Internet Addiction and Life Styles in Palestinian University Students

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Abstract
The current study aimed to test the correlation between Internet addiction and its relation to university students' lifestyles. The sample consisted of 277 Palestinian university students, 143 of which were female and 134 were male. To test the level of Internet addiction among participants, internet addiction test (IAT) Developed by young was administered, while Life Style Personality Inventory (LSPI) was used to identify student's lifestyles. Results indicated the presence of a mild degree of Internet addiction among participants with (47.4). The results also showed statistically significant differences in Internet addiction based on participants' place of residence, in favor of students living in camps. Results revealed that the belonging focused and the abuser life styles positively correlated with Internet addiction. This study highlights the importance of conducting further studies concerning the development of counseling and psychotherapy programs that aim to reduce Internet addiction and help students develop healthy life styles.

Keywords: Internet addiction, lifestyles, university students, Palestine.

إدمان الإنترنت وعلاقته بأساليب الحياة لدى طلبة الجامعات الفلسطينية

الملخص

هدفت الدراسة الحالية الى الكشف عن ادمان الانترنت وعلاقته بأساليب الحياة لدى الطلبة الجامعيين، وقد تكونت عينة الدراسة من (277) طالب وطالبة من الطلبة المسجلين في الجامعات الفلسطينية (143) من الاناث و(134) من الذكور، وقد اعتمدت الدراسة مقياس يونج لقياس إدمان الإنترنت، ومقياس مولينوس وكيرن وكورليت (1987) لقياس اساليب الحياة. اظهرت النتائج أن مستوى ادمان الانترنت لدى عينة الدراسة قد بلغ 47.4، وهو ضمن المستوى الخفيف، كما أظهرت النتائج وجود فورق ذات دلالة احصائية في مستوى إدمان الإنترنت تبعاً لمتغير مكان السكن، ولصالح طلبة المخيم، و أظهرت النتائج أن أكثر أساليب الحياة شيوعاً لدى الطلبة الجامعيين هو أسلوب الملتزم، وأسلوب المطيع، وأظهرت النتائج أيضاً وجود علاقة ارتباطيه موجبة دالة إحصائياً بين أسلوب الحياة المنتمي وإدمان الإنترنت، ووجود علاقة ارتباطيه موجبة كذلك بين أسلوب الحياة المؤذي وإدمان الإنترنت، والذي يتطلب إجراء مزيد من الدراسات الخاصة بتطوير برامج الإرشاد والعلاج النفسي التي تستهدف خفض مستوى الإدمان ومساعدة الطلبة على تطوير أساليب حياتيه بناءه وصحية.

الكلمات المفتاحيه: إدمان الانترنت، أساليب الحياة، الطلبة الجامعيين، فلسطين.

Theoretical background

The concept "Internet addiction" has been studied under many names, including; Internet addiction disorder, problematic Internet use, excessive use of the Internet, compulsory use of the Internet, and pathological use of the Internet (Mythily, et al., 2008). Internet addiction has been used to refer to the idea that an individual is so involved in using the Internet, that they abandon other important areas of their life (Griffiths, 2000). Within the last two decades, more and more Internet users have struggled with loss of control over their use of the Internet, and as a result, experienced an increase in problems in their daily work or school life. There are currently more than three billion Internet users worldwide, representing 40% of the world's population (Smyth, et al., 2019).

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5; 2013) indicated Internet gaming disorder as a type of excessive and prolonged use of Internet games that lead to a set of cognitive and behavioural symptoms, including a progressive loss of game control as well as tolerance and withdrawal symptoms similar to those of substance use disorders. Internet gaming disorder may lead to failure in school, job loss, or failure in marriage, as compulsive gaming behaviour tends to take precedence over normal social, scholastic, and family activities (Arslan, 2019). Several studies found a statistically positive correlation between internet addiction and psychological disorders (Bozoglan, 2019; Chou, et al., 2018; Karaer & Akdemir, 2019; Razieh et al., 2012; Salicetia, 2015; Yen, et al., 2009).

Internet usage rates in developing countries are also high. Notably, in Arab countries, 40% of university students in Jordan (Alzayyat & Ahmad, 2016), and 17.6% in Qatar met the criteria for Internet addiction (Al-Gamal, et al., 2013). The number of Palestinian Facebook users in 2019 was 2,346,000 of 5,010,040 living in the West Bank and Gaza Strip (Napoleoncat, 2019). In an explorative study, conducted at An-Najah National University in Palestine, the results indicated that more than 47% of students were engaging in addictive patterns of internet usage. (Mahamid & Berte, 2018).

