

The Impact of Using Internet on the Behavior of the Students Enrolled at The University of Jordan

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Abstract

The present study aimed to identify the impact of using internet on BA students at The University of Jordan in the behavioral areas. It also aimed to identify the impact of using internet on students in terms of social and family relationships. In addition, it aimed to explore the psychological and social impacts of using internet on students. The researcher adopted the social survey-based approach and chose a random sample. The sample of the study consisted of fifty (50) female and male students who were enrolled at The University of Jordan. The researcher designed a survey to meet the goal of the study. The survey consists of sixteen (16) items, and it targets two areas, which are: the impact of using internet on the social areas, and the impact of using internet on the psychological areas.

Some of the results shed light on the impact of using internet on university students in social aspects. Based on the latter results, the highest value belongs to the item suggesting that internet is used by the respondents as a means to run away from the problems and get rid of stress. They show negligence in doing family chores in order to use internet, as they spend more time talking to friends and relatives through internet more than talking to them face to face. Some of the results shed light on the impact of using internet on university students in psychological aspects. Based on the latter results, internet is a means for running away from problems and getting rid of stress. The respondents feel self-confident when using internet and communicating with others; however, they face sleep-related problems due to using internet, and feel less energetic when they don't use the internet. The results showed that most of the respondents use internet for a duration that is less than two hours, and most of them are males, and that the least percentage of respondents use internet for a duration that falls under the category: (four hours - less than 6 hours). Most of those respondents are females. Thirteen students use internet for six hours or more, and most of them are males. The results shed light on

the relationships between academic programs and opinions about using internet, where the most positive results are shown by the fourth year students, while the most negative ones are shown by the first year students.

The researcher offered a set of recommendations

Keywords: Internet, University Students, Behaviors.

تأثير استخدام الإنترنت على سلوك الطلبة الملتحقين بالجامعة الأردنية

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ملخص

هدفت الدراسة الحالية إلى التعرف على أثر استخدام الإنترنت على طلبة البكالوريوس في الجامعة الأردنية في المجالات السلوكية. كما هدفت إلى التعرف على أثر استخدام الإنترنت على الطلبة من حيث العلاقات الاجتماعية والأسرية. بالإضافة إلى ذلك، هدفت إلى استكشاف الآثار النفسية والاجتماعية لاستخدام الإنترنت على الطلاب. واعتمدت الباحثة المنهج القائم على المسح الاجتماعي واختيار العينة العشوائية. تكونت عينة الدراسة من خمسين (٥٠) طالباً وطالبة من الملتحقين بالجامعة الأردنية. وقد صممت الباحثة استبانة لتحقيق هدف الدراسة. يتكون الاستطلاع من ستة عشر (١٦) عنصراً. ويستهدف مجالين هما: أثر استخدام الإنترنت في المجالات الاجتماعية، وأثر استخدام الإنترنت في المجالات النفسية، وألقت بعض النتائج الضوء على أثر استخدام الإنترنت على طلاب الجامعة في النواحي الاجتماعية، وبناء على النتائج الأخيرة فإن القيمة الأعلى تعود إلى الفقرة التي تشير إلى أن الإنترنت يستخدم من قبل أفراد العينة كوسيلة للهروب من المشكلات والتخلص من التوتر، وأظهر أفراد العينة الإهمال في القيام بالواجبات الأسرية من أجل استخدام الإنترنت، ويجدون صعوبة في الامتناع عن استخدام الإنترنت، فهم يقضون وقتاً أطول في التحدث مع الأصدقاء والأقارب عبر الإنترنت أكثر من التحدث معهم وجهاً لوجه، وألقت بعض النتائج الضوء على أثر استخدام الإنترنت على طلبة الجامعة في الجوانب النفسية، وبناءً على النتائج الأخيرة فإن الإنترنت وسيلة للهروب من المشاكل والتخلص من التوتر، يشعر أفراد العينة بالثقة بالنفس عند استخدام الإنترنت والتواصل مع الآخرين، ويواجهون مشاكل متعلقة بالنوم بسبب استخدام الإنترنت، ويشعرون بأنهم أقل نشاطاً عندما لا يستخدمون الإنترنت، وأظهرت النتائج أن معظم أفراد العينة يستخدمون الإنترنت لمدة تقل عن الساعتين، ومعظم هؤلاء المجهين هم من الذكور، وأقل نسبة من أفراد العينة يستخدمون الإنترنت لمدة تقل عن ساعة:

(أربع ساعات - أقل من ٦ ساعات)، معظم هؤلاء المستجيبين هم من الإناث، ويستخدم ثلاثة عشر (١٣) طالباً الإنترنت لمدة ست ساعات أو أكثر، ومعظم هؤلاء المجيبين هم من الذكور. وألقت النتائج الضوء على العلاقات بين البرامج الأكاديمية والآراء حول استخدام الإنترنت، حيث النتائج الأكثر إيجابية تظهر من قبل طلاب السنة الرابعة، والنتائج الأكثر سلبية تظهر من قبل طلاب السنة الأولى. وقدمت الباحثة مجموعة من التوصيات.

الكلمات المفتاحية: الإنترنت، طلاب الجامعة، سلوكيات.

Introduction:

Internet affected all categories of people in society, especially students. It became available in all places to facilitate its use and make it accessible for all. It can be surfed through using cellular devices. It is characterized by its comprehensiveness and breadth. It led to making radical changes to various aspects of life.

