

INTERNET USE AND ADDICTION AMONG STUDENTS OF UNIVERSITY OF DUHOK

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ABSTRACT

Background: Internet has in few years changed the pattern of modern life. Internet addiction is regarded as a new disorder which might disrupt individual's mental health. The objectives were to assess prevalence of internet addiction of various severity levels and to study its relationship to socio-demographic data among the students of university of Duhok.

Methods: This study has a cross-sectional design in which addiction on internet was assessed among Duhok University students for the academic year 2014- 2015. The participants were 1077 students selected randomly during the period between 1st of December 2014 through 30th of March 2015. The 20 items Internet Addiction scale was used.

Results: Among the university students, 98.4% were internet users and 82.3% were addicts. Among them 71.8% have mild internet addiction, 24.3% have moderate and 3.9% can be classified as having severe addiction. While the internet addiction was significantly more prevalent among male gender and urban community group, the severe level appeared to be more common in males and students from humanity fields. Students mostly used the internet for academic/ pleasure purpose.

Conclusions: Internet addiction appeared to be common among students of University of Duhok specially males, urban residents and those from humanity fields. Clinical psychologists and psychiatrists should be aware to suggest the necessary therapeutic interventions in time.

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Keywords: Internet use, Addiction, University students

In the recent years, the new information and communication technology, such as mobile phones and the internet have gone through a very rapid growth and availability all over the world specially mobile phone with internet. Compared to 2000, the use of internet has been doubled by 2011.¹ The Internet has revolutionized the computer and other tools of communication all over the world.² It has been increased specially among the young ages.³ Internet addiction can have effect on people with different frequencies and

severity levels and can impact negatively on the academic, social, financial, and occupational domains of the individual.^{1,4,5} Many other disadvantages can be attributed to the highly use like theft of personal information, virus threats, pornography easy access, social disconnection between people, legal activities like unaccepted adults communication with children.⁶⁻⁸ Many disorders can complicate abnormal internet use, like 'internet addiction disorder', 'pathological or problematic internet use'.⁹ Until now, addiction on the

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internet has not been listed as a disorder in the diagnostic and statistical manual of mental disorders (DSM), but it has been recognized formally by the American Psychological Association. It is defined as abnormal use of online resources to the degree that it affects the persons' daily activities and social relationships.¹⁰ It is regarded as a newly emergent disorder and is described first in 1996 by the psychologist Kimberly Young.⁹ It is regarded as a kind of impulse control disorder same as other forms of addiction.¹¹

Young made a questionnaire for diagnosis of morbid internet use and addiction.¹² According to him, any patient having 5 or more of eight symptoms of the following: preoccupation, tolerance, withdrawal, failure to control, use longer than intended, functional impairment, lying, and escape will be considered as internet addict.

Grohol described three phases of internet addiction. At first, internet use may be accompanied by obsession and enchantment. In the second phase, disillusionment happens with internet sets and avoidance of online activities. In the third phase balancing of the first two phases and then a new pattern of internet use develops.¹³

The etiology of internet addiction is not clear yet, but several factors may contribute to the development of internet addiction which may have neurological, psychological, and/ or social origins.¹⁴ These etiological factors can act together to increase the risk of developing Internet Addiction: personality vulnerability to addiction, shyness and social anxiety, depression, peer influences, brain

biochemical responses, escapism, and instant gratification.¹⁵

It becomes a big problem among U.S. adolescents and South Korea youths.¹⁶ They may even need psychotropic medications, or sometimes hospitalization.^{17,18} The prevalence found by Scherer (1997) was 14% among the college-based population.^{3,19} The observable varying prevalence rates estimated for internet addiction disorder (between 0.3% and 38%) may be caused by the fact that criteria of diagnosis and evaluation instruments vary between countries and studies commonly use surveys on selective samples community.¹⁴ Adding to that, different countries may have different accessibility to, different definitions of internet addiction and diagnostic tools.²⁰

The young adults are more commonly going online than the other groups of population. About 92% of 18-24 year olds who do not attend college are internet users.²¹ Commonly used fields among internet addicts are cybersex, cyber-relationships and online gambling.²²

