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The role of family functioning in predicting Internet addiction tendency of female students of Karaj city

Hossein Nazoktabar¹, Mahrokh Akrami^{*2}

¹ Associate Professor. Department of Sociology. Payame Noor University. Tehran. Iran. Email: hntabar@pnu.ac.ir

² M.A. In Personality Psychology. Islamic Azad University. Karaj Branch. Karaj. Iran. (Corresponding Author).

Abstract

The aim of the present study was to determine the role of family functioning in predicting Internet addiction among female students of Islamic Azad University, Karaj branch. The statistical population included all female students of the Islamic Azad University of Karaj branch in the academic year of 1402-1403, and 180 people were selected from this population based on the Karaj-Morgan table by random cluster sampling. Internet addiction questionnaire and family functioning questionnaire were used to collect data. The validity of the questionnaires was checked and confirmed using content validity and reliability by Cronbach's alpha. Descriptive statistics, Pearson correlation and multiple regression were used to analyze the data. The obtained results showed that there is a significant negative relationship between family functioning and Internet addiction. Also, the variables of family function can predict the variable of Internet addiction in a negative or positive way.

Keywords: Family functioning, Internet addiction, social networks

Introduction

The Internet is an integral part of people's daily life in the contemporary world (Zhou, Sun and Huang, 2022), its use is increasing every day, and it is used in various fields of life, including education, scientific activities, and interpersonal communication. (Ebadi, Roshni, Kazemi, Aini and Malajq, 1400). The results of the studies show that despite its positive effects, the use of the Internet may be accompanied by signs of addiction (Simcharon, Piniopornpanish, Hapron, Kentaung, 2018). If the Internet is used excessively, obsessively and out of control, it can threaten students' personal health and academic performance (Blasco, Martinez, Pascal, 2022). Internet addiction is an impulse control disorder and a maladaptive pattern of Internet use that leads to significant distress or disruption and creates psychological, academic, and occupational problems in a person's life (Devine, Ogleter, Shah, Katz, 2022). This type of addictive behavior was first identified by Goldberg, and later Yang proposed this type of addiction as a theoretical basis in this field in 1996 (Wu, Li, Liao and Ko, 2019). In fact, internet addiction has a negative effect on students' psychological health, and it also affects their academic performance (Greenfield, 2022). Also, the addiction and attitude towards mobile phone software has an effect on the teaching-learning process of students (Davranpanah, Balaghat and Dadkan, 2018). Excessive use of the Internet can cause serious problems such as academic problems and disruption in a person's life (Oren, Oren, 2018), weaker self-esteem (Kumar and Mandel, 2018), decreased mental health (Gupta, Khan, Rajura, 2018).

The family is one of the most central educational environments that plays an important role in maintaining the mental, social and physical health of children. In addition, parents are one of the most important factors influencing the psychological adjustment of adolescents (Georgeiser, Bernaraz, Bouli, and Garagordoubil, 2018). This institution is the factor of solidarity, social balance and the main pillar of society, which has its own function in each generation, which is manifested in the interaction patterns of its members (Sianko and McDonnell, 2020). The criterion of the efficiency and performance of the family is not the absence of psychological pressure, conflict and its problems, but the efficiency of the family is the degree of its ability to fulfill its duties and functions (Rasouli and Kohrzi, 2019). Family functioning refers to the ability of the family to perform its duties, including meeting the emotional, psychological and physiological needs of its members (Clement and Frazer, 2020), and is one of the important indicators to ensure the quality of life and mental health (Tisbidaki, 2020). . Research has shown that in families where communication between members and interactions within the family is based on closeness, intimacy and understanding between people, all members are relatively resistant and immune to the pressures of life (Badri and Rezakhah, 2018), and between poor family performance And there is a feeling of loneliness and disturbance in the social functions of the children of a meaningful relationship (Nashan Eskandari and Khoshnois, 2016). Family function and processes play an important role in Internet addiction, and families with dysfunctional parent-child relationships have a greater tendency to use the Internet harmfully (Imani and Shiralynia, 2014). Porjafari's studies (1400) showed that family functioning and loneliness predict pornography addiction among students. There is a significant difference between a teenager's conflict with his parents and internet addiction, that is, the greater the teenager's conflict with his parents, the more likely he is to be addicted to the internet (Nuri Khajeh Ghiashi, 2018).