Statistics in the United States have shown that more than 30% of children under the age of 2 have used a tablet or a smartphone, and 75% of children aged 8 years and over live with one or more mobile devices at home (Rideout, 2017)

According to Greenfield (2009), the prevalence rate of internet addiction in the United States among 17,251 users was found to be at 6%. An epidemiological study conducted by Abojaoude, et al. (2006) on misuse of the Internet in the United States reported that 7% of Internet users access the Internet with a malicious intent. The study also reported that 1 in 8 Americans suffer from one or more symptoms of Internet addiction. A study of Internet addiction among adolescents in Hong Kong by Thomas et al. (2018) found that the prevalence of Internet addiction among adolescents ranged between 3% - 26.8%, a higher rate than the rest of the world. According to Hur (2012), 2% of adolescents in South Korea suffer from severe Internet addiction. In another study conducted by Kuss, et al., (2013), 3.7% of participants were classified as Internet addicts, and exhibited various symptoms of Internet addiction.

Technological advancements, especially in the development of smartphones, have raised numerous problems, and resulting patterns of Internet addiction present an urgency for families and specialists to find preventable solutions (Shen & Su, 2019).

Life Style

Alfred Adler used the term 'life style' in his theory of individual psychology for the first time in 1926; an umbrella term under which all people could be classified to different styles when describing their life style comprehensively (Ansbacher, 1967). Mosak (1972) defined life style as a person's central convictions, which, to oversimplify; describe how one views themselves in relation to their view of life (Corey, 2015).

Adler considered that 'lifestyle' was a concept to describe an individual's distinctive approach to life. It is a dynamic concept that expresses the ultimate goal that an individual seeks to achieve; the opinion about oneself and their views of others and the world around them. It also influences the way in which an individual faces various problem and their attitudes throughout their lifetime. Adler viewed the first five years of life as essential for personality development in terms of one's goals and lifestyle, although there is possibility for more development during childhood and adolescence (Sommers-Flanagan & Sommers-Flanagan, 2018).

According to Adler (1931-2005), the way of life is the way in which individuals approach the three main tasks of life: love and marriage, work and performance, and social concern (Sindelar & Pap, 2017). More recent studies (Al-Fatlawi & Kazem, 2012; Al-Saeed & Al-Khatib, 2017;

Saleh& Sheila, 2014) indicated how an individual's lifestyle impacts their work, career, and marriage. Saleh & Sheila (2014) showed that an individual's lifestyle affects the extent to which they get along with their family, and that one's lifestyle and their marital life affect each other. Al-Saeed and Al-Khatib (2017) showed that students' lifestyles related significantly with their mental health.

An individual's lifestyle determines how a person adapts to obstacles presented in their life, and the ways in which they create solutions and achieve goals. As Adler believed that lifestyle begins developing in early childhood, allowing children to seek individual ways to achieve excellence, he also signified that one's lifestyle was dependent upon overcoming a series of feelings of inferiority (Astrauskaite, et al., 2014).

Adler's belief that an individual's adoption of unachievable lifestyle to deal with life challenges is a fictional solution that results in more losses than gains (Suprina, 2006). Some studies (Saunders &Roy, 1999; Rihani & Tannous, 2012) have indicated that the unhealthy lifestyle leads to the occurrence of many of the problems or mental illnesses that impede an individual's wellbeing and success. Saunders and Roy (1999) suggested that some lifestyles are directly related to a person's development of depression.

According to Fall et al. (2004), Adler classified lifestyles into four types:

1. The Useful type – a person who cooperates with others and has a social interest.
2. The Ruling type – a person who always tries to rule and control others.
3. The Avoiding type – a person who always tries to stay away from others and has no social interest.
4. The Getting type – a person who is selfish and always depends on others in satisfying his wishes.

