



The relationship between using the Internet and social isolation among students of the faculty of Education at the University of Hail

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Abstract

The current study aimed to identify the correlation between Internet use and social isolation, as well as to identify whether there are statistically significant differences between female and male students in the measure of Internet use, as well as in the measure of social isolation among students of the College of Education at the University of Hail. The study sample consisted of 254 male and female students from the College of Education were selected by a stratified random method. After reviewing a number of measures, the researcher prepared an Internet use scale, as well as a social isolation scale, and the validity and reliability implications of each were verified. The results showed a positive relationship between Internet use and social isolation. There are statistically significant differences between female and male students in using the Internet, in favor of females. It also showed statistically significant differences between female and male students in social isolation, in favor of females.

Keywords: *using Internet, social isolation, College of Education students.*

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Introduction

The Internet is considered a new revolution in the field of technical or technological development, and it is a new revolution in the field of communications. The Internet (which is an information network) is considered one of the latest technologies at the present time and is linked to communication, information and computer technologies that have developed greatly since the end of the last century, and are still developing at super-fast and continuous. It is necessary to learn the basics of computer and Internet technologies in a way that serves the development of general and individual skills and is commensurate with the nature and development of the times. It is expected that people dealing with the Internet will increase in our societies and the use of this technology will improve in a beneficial way. Good use must be encouraged, developed and emphasized by explaining the benefits, fields and prospects of the Internet in a practical manner to everyone. It must be emphasized that dealing with any technology requires a number of issues and controls. Just as there is good use of any technology, there is misuse. This is due to the increase in dealing with various applications via the Internet, which increases the time an individual spends away from others, and uses the Internet for various purposes. Some statistics indicate that the number of Internet users in the Arab world is about 77%, while in the United States and Canada the percentage reaches 40%. In a study in 2002, it was shown that about 35% of users in the Arab world use the Internet for long-distance chat. It is often said in various circles that the Internet is entertainment, disturbance, and a search for prohibited things, but there are

very serious and useful uses in various fields of life, culture, science, social, and others. We do not deny the importance of guidance here, as it has an important role in truly benefiting from this useful technical development, and addiction to the Internet in the sense of spending long times on the network may lead to neglecting to carry out the responsibilities that must be undertaken (Al-Maleh, 2002).

Escaping from practical and social problems is also considered an important factor in addition to the Internet, which makes it necessary to identify the problems and try to solve them and confront them instead of escaping from them. Also, the negligent person may flee to the Internet to cover up his negligence and neglect in his various duties under the pretext that he is doing another useful job. The Internet provides an appropriate field in terms of expressing opinions and dialogue, in addition to controlling and proficient in techniques with relative ease, which attracts the user and makes him feel his value and importance (Al-Maleh, 2002). Just as the interaction between a person and members of his community plays an important role in belonging to the family and society, it was necessary to examine and research whether there is a correlation between the use of the Internet and social isolation, as societies seek to reach interactive people who communicate with their communities. The current study is distinguished from previous studies in its attempt to study the relationship between technology and social relations at the level of university education, which is considered an important segment of society, and this is what the study sought, as none of the previous researchers addressed it, mainly within the limits of the researcher's knowledge.

Study problem and questions:

Society faces great challenges in light of the great technological progress and means of electronic communications, which have brought about great changes in societies, including changes in the structure of social relations between people. Hence this study, which deals with the relationship between Internet use and social isolation, and the problem of this study, is determined in answering the following questions:

- 1-Is there a correlation between Internet use and social isolation among students of the Faculty of Education at the University of Hail?
- 2-Are there statistically significant differences at the significance level ($\alpha = 0.05$) in the use of the Internet among students of the Faculty of Education at the University of Hail due to the effect of the gender variable?
- 3-Are there statistically significant differences at the significance level ($\alpha = 0.05$) in social isolation among students of the Faculty of Education at the University of Hail due to the effect of the gender variable?

Objectives of the study:

- 1- Identifying if there is a correlation between Internet use and social isolation among students of the Faculty of Education at the University of Hail.
- 2- Identify if there are statistically significant differences in the use of the Internet between male and female students of the Faculty of Education at the University of Hail.
- 3- Identify if there are statistically significant differences in the use of the Internet between male and female students of the Faculty of Education at the University of Hail.

The importance of this study:

The importance of this study stems from the fact that it searches for a phenomenon that is widely spread in our societies, especially in the youth stage and especially the university stage, and after the spread of the Internet has become a necessary and urgent matter among individuals in societies, and societies aim for the building of students' personalities to be an integrated and balanced construct between Using the Internet, forming healthy social relationships, and practicing various hobbies and activities; This study sheds light on this relationship, as it sheds light on the Internet as a modern technological means and means of communication. The study also addresses a personal trait and an important social relationship that may be linked to the use of the Internet, and reveals the most important general characteristics of the behavior of Internet users, and its effects on their social relationships, which helps to reach To proposals to benefit from this technology, improve the positive use of the Internet and reduce its negative effects, especially among young people, as they may not pay attention to its harms. This study addresses the relationship of Internet use to social isolation among students of the College of Education at the University of Hail.

Study limitations:

Spatial limitations: This study is limited to students studying in the College of Education at the University of Hail.

Temporal limits: This study is limited to students studying in the academic year 2023.

Terminology of this study:

Operational definitions:**Using the Internet:**

The score of the student who scored over 40 on the using Internet scale that was used for counting purposes in this study.

Social Isolation: The score of a student who scores over 36 on the Social Isolation Scale.

College of Education students: male and female students studying in the College of Education at the University of Hail in the academic year 2023.

Theoretical framework:

The Internet is one of the new communication and knowledge technology tools, which refers to the ability to obtain information, store it, use it, or transfer it, or the ability to communicate with the outside world in all its forms and types. Researchers have differed in their findings about the effects resulting from the use of the Internet on social life. For individuals in terms of its impact on personal relationships in particular, some have argued that the Internet negatively affects an individual's relationships with his family and friends, and this is due to them being replaced by other relationships that they establish on the Internet, or significant use of the Internet may cause his inability to confront socially. This reflects a lack of psychological structure and maturity in him, so his communication skills decrease, he cannot express himself easily, and his ability to make decisions decreases. Some have argued that it has a positive effect on people if its use is limited to conditions (Nguyen, et al., 2023).

