

Comparison of Internet and Computer Addiction in Public and Private Elementary Girls School without Bags

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Abstract

This study aims to examine the difference between addiction mean of Internet and computer in public and private elementary girls school without bags in Isfahan city and the statistical population of the study is whole girl students of elementary schools Isfahan city district 5 in the fourth, fifth and sixth grades in school year 2013-2014. It was a random cluster sampling, so that of the five areas of Isfahan city the district 5 was randomly selected, and then two schools were selected of girls schools without bags, and public schools as well as two schools of private schools, then three classes in three grades were randomly selected such that total of statistical sample has been 375 students. To collect data, the questionnaire of Young's "Internet and computer addiction test" is used and for calculations the descriptive statistics methods and one way analysis of variance (ANOVA) as well as multivariate analysis of variance have been used. The findings showed that there is a significant difference between the rates of internet addiction in schools without bags, as well as public and private ones. In general, in relation to the six dimensions of test, there was difference between the three schools. In schools with no bags due to the use of computer in education, there was more dependency rather than other schools. If the internet and computers, along with their positive aspects, are not used purposefully, they may be followed by behavioral outcomes.

Keywords: Internet and computer addiction, smart schools, schools without bags, public schools, private schools

1. Introduction

It's over four decades the Internet has been invented and about twenty years that it has been using by the public, but over the same twenty years it has had significant growth in so far as in 2010 the number of internet sites was more than human number on the earth. Statistics suggest that nowadays the Internet takes up people's time

over TV and satellite and the TV does not deserve the title of magic box anymore, because it has being replaced by computer [13]. Using the internet and computer is spreading among the new generation of community and will constitute an important part of people's lives. Nowadays, shopping, information collecting, chatting with other users, and many educational activities are

done by computer and the Internet. It is seemed that there is no aspect of life that is not affected by this technology. Approximately, the Internet network had about 274,141,426 users in March 2007 [12]. One of the most important features of modern societies is growing effect of online communication tools, especially the Internet, among people [19]. Lukoff [19] determined that tendency to use the Internet is of factors that's increasing in adolescents. Free and easy conversation to create easy identity and to grow personal meaningful relationships is ideal for children and adolescents. These factors, in addition to other factors, increase the rate of Internet use. One of the most important problems of the internet is internet addiction. Internet addiction is a kind of shocking control disorder that refers to overuse of the Internet so that it will overshadow other social activities of a person and lead to its inefficient performance in t in various fields of occupational, scientific, social, professional, familial, economic, psychological and ignoring real-world relationships like friends and family [4].

Internet addiction is a term introduced by "Young" for the first time and it was considered by sociologists, psychologists, psychiatrists, scientists, and especially users of the Internet. This disorder is applied in different titles such as "behavioral dependence on the Internet", "compulsive use of the Internet", "problematic Internet use", "overuse of the Internet," "Internet abuse", "non-adaptive" and "Internet addiction disorder" more than the other titles in recent papers of Yang et al and [6]. Sometimes, the disease is called "Virtual Addiction" is mentioned [8-9] Sometimes, the disease is also called "Virtual Addiction" [8- 9]. In recent years, Internet addiction has become one of the important social damages [16] and statistics show that a group that is most subjected to the Internet damages is teens and young adults [2] One of the

applications of the internet and computer is in schools equipped with smart systems. Smart School is a school whose management and control is performed based on computer and network technology and the content of most courses is electronic and it has a smart monitoring and evaluation system. In smart schools, blackboard is replaced with computer and notebook is replaced with CD and flash. Students can obtain lots of information on any topic they wish through the Internet.