It has been reported that persons with problematic internet use have high rates of psychological symptoms.²³ May physical and psycho-social effects may complicate internet addiction. Sleep problems, worries and anxieties, major depressive disorder, social phobic disorder, agitation, hostility, preoccupations, loss of control, dysfunctions, reduced decision-making capacities can happen as negative impact of internet addiction.^{24,4,20,25}

In 2005 Yang and colleagues reported that excessive Internet use has led to higher levels of psychiatric symptoms on the

Symptom Checklist-90- Revision in Korea.²⁶

The objectives of this study were to find out the prevalence of internet use; internet addiction, and addiction severity levels among Duhok University students. The other purpose of the study was to find whether the age, sex, field of study, residence, community types, or previous psychiatric diagnosis can be related to the excessive internet use and/or addiction.

METHODS

Study setting and design: This cross-sectional study was done among students in the University of Duhok/ Zanko Complex in Malta/ Duhok city, Sumail and Akre towns in Kurdistan Region of Iraq. Multistage random sampling was used to select 1077 university students. The study has been conducted during a period of four months from 1st of December 2014 until 30th of March 2015. Data were collected by the researchers using self-reported questionnaires that were distributed to the included students. Approvals were taken from the scientific and ethics committees related to University of Duhok and the Directorate of Health in Duhok. Written consents were obtained from each participant after giving necessary information.

Study sample: The study population consists of students in all 11 faculties of the University of Duhok. Twenty schools and classes were chosen by multistage cluster sampling. The sample was selected in two stages: first stage simple random sampling to choose two schools from each faculty and in the second stage same procedure used to select one class from the schools chosen. 1094 undergraduate

students participated in this study; they were from different grades in each faculty. Seventeen of participants were excluded from the study and 1077 students were included.

The sample was selected according to the following inclusion criteria: age of the students should be between 18 to 26 years, both genders, and the required school or department should be in the morning time. Exclusion criteria: students of the department of computer in both faculties (Engineer and Science) in the University of Duhok.

Study instruments

1. Socio-demographic Data

The researchers made an information form and it is designed according to the aims of the study. It is composed of 8 questions which included socio-demographic features like age, sex, field of the study, residence, community types, previous diagnosis of any psychiatric disorder, internet use and purpose of internet use.

2. Internet Addiction Scale (IAS)

Internet Addiction Scale was developed by Young in 1996.²⁴ The measure contains 20 items and it can assess the symptoms of internet addiction. It is a self-report with 5 degree Likert which scored from 0 (do not apply) to 5 (always). Any person has a score range between 0-19 means non-addiction and in addiction, the minimal score is 20 and maximal is 100. Higher scorers indicate more dependency on the internet, based on the DSM-IV diagnostic criteria for compulsive gambling and alcoholism. It contains questions that reflect the behaviors of addiction.

IAS includes the following items: obsessive behavior related to internet or chatting, withdrawal symptoms, tolerance,

slump in school performance, negligence of family and school life, personal relationship problems, behavioral problems, health trouble and emotional problems.²⁷ The addiction severity was also classified to: a) score points between 20 and 39 classified as an average online user who can have complete control over his/her usage, b) a score between 40 and 79 expresses frequent problems due to Internet usage or possible to addict, and c) a score of 80-100 means that the person has Internet addiction or Internet is causing significant problems.²⁸

Validity and reliability of the IAS:

The content validity of the instrument was established through a panel of ten experts of different specialties related to the field of the present study including psychiatry, psychiatric nursing, community medicine, and statistics. They were asked respectively to review the questionnaire for clarity and adequacy in order to achieve the present study objective.

The experts were (4) faculty members from University of Duhok/ School of nursing, two faculty members were from University of Duhok/ School of Medicine, one member was from psychiatric department in Azadi teaching hospital and three members were from health department of Duhok Directorate of Health.

Those experts were asked to review the questionnaire for content clarity, relevancy, and adequacy; their responses indicated that minor changes should be done according to their suggestions and valuable comments.

For testing the reliability of the IAS, a pilot study was conducted for 10 students from University of Duhok during the

period 23 November to 29 November 2014. The Pearson's Correlation Coefficient was used. In this study, reliability Coefficient (Cronbach's Alpha) of the test was 0.89.

