The Relationship between Internet Addiction with Social Skill, Disorders Of Anxiety among High School Students of Urmia in Academic Year 2014-2015

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Abstract: This study was its aim to investigate relationship between internet addiction with social skill, disorders of anxiety and parenting styles in teenagers. Statistical society of research related to teenagers of 16-14 years old that in academic year 2014-2015 in schools of region 1 were studying in city of Urmia. We selected sample size equal to 120 persons (60 females and 60 males). The assessment tools have been such as questionnaires of internet addiction related to Yang, social skills of Matson, anxiety disorders of Eskard. We selected samples by sampling method of multistage cluster. Findings of research shows internet addiction rate for girls and boys in the slight range (20-49) and frequency of internet addiction in boys (61.7) has been more than girls (57.3). The boys who used the Internet more, has showed less social skills and more anxiety disorders in comparison with own other peers. With the increasing of internet addiction, factors of disobedience (Rebellion), social behavior of inappropriate, condescending (rivalry) in girls and factors of inappropriate social behavior and fear of relationship with peers in boys increase. With the increasing of internet addiction, decreases factor of generalized anxiety disorder in girls and boys and increase factors related to disorders of anxiety and panic, separation anxiety disorder, social phobia and school phobia.

Keywords: Internet addiction, anxiety disorders, social skills.

Introduction

The use of new technologies is one of obvious features of the modern world. Internet as one of the new dimensions of new technologies of the contemporary world has a significant role in changing the lives of society people, especially children and adolescents. The Internet's impact on various aspects of human life is increasing every day. Users following the increasing use of internet and life in the virtual space for a long time, find a type of false dependency to it, which is difficult to escape from it. Internet is an astonishing tool for communication (Rasouli and Azadmajd, 2013) and number of children and teenagers in the number of Internet users is increasing. The current most important issue of information era is internet addiction. Whatever relationship between children and teenagers in the virtual world increases, In contrast, the range of their relations in the real world decreases, especially family and friends (Shahbazirad and Mir Drikond, 2014). Yang believed that the word of addict uses for internet users, too. Because the symptoms of Internet addiction is similar to addiction to cigarettes, alcohol and illegal drugs. In the case of Internet addiction like other addictions, the fundamental point is dependency, which includes tolerance, withdrawal syndrome, and lack of control in use and Uses impulsive usages (Yang, 1996).

Uncontrolled use of computer threatens physical Evolution, social and psychological growth of young people and teenagers and being away from family and friends is a mental state that called as social isolation (Umberson, Chen, House, Hopkins & Slaten, 1996). Anxiety disorders are the most common emotional-mental disorders in children and adolescents (Mousavi, Mahmoodi, Torabi, Akbari and Zardkhaneh, 2008). America psychiatric association Comprehensive classification system has considered for anxiety disorders. Each disorder has a distinctive characteristic and features, but all of them have a common base of irrational and extremist fears that it conflicts the child's ability to performance of in various situations (America psychiatric association, 2013, Translated by Seyyyed Mohammadi, 2014).

Research method

The research method of this study is descriptive and a type of correlation, and information collected by questionnaires. After determining and selecting the statistical sample of research, data collected through questionnaires in the same condition, then obtained data based on the goals and hypotheses of study were analyzed by using SPSS software.
The statistical population and statistical sample
The statistical population of this study includes male and female adolescents 14 to 16 years in Urmia that in academic year 2014-2015 in schools of region 1 were studying.
Sample size: Equal to 120 persons (60 females and 60 males) were selected.
Sampling Method: In this study, using sampling method of multistage cluster were selected samples of research. Sampling method in this study was that among 14 to 16-year-old male and female students in Urmia who are studying in 2014-2015 years, 6 schools, including three private (non-profit) high schools for girls (Matin, Derakhshesh and Alzahra schools) and 3 non-profit high schools for boys (Andisheye Borna, Omide Farda and Dehkhoda) were selected from region 1. Of the 800 students who were studying in these six schools, 120 students were selected using Cochran formula, which is equal to 60 girls and 60 boys that were evaluated them and research questionnaires gave to each of them.

The tools of data collection
Internet Addiction Test (IAT)
The scale of Internet Addiction Test (IAT) used that it has developed and evolved by Kimboly Yang, which an evaluation of self-examination of pulpy pencil includes 20 articles based on the Likert scale for measuring addiction to the Internet.

