Comparing the relationship between emotion control and Internet addiction in male and female adolescents in Tehran

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Introduction: Internet world, as the most dominant influence on the culture of the center of gravity of the impact on young people. This contradicts the muddy bed of the richest single human life, from the inside of the space zatryn damage because many mental disorders, confusion, social and cultural causes hundreds of other pests.

Objectives: The aim of this study was to compare the relationship between controlling affects (anger, depression, anxiety, and positive affect) and Internet addiction in adolescent boys and girls in Tehran.

Method and Materials: In this descriptive study, 423 students (202 boys and 221 girls) in high school students of Tehran in a multi-stage cluster sampling, questionnaire filled out by an addiction to the Internet and control affects. Data were analyzed by independent samples t test.

Results: Based on the results of the independent t-test between two groups of boys with Internet addiction in the areas of anger, depression and anxiety are significantly different from the domain of Internet addiction in girls. However, significant differences between the two groups were in positive affect and positive affect in both groups a negative correlation with Internet addiction.

Conclusion: Internet addiction in adolescent boys and girls relationship has positive correlations with depression, anxiety and anger and with positive affect has negative correlations. Teenagers have many leisure activities can be very constructive, and on the other hand, internet are very attractive and can only be filling this time. Therefore leisure activities can be one way to deal with the phenomenon of Internet addiction, indirectly in the form of depression, anxiety and anger are also preventable.

Internet addiction, Control affects, Positive affect

Poster