The relationship between Internet addiction with happiness, social phobia and Dawdling in educated people

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ABSTRACT

This research is to consider the relation between internet addiction, Happiness, Social Anxiety and Dawdling among in educated people. The research method is discretional- correlation. Research society is educated people between 18 to 25 years old in Babol. 200 persons were chosen randomly and answered to these four questions: Internet Addiction test (IAT), Oxford Happiness Test (OHI), Social Anxiety Test (SPI) and Tuckman Dawdling Test. Analyzing data were done be SPSS software and Pearson correlation coefficient test and regression analysis. Results show that there is significant backward relation between internet addiction and happiness (r= -0/37). Positive significant relation between internet addiction and social anxiety (r= 0/32) and dawdling (r= 0/26). Regression analysis show that happiness, social anxiety and dawdling have significant role in predicting internet addiction by these coefficients ($R2 = 0/14$), ($R2 = 0.10$) and ($R2 = 0.07$) respectively. So it is better to pay more attention to psychological elements like happiness, social anxiety and dawdling in preventing internet addiction.

Keywords: Internet Addiction, happiness, Social Anxiety, Dawdling.

1. Introduction

Internet is a modern information and communication technology whose expansion has had a great impact on people's attitudes and behavior. Information and communication revolution is re-shaping the world and Internet is at forefront of this trend. The Internet effect on all aspects of life is astounding. This phenomenon has had many effects on various aspects of social life and the number of Internet users increases every day (Hariri, Balbahuaei and Agha Seyed Javadi, 2014). The advent of the Internet dates back to the late 1960s and early 1970s. Internet has attracted many audiences through its unique chores (such as email, chat rooms and cyberspace) (Rastegar, Abdollahi and Shahgholian, 2014). Users of this global network are made up of a wide range of people in terms of age, gender, nationality, race, level of education and various other variables. (Tavakoli, the Republic and Farrokhi, 2014). Since communication is the main reason why users are using the Internet, then we should expect the Internet to have a good impact on them, but the increase in the statistics of psychological addiction to the Internet, with negative effects that can affect the social function of individuals, it has challenged this massive technology (Bidi et al., 2012). One of the big and important problems that the Internet has created is virtual addiction or addiction to this huge global network that has a very harmful and serious psychological impact on users. The most famous definition of Internet addiction is behavioral or non-chemical addiction that involves a human-machine engagement. Internet addiction includes addiction to chat rooms, pornography, gambling on the line, which can lead to destruction of the health of relationships, emotions and, ultimately people's spirits (Bahri, Sadegh Moghaddam, Khodadost, Mohammadzadeh and Banafsheh, 2011).

2. Literature Review

Ivan Goldberg first used the term Internet addiction disorder to introduce and identify the characteristics of people who seek to use the Internet to show problems. He was the first to form a group to support Internet addicts (Rustami, Ardalan, Ahmadian and Hosseini Mehdi Abadi, 2016). Internet addiction is a type of impulse control disorder that refers to the excessive use of Internet, which affects other social activities of individuals and leads to a decline in his/her performance in various fields of occupational, scientific, social, professional, family, Economic and psychological. It also ignores relationships in the real world, such as friends and family (Rahmati and Karamati, 2016). To diagnose internet dependence, like other psychiatric disorders, you should measure the clinical symptoms and indications, taking into account the duration, frequency and severity. The closest criterion to this disorder is the gambling criterion, which is similar to the nature of the Internet use (Beheshtian, 2015). It can be argued that someone who has become addicted to the Internet for at least 12 months, symptoms such as tolerance, withdrawal symptoms, Internet usage times more than what the person initially plans to take, the continuous tendency to control behavior, spending time Considerable for Internet related issues, reduced social, occupational and recreational activities in the use of the Internet, persistent use of the product, despite being aware of its negative effects, is clearly recognizable. Additionally, diagnostic features such as vulnerability to stress, impulsiveness, and excitement of

activities are seen. (Nasrollahi et al., 2015). An Internet addiction disorder is a disorder in the normal functioning of life by causing neurological complications, mental disorders and social problems. Epidemiological studies have reported abnormalities. Findings from Lim and colleagues in China show that 10.8% of the people aged 13 to 18 years old are on average moderately to severe Internet addicts. Kim et al., In Korea, concluded that 38 percent of adults are at increased risk of Internet addiction and 1.6 percent of Internet addiction (Ku, Yen, Yen, Chen and Chen, 2012). Currently, the use of this global network of adult culture and its destructive effects can play an important role in alarming teenagers and youth.

