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The Effect of Internet Use in the Psychological Health for University Students

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Abstract
Internet today is the most recent and important human technology, which is widely used, and its users are increasing. It is a phenomenon, which still has its primary attractiveness. This study examines the effect of Internet use and mental health in university student, and advantage and disadvantage of internet use, among 350 students at four university. The sample take randomly s from four universities in second year student. **Study design:** Our study is cross – sectional using quantitative approach. We distributed 350 questionnaires for students at (Hebron &Polytechnic& Bethlehem, al-Quds university) universities. Analysis**:** Statistical Package for Social Science (SPSS, v 21). **The result** Gender, It found 57.2% of participant's female and 42.8 % male. **M**arital status, it is found 93% single, 5.7 % married and this due the participant's university student and its young. Place Palestine live in different place 52.1% live in village, and 42.5% city, and 4.8% camps. Monthly income**,** it's found 48% the monthly income less than 3000 s and, 20% monthly income 3000-4500s, 22.6% monthly income more than 4500s. 90% from student the internet is advantage, 59% from student have a disadvantage for internet, there were no statistically significant differences at the level of (≤0.05) to use the Internet attributed to gender, income, place, use of internet. In addition, have relationship between use of internet and academic achievements. The recommendation for universities to define a positive and negative effect of the Internet. Further study about use the Internet and relation to psych health student, encourage the student to use internet safety.

1. Introduction

The Internet is of great importance in today's for the student. The advent of the widespread use of the Internet in the 1990s was met with both fear and enthusiasm regarding the potential impact on social relationships and psychological well-being (Bargh & McKenna, 2004).

Mental health problem affecting a large segment of society today, and particularly college students. Ina survey by the Centers for Disease Control (CDC)in 2009 26.1% of students nationwide reported feeling sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities.

University students are predominantly at an age when the incidence of mood and anxiety disorders mental health problems are most likely to begin before 24 years of age,(Reavley, 2010).

Computer, internet and its games, which like other human-made devices have almost entered in all aspects of human life, has two dimensions. One of the dimensions is its proper use and help to growth and prosperity of human being, and the other dimension is misusing the computer, for instance using it in the fields except for scientific and occupational purposes, Shahbazzadegan(2011)

One of apparent manifestations of facing world is use of modern technology. As a newly established dimension of modern technology of the contemporary world, internet plays a vital role in the change and evolution of lives of the people of society. By internet into the life, internet has become a necessary tool rapidly, so that removing it from life is not imaginable Aslvyn, (2001).

The Central Statistics Office (PBCS report,2009) in Palestine reported that 42% of Palestian people have access to the Internet in their own homes

On other hand, despite of all advantages and opportunities, this technology has provided for researchers, if not utilized properly it results in new social harms such as addiction to internet, conflictions of cultural identification, cultural distortion, and mental health etc…Though internet application development and remarkable increase in the numbers of users all around the world may apply a bright future for development of social relations, and different industries and affairs as well, extreme interest of some users has brought forth a major problem, on mental health for student, Lim,(2004).

Easy use of internet on university, open network and free for all student, available mobile telephone open internet, that's factors help to open internet allot of time.

College students experience the following as a result of problematic Internet use, fatigue and sleep difficulties, withdrawal from other forms of social activities such as hanging out with friends, or participating in study groups, physical activity, and/or campus organizations, declining grades, over justifying their Internet use and rationalizing the importance of the Internet

About 5 to 10 percent of all Internet users appear to show web dependency, and brain imaging studies show that compulsive Internet use may induce changes in some brain reward pathways that are similar to that seen in drug addiction," says Doraiswamy. He notes that the findings are particularly relevant, as the fifth edition

of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) has identified Internet Gaming Disorder as a condition that warrants more study.

2. Purpose of the Study

The purpose of our study was to investigate several questions, Internet use among students. This study examines the effect of Internet use and mental health in university student, and advantage and disadvantage of internet use, among 350 students at four university student.