Questionnaire of Social Skills
Scale of Matson social skills has used Also, assessment scale of Matson social skills: form related to children Matson and his colleagues in 1983 to measure social skills people have developed 4 to 18 years old. This scale has 62 questions, that it includes 5 factors: Altruistic behaviors (including 19 questions) inappropriate social behaviors (including 14 questions) disobedience (includes 9 questions), fear of relationships with peers (including 6 questions) seeking of supremacy (including 6 questions) respectively.

Questionnaire of Anxiety Disorder
Eskard questionnaire consisting of 41 items has used, to measure signs of anxiety disorders in children and adolescents 8 to 18. This questionnaire includes subscale such as Panic disorder (13 articles), generalized anxiety disorder (Article 9), Separation Anxiety Disorder (8 items), social phobia (7 items), fear of school (4 items), that every article was graded using 3 options and by Likert style. 0 = not correct or is rarely used. 1 = sometimes is correct. 3 - It is correct or often true (correct) (Bear Maher et al, 1999).

Methods of data analysis
In order to analyze data that we obtained and extract the necessary information. At first, information encoded and is registered (recorded) in computer and were analyzed by software SPSS16. In order to descriptive statistics, including means and standard deviation of variables and drawing of necessary diagrams is used inferential statistics. Also according to case, we used the analysis of correlation and t test.

Findings
First hypothesis: there is relationship between internet addiction and social skills in teenagers.
The results of number of statistics related to paired t-test and the correlation between two variables has brought in Table 1 below. The amount of t is 609/22 for adolescent girls that we have calculated amount of significant level as 0.001 and this shows which it was significant in level 0.05, there is relationship between social skills and Internet addiction in adolescent girls. In addition, the value of T obtained for boy adolescents shows that this relationship is true for adolescent boys.

<table>
<thead>
<tr>
<th>Confidence distance</th>
<th>Degree of freedom</th>
<th>Value of T</th>
<th>Significant test between groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum</td>
<td>Minimum</td>
<td>Significant level</td>
<td>Of</td>
</tr>
<tr>
<td>1.86</td>
<td>1.65</td>
<td>0.001</td>
<td>1063</td>
</tr>
<tr>
<td>1.422</td>
<td>1.177</td>
<td>0.013</td>
<td>860</td>
</tr>
</tbody>
</table>

In Table 2, amount of Pearson correlation coefficient compared with social skills and internet addiction for adolescent girls has obtained 0.104. This shows that the two variables have weak correlation; both of them are in direct route. On the other hand, the correlation coefficient for boy adolescents is calculated -0.109. This shows that the two variables have weak correlation and both of them are in opposite direction.
Table 2. Correlation between internet addiction and social skills in girls and boys

<table>
<thead>
<tr>
<th></th>
<th>Boy</th>
<th>Girl</th>
<th>Correlation</th>
</tr>
</thead>
<tbody>
<tr>
<td>-0.109</td>
<td>0.104</td>
<td></td>
<td>internet addiction with social skills</td>
</tr>
</tbody>
</table>

In table 3 has shown the level of correlation and significant level of internet addiction test with factors of social skills.

Table 3. The amount of correlation between internet addiction and social skills

<table>
<thead>
<tr>
<th>Factors</th>
<th>Altruistic</th>
<th>Inappropriate behavior</th>
<th>Seeking for supremacy</th>
<th>Fear of relationship with peers</th>
<th>Disobedience</th>
<th>Correlation of internet addiction with</th>
<th>The significant level P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>-0.108</td>
<td>-0.205</td>
<td>0.513</td>
<td>-0.016</td>
<td>-0.301</td>
<td>Correlation of internet addiction</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.001</td>
<td>0.048</td>
<td>0.016</td>
<td>0.205</td>
<td>0.034</td>
<td>The significant level P-value</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.106</td>
<td>0.554</td>
<td>-0.602</td>
<td>0.017</td>
<td>0.024</td>
<td>Correlation of internet addiction</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.006</td>
<td>0.044</td>
<td>0.017</td>
<td>0.024</td>
<td>0.003</td>
<td>The significant level P-value</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

According to Table 3, significant level and level of correlation we can result that internet addiction and all factors of social skills in both sexes are completely significant in level of 0.05. According to the table above three variables altruistic and rebellion (disobedience) and seeking for supremacy, has an inverse correlation for boy adolescents. This means that the whatever, rate of internet addiction increases, factors such as altruistic, rebellion and seeking for supremacy of social skills decrease. On the other hand, social inappropriate behavior and fear of peers have positive correlation with Internet addiction and with the increase of internet addiction increase social inappropriate behavior and fear of peer relationships in boy adolescents.