The observer of the prevailing social conditions realizes that the use of social communication networks has begun to take a special turn, and has begun to influence the social structure of human societies. There is an important social and international indicator in the information age that is evident in the repercussions of the Internet, which contributes effectively to linking international organizations with each other and works to assist international organizations in accomplishing their work on the international level, as it is a tool for transferring information to thousands of organizations in 133 countries that work in various fields such as human rights, the environment, and the protection of minorities. Thus, Internet networks have given the parties dealing with them the status of a single entity (Mohamed, 2023).

Many specialists in the field of social sciences have analyzed the process of interaction between technology and social behavior. There is a mutual relationship within the culture of society between its component parts and elements. Social behavior - in general - as (Steward, 1988) pointed out, is greatly and directly influenced by various technological means. Multiple technological means meet a specific cultural response. There is a process of mutual influence and influence between the technology used and social behavior. There is no doubt that modern technology, and the comprehensive and significant development it has produced over the past few decades of time, has confirmed beyond doubt that it has reached a more evolutionary stage in the history of technology than has occurred throughout human history over the ages (Al-Dali, Al-Yithi, 2016) (Bajan, 1998) presented several literatures related to technology and its impact on the behavior of individuals, indicating that technology and modern technologies such as the Internet, mobile phones, mobile audio and visual means, and other modern technologies have greatly influenced human life, behavior, and the way he communicates with others, which also indicated that its connection to social standards and social behavior. For example, studies have been active for some time regarding the social and psychological effects of using the television set as one of the most prominent technological technologies that have had social impacts. Multiple and diverse studies have appeared that discussed various aspects of the spread and impact of this phenomenon. A large part of these studies has been devoted to discussing and analyzing the impact of watching television on young age groups, as they are more affected by the temptations of these modern technologies.

It is noted that the infection of lack of social communication has also affected technology users, making members of the same family separate personalities abandoned by social communication, and creating the disease of social isolation among them, as a tax to the era of the Internet and modern technologies, and of course the most affected are the "youth," as they are the groups that use the Internet the most. At a conference entitled "Internet Teens," held in Egypt, sociology experts revealed that many researches and studies have proven that the Internet leads to social isolation for young people, and this varies according to the duration and number of hours of daily use of it. These young people do not communicate with their families; As each one of them became content with the keyboard, screen, and mobile phone, they were no longer socially participating individuals, searching for a private world without problems, a world in which they escaped from the controls of upbringing decided by the father and mother, and the traditions and customs of society, and there was no longer time to practice social communication, as this might lead to. Excessive use leads to a state of anxiety, depression, overeating, or a feeling of loneliness and introversion. It

may also cause an inability to confront socially, as communication skills with others decrease. The excessive use of the Internet also conceals the emergence of generations who are only proficient in dealing with computers. The study conducted by the World of Knowledge magazine indicated that 40% of the young people surveyed reported that the Internet has affected them socially and made them more isolated. But moderate use of the Internet can support social relationships because the Internet is a means of communication and thus can help family and friends communicate (The Internet and modern technologies reveal the isolation of young people, 2011).

Literature Review:

Over the past years ago, many studies utilized the relationship between using the Internet and social isolation among students; this section is overviews the recent empirical analyses on the relationship between using the Internet and social isolation among students of schools or faculties. The study of (Young, 1996) aimed at comparing the behavior of Internet users with the clinical perceptions of Internet addiction as stated in the DSM-IV on a sample of (500) Internet users. The results showed that 80% of the total sample was identified as they were diagnosed as being addicted to the Internet, as they showed behaviors indicative of addiction, and that Internet addiction negatively affects the individual's academic, social, economic, and professional life.

(Young, 1998) showed that the anecdotal reports indicate that some on-line users are becoming addicted to the Internet resulting in academic, social, and occupational impairment. This study investigated the existence of Internet addiction and the extent of problems caused by such potential misuse. Of all the diagnoses referenced in the %DSM-IV%, Pathological Gambling (PG) was viewed as most akin to the pathological nature of Internet use. By using PG as a model, addictive Internet use can be defined as an impulse-control disorder that does not involve an intoxicant. Therefore, this study developed a brief 8-item questionnaire referred to as a Diagnostic Questionnaire (DQ) that modified criteria for PG to provide a screening instrument for classification of participants. This study used case studies of 396 dependent Internet users and 100 nondependent Internet users were classified. Qualitative analyses suggested significant behavioral and functional usage differences between the 2 groups such as the types of applications utilized, the degree of difficulty controlling weekly usage, and the severity of problems noted (e.g., academic, relationship, financial, etc).

(Sanders, et al, 2000) aimed to identify the relationship between Internet use and both depression and social isolation among adolescents. The sample consisted of 89 high school students, including (37 males, 52 females), and an Internet addiction questionnaire was applied to them. Prepared by: (Young, 1998), Young and the Beck Depression Inventory. The results indicated that there was a positive correlation between (high) Internet use addicts and feelings of social isolation and depression among adolescents. This means that low Internet use users had more positive social relationships.

Kaplan's study (Caplan, 2002) aimed to examine problematic use of the Internet and psychosocial adjustment. This study is considered one of the exploratory studies that developed a theoretical measure for problematic use of the Internet. The study sample amounted to (386) university students, with the aim of examining the relationship between problematic use of the Internet and many psychological and social variables, such as depression, self-esteem, psychological loneliness, and shyness. The results of this study indicated that there is a significant correlation between the sample members' scores on: subscales, psychological loneliness, shyness, and self-esteem.

(Abdul Hadi, et al., 2005) aimed to identify the relationship between Internet addiction and both depression and social support among university students. The study sample consisted of (300) male and female university students, including 150 male and 150 female students. The tools were as follows: Internet Addiction Disorder Scale prepared by researchers. The validity and reliability coefficient was calculated for each of the two tools. The results of this study showed that there is a statistically significant positive correlation at the 0.01 level between Internet addiction and depression among male and female university students. There is also a negative and statistically significant correlation at the 0.01 level between Internet addiction and the dimensions of social support from friends and family, and the total degree of social support among university students, male or female.

