



## The Predictive Role of the Family Internal Factors in Tendency the Adolescent Girls to Internet Addiction

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**ABSTRACT:** The purpose of present research was study about the predictive role of the family internal factors in tendency the adolescent girls to internet addiction. High school girl students from Tehran 7 region were the statistical universe of this research. One school was selected randomly through girly high school of this region then one class of each grade was selected randomly and 200 students that were internet users answered to the climate family and addiction to internet questionnaires. Results showed that there is a negative relation between internet addiction and openness communication, intra-generation attention, cognitive connection, affective connection, and adjustment with adolescents' family members. And through these factors, openness communication, intra-generation autonomy, affective connection and cognitive connection could predict variance about 25 percent of addiction to internet. As for the negative relation between these variables can express such that higher scores in these components attends reduction the tendency to internet addiction in adolescents. This problem is admit the family role importance in detection problem behaviors in adolescence tendency to ultra-use internet and requires more researches about family consolidation and child-parent relations improvement.

**Keywords:** Family internal factors, Internet addiction, Adolescent girls

ORIGINAL ARTICLE

### INTRODUCTION

Majority of us think that addiction only is related to chemical compounds utilization and materials like alcohol, nicotine, cocaine and heroin, but psychologists believed whatever that causes to person's excitation and power, can be addict. Therefore if a habit is changed into a constraint, like gamble, narcotic use, alcohol or even computerized game, to chat and to loaf in network, can suppose addiction and they reminisce it as a behavior addiction (Alavi et al. 2011; Juhnke and Hagedorn, 2006).

Dependency on internet or over use it also is one of the behavior addictions types, that sometimes they remind it as virtual addiction. This disorder is an inter-chain phenomenon and they have studied medical various sciences, computerized, sociology, salary, behavior and psychology by different aspects of this phenomenon (Alavi et al. 2010). In present research also this phenomenon has studied of family therapy view point. According to the family system theory, a family can be considered as a system. Within this system, three important types of family relationships (or subsystems) can be recognized, namely the marital, parent-child, and sibling relationships (Hakvoort, 2010). Family system theorists assert that an understanding of children's functioning requires an understanding of family dynamics (Sameroff, 1994; Thelen and Smith, 1994). The quality of family relationships effects the functioning of the children, and is an important factor in creation and strengthening of the affective or behavior disorders at them (Golombok, 2000).

Family therapy theories express that the person and family function depend to each other, and the person's problems reflect the family's problems and vice versa, addiction isn't exceptional of this rule (Ghaffari et al. 2010). The studies show that family structure has been recognized as the most effective factor in adolescent addiction (Broman and Reckase, 2008). Also, these studies show that there is a relation between adolescent functioning and their family functioning and the quality of family relations effects their functioning (Golombok, 2000; Johnson, 2010). More over higher levels of parent-child closeness, contact, and parental support lead to more successful modeling and reinforcement by teenagers (Carlson and Knoester, 2011).

As for mentioned subjects and Harpreet Mehar's report (2010) that detection some problematic behaviors is increasing through adolescent such as addiction, study about the quality of the parent-child relations of adolescents with problem has special importance. According to Ahmadi et al. idea (2011), type and quality of family relations is one of the factors that is related to quality and usage level of internet and quality of proper and improper use internet networks, too. Also Zhu et al. (2002) studied the internet effect on the social base via three family functions, rest times activities, civil freedoms and secrecy. Their findings about family functions show that the activity with family members is that causes to significant difference between internet users and non-users.

More over according to Lorente's saying (2002), adolescents require family members' empathy and protection and if parents can't supply these essential requirements, adolescents try to remove it by another ways like: to quarter to friends and peers and to extend communications by internet, computer and mobile. Also according to Robert Korovat's research results, over use of internet accompanies reduction of family communications and increscent of Loneliness (says from Kafashi, 2010).

As for mentioned matters about the role of the family relations quality in adolescent functioning and this subject that in several studies which were done about usage of internet, was proceeded less to the role of the family internal factors, the purpose of present research is study about the predictive role of the family internal factors in tendency the adolescent girls to internet addiction.

**MATERIALS AND METHODS**

In this research, correlation or descriptive design has been used to study and to recognize the relations between studied variables. High school girl students from Tehran 7 region were the statistical universe of this research. One school was selected randomly through girly high school of this region then one class of each grade was selected randomly and 200 students that were internet users answered to the climate family and addiction to internet questionnaires.

1. Yang's internet addiction scale (IAS)

The questionnaire's Yang has been used to evaluate the addiction to internet. The IAS consisted of a 20-item questionnaire on a 5-point scale, describing "1 = not at all" to "5 = always" (given a total score ranging from 20 to 100), with higher scores representing a greater tendency toward addiction. Young4 defined 20-39 points as an average user, 40-69 points as a possible or intermittent user, and more than 70 points as an addicted user. The instrument reliability of the IAS was 0.85 to 0.95 according to Cronbach's alpha in European and Asian countries (Young, 1998).

2. Family climate scales (FCS)

Family climate scale questionnaire was used in present research to study family internal factors. This

questionnaire was made by Bjornberg and Nicholson to evaluate family climate.

