Problematic internet use and psychological problems among Faculty of nursing Students Benha University

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Abstract

Internet has an effect on many aspects of a person's life, including physically, psychologically, socially and mentally. Excessive internet use in adolescents and young people is associated with intrapersonal and interpersonal difficulties. **Aim of the study:** This study was aimed to assess problematic internet use and psychological problems among the faculty of nursing students of Benha University .**Research question:** 1-What is the problematic of Internet abuse among university students? 2-Is there a relationship between problematic of internet abuse and psychological problem among university students? **Research Design:** descriptive **research design was used Setting: The study was conducted at Faculty of Nursing, Benha** University. **Tools of data collection:** data were collected by using three tools: a socio- demographic data questionnaire, generalized problematic internet use scale and depression, anxiety and stress scale. **Results**, the findings demonstrated that the studied students have highly problematic internet use and there is highly relationship between problematic internet use and psychological problem among university students. **Conclusion**: There is a highly statically correlation between problematic internet use and psychological problems among studied students, and many financial problems may occur due to the significant amount of time spent on internet.**The study recommended**: Conducting an educational program to the university students to help them deal with problematic internet use. Parents should give encouragement for their adolescents to participate in other creative activities beyond computer use.

 Key words: Problematic internet, Psychological problems, Nursing, Students**.**

Introduction:-

Internet is being incorporated as part of our everyday existence because the handling of internet has been a growing concern worldwide. Homes, schools, colleges, libraries and internet cafes are the places which are more accessible to internet nowadays. Carrying out schoolwork, playing online games, reading and writing emails are the general online activities. (*Mishra et al., 2015*).

Healthy Internet use is the use of the Internet for an expressed purpose in a reasonable amount of time without cognitive or behavioral discomfort. With the increasing importance of the Internet in everyday life, more and more people admission various online resources each day. Along with the increased popularity of the Internet comes escalating apprehension about pathological usage which results in job loss, marriage breakdown, financial debt, and academic failure Indeed, recent research suggests that Internet abuse, a maladaptive pattern of Internet use, is becoming more common in the contemporary information society. **(Steven, 2016)** .

Internet addiction, as an impulse control disorder that does not involve the use of an intoxicating drug and is very similar to pathological gambling. It is defined as a nonchemical or behavioral addiction that involves human-machine interaction that can be either passive, such as viewing movies or active, such as playing computer games. Moreover, Internet addiction is defined as a maladaptive use of the Internet that can lead to social and functional impairment. The concepts of Internet addiction can be viewed from different aspects such as according to inability of individuals to control their use of the Internet, which then causes psychological, social, school, and/or work difficulties**. (Shah et al., 2013**).

Problematic Internet use is "a psychiatric condition which involves maladaptive thoughts and pathological behavior" culminating in too much time spent on different activities on the Internet to an magnitude that might have negative effects on the user's physical and psychological health; social, academic, professional and marital relationships as well as other areas of life. Problematic Internet use has been associated with increases in impulsivity and increases in social comfort while online **(Choi et al., 2014).**

Many prominent research findings have shown that the academic problems caused by Internet addiction include missing classes, existence late for classes, increased danger of being placed on academic trial,

and a general decline in study habits. Research on age factors found that college students between the ages of 19 to 24 were the most predisposed to addiction. A numbers of investigators have suggested that addiction to the Internet among college students is dramatically comparable to addiction to drugs, alcohol, violence, obesity, lack of sleep, and nutrition deficiencies **(Saisanet al., 2013).** Negative impacts of internet use on physical health some young people are spending most of their free time using the internet with potential deleterious effects on their physical health. These noteworthy negative impacts include Repetitive Strain Injury (RSI), decreasing physical fitness, eating disorders and Computer Vision Syndrome (CVS), typified by painful and itching eyes, and a lag in visual responses and eating disorders symptoms further mentioned by are carpal tunnel syndrome (pain and numbness in hand and wrists), dry eyes, migraine headaches, a decline in personal hygiene ,backache, a nerves disorder, from their extensive time using a computer keyboard and lack of sleep. Internet addicts are often report insomnia, sleep apnea, frequent nightmares and this can be a potentially debilitating disease that can limit the addict's ability to work in the future **(Wanajak, 2011).**

People with symptoms of internet addiction frequently low self-esteem, social dependence, introversion, extreme shyness, low social skill, high sensation seeking, and social isolation. **(Mehroof and Griffiths 2010)**. On the same line**, (Bessière K et al 2010)** mentioned that, growing internet use can result in statistically noteworthy declines in social participation and with increase loneliness, as people use the internet excessively, whether for viewing pornography or talking in chat rooms, they displace time that, would otherwise be available for social interaction and spend increasing amount of time alone.