(Awad, 2006) aimed to identify the relationship between personality type and Internet addiction, as well as knowing which of the activities that a teenager practices on the Internet can also predict the phenomenon of Internet addiction. This study sample was purposively selected from private school students in the city of Oman. The total number of sample members was (130) male and female students, (678) of whom were male and (452) female. A tool was used to measure Internet addiction, and the second tool was used to measure personality type. The researcher translated and Arabized the Internet Addiction Scale (Young, 1998), and the

researcher also translated and Arabized two personality dimensions of the (Eysenck Scale) for non-adults. All study tools enjoyed appropriate validity and reliability. This study showed a statistically significant relationship between personality type and addiction to the Internet, as the results indicated that 84% of individuals addicted to the Internet have an extroverted, unbalanced personality type.

In a study conducted by (Al-Majali, 2007) aimed to identify the impact of using the Internet on social relationships among university youth in Jordanian society, by surveying the opinions of a sample of Mutah University students, numbering (325) male and female students, who were selected randomly. A questionnaire was constructed by the researcher, and its validity and reliability were verified. This study showed that the impact of Internet use on social relationships increases if students use the Internet alone, and as the number of hours of daily use increases. The results also indicated a relationship to the impact of Internet use on social relationships and some qualitative variables, such as gender.

(Khader, 2008) aimed to know the psychological, social and cultural dimensions that the Internet, as a modern means of electronic communication in society, left on young people's social relationships with their families and their social interactions with their acquaintances and friends. It was applied in Qatari society to a sample of young people of both sexes whose size was (471). This study used a questionnaire, and this study concluded that young people's use of the Internet led to a decline in the amount of daily interaction between them and their families and a decline in the number of their visits to their relatives, and that there is a state of isolation and psychological alienation among young people that distances them from their society.

(Al-Homsi, 2010) aimed to study the phenomenon of addiction to the Internet and its relationship to social communication skills among a sample of Damascus University students. This study sample was (150) male and female students (36) females, (114) males from multiple scientific specializations and different economic situations, and the study tools were: on (a scale for Internet addiction, prepared by (Young, 1998) and a scale for social relations, prepared). The results of this study resulted in a relationship between addiction to the Internet and social communication skills among the sample studied. It also showed significant differences in Internet addiction among the sample according to the gender variable in favor of females.

(Horzum & Ayas, 2013) showed that the Internet addiction has been emerged as a result of excessive internet misuse. This study analyzed the effects of depression, loneliness and self-esteem has been aimed in the prediction of the internet addiction levels of secondary education students. This study conducted according to the cross-sectional model as one of the survey models. The sample of this study comprised of 292 students who continue their education in the first term of 2009-2010 in Trabzon. The study showed that the Internet addiction, Beck depression, UCLA loneliness and Rosenberg self-esteem scale have been used as data collection tool in this study. The Result of this study obtained that a positive, mid-level and significant relation with internet addiction has come out when depression, loneliness and self-esteem variables are considered together. These variables explain 14 % of internet addiction's total variance. This study concluded that the relative order of importance of the variables on internet addiction is depression, loneliness and self-esteem. This study showed that the depression and loneliness variables are significant predictors on internet addiction; self-esteem is not a significant predictor.

(Al-Raggad, F. E., 2021) aimed to identify the impact of social networking sites on family relationships from the point of view of parents of students in Sahab city during the first semester of the academic year (2020/2021). This study sample consisted of (864) families chosen at random from the study population of (36,475) parents. This study used a questionnaire with (27) items divided into three domains, and the validity and reliability of the two study tools were verified, as the value of the (alpha) coefficient of the questionnaire's total reliability was (0.88). The results of this study showed that the following statistical treatments were used: t-test for independent samples, one-way analysis of variance, and calculating the frequencies of the reality of family relationships. The study showed several results, the most important of which are: - There were statistically significant differences according to the income variable, in favor of the higher income, and the study did not find differences due to the variables of gender, qualification, age and number of family members. The study recommended the need to remove barriers between parents and children, which helps children from their parents' experiences in life and guide them in order to overcome the psychological difficulties they encounter in their daily lives.

(Soliman, 2012) aimed to reveal the relationship between Internet use and social competence. The sample consisted of 600 participants from general secondary, technical, and university education students. The study used a personal data tool that she prepared, a measure of problematic use of the Internet that she also prepared, and a measure of social competence that she prepared. The results of this study revealed that problematic use of the Internet had negative effects on social competence.

(Al-Tarawneh, Al-Fanikh, 2012) aimed to investigate the impact of Internet use on academic achievement, social adaptation, depression, and communication skills among Qassim University students. This study

sample consisted of (595) male and female students who use the Internet at Qassim University. The sample of this study selected by using the available purposive method, the cumulative average was used to indicate academic achievement. This study showed that the Arabized version of the Beck Depression Inventory, the Social Adaptation Scale appropriate to the university social environment, and the Communication Skills Scale were applied to university students. The results of this study indicated that the degree of depression is low among students who use the Internet for a medium period of time, while the degree of depression is high among students with high use. The study also found that there were statistically significant differences in the degree of communication skills due to the number of hours of Internet use in favor of average use.

(Al- Ali, 2010) aimed to know the psychological effects of the Internet on students at the University of Sharjah. This study sample consisted of (200) male and female students from the College of Communication from the University of Sharjah. This study used a questionnaire and applied through interviews. The study showed that one of the most important results of the study was that using the Internet leads to isolation.

(Al-Shehri, 2013) aimed to identify the reasons that lead people to subscribe to Facebook and Twitter, identify the nature of social relationships through these sites, and reveal the positive and negative effects resulting from the use of these sites. This study applied at King Abdulaziz University on a sample of (150) Female students who were chosen intentionally. This study used a questionnaire to collect data. The study reached a set of results, the most important of which is that female students benefited from these two sites in strengthening their old friendships and searching for new ones and communicate with their distant relatives

(Cai, et al., 2023) showed the increasing prevalence of problematic internet used heightened concerns about its adverse impact on internet users' mental health. This study showed that despite reviews investigating the associations between problematic internet use and mental health outcomes, there is a lack of understanding of various aspects of students' mental health. This study aimed to bridge this gap by providing a more comprehensive overall picture of this issue through a quantitative synthesis based on three-level random-effects meta-analytic models. It showed that 223 studies with a cumulative total of 498,167 participants and 512 effect sizes were included in this synthesis. The results of this study showed that problematic internet used moderately and positively associated with depressive symptoms, anxiety, loneliness, and other mental health outcomes, and negatively related to subjective well-being. The study obtained that the moderator analyses revealed that several study features (i.e., school grade, region, measure of problematic internet used, publication year, and gender) could explained the variations in the findings across individual studies. These study results provided solid evidence for the link between problematic internet used and different mental health outcomes and have implications for future research and interventions on students' problematic internet used.