Investigating the potential negative effects of the Internet on people and how modern technologies can make people prone to behavioral disorders has expanded in general studies, and on the other hand, with the rapid growth of the Internet and its tools, new studies are needed to include multiple factors and a perspective. provide a general and comprehensive understanding of how family functioning and feelings of loneliness shape Internet addiction. Therefore, it seems necessary to increase efforts and scientific reforms in order to understand the patterns of Internet use among the Iranian population. In general, the results of the research conducted in the field of this research show that loneliness can increase the tendency of people to use mobile phones problematically. However, there are few studies in the country on the role of family functioning and loneliness in predicting the tendency to become addicted to cyberspace. Therefore, in order to provide more accurate results, the present study aimed to investigate the role of family functioning in predicting the tendency to addiction to social networks among the students of Islamic Azad Karaj branch.

Methodology

This is a descriptive and correlational research. The population investigated in this research includes all the statistical population including all the female students of the Islamic Azad University of Karaj branch in the academic year of 1402-1403 in the city of Karaj in order to achieve the objectives of the research, a sample of 180 people is selected from among the target population based on the Karaj table. Morgan were selected by random and voluntary cluster sampling. In order to collect the required information, Yang's (1996) internet addiction questionnaire and Epstein et al.'s (1950) family functioning questionnaire were used.

Internet Addiction Questionnaire: Yang designed the Internet Addiction Questionnaire in 1996 with 20 items on a 5-point Likert scale from one (never) to five (always). Based on this questionnaire, subjects are classified into three groups: normal (score 20-39), mild internet addiction (score 40-69) and severe internet addiction (score 70-100). Yang et al. (1996) stated that the internal validity of the questionnaire was higher than 92%. In the study of Karimi Johani et al. (2019), the reliability level was calculated through Cronbach's alpha coefficient for the entire questionnaire equal to 0.88. To determine the internal validity of the questionnaire, a ballad was used. In this regard, by using even scores and odd questions, as well as calculating the correlation coefficient, 0.72 was obtained. To determine the external validity, the retest method was used and the correlation coefficient was calculated as 0.82. The reliability of this questionnaire in the present study was obtained by calculating Cronbach's alpha equal to 0.853.

Family Functioning Questionnaire: Epstein, Baldwin and Bishab (1950) developed a family measurement tool, which is a 60-question tool based on McMaster's family functioning model, for people aged 12 years and older, with the aim of describing the organizational and structural characteristics of the family that affect the family's ability to Compromise with the field of family duties is assessed and evaluated. This model specifies the structural, occupational and interactive characteristics of the family. This questionnaire has seven dimensions of family functioning, including problem solving subscale with 6 items, communication with 9 items, roles with 11 items, emotional responsiveness with 6 items, emotional intercourse with 7 items, behavior control with 9 items, and the overall family functioning subscale with 12 items. It measures The scoring method of the family assessment tool is that each

question is given a score from 1 to 4; Strongly Agree: 1 to Strongly Disagree: 4. Questions or statements describing unhealthy functioning are reverse scored. Lower scores indicate healthier performance. Therefore, in this questionnaire, the higher the score in each subscale, the higher the disorder and unhealthy performance in that subscale. Epstein et al. (1983) calculated the reliability of this questionnaire using Cronbach's alpha and announced it as 0.92 in the whole scale. Yousefi (2012) reported the total reliability of this questionnaire as 0.94. The reliability of this questionnaire in the present study was obtained by calculating Cronbach's alpha equal to 0.77.

Finding

As mentioned earlier, the variables of this research are: the role of family functioning and internet addiction, the results of the research will be presented in two parts, in the first part, the descriptive statistics of the research variables in the form of a table of central and dispersion indicators including: frequency, minimum score, the maximum score, average, standard deviation will be provided according to the variables. In the second part, the results of research hypotheses will be presented in the form of inferential statistics. In this research, SPSS version 22 software was used for data analysis. Demographic findings showed that 39.5% were in the age group of 16 to 17 years, 34.6% were in the age group of 17 to 18 years, and 25.9% were in the age group of 18 years and older. Among the research participants, 39.5% were in the first grade, 34.6% were in the second grade, and 25.9% were in the third grade group, 45.1% were in the field of experimental sciences, 34.6% were in the field of humanities and 20.4% were studying in the field of mathematics and physics. 42.6% of the research participants use the Internet between one and two hours, 30.9% between two and three hours, 20.4% less than one hour and 6.2% more than 3 hours during the day.

