The Effects of Internet Addiction on Social Capital among the Youth in Tehran

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Abstract

The emergence of modern communication technologies and their increasing roles in social life has led to their excessive use and consequentially their threats to the safe social life. Among modern media, internet has a special status due to its attractions and diverse facilities. In contrast to its advantages, excessive use of internet can cause disorder in social and individual performances and lead to the disorder called internet addiction. Although such an addiction can be traced in all levels of the society, it is more common among the young generation.

This research aims to study and analysis the relation between internet addiction and social capital among the young adults of the city of Tehran. For this purpose a survey method has been conducted on 385 respondents aging from 18 to 29 residing at the city of Tehran. To collect data, Young's Internet Addiction Questionnaire (1998) and the researcher-made questionnaire on social capital have been used. The data were analyzed using SPSS statistic software.

According to the results, it was concluded that boys are interested in internet more than girls are. The results of this research show that Iranian young adults are benefited from the capacities of internet effectively, and use internet for communication and self-representation. Chatting, scientific and educational use, checking of emails, and use it as a medium are most welcomed by the internet users.

The findings show that there is a significant relation between internet addiction and social capital. According to the results, any increase in internet addiction can reduce social capital among the users. Internet addiction and social capital are in a bilateral and cyclic relation intensifying themselves. That is, the increase in internet addiction can reduce social capital and decrease in social capital can intensify internet addiction.

Keywords: *Internet Addiction, Young Adults, Social Capital, Social Trust, Social Cohesion, Social Participation.*

Introduction

The use of modern technology from telephone to television and internet has shortened the physical and temporal distance and facilitated interpersonal relations through mass media. It seems that internet has spread vastly in today's communication world more than other electronic media have.

Indeed, internet as a global medium has provided millions of people with new conditions of communication experiences. Therefore, it can be claimed that a new culture is developing. Internet has made human experience diversified and pluralistic, since it can assist people to have access to the far-reaching experiences (Daten, 2005) and forms an interactive space with special communicating capacities.

Access to internet is spreading increasingly and many people are adding daily to the users of internet.

Parallel to increasing access to internet, a new sort of addiction, that is internet addiction, is emerging. This is the growing concern of communication era. According to the results of the research conducted by Moidfar on 800 testees, 3.24 percent of the entire internet users suffered from acute addition to internet. This percent approximately forms 4.1 percent of the users. Among internet users, young people having the highest rank.

Internet addiction have changed people to isolated ones and affected their social relations (Seth, 2003: 1). The increase in the use of internet and internet addiction has changes the traditional patterns of social relations and face-to-face communication that have been changed to virtual one. One of the consequences of such a change in social relations is a threat to the production of public goods. Public goods are the resources that all society members can use them free of change (for example, democratic government, social security, economic aids, and information). Social life as well as active and dynamic links among society members can provide them prosperity and happiness. The above-mentioned links are considered as social capitals. Social capitals are trust and interactive networks that can facilitate coordinated measures to improve the efficiency of the groups to achieve some of its objectives. (Sharepour, 2000: 15).

People interact with others inherently to meet their needs and make a living. The effect of such interactions is so significant that their deletion makes the life impossible.

Research Problem

The use of internet has been expanded vastly throughout the world and consolidated into all aspects of life (Shield, 2000). As people need to communicate and interact to their immense satisfaction. That is, we remove any practical and technological obstacles to be benefited from our expected relations (Torbati, 2010: 89). The technical and technological structure of the modern communication technology has been able to affect all aspects of life.

Internet helps people not to be passive and only the viewer of the content of the programs broadcasted by the media. The users of internet have power to react to the content and affect the manner of producing such content, and even produce content by themselves.

Most people, who are introduced with each other through internet, have no contact in the real world, and they have no face-to-face interaction with the one communicating, or exchanging views and opinions regularly.

