The social effects of electronic addiction among students of Al-Balqa Applied University

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Abstract

The study aimed to identify the social effects of electronic addiction on students of Al-Balqa Applied University in Jordan and its relationship to the gender variable. The descriptive analytical approach was used. The questionnaire was used as a tool for the study, which was applied to 500 male and female students who were randomly selected from the students of Al-Balqa Applied University in various faculties and specializations in the summer semester (2021–2022). The study concluded, after carrying out the appropriate statistical treatments, indicates that male students are more addicted to the Internet than females. In addition, excessive use of the Internet leads to disruption in family relationships for males more than for females. Accordingly, the study recommended the need for the media to pay attention to the phenomenon of Internet addiction and to broadcast awareness programs that help solve the problems of this phenomenon.

Keywords: Addiction, communication, electronic addiction, higher education, Internet, technology;

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1. Introduction

Communication technologies and information transfer have become an essential tributary and an important pillar in building the human social, economic, political and cultural system, in light of the transformations and knowledge developments in this era. It is known that the ages have developed through mutations, the first of which are agricultural, then industrial and now informational, or what is characterised by the era of post-industrial society, which human societies witnessed during the last decade of the last century. Rapid and successive developments of communication and information technology, which contributed to facilitating the possibility of human and civilised communication, perhaps the most important of which is the global information network 'the Internet', is considered the most prominent achievement of modern science and is also one of the most important human achievements (Kraut et al., 2021; Niemz et al.,2015; Rababa & AL-Momani, 2022a, 2022b).

The Internet has been introduced as a highly developed means of communication, with a set of behavioural and cultural interactions associated with it, which has wide repercussions and effects on the individual, family and societal levels. The process of social interaction, whether at the individual or collective level in the information age (AL-Momani, 2022a, 2022b; Ansari & Khan, 2020; Young, 2018), uses an overload limit on the Internet for computers. What is known as Internet addiction? Research on mental health emphasises that the use of the Internet causes addiction psychologically, almost in nature like addiction caused by dealing drugs and alcohol (AL-Momani & Purnawan, 2022; Mansour, 2021; Sari, 2017).

1.1. Literature review

1.1.1. Symptoms of electronic addiction

Internet addiction changes harmonic conditions for patients and leads to clinically inferred turbulence in their appearance (Al-Khelaifi, 2020; Al-Momani & Rababa, 2022; Al-Shami, 2020; Taya, 2020). Endurance is to satiate the desire from the use of the internet with lesser hours than what was used before. In pulling out, those suffering psychological and physical symptoms, when an interruption in connection networks happens, such as stress psychological kinesthetic (movements nervous appendix) and anxiety, focus their thinking around Internet gestures. These individuals dream and have fantasies linked to the Internet, make movements volitional, or volitional performed fingers similar to movements fingers on my computer, and desire to use the Internet to relieve or to avoid symptoms of pulling out.

Apart from the symptoms of Internet addiction, the continued use of the Internet causes problems such as somatic, social, professional or psychological problems (Elbilgahy et al., 2021). It causes other issues such as staying up late, insomnia, matrimonial problems, inflammation in the eyes, delay to work in the morning, neglecting duties and appointments at work, neglecting rights to relatives and friends, and so on (Al-Kandari & Al-Qash`an, 2021; AL-Momani, 2022a, 2022b).

In addition to that, addiction to the Internet leads to a loss of social intrinsic relations and reduces the chances for promotion and improvement in careers because of being busy with the Internet, while resorting to lying, deception of individuals' families, doctors or persons, hiding the amount of time involved and the extreme attachment to the network. Some resort to the use of the computer as a style to escape from problems and relieve ill moods that the person suffers such as feeling impotence, guilt, anxiety or depression (AL-Momani, 2022a, 2022b; Alyan & Al-Qaisi, 2019).

1.1.2. Fields with the most common electronically addicted users

Internet addiction often happens in four varieties of fields (Abdul Salam, 2019; AL-Momani & Jawarneh, 2022; Erekat, 2019):

- Sexual addiction: fast diffusion and renewed addiction happen on pornographic sites. The Internet plays the main role in this type of addiction. Confirmed sexual addiction can be

tracked on entry locations of porn on the Internet, but that exceeds the signature times in some dialogue rooms or chat-in conversations that users have with other users. Users exchange photos or addresses for pornographic sites on the Internet.

