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**Importance of Understanding Students' Perspectives on Social
Network Addiction in Adolescent Students**

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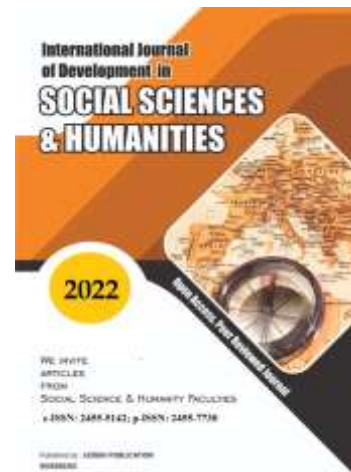
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ABSTRACT

Adolescent students are the primary users of social networks, and their perspectives provide valuable insights into their experiences, habits, and challenges related to social network usage. By understanding their perspectives, educators, parents, and policymakers can develop targeted interventions and support systems that address their specific needs and concerns. Acknowledging students' perspectives on social network addiction fosters empathy and understanding among educators and parents. It helps create a more supportive environment where students feel comfortable discussing their struggles and seeking help when needed, without fear of judgment or punishment. Students' perspectives can shed light on the factors that contribute to social network addiction. These insights enable educators and parents to identify triggers and potential risks associated with excessive social media usage, such as cyberbullying, peer pressure, or anxiety related to social comparison. Armed with knowledge about students' perspectives, educators can incorporate relevant and timely education on responsible social media use and digital citizenship. This can help in preventing addiction issues from arising in the first place and equip students with skills to navigate the online world responsibly. Including students in the discussion on social network addiction allows them to actively participate in finding solutions to the problem. By involving students, educators and parents can collaboratively develop strategies that are more effective and resonant with the young audience. Understanding how social network addiction impacts students' mental health is essential for providing appropriate support. Addressing mental health concerns resulting from excessive social media use becomes more effective when students' perspectives are considered. Policymakers can use students' perspectives to inform regulations and guidelines related to social media use. It can influence the development of responsible platform practices and age-appropriate policies that prioritize the well-being of young users. Parents who understand their children's perspectives on social network addiction are better equipped to initiate meaningful conversations about digital well-being. This involvement fosters trust and open communication within families, making it easier for parents to guide their children in maintaining healthy online habits.

In conclusion, students' perspectives on social network addiction offer invaluable insights into the experiences and challenges faced by young individuals in the digital age. By considering their viewpoints, educators, parents, and policymakers can develop more effective and supportive strategies to address social network addiction and promote responsible digital citizenship.

INTRODUCTION

Understanding students' perspectives on social media addiction is essential for developing comprehensive and holistic approaches to address this emerging problem effectively. By taking into account the voices and experiences of the affected individuals, we can implement more impactful interventions that promote healthier digital habits and well-being among the new generation. Understanding students' perspectives on social media addiction and its impact is of paramount importance for several reasons:

1. Tailoring Interventions: Students are the ones directly affected by social media addiction, and their insights provide valuable information for designing effective interventions. By understanding their experiences, struggles, and motivations, researchers, educators, and policymakers can develop targeted strategies to address social media addiction more efficiently.

2. Identifying Risk Factors: Hearing students' perspectives allows researchers to identify potential risk factors that contribute to social media addiction. These risk factors could be related to the design and features of social media platforms, peer pressure, academic stress, or underlying psychological issues. By understanding these factors, interventions

can be designed to target specific vulnerabilities.

3. Enhancing Mental Health Support: Social media addiction has been associated with adverse mental health outcomes, such as anxiety and depression. Understanding students' perspectives can help mental health professionals provide appropriate support and resources tailored to their needs.

4. Promoting Digital Well-being: Instead of focusing solely on restricting social media usage, understanding students' perspectives helps in promoting digital well-being. It allows for the development of strategies that encourage positive and responsible social media use, fostering a healthier relationship with technology.