In most cases includes depression, social anxiety, and a variety of psychosis. When the individual use of the internet, the user's problematic utilization process begins there are factors involved in the genesis and maintenance of the disorder: First, there are some behavioral reinforcements which act as conditioning factors. The room, chair, touching the keyboard and the mouse. Second, the cognitive malevolence is also active here.Third, the qualitative use of the internet depends on the supportive social web that the individual has access to. **(Moidfar and Habibpour 2011).**

There are some approaches to treat internet addiction. In some researchers' views, the

most effective approach of treatment for internet addiction is cognitive-behavioral therapy **(Young, 2009)**. cognitive behavioral therapy has been modified to treat internet addiction. In the same context observed that, these techniques are familiar to many mental health treatments providers and can to apply to treating not only substance misuse but also` non chemical addictions', including internet addiction. Also **(Liu., et al 2011)**have looked to Cognitive- Behavioral Therapy (CBT) to deal with internet addiction. This method assists individuals to identify and modify the thoughts and feelings that feed their addiction.

In addition, (**Young and Abreu 2010)** have recently developed a guide, which employs cognitive behavioral techniques, for therapists working with internet addicts. This suggests the following exercises to achieve abstinence from problematic internet addicts. This suggests the following exercises to achieve abstinence from problematic internet use: (i) practicing the opposite behavior; (ii) using external stoppers (iii) setting time limits; (iv) setting task priorities (v) using reminder cards (vi) taking a personal inventory, whereby the therapist helps the client cultivate alternative activities that take him / her away from the computer.

Aim of study:-

This study is aimed to:-

Assess the problematic internet use and psychological problems among the faculty of nursing students of Benha University.

Research Questions:-

1-Is there a problematic of Internet use among university students?

2-Is there a relationship between problematic internet use and psychological problem among university students?

Subjects and method

Research design:-

A descriptive exploratory research design was used to conduct this study.

Research setting:-

The study was carried out at Faculty of Nursing Benha University it consist of four grades. The numbers of first grade(382), the numbers of second(381) , the numbers of third grades(306), the numbers of fourths grades(366) and the total number of students (1437).

Subject:-

According to the info7 estimation program. The sample size required for this study is (320) this number was calculated using the following parameters acceptable error 5% confidence coefficient 99% and expected frequencies 50%.

This subject met the inclusion criteria:

1-Gender: (both sex, male and female).

2-Age between 18-24years old.

3-Willing and accepting to the study

Tools :-Data were collected through using the following tools:-

1)-Socio-demographic data questionnaire:-

It was developed by the researcher after recovering to assess all the related demographic data for the sample including age, sex, religions, residence, financial satisfaction, internet use duration, and method of the internet use etc.

Tool II-Generalized problematic internet use scale 2(GPIUS2; Caplan, 2010)

The GPIUS2 comprises 15 items that are grouped into the following four subscales:

- Preference for online social interaction (3 items; e.g,"I prefer online social interaction over face-to-face communication")

- Mood regulation (3 items; e.g., "I have used the internet to talk with others when I was feeling isolated").

- Negative outcomes (3items;e.g.,"My internet use has made it difficult for me to manage my life").

- Deficient self-regulation, which is a (second-order factor that include a subscale for cognitive preoccupation (3 items; e.g., "when I have not been online for some amount of time, I become preoccupied with the thought of going online") and a subscale for

- Compulsive Internet use (3items; e.g., "I have difficulty controlling the amount of time I spend online"). The response a format was

3-point Likert Scoring systems: - Disagree=1, Uncertainly =2, Agree=3,

Scoring : <50% ⟶ Low problematic internet use.

50%-75% ⟶ Moderate problematic internet use.

75% & more ⟶ Sever problematic internet use.

Tool three:-depression, anxiety and stress scale (DASS) by (Iovibond and Iovibond, 1995).

The DASS is a 42 questionnaire which include three self-report subscales designed to measure the negative emotional states of depression, anxiety and stress each of the three subscales contains 14items,depression (14items), Anxiety (14items),stress(14items) divided into subscales of 2-5 items with similar content

The depression scales assess dysphoria hopelessness, devaluation of life, self-deprecation, and lack of interest, anhedonia, and inertia.

The anxiety scales assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious effect.

The stress scale (14items) is sensitive to levels of chronic non-specific arousal; it assesses difficulty relating, nervous arousal, and being easily upset, irritable and impatient.