In this system, both teacher and student provide electronic content and lessons production in the form of CD. In smart schools, the education is not limited to teacher, but teaching and learning are fully interactive and students ply a fundamental role in learning scientific topics. In smart schools, using the electronic content of lesson teachers will leading to a better understanding of the course materials and saving the, and students have the opportunity to reveal their ability to produce the content. A kind of schools equipped with smart systems is titles as school without bags. In recent years, private schools titled as "without bags" have been established across the country to promote students' education [20] In Iran, "school without bags" or "bags at school" is a term for those schools that their principals believe firstly, students should have sufficient rest and freedom at home, and secondly, it is necessary to teach, practice and do homework only at school in order to enable students to do all their academic affairs under the supervision of experienced trainers and teachers in the educational environment, in other words, it will help their richness of focus [20]. Schools without bags are kind of the smart schools, and in such an education system students do their work mostly using computers and all school resources remain at school and students do not take anything home and all the activities related to education are done through computers

and digital systems. In these schools, students have the most educational use of computer systems and training and education is carried out in cyberspace with teachers' presence in classrooms. Many studies have been conducted on Internet addiction in many different groups of the community, in various scientific disciplines and with different approaches [17, 18, 8, 4, 6]. Intense studies in the world approve the Internet addiction in students, for example we can refer to [4-5], [1, 3, 4, 5]. Young [4] has public that 58 percent of students have experienced a sharp decline in reading habits, drop in academic scores, absence in classes, to being conditional and like that. Furthermore, there is no control over these people to spend all their time on academic activities. 43% of these students have faced failure at schools because of sleeping late due to using the Internet [10].

Internet use in universities and educational environments has enabled universities and research institutions to be leader in creating global network and information infrastructure in Iran and around the world. Despite all the benefits of the Internet use in human modern life, but the new communications technology, such as a double-edged sword can cause many losses and problems, especially for young generation and students of the country. The increasing growth of Internet addiction with its intense complications has caused to mention it as an addiction which is the header of all behavioral addictions [14]. According to the above items, it should be seen whether the frequent use of computers and the Internet in schools which use the technology in education has caused students' addiction and dependency to it than other schools that less use computers and the Internet?

This paper proposes two hypotheses to test:

1. There is a difference between the mean of Internet and computer addiction in

schools without bags, as well as public and private ones.

2. There is a difference between the six subscales of (being obvious, overuse, working negligence, waiting, loss of control and neglect social life) schools without bags, as well as public and private ones.

2. Research background

Chee et al in reviewing the literature on Internet addiction during 1975 to 2000 suggest that there has no study conducted on Internet addiction by 1994. They have concluded that in these 25 years, 48 works have been published in the field of Internet addiction and six books. A part of this is due to the absence of the comprehensive Internet in the community, and of course there were not much personality and social effects, but with the spread of this technology, these studies have been also taken into sociologists and psychologists' consideration, so that from 1994 onwards the studies about Internet addiction issue and its social and psychological consequences have been expanded. The most important group that is related to this new phenomenon in the socialization process is teenagers and young adults and the students are subjected to this technology at the same time of its comprehensive expansion. Therefore, social consequences of this phenomenon afflict young adults and the following studies and research will confirm it. Internet addicted students have claimed that the Internet has negatively affected their ordinary studies and daily lives. Research on high school students found that the Internet has had a negative impact on their daily life and studies. A study conducted by Cher shows that Internet addiction has negative consequences on the academic life, working life, professional performance and social life [5]. Increase of PCs and connections to the Internet at home, at work