3. Literature review

The Internet was established in the early 1960s and subsequently became a mainstream communication vehicle (Moschovitis, Polle, Schuyler, & Senft, 1999; Schneider, et al., 2006). Since that time, there has been remarkable growth in the Internet's functionality, capacity, accessibility and convenience. These improvements have encouraged more people to use it more often, and it has become a powerful application in modern society. As of 2010, 28.7% of the world's population used Internet services (Internet World Stats, 2010b)

The Internet is a massive, computer-linked network system used globally to access and convey information, either by personal or business computer users; it is also used for communication, research, entertainment, education and business transactions(Kraut, et al., 1998; Schneider, et al., 2006). Today, the Internet can link all online computers so that people can use it to communicate throughout the world (Schneider, 2006)

Using the Internet for information has become a popular choice among the general population in recent times. The Central Statistics Office (2008) in Ireland reported that 62% of Irish people have access to the Internet in their own homes. This is similar to international trends, for example, a Parisian study found that 70% of people had Internet access (Renahy et al. 2008).

Several studies have examined the association between time on the Internet and social and psychological factors, and these studies seem less likely to find negative associations. Morgan and Cotton's (2003) study of college freshmen found that increased time spent shopping, playing games and doing research was associated with higher levels of depression, but sending e-mail and visiting chat rooms was associated with lower levels. Using path analysis, LaRose, Eastin and Gregg (2001) found that higher Internet use was only indirectly associated with depression and the relationship was mediated by Internet self-efficacy and anticipated Internet stress among 171 college students. They also found that higher use of e-mail to communicate with known others was related to fewer symptoms of depression. Anderson (2001) studied the relationships between Internet use and perceived effects on academics, extracurricular activities, sleep patterns and real-life relationships among a large sample (1,300) of college students. Only sleep patterns were associated with Internet use. Finally, Gordon, Juang and Syed (2007) studied depression, social anxiety, and family cohesion and Internet use for particular purposes among 312 college students. Only Internet use for coping purposes was associated with depression, social anxiety and family cohesion.

Kraut et al., 1998) seemed to set the tone for much of the research that would follow. They found that use of the Internet appeared to increase loneliness, depression, and stress among a sample of 169 adults. They called this the "Internet Paradox" in that a technology that theoretically would increase communication could instead have negative social and psychological effects. Even though the results actually reversed in a follow-up study published several years later (Kraut et al. 2002), the original study inspired a significant amount of research designed to assess potential negative effects of Internet use. Young and Rogers' (1998) study was also influential in generating interest in the relationship between Internet "addiction" and depression.

Internet provides its users with the latest news of the world and most of the newspapers are available on the Internet, which are periodically or immediately updated with the latest news (Rice, 2006).

In a research on examining the amount of internet use and its' social-psychological consequences among the students of azad university, "nademi and rezvani" (2005) has found that 77% of students are at risk of internet addiction, 14% of them showed that dependence on internet had affected their performance to a great exe\tent and a percent were not affected by internet Nademi, F etal (2005)

4.1 Aim of the study: The study aim to examines the effect of Internet use and mental health in university student, and advantage and disadvange of internet use.

4.2 Research hypotheses:

1. There were no statistically significant differences at the level of significance (0.05≥a) to use the Internet attributed to mental health.
2. There were no statistically significant differences at the level of significance (0.05≥a) to use the Internet attributed to gender
3. There no statistically significant differences at the level of significance (0.05≥a) to use the Internet due to the

place.
4. There were no statistically significant differences at the level of function (0.05≥a) to use the Internet due to the monthly income of the family.
5. There were no statistically significant differences at the level of function (0.05≥a) between mental health and use the Internet.
6. There were no statistically significant differences at the level of function (0.05≥a) between mental health and the rate of use of the Internet Daily
7. There were no statistically significant differences at the level of function (0.05≥a) between mental health and the belief that the use of the Internet improves academic achievement.

4.3 Study design: This study utilized quantitative approach

4.4 Study setting This study was conducted in the West bank hospital south of West Bank. Four university**,** Hebron university, Bethlehem university, Polytechnic university, al-Quds university.

4.5 Study population and Sample approach
The study population consisted of all male and female college second year students who were study in al Quds University, Hebron University, Bethlehem University, and Polytechnic University. The sample of the study consisted of (350) student with who studied in the four university, Random sample from the whole population university student

4.6 Construction of data collection Instrument
The questionnaires were constructed in Arabic language; questions were framed in a way that it was easy to understand using simple Arabic expressions. Difficult technical terms were avoided in the preparation of the questionnaire**.**the questionnaire was developed into four main sections covering; the demographic information (gender, income, place, Internet access, daily use and age). Second section advantage of internet, third section disadvantage of internet, fourth section mental health, Questionnaires items were arranged into five points Lickert Scale format from strongly agree to strongly disagree. The responses were rated for strongly agree (5) points, for agree (4) points, for neutral (3) points, for disagree (2) points and for strongly disagree (1) point

4.7 Validity and Reliability of the tool
This instrument was approved and evaluated by different experts including, researcher, nursing educators and other experts in the faculty of educational sciences to evaluate initial contents for validity. After revising the items in questionnaire and summarizing the expert's suggestions, modifications were made in wording and content. Some items were added but some others were dropped. The Cronbach alpha reliability obtained for overall scale was (0.85 and it is good in all scales and satisfy the purpose of the study.

