

Internet Addiction and its Effects on Family Relationships**A Field study on a sample from Oran University Students****إدمان الانترنت و أثره على العلاقات الأسرية****-دراسة ميدانية على عينة من طلبة بجامعات وهران-**BENALI Meriem*¹, P. BOUKSAR Mansour²¹ University oran2, benali.meriem@univ-oran2.dz² University oran2, bouksara.mansour@univ-oran2.dz

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Abstract:

This paper seeks to investigate the impact of internet usage on family relationships between males and females, particularly among students at the University of Oran in the Algerian society. This latter has witnessed a significant increase in internet usage in recent years, relying heavily on this communication tool in various aspects of life. The study manifested that there is no significant difference in family relationships between male and female students at the University of Oran. However, we did find a difference in internet addiction between genders, with males being more prone to addiction. Additionally, a negative correlation was found between family relationships and internet addiction among students at the University of Oran.

Keywords: Family relationships, internet, internet addiction, university student.

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1. Introduction

The Algerian family has undergone numerous changes since the second half of the past century, in the context of demographic, economic, and social transformations. These changes have introduced new variables and values that have impacted the family's nature and both its internal and external relationships. Technological advancement is deemed one of the main factors contributing to the social and psychological changes that have affected the family, particularly in its internal relationships with children. Although the internet is a modern technological tool with many advantages, it has also become a threat to both the family and the individual. According to those concerned with family affairs, as the family is regarded as the fundamental unit of society, it is facing certain challenges that threaten its congruence and stability, with disruptions emerging in its functions. This is especially relevant regarding the family's role in sustaining relationships with children, particularly university students, who are the primary focus of this study.

Research contributors believe that good relationships between parents and children, as well as positive family interactions, are the key indicators of an individual's psychological well-being that help prevent deviant behaviors. Such relationships can also reduce the harmful effects of stress on the individual. On the other hand, weak family relationships are seen as indicators of psychological and behavioral disturbances among children. Poor personal development, manifested in weak interpersonal relationships, is considered a significant factor contributing to these disturbances in children.

Since the family functions as an integrated and balanced system of interactions among its members, any disruption to this system affects the existing equilibrium. Therefore, strong family relationships can provide children (particularly university students) with a sense of security and stability, helping them to discover and utilize their potential in ways that are beneficial.

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1.1. Research problem

Since the sample of our study consists of university students, the internet has become an integral part of their academic lives. Numerous studies have confirmed that the danger lies in the fact that the majority of internet users are university students who are still in the formative stages of education, developing independence, distinction, and building their personalities. Excessive browsing of non-academic websites, such as Facebook and Messenger, leads to negative consequences, starting with poor academic performance, progressing to isolation and loneliness, and eventually resulting in internet addiction. Consequently, many of the values and standards that once governed family relationships and social interactions until recently have begun to change.

Through extensive research in this area, particularly on the issue of internet addiction and its effects on family life we came across a remarkable study conducted by Ibrahim (2015) on the impact of internet addiction of family relationships. The study concluded that there is a relationship between internet addiction and psychological alienation, as well as a relationship between internet addiction and social isolation among students at the University of Oum El Bouaghi. Another noteworthy study is the one conducted by Mazghrani and Hamri (2020), which manifested a negative correlation between social media addiction and personal and family adjustment among students at the University of Oran. It also yielded that there is no significant differences in the level of addiction based on the student's gender. In light of the aforementioned studies and research, we observe that most of them focus on the negative impact of internet addiction on the psychological health of university students, particularly concerning psychological symptoms, isolation, and depression. However, few studies have examined the influence of family relationships on internet addiction among university students. Hence, the research problem for this study emerges, aiming to explore

the nature of the relationship between family relationships and internet addiction among students at the University of Oran.

1.2. Research hypothesis

- There are statistically significant differences in family relationships between males and females.
- There are statistically significant differences in internet addiction between males and females.
- There is a statistically significant correlational relationship between family relationships and internet addiction.