According to Mehr News Agency, the reports of the Internet Information Sources and Usage Statistics show that from 6,574,666,416 people forming the entire population of the world, 1,173,109,925 individuals are the users of internet, and the internet penetration rate in the world is equal to 17.8 percent. According to the classification of the International

Telecommunication Union (ITU), Iran is in the 87th rank among 178 countries of the world, and this a middle rank amount the countries using internet.

Internet addiction is nowadays the subject of clinical sociology, sociology of health and disease, and sociology of deviant behavior. On the other hand, while the relation of people (especially children and young adults) is increasing in the virtual world, the range of their relations in the real world is decreased (Samson, 2005:2).

According to Castells, at the beginning of the third millennium and after the emergence of a new paradigm based on information and communication technology, all countries of the world are exposed directly and indirectly to structural changes. Such a technology is not by itself a decisive factor for social process and institutions, but rather as a mediating factor, it plays a role in the complicated matrix of interaction between social structures and the actors. Therefore, it is located in the center of human action, and any changes in the instruments of producing knowledge as well as communication and information technology may lead to pervasive consequences and added social effects to a more broadened pattern of social causality (Hassani, 205: 33&34).

As this phenomenon is the outcome of the changes happened generally in the patterns of social relations, this research aims to study internet addiction, its effect, and relation with social capital.

Social capital consists of communications and social networks that can create cooperation and trust among society members. It was from 1980s that the term, which is an interdisciplinary concept, entered the economic, political, and sociological texts.

According to Coleman, social capital is a combination of social structures that facilitate definite acts of the actors inside these structures. Social capital is like any other form of productive capital that is required for achieving some special objectives. He believes that social capital is a source for the action of people.

Therefore, the recognition of the factors effective in the enhancement or weakening of social capital can expand the aspects of social capital and improve the social and economic performance of people. The notion of social capital as a sociological concept provides an appropriate ground for the productivity of human and physical capitals and achieving success. The managers and those who can create social capital in their organizations pave the way for occupational and organizational success.

The above facts necessitate the study of internet addiction and its effects on social capital. This paper is based on the results of a field study on internet addiction, which is considered as a pathological habit or addiction, and its effects on the social capital among the young adults of the city of Tehran.

The main question of this study is to determine the effects of internet on the life and especially the social capital of the young adults.

Research Questions

- What is the rate of internet addiction among the young adults?
- What is the rate of internet addiction among the young children based on the variables of gender, age, and leisure?
- Is there any significant relation between internet addiction and social support in the studied population?
- Is there any significant relation between internet addiction and social participation in the studied population?
- Is there any significant relation between internet addiction and social cohesion?

Conceptual Framework

As it was mentioned earlier, the purpose of this research is to answer the question that if excessive use of internet may lead to the decrease in social capital?

An overall review of the theoretical and experimental literature of this research shows that social participation, social trust, and social support are the main components of social capital. Based on the research question, and its theoretical framework, the socio-psychological consequences of excessive use of internet (internet addiction), to which the components of social capital belong too, have been presented in a schematic theoretical model. The interconnections between these consequences have been shown too.

Research Hypotheses

- There is a correlation between the excessive internet use (internet addiction) of the young adults and their social participation.
- There is a correlation between the excessive internet use (internet addiction) of the young adults and their social cohesion.
- There is a correlation between the excessive internet use (internet addiction) of the young adults and their social trust.