- Dialogues and chat addiction: loathing looks at quality conversations between mutual friends. With this, users spend an excessively long time on their accounts for commitments legitimacy and social interactions.
- Game addiction: featuring this item is the used capacitor for games existing on the Internet, such as gambling and entry to sites (casinos imaginative) which encourages users to play with others as if they were in a real casino.
- Excessive informatics: for many, the information and its diversity on the network play a role in their excessive use of the Internet. Some users browse in locations different on the network and spend time moving from site to site without a goal.

1.1.3. The negative effect of electronic addiction

Electronic addiction has many negatives, including the following (Abdul Salam, 2019; Alrabadi & Al-Momani, 2022a, 2022b; Erekat, 2019; Haddad, 2020; Harbinja, 2022; Rouvinen et al., 2023).

- Problems with health: Internet addiction causes sleep disturbance because of the continuous need to increase the time they use on the Internet. Most addicted users spend hours in the night on the Internet and sleep except for an hour or 2 until it causes exhaustion. This has an impact on the addict's performance in work, study and immunity, and makes him more subject to diseases.
- Problems with family: when addicts use the Internet and spend a long time surfing the Internet, it ends up disturbing their family life. When the addict spends less time with his family, the addict ignores his family's household duties.
- Problems at work: because of Internet presence in the workplace, some workers lose essential work time while they play on the Internet. If a worker is addicted to the Internet, and as such stays up long hours in the night on the I, it leads to a drop in his performance level at work. To solve that problem, businesses need to get a heads up by installing devices to control the computer networks in their shop or work, to make sure the use of the Internet is related only to the work.

1.1.4. Treatment of electronic addiction

There are several methods to treat Internet addiction. The first of which includes time management. Usually, in conditions of extreme addiction, time management is needed from the patient, and this may be offensive. Other treatments include the following (Abdul Salam, 2019; AL-Momani & Purnawan, 2022; Erekat, 2019; Mansour, 2021; Sari, 2017):

- An opposite task: when addicts use the Internet for long days in a week, we ask them to wait until the holiday or weekend to use it. If it was to open their electronic mail first thing when they wake up from sleep, they are asked to wait until breakfast and watch the news in the morning. If it was to use the computer in the room while they sleep, they are required to put it in the living room, and so on.
- Finding external contraindications: adjust the alarm clock before beginning to use the Internet. When addicts intend to access the Internet, 1 hour before coming down for work, for example, they must adjust the alarm clock, or else they might forget the time to come down for work.
- Determine the time of usage: reduce and organise hours of usage: if it was, for example, an addict who uses the Internet for 40 hours weekly, we ask him to reduce to 20 hours weekly, and organise those hours and distribute it throughout the days of the week in specific hours.

- Refrain completely: if the patient was addicted to live room dialogues, we ask him to refrain, which means complete abstinence from live chats. However, the patient may be allowed to use other things on the Internet aside from living room dialogues.
- Redistribution of time: think about the patient and their activities before the addiction to the Internet, to know what activities have been lost due to the addiction and to reintroduce them to their old activities, such as reading stories, books and novels, sports, spending time with family and social visits so on. These activities may help the patient remember their taste in life.
- Join support groups: as a means to help addicts, they must patch their real social life, by joining football teams, for example, taking lessons in sewing, going to lessons in the mosque or being around and connecting with real friends.

1.1.5. Role parents and family play in the face of electronic addiction

The role of the family is essential when facing the problem of electronic addiction among children. Therefore, the role of the family can be summarised including the following: (Abdul Salam, 2019; AL-Momani, 2022a, 2022b; AL-Momani & Jawarneh, 2022; Alyan & Al-Qaisi, 2019; Erekat, 2019).

- Entertain young men and try to provide an atmosphere appropriate for them to prevent excessive use of the Internet.
- Interest in mental health needs, in an attempt to prevent the occurrence of mental serious problems.
- Guiding the attention of children to the importance of the Internet, its advantages, its benefits as well as clarification of the damage caused by it.
- Emphasise the interest level of their scientific and cultural knowledge, to keep up requirements stage.
- Work with educational institutions to provide a secure atmosphere, appropriate for the young people and feed their needs.