(Rennoch, et al., 2023) showed the internet enabled communication with social partners and has been found to be related to higher psychological well-being among older adults. The data of this study used from the representative German North Rhine-Westphalia 80+ (NRW80+) study ($n = 1,698$, $M_{age} = 84.86$), we conducted linear regression and mediation analyses to compare levels of loneliness and depressive symptoms of on liners using the internet for social or other purposes with off-liners. The study showed the oldest old on-liners used the internet mostly for social purposes, and this type of internet used related to a significantly lower level of loneliness and fewer depressive symptoms compared to off-liners. The mediation analysis of this study revealed that internet used for social purposes related to lower levels of loneliness, which in turn associated with a lower number of depressive symptoms. The findings of this study suggested that internet used for the social purposes may help the oldest old to reduce feelings of loneliness and depressive symptoms.

(Joorabchi, et al., 2022): showed that the excessive used of the Internet in recent years has caused different social problems, one of the most important consequences of excessive Internet usage is Internet addiction among students which directly affects their academic performance personal relationships with others, leading to social isolation. This study attempted to identify the relationships among gratification of using the Internet, Internet skill, Internet addiction, and social isolation among university students, the mediating role of Internet addiction between gratification of using the Internet and Internet skill with social isolation, and the role of race and gender were examined. The study showed that the total of 440 university students in the age range of 18 to 40 years from the University of: Putra Malaysia (UPM) participated in the study. The Students completed a self-rank questionnaire measuring their Internet dependency. The Structural Equation Modeling of this study estimated that the Internet addiction had moderating effects on gratification of using the Internet and social isolation, the moderation of race and gender on the model was not supported, females were more addicted and consequently more isolated from the society in comparison to males, though there were differences for Malay and non-Malay students.

(Hasmujaj, 2016) showed the Internet addiction is a kind of consumer behavior that has attracted the attention of many studies. Loneliness is a frequently reported mental illness addicted to the internet. The study showed that the lonely individuals may be drawn online because of the increased potential for companionship, the changed social interaction patterns online, and as a way to modulate negative moods associated with loneliness. This study examined the relationship between internet addiction and loneliness among the male students of University of Shkodra and the gender differences to this aspect. The participants to this study were 151 students from 18-23 years old, who live in different places of North Albania. The study obtained that in order to trace the connection between loneliness and Internet addiction among students was used the self-administered questionnaires: Internet Addiction Test (IAT) and UCLA Loneliness Scale. This study showed that there was a mild negative correlation between loneliness and Internet addiction, no gender differences was found in terms of internet addiction and loneliness level. The results of this study suggested that students addicted to the Internet have significantly lower rates of loneliness.

(Morley and Aston, 2023) showed that the isolation is a consideration for many writers and is a term that has become synonymous with the pandemic, this explained why the focus for much practice and research on writing development from a learning development and academic literacies context has traditionally focused upon in-person support. The study showed that the digital writing practices offer alternatives to in-person support and opportunities to address writers' feelings of isolation. This study question for this case study is, what extent has changes in writing development through the pandemic refocused how they engaged students in community-focused digital writing practices, in a learning development and academic literacies context? This case study seeks to answer this question by critically reflecting on the University of Manchester Library's. The study showed that the 'My Learning Essentials' approach to digital writing during COVID-19 isolation, the team launched a range of community-based digital writing development initiatives; these included the peer-led Writing Together workshops and innovative uses of shared Digital Notebooks in embedded writing workshops when teaching within the curricula. The Community-based digital writing development has enhanced 'My Learning Essentials' existing pedagogic principles of peer-learning and student-centered active learning. The 'What-So ,What-What Next' framework of critical reflection will be used to analyzed what worked, what did not work and what we learned in delivering these digital writing initiatives. This case study will provide practice-based suggestions and implications for writing workshop pedagogy in the age of COVID-19 and beyond, that will be of interest to learning developers, academic skills tutors and other teachers of academic writing, as well as practitioners of digital writing more generally.

(Najafi, et al., 2018) showed that the Internet abuse has had a growing trend among medical students, this practice incurred negative consequences on many aspects of an individual's life, including academic, professional, and communicative status as well as loneliness and sleep quality. These consequences have adverse effects on the quality of patient care and safety, as well as physical and mental health of students. This study aimed to investigate the relationship between Internet addiction and loneliness, and sleep quality among students of the Nursing and Midwifery Faculty. This cross-sectional study was conducted on 216 students of Zahedan Nursing and Midwifery Faculty during year 2016. This study population selected through the stratified random sampling technique. The data of this study collected using the demographic form, Young's Internet Addiction Test, University of California Los Angeles Loneliness Scale, and Pittsburgh Sleep Quality Index. The data analysis was performed using independent t-test, analysis of variance (ANOVA), multivariate regression, and Pearson correlation coefficient in SPSS-20 software. According to the results of this study, 62.1%, 10.3%, and 1% of the students had mild, moderate, and severe Internet addiction, respectively, the mean scores of Internet addiction, loneliness, and sleep quality were 37.92 ± 13.32 , 44.11 ± 9.63 , and 10.7 ± 5.29 , respectively. Furthermore, there was a significant difference between males and females in terms of the mean Internet addiction and sleep quality ($P < 0.001$ and $P = 0.02$, respectively). The study showed that the, sleep quality showed a significant correlation with Internet addiction ($r = 0.16$, $P = 0.01$) and loneliness ($r = 0.22$, $P = 0.001$), no significant relationship was observed between Internet addiction and loneliness, 8% of the total variation of Internet addiction among students was dependent on sleep quality and gender, the considering the effects of Internet addiction on the health dimensions of students, it seemed necessary to implement periodic educational courses, refer them to counseling centers, and perform interventional studies to assess the effectiveness of such programs.

(Akpınar, 2021) showed that the Covid 19 has proven to be a major disruptive aspect of human life across the world. This study showed, there has been a significant shift in the normal way of life with people being required to isolate to prevent further spread of the disease. In education, the restrictions have made it imperative for the adoption of online learning. This study highlights the effect of online learning on tertiary level students' mental health. The major findings of this study included the realization that there has been an increased in mental health concerns among the students. This aspect was attributed to the isolation from peers

and lecturers, the difficulty of using the online platforms, the lack of guidance and counseling, and the high levels of distractions associated with the platform, the inability to talk and interact with peers and their lecturers for instance, has proven to be a major cause of stress among this group of students. This study showed that online learning is a major cause of stress despite being a solution to the challenges of the Covid 19 lockdown to learning.