and in schools equipped with smart systems has led to the emergence of a problem called "online addiction". Behavioral addictions, such as addiction to the Internet, can cause person's destruction of health, relationships, emotions and eventually spirit. Brenner during his study in 1996 found that 30 percent of respondents have has unsuccessful attempt to quit using the Internet. Also, 58 percent of respondents have stated that others (family and friends) have reminded and warned them about the overuse of the Internet [17]. Thompson in 1996 studied the Internet addiction disorder among people. According to his study results, 72 percent of respondents admitted to a kind of addiction or dependence on the Internet and 33% of them have pointed out the effects of Internet abuse. Tendency of the group that has introduced them addicted to the Internet has been more than the non-addicted group to the following items: 1, negative consequences of the Internet on them 2, more participation in online self-help groups 3, feeling of intense desire to use the Internet while being online 4, waiting for the next internet use 5, feeling of being guilty 6, lying to friends about the rate of being online 7, complaints of family and friends towards overuse of the Internet. [6] in his study concluded that teens that refuse social contacts will use the Internet as a tool to escape from the fact [18]. Dargahi and Razavi know email as the most use of normal users and users with mild and intense addiction to the Internet and chat as the least one, they believe that taking advantage of chat in users with intense addiction is three times more than normal users it and whatever we're going from normal status toward Internet addiction in users, the rate of using email, academic and more specialized programs becomes less and benefiting from the movies, music, games and chat gets more. Internet access is an expanding phenomenon and every day more people join to the category of Internet users.

Internet presence is everywhere. Number of users is surprisingly rising; the number of Internet users is reported 665 million people by December 2002.

According to the statistics in the last few years, the number of Internet users has become 25 times in our country. Based on the latest researches conducted in the country, most of Internet users are young people and 35% of them are busy with chat rooms, 28% with online games, 30% with checking email and 25% of them are surfing the global networks. Average time spent on the Internet, has been 52 minutes per week (Alavi et al, 89).

3. Research method:

The study method is descriptive and casual-comparative type, i.e. the students' rate of Internet and computers addiction of schools without bags, as well as public and private ones has been compared with each other. The statistical population of the study consists of whole girl students of Isfahan elementary schools in the fourth, fifth and sixth grades and the sample was selected using random cluster sampling. Of the five areas of Isfahan city the district 5 was randomly selected, and then one school was selected of girls elementary schools without bags, two public schools as well as two private schools, then three classes of each school in three grades of fourth, fifth and sixth were randomly selected. Totally, a number of 375 students constitute the study sample. Questionnaires were distributed to all students of the sample classrooms. Data collection tool for this research has been Young's questionnaire to which related items include: questionnaire includes 20 articles to measure the rate of individuals' dependence on work, internet or computer and it is provided by Young. The answers are sit in a five-degree continuum of "rarely", "sometimes", "often", "", most of the

time" and "always" that measures the rate of mild, moderate, and intense Internet addiction. The lowest received score is 20 and the highest is 100. Widyanto & Mcmurran using factor analysis technique have achieved six sub-scales that include: being obvious, overuse, working negligence, waiting, loss of control and neglect social life. Being obvious means that the person feels that its life will be boring and meaningless without happiness without computer and the Internet. Overuse means excessive computer use, and refusing to do other things to stay more time on the internet. Working negligence means that the use of computer and the Internet makes trouble for other things. Waiting means looking forward to use computers and the Internet. Loss of control means the inability of a person or friends' inattention in managing the Internet use and neglect social life means that a person prefers staying in cyberspace to social relationships in real environment. In the scale of Internet addiction, options grading are as following: 1 = rarely, 2 = sometimes, 3 = often, 4 = most of the time, 5 = always, the obtained score is the total test score that is interpreted as following. Score of 20-39 = average, 40-69 = High, 70-100 = intense. To obtain each subscale score, it just needs to sum all the terms score related to the subscale. The terms related to each subscale are: 1. Being obvious: 10, 12, 13, 15, 19; 2. Overuse: 1, 2, 14, 18, 20; 3. working negligence: 6, 8, 9; 4. Waiting: 7, 11; 5. loss of control: 5, 16, 17; 6. neglect social life: 3, 4.

Reliability: in implementation of Young et al Internet addiction test (2004) Cranach's alpha coefficient was obtained over 0.90. Young et al (2003) also reported Cranach's alpha benefit as 0.90. In Iran Ghasemzadeh (2007) obtained Cranach's Alpha as 0.883 and Dargahi (1386) also gained reliability coefficient of the questionnaire as 0.88. Widyanto & Mcmurran have reported Cranach's alpha coefficients of six

factors of Internet addiction scale as: being obvious = 0.82, overuse = 0.77, working negligence = 0.75, waiting = 0.61, loss of control = 0.76 and neglect social life = 0.54. Credibility: Widyanto & Mcmurran (2004) to evaluate the test credibility have used the method of factor analysis and correlation coefficient of scale formation agents. Their results showed that Internet addiction test consists of six distinct factors that indicate the validity of this tool. In this study the researcher has gained Cranach's alpha fulfilled as 9.89.