1.1.6. Role of educational institutions in confronting the problem of electronic addiction

Great efforts are being made by educational institutions to confront the social and behavioural problems faced by young people, including the problem of electronic addiction. Here we will discuss several ways and the means that describe the role of educational institutions in the prevention of damage to youth caused by the Internet (Al-Kandari & Al-Qash`an, 2021; Al-Khelaifi, 2020; AL-Momani, 2022a, 2022b; Al-Momani & Rababa, 2022; Al-Shami, 2020; Taya, 2020; Young, 2018):

- Interest sees the student's serious stage of adolescence that they pass out, and how to deal with the problems that they face.
- Educate the students on how to optimally use the Internet safely, the benefits and advantages, and its dangers.
- Submit educational programs and educational activities for students to focus on positivity on the Internet and how it is activated.
- Care for the mental health of students especially for Internet addicts, and present appropriate treatment for them.
- Accommodation of the activities of students in class with parties to self-relationship for the optimum use of technology, through workshops and meetings.

1.2. Related studies

Based on the foregoing situation, there have been many studies that talked about the topic of the current study, including the following:

Haddad (2020) aimed to identify electronic cafes and their role in the cultural transformation in the city of Irbid in Jordan. The study sample consisted of 180 individuals who frequently visited Internet cafes, and among its most important results about social relations, the study showed that the

Internet somewhat reduced direct social relations, which reduced the kinship ties and social solidarity of those within the same community, but at the same time, it worked on the continuation of social relations between individuals who live in areas geographically far from parents and relatives.

Erekat (2019) aimed to identify students' attitudes toward using the Internet in education, which was applied to a sample of graduate students at the University of Jordan, the size of which was (350) male and female students. The results of the study showed that the majority of students use the Internet to view scientific research, and indicated that students of scientific disciplines have more positive attitudes than students of humanities and that the presence of experience in using the Internet and the availability of computer devices is positively related to the Internet.

Abdul Salam (2019) aimed to identify the 'patterns and motives of Egyptian youth's use of the Internet', and it concluded that there is a diversity in the respondents' uses of this network, ranging from its use as a means of obtaining scientific (61%), technical (40.3%), sports (26.2%) and political and economic information (18.8%). Regarding the period since the respondents used the Internet, 58% of them mentioned that they have used it for more than 1 year and over 6 months, and about the place where young people use the Internet, 52% of them stated that they have personal subscriptions, 21% connect to it from Internet cafes and 15% from other places, such as science centres and universities. The study also found that the motives of young people's use of the Internet may focus on the most important of them obtaining information, followed by entertainment and entertainment to establish friendships with others, occupy leisure time, curiosity and finally try everything new.

Alyan and Al-Qaisi (2019) aimed to identify the use of the Internet in the University of Bahrain's library. The study sample size reached 524 users, and the results showed that 95% of the beneficiaries use the network to search for information to write studies, research and reports, and it is widely used for identifying them, sending e-mails, following up on news, reading newspapers and for entertainment.

Taya (2020) aimed to identify the use of the 'Internet in the Arab World' was an exploratory study of an aged sample of 5,000 single university students from five Arab countries: Egypt, Saudi Arabia, the Emirates, Kuwait and Bahrain. The results of the study showed that the percentage of users of this network reached 72.6%. Of the total respondents, the average time they spent using the Internet per week varied between 2 hours for the Egyptian respondents, 3 hours in the Emirates, 4 hours in each Kuwait and Bahrain, and 6 hours in Saudi Arabia, and males used the Internet more than females. The study found that the Internet is an important source of news and information for the vast majority of respondents, followed by entertainment and leisure, and the use of e-mail in the third place, and there were no fundamental differences between males and females.