(Nie, et al., 2021) showed that the popularization of the Internet in rural China, mobile Internet use has become an essential part of rural residents' lives and work, no studies, however, have investigated the potential effect of smartphone use on quality of life among rural residents in China. This study applied ordinary least squared, conditional quantile and instrumental variable techniques to survey data for 493 rural Chinese households to assess the impact of smartphone use (SU) on their subjective well-being (SWB). The results reveal of this study that an association between SU and increases in both life satisfaction and happiness that remains even after they adjust for possible endogeneity. The analysis of this study indicated that SU intensity was associated with lower levels of both SWB measures, especially when it exceeds 3 h per day. Quantile estimated further indicated that in both participation and intensity, SU has a much greater impact on SWB at the median level of the SWB distribution. The multiple mediation results showed that the positive SU–SWB linkage is partially mediated by both farm income and off-farm income. This study suggested that the local government should invest in Internet infrastructure to promote agricultural activities and develop specific rural services to boost farm income via better access to information of agricultural production and market networks, Mobile information and communication technologies can also provide more opportunities for rural entrepreneurship and innovation, in particular by motivating young farmers to actively engage in rural e-business ventures which can raise off-farm income.

(Yu, et al., 2021) showed that the internet is increasingly commonly used by older adults; it remained controversial in the literature on whether older people are more or less lonely with internet adoption. This study aimed to test the longitudinal association of internet use and loneliness and to theorize the relationship by examining the mediating effect of social contact. This study employed data from 2006, 2010, and 2014 waves of the Health and Retirement Study. The loneliness was measured with the three-item UCLA loneliness scale, social contact was operationalized as contact frequency with family and friends, and internet use was measured using a self-assessed dichotomous item. The Longitudinal associations and mediation effects were tested using hierarchical linear modeling. The Internet used was associated with decreased loneliness over an 8-year period ($b = -0.049$, $p < .001$) and more social contact ($b = 0.285$, $p < .001$), which was related to lower perceived loneliness ($b = -0.088$, $p < .001$). The study showed that the scale ranges from 0 to 2 (0 = never lonely, 2 = often lonely), the total effect of internet use on loneliness was -0.060 , and the mediated effect was -0.025 . These findings of this study implied that internet use may be an effective tool for reducing loneliness in older people by maintaining social contact.

(Ding, et al., 2022) showed that the societal and technological development, mobile Internet has become the most popular and widespread means to use the Internet in China. This study explored the relationship between mobile Internet use and the self-rated health and mental health of the Chinese population is of great importance. This study empirically examined the impact of mobile Internet use on residents' health using data from the China Family Panel Studies 2020 and conducted a heterogeneity analysis. The results of this study revealed a significant negative association between mobile Internet use and the self-rated health of the population, but a significant positive association was found relative to their mental health. The results of this analysis study passed a robustness test. The results of this study the heterogeneity analysis showed that mobile Internet use had a more significant association with the health of residents with secondary school education and university education compared to those with primary school education or below and graduate education. This study addressed the endogeneity problem using the propensity-score matching model, which was shown to be better at eliminating sample selectivity bias. The study said that if endogeneity is not addressed, the negative association with mobile Internet use on residents' self-rated health will be underestimated and its positive association with their mental health will be overestimated. The study concluded that the Chinese government should issue guidelines on the duration of Internet use, strictly regulate exaggerated and harmful content on mobile network platforms, and strengthen people's online skills through training to improve their digital literacy, especially for rural populations.

(Golin, 2022) showed that the Mental health disorders were among the leading causes of disease burden worldwide, recently, attention has been drawn to the Internet and social media as determinants of the increase in mental health conditions in recent years. This study analyzed the causal effect of broadband Internet access on the mental health of adults. They leverage confidential information on the coordinates of respondents to the German Socio-Economic Panel (GSOEP) and exploit technological features of the German telecommunication network to instrument for broadband Internet access. The results were suggested that

broadband Internet leads to worse mental health for women (primarily those aged 17–30) but not for men, thus widening the gender gap in mental disorders, the broadband access leads to a worsening of socializing behavior and ability to cope with emotional problems. The results were concentrated among the younger cohorts of women was suggested that high Internet usage intensity amplifies the negative effect of broadband internet access on mental health.

(Mfon, et al., 2023) showed that the social isolation is a key public health concern and has been associated with numerous negative health consequences, where the Technology is increasingly thought of as a solution to address social isolation. This study examined the longitudinal association between the access and use of technology and social isolation in older adults 65 and older, living in the United States. This observational cohort study included community-dwelling older adults (N = 6704) who participated in the National Health and Aging Trends Study. The Regression analyses were conducted using data from 2015 to 2019. Information about technology access and used ascertained using self-reported questionnaires, the primary outcome was the risk of social isolation. The results of this study that, the majority of older adults that were not socially isolated had a working cell phone (88%) or computer (71%) and used email or text messaging (56%), older adults that had access to (cell phone- incidence rate ratio [IRR] 0.62 [95% CI 0.48-0.81]; computer- IRR 0.63 [95% CI 0.51-0.78]), and used technology (email or text messaging- IRR 0.64 [95% CI 0.51-0.80]) in the year prior had a lower risk of social isolation than older adults who reported they did not access or use technology. The study also showed that, over four years, older adults who reported that they had access to a computer had a lower risk (0.69 [0.57, 0.84]) for social isolation than their counterparts. In this cohort study, technology access was associated with a lower risk for social isolation among community-dwelling older adults. These findings of this study suggested that technology has an important role in approaches that seek to prevent social isolation among older adults.

