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## Analyzing the Dimensions and Components of Cyber Addiction Prevention Management in the Youth of Zanjan Province with the Foundation Data Approach

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### Research Paper

### Abstract

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**Purpose:** The purpose of this research is to analyze the dimensions and components of cyber addiction prevention management in the youth of Zanjan province.

**Methodology:** The qualitative research method is applied research in terms of its purpose, and in terms of the analysis method, it was implemented with the paradigm model of Strauss and Corbin (1990-1998). The statistical population includes 15 experts in the field of university education and university elites who were selected by targeted and accessible sampling method. The data collection tool includes two parts, library method and interview (text review and semi-structured interview with experts). For data analysis, open, central and selective coding based on foundational data theory and MAXQDA 2020 software was used.

**Findings:** The results showed that the dimensions and components of cyber addiction prevention management among the youth of Zanjan province were identified and extracted in 5 main categories of foundation data and 15 components, which include causal conditions (family factors, individual factors, attractions of cyberspace and lack of media literacy), contextual conditions (social conditions, cultural environment), intervening conditions (social policies, unemployment and poverty), strategies (social participation, family education, life skills training and cultural and sports facilities) and consequences (improving mental health, increasing the number of employees, management of virtual space).

**Conclusion:** Internet not only has many uses in daily life; Rather, it has special and unique features that increase its attractiveness a hundredfold, and it leads to addiction to the Internet, tolerance, withdrawal, emotional disturbances, and cutting off social relations by keeping people away from social relations, causing depression and loneliness in them, as a result, with Establishing courses in order to educate families with the culture of optimal use of smart phones and equipment, in order to prevent disappointment, depression and loneliness in order to prevent cyber addiction in young people.



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## Detailed abstract

**Purpose:** We live in the age of networks. An era in which the formation of various online social networks has introduced new methods of communication and information to the wide field of social communication. In recent years, the use of the Internet among children and adolescents has increased dramatically, which has led to increased concerns about the potential dangers of excessive Internet use and addiction. The cyber (virtual) space is a vast and complex world; that different groups and people with different tendencies, beliefs and convictions; They work in it. The term cyber (virtual) space is not used wrongly because it affects the existence of a person and his beliefs simultaneously and in sync with the real world and maybe more. The cyberspace itself is a harmless tool, but its excessive and incorrect use leads to the risk of addiction, which has created a major problem for the mental health of society. Cyber addiction has turned people into abandoned people, which affects their social relationships. As a result of excessive use of the Internet, the work efficiency and productivity of Internet user's decreases. Cyber addiction is an emerging and serious threat to society's health and plays a major role in crime and corruption, and directly and indirectly imposes a lot of costs on society. Addiction to virtual space or the Internet, which is called compulsive use of the Internet (CIU), problematic use of the Internet (PIU), and is a behavior in which a person spends a lot of time on the Internet or social networks, online games, etc., to deal with stress Life becomes dependent to the point where it damages relationships, work and health. Professionals who recognize Internet addiction classify it as an obsessive-compulsive disorder or an impulse control disorder. Internet addiction, compulsive use of computers, pathological use of the Internet, and Internet dependence are also called. Internet addiction has become an important concern with various negative consequences among the young generation in today's modern society and has been examined and discussed in many studies.

**Methodology:** The present study was conducted qualitatively in terms of its practical purpose and in terms of data collection. The research method was based on foundation data theory and in terms of analysis method, Strauss and Corbin (1990-1998) paradigm model was implemented. The statistical population of the research was selected from 15 elites and experts in the field of educational management who had done research work in the university and interviews were conducted with them. In this research, the interviews continue until people's opinions reach saturation and they feel that the answers provided are similar to the previous answers and do not add anything to the findings (saturation limit). Based on this, 15 experts in the field of university education and university elites were interviewed. The sampling method in the qualitative part was targeted and available. To select the sample, a targeted and accessible sampling method based on criteria was used. The criteria for selecting people are having a doctorate degree related to the research title, high experience, having time, interest and ability to conduct interviews. In this research, both the library method and interviews (review of texts and semi-structured interviews with experts) from experts using the foundation's data analysis method with inference from the content of the texts and the experts' answers to the experts' open questions; With open, central and selective coding, the factors and management area of prevention of cyber addiction in the youth of Zanjan province were identified. Foundation data theory is a qualitative research method that is used to theorize about the studied phenomenon. The paradigm model of the foundation data theory is one of the main pillars of the grounded theory method (foundation data theory) which is used in Strauss and Corbin's method. This model consists of five parts: causal conditions, background conditions, intervening conditions, strategies and consequences. At the center of the model is the central phenomenon around which activities are formed. It shows the flow of processes and activities that happened in the context of this research. Data analysis was done using MAXQDA 2020 software.

**Findings:** The results showed that the dimensions and components of cyber addiction prevention management among the youth of Zanjan province were identified and extracted in 5 main categories of foundation data and 15 components, which include causal conditions (family factors, individual factors, attractions of cyberspace and lack

of media literacy), contextual conditions (social conditions, cultural environment), intervening conditions (social policies, unemployment and poverty), strategies (social participation, family education, life skills training and cultural and sports facilities) and consequences (improving mental health , increasing the number of employees, management of virtual space)..

**Conclusion:** Internet not only has many applications in daily life; Rather, it has special and unique features that increase its attractiveness a hundredfold, and Internet addiction leads to tolerance, withdrawal, emotional disturbances, and cutting off social relations by keeping people away from social relations, causing depression and loneliness in them. Based on the findings, it is suggested that provincial officials approve policies at the provincial level in order to create suitable jobs for young people, facilitate the path for creating employment by entrepreneurs, eliminate the roots of poverty in the province, and use the available resources in the province. , access to resources for all people at the same level, development and promotion of sports culture among families, etc. to prevent cyber addiction in young people in the interventional sector. It is suggested that by encouraging children and creating attractiveness in teenagers to participate in social activities and strengthening such behaviors by parents, broadcast short educational programs about the advantages and disadvantages of the Internet and virtual space in the language of popular artists and athletes who are generally seen as role models by the youth. They put attention and importance to traditional rituals, increasing media literacy and public awareness, especially parents, etc. to prevent cyber addiction in young people. It is recommended that families set a specific time and number of times to use the Internet for their children, replace working with the Internet with healthy and recreational activities, create a culture of talking to people instead of sending messages through the Internet, copying information that It is necessary to read or print them, etc. to prevent cyber addiction.