The Conceptual and Operational Definitions of the Variables

- **Addiction and Internet Addiction**
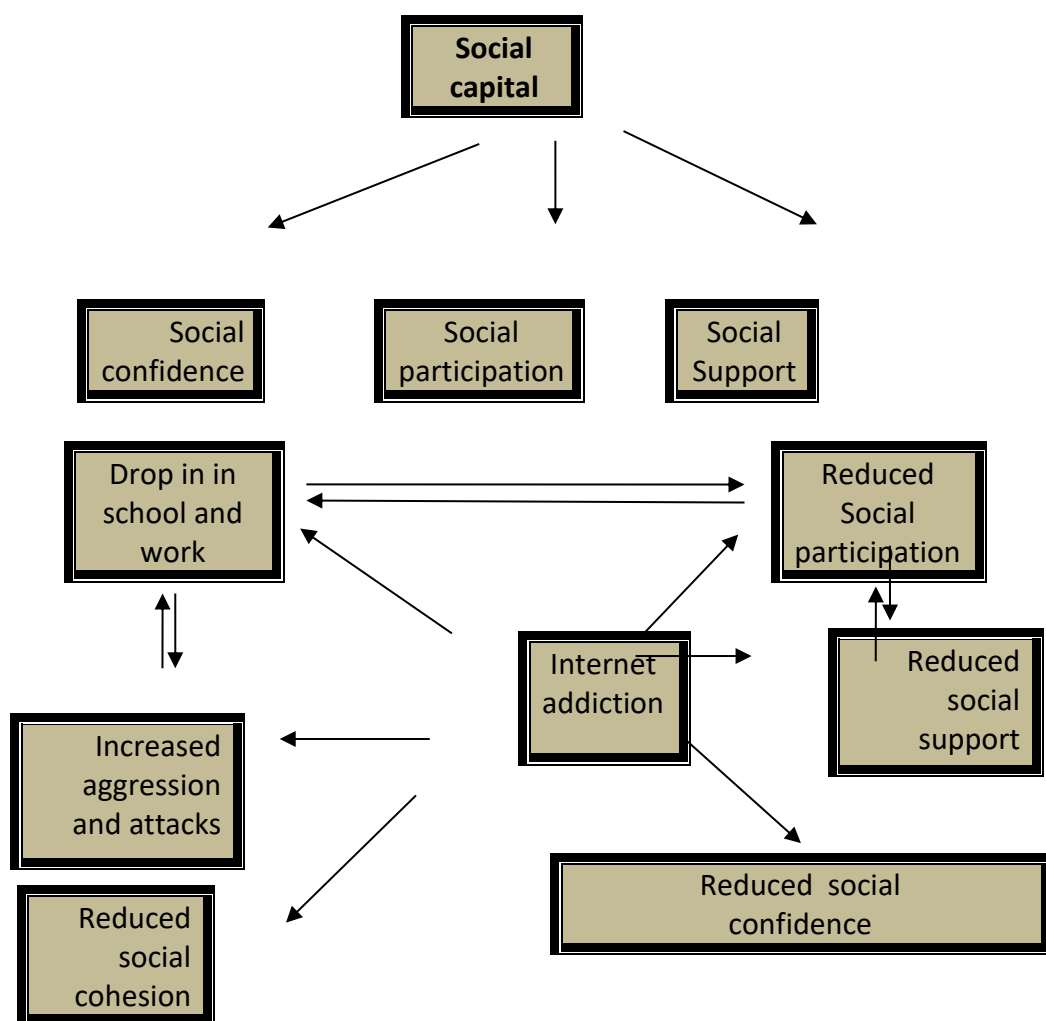
- ***Conceptual Definition****:* According to Pilli (1991) quoting from Young, addiction is psychologically a pleasant feeling that is not achieved by any other means. Addiction to a thing may reduce pain and cause uncertainty and sadness. The addicted person is consequentially prevented from thinking to problematic and bothering issues, and he forgets his problems and can experience security, peace, success, attachment, and intimacy even if they are temporary and artificial. Addiction causes pleasant feeling in the addicted person temporarily and in an unreal manner. As the person experiencing addiction feels pleasantly, his addiction intensifies (Qara-Aqaji, 2006: 5).

- ***Operational Definition****:* In this research, the behavioral attachment to internet is tested using IAT questionnaire (Internet Addiction Test) (Davis, 2001). To test internet addiction, Young internet addiction test, which is a questionnaire containing 20 questions scored by 5-point Likert scale, has been used.