Internet is "a group of interconnected computer networks. These networks may be Local Area Networks (LAN), which refer to a group of computers close to each other and share physical equipment such as (printers). They may be wide area networks (WAN) which refer to a group of computers connected together through cables, telephone lines, high-speed data lines, or satellites, and sharing the same physical and information resources. (Al-Qadi et al., 2000)(Cited in Awwad 2006, p. 1).

Internet offer many services, including the e-mail service, chatting, discussion group service, entertainment, information search service, and etc... Those services affect individuals, especially young people. Some of the services offered via Internet suitable for life and human needs. Hence, the use of Internet requires being careful, having objective and systematic follow-up on the part of everyone. (Hamdan, 2006).

Al-Farah (2004) (cited in Awwad, 2006)) adds that Internet addiction can be defined as an excessive attachment to Internet, the compulsive desire to use it, and

a feeling of poor ability to self-control, which results in the emergence of symptoms including a low level of productivity, and disturbed social and psychological relationships.” neglect of domestic responsibilities and social isolation Despite the positive impact of Internet on youth, who represent the most groups interacting with it, which includes the development of means of communication and raising their efficiency and effectiveness, and in facilitating the processes of human communication in societies, and in terms of interactivity in the exchange of information, and the mobility in transferring communication from one place to another easily, and the prevalence and spread In global societies, and among the advantages of the services they provide in terms of educational means and increasing their importance, increasing education and knowledge, ease of communication with parents and others, spending free time and not feeling bored, following the news and everything that happens easily, saving the cost of communication through the phone, especially with parents and expatriates In addition to knowing what is happening all over the world in terms of political and sports news, and the ability to browse all newspapers and news sites easily, communicate with friends at workplace and outside the workplace, obtain information about personal development, and make new friends through joining forums, and chat rooms and playing games.

Despite the positive impacts of using internet, such use has negative impacts on various aspects of life. Such use led to the emergence of problems and disturbances that affects various aspects of life. It contains many bad sites that promote pornography. It has serious negative impact on raising up children. It contributed the increase of crime rate on a large scale. It may be used by drug and arms dealers and other terrorists to meeting their goals (Al-Shamayleh, 2006).

The disadvantages of using Internet include the absence of the sense of time while using it, facing the probability of exposure to harassment and getting influenced by some bad ideas, including the ideas of political or religious extremists. People can't eliminate such negative impacts. However, they can identify their effects on university students in terms of social relationships.

Statement of the Problem:

Information and communication technology (ICT) led to major effects in various societies. It has been spreading much and became prevalent in all societies amongst various age groups. It facilitates creating social relations, and the engagement in entertainment activities. It has impacts on the behavior and social, family and psychological relationships of youth. The present study aimed to shed a light on this issue through identifying the impact of using Internet on the behaviors of Jordanian university students.

The problem of the study is represented in the question below:

- What is the effect of using Internet on the behavior of the students enrolled in the University of Jordan?

The Study's Questions:

The present study aimed to answer the questions that are shown below:

- 1- What is the impact of using Internet on the behavior of university students in terms of social aspects?
- 2- What is the impact of using Internet on the behavior of university students in terms of psychological aspects?
- 3- What is the relationship between gender and the number of hours spent on using Internet?
- 4- What is the relationship between university year and attitudes towards the impact of using Internet?

Significance of the Study:

The present study is significant, because it sheds a light on an important and modern topic. This topic is represented in the impact of Internet use on students in behavioral, The present study is significant because this topic has been receiving much attention by sociologists. It is significant because it allows one to understand the extent of change that occurred to people's behavior due to use the internet.

The importance of the study stems from the importance of the researched category, which is university students, and the importance of studying the impact of the Internet on the social relations of university students in terms of (social, family and psychological change), and determining the negative effects of using the Internet on the individual and society. The present study is significant, because it encourages researchers to conduct similar studies. It is significant because it provides organizations and specialists with useful information that can be used to activate the role of social media in making positive changes in society. *It is significant, because its results can be used to launch awareness-raising programs about the pros and cons of social media.*

Objectives of the Study:

The researcher of the present study aimed at:

- 1- Identifying the effect of using Internet on the behavior of the students enrolled at the University of Jordan in terms of social aspects
- 2- Identifying the effect of using Internet on the behavior of the students enrolled at the University of Jordan in terms of psychological aspects
- 3- Exploring the relationship between gender and the number of hours of Internet use.
- 4- Exploring the relationship between the university year and the opinion of the effect of using Internet.

Definition of Terms:

Behavior: Abu Gharaibeh (2006, p. 69) defines behavior as “a type of activity that a person performs and can be observed, whether by means of measurement or through external observation.” It is also defined as "the total psychological, physical, motor, physiological and verbal activity emanating from a person while interacting with and interacting with his environment."

Internet: It is an invisible electronic world that spreads around science. It emerged in Japan. Then, it spread in the Far East and ending with Americans in the West. It consists of individuals and groups gathered around their computers.

Those individuals and groups benefit from the vast and diverse sources of information and exchange knowledge and expertise through communicating with each other with multiple search machines that are available to all families, children and academics. (Hamdan, 2006).