(Islam, et al., 2023) showed that the internet addiction (IA) by children and adolescents is a concern for parents; the intensity of this problem has increased in the context of COVID-19 pandemic across the world. The study aimed to evaluate internet usage patterns, addiction to internet used, and mental health among Bangladeshi school-going adolescents during the COVID-19 pandemic. The study conducted this cross-sectional study among 502 school-going adolescents, pre-structured questionnaire was used to collect information related to demographics and the internet usage pattern. The study assessed the prevalence of IA and loneliness using the internet addiction test (IAT) scale and UCLA-3 loneliness scale. The study showed the prevalence of IA and loneliness among Bangladeshi school-going adolescents were 88.25% and 72.51%, respectively. The study obtained that the individuals with English-medium education, higher classes, high economic status, mobile internet connection, online gaming habits, and living without family showed significantly higher levels of IA, a high proportion of loneliness was observed among individuals with high financial conditions, mobile internet connection, and who watch movies on the internet. The findings of this study suggested that the strong association between demographics, internet usage patterns, IA, and the mental health of adolescents. These results would have practical inferences in clinical psychology, psychotherapy, and related fields, the healthcare authorities and professionals can develop an inclusive interventional approach for adolescents who suffer from IA and mental health disorders.

(Zheng, et al., 2023) showed the positive emotions like happiness and life satisfaction have received great attention, how to eliminate negative affect is largely neglected. This study contributed to the literature by examining the relationship between Internet use and people's negative affect. The study showed that the previous studies consider only one indicator; they captured negative affect from different dimensions by considering loneliness, sadness, and life hardship. The study employed an endogenous ordered probity model to address the selection bias of Internet used and analyzed the 20,107 individual-level samples sourced from the 2020 China Family Panel Studies survey. The results of this study showed that the Internet use significantly reduces people's loneliness, sadness, and life hardship; they also found that studying online and watching short videos would increase people's loneliness feeling and shopping online deepens people's life hardship. The findings of this study confirmed that guiding people to use the Internet appropriately is necessary to reduce negative affect and improve the quality of their life.

(Sserunkuuma, J., et al., 2023) conducted among 269 medical students at a Ugandan public university by using a survey, data were collected regarding socio-demographic factors, lifestyle, online used behaviors, smartphone addiction, social media addiction, and internet addiction. The Hierarchical linear regression models were performed to explore the associations of different forms of online addiction with depression symptom severity. The findings of this study indicated that 16.73% of the medical students had moderate to severe depression symptoms. The study showed that the prevalence of being at risk of (i) smartphone addiction was 45.72%, (ii) social media addiction was 74.34%, and (iii) internet addiction use was 8.55%, online use behaviors (e.g., average hours spent online, types of social media platforms used, the purpose for

internet use) and online-related addictions (to smartphones, social media, and the internet) predicted approximately 8% and 10% of the severity of depression symptoms, respectively. This study showed that over the past two weeks, life stressors had the highest predictability for depression (35.9%). The final model predicted a total of 51.9% variance for depression symptoms. The study obtained that the final model, romantic relationship problems ($\beta = 2.30, S.E = 0.58; p < 0.01$) and academic performance problems ($\beta = 1.76, S.E = 0.60; p < 0.01$) over the past two weeks; and increased internet addiction severity ($\beta = 0.05, S.E = 0.02; p < 0.01$) was associated with significantly increased depression symptom severity, whereas *Twitter* use was associated with reduced depression symptom severity ($\beta = 1.88, S.E = 0.57; p < 0.05$). The study concluded that the life stressors being the largest predictor of depression symptom score severity, problematic online use also contributed significantly. Therefore, it is recommended that medical students' mental health care services consider digital wellbeing and its relationship with problematic online use as part of a more holistic depression prevention and resilience program.

(Martin, Schumacher, 2023) showed the loneliness has been associated with increased Internet use. The study showed that the lonely individuals may be drawn online because of the increased potential for companionship, the changed social interaction patterns online, and as a way to modulate negative moods associated with loneliness. The study also showed that the online, social presence and intimacy levels can be controlled; users can remain invisible as they observe others' interactions, and can control the amount and timing of their interactions. The study showed that the anonymity and lack of face-to-face communication online may decrease self-consciousness and social anxiety, which could facilitate pro-social behavior and enhance online friendship formation. This model was found in a survey of 277 undergraduate Internet users that was used to assess differences between lonely and not-lonely individuals in patterns of Internet use. The loneliness was assessed on the UCLA Loneliness Scale; students in the highest 20% (Lonely) were compared with all other students (Non-lonely), lonely individuals used the Internet and e-mail more and were more likely to use the Internet for emotional support than others. The Social behavior of lonely individuals consistently was enhanced online, and lonely individuals were more likely to report making online friends and heightened satisfaction with their online friends. The lonely were more likely to use the Internet to modulate negative moods, and to report that their Internet used was causing disturbances in their daily functioning.

(Zhang, et. al., 2024) searched 8 databases to identify studies examining longitudinal associations between loneliness and PIU published on or before August 2023. The study showed that from the 316 articles identified, 26 studies were included with a total of 23,382 participants, moderate, positive, and significant prospective pathways were found from loneliness to PIU ($r = 0.287, p < 0.001, 95\% \text{ CI } [0.241, 0.331]$), and from PIU to loneliness ($r = 0.255, p < 0.001, 95\% \text{ CI } [0.205, 0.303]$). The Moderator analyses suggested that the association of loneliness with PIU was stronger in samples from Eastern countries, with more males, more young adults, less time passed, and in more recent years. The association of PIU with loneliness was stronger in samples from Eastern countries, with more males, more young adults, and in more recent years. This meta-analytic review provided the first estimation for the overall bidirectional longitudinal associations between loneliness and PIU. The study concluded that the deeper comprehension of the relations has implications for loneliness and PIU intervention programs, where interventions targeting both construct might be fruitfully applied.

(ÇAPAN, et al., 2024) aimed to adapt the Real and Electronic Communication Skills Scale (RECS) to Turkish samples. This study consisted of two stages, in the first stage, linguistic validity, exploratory factor analysis, Cronbach's alpha coefficient, test-retest, and item analysis studies were conducted with 680 adolescents. In the second stage of this study, confirmatory factor analysis (CFA) and concurrent validity were carried out with 409 participants. The findings of this study obtained in the first stage indicated that the Real Communication Skills (RCS) subscale and the Electronic Communication Skills (ECS) subscale explained 60.64% and 58% of the total variance, respectively. It was determined that item factor loads varied between 0.62 and 0.89 for RCS and between 0.55 and 0.89 for ECS. The internal consistency coefficient and test-retest values were good. As a result of the CFA performed in the second stage, the goodness of fit indexed of the scale were good ($\chi^2 = 803.43; df = 451; \chi^2 / df = 1.78; p = 0.00; RMSEA = 0.044; SRMR = 0.04; GFI = 0.90; AGFI = 0.85; CFI = 0.98; NFI = 0.95; IFI = 0.98; RFI = 0.95$). The concurrent validity analyses of this study indicated that it had significant relationships with the Social Skills Scale, the Communication Skills Scale, and the Shyness Scale. As a result, it can be said that the Turkish Form of RECS can be used by researchers and practitioners, validity, and reliability.