2. Research concepts

2.1. Family relationships

A. **Terminologically:** In the realm of social sciences, family relationships and bonds are defined as "the close connections between members of a family unit, starting with the head of the household and including the mother and her spouse, as well as the father and his children, and the mother and her kids. The bonds between family members are grounded in both natural and social foundations, governed by rules that define the rights, duties, obligations, and mutual responsibilities individuals have toward each other. (Attef, 1979, pp. 181-182). It reflects an individual's perception of being part of a cohesive and stable family life characterized by love, affection, understanding, trust, support, happiness, and the desire to be present in a home where family harmony and social interaction among members are fostered (Al-Baqi, 2010).

In our point of view, family relationships can be defined as the mutual interaction among family members that endures over an extended period through communication and the exchange of rights and duties—between the father and mother on one hand, between them and their children on another, and among the children themselves on yet another level.

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B. Operationally: It is the score obtained by a university student on the Family Relationships and Cohesion Scale by Moos, as used in this study.

2.2. Internet Addiction

A. Conceptually: It is the psychological dependency on consistently engaging with the internet for extended or increasing periods, without professional or academic necessity, often at the expense of these essential responsibilities and others. This behavior becomes compulsive, making it challenging to quit without therapeutic assistance to manage withdrawal and psychological symptoms (Nouf & Saleh, 2018, p. 24).

B Operationally: It is the total score a university student obtains on the Internet Addiction Scale by Kimberly Young (1998), as used in this study.

2.3. Internet

It is a global communication system for transmitting data across various types of media. It can be described as a worldwide network that connects different networks—whether private, public, commercial, academic, or governmental—through wireless technologies or fiber optics. The computer uses the Transmission Control Protocol/Internet Protocol (TCP/IP), which provides a host enabling internet access. The internet has elevated the standards of regular networks to global standards (Abdullah, 2010, p. 15).

2.4. The university student

A **student** is defined as an individual who pursues their studies and attends courses at a university or higher educational institution. For example, we might say: a medical student, a literature student, a philosophy student (1992, p. 368). Additionally, a student is defined as an individual who has chosen to continue their academic and professional education, bringing with them a set of values and orientations shaped by other educational institutions.

The university is supposed to prepare them for higher life, as noted by Coulon Alain (2003, pp. 222-223).

A university student as seen by the researchers represents both the inputs and outputs of the university educational process.

3. The theoretical background of the study

3.1. The concept of family relationship

Family relationships are considered one of the most important elements that support the family in fulfilling its roles and responsibilities. These relationships contribute to achieving the family's functions and objectives, creating an atmosphere of consolidation and affection among its members. An individual lives within a network of relationships and cannot be viewed or considered in isolation from the group to which they belong. Since family relationships are the first social relationships, they have a profound impact on the individual's personality and are, in turn, influenced by any external changes affecting the individual.

Family relationships represent long-term reciprocal interactions between family members, facilitated through communication and the exchange of rights and responsibilities. According to Tawfiq (1998), family relationships are defined as the connections between a group of individuals who are linked by blood and kinship. These relationships begin with the marriage of two individuals and expand to include children and the relatives of both the husband and wife (Bent Farih, 2003, p.48).

3.2. Types of family relationships Family relationships are divided into two types:

3.2.1. Internal family relationships It consists of: (Hanane, 200, p 61)

The relationship between husband and wife The relationship between spouses depends on the emotional fulfillment of both, the raising of children, family economics, home

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maintenance and housekeeping, and the marital bond, which is based on marital and sexual rights.

The relationship between parents and their kids The relationship between parents and their kids is important in the formation of the children's personality and their relationship with each other

The relationship between the kids (brothers and sisters) The relationship between siblings affects the emotional growth and personality formation of each of them, as the importance of this relationship is embodied in the comfort, security and reassurance.