The social relationship: Al-Bandari (2003) (cited in Sari, 2005)) defines it as “a picture that depicts the social interaction between two or more parties, so that each party has an image of the other, which affects negatively or positively on the judgment of each of them for the other, and from pictures These relationships: friendship, family and kinship ties, business associates, acquaintances or friends, and solitude”

Social relationship (operational definition): It refers to the relationships that surround the individual and without which he cannot continue, namely the family, then relatives, and friends.

University students: They refer to the students enrolled in the BA program at the University of Jordan. They were enrolled during the first semester of the academic year 2022-2023.

Theoretical framework:

Internet

The early beginnings of Internet go back to 1969 under the name ARPANET in the United States of America. Internet was used by the Ministry of Defense. It was designed to support military research in this ministry and witnessed a set of transformations to eventually become an international communications network. (Abdul-Hadi, 1996) (cited in Al-Latif and Al-Majeed, 2003, p. 16).

The National Science Authority assumed supervision of the main network of Internet in 1986, then the supervision shifted to the private sector in April, 1995. Commercial services were provided for the first time on the network, and in the same year the number of networks connected to Internet was estimated at about five thousand networks, and the number of computers connected to Internet reached to ten million computers approximately. This number increased. In 2000,

it reached ninety-three million computers. (Al-Bandari, 2003) (cited in Al-Latif and Al-Majeed, 2003).

Dimaggio (2001) (cited in Sari, 2005) defines that Internet “is that electronic network consisting of a group of networks that connect people and information through computers and digital devices, allowing communication between one person and another, and allowing the retrieval of this information.”

The educational activities via Internet (Al-Latif and Al-Majid (2003) include:

- 1- Acquiring information from all over the world.
- 2- Communicating and exchanging information

The use of Internet has several advantages. Such advantages include: offering flexibility in terms of time and place. They include: offering the possibility of reaching a larger number of audiences around the world. They include offering the ability to develop programs fast. They include: facilitating the development of curricula and reduction in the material costs.

The benefits and dangers of Internet, as indicated by Hamdan (2006):

These benefits are summarized as follows:

- 1- Access to vast and rich sources of information that are often unavailable to some people.
- 2- Provides hot information (that is, that appeared at the last moment).
- 3- Enable individuals to develop their abilities to understand and evaluate the validity of information.
- 4- Provide individuals with enjoyable recreational opportunities.
- 5- Provide individuals with opportunities to learn new and useful skills.

As for its disadvantages of using Internet (Hamdan, 2006), they include: the following

- 1- Internet makes it easier for individuals to find porn sites.
- 2- Internet facilitates the creation of sites that promote hatred, violence, drugs and fanaticism.
- 3- Internet sometimes offer incorrect information.
- 4- Internet include harmful commercial ads (such as alcohol and cigarette ads).

- 5- Internet facilitates the access to games that includes violent content and extremist ideas.

Internet and Social Interaction

Social interaction refers to cognitive processes, feelings, and behaviors that take place between the connected parties. Through social interaction, parties exchange messages with each other in a specific social situation in time and space, and the behavior of each party is an alarm for the behavior of the other party. (Sari, 2005). Communication via Internet has brought about a tangible change in the nature of family and family interaction. It led to having a decline in the amount of time spent by young people sitting, talking and interacting with their families.

Internet and psychological dimensions

The role played by Internet in the process of building and shaping a person's self in modern societies, in which reliance on the use of Internet has increased in an unprecedented way, and one of the most problematic issues is the issue of linking self-building through Internet with self-satisfaction and increasing self-confidence. Internet has been playing vital roles in the psychological lives of young people. It boosted their self-confidence. It helped them in identifying themselves and talking about their psychological and social problems that disturb them and cause them psychological distress (Sari, 2005).

Human Behaviour

Human behavior refers to all kinds of activities that are carried by one while interacting with the environment, his familiarity with it, and his upbringing in it, which are the actions and reactions between individuals residing in an appointed society, and it is the basic means of communication between them, and human behavior is affected by many factors, including what is inherited, and what is instinctive. The instinctive is a reflex of what is learned. (Abu Gharaibeh, 2006). The classifications of human behavior (Abu Gharaibeh (2006) include:

- 1- Inherited behavior (hidden or not apparent): It refers to all the permanent actions that are carried out by one without having an external influence. One organ or several ones engage in carrying out this behavior in the aim of stressing the whole body. It is called internal behavior.
- 2- Instinctive behavior: It is the type of behavior that is carried out to meet a strong innate motive in order to preserve the whole entity, and orders interfere with it, such as fighting when angry and fleeing when afraid.
- 3- Reflexive behavior: It is an apparent behavior. It requires having previous experiences. It's carried by a person who is going through the experience. It mostly occurs without will, such as: withdrawing the hand when seeing fire and screaming when feeling pain.
- 4- Procedural behavior: This behavior is as close as possible to involuntary behavior, except that it does not respond to specific stimuli in the environment. According to the results of this behavior and this behavior is affected in turn by those variables, especially those that occur in the behavior.

Previous Studies:

Despite the importance of Internet, it has been spreading much. It has positive and negative impacts on the individual and society in various aspects (e.g. family-related aspects, and social, psychological, and behavioral aspects). However, the studies in Arabic language are still scarce in terms of dealing with the phenomenon of using Internet and standing on its effects. However, some studies have been conducted on the use of Internet by young people and university students. Some studies related to the subject will be mentioned.