Statistical analyses

The Statistical Package for Social Science (SPSS) version 19 software package was used to perform statistical analyses. For descriptive purpose, internet use and level of internet addiction were analyzed by using percentages or frequencies. The t-test was used to test the differences between means of internet use and addiction in different subgroups of age, gender, field of study, community type, residence, purpose of internet use and previous psychiatric diagnosis. In all calculations, p values equal or under 0.05 was considered significant and p value equal or under 0.01 was considered highly significant.

RESULTS

Table 1 shows the names of university schools or departments chosen from faculties with number of students in each school or department and from different classes. All participants were chosen from University of Duhok. The greatest number of students chosen according to departments was from the account department (128) and the least student number was from school of veterinary (26).

Table 1 Distribution of sample by departments and year of study.

Faculty	Schools or departments	Students (N)	Class
Medical	Pharmacy	37	5 th
	Nursing	38	4 th
Agriculture	Plant product	53	2 th
	Animal product	32	3 th
Veterinary	Veterinary	26	5 th
Art	Sociology	69	3 th
	Translation	58	3 th
Geology	Geology	38	1 st
Administrati On	Account	128	2 ^{ed}
and Economy Education	Economy	52	4 th
	Kindergarten	50	3 th
Science	Mathematics	58	3 th
	Chemistry	44	2 th
Engineering	Biology	31	4 th
	Civil	34	4 th
Science and Education of Akre	Source of water	54	2 th
	English	106	2 th
Law and Politics	Arabic	63	3 th
	Law	77	2 th
Total	Politic	29	4 th
		1077	

Table 2 shows that females (53.5%) were slightly higher than males and the age group 18-22 years old constituted three quarter of the sample. The study sample contained nearly equal distributions between urban and rural residents and also between dormitory and family home residence. A total of 632 (58.7%) students were from Humanities field and the rest (41.3%) were from science field. Only (5%) of the sample were previously diagnosed as having one or more psychiatric disorder.

Table 2 Socio-demographic characteristics of students.

Characteristics	N (%)
Gender:	
- Male	501 (46.5)
- Female	576 (53.5)
Age groups:	
- 18-22 years	805 (74.7)
- 23-26 years	272 (25.3)
Community Type:	
- Urban	512 (47.5)
- Rural	565 (52.5)
Residence:	
- Dormitory	510 (47.4)
- Family home	567 (52.6)
Field of study	
- Humanities.	632 (58.7)
- Science	445 (41.3)
Diagnosis:	
-With psychiatric diagnosis	54 (5.0)
-Without psychiatric diagnosis	1023 (95.0)
Total	1077 (100)

According to table 3, it is clear that the total number of internet users among University of Duhok students was 1060 and the majority of them 882 (83.2%) were using it for pleasure and academic purpose.

Table 3 Prevalence and purposes of internet use among University of Duhok students

Internet use	N (%)
- Internet Users	1060 (98.4)
- Non internet users	17 (1.6)
Totals	1077 (100)
Purposes of internet use*	
- Academic	178 (16.8)
- Pleasure/Academic	882 (83.2)
Totals	1060

* Out of the total 1060 internet users.

Prevalence of internet addiction and its levels was illustrated on table 4. A total of 872 (81% of whole students and 82.3% of the users) were internet addicts. From them, (71.8%) of the students have mild addiction on internet, and 212 (24.3%)

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students have moderate internet addiction. Only 34 (3.9%) students were classified as severe internet addicts.

Table 4 Prevalence of internet addiction and internet addiction levels among the study participants (1077)

Internet addiction	N (%)
- Internet addicts	872 (81)
- Non-Internet addicts	188 (17.7)
Totals	1077 (100)
Levels of addiction	N (%)
- Mild	626 (71.8)
- Moderate	212 (24.3)
- Severe	34 (3.9)
Totals	872 (100)

Information about the relationship of internet use, addiction and purposes of use to different socio-demographic data is clarified in Table 5. The independent t-test shows highly significant differences in internet addiction between different genders, community types, and purposes of internet use groups (P values < 0.001). Internet addiction was significantly more prevalent among male gender, and urban community group. The Academic/pleasure purpose of use was highly significantly more common among students.

