Exploring Factors on Internet Addiction in Students of Sanandaj Universities: A Study with Content Analysis Approach

Arezoo Fallahi1*, Parastoo Fallahi2, Babak Nemat Shahrbabaki3, Masoumeh Hashemian4, Fateme Daneshvar5

1. Assistant Professor, Department of Public Health, School of Health, Kurdistan University of Medical Sciences, Sanandaj, Iran.
2. Master of Artificial Intelligence, College of Technical-Professional, Sanandaj University of Girly Technical–Professional
3. Master of Health Service Management, Expert Deputy for Health, Kurdistan University of Medical Sciences Sanandaj, Iran
4. Assistant Professor of Health Education, Department of Education Development Center, Sabzevar University of Medical Science, Sabzevar, Iran
5. Master of Persian Language and Literature, College of Technical-Professional, Sanandaj University of Girly Technical–Professional

*Corresponding Author: Arezoo Fallahi; Department of Public Health, School of Health, Kurdistan University of Medical Sciences, Sanandaj, Iran
Email: arezofalahi@muk.ac.ir


Abstract

**Background and Objective:** The prevalence of Internet addiction is increasing among students. To design preventive interventions and programs, understanding causes of Internet addiction is essential. The aim of the study was exploring factors on internet addiction in students of Sanandaj universities, using content analysis approach.

**Materials and Methods:** In this qualitative study was used a content analysis approach for data analysis. 15 students with internet addiction were chosen using Young internet addiction questionnaire of Sanandaj universities in 2015 year. 7 Face to face and semi-structured interviews and two focus groups were held to gather data. Interviews were recorded, taped and analyzed via the content analysis method. Validity and rigor of the data was obtained from criteria including credibility, dependability, confirmability and transferability.

**Results:** The analysis of qualitative data presented in four major themes: (1) internet features; (2) motives and internal needs; (3) sense of inability; and (4) environmental factors. The most important causes of Internet addiction was attributed to unemployment and lack of entertainment for the youth.

**Conclusion:** The results of the study showed that causes of trend and dependence on Internet are not only positive and attractive features of Internet but are also individual, social, cultural and economical factors.

**Keywords:** Internet addiction, Students, Content analysis