 One of the influential and possibly destructive factors of the Internet is the level of happiness of individuals. Happiness is the most fundamental human discussion for all generations, and is the central motive for human goals, and is also a positive emotion in the field of psychology. Happiness has three basic components: positive emotions, satisfaction in life, and lack of negative emotions (Zamiri Nejad, Pylten, Haghshenas and Akbari, 2014). The most complete definition of happiness is presented by Argyll and Crosland (1987), which considers happiness to be three important parts: positive affection or feeling of joy, satisfaction with life and lack of negative feelings such as depression and anxiety. According to Argyle, Martin and Leo (1995) having relationships and interactions with others, purposefulness of life, love of others and loving oneself, and personality development are components of happiness. Happy people interpret the information in a way that leads them to happiness (Rastegar et al., 2014). Researchers have argued that Internet addiction disorder can cause emotional disturbances. In a study by Myers, it's easy to make happy people feel safer, easy to decide, have a more cooperative spirit, and more sense of satisfaction in life. Happiness and vitality are important for all communities (Bandashi Tarshki, Biranvand et al., 2017). Martin and Schmidcher (1996) relate the relationship between using the Internet and loneliness and depression, and the results of their studies showed that Internet users were more tired and depressed than those who had no signs of dependency, and this technology was more of a leisurely and fill up leisure time. Saunders et al. (2000) showed that the higher the use of the Internet, the greater their depression. Also, the results of the study by Rastegar, Abdollahi and Shahkholian (2013) showed that the level of happiness and social intimacy in two groups of healthy users and users with a mild Internet addiction was far higher than that of the users with a high addiction to the Internet. Of course, some studies also pointed to positive outcomes regarding the use of Internet communication spaces. Among the results of Michel, Leopo, Geratus and Schuger's (2011) studies, the use of Internet, such as games and friendship, predicts high levels of perceived social support and happiness.

On the other hand, Internet can provide an opportunity for interpersonal relationships without the need for face-to-face interaction and anonymity for people with panic disorder. Social phobia disorder as an anxiety disorder is the most common type of anxiety disorder and is the third most common psychiatric disorder in the general population. In other words, social phobia with a prevalence of about 13% is one of the most common mental disorders. Social phobia is the irrational and enduring fear that usually comes about for others. This fear can be very strong

(Delir and Agha Yousefi, 2015). The main feature of social phobia is the perceived or severe anxiety or fear of social situations in which the person may be carefully examined by others (Sayyed Mohammadi, 2014). Sheffield (2005) states that since the Internet provides the opportunity for interpersonal relationships without the need for face-to-face interaction and anxiety, Internet satisfaction interpersonal relationships prevent individuals from establishing interpersonal relationships in the real world. And the individual is more motivated to use the Internet and gets more distance from the real world and real-life interpersonal relationships. The results of the follow-up study by Coe et al. (2009) among adolescents who lasted two years showed that social anxiety could predict Internet addiction. Yen et al. (2007) also found that there was a significant relationship between Internet addiction and social anxiety in adolescents' research. Salafat, Brunge, Dessing, Bugat and Mayos (2009) examineddifferent types of Internet usage with the likelihood of depression and social anxiety and showed that teenagers with low quality of life, Internet usage for communication purposes, less depression, While Internet usage for no communicative activities led to more depression and anxiety.

Another variable that can be mentioned in Internet addiction discussion is the issue of procrastination. Procrastination and dawdling is a behavioral tendency to delay what is necessary to achieve the goal, in other words, to delegate to the future what the decision is about to take it (Kiyamrthy and Aryanpour, 2015). In the definition of procrastination, the four essential components are emphasized, 1. A series of behavioral detentions, 2. Which leads to a behavioral product lower than the average; 3. Since the task is important for the impostor, 4. Leads to Emotional turmoil (Hamidi, Najafabadi and Najafabadi, 2015). Oudeki (2011) in his research showed that there is not a meaningful relationship between the problem-solving use of the Internet and the academic procrastination and dawdling of students. But Kiramrathi and Arianpour (2015) showed a significant and positive relationship between academic obsession and Internet addiction. Wrestichko (2006) showed that there is a positive correlation between the use of the Internet with procrastination and dawdling.

