

## Contributing factors to extreme tendencies to internet in students of Shahrekord University of Medical Sciences and providing preventive strategies to deal with it

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Received: 19/Apr/2015 Accepted: 25/Aug/2015

### ABSTRACT

**Background and aims:** Internet seems to be increasingly involved a major part of the daily lives of population. In recent years, many reports have confirmed the huge number of internet users worldwide. This article is seeking to explore the factors contributing to the tendency to internet in students of Shahrekord University of Medical Sciences (SKUMS) and aimed to recommend some preventive strategies to deal with their extreme tendencies to the internet usage.

**Methods:** This descriptive study was conducted among 378 students and teachers of SKUMS, randomly enrolled using stratified random sampling from different faculties. To measure the variables, a questionnaire was used.

**Results:** The results showed that the factors such as the tendency to make temporary friends, more attention to the opposite sex, and the loneliness were the most important determinants of extreme tendency to the internet usage. The designing some courses in different educational periods in order to make them more familiar with various online crimes as well as ways of self-protection was one of the most important preventive strategies to deal with extreme tendency to internet.

**Conclusion:** Several factors could contribute into extreme tendency to internet among university students, which have to be identified, and effective strategies should also be exploited to deal with the extreme tendency to internet.

**Keywords:** Extreme tendency to internet, Preventive strategies, University students, Shahrekord.

### INTRODUCTION

Student safety is always one of the most important challenges in higher education system. Here, some of the student's problems are including drug consumption, trends in the emerging and evolving damage and other problems, which is a threat to their safety. Considering the safety of students on the

one hand and planning in order to keep them safe on the other is under the above problems to pay special attention to them.<sup>1</sup> Using the internet in the university has made the university to be pioneer in information structure and inter-organization networks.<sup>2</sup> Undoubtedly any progress with its benefits can also cause

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problems and internet and our country are no exception to this rule.<sup>3</sup> Internet misuse leads to the problems such as the emergence of internet addiction, Dating and cybercrime.<sup>4</sup> In fact, one of the great challenges of life with the new communication technologies, is the excessive use of new technologies and the extreme dependence on them.<sup>5</sup> Besides the abundant use of the internet and its attractions, one of the main problems that is accompanied by the internet, is an extreme addiction to the internet and internet trends.<sup>3</sup> The proper planning in the field of student, researches on internet trends and internet addiction and finding a solution to this problem is so important. By increasing the use of technology and the internet and the rise in the modern communication media and need to assess its impact on the life is one of the important issues to be considered.<sup>6</sup> By becoming more complex in social relations, increasing in communication media leads to out the family face to face relations to the phone one and changing the mode of deformation in terms of formation of more complex indirectly and since the parties in such relationships cannot properly identify their identity, this may lead to the crime and internet abuse.<sup>7</sup> In some cases, the use of the internet in everyday life and even his moods and emotions can create interference and disorganization. In the social learning theory, social phenomena are formed mainly due to vicarious learning experiences based on the observation of others' behaviour and its consequences. This theory is located in the centre of the pattern in which the cognitive and social behaviour learns by observing others, either accidentally or deliberately.<sup>8</sup> According to this theory, new communication devices, new communication patterns are presented to users and users learn new patterns by seeing this behaviour. Based on the Hirsch's social control theory, the factors that could prevent deviant behaviours of adolescents and young people are the social bond. According to Hirsch, social ties have 4 main elements of attachment, commitment, responsibility and belief.

Weaknesses of each of the four elements could lead to the deviant behaviour.<sup>9</sup> Behavioural theory, based on the studies of F. Skinner is on conditioning agent or actor. According to this theory, a reward is considered for entering the internet. The rewards that are considered for this behaviour, Escaping from reality may lead to love and a lot of fun, and if you need time to come to this bonus, he may likely bring on the internet. As a result of this strengthened process, these cycles will be continued.<sup>9</sup> Based on the theory the biological, genetic and congenital factors or chemical abnormalities in the brain and hypermedia are the main reasons that lead to addiction. From this perspective, there are some chromosomes, hormones and waste products or absence of certain chemicals and specific hypermedia in the brain and other nervous system regulates the activity, are involved in the development of addiction. In this sense, there are several ways in which the internet is likely to stimulate the process of neuro-biological. These methods are:

Theory of social constructive is a function of the relative effects of these influences on communication technologies, interpretation and understanding of users and people who are in the realm of action. Social construction determine the meaning of the connection. During investigations, the research found that many studies have been done in this subject in which the most important of them are presented.

