The state of addiction Internet and its predictive role in the social health of students

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Abstract

The using of modern technologies, including the Internet, should be considered both an opportunity and a threat Regardless of the opportunities provided, this communication tool can provide a healthy function or threaten the mental and physical health of users, including students. The objective of this study was to investigate the status of Internet addiction and its predictive role in social health in students of Birjand University. The research method is descriptive-survey. The statistical population consisted of all students of Birjand University studying in the academic year of 96-95. Among them, 300 randomly selected cluster sampling was selected as the statistical sample. The research tool is the Young Yang Internet Addiction (IAT) questionnaire (1996) and Keys Social Health Questionnaire (1998). Data analysis was performed using t-test, one way ANOVA, correlation, independent t-test and regression at a significant level of $P < 0.05$. The results indicated that there was a significant negative relationship between internet addiction and social health of students, and there was a significant reverse relationship between social health subscales, subscales of social acceptance, social integration, and social adaptation using Internet. There was a significant difference between the Internet addiction and the social health of girls and boys. The results also showed that Internet addiction could predict the social health of students. However, it can be said that the phenomenon of Internet addiction is a health problem that has hit people. Therefore,

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university officials should work on the health of students, especially their social health, and plan their use of the Internet and its networks in the field of proper education and proper education.

Key words: Internet Addiction, Social Health, College Students