Subjects are asked to use 3-point severity/frequency scales did not apply to me at all, to applied to me very much, or most of the time, in order to rate the extent to which they have state over the past two to three weeks. The modified Arabic tool was developed by **(Kotb, 2007)**.scores for depression; anxiety and stress are calculated by summing the score for the relevant items. The scoring systems: 14-42the higher score indicates negative emotional status. Reliability of two scales is considered adequate and test-retest reliability is likewise considered adequate with 0.71 for depression, 0.79 for anxiety and 0.81 for stress **(brown,et al;1997).** This scale was used to assess the level of psychological problems among study sample. Regarding scoring of the DASS scale the score calculated as

Does not applied=1, Sometime applied =2 and Applied =3

Scoring

Interpretation	Depression (D)	Anxiety (A)	Stress (S)
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Sever	21-27	15-19	26-33
Extremely sever	>28	>20	>34

Method: The study was carried out according to the following sequences:-

1- Official letter was obtained from the selected setting for data collection to gain their cooperation.

2- Ethical consideration written consent was obtain from each student after explaining the purpose of the study to be participant in the study .Informing study subjects that confidentiality of any obtained information was ensured. Respecting the right of the study sample to be withdrawn from the study at any time of data collection.

3- Tool (1), tool (2) was translated into Arabic language.

4- The translated tool was tested for content validity by a jury composed of five experts in psychiatric filed modification was done accordingly until it proved to be valid.

5- Reliabilities of the translated tools were tested on a sample of 10% (20 students).

Reliability of the tools

Pilot study(reliability)	Alpha
Generalized problematic internet	0.778
Depression	0.8225
Anxiety	0.867
Stress	0.901

A pilot study

A pilot study was conducted at the beginning of the study. It included 10 %(20students) of the total sample to estimate the needed time for data collection and to test feasibility, objectivity and applicability of the tools. All subjects recruited in the pilot study meet the inclusion criteria of the study. The pilot study revealed that some items needed to be clarified and remove the repeated items. The pilot study sample was excluded from the actual study.

Actual study

1- Approval to conduct this studies was obtain from the faculty of nursing

2- The researcher started data collection by introduction herself to participant

3- Data collections were done through interviewing with the students at the students to ensure accessibility of the students or in lecture room.

4- The researcher visited faculty of nursing day/week each session take 30-45 minute.

5- The data were collected over a period of three months started from Februray2017, till the end of April 2017.

Statistical procedure: The collected data were organized, coded, computerized, tabulated and analyzed by using the statistical package for social science (SPSS), version (20). Data analysis was accomplished by the use of number, percentage distribution, mean, and standard deviation, and correlation, coefficient.

Result:

Table (1)

This table shows that more than one third of studied students (37.81%) were 18-<20 with mean rang 20.46± 1.40 regarding sex, it as reveals that majority of them students (83%) were female. It also illustrated that more than half of them (52.5%) were single as for residence; the highest percentage (95.94%) was lived in rural areas.

Table (2)

This table reveals that more than one third (40.00%) of studied student suffer from high degree of financial &physical effort during internet using while less than half (44.69%) of them began of using internet since several years. Regarding type of internet use, it showed that more than two third of them (70%) use it for Facebook. As for duration of internet use daily, it illustrated that two third (60%) of them spend 5 hours and more daily on internet.

Figure (1)

This figure shows that majority percentage (95.00 %) of studied students of had sever generalized problematic internet use while the minority of them (5.00%) have moderate problematic in using internet.

Figure (2)

This figure shows that more than two thirds percentage (74.38%) of studied student have moderate level of depression, while minority (18.13%) of them have severe depression.

Figure (3)

This figure shows more that third (31.88 %) of studied student have mild stress while (2.63 %) of them have extremely severed of stress.

Figure (4)

This figure shows that less than half (46.88%) of studied students had severe anxiety, while than less one quarter of them (20.63%) have extremely sever level of anxiety.

Table (3)

This table shows that there is a highly statistical correlation between generalized problematic internet and depression, stress and anxiety as p value > 0.005.

Table (4): This table show that mean score of difference between studied students according to DASS and generalized problematic internet use was 26.9750 ±6.92227, mean score of studied student according to stress 18.4313± 4.53703, mean score of studied students according to anxiety 17.1469± 4.02348 and mean score of studied students according depression 18.4250± 4.78313.

Tool I:Table (1):-Percentage Distribution of the studied students is according to their socio-demographic characteristics.

