



Research article

The relationship between family functioning and internet addiction in Ahvaz medical students

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ABSTRACT

Domains using the Internet every day is becoming more widespread and the number of users who use the Internet for addiction is increasing day by day. And this despite the fact that Internet addiction can be harmful effects on family life, especially family life and function of the user. This study aimed to investigate the effects of Internet addiction on family functioning is designed for medical students. The method used in this research is descriptive - analytical. 94 medical student aged 20-30 years were selected using a stratified random sampling strategy and divided into two groups of 47 members each. One group was selected randomly from the general population. For this purpose, the 2 questionnaires 1-Internet addiction Test (IAT) and 2-family function assessment device questionnaire (FAD) was used. For data analysis software SPSS was used. The calculated t-test 0.041 with a significance level of 0.03 can be concluded that the Family functioning scores between students with Internet addiction and student without Internet addiction has significant difference. Internet addiction caused a decline in students' family functioning.

Keywords: Internet addiction, Family function, Medical students.

INTRODUCTION

Information technologies, especially VoIP network many benefits in terms of access to information and communication beyond the traditional boundaries of time and space, speed and ease of doing things, reduce costs and globalization of goods and activities and knowledge brought us. Aside from these benefits, cyberspace because the human affinity for the mind and soul of charm is unmatched. Because of this proximity, the Internet is sometimes considered an extension of the human mind.

Members in the wake of the increasing use of internet and live in the virtual space a long time to find a false dependency that is difficult to get rid of it. In fact, this extreme dependence and its effects on one's life is the subject of this article.

Although not yet Internet addiction is not diagnosed as a proven disease, but as an emergent behavior problem among adults in the past two decades has been known.

Internet addiction can be a lack of control over excessive use of the Internet, which leads to negative consequences on human life to be defined. To explain the problematic use of the Internet as a behavioral dependency is defined diagnostic criteria are used:

The widespread use of the Internet, often with no sense of time or forgetting basic things.

The withdrawal symptoms that lead to unpleasant feelings such as depression and stress at a time when the Internet is unavailable

The development of tolerance which leads to the need for more and better computers and software or the need to increase the connection time

The incidence of adverse outcomes such as poor academic performance, social isolation, and fatigue.

Excessive use of the Internet led to the destruction of natural life because Internet addiction is an increase in the frequency of depression. It is in this way that excessive use of the Internet is that one can replace the valuable time spent with family and friends. So that

Internet addiction causes less social interaction as well as documented a higher level of Azasr. The results of another lonely addiction to the Internet, there are family responsibilities and work Azghfl neglect, vandalism, social relationships and social isolation, financial difficulties.

Internet addiction is so family function Ratkhyb people with problems in everyday life people and destroying a person's relationship with the family Baazay. Also, the performance of the person's family has been destroyed is vulnerable to internet addiction. Among age groups, the youth most at risk of Internet addiction are all because young people are psychological maturity, resulting in a certain way are vulnerable to addictive behaviors.

As noted, the use of the Internet every day is becoming more widespread and the number of users who use the Internet for addiction is increasing day by day. And this despite the fact that Internet addiction can be harmful effects on family life, especially family life and function of the user.

MATERIALS AND METHODOLOGY

The method used in this research is descriptive - analytical.

the following formula is calculated based on data from previous studies.

SAMPLE SIZE: $n = r + 1 \times SD2 \times (Z\beta + Za/2)D2$

The sample size for a group of 47 people as a sample size of 141 was calculated for three groups:

Among medical students University of Medical Sciences, which is known demographic characteristics including age, education, living 94 randomly chosen were based on testing of Internet addiction (IAT) to one group of 47 people without internet addiction as the control group and one group of 47 people with internet addiction were as Bymartqsym. Then by the Family Assessment Device (FAD) rating performance in seven areas Family 2 Family Performance Assessment Questionnaire (FAD) and finally review the (FAD), we compared the two groups together.

For this purpose, the 2 questionnaires internet addiction 1- Test (IAT) and 2-family function assessment questionnaire (FAD) was used.

IAT: Inventory Internet addiction doctor Kimberly Young (IAT) is a standard questionnaire. This scale consists of 20 statements and using the scale 5-point Likert scale (rarely, sometimes, often, often, always) will be evaluated. The scale score of at least 20 and a maximum of 100. Based on scores obtained from the scale, people get in three groups of Internet addiction (scores between 20-49), at risk of Internet addiction (scores between 50-79) and internet addiction (scores between 80-100). This is a standard questionnaire and its validity and reliability have been reported in previous studies with the alpha 0.9. The scale used in Iran's Persian Version and Nasti zaie with

Cronbach's alpha 0.81 and Ghasemzadeh with Alpha 0.88 have confirmed its reliability.

