



## THE RELATIONSHIP BETWEEN PERSONAL COHESION LEVEL WITH COMPUTER AND INTERNET USAGE AMONG UNIVERSITY STUDENTS

Emre Müezzini  
Cyprus International University  
Faculty of Education  
Nicosia-North Cyprus  
[ebalkan@ciu.edu.tr](mailto:ebalkan@ciu.edu.tr)

Assoc. Prof. Dr. Nergüz Bulut Serin  
European University of Lefke  
Dr. Fazıl Küçük Faculty of Education  
Lefke-North Cyprus  
[nserin@eul.edu.tr](mailto:nserin@eul.edu.tr)

### ABSTRACT

The aim of this study is to investigate the relationship between computer-internet usage and personal cohesion as self-actualization, emotional stability, neurotic tendencies and psychotic symptoms among university students. The research was conducted among university students in TRNC. The sample for the research consists of 38,8% (n=80) female, 61.2% (n=126) male, 206 university students by using the criterion sampling method. "Hacettepe Personality Inventory (HKE) - Personal Cohesion Scale" developed by Özgüven (1992) and Biographic-Demographic Information Form used as a means of collecting data. Considering purposes of the study percentage documentation average, crosstab and Pearson Moment's correlation were figured out in data analysis. The statistical significance level was accepted as .05 in the study. The analysis of the data implies that there was a statistically meaningful strong positive correlation between internet usage and computer usage scores. This study showed that there is statistically significant correlation between personal cohesion as self-actualization, emotional stability, neurotic tendencies and psychotic symptoms with each other.

**Keywords:** Personal cohesion, computer usage, internet usage.

### INTRODUCTION

Problematic internet usage and excessive internet access causes vulnerability of the users against the negative effects. The reasons of gradually increasing internet usage and usage times of individuals show diversity. Some users use the internet to get into communication as a daily technological life tool and to gather information. However other users use internet wrongly and in an unhealthy way. This wrong usage may negatively affect the most users' social and emotional functions and may cause harm to their mental health's, may limit their daily lives and increase their internet addiction (Ceyhan *et.al.*, 2007).

The internet addiction symptoms like other types of addiction symptoms. Withdrawal syndrome due to decrease in the internet usage, excessive mental effort on internet, spending hours even though being intended to spend couple of minutes, continuously feeling sleepless and tired because of staying connected to the internet until late, feeling more comfortable contacting people over internet than talking face-to-face, telling lies to family members, therapist or others to be able to stay connected to the internet and having affection changes in the duration of internet connection are the most common symptoms of internet addiction (Young, 1999; ref. Öztürk *et. al.*2007; ref. Balta and Horzum, 2008).

The risk of University students being affected from the negative consequences of the internet is much higher. Depending on the internet usage of students, it may cause problems such as mental business by internet, problems in interpersonal communication, being late / absent to the class, sleeping and appetite problems and unable to make close relationships (Kandell, 1998).

In the research of Serin Bulut (2011), students studying university at Turkish Republic of Northern Cyprus universities show a high level and significant correlation between problematic internet usage points and neuroticism, extroversion, psychoticism, lie, life satisfaction, loneliness variables. Problematic internet usage and sub dimensions of social support, loneliness-depression, and decreased stimulation control and distraction levels show a significant difference according to the gender.



Adolescents' excessive usage of internet and computer games are using it as a strategy to fight with negative emotions such as fears, discomfort and disappointment, increase the tendency towards internet (Lim et. al., 2004).

The need to spend increasing amounts of time on computer activities such as playing games, arranging files or participating in online discussion groups are indicated by psychological tolerance. Computer users are aware of this problematic behavior but they continue to use the computer compulsively. When a person is unable to access a computer they showed that withdrawal symptoms are indicated by an increase in irritability and anxiety (ref. Orzack, 1998). Long-term use of computer and internet user has also observed a lot of health problems: decreased hours of sleep, disruption in family relationships, lack of yield and failure (Cengizhan, 2005).

Cohesion behavior is defined as the degree of meeting the individual's personal independence and social responsibility. Depending on the degree of their lives the individual develops more effective attitudes depending on his/her life. All these behaviors occur in the form of a chain. Behavior in itself is a chain process that contains both cognitive and behavioral elements (ref. Toy, 2006). According to Özgüven (1992) personal cohesion has determined as four categories. These are self-actualization, emotional stability, neurotic tendencies and psychiatric symptoms. Self-actualization refers that the behavioural features of person is related with properties such as self-reliance, being aware of self-talents, able to take decisions by themselves, able to express own truths, being in a feeling of accepted and useful (Doğan, 1991).