5. Empowering Students: Engaging students in discussions about social media addiction empowers them to become aware of their online behaviors and the potential consequences. By understanding the impact of their actions, students can make informed choices about their social media use.

6. Reducing Stigma: Social media addiction can carry a stigma that prevents individuals from seeking help. By understanding students' perspectives, we can reduce the stigma surrounding this issue, creating a more supportive environment for those seeking assistance.

7. Informing Policy and Education: Decision-makers in educational institutions and policymakers can utilize students' perspectives to develop policies that promote responsible social media use. Integrating digital literacy education into curricula can equip students with the knowledge and skills to navigate social media responsibly.

8. Supporting Parental Guidance: Parents and guardians play a crucial role in shaping students' social media habits. Understanding the perspectives of students can help parents better comprehend their children's experiences and challenges, enabling them to provide more informed guidance and support.

9. Enhancing Research Validity: Incorporating students' perspectives in research ensures that the studies accurately represent the experiences of those affected by social media addiction. This contributes to the validity and relevance of the findings.

10. Encouraging Open Dialogue: Engaging with students' perspectives encourages open dialogue about social media use and its potential consequences. This dialogue fosters a culture of understanding, empathy, and support within educational settings.

PREVALENCE OF SOCIAL MEDIA ADDICTION AMONG STUDENTS

As of my last knowledge update in September 2021, social media addiction was becoming a growing concern among students and young adults. Several studies and surveys have been conducted to assess the prevalence of social media addiction among students. The prevalence rates varied depending on the region, age group, and the specific social media platforms being studied.

1. Global Prevalence: Social media addiction has been reported in various countries around the world. It affects students from diverse cultural backgrounds and educational settings.

2. Age Group: Studies often focused on young adults, including college students and adolescents, as they are more likely to be active users of social media platforms.

3. High Prevalence Rates: Some studies reported that a significant proportion of students showed signs of social media addiction, with prevalence rates ranging from 10% to 30% or even higher in some cases.

4. Gender Differences: Some research suggested that females might be more susceptible to social media addiction compared to males. However, findings on

gender differences were not consistent across all studies.

5. Platform Specificity: Prevalence rates of social media addiction varied based on the platform being studied. For example, platforms like Instagram and Snapchat were found to be more addictive than others.

6. Time Spent on Social Media: Excessive time spent on social media was identified as a risk factor for addiction. Students who spent several hours per day on social media were more likely to exhibit addictive behaviors.

7. Academic Impact: Social media addiction was associated with negative consequences for academic performance, including lower grades and reduced study time.

8. Co-occurrence with Mental Health Issues: Social media addiction was found to be linked with various mental health issues, such as anxiety, depression, and low self-esteem.

It's important to note that prevalence rates and findings might have evolved since my last update. As social media continues to evolve and new platforms emerge, researchers and experts likely continue to study its impact on students' lives. Understanding the prevalence of social media addiction among students is crucial for

raising awareness, developing interventions, and providing appropriate support to address this emerging problem effectively. If you are looking for the most up-to-date statistics on social media addiction among students, I recommend consulting recent research studies and reputable sources in the field of psychology and social sciences.

IMPACT ON ACADEMIC PERFORMANCE, MENTAL HEALTH, AND SOCIAL RELATIONSHIPS

Social media addiction can have significant impacts on academic performance, mental health, and social relationships among students and young adults. Here are some of the key effects:

1. Academic Performance:

- **Distraction:** Excessive time spent on social media can lead to distractions from studying and completing academic assignments, resulting in reduced focus and productivity.
- **Procrastination:** Social media can become a procrastination tool, leading students to delay important academic tasks in favor of scrolling through their feeds or engaging with online content.
- **Sleep Disruptions:** Late-night social media use can interfere with sleep patterns, leading to sleep deprivation and fatigue, which can

negatively impact concentration and academic performance during the day.