Considering the results of various researches and the importance of the current Internet addiction and various clinical variables in this study, the relationship between Internet addiction with happiness, social phobia and negligence was investigated. The following questions were answered to answer this question:

1. Is there a relationship between online addiction and happiness?

2. Is there a relationship between online addiction and social phobia?

3. Is there a relationship between online addiction and negligence?

4. Do happiness, social phobia and negligence have the power to predict Internet addiction?

3. Methodology

The research method was a cross-sectional and descriptive field study and correlation method was used. The statistical population of this study was all individuals aged 18 to 25 years old in Babol city who were selected by sampling method. To analyze the data, Pearson correlation coefficient and regression analysis were used by SPSS software. In order to collect data, four tools were used:A.The Internet Addiction Test (IAT) (Kimberly Yang, 1988). A reliable and

valid method for measuring Internet addiction. The questionnaire consists of 20 articles and is designed to measure the dependence of individuals to the Internet or computer and by Decre Campbury Young. Its answers are in a five-point Likert continuum. Measuring the degree of mild, moderate and severe drug addiction to the Internet. The lowest score is 20 and the highest one is 100. The scores are from 1 to 5, and to get the score for each of the sub-scales, it's enough to add the score of all the terms related to the subscale. Reliability: In the implementation of the Internet addiction test, U. et al. (2004) obtained Cronbach's alpha coefficient by more than 90%. Wang et al. (2003) reported Cronbach's alpha coefficient of 90%. In Ghasemzadeh, Iran (2007), Cronbach's Alpha 88 and Drgahi (2007), the reliability coefficient of this questionnaire was 0.88. Validation: Wind Yanto and McMuran (2004). To validate this test, factor analysis and correlation coefficient of scale factors were used. The results of their research showed that the Internet addiction test consisted of six distinct factors that have a significant correlation. This article indicates the validity of this tool (Majdian, 2008).

B. Oxford Happiness Test (OHI) (Argyle, 1989). It has 29 items and measures individual happiness. The theoretical basis of this questionnaire is the definition of Argyle and Klasland of happiness (in order to provide an operational definition of happiness, they considered instruments with three important parts: the frequency and degree of positive affection, the average level of satisfaction during a course, and the absence of a negative feeling) The test was made in 1989 by Michael Argele and based on Beick Depression Inventory (BDI, 1976). Twenty-seven expressions of this questionnaire have been taken from BDI and reversed and eleven questions have been added to cover other aspects of mental health. Like the Beck Depression Test, each item of the Hearing Questionnaire has four options that the subject must select one of their current status. The test consists of 29 four-way words that each item's scorecard is: A, 0, B: 1, C: 2, D: 3. Thus, the highest score that the subject can score on this scale is 87, which indicates the highest level of happiness and the lowest score of this scale is zero, which indicates that the subject is dissatisfied with life and depression. The normal score of this test is between 40 and 42. Argyle et al. reported the reliability of the Oxford questionnaire using Cronbach's alpha coefficient of 0.90 and its follow-up at 0.78 weeks. The simultaneous validity of this questionnaire was estimated by using friends' ratings of 0.43. Also, because happiness has three parts: positive affection, satisfaction, and lack of negative emotion, the correlation of this questionnaire with Bradburn's positive affect scale (0.32), life satisfaction index (0.57), and Beck Depression Inventory (-0.52) was calculated. In a study conducted by AliPour and Agah Haris (2007) to verify the validity and reliability of the Oxford Happiness Index (OHI, Argyle 2001). An examination of the internal consistency of the Oxford Happiness Index showed that all of the 29 propositions of this list had a high correlation with the overall score. Cronbach's alpha for the whole index was (0.91). Pearson correlation between the Oxford Happiness Index and Depression Inventory Index of Extraversion Scale and Neurorizm of Eisen's Personality Questionnaire were (-0.48), (-0.45) and (-0.39), which confirmed the convergent and divergent validity of the Oxford Happiness Index.