People with higher emotional stability generally show self-confidence, less mourning and less likely to be touchy properties. They mostly show a calm and peaceful impression, rarely require advice from others and tend to take their own decisions, do not draw back from emerging new and strange conditions and show effective behaviours during emergency conditions. People with lower emotional stability generally are worried and tense, during trouble they do not hold their tears and behave as either fearful or shy or excessive attacking or quarrelsome when they face a new condition (ref. Sardoğan *et.al.*, 2006; Özgüven, 1992).

People with neurotic symptoms complain about one or more of the psychosomatic symptoms such as chronic tiredness, headache, insomnia, visual defects, lack of appetite and etc. Neurotic people generally show their emotional conflicts by physical ways. Moreover, neurotic tendencies include behaviours like being perfectionist, not open to criticism and not accepting their self as it is. People with neurotic tendencies will not impaired reality testing and social cohesion (Öztürk, 2001; ref. Herken *et.al.*, 2000).

People with of psychotic symptoms show tendency to dream, being unable to concentrate on one thing, prefer being alone and keeping away from other people. These individuals have a lot of thoughts about themselves. Psychotic people generally corrupt to their social adaptation, touchy and excessive emotional (Öztürk 2001; Güleç, Koroğlu, 1997).

Computer and internet usage, which is defined as a new type of addiction, became an important study area that attracts the interest of different disciplines including psychology, sociology and communication (Balcı, Gülnar, 2009). The present study was conducted to determine the personal cohesions as a self-actualization, emotional stability, neurotic tendencies and psychotic symptoms of students depend on internet usage habit. This study aimed to be developed new perspective for academics, educational programmer, teachers, managers etc. to their own researches.



### **The Aim of the Study**

The purpose of this study is to analyze the relationship between personal cohesion and computer-internet usage among university students.

### **The Problem Statements of the Study**

The main problem statement of the study: "Is there any statistical meaningful correlation between personal cohesion and internet-computer usage among university students?" The following sub-questions were answered in order to reach the result of the main problem.

1. Is there any statistical meaningful correlation between daily computer usage and personal cohesion?
2. Is there any statistical meaningful correlation between daily internet usage and personal cohesion?

## **RESEARCH METHODOLOGY**

### **Research Design**

The research was made by descriptive type of associational research method. The aim of the descriptive perspective is to determine related cases. This type of research aimed to evaluate the level and the variation together between two and more variables (Karasar, 2009).

### **The Universe and Sample of the Study**

The universe of this research is consists of university students in North Cyprus. The sample for the research consists of 38.8% (n=80) female, 61.2% (n=126) male, 206 university students used by purposive sampling techniques of criterion sampling method. The students have their own personal computer set as criteria.

### **Instruments**

In the collection of data "Hacettepe Personality Inventory (HKE) – Personal Cohesion Scale" and Biographic-Demographic Information Forms were used. Biographic and Demographic Information Form is prepared by the researchers and it is arranged according to the suitability with the aims of the study. It is formed of 17 questions. In this form people are subjected to demographic features and computer-internet related questions. "HKE - Personal Cohesion Scale" which has four subscales was developed by Özgüven. The mean of Cronbach's alpha reliability coefficient of these subscales was .93. These subscales are self-actualization, emotional stability, neurotic tendencies and psychotic symptoms. Hacettepe Personality Inventory has a reliability subscale. A higher score of reliability subscale indicates that the individual carefully read each item to respond to reviews with insight and conscious, paper fill out a reliable of the inventory answering behavior (Özgüven, 1992).

### **Data Analysis**

All analysis are performed by using the SPSS 15.0 for Windows. Considering purposes of the study percentage documentation average, crosstab and Pearson moment's correlation were figured out in data analysis. The statistical significance level was accepted as .05 in the study.

## **RESULTS**

In this study is formed from 38.8% (n=80) female, 61.2% (n=126) male, 206 students who have distinguished by personal computer criteria. They had applied to the university students.