Al-Kandari and Al-Qasha'an (2021) aimed to identify the relationship of using the 'Internet to social isolation among Kuwait university students'. It was conducted on a sample of 597 male and female students, and one of the most important results it reached is that approximately 47% of the study sample who used the Internet had learned it alone and without assistance and that 25% of the total sample have learned to use the Internet through friends and peers. The results indicated that the average number of hours of Internet use on normal days for males increased by 3.26 hours and for females by 2.98 hours, while it exceeded that on holidays and vacations to reach 5.43 hours for males and 4.43 for females, which created a negative behaviour on the individual in his entire social relations**.**

Al-Khelaifi (2020) aimed to identify the impact of the 'Internet on society'. It sought to investigate the benefits and drawbacks of the Internet and concluded that most of the study community (91.7%) had the desire to use the Internet, and its most important uses focused on benefiting from this network for communication and information exchange. With others, while searching for information

and entertainment, the respondents believed that the negative aspects of the Internet were that it helps cultural invasion, and causes social, ethical and health problems through its frequent use.

Al-Shami (2020) aimed to identify the use of the Internet by Yemeni University youths, through a survey study; the sample size was 400 university youths, and one of the most important results it reached is the use of the Internet by the sample members was motivated by obtaining information and using e-mail, and then to read newspapers and magazines; their most important attitude towards the benefits of using the Internet is that they were positive; the Internet is one of the most important aids in the completion of scientific research, a means of communicating with the outside world, a cultural means for conducting global dialogues and a means of knowing the most important things happening in the world**.**

Mansour (2021) aimed to identify the use of the 'Internet and its motives among the students of the University of Bahrain'. The study aimed to identify the motives for using the Internet among a sample of 330 students at the University of Bahrain. Among the most important results it reached is that 84.3% of the respondents use the e-mail service in the first place. And there were no statistically significant differences in all areas of the motives for using the Internet due to the variables of sex and age, and the presence of statistically significant differences in the field of social and personal integration due to the variable duration of Internet use in favour of Internet users for more than 3 hours.

Sari (2017) aimed to identify 'Internet culture as a study in social communication'. The size of the city of Doha of both sexes was 472, and one of the most important findings of the study, which is related to the subject of this study, is the problem of psychological and social isolation caused by addiction to the use of the Internet. The most important symptoms are as follows: first: the spread of anxiety, tension and frustration; second: families of young people complaining about their children's preoccupation with the Internet; and third: the disruption of young people's social relations with their families in terms of young people's grumbling about visits to relatives.

Young (2018) aimed to identify 'Internet addiction'. The study concluded that Internet addiction is associated with many negative effects, such as withdrawal and confinement around oneself, cutting off contact with the community and even family, dryness of feelings and leading to alienation and social isolation, and the study showed that university students are the most affected and attached to the Internet, which affects their academic level, and causes their absence from school, lying to their parents and withdrawal from the social environment.

Kraut et al. (2021) aimed to identify the effect of Internet use on social interaction and individual psychological health. One of the most important results of the study is that the increased use of the Internet significantly affects the level of communication and participation with family members inside the home, and reduces the amount of social contact in the environment to which they belong. The study also showed that the frequent use of the Internet and sitting in front of it for long hours leads to cases of depression and social loneliness.

Niemz et al. (2015) aimed to identify the pathological use of the 'Internet among university students and its relationship to self-esteem', as its results indicated that university students use the Internet in many situations for social support, not to replace it. Regarding the reflection of Internet use on social participation, the results indicated the study is not specific but differs from one individual to another.

It is clear from the review of previous studies that there is no agreement and consistency in their results about the use of the Internet and its effects on social relations, as these studies largely neglected the study of the social impact of this technology on the youth category, who are the most exposed and affected by modern technologies, and the social and cultural effects it has (positive or negative). Local studies, in particular, did not address the impact and direct correlation of Internet use on individual behaviour and social relations and did not measure the extent to which Internet

use is related to some social activities at the family, relatives and friends level; however, this study attempts to answer them.

1.3. Problem statement

The twenty-first century was characterised by a huge technological revolution that turned people's lives upside down, and this technology had two positive and negative sides: the positive side, which made it easier for people to live, and the negative side, the emergence of technology accompanied the emergence of social diseases that did not exist before, such as Internet addiction (electronic addiction), which in turn led to the emergence of some social problems, including the disintegration of the family in particular and the disintegration of the bonds of society in general, because the Internet provides an escape to an alternative reality for some people, as well as the spread of social networking sites.