4. Results and Findings:

Table 1 information shows frequency distribution of the sample population by type of school. Based on the information, the number of students in schools without bags is 44 people (11.7%), 172 people in public schools (45.9%) and 159 people in private schools (42.4 per cent). Total statistical population of sample is 375 people.

Table 1. Frequency distribution of the sample population by type of school

<i>school</i>	<i>frequency</i>	<i>percent</i>
<i>Without bags</i>	44	11.7
<i>public</i>	172	45.9
<i>private</i>	159	42.4
<i>total</i>	375	100.0

The information contained in Table 2 reflects the mean and standard deviation of Internet addiction scores in three schools types.

Table 2. Mean scores of Internet and computer addiction in schools without bags, as well as public and private ones

<i>school</i>	<i>mean</i>	<i>Standard</i>
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		<i>deviation</i>			
<i>Without bags</i>	35.47	12.89		<i>private</i>	33.61 79.00
<i>public</i>	30.65	11.70			

Table 3 indicates mean and standard deviation of scores for six dimensions of internet addiction in schools without bags, as well as public and private ones.

Table 3. Mean and standard deviation of scores for six dimensions of internet and computer addiction by type of school

<i>Internet addiction dimensions</i>	<i>School without bag</i>		<i>Public school</i>		<i>Private school</i>	
	<i>mean</i>	<i>Standard deviation</i>	<i>mean</i>	<i>Standard deviation</i>	<i>mean</i>	<i>Standard deviation</i>
<i>Being obvious</i>	8.88	3.76	7.92	3.54	8.62	4.19
<i>overuse</i>	8.97	4.14	7.59	3.34	8.24	3.79
<i>Working negligence</i>	4.72	1.94	4.06	1.75	4.40	2.07
<i>waiting</i>	3.47	1.73	3.05	1.82	3.32	1.81
<i>Loss of control</i>	5.22	2.46	4.68	2.45	5.45	2.65
<i>Neglect social life</i>	4.18	1.92	3.33	1.88	3.54	2.01

Table 4 shows the rate of dependence on the Internet and computers in schools without bags, as well as public and private ones.

Table 4. Comparison of schools without bags, as well as public and private ones based on the Internet and computer addiction

<i>School</i>	<i>moderate</i>		<i>high</i>		<i>intense</i>	
	<i>percentage</i>	<i>frequency</i>	<i>percentage</i>	<i>frequency</i>	<i>percentage</i>	<i>frequency</i>
Without bags	75	33	20.5	9	4.5	2
public	79.1	136	19.2	33	1.7	3
private	71.1	113	27.0	43	1.9	3

To investigate the first hypothesis "there is a difference between Internet and computer addiction mean of schools without bags, as well as public and private ones."

According to the following table and analysis of variance that significance level of the test is less than 0.50 it can be said that in this study there is a significant difference between Internet and computer addiction mean of schools without bags, as well as public and private ones.

Table 5. Table 5: Analysis of variance of computer and the Internet addiction in schools without bags, as well as public and private ones

	<i>Sum of squares</i>	<i>Degree of freedom</i>	<i>Mean of squares</i>	<i>F</i>	<i>Significance level</i>
<i>intragroup changes</i>	2.925	2	1.462	3.631	.027
<i>intergroup changes</i>	149.839	372	.403		
<i>Total</i>	152.764	374			

Using Tukey's Post Hoc test and binary comparison and based on the following table, there was a significant difference between the mean of Internet and computer addiction of different schools and public schools as well as schools without bags. ($p < 0.05$) and showed that the mean of Internet and computer addiction in schools without bags is more than public schools and there is no significant difference between other schools.