- **Social Participation**

- ***Conceptual Definition****:* According to Alain Birou, participation means finding a share in something and being benefited from it, or attending a group and consequently cooperating with the group. In sociological terms, there is distinction between participation as a state (merely participation) and participation as an act and commitment (the act of participation). The first type of participation means belonging to a special group and having a share in that group, and the second type is an active presence in a group and the social activity that has been performed (Birou, 1996: 257).

- ***Operational Definition****:* Several items of the Generalized Problematic Internet Use Scale (GPIUS) have been used to evaluate social participation based on the membership of the respondents in groups, modern official and nonofficial organizations and their cooperation with such organizations.

- **Social Support**

- ***Conceptual Definition****:* social support means the affection, companionship, and care of a person to his family member, friends, and others. Some scholars define social support as a social reality, and some others something perceived by individuals. Sarasoon introduces social support as a multi-dimensional concept that covers both of them.

- Social support is classified as follows: 1) emotional support: empathy, concern, intimacy, and caring the needs of the spouses 2) having respect: means having positive feeling to the wife or husband and not to underestimate his/her skills and capabilities, 3) informative support: means using the consulting opinions of other for problem solving, 4) instrumental support: means the cooperation and supports of the husband in doing housework and parenting children (Alipour, 2006: 54).

- Brehm *et al* (1996) have used the notion of Cobb (1976) and defined social support as the perceived attachment to a social network.

- **Operational Definition:**

- In this research, social support has been measured using indicators such as financial support (economic and financial aids), advisory support (dialogue, consulting, and advising), companionship support (social activities and entertainment), and emotional support.

- **Social Trust**

- **Conceptual Definition:**

- **Operational Definition:**

- Trust has been studied using frankness, interest in involving others, interest in cooperation, trust in others, friends, groups, media, their relations, and information provided by them.

Research Method

This research is of non-experimental type that studied internet addiction at explanatory level. For this purpose, a survey method is employed, and a questionnaire is used to collected data. The statistical population of this research consists of the young adults of Tehran aging from 18 to 29.

According to the latest census (2006), the statistical population consists of 1,880,420. Cochran's formula has been used to determine the sample size.[1] The sample size is equal to 385 members drawn from the entire statistical population using a multistage random sampling method. For this purpose, the entire population was divided into three northern, central, and southern regions based on the variable of socio-economic status. These regions were classified as follows: the districts 1 to 5: (high class) northern region, districts 6 to 12: (middle class) central region, districts 13 to 22: (low class) southern region. The districts 2, 6, and 15 have been selected by random sampling method. The sample of this research includes 180 female and 204 male respondents. As the Statistical Center has no information on the sexual distribution of the population in the different districts, from male and female respondents an equal number has selected. That is, 60 female and 68 male respondents have been taken from each district as the members of the sample using random sampling method. The data required for the research have been collected by questionnaire.

Validity of Measuring Instrument

According to Kerlinger, the definition of validity can be reflected by this question: is the subject of measurement exactly the thing that we want to measure? The focus of this question is on the subject of measurement (Kerlinger, 1997: 61). To evaluate the validity of the measuring instrument, face (content) validity has been used.

Reliability of Measuring Instrument

Reliability of measuring instrument means the repeatability of measuring instruments. That is, if the research operation is repeated, the same results are achieved (Kerlinger, 1997: 288). In this study, Cronbach's alpha has been employed to evaluate the validity and reliability of measuring instrument.