Socio-demographic characteristics	Studied students (n=320)	
	No	**%**
Age		
18-< 20	101	31.56
20-<22	121	37.81
22 and more	98	30.63
Range	18-23	
Mean ± SD	20.46 ± 1.40	
Sex		
Male	45	17
Female	266	83
Marital status		
Single	168	52
Married	105	32.8
Divorced	32	10
Widowed	10	3.1
Separated	5	1.5
Academic level		
First	80	25.00
Second	80	25.00
Third	80	25.00
Fourth	80	25.00
Resident		
Rural	307	95.94
Urban	13	4.06

Table (2):-Percentage Distribution of studied students according to their internet use

| Internet use	(n=320) No	%
Financial &physical effort of internet using		
High degree	128	40.00
Average degree	122	35.00
low	80	25.00
Beginning of using internet		
Days	14	4.38
Weeks	51	15.94
Months	112	35.00
years	143	44.69
Type of internet use		
Face book	224	70.00
Scientific search	160	50.00
News	64	20.00
Others	32	10.00
Person helped you in using internet first time		
Friends	125	39.0 6
Schools	79	24.69
Relatives	166	36.25
Family	38	11.88
Alone	48	15.00
other	16	5.00
Mode of internet connection		
Wi fi	244	70.00
Telephone bill	32	10.00
Internet package	64	20.00
Method of internet use		
Mobile	96	30.00
Cyber	64	20.00
Home phone	128	40.00
Other (such as I pad)	32	10.00
Duration of internet use daily		
2-$\leq$ 3 hrs.	57	17.81
4-$\leq$ 5hrs	71	22.19
5and more	192	60.00
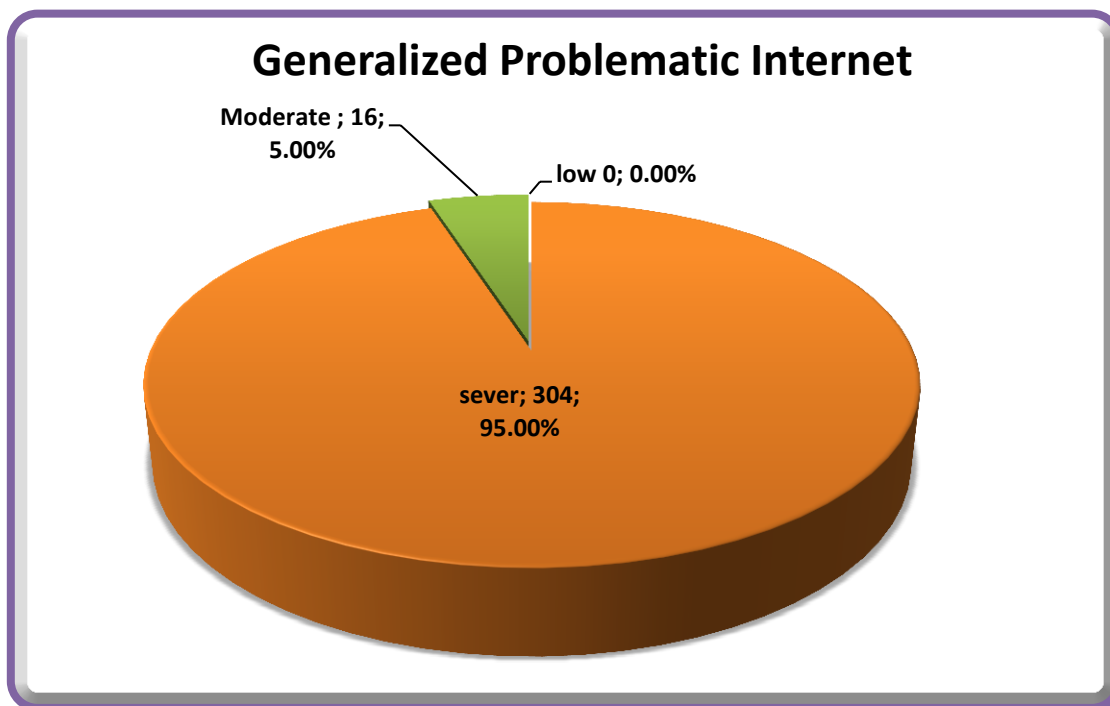
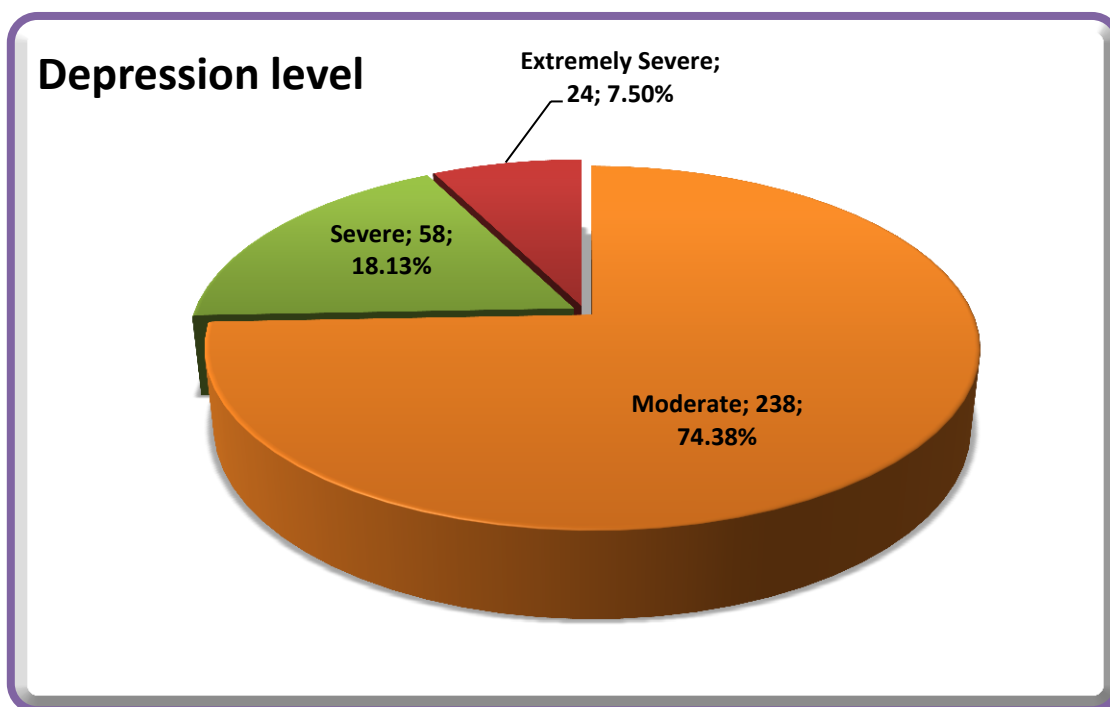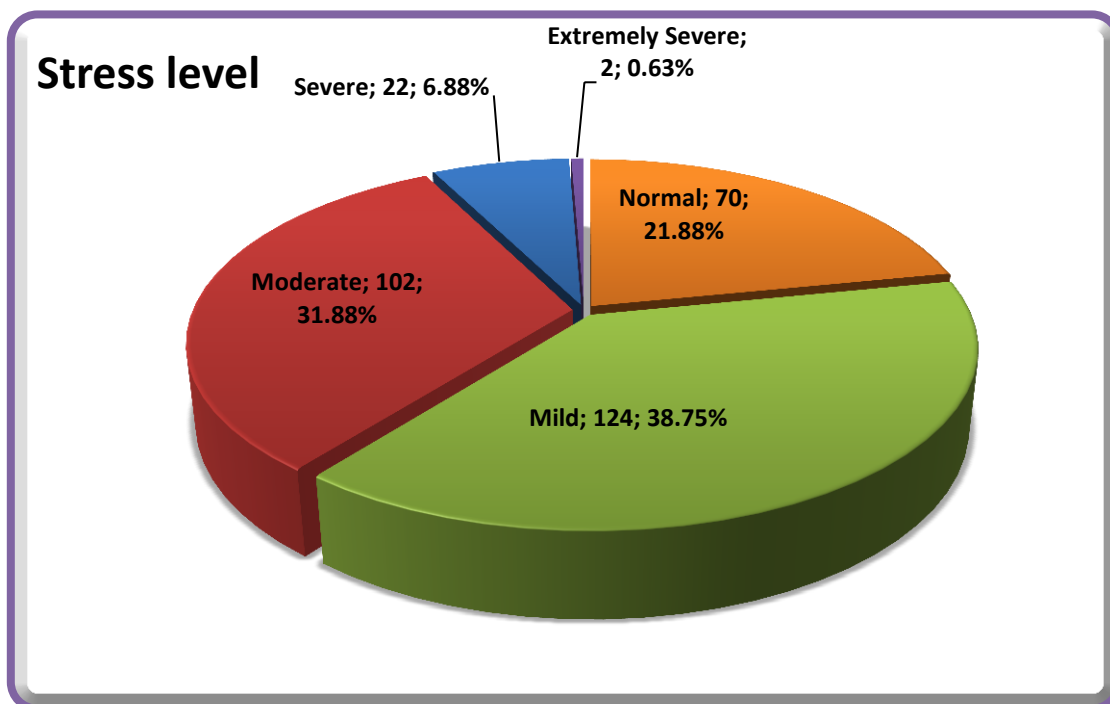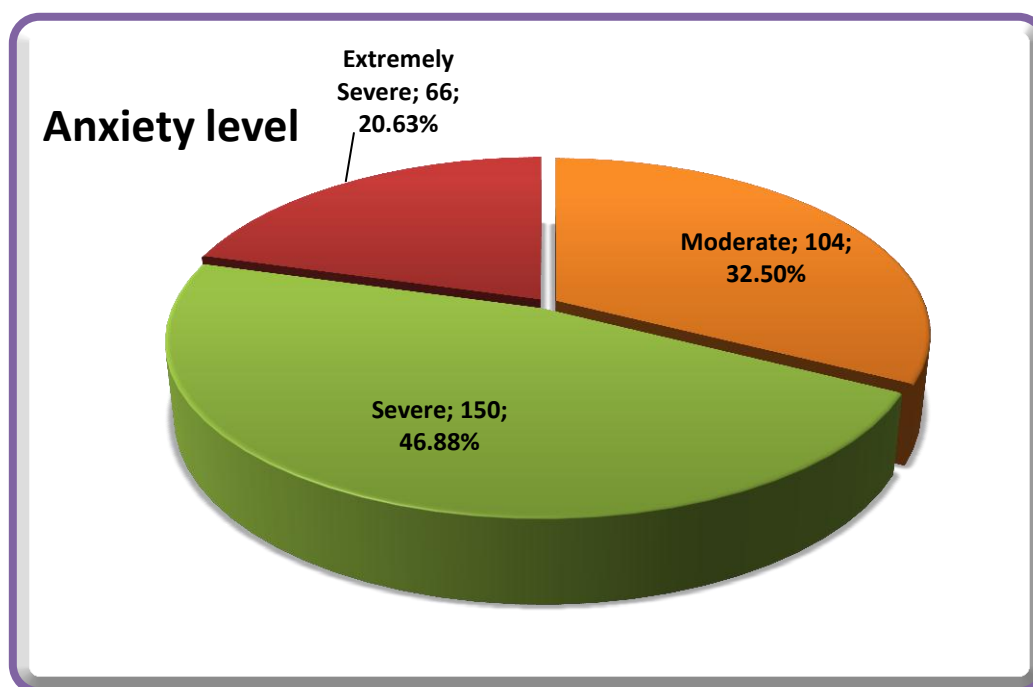**Figure (1) Distribution of studied student total of generalized problematic internet**