Table 6: The internet and computer addiction Tukey's Post Hoc test in schools without bags, as well as public and private ones

<i>school (I)</i>	<i>school (J)</i>	<i>the mean difference (I-J)</i>	<i>Standard deviation</i>	<i>Significance level</i>
<i>without bags</i>	<i>public</i>	.24101	.10722	.045
	<i>private</i>	.09336	.10811	.664
<i>public</i>	<i>without bags</i>	-.24101	.10722	.045
	<i>private</i>	-.14765	.06982	.088
<i>private</i>	<i>without bags</i>	-.09336	.10811	.664
	<i>private</i>	.14765	.06982	.088

The second hypothesis stated that "there was a significant difference between the mean of six subscales (being obvious, overuse, working negligence, waiting, loss of control and neglect social life) in schools without bags, as well as public and private ones." For this end, using the multivariate analysis of variance and based on the following table, subscales significance level of the loss of control and neglect social life is less than 0.05. Thus, there is a significant difference between the subscales of loss of control and neglect social life in schools without bags, as well as public and private ones.

Table 7. Multivariate analysis of variance between six subscales (being obvious, overuse, working negligence, waiting, loss of control and neglect social life) in schools without bags, as well as public and private ones

<i>Source of changes</i>	<i>Dependent variable</i>	<i>Sum of squares</i>	<i>Degree of freedom</i>	<i>Mean of squares</i>	<i>F</i>	<i>Significance level</i>
<i>school</i>	<i>being obvious</i>	2.244	2	1.122	1.887	.153
	<i>overuse</i>	3.188	2	1.594	3.006	.051
	<i>working negligence</i>	2.161	2	1.080	2.708	.068
	<i>waiting</i>	2.258	2	1.129	1.383	.252
	<i>loss of control</i>	5.698	2	2.849	3.967	.020

	<i>neglect social life</i>	6.281	2	3.141	3.332	.037
<i>error</i>	<i>being obvious</i>	221.182	372	.595		
	<i>overuse</i>	197.277	372	.530		
	<i>working negligence</i>	148.383	372	.399		
	<i>waiting</i>	303.759	372	.817		
	<i>loss of control</i>	267.180	372	.718		
	<i>neglect social life</i>	350.596	372	.942		
<i>total</i>	<i>being obvious</i>	223.427	374			
	<i>overuse</i>	200.465	374			
	<i>working negligence</i>	150.544	374			
	<i>waiting</i>	306.017	374			
	<i>loss of control</i>	272.879	374			
	<i>neglect social life</i>	356.877	374			

Then, using the Tukey's Post Hoc test, the binary comparison between the two subscales was carried out between different schools. Based on the table below the mean of loss of control has a significant difference between public and private schools ($p < 0.05$) the mean is higher in private schools than public ones. The mean of neglect social life has a significant difference between schools without bags and public ones ($p < 0.05$) the mean is higher in schools without bags than public ones.

Table 8. Tukey's Post Hoc test for the subscales in schools without bags, as well as public and private ones

<i>Dependent variable</i>	<i>school (I)</i>	<i>school (J)</i>	<i>the mean difference (I-J)</i>	<i>Standard deviation</i>	<i>Significance level</i>
<i>Loss of control</i>	<i>without bags</i>	<i>public</i>	.1823	.14318	.411
		<i>private</i>	-.0773	.14436	.854
	<i>public</i>	<i>without bags</i>	-.1823	.14318	.411
		<i>private</i>	-.2596(*)	.09324	.016
	<i>private</i>	<i>without bags</i>	.0773	.14436	.854
		<i>public</i>	.2596(*)	.09324	.016
<i>Neglect social life</i>	<i>without bags</i>	<i>public</i>	.4223(*)	.16401	.028
		<i>private</i>	.3173	.16537	.135
	<i>public</i>	<i>without bags</i>	-.4223(*)	.16401	.028
		<i>private</i>	-.1050	.10680	.588
	<i>private</i>	<i>without bags</i>	-.3173	.16537	.135
		<i>public</i>	.1050	.10680	.588

*: the difference of mean is significant in level of 0.05.