External relationships The relationship between family members and other relatives through blood and marriage consists of social relationships based on true or artificially constructed blood ties, as well as the belonging of two or more people to a common ancestor or their belief in having a shared ancestor they are descended from. External family relationships are represented in a kinship system with six kinship circles in Algeria, according to a study conducted by El Aid Debzi and Robert Dekloater. These six kinship circles include:

1. **Primary kinship:** Represented by grandparents, parents, married and unmarried children. (Dankel, p. 130)
2. **Secondary kindship:** Consisting of uncles, aunts and cousins.
3. **Maternal kindship:** Including maternal grandparents, uncles, aunts and their children.
4. **Affinal Kinship:** consisting of kinship through male ancestors, such as the grandfather's paternal grandfather.
5. **Paternal Cousin Kinship:** This includes lineage descending from male ancestors of the fourth, fifth, and sixth generations, all tracing back to a common ancestor.

6. **Paternal Lineage Kinship:** This includes primary and secondary kinship through the father's side, specifically involving the paternal aunt and her children.

3.3. The importance of family relationships in maintaining the family well-being

The family serves as the essential foundation of society. When family relationships are strong and healthy, the family achieves greater stability, fostering a secure environment that supports children's emotional and psychological well-being. Any conflict between parents is perceived by the children, even if it does not occur in their presence, leading to a loss of emotional balance. This results in the children becoming emotionally unstable and prone to mood swings.

This is supported by a study conducted by Khalil (2000), which manifested that a close-knit family provides a greater sense of security for its children, positively impacting their psychological well-being. Furthermore, this sense of security encourages them to engage with life outside the family and interact with the society positively. Additionally, the attitudes and emotions prevailing among family members are reflected in the attitudes, feelings, and thoughts of the children. The more an individual feels secure at home, the better equipped they are to face life's challenges in the future. The nature of family relationships significantly influences the social and emotional adjustment of children and adolescents.

Moreover, weak relationships and the breakdown of bonds between spouses and children, and the lack of love among them are among the main reasons leading to negative impacts on children and academic underachievement. (Abdelwahed, 1993, 80).

3.4. The nature of family relationships in the contemporary Algerian family

Numerous social, economic, and technological changes have occurred in Algerian society, which have impacted the modern Algerian family. The family structure has transformed, and the family size has diminished, resulting in a simple nuclear family consisting of the husband, wife, and their children. Additionally, the role of women has changed, allowing them to take

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the initiative in managing their private lives while avoiding sharp conflicts with their extended family or social environment. This shift has been supported by several factors, including education and employment. However, despite these advancements, women still strive to maintain family balance alongside the decline of paternal authority in the current Algerian family.

Due to these various changes experienced by the Algerian society as a whole and the Algerian family in particular, the dynamics of internal relationships within the family have also changed. The man remains the head of the family and is responsible for it, but this role is no longer the same as it was in the traditional extended family. This indicates the extent of change in the man's authority. A new development in the relationships between spouses is the emergence of a more open dialogue compared to the past. Regarding the relationship between parents and children, changes have occurred that emphasize freedom, relative equality, and democracy, focusing on understanding rather than fear and intimidation as was the case in the past.

As for the relationship between siblings, particularly between brothers and sisters, despite the changes that have affected the family structure, certain reservations remain evident in the interactions between males and females, especially during adolescence. Contemporary living conditions have led individuals to gradually reduce the extent of their relationships, which has negatively impacted the social responsibilities and familial duties of each family member (Boutefnouchent, p. 259).

3.5. The concept of internet addiction

3.5.1. The concept of addiction

"It is the habitual use of something or the compulsive need for its use." (Ezzat, 2010, p 203).