Qi Hong and his colleagues concluded that more boys were suffering from internet addiction than girls, and most of them were addicted in online games. Also age of male students, and their grade showed a significant relationship with their internet addiction.<sup>10</sup>

Azouki showed that young people who use extreme forms of internet addiction may have higher levels of loneliness.<sup>11</sup> Kim and Chung studied the influence of fundamentalist tendency of students to the internet and internet addiction. They found that excessive use of the internet, provided students with academic problems.<sup>12</sup> Hashemi showed that there was significant correlation between education and internet addiction

and there is a negative and meaningful relationship between religiosity and internet addiction. Based on the findings of the independent variable, family relations as one of the keys to internet addiction affect the dependent variable.<sup>14</sup>

It was showed that there was a meaningful relationship between personality traits and internet addiction and also between the internet addiction and computer anxiety.<sup>14</sup> It was also shown that for men with 4 dimensions age (length of time using the internet, the use of the internet, alienation, self-interest and the internet) there was a meaningful relationship. Age of women with 4 dimensions (the average weekly hours of internet use, duration of use of the internet, the use of the internet, alienation, self-interest and the internet) there was a significant relationship.<sup>15</sup>

It was showed that there is a significant negative correlation between extroversion, conscientiousness, good quality social relationships and mental quality of internet users with extreme dependency.<sup>16</sup> It was showed that as the tendency to the opposite sex friendship increases, the trend to the chat will increase. The more the parent hasn't information about the computer topic, the tendency to the chat increases. Also, the more people believed to be more valuable diversification, the tendency to chat increases. Anonymity and discover the identity of the person on the other hand tends to affect young people chatting and having high positive correlation. Low cost in chatting will also increase the chatting tendency and have the high and positive correlation and finally, the low risk profile of the plight of young people tend to chat and have a high positive correlation.<sup>17</sup>

With this description, this paper seeks to identify the causes of excessive internet usage in Medical Sciences University student and preventive strategies to deal with them.

## METHOD

The present study concluded all students of the University of Medical Sciences of which 378 students were

selected based on the method of sampling and using the chi-square statistic Gauss and Morgan (1970) from different groups. To measure the variables and collected data in this study, information library in the related research was also conducted and was used in the field of collecting data from the questionnaire. In order to establish the validity of the questionnaire and whether it is adequate or not? The final questionnaire survey of relevant experts was approved by them to develop and ultimately face and content validity of the questionnaire. To calculate the reliability of the study, Cronbach's alpha coefficient was used to calculate and determine the internal consistency reliability of the measuring instrument; this means that the measuring instruments which occur in similar condition obtained the same results. So the reliability of the questionnaire was 93 percent which were a high reliability. In this study, to analyse the data and conclusions of them, Friedman test (to determine the factors affecting student orientation and evaluation of the proposed solutions to deal with extremist tendencies students) is used. It should be noted that all statistical analyzes were performed using SPSS software.

## RESULTS

The results obtained from the analysis of the factors contributing to the trend of radical students of Medical Sciences are presented in Table 1. The most important factors in favour of the students to the internet are:

1. Loneliness
2. Duration and usage of the internet
3. Tends to have temporary friends,
4. Diversification faith
5. Religious beliefs,
6. Low-cost
7. Anonymity because of the low risk
8. Lack of awareness of parents. As can be seen from the perspective of the students, feeling alone because of their orientation to the internet and a lack of awareness of parents in favour of the lowest internet is the most important factor (Table 1).