Figure (2): Total of studied student according to depression subscale.

Figure (3): Total score of studied student according stress subscale

Figure (4): Total score of studied student according to anxiety subscale.

Table (3) Correlation between generalized problematic internet use scale and DASS scale

Correlations	Generalized Problematic Internet	
	r	P-value
Stress	0.234	<0.001*
Anxiety	0.116	0.039*
Depression	0.174	0.002*

Table (4) Difference of studied student score according to DASS and problematic internet use

	Range	Mean ±SD
Generalized Problematic Internet	15.00 – 45.00	26.9750 ± 6.92227
Stress	14.00 – 35.00	18.4313 ± 4.53703
Anxiety	14.00 – 34.00	17.1469 ± 4.02348
Depression	14.00 – 35.00	18.4250 ± 4.78313

Discussion

Internet has become an integral part of our society. There is no doubt that internet brings benefits to the users, Problematic Internet use is defined as internet addiction plus at-risk. Although there is much research regarding problematic internet use, relatively little attention is given to the relationship between problematic Internet use and psychological variables. The advent of the Internet has affected every aspect of human life the world over. This technology has altered the way people relate, work and enjoy leisure time to the level of managerial concerns. **Wanajak (2011**). The Internet has revolutionized the way people communicate, work, shop, and gain access to entertainment. While it provides handiness and adds values to people's lives, there are many cons to the Internet.**Ahmed, (2016)**.

The present study revealed that, the majority of studied students had highly problematic internet use. This result is consistent with **Bahrainian and Khazaee (2014)**, stated that, nearly two third of studied of students had problematic internet use. While the result of **Cao et al., (2011) and Liu et al., (2011)** they were contradicting to the result of this study, who found that the minority of the studied sample had problematic internet use. The

researcher views that those student had a highly problematic internet use may be due to the internet easiness and availability of using internet especially with the absence of supervision, the presence of chance to use internet using neck names with ignoring the true or real identity and greatest negative effects on family and social life that lead to excessive time spent online which cause negligence of family contact, social activities and other interests This study reported that, there is highly statically correlation between problematic internet use and psychological problem among studied students such as (anxiety, stress and depression) as p value <0.001 .This result is consistent with **Jahanian and Seifury, (2013)**,who demonstrated that pathological and excessive use of the Internet, declined the student's mental health. They also found that the students who use Internet pathologically and excessively, showed greater pathology and psychological problems than students who did not have such experience. These result is also consistent with **Barakat, (2009)**, who reported that, a statistical significant correlation, were found between problematic internet use and psychological health. In the same context, **Khedr, (2008)**, found that, there was statistical significant correlation between problematic

internet use and psychological problems While this result was contradicting with study of **Mishra et al., (2015),** who reported that there is no statistically significant correlation between internet use and psychopathologies among the university students, The researcher view of point is that, excessive internet use lead detachment from reality especially escape from problems either personal and family problems.