3.5.2. The concept of Internet Addiction :Excessive use of the Internet for prolonged hours, more than 3 hours per day, and the inability to abstain from it for a brief period of a few hours or limited days, results in the emergence of various problems in the individual's life. (Eldemerdash, 1982, p.23)

Faltore note that internet addiction refers to a phenomenon where an individual is unable to control their internet usage, ultimately leading to significant distress and functional impairment in daily life. (2014, p272)

We assert through this study that any behavior by an individual is considered normal if it aligns with established cultural and social norms and is appropriate for their level of physical and cognitive development. However, if the behavior exceeds these norms and becomes excessively repetitive, it is classified as deviant. Engaging with the internet can be considered normal and beneficial for the psychological and cognitive growth of an individual when it falls within these healthy boundaries. However, if internet usage exceeds these norms and intensifies into significant deviation, it becomes disordered behavior, commonly referred to as internet addiction.

3.6. Causes of internet addiction

Among the reasons for internet addiction are family breakdown, lack weak family bonds, distance from social activities, and self-centeredness. Individuals who have adequate social support or social backing are less likely to engage in internet addiction, unlike those who experience limited social support, as they may turn to the internet to cope with feelings of loneliness. Moreover, personality traits or gender do not significantly influence internet addiction. (Ezzat, 2010, p.609)

Users of the internet can be divided into two main categories: the first group aims to achieve specific goals with high precision, while the second group uses the internet primarily for excitement or to fill their free time. A significant portion of this second group consists of

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younger individuals, including adolescents and university students, which increase the likelihood of negative effects due to the extended time they spend in front of screens.

As it may refer to a negative correlation between the duration of internet usage and interpersonal communication, suggesting that increased time spent online is associated with diminished real-world interactions with others (Young, 2007, p.03). Furthermore, studies have demonstrated that internet users often experience a decline in familial interactions, which reflects a broader reduction in family relationships. This phenomenon is particularly pertinent to the unique developmental characteristics of adolescents and university students, who are especially vulnerable to social isolation. Consequently, the amount of time these individuals engage with their families or participate in social activities is significantly reduced (Assaf, 2005, p.68).

3.7. Damages of internet addiction: The damages and negative effects that may be incurred by internet addicts can be summarized as follows:

Health and physical damages: such as sleep disorders, eating disorders, eye diseases, lethargy, obesity, and body sagging, that can lead to complications such as heart diseases and others.

Psychological health damages: such as depression, isolation, family, financial, and possibly academic problems.

Family damages: the Internet affects family and emotional relationships, as the addict spends less time with their family, leading to increased family problems and decreased trust between spouses.

Social damages: Isolation, loneliness, lack of social activity, breakdown of some personal relationships.

Academic and educational damages: Internet addiction has been the main reason for the failure or expulsion of students who were previously successful in schools and universities.

Moral and educational damages: the moral causes for internet addiction are closely lined with its educational impacts, as each may serve as both a cause and an effect of the other.

Financial damages: Whether due to the tendency to frequently purchase devices or subscription fees or from subscribing to websites in order to access visual and audio content. (al-Jabliyah, 2016, p.305).

Based on the aforementioned studies that explored the negative effects of Internet addiction on individuals, particularly university students, and highlighted its harmful impacts, it becomes apparent that the solution is not to oppose the internet itself. However, ignoring the negative consequences of this phenomenon is not a viable option, as it risks impairing the minds of entire generations and leading to family and social disintegration, among other concerns. Thus, proactive measures are necessary, establishing guidelines and boundaries for internet use before the situation escalates.

4. The Practical part

4.1. Research methodology

The researcher adopted the descriptive correlational method to investigate and analyze the relationship between family relationships and internet addiction, and to understand the effect of the former on the latter and how the latter is influenced by the former. The aim of the correlational descriptive method is to understand and describe the phenomenon or to establish and analyze the relationship between the study variables in order to reach practical results. (Chahine, 2021, p.344)

4.2. Research sample and population: The sample was selected from the population of university students in the city of Oran using a convenience sampling method. The total sample size was 300 students, consisting of 150 females and 150 males.

