducing real life relationships and the development of depression, self-documentation, unreal perceptual experiences, suspicion, paranoia, social anxiety, as well as the use of online games, chat and send and receive e-mail with schizotypal personality among adolescents. Also, studies have shown that students who are suffering from Internet addiction suffer from lack of social skills and the high vulnerability of poor mental health. As well as the results of research shows a significant association between Internet addiction and social adjustment.

Based on the results of this study reinforce the strategy Strong connection circuit with happiness and hope can help addicted people in Internet addiction also reduced and the lack of social support have more depressive symptoms which are more severe and Internet Addiction Research also showed that children with high hopes, their lives were better and have higher self-esteem than children with less hope which can also be associated with Internet addiction? This study is intended to examine the subject. Internet addiction is a chronic, recurrent, widespread phenomenon of and has serious damage to the physical, financial, familial, social, and psychological condition of human.

Dependent person (addicted) subsequent to dependence aches from serious personal and social functioning (Omidvar and Saremi, 2002). There is a problem that how we can manage these people to use management and wisely and without any danger. Responsible use is that user should not allow to his important factors in his/her life like family, marriage and meeting other people, health, job and education would be ignored in favor of internet. And of course we should make sure that our students have healthy way of using the internet.

So he/she should control on his/her use and the dark side should not avenge them And also Izanloo and Goudarzi (2011) found that excessive use of the Internet can lead to social isolation and a reduction in social relations and also of citizens, Hasanvandamozadeh & Raoshan (2011) found that the use of emotion-focused coping and avoidance mechanisms in students with suicide thought is more meaningfully and the low self-esteem and use of drugs is much more with such students.

Since the researches (Khodapanahi et al, 2010) there is a positive relationship between social support and hope which confirm the sense that the increase in social support, is cause to rise of optimism.

Research hypotheses

It seems that there is a relationship between Internet addiction and social support. It seems that there is a relationship between Internet addiction and hope. It seems there is a relation between social support and hope. Social support and hope predictor variable are variables of internet addiction.

Psychometric Variables

External Reliability: Many researches of reliability and validity supports this as a measure of hope support, the internal consistency of the test is equal to 74/0 to 84/0 and reliability test-retest was / 80 which in terms of more than 8 to 10 weeks, these rates are

higher (Snyder & Lopez, 2002). Subscale internal consistency factor was 71/0 to 86/0 and the scale strategy equals to 63/80 / a (Kerrmany et al, 2011).

Snyder et al (2000) after a three-week test-retest the value of reliability reported 85/0 and the scale for reflection factor of 81/0 and strategies about to 74. In a study of 342 students between the age's 21-18l reliability coefficient for the reflection factor was 76/0 and 88 respectively (Kermani et al, 2011).

Validity "The narrative is to see whether measuring tool features the repeatability? If you can repeat the search would you drew similar conclusions? In other words, if desired character in the same way under the same conditions of measurement got measured more than once, the results will be similar to what extent. The validity of the survey instrument will have the full benefit of the coefficient of stability or reliability. That is, if repeated, similar results occur.

The criteria should be applied in a consistent manner. At various times during the investigation any act done in the same way "(sarookhani, 2009). The correlation between this questionnaire and questionnaire with frustration equals to -0/51 and the Beck Depression Inventory -0/42 which indicates the concurrent validity of the questionnaire (Snyder & Lopez 2007).

2. RESULTS

The results show that in a total of 376 people, 54 percent of participants were male and 46 percent were female.

Table 1. Frequency and percentage of subjects in the variable of Internet addiction.

Internet Addiction	Female		Male		Total	
	Abundance	Percent	Abundance	Percent	Abundance	Percent
No	151	87.3	163	80.3	314	83.5
Yes	22	12.7	40	19.7	62	16.5
Total	173	100.0	203	100.0	376	100.0

The results show that 12.7% of subjects in the table above are women and 19.7% of subjects with Internet addiction are men and 16.5% of the subjects studied in the questionnaire of Internet addiction was engaged in Internet addiction, and 83.5 percent of respondents do not.

Table 2. Abundance and percent on testable in variable of education.

Education	Abundance	Percent
Undergraduate	24	6.4
BA	329	87.5
Graduated	23	6.1
Total	376	100.0

The results in the Table (2) shows, 6.4% and 87.5% of subjects required AS-level Education at the undergraduate and graduate levels was at 6.1 percent.

Table 3. Statistical characteristics on variable of internet addiction in testable.