5. Discussion and conclusion

In recent years in our country, some schools have been established titles as schools without

bags in order to improve the quality of education, maintain social health and prevent carrying bags. The goal of such schools is to remove homework

at home. Doing homework at school under the supervision of a teacher is planned for the purpose to provide the students with more freedom and opportunities to play at home. Among the outstanding features of these schools we can mention using a smart system, computer, tablet and educational software. Based on the research findings, the frequent use of computers and the Internet can bring out a kind of addiction and dependence on this technology. For this end, some studies have been done among college students and high school students, but there has not any research conducted in this regard at primary schools especially schools that use computers in education.

This study has aimed to answer this question that considering that students of schools without bags are using the Internet and computers more than those in public and private schools, whether the use of this technology will cause the students' addiction and dependence or not? In order to answer the research question, research hypotheses were developed and using appropriate statistical tests, the above question was answered. In relation to the inferential statistical index of one way analysis of variance, the results showed that there is a difference between the mean of school without bags and public and private ones, then using Tukey's Post Hoc test and binary comparison between the mean of Internet and computer addiction between various schools, it was concluded that the difference between school without bags and public schools mean is significant and the mean in schools without bags has been higher than public ones, but there has not been any significant difference between the mean of other schools. Therefore, it can be concluded that in schools without bags, due to further use of Internet and computer, students are more dependent than public schools' students. Also private schools in which use of smart system is more than public schools Used, the difference was not statistically significant.

Considering Young's questionnaire six dimensions, there is no conducted surveys to check out mentioned items, and in most of the studies total score of the scale studies has been investigated. With regard to the six items and

applying multivariate analysis of variance, there has been a difference between subscales of loss of control and neglect social life in schools without bags, as well as public and private ones, and using the Tukey's Post Hoc test it was concluded that the mean of loss of control was significant in public and private schools, and it was higher in private schools than the public ones. In private schools, most of parents are employed and because they spend most of the day at work, they may not have much control over their children. The mean of neglect social life in was significant in public schools as well as schools without bags, and it was higher in schools without bags than public schools public schools. This requires more investigation.

In this study, considering that the questionnaire has been Likert five-point scale, if a score of 3 i.e. the mean as the basis of a comparison between schools, the scores obtained were smaller than the mean (3), indicating a mild computers and the Internet dependence among students of the statistical sample. According to the data collected and using analysis of variance (ANOVA) methods, we can conclude that the rate of students' Internet addiction and dependence of the statistical population samples was low and medium, and despite the difference between students in the studied schools and higher average scores of students in schools without bags, this rate of dependence is not dangerous and worrying. Regarding to the Internet addiction consequences it should be noted that the Internet itself is a neutral tool. The Global Internet Network is a fast information network with numerous sources and its bad and overuse and drowning in the world of computers and separation of the real world, convert benefits of the Internet to damages and according to Hiroshi's idea more dependence of an individual on the Internet, less opportunity it has dealing with its family, and this may lessen the importance of the family in the eyes of Internet users and thus it will leading to reduce family relationships [9]. The aim of using tablets and computers in schools without bags in students' training is to take advantage of it in order to improve the efficiency and quality of education.

Therefore, teachers and principals of schools, as well as parents and families should monitor how to use this tool for every three grades, since the incorrect use not only could not improve academic achievement but also it is a serious obstacle to achieve that and will lead to the isolation of students. The cyberspace overuse in any field, even in training causes the students not to be able adapting with the real-world and their social interactions will be damaged. Thus, the use of this technology in educational environments should be warily done so that the negative aspects could not affect the positive ones and it needs to manage its way of use.

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