Saud Al-Anazi (2010) conducted a study entitled "The Educational and Social Effects of Internet Uses from the Perspective of High School Students, Their Teachers and Parents in the Kingdom of Saudi Arabia."the study aimed at the educational effects of the uses of the study in the viewpoint of high school students in Saudi Arabia, where a questionnaire was built.

The population includes all (students, parents, and teachers). The sample includes 15 males and 15 females. It was found that students' use of Internet has social effects on students to a moderate degree, whether from their point of view or from the point of view of parents and teachers. It was found that there are educational effects for Internet, as the general arithmetic mean of your positive responses to this field was (3.67), and also the effect of Internet on the dimension of "thinking and research methods." The students ranked first from their point of view, with a high arithmetic average of (3.82). It was found that the students were very interested in the scientific research component via Internet. Their children's use of Internet helps them to acquire learning skills through play-learning programs, and teachers believe with a high degree of (3.37) that Internet has positive effects on the teaching and learning process, the results showed that the psychological dimension was affected to a moderate degree by students as a result of using Internet, and that Internet helps them escape from psychological problems, either from the cultural aspect and ways of thinking and research have no influence from the use of Internet.

Fayez Al-Majali (2007) conducted a study that is entitled as follows: "Use of Internet and its impact on the social relations of university youth: a field study." He chose a sample consisting from (325) male and female students. Those students were chosen from Mutah University, and foreign students. It was found that 11.4% of the students strongly agree that they feel that their interaction, sitting, and conversation with their family members started to decrease due to using Internet. 4.9% of the students strongly agree with that, 11.7% of the students agree with that, and with regard to the respondents' feeling that their visits to their relatives It has begun to become less than it was in the past due to their preoccupation with Internet, with 1.8% of the sampled individuals strongly agreeing with it. The results showed that the effect of using Internet on relationships the social impact of university youth among the study sample increases among males and among students of scientific faculties. The effect also increases with the decrease in the academic level of students. It increases with the decrease in age. It increases with the increase in the family monthly income.

Iman Al-Shamayleh (2006) conducted a study entitled: "Measurement of the social effects of the use of Internet by Jordanian university students." They aimed to build a measure of the social effects of the use of Internet by students in Jordanian universities. They aimed to monitor the positive and negative effects of using Internet. All Jordanian private and public universities were targeted. The scale was applied to obtain data from the sample that consists of (2355) male and female students. Those students were chosen from eight public and private universities.

It was found that Internet use negatively affects students to a small degree in the areas of customs, traditions, religious, and morals. It was found that the effect was moderately negative in the psychological field, and showed its effect on young people through their escape to the use of Internet to escape from the difficult reality that some of them live with, including problems and challenges in daily life. and it also showed that the effect was negative to a small extent on The field of Internet addiction, The results showed that the impact of Internet was largely positive in the cultural and scientific field.

Nermin Awad (2006) conducted a study entitled as follows "The Relationship of Personality Style and Emotional Intelligence with Internet Addiction." The study aimed to identify whether the variables of the student's gender, his description, the educational level of the parents, and the adolescent's functional level predict the phenomenon of addiction to the Internet, and to identify which of the activities practiced by the adolescent on the Internet can predict the phenomenon of addiction to the Internet, and to know the percentage of adolescents addicted to the Internet, the sample was selected In an intentional way, students from private schools in Amman, She chose a sample consisting from (1130) male and female students. They were chosen from several private schools located in Amman. It was found that the percentage of Internet addicts reached 13.3% which is a high percentage. There is a relationship between personality style and addiction to Internet. It was found that the level of emotional intelligence among adolescents who are not addicted to Internet is higher than the counterpart level among adolescents addicted to Internet. It was found that the ones who use Internet frequently have less emotional intelligence and have a lack of emotional and social skills. It was found that the

percentage of males is 103 of the total number of individuals addicted to Internet, compared to 47 of them were females, and it was found that the effect of using Internet on their academic achievement was that 44.7% of students addicted to Internet had achievement rates of 80% or more, and 58% of adolescents who were not addicted to Internet had averages of 80% And more, and the results showed that e-mail activity, conversation activity, gaming activities, listening to songs and watching movies predict the phenomenon of Internet addiction.

The study of Amjad Abu Jeddi (2004) showed, "The effect of social anxiety, loneliness, and self-disclosure on Internet addiction, The study aimed to identify the impact of social anxiety, loneliness, and self-disclosure on Internet addiction, and to determine the amount of discrepancy that explains the variables of gender, college, and online activities. and psychology of addicts, The number of the sample was (799) male and female students who used the Internet at the University of Jordan in a random manner. The results showed that the variable of self-disclosure on the Internet is one of the most influential variables in the development of Internet addiction, and individuals who use the Internet for the purposes of self-disclosure will tend to repeat the use of the Internet in the future because it Contributes to finding the individual's perceptions that the Internet is an appropriate means for expressing desires and feelings, and the results indicated that social anxiety does not affect the level of self-disclosure on the Internet, as it affects Internet addiction independently of self-disclosure, It also indicated that there is a positively low correlation between self-disclosure in reality and self-disclosure on the Internet. The results indicated that (9.5%) of the respondents met the Internet addiction criteria. Most of the addicted individuals are males and students of scientific colleges. The study indicated that the average number of hours The use of the Internet ranged between (10) per week, and the results showed that the level of social anxiety, loneliness, and self-disclosure on the Internet is higher for Internet addicts.