Statistical characteristic	Number	Average	Mean	Index	Standard Deviation	Variance	Tendency	Elongation	Minimum	Maximum
Internet addiction	376	24.60	21.00	5.00	1.7985	323.487	0.730	-184	0.0	84.00

The result in the Table (3) show statistical characteristics of the age of the subjects with a mean of 22.49 which is the minimum age is 18 years and maximum 44 years.

Table 4. Statistical characteristics of the age of the subjects.

Statistical characteristic	Count	Mean	Average	Index	Standard deviatio	variance	tendency	extension	minimum	maximum
	376	22.516	22.00	20.00	3.676	13.520	2.560	8.609	18.00	44.00

The results in the Table (4) show statistical characteristics related to internet addiction in testable, the mean is calculated equal to 24.60 which the minimum value was zero and the maximum was 84; given the key in score making, any score higher than 44 shows the addiction of the person to internet. Other characteristic related to internet addiction is represented in Table (4).

Table 5. Frequency and percentage of subjects in the variable of Internet addiction.

Internet Addiction	Popularity	Percent
No	314	83.5
Yes	62	16.5
Total	376	100.0

The results in the Table (5) shows that a population of 16.5% of the subjects studied in the questionnaire were engaged with Internet addiction and 83.5% of the participants are not.

Table 6. Statistical characteristics of the variable social support subscale in subjects.

Statistical Properties	Number	Average	Meam	Index	Standard Deviation	Variance	Tendency	elongation	Minimum	Maximum
Perceived support	376	15.84	17.00	20	3.622	13.119	-.915	.294	4	20
Emotional Support	376	14.46	15.00	20	4.025	16.201	-.544	-.341	4	20
Informing	376	14.24	14.50	13a	3.701	13.699	-.376	-.278	4	20
Knship	376	10.86	11.00	15	3.526	12.433	-.559	-.734	3	15
Positive social interaction	376	14.19	15.00	14a	4.115	16.930	-.477	-.546	4	20
Social support	376	69.59	72.00	73	16.395	268.793	-.533	-.194	19	95

The results of the statistical characteristics of the variable in the Table (6) shows social support subscales, The mean calculated for total score of social protection was equal to 69.59, the lowest score of 19 and 95 is the highest. Tangible support to small-scale mean of 15.84, the lowest score of 4 and maximum of 20. Average calculated for the subscales of emotional support to 14.46, the lowest score of 4 and maximum is 20

Table 7. Statistical characteristics of the variable hope and retail sales in subjects.

Statistical characteristics	No	Mean	Median	Index	Standard Deviation	Variance	Tendency	Stress	minimum	maximum
Functional thought	376	25.04	26.00	26	4.442	19.732	-.333	-.314	10	32
strategies	376	25.62	26.00	26	4.228	17.880	-.662	.311	12	32
hopefull	376	50.65	52.00	52	7.721	59.613	-.366	-.310	30	64

The results of the variable in the Table (7) shows the statistical characteristics of hope and subscale, the mean of total score in Hopefully equal to 50.65, the lowest score is 30 and the maximum is 64. Average calculated for the subscales operational thinking was equal to 25.04, the lowest score is 10 and the maximum is 32. Average calculated for small-scale strategies was equal to 25.62, the lowest score is 12 and the maximum is 32. Other statistical characteristics of the variables in hope and micro scales are presented in the Table (7).

Table 8. The reliability coefficients of the variables of social support, hope and Internet Addiction.

Variable	Questions numbers	Cronbach Alpha
Social support	19	.947
hopefulness	8	.789
Internet addiction	21	.951

The results in the Table (8) shows reliability coefficient in to Cronbach's alpha variables examined in this study. Cronbach's alpha for social support variable equal to 0.947, 0.789 and hope for changing Internet addiction was calculated to 0.951.

3. ANALYTICAL

First hypothesis: There is a relationship between Internet addiction and social support.

Sub-Hypothesis 1: It seems that between Internet addiction and tangible support subscale there.

Sub-Hypothesis 2: It seems that between Internet addiction and emotional support subscale there.

Sub-Hypothesis 3: It seems that between Internet addiction and subscales information there.

Sub-Hypothesis 4: It seems kind of relationship between Internet addiction and there small scale.

Sub-Hypothesis 5: It seems that the positive relationship between Internet addiction and social support subscale there.