2. Mental Health:

- Anxiety and Depression: Social media addiction has been linked to increased feelings of anxiety and depression, especially when individuals compare themselves to others or experience cyberbullying.

- Low Self-Esteem: Constant comparison to idealized images and lifestyles on social media can negatively impact self-esteem, as individuals may feel inadequate or dissatisfied with their own lives.

- Fear of Missing Out (FOMO): FOMO, driven by social media, can lead to anxiety and fear of being left out or not being part of exciting social events.

3. Social Relationships:

- Reduced Face-to-Face Interactions: Excessive social media use can lead to reduced face-to-face interactions, as individuals prioritize online connections over real-life relationships.

- Social Isolation: Paradoxically, heavy social media use can lead to feelings of social isolation and loneliness, as virtual interactions may not fully replace the depth and quality of in-person relationships.

- Conflict and Miscommunication: Social media can contribute to misunderstandings and conflicts among friends and acquaintances due to misinterpretation of messages and comments.

4. Academic Engagement:

- Reduced Engagement in Class: Social media addiction may lead to a lack of engagement and participation in classroom activities, discussions, and lectures.

- Decline in Grades: The time spent on social media instead of studying can result in lower academic performance and a decline in grades.

5. Time Management: Poor Time Management: Excessive social media use can interfere with effective time management, leading to difficulties in balancing academic responsibilities and other activities.

6. Physical Health: Reduced Physical Activity: Spending excessive time on social media can contribute to a sedentary lifestyle, leading to potential health issues.

It's important to note that while some individuals may be more vulnerable to the negative impacts of social media addiction, not everyone who uses social media extensively will experience these consequences. Additionally, social media platforms can also have positive aspects,

such as providing opportunities for social support, networking, and information sharing. Addressing the negative impact of social media addiction requires a balanced approach that encourages responsible digital use, promotes mental well-being, and fosters healthy social relationships. Awareness, education, and support systems play crucial roles in mitigating the potential harm of social media addiction and promoting a healthier online environment for students and young adults.

EXISTING INTERVENTIONS AND COPING STRATEGIES FOR SOCIAL MEDIA ADDICTION

Addressing social media addiction requires a multi-faceted approach that includes interventions and coping strategies to promote responsible and balanced social media use. We have found some existing interventions and coping strategies that individuals, parents, educators, and policymakers can consider:

1. **Digital Detox and Time Management:** Encourage periodic digital detoxes where individuals take breaks from social media for a specified period. Use time management techniques, such as setting specific time limits for social media use, to prevent excessive usage.

2. **Mindfulness and Self-Awareness:** Practice mindfulness to become more aware of one's social media habits and their impact on well-being. Develop self-awareness about triggers and emotions associated with social media use.

3. **Digital Literacy Education:** Incorporate digital literacy education into school curricula to teach students about responsible social media use, privacy settings, and critical thinking regarding online content.

4. **Strengthening Real-Life Relationships:** Encourage face-to-face interactions and engagement in activities that promote meaningful social connections. Prioritize spending time with friends and family in person rather than solely relying on virtual interactions.

5. **Setting Boundaries:** Establish personal boundaries for social media use, such as not using social media during meals, study sessions, or before bedtime.

6. **Unplugging Before Bed:** Avoid using social media or screens at least an hour before bedtime to improve sleep quality.

7. **Digital Well-being Tools:** Use digital well-being tools and features available on social media platforms to set time limits and receive notifications about excessive usage.

8. **Parental Guidance and Support:** Parents can set rules and limits on their children's social media usage, monitor their activities, and engage in open discussions about responsible digital habits.

9. **Peer Support and Community Involvement:** Encourage peer support and community involvement to reduce reliance on social media as the primary source of social validation.

10. **Seeking Professional Help:** Individuals experiencing severe social media addiction and its negative impacts on mental health should seek professional help from therapists or counselors.

11. **Engaging in Offline Activities:** Encourage participation in offline hobbies, sports, or creative activities to reduce screen time and foster a sense of fulfillment outside of social media.