As for the study of Oroub Al-Nimrat (2002),it is entitled as follows: "The relationship between Internet use and depression among a sample of students from Yarmouk University and Jordanian Science and Technology." It aimed to examine

the relationship between the use of the Internet and depression among students and to identify potential differences in depression resulting from the variation in the duration of Internet use and the student's gender and specialization. The latter researcher chose a sample that consists from (500) male and female students (276 males and 224 females). Those students used Internet from various disciplines. It was found that the percentage of depression among students was high. 41% of the students suffer from severe or very severe levels of depression. It was found that Internet has changed some of the habits of its users. Some students left their homes. Some students refrained from doing their duties due to spending long hours day and night on Internet. Internet led to disturbances in the relations between parents and their children, as well as the modest economic conditions that may lead to an increase in feelings of frustration, helplessness and tension, Its impact also appeared at the expense of their studies, the decline in academic status, and the change in student study habits.

Commentary on previous studies

The goal sought from reviewing the aforementioned studies is represented in shedding a light on methodological and theoretical issues. The previous studies indicate that Internet affected people's lives in various many aspects (including social and psychological aspects). Some previous studies focused on the impact of using Internet in psychological aspect, such as: the studies of Tigers (2002), Awwad (2006), The other studies focused on the social impact and social relations, such as the studies of Al-Majali (2007), Shamayleh (2006), and Al-Anazi (2010). The previous studies were used to address the study's problem and meet the study's goal.

As for the present study, it differs from the other previous studies in terms of studying the important topic. It sheds a light on the effect of using Internet on the behavior of the students enrolled at the University of Jordan in a comprehensive manner. It shed a light on the extent to which the results produced by the use of Internet affected students, and specifically on behaviors, family relations and the daily life cycle.

Methodology:

The researcher of the present study adopted the sample social survey approach. This approach is suitable for meeting the goals of the present study. This approach is a descriptive approach. It is not used only for data collection and classification. In fact, it is used for obtaining data through a questionnaire.

The Study's Population:

The study's population consists of male and female students BA students enrolled at the University of Jordan. Those students were enrolled in this university during the first semester of the academic year 2022-2023. They include first, second, third and fourth year students.

The Study's Sample:

The sample in the present study was chosen from the study's population. It represents the population. It was chosen based on the characteristics and size of the study's population. The researcher of the present study used the random sampling method. After passing the questionnaire forms to the population, (80)questionnaire forms were retrieved. 30 questionnaire forms of theretrieved forms were excluded because they aren't valid for analysis. Thus, the final sample consists of (50) individuals enrolled at the University of Jordan. When selecting the sample, gender, type of college, and housing pattern were taken into consideration. In addition, the family economic status was also taken into consideration when choosing the sample.

Data Collection Instrument:

To meet the objectives of the study and answer the study's questions; a questionnaire was designed. It sheds a light on the impact of using Internet on the behavior of the students enrolled at the University of Jordan.

The study's instrument was developed consists of two parts. The first is related to the demographic data (i.e. gender, place of residence, type of college, academic

level and economic status of the family). As for the second section, it employs the five-point Likert scale. It consists of (17) items. In addition, it includes some questions that are related to the opinions of male and female students.

Results and Analysis:

First: The general characteristics of the study's sample

1. Gender

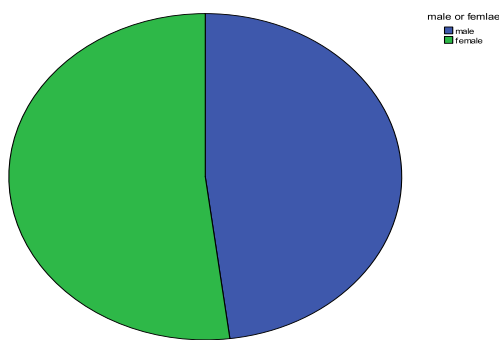


Figure 1: The distribution of the study's sample in accordance with gender

Figure No. (1) shows the distribution of the study's sample in accordance with gender. The highest percentage is (52%) which represents females. 48% of the respondents are males. There are 24 males in the sample. There are 26 females in the sample.

2. College

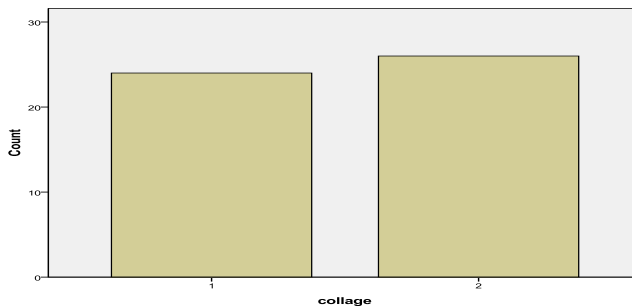


Figure 2: The distribution of the study's sample in accordance with college

Figure No. (2) shows the distribution of the study's sample in accordance with college. 52% of the respondents were chosen from the scientific colleges. 48% of the respondents were chosen from human colleges. 24 students are from humanities colleges and 26 students are from scientific colleges.

Where this result agreed with the result of Fayez Al-Majali (2007), Where he indicated that the effect of using the Internet on social relations increases among students of scientific faculties.

And agreed with the result of Amjad Abu Jedi (2004), that most of the individuals addicted to the Internet are students of scientific colleges.