To investigate the above hypothesis and through checking the correlation, firstly the correlation between the two variables was evaluated by examining the linearity then if confirmed the linearity of the relationship we would use the Pearson correlation test and Spearman correlation testis should be noted in the following table: Pearson correlation coefficients and Spearman correlation coefficients are identified as Bold and Italic and Underline. Also significant coefficients and coefficients marked with two stars that were significant at 0/01 and 0/05 are significant coefficients which have been marked with an asterisk

Table 9. Test and Spearman correlation between Internet addiction and social support subscales.

Variables	Perceived support	Emotional support	informing	Kinship	Positive social interaction	Social support
Internet addiction	<i>-.180**</i>	<i>-.124*</i>	<i>-.105*</i>	<i>.110*</i>	<i>-.113*</i>	<i>-.128*</i>
Meaningfulness Level	.000	.017	.043	.034	.030	.014

The results of the Table (9) shows that the Pearson correlation coefficient between Internet addiction and the total score of social support ($r = -0 / 128$) with a significance level ($p < 0/05$), implies the existence of a significant relationship between the level 05/0 between two variables in the subjects under study. In addition to the tangible support subscale ($r = -0.180$) with significance level ($p < 0.01$) implies the existence of a significant correlation at 0.01, with equal emotional support subscale ($r = -0.124$) with significance level ($p < 0.05$) implies the existence of a significant correlation between the two variables, the publicity subscales ($r = -0.105$) with significance level ($p < 0.05$) implies the existence of a significant correlation at the 0.05 level, the kindness subscale ($r = -0.110$) with a significance level ($p < 0.05$) implies the existence of a significant correlation between the two variables at the 0.05 level and positive social interaction subscale ($r = -0.113$) with significance level ($p < 0.05$) implies the existence of a significant correlation at the 0.05 level between two variables in the

subjects under study accordingly research hypothesis and first, second, third, fourth and fifth sub-hypotheses are approved.

The second hypothesis is the relationship between Internet addiction and hope.

Sub-Hypothesis 6: It seems that the idea of Internet addiction and petty scale factor

Sub-hypothesis 7: It seems there is a relationship between Internet addiction and small-scale strategies.

Table 10. Pearson correlation test between Internet addiction and hope.

Variables	Functional Thought	Strategies	Hopefully
Internet Addiction	-.157**	-.157**	-.176**
Meaningfulness level	.002	.002	.001

The results of the Table (10) shows, the Pearson correlation coefficient between Internet addiction and hope to score variable ($r = -0.176$) with a significance level ($p < 0.01$) which implies the existence of a significant relationship between the level 01/0 between two variables in the subjects under study. The reflection factor of the subscales ($r = -0.157$) with significance level ($p < 0.01$) implies the existence of a significant relationship between the level of 0.01, and the strategies of small scale ($r = -0.157$) with significance level ($p < 0.01$) implies the existence of a significant correlation between the two variables, the subjects under study accordingly the second hypothesis and the sixth and seventh sub-hypotheses are confirmed.

The third hypothesis: There is a relationship between social support and hope.

Table 11. Test of Pearson's correlation between social support and hope.

Variables	Hopefulness
Social Support	.350**
Meaningfulness level	0.00

The results of the Table (11) shows, the Pearson correlation coefficient between social support and hope to the variable ($r = 0.350$) with a significant level ($p < 0.01$), implies the existence of a significant relationship between the two variables at 01/0 in the subjects under study. The third research hypothesis is true.

The fourth hypothesis: variable of social support and hope are predictor variables of addiction to the Internet

Table 12. Coefficient of social support and hope and subscales of each variable in the regression analysis of Internet addiction.

Selected Variable	Model	Predictive Variables	Un-Standard Coefficients		Standard Coefficients	T	Sig	R ² Justified	F	Sig
			B	se.b	Beta					
Internet Addiction	1	Constant	39.881	3.992	---	9.991	.000	0.039	16.002	0.000
		Tangible Support	-.984	.246	-.203	-4.000	.000			
	2	Constant	53.673	6.315	---	8.499	.000	0.056	12.073	0.000
		Tangible Support	-.790	.253	-.163	-3.117	.002			
		Hopefulness	-.333	.119	-.147	-2.802	.005			

The regression of the criterion variables in a stepwise regression analysis based on the predictor variables were evaluated. The results show that with respect to the adjusted R2 for model 1, 0.039% of the variance associated with Internet addiction by changing the variable of social support subscale tangible support is justified. In model 2, with the addition of variable hope this value increases to 0.059.