Therefore, this study came in an attempt to answer the following main question: Is sitting for long hours to deal with the Internet an addictive behaviour? And if we assume that it is an addictive behaviour, what are the effects of addiction to the Internet?

The sub-questions are:

- Are there statistically significant differences in the social effects of electronic addiction among students of Al-Balqa Applied University, which are attributed to the gender variable (males, females)?
- Are there statistically significant differences in the social effects of electronic addiction among students of Al-Balqa Applied University, which are attributable to reasons for addictive e-mail for students of Al-Balqa Applied University?
- Are there statistically significant differences in the social effects of electronic addiction among students of Al-Balqa Applied University, which are attributable to trace the effect Internet has on the individual, family and society among the students of Al-Balqa Applied University?
- Are there statistically significant differences in the social effects of electronic addiction among students of Al-Balqa Applied University, which are attributable to the relationship between sex and the effect Internet has on the scientific collection for students of Al-Balqa Applied University?
- Are there statistically significant differences in the social effects of electronic addiction among students of Al-Balqa Applied University, which are attributable to the relationship between sex and the effect Internet has on the different aspects of life for students of Al-Balqa Applied University?

1.4. Purpose of study

The study aimed to know the characteristics of Internet addicts, identify the social causes of Internet addiction and study the effects of Internet addiction on the individual, family and society. The study derives its importance from natural phenomena, and as a problem, summoned the interest of researchers in the last years.

2. Materials and Method

In light of the nature of the study and the data to be obtained, the descriptive analytical approach was adopted, and what is meant by the descriptive analytical approach is that approach that depends on studying the phenomenon in reality, describing it accurately, and expressing it quantitatively and qualitatively in classifying and organising information and seeking to understand the relationships of this phenomenon with other phenomena and reach conclusions to contribute to the development of the studied reality.

2.1. Participants

The study population is made up of Jordanian university students in general. The sample of the study consisted of students of Al-Balqa Applied University, where 700 random samples were selected representing the students of Al-Balqa Applied University in its various faculties, specializations and degrees. The answers of 500 male and female students were retrieved. Table 1 shows the distribution of the study sample by gender variable (males, females):

Table 1
Participants

Percentage	The number	Variable
55	275	Mention
45	225	Feminine
100	500	The total

2.2. Data collection tool

To achieve the objectives of the study, the study tool was built and developed by referring to previous relevant studies such as Haddad (2020), Erekat (2019), Abdul Salam (2019) and Al-Kandari and Al-Qasha'an (2021), where the questionnaire in its initial form consisted of 22 paragraphs measuring the social effects of electronic addiction on students of Al-Balqa Applied University. The questionnaire included basic information about the study sample members and key questions related to Internet addiction by the study sample members, such as the rate of students' daily use of the Internet and what sites are most browsed on the Internet. The questionnaire also addressed questions about the impact of Internet addiction on social relationships.

2.2.1. Validity and reliability of the study tool

The validity of the study tool was verified through the application of structural validity, which is based on the assistance of specialists in the arbitration process, where the study tool was distributed to eight specialised arbitrators at Al-Balqa Applied Universities and Yarmouk to express their opinions on the appropriateness of the paragraphs to the nature of the study, in addition to suggesting any other amendments such as linguistic checking, adding paragraphs and deleting or merging some of them; The comments of the arbitrators were taken into account in each amendment that was agreed upon by 70% of the specialists, where some paragraphs were merged, deleted and corrected so that the questionnaire became in its final form of 20 paragraphs that measure the social effects of electronic addiction among students of Al-Balqa Applied University.

As for the stability of the resolution, the equivalent method was used was distributed to (30) male and female students, and then redistributed after 14 days from the date of the first distribution to the same group, where the correlation coefficient of the results was extracted according to the (Pearson) equation, and the value of the reliability coefficient was ($t = 0.88$), which is suitable for this study.

3. Results

To answer the first study question, which states: are there statistically significant differences in the social effects of electronic addiction among students of Al-Balqa Applied University, which are attributed to the gender variable (males, females)?

To answer this question, the frequencies and percentages of the responses of the study sample were extracted, which are attributed to the gender variable (males, females). Table 2 illustrates this.