4.8 Pilot Study
The pilot testing of the instrument was carried out on 15 student from university. The results indicated that alpha correlation coefficient was (0.85) for reliability of the questionnaire and the answers showed consistency in understanding the questions where no changes or modification is needed.

4.9 Data analysis
After data collection, the compiled data was refined, entered and analyzed using the Statistical Package for Social Science program (computer soft ware SPSS V.22) for descriptive and inferential statistics. Frequencies were used to present the distribution of study variables. Means and standard deviation were computed for continuous numeric variables.

4.10 Ethical consideration and accessibility
The study participant were informed through a consent form (attached with the questionnaire), and received thorough explanation about purpose of the study, confidentially and sponsorship was ensured. In addition, they were informed about his/her right to refuse or to withdraw at any time during the study through the informed consent attached with each questionnaire.
Study Period The study was conducted from November to may 2016.

5. Result and discussion
The purpose of our study was to investigate questions the research on Internet use among students. First, we sought to investigate the extent of Internet use (and types of use) and examine the relationship between Internet use and a variety of social and psychological variables such as depression.

The result of my research will be categorized in three parts :

1. Demographic Data
2. The advantages of internet
3. The disadvantage of internet
4. Psychological (mental health) health

5.1 Demographic Data

Table (1) Demographic Data

Variable	Variable	Number	%
Gender	**Male**	**150**	**42.8**
	Female	**200**	**57.2**
Social statutes	**Married**	**20**	**5.7**
	Single	**327**	**93**
	Other	**3**	**0.8**
Live place	**City**	**149**	**42.5**
	Village	**182**	**52.1**
	Camps	**17**	**4.8**
	Other	**2**	**0.7**
Income	**Less than1500**	**35**	**10**
	3000 - 1500	**168**	**48**
	4500 – 3000	**70**	**20.0**
	4500 or more	**77**	**22**
Internet access	**Yes**	**325**	**93**
	No	**14**	**4**
	Some times	**11**	**3**
The extent of use of the Internet	**Daily**	**280**	**80**
	Once in week	**17**	**5**
	Twice in week	**7**	**2**
	Once in mouth	**4**	**1**
	When needed	**42**	**12**
Use the Internet daily rate	**One hour or less**	**93**	**26.7**
	3 – 1hour	**150**	**43**
	More than 3 hours	**106**	**30.3**
The belief that the use of the Internet improves academic achievement	**Yes**	**162**	**46.3**
	No	**188**	**53.7**

Gender, It found 57.2% of participants female, and 42.8 % male. Marital status, it's found 93% single, 5.7 % married and this due the participants university student and its young.Place of residence , The palestain live in different place 52.1% live in village, and 42.5% city, and 4.8% camps. Monthly income, It's found 48% the monthly income less than 3000 s and, 20% monthly income 3000-4500s, 22.6% monthly income more than 4500s.

5.2 Advantage of internet

Advantage of Internet use. Respondents reported many positive effects of computer and Internet use. The three most frequently reported benefits of Internet use were: gaining knowledge (93.5%); using internet for studying purpose (90.5%); and for exchange experience (88.5%). Other research has shown that the Internet has become an invaluable tool for learning, teaching and research (Ojedokun & Owolabi, 2003) and for accessing global ideas/knowledge and sharing of information and ideasworldwide)

Table (2) Advantage of internet use

Statement	Mean	Standard deviation
Positive impact of internet use	3.48	0.519

5.3 Disadvantage of Internet use.

Despite the benefits of Internet use, survey respondents also reported possible negative impacts of Internet use on student's life including: school problems, physical health problems and mental health problems. Higher in students reporting schoolwork, physical health, and/or mental health problems than in normal users. These were similar to the findings reported in the literature, where internet users tended to have more academic, health and relationship problems than normal Internet users (Brenner, 1997; Chou & Hsiao, 2000; Lin & Tsai, 1999;

Scherer, 1997; Young, 1998).