FAD: the questionnaire to assess family functioning with descriptions McMaster Model of Family Functioning (MMFF) is designed. This tool was developed by Epstein and Balvdyn and the Bishop in 1983. 60 questions and 7 subscales that 6 family life and a general family functioning measures. The 6 1. problem-solving,

communication 2-, 3- roles, emotional reactions (4), (5) the formation of emotional, behavioral Adopts 6-control subscale assesses the family's 7-overall performance. Each question relates to one of the scale or size.

In Iran, Khosravi norm was achieved by Mohammadi and property that the overall Cronbach's alpha for the total scale was 0.94.

Descriptive statistics and statistical methods to analyze data using SPSS software.

Inferential statistics include T-test for Independent variables analysis of variance and correlation were used and. For all the hypotheses, Significance level Considered $\alpha=0.05$.

RESULTS

The gender subjects of the study, women most frequently (75) around 53.2 percent, the lowest rate man (66) is about 46.8 of the sample accounted for. For age, age 26-20 years, the most frequent (92) about 65.2 percent, ages 40-34 years, the lowest rate (6) 5.4% of the sample accounted for. Using Kolmogorov - Smirnov can be concluded that the distribution of the data related to the hypotheses is normal and can be parametric tests such as t-test and analysis of variance to assess Internet addiction and evaluation of family factors among university students Jundishapur Ahvaz be used.

T test calculated 0.041 with a significance level

0.03 of less than 0.05 Can be concluded Family functioning scores between students with Internet addiction and students without Internet addiction is significant difference. which the difference is statistically significant. That means the family functioning score has a big difference between students without Internet addiction and students with Internet addiction.

In accordance with table 5 T test calculated

24.355 and $p \text{ value} < 0.005$ for family functioning score of general population Compared with student Can be concluded The average achieved has a significant difference with average of Likert Spectrum. So with confidence level 95%, family functioning is different between General Population and medical student.

According to multiple correlation analysis in table 6 Compare the overall family functioning of students according to $p < 0.001$, $MR=0.39$ and significant level less than 0.05 and Positive correlation coefficients We can say with confidence level 95% decline in family functioning is related with internet addiction directly. For other subscale :1- Disruptions in problem solving Ability subscale,

$p < 0.001$ and $MR = 0.59$ suggests its directly related with internet addiction. 2- Disruption of communication with $p < 0.001$ $MR = 0.59$ is related directly with internet addiction. 3-The role of the family with $p < 0.001$ $MR = -0.69$ is related indirectly with internet addiction. 4- Control behavior subscale with $p < 0.001$ and $MR = -0.75$ is related indirectly with internet addiction. 5- Emotional response and Emotional involvement with $p < 0.001$ and $MR = -0.76$ are related indirectly with internet addiction. In general, it can also be said predictor variables are significantly correlated Together and its amount is large enough that The possibility of multiple linear correlation exists between them. The highest correlation is between dimensions "emotional response" and "emotional involvement"

DISCUSSION

The Internet is a social utility and communication extremely important that the capacity of its high, has managed to speed in various fields of economic, social, political and cultural entered our lives at home, school and workplace influence. The positive effects and the amazing capabilities of this technology is not secret, but on the other hand, its negative consequences which we, many people are skeptical of this great human achievement.

Hence, the need for scientific understanding this phenomenon of growing according to its consequences are inevitable. This study has tried to compare the performance between the two groups, those with families and ordinary people pay for Internet addiction. Based on the results obtained between two groups of people with internet addiction and family function in normal individuals, there are significant differences.

The idea that family factors play an important role in the initiation and escalation of Internet addiction in adolescents play a significant source of empirical research. And if Gvnvk and Dogan (2013) noted that Internet addiction is merely a problem of a person, not a problem the family is responsible for it and the problem affected by the consequences of the family.

It is likely that Internet addiction is a lack of coordination and differences between family members in many ways to be involved, so that some research suggests that people with Internet addiction have a worse family environment worse and feel parental love than they had expressed.

Also, studies have shown that family functioning and familial conflicts with Internet addiction in youth-related and those linked to the Internet in terms of family functioning (behavioural control, emotional response, solving problems, relationships, roles and family functioning scores) show a significant difference from the control group.