Table 5 Relationship of socio-demographic characteristics with internet use and internet addiction among University of Duhok students. (N=1077)

Characteristic M (SD)	Internet use* M (SD)	t- test	P	Net Addiction** M (SD)	T- test	P
Gender						
- Male	1.02 (.140)	1.008	.314	1.90 (.303)	6.230	< 0.001
- Female	1.01 (.110)			1.76 (.429)		
Age Groups:						
- 18-22 years	1.01 (.121)	-0.397	.691	1.82 (.382)	0.119	0.905
- 23-26 years	1.02 (.135)			1.82 (.385)		
Community Type:						
- Urban	1.01 (.108)	-1.031	0.303	1.88 (.328)	4.554	<0.001
- Rural	1.02 (.138)			1.77 (.420)		
Residence:						
- Dormitory	1.02 (.124)	- 0.025	0.980	1.80 (.397)	-1.438	0.151
- In home	1.02 (.125)			1.84 (.368)		
Study field:						
- Humanities.	1.02 (.142)	1.606	0.109	1.81 (.391)	-1.023	0.307
- Science	1.01 (.094)			1.84 (.370)		
Psychiatric diagnosis:						
-Positive	1.02 (.136)	0.165	0.869	1.79 (.409)	-0.590	0.555
-Negative	1.02 (.124)			1.82 (.381)		
Purpose of Internet use:						
- Academic				1.51 (.501)	-9.405	<0.001
- Pleasure/ Academic				1.88 (.320)		

* Out of 1077 and ** Out of 1060

The relationships of socio-demographic characters with severe internet addiction in the university students are shown on table

6. It's obvious that the gender and study fields are only affecting on the prevalence of severe internet addiction between

students. Severe internet addiction was significantly highly prevalent among male gender and those students from humanistic fields of study (P values < 0.05). Severe internet addiction was not different between those using internet for academic or for pleasure purposes.

Table 6 Relationship of socio-demographic characteristics with severe internet addiction (N=872)

Characteristic	Severe addiction M (SD)	T- test	P
Gender:			
- Male	1.42 (.602)	5.506	<0.001
- Female	1.22 (.458)		
Age groups:			
- 18-22 years	1.31 (.546)	-0.814	0.416
- 23-26 years	1.35 (.540)		
Community Type:			
- Urban	1.30 (.522)	-1.314	0.189
- Rural	1.35 (.566)		
Residence:			
- Dormitory	1.34 (.564)	0.783	0.434
- In home	1.31 (.527)		
Study field			
- Humanities.	1.35 (.573)	1.994	0.047
- Science	1.28 (.501)		
Previous psychiatric diagnosis:			
- Positive	1.52 (.740)	1.840	0.073
- Negative	1.31 (.531)		
Purpose of internet use:			
- Academic	1.25 (.527)	-1.364	0.175
- Pleasure/Academic	1.33 (.546)		

DISCUSSION

According to our knowledge, this can be regarded as a first study estimating internet addiction in Kurdistan- Region of Iraq. It was aimed to estimate the prevalence of internet addiction and internet addiction levels among Duhok University students. Accordingly, 1077 students were randomly

selected and assessed by the Internet Addiction Scale.

The easy and wide availability of internet can benefit people by enhancing their access to a many areas of knowledge easily and creates an avenue for entertainment and social communication.^{29,30} Providing free internet

line can facilitate the access to online books and giving a solution to the deficiency of resources and reference books in university. On the other side, the internet's invasion of all daily life activities can be dangerous and have serious output especially when the use is exaggerated to reach the addiction level.

This study showed that there is high level of internet use (98.4%) indicating that the internet use is very common among the university students. In Iran, all of medical students reported that they used the internet with various periods of times.³¹ The Ministry of Information and Communication technology in 2005, stated that the approximately 94.8% of teenagers are using the internet (as cited in Young, 2006).³² In Turkey, a study showed that the number of internet users was around 20 million at 2007 and this number has increased to 26 million at 2008.³³

Similarly, 100% of United States university students accessed the Internet in 2010.²¹ Researchers sought the factors behind this increased use, like DeBell and Chapman in United States (2006), have explained that parents' education and family income are both positively affecting the increase in number of computers and internet users.³⁴ The internet is used more by younger individuals in Norway within the age group 16–29 years.³⁵ According to AIM Conference Center 2008, 93% of

Korean adolescents were regarded as internet users.