**Table 1:** Average rating factors in medical sciences students extremist tendencies internet

Average rating	The most important factors in order
4.97	Loneliness
4.72	Duration of use and internet usage.
4.62	Tends to be temporary friends
4.47	Diversification
4.36	Religious beliefs
4.28	Lowcost
4.20	Low risk because of unknown
4.38	Lack of awareness of parents

Moreover, the results in Table 2 showed that there was a significant difference in the factors affecting the extremist internet tendencies among the students ( $P < 0.01$ ). Preventative work to counter extremist tendencies in students of the Medical Sciences University on the internet is presented in Table 3. The most important preventive measures to counter extremist tendencies to internet in Medical Sciences University student was in preference order as: 1. Taking a course to become familiar with the types of cybercrime and ways to protect

yourself; 2. Parent Education; 3. Bring students in the qualifying and replace the list of valid choices; 4. Considering rewards for reduced internet connection; 5. Considering national and religious value systems and ideas in producing online content; 6. Instant contact with students.

As can be seen taking a course to become familiar with the types of crimes and ways to protect you was the most precautionary approach to deal with their tendency to excessive use of the internet and quickly hit approach was the least (Table 2).

**Table 2:** Average rating effective and preventive strategies to counter extremist tendencies to the internet in students of medical sciences

Average rating	The most important guidelines
4.97	Considering courses to become familiar with the types of crimes and ways to protect yourself
4.62	Parent Education
4.47	Bring students to select and replace the list of valid choices
4.36	Considering rewards for reduced internet connection
4.28	Considering national and religious value systems and ideas in producing online content
4.20	Quick hits

Moreover, the results in Table 2 indicated that there were no significant differences between the attitudes of students toward preventive strategies and countering extremist tendencies in the internet ( $P > 0.01$ ).

## DISCUSSION

As the results showed most of the students used the internet in order to grow

and develop their culture and gain new knowledge and skills. So, the task of the higher education system is to provide the suitable context for students and strengthen it.

## CONCLUSION

From the perspective of students, the most important factor for internet tendency was the loneliness. It seems essential to

consider the curriculum of the school for their familiarity with the types of crime and ways to protect them is the most important precautionary approach to deal with their tendency to overuse or misuse of the internet. But a quick hit with students is an unappropriated proactive approach to dealing with the wrong people who tend to overuse or misuse of the internet.

According to what was said, the following recommendations are available on the internet to counter extremist tendencies students. Proposals resulted from the different researches are as below:

1. Considering a course to become familiar with the types of crime and ways to protect you;
2. Parent education;
3. Constantly monitoring by the University officials in the internet sites;
4. Organize special camps for internet addicts treated with special features, consultation meetings, workshops and exercise therapy which are similar to military camps as part of the school;
5. Considering rewards in exchange for reduced internet connection;
6. For optimal use of the internet, Professors have appropriate interactions with the student through the internet;
7. Since new communication technologies, including the internet and chat reduces religious and national identity of the students, therefore, it is suggested to produce online content and concept of national and religious value system;
8. The use of new communication technologies, including the internet and chat with the students Pathology;
9. Due to the threat of more chat opportunities, it is necessary to promote and inform parents with the principles and requirements;
10. Students should be guided to avoid secret chat and chat of them happens as much as possible given the circumstances and the appropriate fields in the family;
11. Students should understand that they should make difference between the type of environment and threats that they are facing with them;
12. Students may choose to draw up the list of choices, where appropriate and offer alternatives;
13. Avoiding the quick hit of the students.

## CONFLICT OF INTEREST

The authors declare that they have no conflict of interests.

## ACKNOWLEDGEMENT

We would acknowledge all members of the faculty, students and staff of Shahrekord University of Medical Sciences, especially deputy of Research.

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**How to cite the article:** Moradi Pordanjani HA, Amani Shalamzari AM, Derakhshan SA, Beikbakan H. Contributing factors to extreme tendencies to internet in students of Shahrekord University of Medical Sciences and providing preventive strategies to deal with it. *Int J Epidemiol Res.* 2015; 2(2): 99-104.