Calculated F in the model (F = 16.002 / p < 0.01) and in the second model (F = 12.07 / p < 0.01) showed a significant model, so addiction to the Internet is predictable on the subscales of social support variables tangible support and hope. Beta is beta weight which also shows the weight change of one standard deviation in the range supported by tangible change in the standard deviation of -0.163.

The rate of change of one standard deviation changes in the variable hopefully lead to -0.147 standard deviations in Internet addiction. Which support tangible results T (T = -3.117/p < 0.01) and hope (T = -2.802 / p < 0.01) which showed a significant effect of changing variables tangible support and hope as a Predictor of Internet addiction as a criterion variable. According to the results of the regression equation for Internet addiction based on constant and the coefficient B, the variable is statistically significant hope that participation is as follows

(Tangible support) $0.790 + 53.673 = \text{Internet addiction}$

(Hopefully) $-0.333 + 53.673 = \text{Internet addictions}$

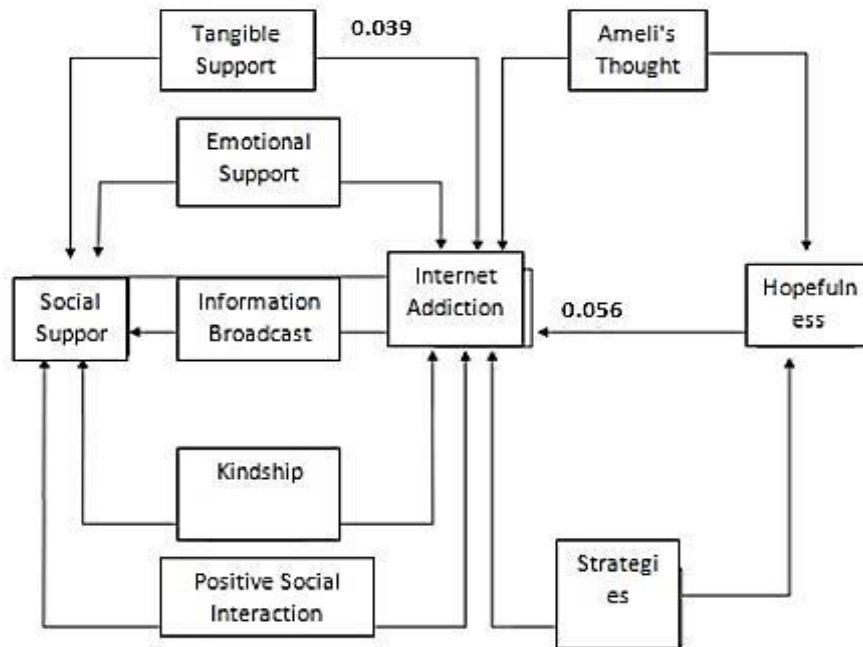


Figure 1. Results of regression analysis model (regression).

Based on the results of the regression model, tangible support subscale scores and the total score of hope with Internet addiction has a significant relationship.

4. DISCUSSION AND CONCLUSIONS

Internet addiction is a mental disorder, and social behavior that has detrimental effects in various fields for TPU several theories have been presented to explain it, each from a different perspective looked at the problem. Perceived social support of person which means the society around him/her love him/her, They take care of him, to preserve the value of their And he's part of a social network with the assistance and commitment of the table, and in the potential crises of life can act as a shield, Hopefully is a emotional strength that makes people to identify the real desired objectives and desired outcomes which are again meaningful and real and resources to achieve these outcomes under inhibitory control on the move to use the best strategy possible for the desired outcome. According to records lack of social support and coping with loss of hope, anxiety and stress, and academic problems were related to drug addiction and increased social support and hope to increase compliance, reduce anxiety and stress, increase self-esteem, improve performance and reduce vulnerabilities were associated.

According to the research findings, the following recommendations are offered:

Research

Dependence on other technologies such as mobile also be investigated. The sample is recommended to be done in other communities, such as education. Internet addiction relationship with other variables such as mental health and self-review also be examined.

Application

Based on the results of this study, students who hope to communicate with the desired support and reduce the tendency of students to Internet addiction. Education and awareness of the disadvantages of excessive use of the Internet on users. Providing broadband Internet use which reduces time to use. Being familiar all the family members with the using of the Internet to function, leading to consciously monitor their children online. Restricting the use of Internet does not solve the problem but cause a denial of technology and impede the progress of society. Increasing healthy hobbies such as tourism, ecotourism, and collective happiness. Training and the creation programs of Internet addiction in specific treatment centers.

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