Study procedures:**Study population:**

The study population consisted of all students of the College of Education for the academic year 2023 at the University of Hail.

The study sample:

The study sample consisted of 254 students of the College of Education (100 male students and 154 female students) who were selected in a stratified random manner from students of the College of Education at the University of Hail.

Study tool:

Two measures were used: Internet use, as well as a measure of social isolation:

1- Internet using measure:

The scale was built after reviewing the theoretical literature on the subject and the relevant scales. The alternatives were placed on a graduated scale of three alternatives, namely (applies, applies to some extent, does not apply). The following grades were given to the alternatives, knowing that all items are positive: The alternative applies (3) degrees, and the alternative applies to a certain extent, two degrees, and the alternative does not apply (1) degree, and it was presented to specialized arbitrators, and some modifications were made, as the Internet use scale in its final form consisted of 20 items, so the highest degree that the subject can obtain is (60) grades, and the lowest grade he obtains is (20) grades.

As for the correction to determine the levels when commenting on the arithmetic mean, the researcher determined three levels: (high, medium, low) , based on the following equation:

Class length = (maximum alternative – minimum alternative) ÷ number of levels

$(3-1)/3 = 2/3$ (total score) = thus, the levels are: (High from 40 to 60, (Medium from 20 to 39), (Low less than 20)

Construct validity of the Internet use scale:

The construct validity of the Internet use Scale was confirmed after it was presented to a number of arbitrators. It was applied to an exploratory sample from outside the study sample, which included (50) male and female undergraduate students from the faculty of Education, and then the construct validity coefficients were extracted by calculating a correlation coefficient, Pearson compared each item with the total score of the scale, to show the extent of consistency of the items with the total score. The values of the correlation coefficients were as in Table (1).

Table (1): Correlation coefficients between the score of each item and the total score of the Internet use scale

Phrase	Correlation	Phrase	Correlation
1	0.514	11	0.774
2	0.411	12	0.441
3	0.382	13	0.224*
4	0.452	14	0.336
5	0.347	15	0.322
6	0.661	16	0.214*
7	0.252*	17	0.231*
8	0.378	18	0.221*
9	0.545	19	0.212*
10	0.333	20	0.447

*Statistically significant at the level ($\alpha = 0.05$).

It is clear from Table (1) that the values of the correlation coefficient between the items of the Internet use scale and the total score of the scale ranged between (0.774 to 0.221), which are positive values and statistically significant at the level of significance, statistically significant at the level of ($\alpha = 0.001$).

Reliability of the Internet use scale:

The reliability of the total Internet use scale was verified using the Cronbach Alpha equation, which is known as the internal consistency method, as the value of the reliability coefficient "Alpha" was about (0.82), which is a good value and appropriate for the purposes of the current study.

2- Social isolation scale:

The scale was built after reviewing the theoretical literature on the subject and the relevant scales. The alternatives were placed on a sliding scale of three alternatives, namely (applies, applies to some extent, does not apply). The following grades were given to the alternatives: In positive items, the alternative applies (3) degrees, and the alternative applies to a certain extent, two degrees, and the alternative does not apply (1) degrees, and it was presented to specialized arbitrators, and some modifications were made, and some items were deleted, as the social isolation scale in its final form consists of 18 items, the highest score that the subject can obtain is (54) grades, and the lowest grade he obtains is (18) grades.

As for the correction to determine the levels when commenting on the arithmetic mean, the researcher determined three levels: (high, medium, low), based on the following equation:

Class length = (maximum alternative – minimum alternative) ÷ number of levels

$(3-1) \div 3 = 2 \div 3$ (total score) = Thus, the levels are as follows: (High from 36 to (54) Average from 18 to 36) (Low less than 18)

Construct validity of the social isolation scale:

The validity of the formative construct of the Social Isolation Scale was confirmed after it was presented to a number of arbitrators. It was applied to an exploratory sample from outside the study sample, which included (50) male and female undergraduate students from the College of Education, and then the construct validity coefficients were extracted by calculating a correlation coefficient. Pearson compared each item with the total score of the scale, to show the extent of consistency of the items with the total score. The values of the correlation coefficients were as in Table (2).

Table (2): Correlation coefficients between the score of each item and the total score of the social isolation scale

Phrase	Discrimination	Phrase	Discrimination
1	0.256*	10	0.514
2	0.321	11	0.688
3	0.343	12	0.441
4	0.452	13	0.323
5	0.347	14	0.312
6	0.661	15	0.645
7	0.252*	16	0.333
8	0.378	17	0.541
9	0.545	18	0.441

*Statistically significant at the level ($\alpha = 0.05$).

It is clear from Table (2) that the values of the correlation coefficient between the items of the Internet use scale and the total score of the scale ranged between (0.215 to 0.688), which are positive values and statistically significant at the level of significance, statistically significant at the level ($\alpha = 0.01$).

Reliability of the social isolation scale

The internal consistency method was used, which was extracted using the Cronbach's alpha equation, in order to identify the stability of the social isolation scale, as the value of the reliability coefficient reached (0.71), and this value is considered appropriate for the purposes of the study.

Study methodology:

Since the current study sought to measure the relationship between using Internet and social isolation, the method on which this study is based is the descriptive, correlational method.

Study results and discussion:

The first question: Is there a correlation between Internet use and social isolation among students of the College of Education at the University of Hail?

To answer this question, the Pearson correlation coefficient was used, and it was found that there is a direct, statistically significant correlation between the scores of students (males and females) on the Internet use scale and their scores on the social isolation scale at a significance level ($\alpha = 0.05$), where it was found that the correlation coefficient reached its value is 0.85, which is statistically significant, and this result can be

interpreted to mean that students' attachment and preoccupation with using the Internet with its various sites makes them busy from communicating with others, including family and friends, due to the amount of diversity in the sites, some of which are scientific and useful, and some of which are means of entertainment and amusement. This result agreed with the study of (Abdul Hadi, 2005), which showed the existence of a negative and statistically significant correlation at the level of (0.05) between Internet addiction and the dimensions of social support from friends and family. It also agreed with the study of (Young, 1998) which showed that Internet addiction affects.