The result of current study showed that, mean age of the studied students was (20.46 ± 1.40). This result consistent with **Radhwan.H(2013)**, who reported that, average age was (19.52±1.15) this result was the same line with **Frangos (2009),** Who reported that, the mean age of their studied sample was (19.52±2.38)who stated that, college students as a group appear more vulnerable to developing a dependence on the internet than most segment of society because in their dorms or in the university, free and unlimited access to the internet is available with no supervision enabling them to use it without restriction. Also **Schoenfled, (2012)who mentioned** that, the mean age of participants was (20.46± 2.67)**Ahamed, (2016)who** found that, the mean age of participants(17.86 + 2.45) also **(King et al., (2010)** indicated that, internet is more

common at younger people. while this result was contradicting with the study of **Uneri, (2011),** who reported that, the mean age of their studied sample was (15.77± 1.6).

The result of current showed that, the majority of studied sample were females more than two fourth. Also this finding consistent with **Radhwan.H(2013),** who state that, more three third of student was the online community appears to provide a sense of belonging and opportunities to share feelings privately that may be more attractive to females. Also this finding was supported by **Haviland, (2010)**, who reported that, two third of studied sample were females and **Naffise et al., (2013),** who study the prevalence of internet use among the students of Rafsanjan University of Medical Sciences reported that, most of the studied samples were females and others were males. **Dawood et al., (2015),** is also consistent with who stated the majority of studied sample were female. While, the finding of this study was contrasting to **Sinkkonenet al., (2014)** who revealed that men had significant higher mean score than did woman in using internet. **Tan, et al., (2016)**, reported that, males were using internet more than females. the researcher view of point, that is this may due to the students at this age

are more vulnerable to use internet frequently of a firm sense of identity so the person can fully separate from his or her family and move toward independence and development of meaningful, intimate relationships, both emotionally and physically, with romantic partners.

Regarding physical effort of internet use the result of current study showed that, less than half of studied sample suffering from highly degree of effect of internet on physical effort. This result consistent with **Abdrboand Hassanein (2017)**who stated that Internet addiction has numerous effects on adolescents' lives including potential physical, social, and psychological consequences. And **Afra et al., (2013),** who reported that more than half of users were suffering from sleep disorders after using computers as inability to waking up early. Also **Punamaki et al., (2007)**, found that, internet use is associated with perceived health complaints both directly and through deteriorated sleep and increased waking-time tiredness. While **Jenaabadi and Keikayfarzaneh, (2011),** found that, no significant correlation between use of internet and physical health. The researcher view of point is that, the computer use was correlated with unhealthy sleep patterns and significantly

associated with disturbances. This result indicated that, media use as internet tended to be linked with later bedtimes, later awakening times, and a shorter duration of sleep during the weekdays. And excessive use of internet was associated with physical problem.Such as backache and other body aches after Internet users spent a long time in the Internet**.**

Regarding method of internet connection, the less than half of studied sample used home phone, this result was supported by **Sargin, (2012), and Comert, (2012),** who revealed that the majority of study sample had accessibility to use internet at home by phone **Moidfar, et al., (2011),** also in the same line with majority of studied who reported that of the individuals had access to the internet at home by them phones, and minority of them used the connection through the café nets. This result is not consistent **Yeap et al.,(2015),** Internet access is not restricted to their laptops/PCs as how things were years ago when being on the Internet required one to be hooked up to a desktop or laptop computer. In addition, there has also been an increase of wireless hotspots in public areas which has greatly broadened Internet connectivity. Also **Wahid, et al., (2006)**, is also constricting with reported that, three quarter of studied sample used internet

cafes to access the internet. The researcher view of point the students make them to use internet in home by phone because the internet is cheap and easily to arrive everywhere and over privacy acquired by internet users from home where no control is possible to enter porn sites in hours unlike internet café.

Regarding beginning internet using, the current study showed that, the less than half of studied sample had a history of several years of internet usage. This finding is supported by **Ekinci et al., (2013), and Nalawade, (2012),** the majority of studied sample have history of internet usage for several years. Also **Wretschko, (2006),** found that, the entire studied sample had history of several year of internet usage.

The researcher view of point that may be due to the university students were at their own and learned easily with no supervision and they were proud of themselves among their mates which made them addicted to the internet. Excessive use of internet, the person can leave the real world, and can give way to isolation and trying to decrease these emotions through establishing relations in virtual world; the person can be deprived of the benefits of face to face communication.