C. Social phobia questionnaire (SPI) (Conver et al., 2000). The questionnaire was designed by Canver et al in 2000 to assess social anxiety. The questionnaire assesses three areas of social phobia, namely, fear, avoidance, and physiological symptoms of the disorder. The benefits of this questionnaire are short and easy to scale, which makes it easy to use on large populations like students. One of the usages of this questionnaire is testing the response to treatment in people with social anxiety disorder. The questionnaire consists of a 17-item self-assessment scale consisting of three subsamples of fear (6 items), avoidance (7 matter) and physiological discomfort (4 matter). Scoring for this scale is based on the Likert scale of five degrees and the rating of each of the options is as follows: D = 0, low = 1, somewhat = 2, high = 3, very much = 4. Based on the results obtained for the interpretation of the scores, the cut point 40 with an accuracy of 80% accuracy and a cut point of 50 with a productivity of 89% differentiate people with social phobia from healthy people. (Fathi Ashtiani, 2009). This questionnaire has a high validity and reliability. The validity of this test by the method of screening in groups with social phobia disorder was (0.78) to (0.89), and its internal consistency coefficient (Cronbach's alpha) was reported to be (0.94) in a normal group. Also, for sub-scales of fear, (0.89), averaging (0.91), and physiological discomfort of 80% have been reported. The construct validity was compared to the results of this test in two groups of social phobic disorder and subjects in the normal group without psychiatric diagnosis, which showed a significant difference, indicative of its high reliability (Salajegheh and Bakhshani, 2014).

D. Tackman's Propaganda Request (Tuckman, 1991). This scale was created by Tuckman (1991) and consists of 16 substances and one factor. The questionnaire is a self-monitoring scale of 16 substances based on the Lycra spectrum. Answers are graded according to values 1-2-3-4. Twelve articles are directly and four materials (7-12-14-16) are scored inverted. Getting ahigh score on this scale indicates a high outage. This questionnaire was translated into Holy Quran (2003) and on the students of the Azad University of Roudhan Branch standardization and its reliability (0.77) Was obtained. Tuckman (1991) evaluated the reliability of this questionnaire (0.86) And Akinsula et al. (2007) also studied the alpha of Cronbach (0.88) Reported. Lee (2005) and Tan and et al (2008) also used this test to measure academic procrastination and the Cronbach's alpha value was (0.83) Estimated. Shanni Yilagh et al. (2006) determined its validity through a correlation of this test with Schwarz et al. (2000) and its value was (0.56) Estimated.

4. Finding

The data and information collected in this research are in fact crude sources that should be analyzed and described with appropriate tools in order to transmit their applied information load. Therefore, for analyzing the information and data obtained, SPSS software and the correlation and multivariate regression test have been used.

In this study, the Kolmogrov-Smirnov test was used for the normal distribution of data. In this test, the probability levels of p in all investigative variables are greater than the error level of 0.01. Regarding the value of p and the non-rejection of the zero hypothesis, the distribution of data is considered to be normal distribution. As a result, parametric tests have been used to test the hypotheses of the research.

Table 1: Average and standard deviations of research variables

Rows	Variable	mean	standard deviation
1	Internet addiction	61/83	22/16
2	Happiness	50/95	17/91
3	Social phobia	38/09	14/85
4	Dawdling	48	14/35

Table 1 contains descriptive research data that shows the mean and non-standard sizes of research variables.

Table 2: Pearson correlation between addiction to the Internet with happiness, social phobia and Dawdling

Variable	Happiness		Social phobia		Dawdling	
	Correlation value r sig		Correlation value r sig		Correlation value r sig	
Internet addiction	-0/37	0/000	0/32	0/001	0/26	0/001

According to Table 2. The results show that between Internet addiction and happiness with a correlation coefficient (r = -0.37), there is a reverse relationship between addiction to the Internet and social phobia and Dawdling with correlation coefficients (respectively) There is a significant relationship between (r = 0.36) and (r = 0.26), with a confidence level of 99%. Low scores indicate a low correlation between variables.

Table 3: The results of regression analysis to predict Internet addiction based on happiness, social phobia and Dawdling

Valid variables	prefix variables	R	R2	adj R2	F	sig
	1. Happiness	0/37	0/142	0/137	3/66	0/00
Internet addiction	2. Social phobia	0/32	0/103	0/98	22/73	0/00
	3. Dawdling	0/26	0/071	0/066	21/42	0/00

The results of regression analysis in Table 3 show that the amount of multi-correlation coefficient (R) of Internet addiction was increased by happiness (0.37), social phobia (0.32) and overshoot (0.26) and amount (R2), ie, the percentage of explanatory variable (Internet addiction) is equal to (R2 = 0/14), (R2 = 0.10) and (R2 = 0.07), respectively, through predictive variable of happiness, social phobia and procrastination. In this study, the variance of Internet addiction scores of 0.14, 0.10 and 0.07 can be explained through the variables of happiness, social phobia and ostracism, respectively. Also, in order to verify the significance of the correlation, the results of the analysis of variance in Table 3 show that the observed F level is significant; happiness, social phobia and negligence are able to predict the addiction to the Internet.