The second hypothesis: There is relationship between internet addiction and anxiety disorders in adolescents.

The value of t-Test statistics of Two-Samples for the means of the two variables internet addiction and anxiety disorders are respectively in adolescent girls -6.967 and in boy adolescents -11.81. It is strongly significant in level of 0.05 and it shows relationship between internet addiction and anxiety disorders in both sexes (gender). (Tables 4).

Table 4. Test statistics for Internet addiction and anxiety disorders in girls and boys

<table>
<thead>
<tr>
<th>Groups</th>
<th>Maximum distance</th>
<th>Confidence distance</th>
<th>Significant level</th>
<th>Degree of freedom</th>
<th>Value of T</th>
<th>Significant test between groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>-0.371</td>
<td>-0.552</td>
<td>0.013</td>
<td>1063</td>
<td>-6.967</td>
<td>Girl</td>
</tr>
<tr>
<td></td>
<td>-0.077</td>
<td>-0.974</td>
<td>0.010</td>
<td>860</td>
<td>-11.81</td>
<td>boy</td>
</tr>
</tbody>
</table>

According to the correlation coefficient, that has obtained in the table (5) for two variables internet addiction and anxiety disorders can be concluded that correlation coefficient -0.116 in female students is inverse correlation and correlation coefficient 0.179 in male students is direct correlation. In other words, with increasing internet addiction, anxiety disorders in girls decrease and increase in boys.

Table 5. Correlation between internet addiction and anxiety disorders in girls and boys

<table>
<thead>
<tr>
<th></th>
<th>Boy</th>
<th>Girl</th>
<th>Correlation</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.179</td>
<td>0.116</td>
<td></td>
<td>Internet Addiction with Anxiety Disorders</td>
</tr>
</tbody>
</table>

Third hypothesis: There is relationship between internet addiction in teenagers with social skills, anxiety disorders and parenting styles of their parents.

To prove the case that there is relationship between internet addiction with anxiety disorders, social skills and styles of parenting in male and female adolescents, we use multiple linear regression model.

If variables in regression model are not significant at the level of 0.05. In this term, there is no linear relationship between them we cannot fit a suitable model between them.

Model 1: Multiple Regression Model for four variables

\[ INT = \beta_0 + \beta_1 MH + \beta_2 FPR + \beta_3 EKH + \epsilon_i \]
In the above model, $\beta_i$ is regression model coefficient and INT: internet addiction as variable of criterion, MH: social skill, FPR: parenting style and EKH: Anxiety Disorders that all of them has considered as predictor variables. Above model for male and female adolescents is always true.

In the table, (7) and table (8) results obtained of linear regression have calculated separately for male and female adolescents. We calculated coefficient values of independent variables and T test related to them by regression model and have brought the level of significance for T-test.

The table (7) F statistic of regression and its significance level the analysis of variance table of regression by output of SPSS software has written for variable research in adolescent girls. The significant value (p-value) 0.025 gained from this research suggest that there is relationship between independent and dependent variables of study. The amount of $R^2$ (coefficient of determination), which is 0.456 it is concluded that we can fit linear regression model for data.

In table 6, amounts of correlation coefficient and significant level of t-test in the relationship between internet addiction in adolescent’s girls and boys has shown with factors related to panic disorders, generalized disorders, separation, social phobia and fear of school.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Factors</th>
<th>Correlation of internet addiction with</th>
<th>Significant level (P-value)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>internet addiction</td>
<td>0.403</td>
<td>0.500</td>
</tr>
<tr>
<td></td>
<td>repeat</td>
<td>0.005</td>
<td>0.004</td>
</tr>
<tr>
<td>Girls</td>
<td>internet addiction</td>
<td>0.206</td>
<td>0.741</td>
</tr>
<tr>
<td></td>
<td>repeat</td>
<td>0.013</td>
<td>0.010</td>
</tr>
</tbody>
</table>