Table (3) Disadvantage of Internet use

Statement	Mean	Standard deviation
Disadvantage of Internet use	2.97	0.856

5.4 Mental health problems.

Respondents were asked to identify their feelings when using the Internet from the given list and were also provided the opportunity to identify other feelings they may have had while using the Internet, from study that's no relation between mental health and internet use.

Table (4)

	Mean	Standard deviation
Mental health	2.71	0.755

5.5 result of hypothesis

First hypothesis: There were no statistically significant differences at the level of significance (0.05≥a) to use the Internet attributed to mental health.

Table (6)

	The value of the correlation coefficient (R)	The level of statistical significance
Use of internet and effect on mental health	**0.405**	0.000

from the above table and the presence of a statistically significant relationship between the use of the Internet and its impact on mental health for students of Palestinian universities,as the value of Pearson correlation coefficient of 0.405, a high level of low significance equal to 0.000, which explain this relationship that the greater use of the Internet the greater the impact on mental health for students of Palestinian universities, because the relationship between them soft and vice versa.

Second hypothesis: There were no statistically significant differences at the level of significance (0.05≥a) to use the Internet attributed to gender.

Table (7)

gender	number	Mean	Standard deviation	Degree of freedom	T Value	Sig
Male	**150**	**3.26**	**0.49**	**145**	**-0.543**	**0.588**
Female	**200**	**3.31**	**0.53**			

The data contained in the previous table indicate that there were no statistically significant differences at the level of (α≤0.05) to use the Internet attributed to gender, because the statistical value of the function related to this variable was (0.588) means that this value is greater than the alpha value (0.05) , answers the respondents were moderately where the arithmetic average for males (3.26) female (3.31), and therefore accept the null hypothesis.

Third hypothesis: There no statistically significant differences at the level of significance (0.05≥a) to use the Internet due to the place.

Table (8)

Source variance	Sum of Squares	Degree if freedom	Mean Square	F value	Sig
Between Groups	**0.034**	2	0.017	**0.063**	**0.939**
Within Groups	**38.202**	340	0.269		
Total	**38.235**	342			

The data contained in the previous table indicate that there were no statistically significant differences at the level of (α≤0.05) to use the Internet due to the place of residence, because the statistical value of the function related to this variable was (0.939) means that this value is greater than the value of alpha (0.05), and thus accept the null hypothesis.

And it can be seen in Table, which shows the numbers and averages, standard deviations:

Fourth hypothesis: There were no statistically significant differences at the level of function (0.05≥a) to use the Internet due to the monthly income of the family**.**

To validate the previous hypothesis was used variance analysis test for differences in Internet use due to the monthly income of the family, it was the researcher suggested results as

Table (9) Mean, standard Deviation and one way anova due to Income.

Source variance	Sum of Squares	Degree if freedom	Mean Square	F value	Sig
Between Groups	**0.242**	2	**0.081**	0.303	**0.823**
Within Groups	**37.461**	178	**0.266**		
Total	**37.702**	180			

The data received indicate in the previous table that there were no statistically significant differences at the level of ($\alpha \leq 0.05$) to use the Internet due to the monthly income of the family, because the value of the function statistic is related to this variant of (0.823) means that this value is greater than the alpha value (0.05), and thus accept the null hypothesis.

Fifth hypothesis: There were no statistically significant differences at the level of function ($0.05 \geq a$) between mental health and use the Internet.

Table (10)

Source variance	Sum of Squares	Degree if freedom	Mean Square	F value	Sig
Between Groups	**0.577**	2	0.288	0.502	0.607
Within Groups	**83.304**	345	**0.575**		
Total	**83.881**	347			

The data received indicate in the previous table that there were no statistically significant differences at the level of ($\alpha \leq 0.05$) between mental health and how to use the Internet, because the value of the function statistic is related to this variant of (0.607) means that this value is greater than the alpha value (0.05) and thus accept the null hypothesis.

Sixth hypothesis: There were no statistically significant differences at the level of function ($0.05 \geq a$) between mental health and the rate of use of the Internet Daily

To validate the previous hypothesis was used variance of the differences between mental health and the analysis of test score use the Internet daily, and researcher obtained the results as

Table (11)

Source variance	Sum of Squares	Degree if freedom	Mean Square	F value	Sig
Between Groups	0.472	2	0.236	0.5405	0.668
Within Groups	**83.296**	345	**0.582**		
Total	**83.768**	347			

The data contained in the previous table indicate that there were no statistically significant differences at the level of ($\alpha \leq 0.05$) between mental health and the rate of use of the Internet daily, because the statistical value of the function related to this variable was (0.668) means that this value is greater than the value of alpha (0.05), and thus accept the null hypothesis.

