

عنوان مقاله:

Investigating the Relative Frequency of Internet Addiction among High School Students and its Relationship with Depression and Anxiety

محل انتشار:

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خلاصه مقاله:

Aim and Background: Internet has spread in the world, rapidly. However, it isn't desire for neglect of its destructive consequences, particularly in the social and psychological fields. In the present study, we examined the relative frequency of Internet addiction among high school students in Rafsanjan city and its association with depression and anxiety. **Methods and Materials:** In this cross-sectional study, ۲۲۴ students were been selected among Rafsanjan city in high school students in ۲۰۱۳ by using stratified random sampling method. Data were been gathered by Beck depression scale, Hamilton anxiety rating scale and Internet addiction test (IAT) questionnaires. After completing the questionnaires, data were been analyzed by using SPSS-۱۸ software and presented as tables and descriptive statistics. **Results:** As frequency of Internet Addiction, ۷۵ (۱۸.۵%) normal, ۲۴۴ (۶۰.۱%) poor, ۷۶ (۱۸.۷%) moderate and ۱۱ (۲.۷%) were severe. As the frequency of depression, ۶۷ persons (۱۶.۴%) were non-depressed, ۱۵۹ (۳۹%) in the mild, ۱۴۰ (۳۴.۳%) moderate and ۴۲ (۱۰.۳%) severe levels of depression. Frequency of internet addiction and its relationship with depression levels, the largest number, ۲۴۳ patients (۶۰.۳%) and the lowest low-level depression, ۱۰ (۲.۵%) were in the severe level. Frequency of Internet addiction and its relationship to anxiety level, the highest number, ۲۴۲ (۶۱%) in the low stress level, and the lowest, ۱۰ (۲.۵%) were in the severe level. **Conclusion:** The findings suggest that a significant relationship between the frequency of Internet addiction in terms of relative levels of depression and anxiety levels. Based on the results, the most frequency of Internet addiction is with depression and anxiety in low levels, and the least are in severe levels. This frequency is more common in female rather than male. It implies this fact that our young generation becomes more prone to suffer from Internet addiction and other disorders like depression and anxiety.

کلمات کلیدی:

Internet addiction; Depression; Anxiety; Students

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