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4.2.1. Gender

The table N° (1) shows the study specifications in terms of gender.

Gender	Frequency	Percentage
Female	150	50%
Male	150	50%
Total	300	100%

4.2.2. Educational level

The table N° (2) shows the study specifications in terms of educational level.

Educational level	Frequency	Percentage
1st year	80	26,66%
2nd year	70	23,33%
3rd year	102	34%
4th year	30	10%
5th year	18	6%
Total	300	100%

4.3. Distribution on universities

The table N° (3) shows the study specifications in terms of distribution on universities

University	Frequency	Percentage
Taleb Mourad Salim	60	20%
Mouhamed ben Ahmed	64	21,33%
Ahmed Ben Bella	70	23,33%
University of Islamic Sciences	58	19,33%
Ahmed Boudiaf	48	10%

Total	300	99,97%
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5. Spatial and temporal boundaries of the study: The study was conducted within the spatial limits of the universities of Oran city, encompassing a sample of university students from all the disciplines available at the universities in Oran. The time frame of the study extends from October 4th to July 20th, 2018.

6. Study tools: The researchers relied on the following scales:

1. Scale of family relationships and congruence between family members by "Moos" (1974) translated by "El-Sayed & El-Faqi" (1980).
2. Internet Addiction Scale of Kimberly Young (1998).

6.1. Description of the Moos Family Relationship and Congruence Scale

The 'Moos' scale was developed in 1974 and translated into Arabic by Fathi Al-Sayed and Hamad Al-Faqi in 1980, with a standardization for the Arab environment (Kuwaiti society). This scale aims to identify the prevailing relationships and attitudes among family members and includes 90 items distributed across 10 dimensions (aspects). The researchers relied on these three scales of family relationships in this study because they align with the theoretical framework and objectives of the current study. The dimensions of the family relationships scale aim to reveal the extent to which family members feel a sense of belonging, pride, and honor in belonging to their family. It also examines the extent to which the interaction conflict among individuals is a characteristic of specific families. The scale consists of positive items only. (Ayyash 2015, p.92)

6.1.1. How to assign weights : The family relationships test was designed with alternatives for each item in the scale, which are (applicable, not applicable). The weights for these alternatives were set as (0, 1), where the scores range from 0 to 54. The scale consists of positive items only.

6.2. Internet addiction scale of Kimberly Young

In order to achieve the research objectives, we designed an internet addiction test that was introduced in 1996 at the University of Bradford, USA, by American psychologist Kimberly Young. This test was adapted from the Gambling Addiction Scale to fit the internet usage. The final version was established by the researcher in 1998, including 12 new items that measure the problems arising from excessive internet use. The test consists of 20 items and uses a six-point rating scale. In 2004, Widyanto and Mcsurian selected the psychometric properties of this test using a sample of 86 individuals (29 males and 57 females). The factor analysis revealed that it is a multi-factor test, comprising: compulsive use of the internet, resultant problems, tolerance (the ability to withstand internet use issues), and denial (of the negative effects of the internet). These factors showed good internal consistency and concurrent validity.

As for reliability, the scales showed moderate to good internal consistency, with Cronbach's alpha ranging from 0.54 to 0.82 (Ma'jel, 2016, p.15). In order to apply this test in the current research, we translated it from English into Arabic and then presented it to a group of reviewers (professors in psychology) to gather their opinions.

6.2.1. How to assign weights (internet addiction scale)

The internet addiction test applied in this research was designed with 5 response option for each item, which are; (Rarely, sometimes, often, very often, always). So as to score the scale, the response options correspond to the following scoring system: (5, 4, 3, 2, 1) for all items. The total score for an individual on this test is calculated; where the maximum score a university student can achieve on this scale is 95 points, referred to as the ceiling of the scale, and the minimum score is 19 points, referred to as the floor of the scale. Thus, the scores range from [19 to 95 points]. The scale consists of positive items only. The score is calculated

as follows: (total score divided by 2), with a high score (greater than half of the total score) indicating Internet addiction, while a low score (less than half of the total score) does not indicate internet addiction.

