

عنوان مقاله:

The Relationship between Mental Health and Addiction to Mobile Phones among University Students of Shahrekord, Iran

محل انتشار:

مجله اعتیاد و سلامت, دوره 6, شماره 3 (سال: 1393)

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خلاصه مقاله:

Background: The risk of cell phone addiction is a social and psychological problem which has been proposed by psychologists, psychiatrists, and educational supervisors. The present study aimed to investigate the behavior of mobile phone addicts and mental health of university students of Shahrekord, Iran. Methods: This study was an applied research survey for the purposes of this study. The study population consisted of all the students of Payame Noor University, Islamic Azad University, and University of Medical Sciences. The study population consisted of ۲۹۶ students who were randomly selected from the target population. To collect data, two types of questionnaires were used, the Symptom Checklist-۹۰-R (SCL-۹۰-R) questionnaire, and the ۳۲-point scale questionnaire of behavior associated with mobile phone use (Hooper and Zhou, ۲۰۰۷). Data analysis was performed using SPSS software, statistical analysis, frequency distribution, mean, one-way ANOVA, chi-square, and LSD (Least significance difference). Findings: The results showed that university students of Shahrekord, based on the six categories of mobile addiction behaviors, were mostly placed in habitual behaviors (۲۱.۴۹%), addiction (۲۱.۴۹%), and intentional (۲۱.۴۹%) categories. By reviewing mental health indicators, it was found that students were affected with depressive disorder (۱۷.۳۰%), obsessive compulsive disorder (۱۴.۲۰%), and interpersonal sensitivity (۱۳.۸۰%). The results showed that there was a significant inverse relationship between mental health and habitual behaviors ($r = -.۴۱۷$), dependence ($r = -.۳۱۷$), addiction ($r = -.۳۳۰$), and incontinence ($r = -.۳۰۹$) in using mobile phone ($P < .۰۰۱$). Conclusion: Survey results showed that with increased and improved mental health, the student's rate of cell phone addiction reduced.

کلمات کلیدی:

mental health, Cell phone, Addiction, Behavior, university

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