Table 2
Frequencies and Percentages of Study Sample Members by Gender Variable (Males, Females)

Variable	The number	Percentage
Male	290	58
Female	210	42

The total	500	100

Table 2 indicates that 290 males are addicted to the Internet, which is 58% of the sample members, and 210 females, which is 42%.

Table 3
Distribution of the Study Sample According to the Causes of Internet Addiction

The reasons	The number	Percentage
Lack of family communication	76	15
Leisure	216	43
Economic situation	63	13
Lack of entertainment places	145	29
Total	500	100

Table 3 indicates that the reason that prompts students to use the Internet and become addicted to it is free time, as 216 of the sample members chose this reason and it constitutes 43%, followed by the other reason, which is the lack of places of entertainment, as 145. Of the sample members, they chose this reason, and it constituted a percentage of 29.

Table 4
Distribution of the Study Sample According to the Impact of the Internet on the Individual, Family and Society

Impact on the individual, family and society	The number	Percentage
Poor relationships with colleagues	112	22
Abstain from practising religious rites	98	20
Family relationship disorder	127	25
Physical weakness	39	8
Psychiatric disturbances	51	10
Gain a variety of skills	73	15
Total	500	100

It is evident from Table 4 that Internet addiction significantly affects family relationships and relationships with colleagues and friends, as 127 of the sample members whose Internet addiction led to disturbance in family relationships (25%) and 112 of the sample members' Internet addiction led to weak relationships with colleagues (22%), which this indicates that excessive use of the Internet negatively affects social relationships, in particular, it affects the relationship with family and colleagues, which leads to weakening and disturbing these relationships, due to the addict's indulgence in using the Internet.

3.1. Hypothesis analysis

Table 5
Distribution of the Study Sample According to the Relationship Between Gender and the Impact of the Internet on Educational Achievement

The influence / Sex	Increase attention and focus	Low educational attainment	Be late	Affects the cumulative average	Total percentage
Male	74	80	65	71	290
	26%	28%	22%	24%	100
Female	63	57	42	48	210
	30%	27%	20%	23%	100
The total	137	137	107	119	500
	27%	27%	21%	24%	100

Table 5 indicates that for 80 of the males, their addiction to the Internet affected their educational attainment, as it led to a decline in their educational attainment and their percentage (28%), followed by 57 females also, whose addiction to the Internet led to a decline in educational attainment and their percentage (27%), which indicates that males are more affected than females

from a scientific point of view. The reason for this may be because females are more superior than females males in the study, which is due to the nature of the girl who seeks to prove her existence and satisfy her family, and this makes her spend her time studying more than spending her time on the Internet, and this is evidenced by the fact that the percentage of excellence in high school is in favour of females more than males.

Table 6
Distribution of the Study Sample According to the Relationship Between Gender and the Impact of the Internet on Different Aspects of Life

Impact on aspects of life sex	Poor relationships with colleagues and friends	Abstain from practising religious rites	Family relationship disorder	Physical weakness	Psychiatric disturbances	Gain a variety of skills	Total
Male	62	53	67	39	32	37	290
	21%	18%	23%	13%	11%	13%	100%
Female	39	47	43	38	12	31	210
	19%	22%	20%	18%	6%	15th%	100%
The total	101	100	110	77	44	68	500
	20%	20%	22%	15th%	9%	14%	100%

Table 6 indicates that Internet addiction greatly affects family relationships as it leads to the disruption of these relationships. The table shows that there are 67 males whose Internet addiction has disrupted family relationships, and their percentage is 23% and 43% of the females, their addiction led to the disruption of family relationships, and their percentage was 20%, and this indicates that addiction to the Internet affects family relationships in males more than in females, and this may lead to problems with the family and these problems are with males more than females.

4. Discussion

The percentage of males addicted to the Internet is greater than the percentage of females, and the reason for this may be that males are more seeking to use the Internet in search of the emotional field because of their free time and emotional deprivation, and some of the life pressures they are going through, especially the pressures of the lack of job opportunities in our Arab society. This is also due to the nature of education which gives males more freedom than females. While the reason that females are less addicted to the Internet than males is due to the restrictions and customs imposed on them by the family and by society as well, as the nature of the social responsibility placed upon them.