6.3. Psychometric feature of Family Relationship and Congruence Scale: We assessed the psychometric properties of the family relationships scale by applying it to a pilot sample of 100 university students. The results were as follows:

A - The scale reliability: To calculate the reliability of the family relationships scale, the researchers applied the Cronbach's alpha equation, which was estimated as follows:

- The reliability coefficient for the congruence scale was: 0.70
- The reliability coefficient for the family interaction conflict scale was: 0.64
- The reliability coefficient for the independence scale was: 0.66

B- Validity of the scale: To calculate the validity of the scale, the researchers computed the self-validity, which is the square root of the reliability coefficient. The results were estimated as follows:

- The validity of the congruence scale was: 0.83
- The validity of the family interaction conflict scale was: 0.80
- The validity of the independence scale was: 0.81"

6.4. Psychometric feature of Internet Addiction Scale of Kimberly Young

We assessed the psychometric properties of the internet addiction scale by applying it to a pilot sample of 100 university students. The results were as follows:

A. **Validity:** The validity of the scale was confirmed through the internal consistency method. The correlation coefficients between the items and the overall scale ranged from 0.72 to 0.81, while the correlation coefficients for the dimensions with the overall scale ranged from 0.73 to 0.89, with significant correlation coefficients at the 0.05 level.

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B. Reliability: The reliability of the scale was confirmed by calculating Cronbach's alpha, which was estimated at (0.86). As for the dimensions, the reliability coefficients were as follows: 0.87.

7. Results and discussions

7.1. Discussions of the first hypothesis:

The hypothesis states that there is a statistically significant difference in family relationships between males and females. To test this hypothesis, the T- test for independent samples was used, and the results were as follows:

The table N° (4) displays the differences in family relationships in between the two genders

Gender	Frequency	Arithmetic mean	Standard deviation	T	Level of significance
Males	150	44.29	4.11	123	Not significant
Females	150	44.54	4.24		

The Table (4) shows that there are no statistically significant differences in family relationships between males and females; therefore, we conclude that the first hypothesis is not confirmed. This result is consistent with the study by Mohantrt Aggrwel (2013), which examined the effect of perceived social support on life satisfaction among university students in light of gender differences. The study sample consisted of 100 students (50 females and 50 males) from 4 different departments at the University of Delhi in India, with ages ranging from 22 to 25 years. Among the findings of the study was the lack of differences in perceived social support from family based on gender. (Afana, 2018, p.29)

The obtained result also differs from the findings of the study by Al-Tawarna and Al-Faniqh (2013), which involved a sample of 591 students from the University of Qassim in Saudi Arabia. The aim of the study was to investigate the impact of the internet on academic achievement, social adjustment, depression, and communication skills among university students. Among the findings of the study was that there are statistically significant differences in social adjustment related to the hours of internet use in favor of male students, indicating that males are more affected by family relationships when using the internet compared to females. (Muhammad, 2014, p.18)

The result manifested by this study indicates that the university stage lies between adolescence and adulthood. During this period, the university student experiences a critical time where they need to communicate with individuals and peers and establish new relationships. Success in this endeavor boosts their self-confidence, success, and excellence, thereby expanding their relationships from family members (father, mother, sisters, brothers) to a group of peers from different cultures and communities. Consequently, their interests and communications broaden, as both genders in university seek to form new relationships and immerse themselves in various cultures.

Therefore, there are no differences in family relationships between males and females. In other words; there is no difference in the sense of family relationships and parental support among university students in Oran. What matters the most to university students at this stage is their peer group, establishing various relationships, and opening up to a new world filled with different cultures. Before university, female students were more aware of family relationships than male students, in our view, because girls in the Algerian society are surrounded by caregiving practices that emphasize their nurturing. As a result, the duration of communication with parents, especially mothers, tends to exceed that of males.