The Reliability of Research Indicators

Cronbach's alpha coefficient	Variable names	
0.91	Internet addiction	
0.83	Social confidence	
0.71	Social Support	Social capital
0.91	Social participation	

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[1] $n = \dfrac{p.q.t^2N}{Nd^2 + p.q.t^2}$

Where
N = the size of statistical sample
P = attribute probability = 0.5
Q= attribute probability = 0.5
t^2= probability of speech accuracy = 1.96^2
d^2= sampling error = 0.05^2

Research Findings
Description of Research Data
The Individual and Demographic Characteristics of the Respondents
- **Gender**

Frequency Distribution of the Respondents based on Gender

Total	Woman	Man	Gender
185	181	204	Frequency
100.0	0.47	0.53	Percent

From the total respondents, 53 % are made and 47 % female.
- **Age**

Age Distribution of the Respondents

The

Total	29	28	27	26	25	24	23	22	21	20	19	18	Age
365	31	15	32	39	57	47	28	25	23	31	28	29	Frequency
100.0	8.1	3.9	8.3	10.1	14.8	12.2	7.3	6.5	6.0	8.1	7.3	7.5	Percent

above table shows the age distribution of the respondents. As shown in the table, the most frequent variable is the age of 25.44.2 % of the population is older than 25 years old, and the remaining part (55%) are younger than 24 years old.
- **Education**

Frequency Distribution of the Respondents based on their Education

Total	Master's degree and higher	Bachelor	Associate Degree	Diploma	Less than Diploma	Education
365	37	108	103	63	74	Frequency
100	9.6	28.1	26.8	16.4	19.2	Percent

The above table shows the frequency distribution of the respondents based on their education. 19.2 % of the respondents had no high school certificate, 16.4 % high school certificate, 26.4% associate's degree, 28.1 bachelor's degree, and 9.6 % master's degree or higher.

Description of the Main Variables (one-dimensional tables)
Independent Variable: Excessive Use of Internet
As mentioned earlier, the indicator of excessive use of internet has been studied by Young's questionnaire assessing the hours of using internet within a week, places of access to internet, and patterns of using internet facilities.

- **The Hours of Internet Use**

The Frequency Distribution of the Respondents based on the Hours of Internet Use

Total	More than 40 hours	30 to 40 hours	20 to 30 hours	10 to 20 hours	Less than 10 hours	Hours of Internet use per week
385	10	31	110	83	145	Frequency
100.0	4.3	6.4	29.4	21.4	39.4	Percent

The above table show the frequency distribution of the respondents based on the hours of internet use. According to the table, 39.4% of the respondents spend less than 10 hours per week surfing internet, 21.4 % between10 to 20 hours, 29.4% between 20 to 30hours, and 10% more than 30 hours.

The mode and median are equal to 20 hours per week.

Places of Internet Access

Frequency Distribution of the Respondents based on the Place of Internet Access

Total	Internet Cafe	Place of education	Workplace	House	Location of computer access
365	82	127	36	140	Frequency
100.0	21.3	33.0	9.4	36.4	Percent

According to the above table, 36.4 percent of the respondents have access to internet in their homes. This percentage forms the main part of the statistical population. 9.4 % of the respondents use their workplace to have access to internet. In addition, 33 % of the respondents use their educational center and 21.3% coffee nets to have access to internet.

-    *Use of Internet Facilities*

Very much	Much	Middle	little	Very little	Internet Facilities
17.9	31.7	30.8	19.6	10.6	Media
26.8	23.9	16.4	8.1	24.9	**Ceck mail**
2.3	4.9	5.2	13.8	73.8	Personal Blog
1.8	3.6	1.8	8.3	84.4	**Commercial uses**
23.1	28.3	10.9	15.6	22.1	Chat
28.3	24.7	17.7	8.3	21	**Scientific affairs**
13	30.6	28.6	11.7	16.1	Dating sites
9.4	24.7	13.8	25.7	26.5	Aimless truancy

The above table shows the distribution of the respondents based on internet facilities. Internet facilities include navigation for research and scientific purposes, checking email, and chatting that are the most used facilities of internet from the first to third rank.