**Table 1. Gender Frequency Distribution by Daily Computer and Internet Usage Duration**

Daily Duration	Gender			
	Female		Male	
	n	(%)	n	(%)
<b>Computer Usage</b>	7	8.75	11	8.73
No Daily Usage	30	37.50	42	33.40
1-3 hours	27	33.75	33	26.20
4-5 hours	9	11.25	32	25.40
6-8 hours	7	8.75	8	6.35
8 hours and above	<b>80</b>	<b>100</b>	<b>126</b>	<b>100</b>
<b>Total</b>				
<b>Internet Usage</b>	9	11.25	15	11.90
No Daily Usage	29	36.25	47	37.30
1-3 hours	26	32.50	36	28.57
4-5 hours	11	13.75	20	15.88
6-8 hours	5	6.25	8	6.35
8 hours and above	<b>80</b>	<b>100</b>	<b>126</b>	<b>100</b>
<b>Total</b>				

Percentage documentation average and crosstab were applied in order to determine gender frequency distribution by daily computer and internet usage duration of students, as shown in Table 1.

The analysis of the data implies that mostly 1-3 hours daily computer usage duration both female 37.5% (n=30) and male 33.4% (n=42) were found. In daily internet usage duration mostly 1-3 hours both female 36.25% (n=29) and male 37.3% (n=47) were found. In the second most important result is 4-5 hours computer usage duration of female 33.75% (n=27) and male 26.20% (n=33). In addition to this result was 4-5 hours daily internet usage duration of female 32.50% (n=26) and male 28.57% (n=36).

**Table 2. Correlation of Personal Cohesion Subscales Test Scores with Computer – Internet Usage Scores**

	Computer Usage	Internet Usage	Self-Actualization	Emotional Stability	Neurotic Tendencies	Psychotic Symptoms	Personal Cohesion
<b>Computer usage</b>							
<b>r</b>	1	.805*	.122	.067	.099	.126	.120
<b>n</b>	206	*	206	206	206	206	206
<b>p</b>		.000	.080	.340	.157	.071	.086
<b>Internet usage</b>							
<b>r</b>	.805*	1	.037	.031	-.006	.050	.032
		206	206	206	206	206	206



<b>n</b>	*		.594	.661	.937	.476	.643
<b>p</b>	.000						
<b>Self-Actualization</b>		.037	1				
<b>r</b>	.122	.206	.206	.580**	.601*	.590*	.801*
<b>n</b>	.206	.594		.206	*	*	*
<b>p</b>	.080			.000	.206	.206	.206
					.000	.000	.000
<b>Emotional Stability</b>		.031		1			
<b>r</b>	.067	.206		.206	.727*	.712*	.881*
<b>n</b>	.206	.661	.580**		*	*	*
<b>p</b>	.340		.206	.000	.206	.206	.206
					.000	.000	.000
<b>Neurotic Tendencies</b>		-			1		
<b>r</b>	.099	.006		.601**	.206	.703*	.883*
<b>n</b>	.206	.206	.601**	.206	.727**	*	*
<b>p</b>	.157	.937	.000	.000	.206	.206	.206
					.000	.000	.000
<b>Psychotic Symptoms</b>		.050				1	
<b>r</b>	.126	.206		.590**	.712**	.206	.874*
<b>n</b>	.206	.476	.590**	.206	.206	*	*
<b>p</b>	.071		.000	.000	.206	.206	.206
					.000	.000	.000
<b>Personal Cohesion</b>		.032					1
<b>r</b>	.120	.206	.801**	.881**	.883*	.874*	.206
<b>n</b>	.206	.643	.206	.206	*	*	
<b>p</b>	.086		.000	.000	.206	.206	
					.000	.000	

\*\*

p<.001 statistically meaningful correlation

The sub-questions of the research were expressed as “Is there any statistical meaningful correlation between computer usage and personal cohesion?” and “Is there any statistical meaningful correlation between internet usage and personal cohesion?”

Pearson Moment’s Correlation Test was applied in order to determine whether there is a statistically meaningful correlation between Hacettepe Personality Inventory – Personal Cohesion Scale and computer-internet usage score of the students, as shown in Table 2.

The analysis of the data implies that there was a statistically meaningful strong positive correlation between internet usage and computer usage scores (r=.805).