The most comprehensive classification of lifestyle was created by Wheeler et al. (1993), who classified lifestyles into nine lifestyles:

1. The social interest (Belonging focused): This life style reflects a degree of community belonging and social interests. According to Kern et al. (1997), individuals who manifest social interest probably enjoy playing in groups with other children while growing up. Their family life was most likely pleasant, comfortable, and a place where they felt a strong sense of belonging. They are described as individuals who are supportive and respectful of others in social situations.
2. The exploiting theme passive (The victim): This lifestyle reflects the ongoing feeling of being at risk and the self-bity, this is possibly as a result of an individual being subjected to childhood abuse (Wheeler, et al,1993).
3. The approval seeker: This person seeks to obtain approval from others as a measure of their personal value; this lifestyle describes those who are comfortable in environments where they receive praise and attention for their successes. They are people who are willing to praise others because they know how important praise is to them. Situations in which they are not recognized as important or successful become uncomfortable. If recognition does not occur, these individuals may become discouraged and impatient because their motivation in life comes from the accolades of others (Herndon, 2012).
4. The controller: A person who wants to control others and be in control of their own life. Controllers tend to be conventional; detail-oriented and organized, and enjoy working in structured environments (Lewis and Osborn, 2004).
5. The incompetent: A person who feels that there is no value to his or her life and he or she is unable to succeed or compete.
6. The Dependent: A person who is expected to get everything he or she wants. Dependent People tend to display needy, passive, and clingy behaviour, alongside a fear of separation. Other common characteristics of this life style include; an inability to make decisions, as simple as what to wear, without the advice and reassurance of others (Kern et al., 1997).
7. The Avenger: A person who feels the desire to take revenge on others. The avenger feels that others must be hurt, because they believe others are the cause of their suffering (Mosak and Maniacci, 1999).
8. The Abuser: This person is active in hurting others; he/she always strives to harm and exploit others. Additionally, they cause harm to others with no clear reason.
9. The Obedient: A person who is passively subject to others. These individuals prefer the role of follower rather than leader, especially in a work environment. They often seek to avoid conflict in intimate relationships, and are inclined to be overly concerned about hurting the feelings of others. In extreme cases, these individuals may compromise their own happiness and well-being in the service of their partner's needs (Rihani and Tannous, 2012).

Life Styles and Internet Addiction

In recent years, a growing number of research studies have demonstrated that Internet addiction is associated with psychopathology, including depression, anxiety, social adaption problems, and psychological dysfunction (Arslan, 2019). In a study conducted by Sang et al. (2003) on the psychological traits of Internet addicts, a strong correlation between negative traits such as psychological loneliness, psychological stress, and depression were found. The Internet is a virtual world used to escape from reality and help users get rid of negative feelings (Griffiths et al., 2016).

A study by Agbaria & Bdier (2019) revealed that Internet addiction was higher among people who are more open to new experiences, and lower among people with a higher superego and emotional stability, as well as those who are religious. A study by Berte et al (2019) indicated a significant negative relationship between excessive internet use and low self-efficacy.

Internet addiction is directly related to people's behaviours, emotions, and thoughts. Adler pointed out that psychological disorders are attributed to wrong cognitive schemes and faulty lifestyles that are guided by inappropriate goals of success. By the same token, an improper lifestyle may cause an individual to develop psychological and social disorders, including Internet addiction (Ansbacher, 2015).

The results of previous studies showed that lifestyles were directly and indirectly correlated with Internet addiction. According to Lee (2010), people with social lifestyles are the most likely to use the Internet, and therefore they are at greater risk of addiction, while people with independent lifestyles, such as avoiding others, are less likely to use the Internet. Ho and Lee (2001), confirmed that people who adopt a social lifestyle are more likely to use the Internet when compared to socially distant people. According to a study conducted by Din et al (2013), Internet addiction was associated with unhealthy lifestyles. Dong et al (2015), found a positive correlation between Internet addiction and the decreases in healthy social relationships. Kim et al (2010) showed that students with Internet addictions adopted a socially distant lifestyle, which is characterized by social avoidance and unhealthy social relationships. Satoko et al (2009) revealed that pathological phone use is correlated to an unhealthy lifestyle.

According to the Palestinian Central Bureau of Statistics (2019), the percentage of families in Palestine that have a desktop, laptop, or tablet reached 33.2%. In addition, 97.3% of families have at least one mobile phone, and 79.6% of households have an internet access line. The percentage of individuals who used the internet from the age of 10 and older was 70.6%, and the highest percentage of Internet use came from individuals aged 18-29, which reached 85.9%.

This study complements a collection of previous studies that have investigated Internet addiction, and also introduces a new variable, life style, which has not been previously studied in a Palestinian context. Given the paucity of studies on this variable, it is a distinctive study which provides important recommendations for counselling psychologists.

The current study was designed to answer the following questions

1. What is the level of Internet addiction among Palestinian university students?
2. What are the most common lifestyles among Palestinian university students?
3. Is there a difference in Internet addiction in regards to gender, academic specialization, school year, and place of residence?
4. Are there differences in lifestyles with respect to gender, academic specialization, school year, and place of residence?