- **Internet Addiction**

The Frequency Distribution of the Respondents based on Internet Addiction

Total	Much	Middle	little	Internet addiction
365	**88**	**214**	**83**	Frequency
100	**27.9**	**50.6**	**21.6**	Percent

The above table shows the distribution of the respondents based on internet addiction. According to the internet (addiction) dependency assessment scale, about 21.6 % of the respondents have low dependency on internet, 50.6 % middle dependency, and the remaining respondents (27.9%) high dependency on internet.

- **Dependent Variable:** To assess the social capital of the respondents, indicators such as support, participation, and trust have been used. These indicators are achieved by creating a link between the individual and his family, friends, different civil and non-civil groups.

Social Capital

درصدها	طبقات	Components of social capital
58/7	little	Index of social participation of persons
28/1	Middle	
13/2	Much	
0/8	little	Indexr of Levels of social Confidence
95/8	Middle	
3/4	Middle	
7/8	little	Index of social support
59/7	Middle	
32/5	Much	

The above table shows the frequency distribution of the respondents based on the components of social capital. According to the values of the social participation indicator used for the assessment of this variable, the findings of the research show that more than half of the population, that is, 59% of the respondents, had a low participation, 13.2 % high participation and 28.1 % average participation.

According to the values of social trust indicator, almost all respondents, about 95.8%, have an average social trust. 3.4% of the respondents have high social trust, and in contrast, 0.8% low social trust.

According to the values of social support indicator, 32.5% of the respondents have high social support. In contrast, 7.8 % of them have low social support. They expressed that they had problem in their interpersonal relations. 59.7 % of the respondents have moderate social support.

Testing of the Research Hypothesis

In this section, the hypothesis of this research, that is the relation of excessive use of internet and social capital, is tested.

crosstab of internet addiction and the reluctance of the respondents to social participation

Total	Social participation				
	little	Middle	Much		
216	0	21	195	little	Internet addiction
127	19	77	31	Middle	
42	32	10	0	Much	
385	51	108	226	Total	

The above table is a crosstab of internet addiction and the reluctance of the respondents to social participation.

As it seems, the increase in internet addiction, decreases the social participation of the respondents. 195 respondents with high social participation have low internet addiction. In contrast, 32 respondents with high internet addiction had low social participation. In addition, 77 respondents with moderate social participation have moderate internet addiction too.

Tau-c Kendall correlation coefficients between the variables, Internet addiction and reluctance of social participation

Status statistical theory	Kendall Tavsy	Sig(P)	Level significant	Results Variable
Confirmation	-0.626	0.00	0/05	Unwillingness of social participation

As the table shows, the significance level (sig. (p) = 00) indicates a significant relation between internet addiction and social participation of the respondents. According to the value of Kendall's tau-c (equal to -0.626), it can be concluded that the relation between the variables internet addiction and social participation is of reverse type. That is, any increase in the internet addiction of the respondents decreases their interest in social participation

Crosstab of internet addiction and social trust of the respondents

Total	اعتماد اجتماعی				
	Much	Middle	little		
216	159	53	4	little	Internet addiction
127	8	78	41	Middle	
42	2	2	38	Much	
385	169	133	83	Total	

The above table is the crosstab of internet addiction and social trust of the respondents. As it shows, any decrease in social trust can increase the internet addiction of people. Accordingly, 159 respondents with high social trust had low internet addiction, and in contrast, 38 respondents with high internet addiction suffered from low social trust. In addition, there are 133 respondents with moderate social trust, from which 78 individuals were moderately addicted to internet, and 53 respondents highly addicted. The remaining 2 respondents had a high addiction to internet.

Tau-c Kendall correlation coefficients between the variables, Internet addiction and social trust

Status statistical theory	Kendall Tavsy	Sig(P)	Level significant	Results Variabl
Confirmation	-0.638	0.00	0/05	social confidence

Considering that both independent and dependent variables of this research are of ordinal type, Kendall's tau-c correlation coefficient and Somer's D value have been used for assessment purpose.