3. University year

Table No. (1): The distribution of the study's sample in accordance with university year

Year	Number	Percentage
First year	14	28%
Second year	13	26%
Third year	9	18%
Fourth year or more	14	28%
Total	50	100%

Based on table No. (1), the highest percentages of the study's sample are represented in the percentages of the first year level and the fourth year or more (28% and 28% respectively). Second year students represent (26%) of the sample. Third year students represent (18%). %).

4. The distribution of the study's sample in accordance with the economic situation of the family

Table No. (2): The distribution of the study's sample in accordance with the economic status of the family

The economic situation of the family	Number	Percentage
Poor	11	22%
Average	26	52%
Excellent	13	26%
Total	50%	100%

The data of Table No. (2) shows the distribution of the study's sample in accordance with the economic status of the family. The highest percentage is (52%). It represents the ones with average family economic status. (26%) of the respondents show excellent family economic status. (22%) of the respondents show poor family economic status.

Where Fayez Al-Majali (2007) explained the increase of Internet use on social relations. The researcher explains that the higher the income, the greater the ability of individuals to purchase larger internet packages, which makes the individual constantly connected with his social relationships.

Second: The impact of using Internet on the students' behavior.

1. Answers to a trend scale

Table No. (3): The relative distribution of the respondents' answers to the paragraphs of the measure of the impact of the use of Internet in terms of social aspects

No.	Paragraph	Totally Agree %	agree %	Neutral %	Opposite %	Vehemently opposed %
1	I waste the time dedicated for studying in using the internet	12	7	13	13	5
2	I tend to talk about Internet while spending time with my family	15	7	11	9	8
3	I refrain from doing some family-related duties in order to use Internet	17	6	12	11	4
4	Internet has negative impact on my academic achievement	11	7	11	12	9
5	I face family problems due to using Internet much	15	10	10	11	4
6	I find it difficult to stop using Internet	18	2	11	11	8
7	Internet helped me to become more sociable	15	9	13	11	2
8	I spend more time on talking with my friends and relatives online than talking to them face to face	18	5	9	13	5
9	I use Internet longer than I plan to	11	7	15	11	6
10	I changed some things in my lifestyle in order to have time to use Internet	16	10	9	7	8

The data of table No. (3) presents the proportional distribution for the respondents' answers in accordance with the items of the scale. This scale sheds a light on the impact of using Internet on university students in the social areas. It

can be noticed that item No. 8 and item No. 6 show the highest means. Those items indicate that the respondents face difficulty in refraining from using Internet. They suggest that respondents spend more time talking to friends and relatives through Internet than talking to them face to face. The percentage of each item of the latter items is 18 %

The researcher attribute this result to having much free time. Having much free time shall lead to addicting the use of Internet and becoming incapable to stop using it. This result is not in agreement with the one found by Alshmayleh (2006). The latter researcher found that the severity of the negative impact of using Internet - in terms of using Internet addiction - is low. The researcher of the present study attribute such disagreement to the difference between the studies in terms of time of conducting each study. To be specific, the present study was conducted in 2022, whereas the study of Alshmayleh (2006) was conducted in 2006. The use of Internet during the latter year was limited in comparison to the prior year. In 2022, Internet became available for more people. In the latter year, students' addiction to using Internet increased, especially after facing the Coronavirus pandemic, and the prevalence of social media. It increased after relying on Internet in the light of the critical epidemiological circumstances and using it in numerous areas.

The result is in agreement with the result found by Nermin Awad (2006). The latter researcher found that the percentage of Internet addicts is high. The result is in agreement with the result found by Jeddi (2004). The latter researcher found that self-revelation is considered the variable that affects the development of Internet addiction the most. He found that the ones who use Internet for meeting self-revelation-related goals are more likely to repeat using Internet in the future. That is because using Internet serves as an appropriate mean for those people to express their feelings and desires. The same result was reached in the present study.

The disadvantages of this addiction among students include: facing family problems, and suffering from depression and social isolation.

The result is in agreement with the result reached by Fayez Almajali (2007).

The latter researcher found that the respondents believe that their interaction, face-to-face communication and conversation with their family members became less when they started using Internet. The same is confirmed by Sari (2005). The latter researcher found that online communication made significant changes to the nature of family interaction. He found that such changes manifests in the reduction of the amount of time spent by youth in sitting with their family members, talking to them and interacting with them.

This result can be attributed to the fact that people became busy. It can be attributed to the easiness of talking with relatives and friends online than talking with them face to face. It is considered as a logical and accepted result. That is because the members of the sample reside in the same social environment in which technology is available much. Technology is considered today one of the living requirements for families. It is used by families to meet their goals. Internet is considered as a tool for getting rid of stress by youth. It is a tool for getting rid of family constraints, controls and restrictions on their freedom of expression.

The percentage of item No. (3) is 17 %. It indicates that the respondents show negligence in doing family duties in order to use Internet. The researcher attribute this result to the respondents' reliance on others, carelessness and poor sense of responsibility.

Item No. (4) shows the least percentage which is (9 %). It suggests that using Internet negatively affects one's academic achievement. The result in this regard can be attributed to achieving a balance by the respondents between using Internet and studying. It is not in agreement with the result reached by Nermin Awad (2006). The latter researcher found that using Internet negatively affects one's academic achievement. The result in this regard is not in agreement with the result reached by Oroob Alnemrat (2002). The latter researcher found that using Internet negatively affects students' academic achievement and studying habits.