Methodology

Sample

The sample consisted of 277 Palestinian university students, 143 of which were female and 134 were male. Participants were selected from An-Najah National University, which has the highest student population of any other higher education facility in Palestine, with wide economic, geographic, and social variability, representative of the Palestinian population. Participants were selected using a simple random sampling technique, incorporating class lists of compulsory university-wide courses. Participation was voluntary.

Data Collection

The Internet Addiction Test (IAT), created by Kimberly Young (2012), was used to measure the level of addictive Internet behaviors. It consists of 20 items that measure mild, moderate, and severe levels of Internet addiction. Examinees responded to each statement with a number from 1 to 5 on a Likert scale continuum, indicating the extent to which they engage in a particular behavior. The IAT views Internet addiction as an impulse-control disorder, where the term "Internet" refers to all types of on-line activity. Mahamid and Berte (2018) validated the scale in a Palestinian context through construct and content validity; the scale ended with 19 items to test Internet addiction. Cronbach's alpha coefficients also indicated high internal consistency for the total scale (0.87). The scale includes information on demographics, Internet

usage, and perceived negative effects of Internet use on personal performance. The scale also measures Internet usage according to the following categories:

1. Controlled Use (20 – 49 points): Average on-line use; may include periods of excessive Internet use, but use is generally within expected quantity and without negative social, vocational, economic, or academic consequences.
2. Occasional to Frequent Problem Use (50 – 79 points): Occasional negative impact of Internet use or frequent excessive use without impact.
3. Significant Problematic Use (80 – 100 points): Internet use causing significant problems or life challenges, including distress when unable to use and continued use despite negative impact.

This study used the original lifestyle scale prepared by Mullins, et al. (1987), which was validated by Al-Shakhanbeh (2010) and applied to the Jordanian environment. The scale consists of 9 life style dimensions and is composed of 54 paragraphs. Since this instrument assesses the construct of Adlerian lifestyle, which is based on perceptions of recollections from early childhood experiences, each item begins with" When I was a child, I…''. The respondent answers each question according to a five-point Likert scale from 'strongly disagree' to 'strongly agree', with an indifferent option in the middle of the continuum. The score for each dimension style ranged from (6-30), and the cut-off point was 18. The individual is classified to a certain lifestyle according to their score on each style dimension.

Statistical Analysis

Means, standard deviations, and percentages were used to test the degree of Internet addiction and lifestyles of university students, while Pearson's correlation coefficient was also implemented to test the relationship between Internet addiction and lifestyle. Analysis of Variance (ANOVA) and Least Significant Difference (LSD) tests were used to test the differences in Internet addiction and lifestyles among the study sample.

Results

Means and standard deviations were calculated to determine the level of Internet addiction among university students, as shown in Table 1.

Table 1
Means and standard deviations for internet addiction (N=277)

Variable	Mean	SD
Internet addiction	47.4	15.7

The results of table 1 show that students scored mild levels of Internet addiction.

Means and standard deviations were calculated to determine the most common lifestyles among Palestinian university students, as shown in Table 2.

Table2
Means and standard deviations for life styles (N=277)

Variable	Mean	S.D
Belonging	16.08	4.859
Victim	15.06	4.366
Committed	21.44	4.770
Dominant	16.57	5.500
Incompetent	21.15	4.063
Dependent	17.82	4.784
Avenger	17.57	5.314
Abuser	14.91	4.788
Obedient	21.66	5.219

Results of Table 2 shows that the most common lifestyles among the study sample are Obedient, Committed, and Incompetent.

Means and standard deviations were calculated to determine whether there are significant differences in Internet addiction among university students according to gender, academic specialization, school year, and locality, as shown in Table 3.

Table3
Means and standard deviations of Internet addiction according to study variables

Variable		Mean	SD	Percentage %
Gender	Male	2.3187	.72854	46.2
	Female	2.4220	.83966	48.4
Specialty	Humanities	2.4246	84526	48.4
	Scientific	2.2552	.78815	45
Residence	City	2.4071	.79434	48
	Village	2.2797	.74515	45.4
	Camp	2.7827	.89520	55.6
Academic level	First year	2.2091	.88785	44
	Second year	2.3313	.65541	46.6
	Third Year	2.4096	.73881	48
	Fourth year	2.5367	.79690	50.6

Results of Table 3 show apparent differences in Internet addiction across all variables of the study. To test the significance of these differences, an Analysis of Variance (ANOVA) test was performed as shown in Table 4.