### Table 6. The rate of correlation between internet addiction and anxiety disorders

<table>
<thead>
<tr>
<th>Groups</th>
<th>Independent variables</th>
<th>t-statistic</th>
<th>coefficient of determination $R^2$</th>
<th>significant level of t</th>
<th>t-statistic coefficients</th>
<th>$\beta_t$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>MH</td>
<td>0.076</td>
<td>2.165</td>
<td>0.039</td>
<td>0.76</td>
<td>MH</td>
</tr>
<tr>
<td></td>
<td>FPR</td>
<td>0.060</td>
<td>-2.016</td>
<td>0.044</td>
<td>-0.06</td>
<td>FPR</td>
</tr>
<tr>
<td></td>
<td>EKH</td>
<td>0.030</td>
<td>-0.453</td>
<td>0.18</td>
<td>-0.03</td>
<td>EKH</td>
</tr>
</tbody>
</table>

### Table 7. The results of test of general hypothesis for female teenagers

In the above table, coefficients of Predictor variables of and t–statistic related to them, has provided with a level of significance. Considering the amount of significant level of anxiety disorders that are equal to 0.18 we concluded that is not significant in level of 0.05 and has little effect in multiple linear regression model and or we can remove from mentioned model.

In addition, in the table (8) statistic of F and its significance level calculated for the linear regression of teenage boys. With amount of p-value equal to 0.045, we can fit a regression model. In fact, we conclude that there is a relationship between variables of criterion and predictor of research. On the other hand based on significant values of regression coefficients (t) we consider that variable of parenting style was not significant in male adolescents and or there is much less emphasis in mentioned model. According to the amount of R2 (coefficient of determination) that is equal to 0.164, it can be concluded that linear regression model is fitted for these variables. However, this fit leads to remove or low impact of variable of parenting style. On the other hand, according to amount of significant level of parenting style that is 0.81, we can conclude that it is not significant in level of 0.05 and mentioned variable will not have a great effect in the regression model.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Independent variables</th>
<th>t-statistic</th>
<th>coefficient of determination $R^2$</th>
<th>significant level of t</th>
<th>t-statistic coefficients</th>
<th>$\beta_t$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>MH</td>
<td>0.111</td>
<td>2.263</td>
<td>0.031</td>
<td>-2.263</td>
<td>-0.111</td>
</tr>
<tr>
<td></td>
<td>FPR</td>
<td>0.009</td>
<td>0.237</td>
<td>0.813</td>
<td>0.237</td>
<td>0.009</td>
</tr>
<tr>
<td></td>
<td>EKH</td>
<td>0.174</td>
<td>2.337</td>
<td>0.02</td>
<td>2.337</td>
<td>0.174</td>
</tr>
</tbody>
</table>

### Discussion and conclusion

The findings of this research show that the average of internet addiction in boys is more than to girls. The boys who used to greater extent than internet, they showed less social skills and more anxiety disorders compared with other peers,
respectively. With the increase of internet addiction, increase factors of rebellion, inappropriate social behaviour and seeking a supremacy (rivalry) in girls and factors inappropriate social behaviour and fear of peer relationships in boys. With the increase of internet addiction, decreases factor generalized anxiety disorder in girls and boys and increase factors related to anxiety disorder of panic, anxiety disorder of separation, social phobia and fear of school.

In addition, significant relationship has obtained between some of parenting styles of parents and internet addiction of teenagers.

According to the results, there is significant difference between social skills of boys and girls of teenager who are addicted to the internet.

Singh meena, Kumar mittal and Pankaj kumar (2013) also believe that social sites like Facebook, Twitter and other sites make changes in the lives of individuals and they cause that teenager to get away from the real world that this factor has significant impact on social skills and academic issues in their lives. According to obtained findings, when increases internet addiction, social skills in girls increase, but it has opposite effect in boys. So girls use the Internet more for creating and maintaining social relationships. Findings of You, Crowly, Mayes and Potenza (2012) are consistent with results of this study and believe boys, who have intensive internet addiction, have weaker social skills to girls. The inverse relationship between Internet addiction and social skill in boys and its direct relation in girls can be due to boys tend and interest more to computer games such Rally and action games and instead of being in connection with others, they prefer to keep busy with internet games. For this reason, reduce their social skills. However, unlike girls often pay attention to games of housekeeping, games of doll and even chat with your friends, talking, and unburdening together and they learn new things that will enhance their social skills. Research of Manteghi (2010) was in relation to rate use of new communication technologies in girl and boys students of third year high school and he said that girls use of the culinary field, video games, and family games significantly more than to boys and thus increase their social skills.