The FCS consisted of a 48-item questionnaire on a 5-point scale, describing "1 = not at all" to "5 = always" (given a total score ranging from 48 to 240), with higher scores representing a positive family climate and lower scores representing negative family climate. This scales measures family climate in six dimensions: 1- openness communication 2- inter-generation autonomy 3- intra-generation attention 4- affective connection 5- cognitive connection and 6- adjustment. Each dimension is measured by eight questions.

Above questionnaire after translating was given to 5 counseling experts in Isfahan University and its content Validity was confirmed. Also the instrument reliability of it was 0.81 according to Cronbach's alpha (Tagryan, 2007).

**RESULTS**

In this part, at first, a report of descriptive statistics will present and then will be proceeded to analyze data. As considered in number table 1, Subjects marks mean was 43.34 in internet addiction scale and this quantity is changeable between 4 until 85. Affective connection has the highest mean and openness communication has the lowest mean through family internal factors.

According to table 1, Pearson's correlation coefficient was applied to study the relation between family internal factors and internet addiction. Its results are presented in table 2.

As observed, all family internal factors have a negative relation with internet addiction, but this relation only is meaningful about openness communication, cognitive connection and affective connection.

In continuation, stepwise regression was used to determine the part of each family internal factors to predict tendency to dependency on internet that its results were presented in table 3. As observed, affective connection, cognitive connection, inter-generation autonomy and openness communication were entered into regression model through family internal factors and could predict variance about 25 percent of internet addiction by four steps.

**Table 1:** Descriptive statistic of research variables

Variable	N	Minimum	Maximum	Mean	Std. deviation
Internet addiction	200	4	85	42.34	17.37
Openness communication	200	8	40	17.17	6.26
Inter-generation autonomy	200	12	37	24.29	4.88
Intra-generation attention	200	11	36	22.22	5.05
Affective connection	200	15	32	23.37	3.55
Cognitive connection	200	29	72	54.38	6.52
Adjustment	200	10	40	19.79	4.85

**Table 2:** The correlation matrix of research variables

Variable	Internet addiction	Openness communication	Inter-generation autonomy	Intra-generation attention	Affective connection	Cognitive connection	Adjustment
Internet addiction	1						
Openness communication	-0.206**	1					
Inter-generation autonomy	-0.094	-0.055	1				
Intra-generation attention	-0.036	0.037	0.319**	1			
Affective connection	-0.197**	0.404**	0.130	0.213**	1		
Cognitive connection	-0.421**	0.242**	-0.055	0.313**	0.322**	1	
Adjustment	-0.019	0.268**	0.007	0.358**	0.345**	0.423**	1

\*\* = Correlation is significant at the 0.01 level (2-tailed).

**Table 3:** Regression finding summary of family factors to internet addiction

Predictive variable	B	$\beta$	T	Sig.	R	R <sup>2</sup>	F	Sig.
Affective connection	1.122	0.421	6.439	0.000	0.504	0.254	16.059	0.000
Cognitive connection	-0.936	-0.190	-2.963	0.003				
Inter-generation autonomy	-0.540	-0.152	-2.386	0.018				
Openness communication	0.394	0.141	2.080	0.039				

## DISCUSSION

Present research was done with the purpose to study predictive role of the family internal factors in tendency of adolescent girls to internet addiction.

As observed, research data analysis results showed that affective connection, cognitive connection, intra-generation autonomy and openness communication could predict until 25 percent the adolescent tendency to internet addiction through family internal factors. As for negative relation of these variables, we can express that people's mark increase in these components attend tendency reduction to internet addiction in adolescents. Counteract whatever people get lower mark in these components, Internet addiction is more likely to develop in them.

As for obtained results and this subject that adolescents require family members' empathy and protection specially in critical periods and also as for this matter that this requirement can be responded in a family that it's members can express their ideas clearly and respect to each other's ideas and are honest with each other, all family members can express their ideas without considering to age, family members view point are similar to each other about various problems, and there are strong affective connections between them. So it seems logical, adolescents that can't fulfill this requirement by taking

refuge in other ways, including excessive use of internet trying to satisfy this need. In such basis Lorente (2002) expresses that adolescents need family members empathy and protection in these periods too and if parents can't supply these essential requirements, adolescents try to remove it by another ways amongst too quarter to friends and peers and to extend communication by internet, computer and mobile.

Also, according to Zhu and He findings there is a significant difference between family functioning and activity with internet users and non-users family members. According to Ahmadi et al. (2011) idea type and quality of family relations is one of the factors that is related to quantity and quality of internet usage and quality of proper and improper usage of internet networks, too. Moreover, Hakvoort (2010), Golombok (2000), Broman (2008), Johnson (2010), Carlson et al., (2011), Zegers et al., (2008), Richmond et al., (2006), Kaur et al. (2005), Rockart (2004), Padilla-Walker et al., (2010) and Gandy (2007)'s findings that are indicative the relationship between adolescent and family functioning, confirm present research finding, too.

At the end, we must mind that need more researches about family consolidation and parent-child relations improvement is felt as for present research findings about family importance in

adolescent' behavior specially tendency to over-usage of internet.

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