12. **Positive Role Models:** Promote positive role models who use social media responsibly and authentically to inspire others to do the same.

13. **Using Productivity Tools:** Utilize productivity apps or time management tools to stay focused and minimize distractions during study or work hours.

These interventions and coping strategies are not exhaustive, and the effectiveness may

vary for different individuals. Combining multiple approaches and customizing interventions based on individual needs and circumstances can lead to more successful outcomes in addressing social media addiction and promoting digital well-being. Additionally, raising awareness about the potential negative impacts of excessive social media use and fostering a culture of responsible digital habits can contribute to a healthier online environment for everyone.

RESEARCH DESIGN:

Mixed-methods approach: A mixed-methods research design combines both quantitative and qualitative data collection and analysis methods to gain a more comprehensive understanding of the research topic. This approach allows researchers to complement and triangulate findings from different data sources, providing a deeper and more well-rounded insight into the phenomenon under study. When applying a mixed-methods approach to studying social media addiction among students, researchers would use both quantitative surveys and qualitative interviews to gather data and conduct analysis. Here's how the research design could be structured:

1. Quantitative Phase:

Objective: The quantitative phase aims to collect numerical data to quantify the

prevalence and extent of social media addiction among students.

Data Collection: Researchers developed a structured questionnaire or survey based on existing Social Media Addiction Scales (e.g., SMAS, Bergen Social Media Addiction Scale) and other relevant measures.

Sample Selection: A diverse sample of students from different educational institutions were randomly or purposively selected to participate in the survey.

Data Collection Method: Surveys were administered either online or in-person, depending on the preferences of the participants.

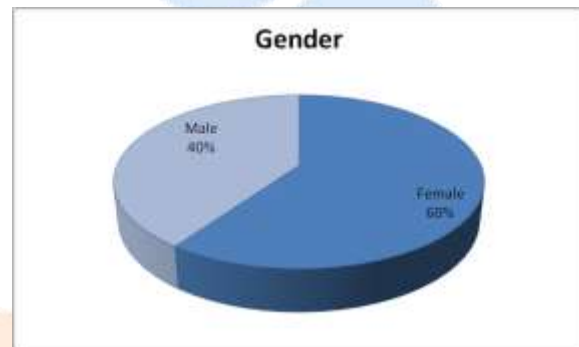
Data Analysis: Descriptive statistics, such as means, frequencies, and percentages, were used to analyze quantitative survey responses. Inferential statistics may be employed to identify relationships between social media addiction and other variables of interest, such as demographics or mental health indicators.

The comprehensive analysis will provide valuable insights into the perspectives of students regarding social media addiction, contributing to a better understanding of this emerging problem. The findings will aid in developing targeted interventions and promoting healthy social media usage among

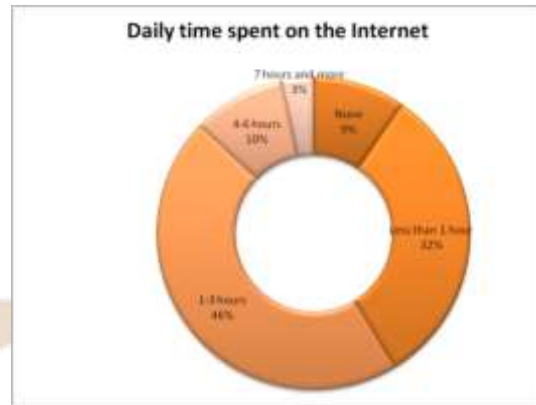
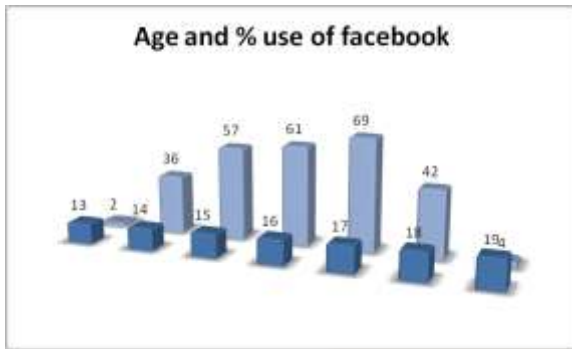
the new generation. This research article comprises a general survey in strong support to prove the above points, these survey is based on 300 college going students who frequently used social media.