Our study showed that internet addiction is highly prevalent (81%) among Duhok University students. Among those only 3.9% were highly addicted, 24.3% were possible to addict or have moderate addiction. Many factors contribute to this high level of addiction: internet has made life much easier by making data more accessible to all and creating connections with different persons around the world. Internet broadcast or Wi-Fi and monthly participation has led a lot of individuals to spend too much time using it so that it becomes the center of their lives. Being unhappy and stressed can participate in the development of internet addiction. Persons who are overly shy and cannot easily relate to their friends are also at a higher risk of developing this type of addiction.

Similar levels of internet addiction were found in other countries. A study by Bahrainian and Khazaei in Iran in 2014 showed that 2.2% had excessive levels of internet addiction and 38.5% were suffering from moderate severity addiction.³⁶ According to Balci and Gülnar's in Turkey (2009), the rate of internet addiction among the university students was estimated to be 23.2% and 28.4% were at risk.³⁷ Chou and Hsiao in Taiwan in 2000, study results showed that about 5.9% of undergraduate students are suffering from internet addiction and also Yong in Malaysia (2008), reported internet addiction levels of about 3.3% is classified as excessive users and 54.1% are moderate users.³⁸

Relationship of socio-demographic characteristics of students to internet use, addiction, and sever addiction level:

Gender:

Internet addiction seems to be more common among males than females. This may be because the males spend more time by using internet and social networking than the females and also boys have more experience of earlier forms of internet technology such as laptop and video games.^{39,40}

Results of Vanea research showed that there is significant difference between males and females in Romania (2011), and Sargin in Turkey (2012) in which male adolescent were more internet addicts compared to females.⁴¹ According to Sipal et al. (2011), 36.36% of the male teenagers go online for 5-9 hours a day and nearly, 7.27% percent of them are staying online for more than 10 hours each day.⁴⁰ A vast majority of the female adolescents (40.51%) appeared that they are online for only 2-4 hours each day.

Age groups:

The results showed that there are quite similarity between internet addiction levels and age groups, this may be because there are very small differences between student ages. They are all university student and their ages ranged between 18-26 years old. Similar to our study results, Hasanzadeh et al. in 2012 found that internet addiction in Italy students at different ages wasn't different, or there are no significant differences between age groups and internet addiction rates.⁴² Based on Pawłowska et al. in Poland 2015, study showed that those adolescents aged 13 to 19 years old, the prevalence of internet addiction was 1.83%, and at risk of addiction was 32.22%.⁴³ Youngsters are generally more attracted to risky activities (e.g. chat rooms, online gaming) and

therefore are generally more susceptible to addictive behavior on the Internet.⁴⁴

Community types:

Our study results demonstrated that the internet addiction is variable among communities. For instance, participants showed high rates of internet addiction in urban areas compared to that in rural areas, while the severe addiction was not different in both community types. Student's lives in rural and urban areas communities differ in terms of the accessibility to internet facilities. In urban areas, students can get internet from the university, internet cafe centers and network inside houses, while these facilities are rare in rural community. As well as, the majority of rural community are poor, as a result, they cannot afford internet every day. On the other hand, the level of education and knowledge about the technologic information may also be high among parents in urban areas, to avoid their children from abuse of the internet.

According to Pawłowska et al. in Poland 2015, the results showed that the urban living adolescents have significantly greater severities of internet addiction comparing to rural living adolescents.⁴³ It's estimated that approximately 35.55% of urban dwelling students as well as 30.18% of students inhabiting in rural areas are at risk of internet addiction. Regarding types of online activities; adolescents living in urban areas, use Internet pornography more than those from rural areas, play computer games, Facebook social networking service, and electronic mail and use Instant Messaging (IM) services. In India, research results showed that the internet misuse is more

among the rural adolescents.⁴⁵ This may be because of their ignorance about the seriousness of internet misuse

Residence:

Students stated that they had the ability to access the internet at dormitory and at their home. If they live with family in home, they can get internet broadcast or Wi-Fi. However, if participants live in dormitory, they can access to internet by monthly or weekly paying for mobile internet services. Therefore, the results showed that there are no differences between residencies in terms of internet addiction rates for participants.