The results also agreed negatively on the individual's academic and social life, this result also agreed with the result of the study (Sanders, 2000), which showed that high Internet use addicts were more likely to show feelings of psychological loneliness, more depressed, and less likely to feel social support. It also differed with the results of (Awad, 2006), which it showed that there is a statistically significant relationship between personality type and addiction to the Internet, as the results indicated that (84%) of individuals addicted to the Internet have an extroverted personality type, and it also agreed with the results of the (Raw, 2000) study, which showed that more than (25%) of them indicated a lack of social activities, because they are busy with the communications and interactions they carry out on the Internet, and it agreed with the results of the study (Al-Tarawneh, 2012) which concluded that there are statistically significant differences in social adaptation due to the number of hours of Internet use.

Second question:

Are there statistically significant differences in the use of the Internet among students of the College of Education at the University of Hail due to the effect of the gender variable?

To answer this question, the "t" test was used to compare two independent samples, and the results appeared as in Table (3) as follows:

Table (3): "T" values and their significance for the differences between the averages of female students and the averages of male students in the Internet use scale

Female students=154		Male students=100		"T" values	significant
Mean	St. Deviation	Mean	St. Deviation		
44.87	5.875	35.88	4.61	12.9	0.01 *

Source: Collected and calculated from the analysis of the research sample using SPSS. ** Significant at the level ($\alpha = 0.01$).

It is clear from the previous table that the value of ($t = 12.9$) and the level of significance (0.05), that is: there are statistically significant differences in the average use of the Internet, which is in favor of females, as their average score on the scale reached 44.87 (high), with a standard deviation of 5.875, while the average for males is The measure of Internet use reached (35.88), which is (average) with a standard deviation of (4.61). This result can be attributed to the social nature of society, as girls are not given the opportunity to go outside the home like those available to young men, which makes the student resort to spending time using the Internet. This result agreed with the study of (Al-Homsi, 2010), which showed significant differences in Internet addiction among the sample according to the gender variable in favor of females. It also agreed with the results of the (Petrie & Gunn, 1998), whose results showed that there were statistically significant differences between males and females in addiction. The Internet is in favor of females, and it also differs with the results of the study (Soliman, 2012), which showed that the average score for problematic use of the Internet is in favor of males.

The third question

Are there statistically significant differences in social isolation among students of the College of Education at the University of Hail due to the effect of the gender variable?

To answer this question and to verify the validity of the hypothesis, a "t" test was used to compare two independent samples, where the results appeared in Table (4) as follows:

Table (4): "T" values and their significance for the differences between the averages of female students and the averages of male students on the social isolation scale

Female students=154		Male students=100		"T" values	significant
Mean	St. Deviation	Mean	St. Deviation		
36.25	5.45	29.21	4.28	10.9	0.01*

Source: Collected and calculated from the analysis of the research sample using SPSS. ** Significant at the level ($\alpha = 0.01$).

It is clear from the previous table that the value ($t = 10.9$) and the level of significance (0.01), which is statistically significant when compared to the hypothetical level of significance (0.05), as there are statistically significant differences in the average scores of the social isolation scale between males and females, which is in favor of females, as it reached Their average score on the scale was (36.25, with a standard deviation of (5.45), while the male average on the Internet use scale was (29.21), with a standard deviation of (4.28). This result is related to the result of the first question, which is the direct relationship between excessive Internet use and social isolation, and with the question. The second is that the differences were in favor of females and the result can be attributed to the lack of the opportunity to leave the house and communicate with others as is available to male students, and thus the female student is forced to stay at home most of the time.

Recommendations

- 1- Educating students about the necessity of moderate use of the Internet.
- 2- Develop extracurricular activities to occupy students' time and exploit their energies.
- 3- Conducting other studies dealing with school students, especially secondary school students.

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Appendix No (1)**Internet usage measure****My student:****Good greeting:**

You have a set of situations that you will be exposed to during your life. Please answer that applies to you by choosing one of the alternatives: Applies, applies to some extent, and does not apply. Please note that your answer is used for the purposes of scientific research only.

no	Paragraphs	Apply	Somewhat	don't
1	I feel that the Internet relieves me of loneliness and boredom.			
2	I feel that the Internet is like a family member that I love			
3	I interact less with friends and relatives because of my			
4	I escape from daily problems and life pressures to the Internet and feel comfortable using it			
5	I am late for eating, doing some work, or sleeping due to using			
6	I feel happy when I use the Internet			
7	I prefer to spend my time online more than with my friends and			
8	I believe that spending time online is more beneficial than sitting			
9	I think about the Internet when I am among my friends or family			
10	I prefer the Internet for hours of sleep			
11	I open the Internet immediately after waking up			
12	Using the Internet I love the activities that I do in my life.			
13	I find my goals on the Internet that I do not find in other fields			
14	I've been using the Internet for a lot longer than I intended.			
15	I feel depressed when I don't use the internet.			
16	Often times, I eat some of my meals in front of the Internet so			
17	I choose activities and games that require a long time to use the			
18	I find the Internet fun and excitement that I don't find in			
19	I feel like the internet is someone close to me			
20	My number of friends has decreased due to using the Internet			

Appendix No (2)**Social isolation scale****My student:****Good greeting:**

You have a set of situations that you encounter during your academic life. Please answer that applies to you by choosing one of the alternatives: Applies, applies to some extent, and does not apply. Please note that your answer is used for the purposes of scientific research only.

no	Paragraphs	Apply	Somewhat	don't apply
1	I am afraid of building a social relationship with others			
2	I feel isolated from the world			
3	I don't have a boyfriend			
4	I feel like I'm alone in this world			
5	I miss the love of my family members			
6	It is difficult for me to look into other people's faces when			
7	It is difficult to build a friendship with anyone			
8	Others seem to avoid getting close to me			
9	People's conversations are empty and meaningless			
10	I find it difficult to express my feelings to others			
11	I lack other people's interest in myself			
12	I like to be alone.			
13	I prefer to isolate ourselves from guests when they visit us			
14	It is difficult for me to socialize with others			
15	I feel lonely even if I am with people			
16	I avoid mixing with people I don't know			
17	I would rather spend my free time reading a book than			
18	I prefer to stay away from stores crowded with people			