Table 1. Properties of the Target Group

<i>Gender</i>			
Female	162	59.8	
Male	109	40.2	
Total	271	100	

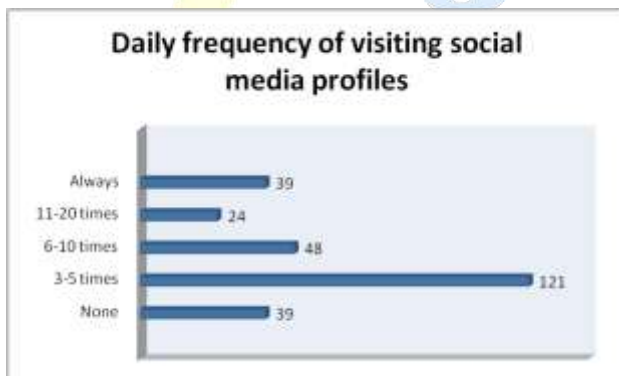


<i>Age</i>		
13	2	0.7
14	36	13.3
15	57	21
16	61	22.5
17	69	25.5
18	42	15.5
19	4	1.5
Total	271	100



Daily frequency of visiting social media profiles

None	39	14.4
3-5 times	121	44.6
6-10 times	48	17.7
11-20 times	24	8.9
Always	39	14.4
Total	271	100



Daily time spent on the Internet

None	26	9.6
Less than 1 hour	86	31.7
1-3 hours	124	45.8
4-6 hours	26	9.6
7 hours and more	9	3.3
Total	271	100

As it can be observed from Table 1, 162 (59.8%) of the participants who filled out the questionnaire are female, while 109 (40.2%) are male participants. Age distribution is as follows: there are 2 participants in age 13, 36 in age 14, 57 in age 15, 61 in age 16, 69 in age 17, 42 in age 18, and 4 in age 19. 26 (9.6%) of the participants state that they spend no time on the Internet in a day, while 86 (31.7%) of them spend less than one hour, 124 (45.8%) spend 1-3 hours, 26 (9.6%) spend 4-6 hours, and 9 (3.3%) of them spend 7 and more hours on the Internet on a daily basis. 39 (14.4%) of the participants say that they spend no time visiting social media profiles, while 121 (44.6%) of them visit 3-5 times, 48 (17.7%) visit 6-10 times, 24 (8.9%) visit 11-20 times, and 39 (14.4%) of the participants visit always in a day.

2. Qualitative Phase:

- Objective: The qualitative phase aims to explore students' experiences, perceptions, and the underlying

reasons behind social media addiction in-depth.

- **Data Collection:** Researchers conducted semi-structured interviews with a subset of participants from the survey sample.
- **Sample Selection:** Participants for qualitative interviews were selected based on specific characteristics, such as high scores on the social media addiction scale or diverse perspectives.
- **Data Collection Method:** One-on-one or focus group interviews were conducted, allowing participants to share their narratives and insights freely.
- **Data Analysis:** Thematic analysis or content analysis were used to identify

recurring themes and patterns in the interview data. Qualitative findings will be used to enrich and provide context for the quantitative data.

Construction of the Social Media Addiction Scale (SMAS): to construct a strong SMAS we selected 25 questions which allowed the students mental health, social health, hedonic perspective, aesthetic perspective. The analysis has been done on 100 students.