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7.2. - Discussions of the second hypothesis: This hypothesis states that there are statistically significant differences in internet addiction between males and females. To test this hypothesis, the t-test for independent samples was used, and the results were as follows: **The table N° (5) displays the differences in internet addiction between the two genders**

Gender	Frequency	Arithmetic mean	Standard deviation	T	Level of significance
Males	150	38.48	11.68	3.48	significant at: 0.01
Females	150	35.86	10.86		

It becomes apparent from table (5) that there is a statistically significant difference at the 0.01 level in internet addiction in favor of males. This result is consistent with the findings of the study conducted by Kidd et al. (2014), which aimed to identify the behavioral characteristics of internet addicts among university students in Beijing. The study was conducted on 811 university students, and among its findings was that the rate of internet addiction among males was higher than that among females. (Saad, 2016, p.70)

The results of the current study differ from those of the study by Yassin et al. (2010), which aimed to investigate the potential of self-esteem levels to predict internet addiction. The sample consisted of 451 students from Ain Shams University in Egypt, and among the findings of the study was that there were no differences between genders in terms of internet addiction. (Mansour, 2014, p.305).

Moreover, our results also differ from those of the study by Ma'jel (2011) titled 'Internet Addiction and its Relationship with Some Variables at the University,' which found no

statistically significant differences based on gender in Internet addiction. (Hawashin, 2018, p. 368).

The results obtained indicate statistically significant differences in internet addiction among university students in Oran in favor of males. And this result is quite logical. Males have greater opportunities to access the internet both at home and outside, at any time they wish. Additionally, males are more inclined toward culture, entertainment, and discovering new inventions and technologies, and they possess a strong motivation for exploration and adventure. Furthermore, males are generally more confident in their ability to operate computers, download software, and explore new things on the internet, and they maintain more social connections than females, which allows them to use the internet more extensively than females.

7.3. - Discussions of the third hypothesis

The third hypothesis states that there is a statistically significant correlational relationship between family relationships and internet addiction. To test this hypothesis, the correlation coefficient 'r' was calculated. The results of the statistical analysis, as shown in Table (6), indicate the existence of a correlational relationship between family relationships and internet addiction. The results were as follows:

Variables	Internet addiction		
Total score	Sample	R	Level of significance
	300	0.23	Significant at: 0.01

The Table (6) clearly shows that there is a statistically significant negative correlation at the 0.01 level between family relationships and internet addiction. This means that as family congruence increases, the level of internet addiction decreases. This result is consistent with the findings of Young (1996), which manifested that internet addiction is associated with many negative factors such as isolation, introversion, disconnection from society, even from

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family, emotional detachment, and can lead to social isolation. The study showed that university students are the most affected and addicted to the internet. (Kadouri, 2015, p.280) The result obtained indicates that family plays a crucial role in the development of the social behavior and communication skills. For university students, parents are the primary sources of affection and care. Additionally, social interaction among family members plays an important role in learning social behaviors and acquiring values. The quality of the interactions between university students and their families affects their self-confidence and self-esteem. Moreover, positive family interactions are a significant indicator of the mental health of university students and help avoid negative behaviors such as introversion, depression, and feelings of frustration, which may lead students to escape from their lived reality and seek virtual relationships.

8. Conclusion

Accordingly, family is primarily responsible for the psychological disorders and behavioral problems that arise in children due to disturbed interactions within the family system, as well as dysfunctional family relationships and the inability to resolve personal issues among family members. The conflicts between individuals within the family contribute to feelings of influence and weakness in managing their emotions, leading to high levels of psychological distress and a lack of ability to build positive social relationships with others. Consequently, they may be less capable of exercising self-control over their behaviors, which can lead them toward deviant behavior and addiction.

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