The percentage of item No. 10 and item No. 2 is 8% which falls under strongly disagree. Those items suggest that respondents like to talk about Internet while spending time with the family. The researcher attributes this result to

having mutual trust and healthy communication between the family members. She attributes this result to the absence of excess attachment to the use of Internet. She attributes this result to facing a difficulty by the respondents in refraining from using Internet. She attributes this result to having a need to change part of the respondents' life styles.

Table No. (4): The relative distribution of the respondents' answers on the paragraphs of measuring the effect of using Internet in terms of psychological aspects

No.	Paragraph	Totally Agree %	agree %	Neutral %	Opposite %	Vehemently opposed %
11	I feel depressed and angry when I don't use Internet	14	9	10	10	7
12	I have a different personality while using Internet	15	11	9	12	3
13	Internet is a way to escape from the problems and stress that I face	23	7	8	7	5
14	I feel confident when using Internet to communicate with others	16	10	13	8	3
15	I have troubles in sleeping due to using Internet	16	7	9	11	7
16	I am less active and effective when I am not using Internet	16	9	12	8	5

The data of Table No. (4) presents the relative distribution of the respondents' answers to the paragraphs of the measure of the impact of Internet on university students from a psychological point of view. The highest degree of approval was on Paragraph No. (13), which indicates that Internet is a means of escaping from the problems and pressures that surround them, as it reached the percentage of

answers strongly agree with 23%, followed by paragraphs No. (14, 15, 16) with a response rate of 16%, which indicated a feeling of confidence when using Internet and communicating with others, facing sleep problems due to use, and a feeling of less activity and effectiveness when it is not done. Internet use.

The researcher explains that it indicates the students' lack of confidence in those around them and their fear of their parents' reactions by making their decisions to solve the problems they face.

The result is in agreement with the one found by So'oud Alanzi (2010). The latter researcher found that the psychological areas of students are affected by the use of Internet. He found that using Internet allows students to run away from psychological problems and get rid of stress.

As for the lowest approval scores, they were on paragraphs No. (13, 16) with a strongly opposed response rate of (5%). They refer to Internet as a way to escape from the problems and pressures that surround them, and to feel less active and effective when not using Internet, followed by paragraphs No. (12, 14) Strongly opposed responses amounted to (3%) and indicate showing a non-real personality when using Internet, and feeling confident when communicating with others through Internet

The same result was found by Sari (2005). The latter researcher found that Internet plays a crucial positive role in the lives of youth. He found that using Internet raised their self-confidence levels of the respondents and enabled them to express themselves. He found that using Internet enabled the respondents to talk about their social and psychological problems that annoy them and cause feelings of distress.

Does the use of Internet have an impact on the psychological areas?

To check the validity of the first sub-hypothesis, the simple linear regression analysis was conducted. The latter analysis was conducted to identify the impact of using Internet on the psychological areas. The results of the latter analysis are shown below

Table (5): The results of the simple linear regression analysis representing the impact of using Internet on the psychological areas

The dependent variable	The Model summary		Analysis of Variance (ANOVA)			The coefficient values					
	Correlation coefficient (R)	Coefficient of determination (R ²)	Calculated F value	Degree of freedom (df)	Sig. F	Statement	B	Standard error	Beta	Calculated t value	Sig t
The psychological areas	.676	.458	40.482	1	.000	Constant	1.671	.315		5.311	.000
						Use of internet	0.757	0.119	.676	6.363	0.00

Based on the results, it was found that using Internet has a statistically significant impact on the psychological areas of the respondents. That is because the correlation coefficient value is (R= 0.676). That indicates that there is a statistically significant correlation between the independent variable (the use of Internet) and the dependent variable (the psychological areas). The determination coefficient value (R²) is 0.458. That means that 45.8 % of the changes to the psychological areas can be attributed to the use of Internet. As for the other changes to the psychological areas, they can be attributed to other variables. The F value is 40.482 at the significance value is 0.00. That means that the correlation is significant at the statistical significance level of ($\alpha < 0.05$).

Based on the coefficient values in the aforementioned table, the B value of using Internet is 0.757. The t value is 6.363 and the significance value is 0.00. That means that the impact of this variable is significant

Does the use of Internet have an impact on the social areas?

To check the validity of the second sub-hypothesis, the simple linear regression analysis was conducted. The latter analysis was conducted to identify the impact of using Internet on the social areas. The results of the latter analysis are shown below

Table (6): The results of the simple linear regression analysis representing the impact of using Internet on the social areas

The dependent variable	The Model summary		Analysis of Variance (ANOVA)			The coefficient values					
	Correlation coefficient (R)	Coefficient of determination (R ²)	Calculated f value	Degree of freedom (df)	Sig. F	Statement	B	Standard error	Beta	Calculated t value	Sig t
The social areas	.695	.483	44.837	1	.000	Constant	1.424	.310		4.586	.000
							.786	.117	.695	6.696	.000

Based on the results, it was found that using Internet has a statistically significant impact on the social areas of the respondents. That is because the correlation coefficient value is (R= 0.695). That indicates that there is a statistically significant correlation between the independent variable (the use of Internet) and the dependent variable (the social areas). The determination coefficient value (R²) is 0.483. That means that 48.3% of the changes to the social areas can be attributed to the use of Internet. As for the other changes to the social areas, they can be attributed to other variables. The F value is 44.837 at the significance value is 0.00. That means that the correlation is significant at the statistical significance level of ($\alpha < 0.05$).