Table 4: Regression coefficients for prediction of addiction based on happiness, social phobia and ostracism

Valid variables	prefix variables	B	Beta	t	sig
	1. Happiness	-0/46	-0/372	-5/71	0/00
Internet addiction	2. Social phobia	0/479	0/32	4/76	0/00
	3. Dawdling	0/41	0/267	3/89	0/00

Based on the results obtained in Table 4, regression coefficients and their significance show that each of the variables of happiness, social phobia and dawdling can predict Internet addiction. So that happiness in reverse and social phobia, and in direct direction, are able to predict Internet addiction. That is, the scores of social phobia and dawdling in people were higher than their Internet addiction scores, but for rejoicing and addiction to the Internet, the change in the score has been reversed.

5. Discussion & Conclusion

The purpose of this study was to investigate the relationship between internet addiction, happiness, social phobia and dawdling in individuals aged 18-25 years old in Babol. The results of Pearson correlation showed that there is a negative and significant relationship between Internet addiction and happiness (-0.37), and the results of regression analysis also showed that happiness with a coefficient of explanation (R^2 = 0/14) had a significant contribution in predicting addiction to the Internet. This means that the decline in happiness increases the level of Internet addiction and vice versa. This finding is consistent with the findings of Martin Schmucker (1996), Sanders (2000), Rastegar et al. (2013) and is incompatible with studies by Michelle et al. (2011). In explaining this finding, it can be said that those who have an addiction to the Internet, that is, the DSM-V criteria for Internet addiction disorder, show that their addiction not only does not lead to happiness, but may also indicate the clinical symptoms of other psychological disorders they give. Yen et al. (2008) suggested that there is a two-way interaction between internet addiction and psychological symptoms. On the one hand, the extreme use of the Internet may be used as a strategy to counteract or relieve psychological symptoms, thereby increasing the happiness and satisfaction of the individual, and, on the other hand, improper use of the Internet may lead to the creation or strengthening of further psychological symptoms (prosperity and Colleagues, 2014). The daily use of the Internet on sites and the various virtual communication spaces by people who have Internet addiction reduces their sense of happiness because they reduce interpersonal relationships and become lonely and make increasing use of the Internet to compensate for this loneliness. People with high levels of happiness usually make better decisions in different situations and show higher levels of performance, but those who have a lower level of happiness, therefore, have lower levels of creativity and are more likely to encounter problems in everyday decisions and are usually exposed will be more risk.

Regarding the results of correlation between internet addiction and social phobia, there is a positive and significant relationship (0.32) at moderate level and the results of regression analysis also indicate that social phobia and the coefficient of explanation (R^2 = 0.10) had a significant contribution in predicting Internet addiction. This finding is in line with the findings of Coe et al. (2009), Yen et al. (2007), and Salafat et al. (2009). In explaining this finding, one can say that the more a person is connected to the Internet, the closer he becomes to his or her friends and the community as a whole, and, on the other hand, people with social phobia have lower social skills and friends with less social skills due to the avoidance of social situations. Fear of appreciating or criticizing others may reduce family, educational, and career success. These people, due to poverty in social relationships, are likely to have smaller circles of friends, become less entranced to real love relationships, and ultimately lead to less isolation and intimacy and less social support, and this encourages the vicious circle to turn the Internet and virtual spaces on and there, without encountering others, they feel more secure and less anxious.

The results of correlation between addiction to internet and dawdling showed a positive and significant relationship (0.26) with poor status. The results of regression analysis also indicated

that dawdling induction with a coefficient of explanation ($R2 = 0.07$) had a significant contribution to the prediction of Internet addiction. This finding is consistent with the findings of Kiyamirsi and Arianpur (2015), and Vrustchko (2006), and inconsistent with the findings of Todd (2011). In explaining this finding, it can be said that people with addiction to the Internet spend most of their day-to-day work on the Internet and are more likely to go to work, play and play on the Internet, and the Internet is a priority for them, and therefore delayed activities and other activities. They do not care. often delay in doing work, school assignments, homework, etc., and sometimes this overshoot brings considerable damage to the future education, career, family, social relationships, and so on. Contradiction and discrepancy between researches can be the result of differences between studied samples in terms of gender, age, culture, level of education, and also Internet dependence can have a different effect on any sample. It is suggested that future studies include studies on different age, cultural and geographical groups. And also because of the inevitability of new technologies and the Internet, it is also suggested that schools and universities and organizations, learn more about the features, disadvantages and advantages of using the Internet and its potential harm.

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