The findings of Bernard and Palanty suggest that people with Internet addiction in family relations show higher levels of defects and

the amount of hours of Internet use in correlation with the severity of the defect. Studies have shown that adolescents addicted to the Internet compared to non-addicts, family satisfaction less, feel that their parents care about them and experience more conflicts between their parents (Khosravi and Alizadeh, higher scores on measures of family earned and less satisfied than their parents are. Internet addiction and its effects of family functioning been surveyed as a pathological emerging on students at the University of Medical Sciences Jundishapur. the differences in all subscales and a Rocard was statistically significant. One of the effects of Internet addiction is dependent individuals spend less time with your family. Virtual betrayed symptoms, withdrawal, sleep disturbance Model play, need to be alone and forget about the family's relationships and interactions. On the other hand, it should be noted that this factor is social isolation exacerbates Internet addiction among individuals have shown that adults with Internet addiction have intimate interpersonal difficulties. Ahmadi and Abdul-Maleki, officer late, SE (1389) pointed out that intra-family relations and intimacy between members of the family of the factors that protect adolescents from harm makes the virtual world. Zarbakhsh Bahri et al (1391) have pointed out that intimacy, affection and trust between parents and children strengthen relationships and has on the contrary their absence leads to distancing children from families and likely children are looking for alternatives to fill the void in an intimate relationship with parents

Lee et al (2014) with A review of studies in the field of Internet addiction and dependent on family showed that adolescents with internet addiction less than positive relationship with parents interpersonal conflicts between children and parents and in relations with parents report lower levels of trust. Also Gunoc and Dogan (2013) have shown that support young people from families receive, particularly support for mothers and quality of relationship with him as precautionary in Internet addiction in adolescents and families with social support adequate for their children do not provide cause children exposed to the tendency of a behavior problem addictions such as smoking, alcohol and the internet are interesting because a lot of research in the field of addiction (21). (eg, Henderson, 2001; Thurlow, Lengel and Tomic, 2004) suggests that the many similarities between internet addiction and other addictions there Rejected. Although some family problems and conflicts and interpersonal problems, especially with the parents of one of the students towards addiction to the Internet and other modern communication technologies, but this alone is not excessive use, unhealthy these new communication tools, in turn, quality disrupt the interaction of family members and damage family relationships.

This means that a reciprocal relationship between work and family issues, interpersonal and biased use of new technologies is

abnormal. Of course, if have pointed determine the causal relationship between family problems and addiction to technology is not so easy. However, these elements can come in the form of a vicious cycle and reinforce each other exacerbate their problems have pointed out that the belief that family factors play a key role in the initiation and escalation of Internet addiction and pathological Internet adolescents, attention theories and experimental work a lot in recent years, but this also compelling is that internet addiction can be involved in family problems in different ways. Access to new communication such as the Internet important factor in this cycle has a negative effect on the way the interaction parent-child which can even set the family further and cause conflicts between generation and reduced solidarity in the family is.

Especially in our society today, teenagers and even children plenty of time to take advantage of the specific instrument of the day, while the pointed out that this makes them less time with their parents spend, the while previously spent time and more time to interact directly with the family.

As a positive feature of parent-child relationship quality, allocation of time between parents and children, the important factor in reducing the loss of family solidarity.

In this connection, studies show that people who are more youth Internet addiction report feelings of loneliness and depression.

In this way, the lack of bonding and emotional response and reduced solidarity between members, lack of control and monitor the behavior of members and the inability to solve their problems, children implicitly understand dysfunctional family, and to cope with balance and psychological, and for relaxation Yang et al (2007) also show Impaired family function in families with adolescents with internet addiction, have suggested that Internet addiction should be as syndrome intended behavior that family functioning disrupted, causing conflict between parent and child.

The role of families and parents in terms of the distribution of roles, rules of control, problem solving, attention to the emotional needs of individuals and connect members with each other, in the valley of considerable importance, and no bed of the strength and extent of the impact, with family, not equality slow. People in the family, language, social skills and ethical values and teach their culture. People of all ages to get information, help and interact interesting and enjoyable, turn to family members. And the University are also influenced by parental behavior. Thus, it can be in the form of meetings and groups responsible for these matters to educate and remind families and students. In addition to the positive effects and the amazing capabilities of the ubiquitous technology, and grinding its negative consequences, parents and authorities to be addressed.

The recommended measures such as training on how to

properly use the Internet to people, especially students, increase information parents to computers and the Internet in order to apply the correct and conscious upbringing and restrictions in this area for their children and try to improve and strengthen family ties changes in social structures and social and leisure will be effective in reducing internet addiction [8, 9].

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