According to Gençer in Süleyman Demirel University Turkey (2011), 78% of internet addicts can access internet services at home or dormitory.⁴⁶ When addiction happens, addicts access internet mostly at their homes, which is followed by internet cafes. Causes behind this are: first adolescent can have limitless internet access at home. Secondly, they do not have to pay for each hour of internet access at home.

Field of the study:

Results showed that severe internet addiction is significantly different between students in humanities and science discipline (p value = 0.04). The severe internet addiction mean for humanities participants was 1.35, while those identified natural sciences students was 1.28. It is believable that participants from humanities field of study may have more leisure time than those from scientific discipline; as a result, they might spend longer time with social networks, games, and YouTube. According to Ghamari et al. in Iran (2011), it was obvious that there is no any association between the internet

addiction severity and the field of study and school of education.⁴⁷

The results showed that internet addiction has considerable differences among participants, those who use internet for pleasure / academic mean (1.88) and those who use it for academic purpose mean (1.51). (table 5) It seemed that those used internet for pleasure likes social networks, games, and YouTube have higher rate of addiction than those participants who use it for academic purpose like doing report homework, course work and research project.

According to Fasae & Aladeniyi in Nigerian Universities (2012), about 89% of the science students use the internet for educational purposes, while 58% use it for entertainment purposes.⁴⁸ This agrees with the findings of Kumar and Kaur in India (2005) among Engineering Colleges in which 69.4% use the internet mainly for educational purposes.⁴⁹

According to Naffise et al. in Iran (2013), the results showed that the frequency of internet usage for entertainment is high.⁵⁰ However the number of students who most often use the internet for coursework has greatly decreased and the numbers who use it for entertainment, by contrast, has greatly increased.⁵¹

Sakina et al. in Pakistan (2008), found about 32% use internet for communication purposes, 24% mentioned that they were using it for entertainment, and 33% only were using it to update their knowledge. DeBell and Chapman in United States (2006), mentioned that adolescents commonly use internet for playing games, word processing, completing school assignments, e-mail, and connecting to the internet.^{52,34} The most frequent activities

are e-mail, games, school work, and finding news and product information.

The present study has several limitations. One of the obstacles is that the researchers were unable to measure the time period of excessive internet usage by each individual. Therefore, it is not clear if using internet for short or long period of time will affect the person's addiction level. The other limitation is difficulty to find published information concerning internet addiction among Iraqi university students to make possible comparisons.

Findings from this study have important clinical implications for those caring with mental health of students in general and university students specially. Ministry of higher education, mental health authorities, and families' students should be aware of these high rates of internet addiction among the university students in Duhok. Measures should be undertaken to prevent further increase in rates and manage the possible cases

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پوختە

کارئینان و ئیدمانا ئینتەرنێتی ل دەف قوتابیی زانکویا دهوکی

ئارماج: لساڵین دوماهیکی ئینتەرنێتی گوهرین ئیخستنه ژيانا خەلکیدا. ئیدمانا ئینتەرنێتی پیشیلبونەکا نییه و ئەوژی چیدبیت دەمی مروڤ کونترولی ل سەر کارئینانا ئینتەرنێتی نەگەت و ساخله میا دەرونی تێک بچیت. ئارمانجا فی لیکولینی هەلسەنگاندنا مشه بوونا ئیدمانا ئینتەرنێتی یه ل دەف قوتابیی زانکویا دهوکی و چەند پەڕه ندی هەیه ب پێزانینی وان یین دیموگرافی.