Also, the main reason why students use the Internet excessively is due to the availability of the Internet within the university permanently and during working hours and giving lectures, and this increases the chance of students using the Internet significantly. This is consistent with previous studies, which see that Internet addiction is a behavioural addiction, meaning that the practice and repetition of this behaviour lead to addiction (Masrom et al., 2021). It increases the possibility of them entering the Internet outside the scope of the computer that does not accompany the student, as is the case for the mobile phone, which almost accompanies the student in every place and time, and by repeating this extensive use of the Internet, this leads to their addiction to it.

This is also consistent with the cognitive-behavioural theory that believes that social upbringing affects the growth of personality, the nature of education gives males more freedom than females, and this is also consistent with the theory that behaviour is learned through reward and punishment, the nature of education within the family gives males more freedom than Females, and consequently, the restrictions that it imposes on the female are not imposed on them. On the other hand, there is more control and stress by the parents on females than males, and thus this explains why males are more addicted to the Internet than females. Here, the role of the social worker

appears to educate the family, by holding a workshop on the importance of the family's supervision over its male and female children, about the dangers of Internet addiction, and how to protect parents from these risks that they may be exposed to due to the excessive and intense use of the Internet.

We note that the largest percentage of the reasons that drive students to excessive and intensive use of the Internet is free time. As one of the general problems facing students is free time, and we mean the time of activity that fulfils the student's desires, satisfies his inclinations and meets his needs. What fulfils the student's desires and satisfies his needs, he will, of course, spend his free time using the Internet, especially in light of the tremendous technological development that has appeared and brought with him many temptations, the most important of which is the Internet and its various sites such as social networking sites such as Facebook and other sites that attract young people[in addition, the ease of accessing the Internet through the mobile phone that accompanies students at all times and places (Umeta et al., 2022). This prompts students to spend their free time on the Internet instead of spending it with family and friends. This is all reason enough for students to spend their free time on the use of the Internet. This is consistent with previous studies in that Internet addiction is a behavioral addiction, as a result of excessive use of the Internet (Ergün et al., 2023). This leads to Internet addiction, which makes the student to enjoy the Internet and its different sites, and this is what prompts students to spend their free time on the Internet.

There is nothing available in the community that attracts students or satisfies their needs and desires and pushes them to spend their time on it more than the Internet, and the lack of entertainment places in the community may also be another reason for students to spend their free time on the Internet, and the lack of activities in the university as well. This constitutes a strong factor, that makes students spend their free time online. This is consistent with the cognitive-behavioural theory and also that behaviour is learned through reward and punishment, which means that students use the Internet excessively if there is no proper control by the family over their parents or they have been brought up badly and given excessive freedom, this will be negatively reflected on their lives, especially as they are in the youth stage, and there are many temptations in front of them, which they may easily fall into.

The role of the social worker here is to introduce students to the importance of free time and how to invest in it is what brings benefit and benefit to them, through the establishment of workshops within the university, in addition to doing several programs to occupy their spare time, such as cultural programs, religious programs, social programs and other various programs. The social service also works on investing the students' free time in a way that benefits them, satisfies their needs and fills their spare time, through their participation in sports and cultural clubs and others.

Spending longer and longer time on the Internet makes addicts spend less time with their families and thus may neglect family duties and create problems for their families (Benarous et al., 2022). This also affects their relationships with friends, as they weaken their relationship with them due to the excessive use of the Internet and spending more time on it. This is consistent with previous studies in that Internet addiction is a behavioural addiction. Excessive use of the Internet and sitting on it for long hours throughout the day makes a person socially isolated and therefore prefers isolation and sitting alone on the Internet and browsing various websites rather than sitting with his relatives and family, and this is consistent with the second study. This also agrees with the cognitive-behavioural theory, which sees that behaviour is learned through reward and punishment. Here, the role of the social worker appears in holding seminars within the university to clarify the negative effects of excessive use of the Internet, and to seek the assistance of experts and specialists to clarify these effects.