Seventh hypothesis: There were no statistically significant differences at the level of function ($0.05 \geq a$) between mental health and the belief that the use of the Internet improves academic achievement.

Table (12)

The belief that the use of the Internet improves academic achievement	number	Mean	Standard deviation	Degree if freedom	F value	Sig
Yes	**150**	**2.56**	**0.73**	**344**	**-2.300**	**0.023**
No	**200**	**2.84**	**0.76**			

The data indicate in the previous table that there are statistically significant at the level differences ($\alpha \leq 0.05$) between mental health and the belief that the use of the Internet improves academic achievement, because the value of the function statistic is related to this variant of (0.023) means that this value is greater than the value of alfa (0.05), it has the answers respondents were moderately reaching the arithmetic mean for those who have a belief that the internet improves academic achievement (2.56) and in those who do not have a belief that the internet improves academic achievement arithmetic average (2.84), and the differences for the benefit of those who do not they have a belief that the internet improves academic achievement, and it rejects the null hypothesis.

5. Discussion

The study result found. Gender, It found 57.2% of participant's female and 42.8 % male. **M**arital status, it is found 93% single, 5.7 % married and this due the participant's university student and its young. Place Palestain live in different place 52.1% live in village, and 42.5% city, and 4.8% camps. Monthly income**,** It's found 48% the monthly income less than 3000 s and, 20% monthly income 3000-4500s, 22.6% monthly income more than 4500s. 90% from student the internet is advantage, 59% from student have a disadvantage for internet, there were no statistically significant differences at the level of (≤ 0.05) to use the Internet attributed to gender, income, place, use of internet. In addition, have relationship between use of internet and academic achievements

This study's the advantage of internet is high with mean 3.47, and disadvantage of internet medium with

mean 2.97, and the result accept with study of Petar (2015) that have positive and negative effect of internet.

Advantage of Internet use. Respondents reported many positive effects of computer and Internet use. The three most frequently reported benefits of Internet use were: gaining knowledge (93.5%); using internet for studying purpose (90.5%); and for exchange experience (88.5%). Other research has shown that the Internet has become an invaluable tool for learning, teaching and research (Ojedokun & Owolabi, 2003) and for accessing global ideas/knowledge and sharing of information and ideasworldwide). The internet used in university for many things as registration, and method of communication between teacher and student. About 70% of respondents reported having a personal computer at home. those respondents having home computers, 91% reported they have Internet access via that home computer. It has been found that the number of hours using the Internet could be an indicator of Internet over-use and/or IA (Chen & Chou, 1999; Chou & Hsiao, 2000; Young, 1996). For example, Young (1996) reported that Internet addicts spent 39 hours per week on the Internet, whereas non-addicts spent only five hours per week. Other studies reported that Internet addicts spent approximately 20 hours per week on the Internet, whereas non-addicts spent nine hours per week (Chen & Chou, 1999; Chou & Hsiao, 2000).

Steeves, (2008) reported that parental supervision contributed to the protection of children‟s safety and the reduction of risky behaviors associated with Internet use. In this study, respondents were asked if they use the Internet in the presence of a companion, defined as anyone including a friend, parent, sibling, teacher, or other Internet users as in an Internet café. Respondents were asked to identify their feelings when using the Internet from the given list and were also provided the opportunity to identify other feelings they may have had while using the Internet.

6. Recommendations

Results of the study indicated that there is a relationship between use of the Internet and psych health awareness universities recommend positive and negative effects of excessive use of the Internet.

1. Recommendation for universities to define positive and negative effects of the Internet. Identifying both positive and negative outcomes associated with internet use for student
2. Become educated about responsible Internet use
3. Support and supervise students in using the Internet
4. Promote safe Internet use as well as intervening in over-use (friends and peer group).
5. Further study about use the Internet and relation to psych health student.
6. Encourage the student to use internet safety.
7. Further studies in this area are needed, particularly on young people's views of mental health information, their search strategies and filtering strategies when looking for mental health information, their assessment of the quality of information online for university student and their needs in relation to Internet support

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