رێکۆن قەکولینی: ئەڤ قەکولینا دەرونی هاته کرن ل سەر قوتابیی زانکویا دهوکی لساالا خاندنی ۲۰۱۴-۲۰۱۵. بەشداپویی فی لیکولینی پیکهاتبون ژ ۱۰۷۷ قوتابیا کو بشیوه یه کی راندوم هاتبونه دەست نیشان کرن. دەمی فی قەکولینی چار هەیش بوون هەر ژ ۱ کانینا ئیکتی ۲۰۱۴ دەست پیکر و هەتا ۳۰ ئادارا ۲۰۱۵ بدوماهیك هات. پیقەرئ ئیدمانا ئینتەرنێتی یی کو پیک هاتی ژ ۲۰ پسیارا هاته بکارئینان.

ئەنجام: قەکولینی تومارکر کو ۹۸.۴٪ ژ قوتابیی زانکویا دهوکی ئینتەرنێتی بکارتین و ۸۲.۳٪ ئیدمانا ئینتەرنێتی یا هەیه. هەر ژوان قوتابیان ۷۱.۸٪ ئیدمانا سڤک یا هەیه و ۲۴.۳٪ ئیدمانا ناڤنجی یا هەیه ههروهسا ۳.۹٪ ئیدمانه کا توند یا هەیه ل سەر بکارئینانا ئینتەرنێتی. ههروهسا قەکولینی دیارکر کو ئیدمانا ئینتەرنێتی پتر یا مشه بوو ل دەف قوتابیی کور و ئاکنجیبت باژیرا. ئیدمانا توند ژ پتر دیار کر هەر لقوتابیی کور و ئەوین پشکین مروقایه تی دخینن.

دەرئەنجام: ئیدمانا ئینتەرنێتی گەلەک یا مشه یه ل دەف قوتابیی زانکویا دهوکی بتایه تی ل دەف قوتابیی کور و ئاکنجیبت باژیرا و ئەوین لکولجین مروقایه تی دخینن. نوژدار و چاره سه رکارین دەرونی تقیت د ناگه هدارین ل مشه بوونا فی پیشیلبون ل دەف قوتابیان داکو پینگاڤین چاره سه ریا پیتقی پافین ل دەمین پتویست.

الخلاصة

استعمال الإنترنت والإدمان عليه لدى طلبة جامعة دهوك

الهدف: غير الإنترنت نمط حياة الناس في السنوات الأخيرة. الإدمان على الإنترنت يعتبر إضطراب حديث الظهور وهو يشير إلى عدم قدرة الفرد على السيطرة على استعماله للإنترنت مؤدياً إلى إختلال صحته العقلية. يهدف هذا البحث الى تقييم مدى إنتشار إدمان الإنترنت بشداتها المختلفة لدى طلبة جامعة دهوك ودراسة علاقته بالمعلومات الديموغرافية. **طرق البحث:** تمت الدراسة كمشح ميداني لتقييم إدمان الإنترنت ومستوياته لدى طلبة جامعة دهوك للعام الدراسي ٢٠١٤-٢٠١٥. عينة البحث شملت ١٠٧٧ طالباً وطالبة تم إختيارهم عشوائياً خلال فترة أربعة أشهر من ١ كانون الاول ٢٠١٤ لغاية ٣٠ آذار ٢٠١٥. تم إستعمال مقياس إدمان الإنترنت المؤلف من ٢٠ فقرة.

النتائج: أظهرت الدراسة أن ٩٨.٤% من طلبة جامعة دهوك هم من مستعملي الإنترنت و٨٢.٣% منهم مدمنين على الإنترنت. من بينهم ٧١.٨% لديهم إدمان خفيف، و٢٤.٣% لديهم إدمان متوسط الشدة، كما إن ٣.٩% فقط لديهم إدمان بدرجة شديدة. على الرغم من أن إدمان الإنترنت كان الأكثر شيوعاً بين الذكور وساكني المدن، إلا أن الإدمان الشديد تواجهه أكثر لدى الطلبة الذكور والمنتمين الى كليات الفروع الإنسانية.

الإستنتاج: نستنتج من البحث أن إدمان الانترنت شائع لدى طلبة جامعة دهوك بنسبة تعتبر كبيرة خصوصاً عند الذكور وساكني المدن والدارسين للعلوم الإنسانية. الأخصائيين النفسانيين والمعالجين النفسيين يجب أن يتوخوا الحذر من تفاقم هذه المشكلة و يقترحوا التداعلات العلاجية الضرورية في الوقت الملائم.