The role of social service is also evident in the social service interest in social relations within the family environment and the preservation of the positivity of these relations by alleviating family disturbances and working to solve them by raising the family's awareness to avoid problems that

threaten its entity from family disturbances or family disintegration also, females usually seek to focus on understanding the material, while males seek to focus on achieving the final results of their studies. This hypothesis is consistent with previous studies that see that Internet addiction is a behavioural addiction, which indicates the validity of the hypothesis. They get used to staying up at night for long hours, which negatively affects them as it makes them wake up late for their lectures, and excessive use of the Internet may lead to absence from some lectures due to being busy with the Internet all the time and this affects their studies as it leads to a decline in educational achievement.

This hypothesis is consistent with the cognitive-behavioural theory that the nature of social upbringing that children receive within the family affects their behaviour. The nature of education gives males more freedom than females. This proves the validity of the hypothesis that the more students become addicted to the Internet, the lower their educational attainment. Here, the role of the social worker becomes clear, which is to conduct workshops on how to organise students' time and allocate specific hours for using the Internet so that this does not affect their studies negatively.

Internet addiction greatly affects family relationships as it leads to the disruption of these relationships. The reason for this is that the nature of education within the family gives and grants males more freedom than females, and there are no restrictions on their freedom by the family, such as restrictions imposed on females, as males have the freedom to leave the house at any time they want and they also have the freedom to stay up outside the house for long hours and late at night, while the female is not given the same freedom that is given to the male. Thus, this increases the opportunity for males to use the Internet more than females, and as a result of spending long hours on it, this makes them more distant from the atmosphere of the family and the family and thus causes them to have more problems with their family than females. This is consistent with the behavioural cognitive theory that the nature of social upbringing and upbringing affects the behaviour and personalities of children. And that behaviour is learned through reward and punishment, the freedom that is granted to males without there being restrictions on that will increase their use of the Internet and of course, will create problems for them with the family.

This hypothesis is also consistent with previous studies that Internet addiction is a behavioural addiction, meaning that excessive use of the Internet by males leads to weakness and disorder in their relationship with their family more than females, because of the nature of females and customs, traditions, the prevailing culture and social responsibility placed on them, makes them less use of the Internet than males. Consequently, they are less affected by family problems, and females are also closer than males to their parents and family as a result of sitting at home most of the time, while males go out, whether to work or learn or stay up late at night and thus they are more distant from the family atmosphere than females. This proves the validity of the hypothesis that the more students become addicted to the Internet, the less the strength of family ties. Here comes the role of the social worker in educating the family about the importance of dialogue and discussion within the family with the children to understand the problems they face, especially the problems resulting from their excessive use of the Internet, and work to solve them through participation among them.

5. Conclusion

Through the previous results, there are two main roles for a social worker:

First: the preventive role: that is, protecting students and their families before they fall into the problem. This role is to set up awareness campaigns for students, whether inside the university or within the family, in addition to awareness campaigns for the family as well, through workshops on the dangers of addiction on the Internet, and how to confront the problems arising from it.

Second: the developmental role: It is represented in the rehabilitation and rehabilitation of students psychologically and socially, after any problem they face, where they are rehabilitated in proportion to the change that occurred in their lives, especially about the problem of addiction to the Internet.

By reviewing the study and its results:

- The study indicates that males are more addicted to the Internet than females.
- The study revealed that the main reasons and motives behind the use of the Internet by male and female students for long hours are the first place in free time, followed by the other reason, which is the lack of places for entertainment.
- It was found from the study that the excessive and intensive use of the Internet negatively affects students, especially as it leads to family disintegration.
- The study indicates that the use of the Internet for long hours and intensively affects the educational attainment of male students more than females and leads to a decline in the educational attainment of males.
- The study showed that excessive use of the Internet leads to disruption in family relationships in males more than in females.

6. Recommendations

- Encouraging students and helping them to join different clubs and social activities to fill their free time.
- Conducting intensive introductory training courses and workshops on the Internet to train university students on the beneficial use of it and how to use it at specific and appropriate times, to reduce their excessive use of the Internet.
- Conducting awareness campaigns for the family about the need for the family to have control over the use of the Internet by their children.
- Issuing indicative media bulletins by the competent authorities within the university to be distributed to students, to explain to them how to use the Internet appropriately and to specify the hours of use for them.
- Conducting studies that discuss the subject of the current study, but on other local and international universities.
- Conducting a study showing the effect of electronic addiction on relationships between spouses.
- Conducting similar studies on the impact of electronic addiction on school students.

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