



Prevalence of addiction to the Internet in schools and its relationship with the symptoms of mental disorders

Yasaman Haji Ghaffar Saleh,

Master in Psychology, Department of Psychology,
Faculty of Psychology, Azad University of the
UAE

Abstract

Objectives: One of the problems that the Internet has created is a Virtual addiction or addiction to this global web world with very adverse psychological behavioral effects on the users. One of the groups that are at higher risk for Internet addiction, are teenagers and since that internet addiction will lead in students' academic failure So evaluating its prevalence in the students and its relationship with signs of mental disorders seems necessary. The aim of this study was to examine the prevalence of Internet addiction and its relationship with the symptoms of mental disorders. **Methods:** This study was descriptive and correlation. The population of this research was constituted by all male and female high school students in ۲۰۱۸-۲۰۱۹ academic years in district ۹ of Tehran. Among these individuals a sample of ۴۰۰ participants randomly selected using stratified sampling and was studied. To collect data from test Internet addiction and Brief Symptom Inventory (BSI) was used and data were analyzed using t-test, Pearson correlation coefficient and multiple regression analysis. **Results:** The results showed that there is no significant difference between prevalence of Internet addiction in male and female high school students in district ۹ of Tehran, there is a significant positive relationship between internet addiction variables and symptoms of mental disorders and independent variables of psychosis and anxiety from the signs of mental disorders had a profound effect on internet addiction. **Conclusion:** Internet addiction lives negative effects on the of the individuals since prevention is the preferred rather than treatment and according to this study it is necessary to take this phenomenon into consideration as a psychological problem that often involve the younger generation and the future society construction and through education in families, schools and universities the culture of proper use of computers, the Internet and its facilities be replaced with the false methods. **Keywords:** Internet addiction, mental disorder, the prevalence of Internet addiction