Deindividuation and reducing the responsibility caused by being anonymous on the internet, to provide the possibility of issuing aggression without withstand the consequences. Therefore, for those who have impulsive and aggressive behavior, internet provides safe environment and suitable opportunity for the development of such behaviors. In particular, considering that occurrence of aggressive behaviors is not friendly community from girls. Girls who do not have the opportunity or the courage to express aggression in real life, they pay attention to internet to present aggressive behaviours freely.

In summing up factors of questionnaire related to Matson social skills in this study, whatever internet addiction increases in girls, as a result increase rebellious behavior, socially inappropriate behavior and seeking of domination and it increases in boys socially inappropriate behavior and fear of peer relationships. Research of Bonafide (2012) had great compatibility with the obtained results. He also believed that whatever Internet addiction increases in boys, it causes socially more inappropriate behavior. As we know, girls compared with boys more inclined to expand their social interactions and interpersonal communication.

In addition, Rezaei, Ismaili and Khademi (2014) believed that Internet addiction has a direct impact on inappropriate social behavior, and predicted that Internet addiction increases seeking a supremacy and it has a direct impact on relationships with peers, that it was perfectly aligned and consistent with the obtained results. In conjunction with the fear of relationships with peers and seeking supremacy and comparisons between the sexes is not available similar study. However, in study of Ghasemzadeh, Shaharay and Moradi (2007), fear of relationship with peers is not different among female addicts compared to non-addicts. In the case of variable of seeking for supremacy, the results suggest that addicted girls compared to non-addicted do not show more seeking supremacy. There is coquettishness and knowing yourself better and superior than others in ethical (moral) characteristics of girls. In social sites, boys often compliment from girls to create relationships with them and find friends or partners, and this case increases the trend to supremacy in girls. For male students, correlation coefficient equal to 0.179 and it is from direct type. This means that with the increase of Internet addiction in boys, anxiety disorders also increases.

Nathan, Taby, Paul, Uday, Kholsa & Mcelory (2000) and Robin, Shepherd & Robert (2005), obtained results consistent with studies of their research. According to reports from these people, there is significant and positive correlation between hours of Internet use and symptom scores of psychiatric and anxiety disorders. The exact cause of the relationship between of psychiatric symptoms such as anxiety and internet addiction has not yet known. These disorders may predispose people for addiction to internet, or these disorders may also are created by internet addiction. This issue requires further studies, but in general, according to the significant relationship between Internet addiction and anxiety disorders in boys, we can conclude that public health of addicted boys is at greater risk compared to normal users. According to the amount of correlation coefficient, in both sexes with increasing of internet addiction decreases generalized disorder and cases such as panic disorder, separation, social phobia and fear of school increase. Yen and colleagues did a study in 2014 that aim of this study was to investigate the relationship between internet addiction and anxiety disorders. Researchers of this study examined the relationship between internet addiction and anxiety disorders. They obtained similar results to this result that there is significant and direct relationship between internet addiction and anxiety disorders. In addition, they investigate the
relationship addiction to internet with anxiety disorders, Separation anxiety disorder, panic disorder, depression, interpersonal problems and issues and problems of confidence.

According to the results of this study, the parents of girl more use decisive style in the upbringing their children compared to parents of boy. On the other hand, in both sex, parents use decisive style of the three types of parenting to educate their children.

Test of significance t for variable of internet addiction are significant in level of 0.05 with permissive, arbitrary and decisive factors. Regarding the values of correlation, permissive and decisive of parenting style in parents of boys are significant predictors for increase excessive use of the internet. On the other hand, in the girl's parents, arbitrary and decisive of parenting style are significant predictors for increase Excessive use of the internet in children. Entrance of new technology such as the internet to familial environments can affect the quality of familial relationships. Group of researchers believe that access to internet at home may negatively change interactive patterns of parents – children (Walt & White, 1999). It led to create intergenerational conflicts and to decrease cohesion of family.

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