Table 1. Mean and standard deviation of research variables

KS		SD	Mean	Variable
Sig	Stat			
0.27	0.060	16.06	190.11	Family functioning
0.18	0.068	11.06	70.85	addiction to Internet

The results of Table 1 show that the mean and standard deviation of family functioning variable are equal to 190.11 and 16.06, respectively, the mean and standard deviation of loneliness variable are equal to 71.93 and 7.02, respectively, and the mean and standard deviation of addiction variable to the Internet are equal to 70/85 and 11/06. Also, the result of examining the presumption of normality of the distribution of the dependent variable showed that considering that the significance level for all variables is greater than 0.01, it can be concluded that the negative hypothesis that there is no normal distribution is rejected and the null hypothesis that expresses the normality of the distribution It is accepted, so the hypotheses can be tested.

Table 2. Correlation coefficient between family function and feeling of loneliness with tendency towards Internet addiction

Standard error estimate	R2 Adjusted	R2	Correlation	Variable
3.421	0.142	0.194	0.531	Family functioning

As the results of Table 2 show, according to the number of 2 independent variables and its effect on the dependent variable, the total correlation coefficient for family functioning is ($r=0.531$) and the amount of explained variance is ($r=0.242$). =) and for the feeling of loneliness it was obtained as ($r=0.462$) and the amount of explained variance as ($r=2.138$). The predictive role of independent variables was investigated using multivariate regression, with a stepwise method, to predict Internet addiction, the results of which are presented in Table 3.

Table 3. The results of the multiple regression test by entry method to predict Internet addiction

$\alpha \leq$	df	F	R2 Adjusted	R2	$\alpha \leq$	t	β	Variable
0.000	160	74.69	0.314	0.318	0.000	8.64	0.564	Family functioning

As the results of Table 3 show, the family function variable explains 31.4% of the variance of the Internet addiction tendency variable, as it is clear in the Beta column, the value of this coefficient for the family function variable is 0.442.

Discussion & Conclusion

This research was conducted with the aim of the role of family functioning in predicting the tendency to become addicted to the Internet among the female students of the Islamic Azad University of Karaj branch in the academic year of 1402-1403. The results of this research show that family functioning has the ability to predict Internet addiction. This finding was consistent with the results of studies by Pourjafari (2014), Badri and Rezakhah (2018), Nouri Khajeh Ghiashi (2018), Nishan Eskandari and Khoshnavis (2016), Clement and Fraser (2020) and Tisbidaki (2020).

In the explanation of this finding, it can be said that the functioning of the family is a joint effort to maintain the balance of the family and the ability of the family to adapt to changes, resolve contradictions and conflicts, solidarity between members and success in applying disciplinary patterns, respecting the boundaries between people, and implementing regulations. And the ruling principles refer to this institution with the aim of protecting the whole family system. The proper functioning of the family can help its members to cope with inappropriate conditions and unfortunate and stressful life, and on the contrary, the dysfunction of the family can make its members feel confused, worried and have communication problems and even endanger the health of people. Bindazd (Zakautmand, 2019). The members of a family are affected by the function of the family and this function can affect their tendency to become addicted to cyberspace. The family is an external environment in which a person is placed when the functioning of the family is inefficient in some way and then the person's adjustment becomes unbalanced, so that the lack of adjustment leads to the creation of an unpleasant state in the person. And rebalancing is the effort to employ internal and external forces (Sianko and McDonnell, 2020). A person may feel shy and afraid in dealing with other people due to the defective functioning of the family and as a result avoids others and talking to them to avoid the anxiety caused by them, which is a rewarding factor for him. Based on the behavioral theory of addiction to social networks, the Internet and virtual space are considered as a way to escape the situation due to their unique characteristics. If a person learns that something like cyberspace can provide him with conditions to escape from a situation, he will probably do so in the future. This work will be a strengthening factor for him and will act cyclically and

increase the behavior (Imani and Shiralynia, 2014). Based on this view, a person enters social networks to receive a reward, which can be the same as providing basic needs. The rewards he gets from this behavior may be sexual satisfaction, contact and communication with others, self-fulfillment, receiving love, escaping from reality and the problems of everyday life, and even a lot of entertainment. If he needs, he will turn to the Internet, and as a result, this process is strengthened and the cycle continues (Isaizadegan, Amiri and Qasimzadeh, 2016).

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