Table 6. Social Media Addiction Scale

Items	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
How often do you find yourself spending more time on social media platforms than you initially intended?	32	9	22	101	106
Do you feel restless or irritable when you are unable to access social media for an extended period?	33	22	43	108	65
To what extent has social media use negatively impacted your academic or work performance?	38	26	65	84	57
How frequently do you experience the urge to check your social media accounts, even in inappropriate or inconvenient situations?	35	23	57	75	78
Have you unsuccessfully attempted to cut down on your social media usage in the past?	84	55	49	42	40
How often do you prioritize social media activities over spending time with family and friends?	42	37	49	71	72

Have you ever concealed the amount of time you spend on social media from those around you?	51	34	44	71	70
How much do you agree with the statement, "I feel anxious when I haven't checked my social media accounts for a while"?	57	40	48	60	65
Have you experienced distress or mood swings due to negative feedback or interactions on social media?	28	22	50	78	91
To what extent do you feel your self-esteem is influenced by the number of likes, comments, or shares your social media posts receive?	34	28	48	87	71
How often do you use social media to escape from negative emotions or problems in your life?	53	43	60	64	49
Do you find yourself constantly thinking about or planning what you will post on social media next?	48	40	73	70	38
How often do you neglect important responsibilities or tasks because of social media use?	71	40	82	47	30
Have you ever experienced conflict with others due to your social media habits?	103	56	48	32	31
To what extent do you feel in control of your social media use, rather than feeling compelled to use it?	65	59	65	47	32
Do you use social media while driving, at work, or during other situations that require your full attention?	26	43	80	65	49
Have you tried to cut back on social media but found yourself quickly returning to previous usage levels?	47	51	80	54	36
How often do you experience fear of missing out (FOMO) if you don't check social media regularly?	45	36	86	69	30
Do you neglect other important activities (e.g., work, study, social interactions) to spend more time on social media?	66	49	67	58	28
How often do you use social media to escape from negative feelings or emotions?	62	31	41	67	65
Have you experienced conflicts or disagreements with others due to your excessive social media use?	57	34	45	79	54
Do you feel a strong need to constantly check notifications and updates on social media?	68	43	60	50	47
How often do you check social media first thing in the morning or right before going to bed?	15	32	52	85	85
How often do you experience mood swings or irritability when you are unable to use social media?	36	26	59	93	56

Have your relationships with family or friends been negatively affected by your excessive social media use?	50	27	52	61	81
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DISCUSSION

Implications for educators, parents, and policymakers

Social media addiction in students has significant implications for educators, parents, and policymakers. Addressing this issue requires a collaborative effort and the implementation of targeted strategies to promote responsible social media use and protect students' well-being. Here are some key implications for each group:

1. Educators:

Digital Literacy Education: Incorporate digital literacy education into the curriculum to teach students about responsible social media use, online privacy, critical thinking, and digital citizenship.

Awareness and Education: Raise awareness among students about the potential negative impacts of excessive social media use on academic performance and mental health.

Promote Healthy Habits: Encourage students to take breaks from screens and engage in offline activities to promote a balanced lifestyle.

Create Safe Online Environments: Foster a positive online environment in schools and ensure that students feel safe from cyberbullying and harassment.

2. Parents and Guardians:

Model Responsible Behavior: Set a positive example by demonstrating responsible social media use and limiting screen time in front of children.

Open Communication: Encourage open and non-judgmental communication with children about their online experiences, challenges, and feelings related to social media.

Establish Boundaries: Set age-appropriate rules and boundaries on social media use, screen time, and devices, taking into account the child's maturity and developmental stage.

Monitor Online Activities: Monitor children's online activities and ensure they are engaging with age-appropriate content and social interactions.

Support for Offline Activities: Encourage participation in extracurricular activities and hobbies to promote a well-rounded lifestyle beyond social media.

3. Policymakers:

Regulations and Guidelines: Develop and implement regulations or guidelines to protect children and adolescents from harmful content and practices on social media platforms.