As the table shows, the significance level is equal to 0.00, which is more than 0.05. This significance value shows that the hypothesis is confirmed and there is a significant relation between social trust and internet addiction.

Now considering that the value of the Kendall's tau-c is equal to – 0.638, the relation between these two variables is significant and of reverse type. That is, any increase in internet addiction can decrease social trust.

Crosstab of internet addiction and social support

Total	social support				
	Much	Middle	little		
216	63	150	2	little	**internet addiction**
127	3	123	1	Middle	
42	0	2	30	Much	
385	67	275	36	Total	

The above table is the crosstab of internet addiction and social support.

As the table shows, 275 respondents are benefited from moderate social support. From this number, 150 ones have low addiction to internet, 123 ones moderate addiction, and 2 ones high addiction.

From the total number of the respondents with high social support (67 ones), 64 respondents have low addiction to internet and 3 ones moderate addiction. From 36 respondents with low social support, 2 ones has low addiction to internet, and one respondent moderate addiction, and 40 ones high addiction.

Tau-c Kendall correlation coefficient between Internet addiction and social support variables

Status statistical theory	Kendall Tavsy	Sig(P) (	Level significant	Results Variable
Confirmation	-.20	000.	0/05	social support

As the variable is of ordinal type, Kendall's tau-c correlation coefficient has been employed for assessment purpose.

According to the table, the significance level is equal to 0.00, which is lower than 0.05. Therefore, the hypothesis stating that there is a significant relation between social support and internet addiction is confirmed.

Now considering that the value of Kendall's tau-c correlation coefficient is equal to -0.20, it can be concluded that the above-mentioned relation is of reverse type. That is, any increase in internet addiction can decrease in social support.

Relation between excessive internet use and the components of social capital

Index Model of Internet use				components of social capital
R Pearson	Kendall Tavsy	Sig(P)	Level significant	
0.46	-0.626	0.0	0.5	social confidence
0.34	-0.638	0.0	0.5	social support
0.28	-0.20	0.0	0.5	social participation

According to the data of the above table, there is a reverse and significant relation between excessive internet use and the components of social capital with the confidence coefficient of 0.95 %. In addition, the relation between the pattern of internet use and social capital is confirmed statistically. Accordingly, the hypothesis of the research stating that excessive internet use can decrease social capital is confirmed.

Conclusion and Recommendations

This paper has studied a phenomenon of the new era called internet addiction and its effect on social capital. Internet is considered nowadays a vital medium for the people of many countries. The capacities of internet can provide new facilities and opportunities that can increase the coefficient of social capital. Therefore, a great part of the resources that can be accessible and transferred in a common relation can be achieved through electronic communication too. Thus, communication and information can be a source of power.

Such effects can be more significant on the silent individuals and groups that have no place in the real world for representing themselves. Internet can reflect such silent groups, and create the feeling of satisfaction and equality arising out of the empowerment of the groups. It improves the link inside and between groups. That leads finally to the development of social capital (Montazer Ghaem & Tatar, 2005: 236).

Despite such advantages and abundant capacities, internet has caused many serious problems such as explosion of information, dissemination of unethical images and contents, breach of confidentiality, and internet addiction.

Internet addiction is increasing parallel to the increase in the daily access of people to online resources. Web is a suitable entertaining and informing source. But, for many people suffering from addiction to internet, such advantages are changing to mental and behavioral abnormalities and disadvantages (Ferris, 2002: 1). The results of this research show that excessive use of internet can lead to the decrease in social capital.

According to the results, the respondents spent 20 hours per week to surf internet. According to Holmes, when internet use is less than 19 hours per week, it can be said that this amount of use is normal. Accordingly, an individual, who spends more than 19 hours per week internet is considered addicted to internet. However, according to Young, an individual spending at least 38 hours per week or 8 hours per day for surfing internet shall be considered addicted to internet (Lim *et al*, 2004: 2). According to the findings, internet addiction is more significant among boys of the age of 25.