Regarding the duration of internet use daily the current study showed the majority of studied samples using internet more than 5 hours /day. This study similar to **Harlina,et al.,(2015),**who stated that majority of sample used internet <5 hours during weekdays and weekends respectively. This result was consistent with **Dawood,et al., (2015),** average daily internet use among participants. Moreover, **Mohamed, (2005)**, found that, above two-third of studied sample have of daily use internet. Also **Gunuc, (2011)**, who reported that, above two fifths of the studied sample used the internet on average for 6 to 8 hours. While **Yeap et al., (2015)**found that,almost all the participants spent significant amounts of time on the Internet, reporting that they are usually engaged on the Internet for more than 3 hour. Also **Chan Un Wa, (2011)** reported that, more than 30% and 40% of the participants spent 5 or more hours per day in weekday and weekend to access the internet, respectively. And the online hours do not very much on weekday or weekend. While this finding was contrasting with **Grover et al., (2012)** mean daily internet use was 2.13 hours. The researcher view of point the result may be due to free internet access and availability of it all the time

such as Wi.Fi

Regarding level of depression the present study showed that three quarters of students moderate level of depression.This result was consistent with **Myaing**, **(2011)**, who reported that more than half of studied students have moderate level of depression while it was not congruent with **Daryanvard, (2011)** reported that, more than one third of studied sample have moderate level of depression while **Anthony, (2005),** reported that the minority of the studied students having moderate to severe level of depression. Researcher point of view is that it may be due to overload of studied subjects plus clinical training which leads to lack of leisure time and make internet especially face book the only way for entertainment, acquiring social information and relaxation.

Regarding level of stress, the present study showed that nearly one third of studied student had mild level of stress. This is supported by **Tajularipin, et al .,(2009),** who found that, nearly one third of the studied samples experienced low stress. While inconsistent with **Thawabieh and Qaisy(2012)** found that, the stress level which experienced by students was moderate. The researcher view of point is it may be due to the internet may provide

environment for students to escape from stress in the real world and using it as coping mechanism .which allows the person to forget the current problems and considered as a way to cope with stress of hard situations.

Regarding level of anxiety, the present study showed that, less than half of studied students had severity anxiety this result indicate excessive use of internet and mental health **Adeher and Balkan., (2012),**results indicated that the level of, anxiety depression, stress, suicide intention, hyperactivity, fear, social fear, aggression, violence and antisocial behaviors occur more in addicted students. Also **Nima, (2012) and Dalbudak (2013)** reported that, most of the studied samples have higher scores of anxiety, Support for this idea is the conclusion by **Koo and Kwon (2014),** which indicates that people suffering from anxiety and negative emotions associated with intrapersonal difficulties are more likely to abuse Internet. The current study revealed that, the problematic internet use was statistically correlated with anxiety and internet use this result was on the same line with **Zaman, (2012),** who foundthat, there was highly statistical significant correlation between internet use and anxiety (r=0.54, p<.01).

Also this finding was supported by and **Santos et al., (2017)** who reported that, there was a highly significant correlation found between internet addiction and anxiety. Also **Atelier and Balkan, (2012),** found that, there was a highly statistical significant correlation between internet addiction and psychological symptoms as, depression (r=.496, p<.001), anxiety (r=.471, p< .001). While **Amir (2010)** reported that, anxiety was lower in students. The researcher view of point that is the anxious students use internet to overcome their anxiety, to escape from uneasy thought which lead to anxiety. Also some students may have fear of face to face interaction which causes them to be anxious. There is also found a significant relationship between anxiety and depression student with internet use in adolescent. These results may be related to the emotional changes experienced by adolescents and young people. They stop online games to get more into the world of social relationships, but if they feel sad, they use social networks to control their mood. Therefore, it seems that when young people experience a crisis or changes in their life, it is easy to use the Internet as a means of helping to alleviate the problems which they encounter.

Conclusion

Based on the result of the present study the following conclusion can be drawn Computer and internet have become an important part of our life that no individual can even think of living without it. Excessive internet browsing is one of the major activities seen among students in this current scenario which can lead into addiction and affect their personal, social and academic life. There is a highly statically correlation between problematic internet use and psychological problems among studied students, and many financial problems may occur due to the significant amount of time spent on internet.

Recommendation

Based on the finding of present study, the following recommendations are suggested:

1- Conducting an educational program to help the university students in dealing with problematic internet use.

2- Conducting an education program for students, parents and teachers about the negative effects using of the internet, internet addiction and how to deal with this problem.

3- Provide remedial programs for students about psychological problems

arising from excessive internet use such as depression, anxiety and stress.

Recommendation for further study

1- Identifying the connection between the use of Internet and physical and mental health problems among adolescents e.g., body weight and level of obesity.

2- Psychological research should be focused on the problematic internet use and its relationship with sexual deviation and love relationship.

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