Digital Well-being Initiatives: Allocate resources for digital well-being initiatives, promoting responsible social media use and raising awareness about potential risks.

School Partnerships: Collaborate with educational institutions to incorporate digital literacy education into school curricula and support students' well-being.

Research and Data Collection: Invest in research on social media addiction among students to better understand its prevalence, impacts, and effective interventions.

4. Mental Health Professionals:

Screening and Intervention: Develop and implement screening tools to identify students at risk of social media addiction and provide appropriate interventions and support.

Counseling and Support Services: Offer counseling and support services to students experiencing mental health issues related to social media addiction.

5. Community and Social Media Platforms:

Promote Digital Well-being Features: Encourage social media platforms to incorporate features that promote digital well-being, such as usage tracking, notifications about excessive use, and tools for managing screen time.

Online Community Support: Create online communities and resources that offer support for individuals struggling with social media addiction, fostering a sense of belonging and understanding.

By working together and taking a proactive approach, educators, parents, policymakers, mental health professionals, and social media platforms can create a safer and healthier online environment for students. This collective effort can help mitigate the negative impacts of social media addiction and foster responsible digital habits among the new generation.

RECOMMENDATIONS FOR ADDRESSING SOCIAL MEDIA ADDICTION AMONG STUDENTS

Addressing social media addiction among students requires a comprehensive approach that involves various stakeholders, including educators, parents, policymakers, and mental health professionals. Here are some

recommendations to tackle social media addiction among students effectively:

1. Digital Literacy Education:

- Integrate digital literacy education into school curricula to teach students about responsible social media use, privacy, critical thinking, and online safety.
- Provide workshops and seminars for students, parents, and educators on the impact of social media on mental health and well-being.

2. Set Age-Appropriate Limits:

- Parents should set age-appropriate limits on social media use for their children, taking into account developmental stages and maturity levels.
- Encourage younger children to engage in more face-to-face play and offline activities to foster healthy social interactions.

3. Promote Offline Activities:

- Encourage students to participate in extracurricular activities, sports, arts, and hobbies to balance their time spent on social media with real-life experiences.
- Emphasize the importance of physical activity and spending time outdoors to promote overall well-being.

4. Digital Detox and Screen-Free Zones:

- Encourage regular digital detoxes, where students take breaks from social media for a specific period.
- Establish screen-free zones in schools, homes, and bedrooms to reduce the temptation of constant social media checking.

5. Parental Involvement and Communication:

- Encourage parents to be actively involved in their children's online activities and communicate openly about social media use and experiences.
- Promote positive and non-judgmental discussions about the potential risks and benefits of social media.

6. Peer Support and Positive Role Models:

- Create peer support groups where students can discuss their challenges related to social media and provide encouragement to adopt healthier online habits.
- Promote positive role models who use social media responsibly and authentically.

7. Social Media Well-being Features:

- Encourage social media platforms to incorporate well-being features, such as

usage tracking, notifications about excessive use, and tools for managing screen time.

- Support the development of tools that promote meaningful interactions and reduce addictive design elements.

8. Mental Health Support:

- Schools and institutions should offer counseling services and support systems to help students struggling with social media addiction and related mental health issues.

- Raise awareness about available mental health resources and encourage students to seek help when needed.

9. Positive Reinforcement:

- Recognize and reward students who exhibit responsible social media behavior and prioritize offline interactions.

- Highlight the benefits of using social media for educational and positive purposes.

10. Collaborative Efforts:

- Foster collaboration between schools, parents, mental health professionals, and policymakers to create a cohesive approach to tackle social media addiction.

- Involve social media platforms in discussions about promoting responsible use and well-being.

By implementing these recommendations, educators, parents, policymakers, and other stakeholders can collectively work towards mitigating social media addiction among students and fostering a healthier digital environment for the new generation. The key is to strike a balance between the benefits of social media and its potential negative impact, guiding students to develop responsible and mindful online habits.

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