Based on the coefficient values in the aforementioned table, the B value of using Internet is 0.786. The t value is 6.696 and the significance value is 0.00. That means that the impact of this variable is significant

2. How to learn to use Internet

Table No. (7) The relative distribution of the study sample according to how they learn to use Internet

The way in which the respondent learnt how to use Internet	NO.	Percentage
A training course	11	22%
A sibling	6	12%
A friend	14	28%
A parent	9	18%
Self-education	10	20%
Total	50	100%

The data of Table No. (7) shows the relative distribution of the study sample according to how they learn to use Internet. It should be noted that the highest percentage of them (28%) answered that they learnt how to use Internet through a friend, then the percentage of those who learned through themselves was 20%, while the percentage of those who learned The percentage of those who used Internet through one of the parents was 18%, and the percentage of 12% who learned through one of the siblings.

3. The number of hours spent on using Internet

Table No. (8) The relative distribution of the study sample according to the number of hours spent on using Internet

The number of hours spent on using Internet	No.	Percentage
Less than two hours	18	36%
2 hours - less than 4 hours	8	16%
From 4 to less than 6 hours	12	24%
6 hours or more	12	24%
Total	50	100%

Table No. (8) presents the number of hours spent by students on using Internet. It shows that the highest percentage of the respondents (36%) spend less than two hours on using Internet. 24% of the respondents spend 5 hours or less on using Internet. 24% of the respondents spend 6 hours and more. 16% of the respondents spend (2 hours –less than 4 hours) on using Internet.

The researcher indicated that the number of contact hours may reduce personal contact with family and friends, which leads to poor social relations with others.

4. The relationship between gender and the number of hours spent on using Internet

Table No. (7) shows the relationship between gender and the number of hours spent on using Internet.

Total	The number of hours spent using Internet				Gender
	6 hours or more	From 4 to less than 6 hours	2 hours - less than 4 hours	Less than two hours	
24	9	5	1	9	Male
26	4	7	7	8	Female
50	13	12	8	17	Total

It is clear from the above table that the most hours of using Internet for a period of less than two hours ranged from 17 male and female students, and the majority of them used males than females, while the least number of use was for hours ranging from 4 hours to less than 6 hours, whose number ranged from 12 male and female students, most of whom were females. The number of students who used hours ranging from 6 hours or more was 13 male and female students, and most of them were males.

It agreed with the result of Fayez Al-Majali (2007) that the impact of Internet use on the social relations of university youth from the study sample

increases among males. It agreed with the conclusion of Amjad Abu Jeddi (2004), that most Internet addicts are male.

5. The relationship between university year and opinion about the impact of Internet use.

Table No. (8): The relationship between university year and the opinion about the impact of Internet use

Total	Internet effect		University year
	Negative	Positive	
14	9	5	first year
13	7	6	Second Year
9	2	7	third year
14	5	9	Fourth year or more
50	23	27	Total

The above table offers data about the relationship between the university year and opinion on the effect of using Internet. The highest positive approval ratings were 9 from the fourth year students, followed by 7 from the third year students, then followed by the second year students and their number ranged from 6 students, and the answer was 5 from First year students also agree.

On the other hand, the number of positive responses with a negative effect ranged from 9 from the first year students, followed by the second year students, whose number ranged from 7 students, then followed by 5 from the fourth year students or more, and the least negative response from the third year students, whose number was two students.

Where this result agreed with the result of Fayez Al-Majal (2007), for Internet activities on social relations, social, first rank, happiness, academic level of students, and less age.

Conclusion

The researcher of the present study knows that Internet has characteristics and communication advantages that one can't find them in other means. That makes young people accepts using Internet. However, the use of Internet affected young people and their families and social environment.

The most important thing that the results discovered is that it is the highest degree of approval, which indicates that Internet is a means of escaping from the problems and pressures that surround them, followed by an answer rate of (17%), and it indicates neglecting family duties in order to use Internet. As for the lowest approval scores, with a strong opposition response rate of (5%). That indicates that Internet is a way to escape from the problems and stress that surround students. It indicates that the non-use of Internet makes active and effective. (3%) of students show another personality while using Internet. Unreal when using Internet, and to feel confident when communicating with others through Internet. Finally, it can be said that the use of Internet as an advanced means of communication, however, has negative and positive effects on the youth group, which is reflected in behaviors, social and psychological relationships, and the inability to control these negatives, but we cannot dispense with the positives of this use on some students who have Control how they use this method without affecting their relationships inside and outside the family.

Recommendations

Based on the aforementioned results, the researcher of the present study recommends:

- 1- Conducting more studies about Internet and its impact on youth. Those studies should be conducted by specialized centers. The researcher of the present study recommends conducting more studies about the increase in the prevalence of using Internet
- 2- Promoting awareness about the effects of Internet in terms of social and behavioral aspects through various media for both parents and children.

- 3- Providing social workers in schools and universities with training courses to qualify and enable them to deal with the negative effects of using Internet on students.
- 4- Providing appropriate counseling programs for youth about the negative effects of using Internet on them.
- 5- Educating students at the university about the importance of Internet, and how to benefit from it from a scientific point of view, through scientific publications.
- 6- Conducting training courses for students on how to use Internet as a useful tool by teaching them how to choose to browse for useful and diverse information in social life and scientific studies that serve them during their studies.

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