Statistically meaningful strong positive correlation was found between personal cohesion and self-actualization (r=.801), emotional stability (r=.881), neurotic tendencies (r=.883), psychotic symptoms (r=.874) subscale scores. There was statistically meaningful moderate positive correlation between self-actualization and emotional stability (r=.580), neurotic tendencies (r=.601), psychotic symptoms (r=.590) subscale scores. There was statistically meaningful strong positive correlation between



emotional stability and neurotic tendencies ( $r=.727$ ), psychotic symptoms ( $r=.712$ ) subscale scores. Statistically meaningful strong positive correlation was found between neurotic tendencies and psychotic symptoms ( $r=.703$ ) subscale scores.

There was no statistically meaningful correlation with daily computer and internet usage scores with self-actualization, emotional stability, neurotic tendencies, psychotic symptoms and personal cohesion subscales.

## DISCUSSION

In this study the main aim is to examine the relationship between social cohesion and computer-internet usage in a group of university students who have a personal computer. The present study; level of computer-internet usage not severely affected the personal cohesion in this group.

Children and adolescents are the groups that are under high risk of being affected by the negative effects of internet. Internet usage habits and possible risks show diversity among different cultures. Tahiroglu *et. al.* (2008) stated in their study that 44.6 % university students use internet for 1-2 hours in a week. It is seen that 7.6 % of the participants use internet for more than 12 hours in a week. The users that make general investigations or other works towards school, rare users or non-users were stated as spending 1-2 hours in a week on internet. Similarly, aim of low internet users is to make general investigations and work towards school and low users make this more than the moderate and high users. It was reported that boys use internet more than girls.

Yang (2002) stated that daily users spend approximately 1.5-2 hours in front of the computer. Adolescents are reported to be the group that is under maximum risk together with internet addiction is seen at different cultures (ref. Yen *et. al.*, 2008). Besides the positive results, students being close to internet technologies could result in the formation of unwanted situations such as pathologic internet usage (Nalwa, Annand, 2003).

According to the researches by Yang and Tunga (2004), internet addictive users use internet 21,2 hours in a week and non-addicted users use internet for approximately 12,1 hours per week. The research carried out by Morahan and Schumacher (1997), college students stay connected to the internet for an average of 8,48 hours per week. The reason for this amount of time they are spending on the internet is that they do not have people to communicate and they do not have close neighborhood.

Simkova and Cincera (2004) study showed that students spend too much time on the internet and many of them felt it was a problem. Research is also emphasizes that more serious chat users has shown more problems than other university students. It was determined by Koch and Pratarelli (2004) that among university students, introverted individuals use internet much more than others and males use internet for opposite sex oriented activities more than females.

According Kelleci *et.al.*'s (2009) research found that there is a difference in internet usage times between genders, especially, female students percentage of internet usage over 5 hours is 4.5% and males percentage is 16,8%. Exceeding 2 hours internet usage time, both genders show a similar ratio of spiritual symptoms. The research carried at China among 12-18 aged students, non-addicted students use internet 3.1 hours per week, addicted group use 11.1 hours per week. When these two groups compared according to their psychological properties, it was determined that addicted group show more psychological, emotional and social problems (Cao & Su 2007).

In this present study it was determined that most of the students use 1-3 hours computer and internet during a day. So it is a cause of personal and familial problems and shows us probably most of the students to be at risk for computer-internet addiction when the previous studies compared. In this study it was found that there is no difference of the daily duration of the usage of computer and internet between male and female users.





## CONCLUSION

In this research studied with university students in Northern Cyprus about relationship between computer-internet usage and personal cohesion. The main aim of this study to provide information about the computer-internet usage periods and preventive activities of the resource is to be made by the counselors. This study indicates that computer-internet usage duration was no relation with the personal cohesion with university students. In addition, the daily duration of computer-internet usage that may occur within the framework of a relationship with personal cohesion processes will be able to source for internet addiction prevention efforts in the direction.

In this study, it was focused on the university students that use their own personal computer and their personal cohesion. Only adolescents who attend university and who have families with higher socio-economical status and education participated the study. Low socio-economical status of the family, low education may be some other factors related with computer-internet usage and personal cohesion, a sample having wide range of these characteristics should be formed. Having a large sample of students with different backgrounds may enable to generalize the results to the community. Therefore the further studies could be applied to other age groups like secondary and high school students, a variety of views may occur. For new researches it is suggested that on experimental studies may be applied areas of computer-internet usage and computer-internet addiction.

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