In general, internet is itself a neutral instrument as regards internet addiction and its consequences. World Wide Web is a fast information-providing network with endless

resources that any wrong or excessive use can change its advantages to disadvantage for those, who are immersed in the virtual world and isolated from the real world.

Research has shown that one of the consequences of attachment to internet is that the addicted person spends less time with his/her family. The symptoms are virtual unfaithfulness, isolation, sleep disorder, the need to loneliness, and forgetting family relations and interactions. On the other hand, it must be noticed that such a social isolation can intensify addiction to internet. According to the findings of this research, internet is not only a means for the dissemination of information, but rather a medium that is related to social capital too.

In general, social capital in any group or community can reflect the extent of the trust of people in each other. A significant amount of social capital can facilities social actions in such a way that it can be used as the most essential source of problem solving and modification of the existing processes. Therefore, it is necessary to recognize the factors effective in underpinning or undermining social capital.

According to the results, internet addiction and resort to the virtual world is to some extent a result of the instability of the real world, decrease in social participation and cohesion, decrease in social relations, increase in the lack of trust in each other, social institutions, and society.

The main components of social capital that can be used for its assessment include: the motivations of society members for obtaining information, public trust in each other, trust in public and civil institutions, unofficial and cooperative participation in voluntarily activities in non-governmental organizations, charities, associations, scientific and trade unions. In general, it can be said that one of the main criteria required to the recognition of social capital is the form and method of social relations of people with each other and the manner of coexistence in their society. Another criterion is the feeling of people to the government and other people. That means having a good feeling to security, family and social links, and being hopeful to the future. The relation between internet addiction and social capital is a cyclic relation. That is any increase in internet addiction can decrease social capital of the people of the related society, and the decrease of social relations, social participation and cohesion, social and affective attachments can increase internet addiction directing the person addicted to resort to virtual world.

Now considering the increase in internet addiction among the young generation and its effect on the social capital of the youth, it is required to pay enough attention to solving of the problems of the young people, produce entertaining programs at macro level, and programming for the society as the most important solutions for the control of internet addiction.

According to the results, many young adults resort to the virtual world to get rid of their problems in their real life, including family problems, unemployment, high age of marriage, economic problems, lack of space for entertainment, loneliness, and restricting rules and regulations of the real world. As chatting has the highest number of users among the respondents, it is required to create reasonable and safe environments for interpersonal relations especially between boys and girls to reduce the number of the users using chat rooms. It is also required to improve and enhance family and social links and change social structures of entertainment and leisure to control internet addiction effectively. At interpersonal level, the development of a time schedule for the use of internet can be effective. Finding people to communicate in the real world and preserving the relation with

family members, friends, and social activities for spending spare time and enjoying life are the solutions to reduce the time of using internet.

If social capital is defined as social networks and relations that can develop confidence and feeling of cooperation among the members of the networks, the role of the civil institutions that form this capital is intensified. If people meet each other always like any member of a civil organization, they feel responsible towards each other, trust in each other, and finally cooperate with each other. To create the feeling of trust, it is required to meet each other and have permanent relation. What is earned in a social life cannot be achieved individually. Social capital is the collection of social networks and communications of a society as well as the trust and cooperation existing among these relations. If social capital is low in a society, it is highly probable that the society get caught into social trap. Social trap here means low social capital, lack of trust and confidence among people, spread of economic and administrative corruption, etc. As it was mentioned, internet addiction is the result of the low level of the components of social capital in a society. These two intensify each other in a reverse cycle. Therefore, it is required to pay enough attention to the above-mentioned items to control internet addiction and create a society full of trust, stability, and predictability, and cohesion among the social institutions and the citizens as the main elements of the society and take measures to increase the participation of people in social activities, the trusts of the citizens in the government and its organizations for the development of an ideal society with low addiction to internet.

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