Table 4
ANOVA test to find differences in internet addiction (N=277)

Dependent variable	Source	SS	DF	MS	F	Sig
Internet addiction	Gender	1.052	1	1.052	1.776	.184
	Specialization	1.152	1	1.152	1.945	.164
	Residence	5.071	2	2.535	4.280	.015*
	School year	3.997	3	1.332	2.249	.083

*p < 0.05

Results of Table 4 show no significant difference in Internet addiction when considering gender, academic specialty, and educational level, whereas significant differences in Internet addiction were noted with respect to the participant's place of residence. To test the significance of these differences, a Least Significant Difference (LSD) test was calculated as shown in Table 5.

Table 5
LSD test for differences in internet addiction according to place of residence (N=277)

Residence	Mean	City	Village	Camp
City	2.4071	-	.127	*-.375
Village	2.2797		-	*-.503
Camp	2.7827			-

*p < 0.05, **p < 0.01

Results of Table 5 show significant differences in Internet addiction with respect to the place of residence, as students scored highest in camps.

Pearson's correlation coefficient was calculated to determine whether a relationship exists between lifestyle and Internet addiction among Palestinian university students, as shown in Table 6.

Table 6
Correlations among lifestyles and internet addiction (N=277)

Life styles	Internet addiction
(1)Belonging	.161**
(2)Victim	0.048
(3)Committed	.003
(4)Dominant	.046
(5)Incompetent	0.062
(6)Dependent	.410
(7)Avenger	.101
(8)Abuser	.146*
(9)Obedient	-.095

*p < 0.05, **p < 0.01

Results of Table 4 show a statistically significant positive correlation between Internet addiction and the belonging lifestyle (r =.161, p < .01). Results also show a statistically significant positive correlation between Internet addiction and the harmful lifestyle (r =.146, p < .01).

Discussion

In response to the study's first question; participants level of internet addiction according to IAT is 47.4. This result reflects a mild level of Internet addiction. The current result is consistent with previous results showing average rates of Internet addiction among university students (Mahamid & Berte, 2019; Muayjil, 2016). However, the results of the current study differ slightly with the results found in Bashbash (2018), where 58% of university students in the Gaza Strip identified as having an internet addiction. The researcher justifies this result by the fact that Palestinian students are an essential part of the Palestinian society. This society relies heavily on the use of the Internet and social media in order to facilitate communicating with others due to the difficulties it faces and the daily harassment that impedes its movement due to security barriers and frequent road closures.

In the Palestinian society, University students in particular are the most group using internet. Internet helps them in their university studies and scientific research, in addition to facilitating continuous communication with family and colleagues via the different platforms of social media. According to Kuss and Griffiths (2012), university students may resort to the Internet, social media, and video games as a way to cope with stressors.

The results also showed Palestinian university students most commonly identifying as having obedient, committed, and incompetent lifestyles. These findings concur with those of Shakhanbeh (2010), who found that the most common styles of life among university students were the committed focused, followed by the obedient focused, and then the belonging focused.

The association of the styles of life are correlated with family and social upbringing. As mentioned earlier, individuals' life styles are formed at an early age, and that family has a critical influence on its formation, which

means that parenting style during a child's upbringing greatly determines to a large degree the child's lifestyle.

Consequently, the one's style of life is related to their family upbringing, and that the committed life style or the person looking for approval is formed due to negative or authoritarian family upbringing. One of the characteristics of this style is that the person assesses themselves based on the opinions and evaluation of others, and therefore has no real self-worth; once external reinforcement of his or her behaviour has disappeared, he or she feels worthless .This indicates that they were not given adequate encouragement by their parents and family when they were young, and did not receive the necessary guidance that enables them to understand and trust in their own abilities (Adler, 1930)

Those with an incompetent lifestyle feel a loss of value and an inability to compete with others, and believes and behaves as if they do not do anything right, therefore others are employed to serve them. This lifestyle may suggest that neglect, criticism, rejection, parental abuse, and/or lack of guidance or reinforcement may have been present during childhood. Such an atmosphere would invoke a distrust of one's own abilities and actions, causing a turn to others for help and service.

The obedient lifestyle displays passivity, and this individual wants to be seen as a good person in the eyes of others. This person prefers to have high social and moral standards. Additionally, they seek to frame themselves as being a good person, and assume that this is the best way to approach others. He/she strives to achieve their personal goals while attempting to reach a state of self-security. Acquiescence in a person's behaviour gives an impression that he or she has lived in a dominant family environment and that they were subjected to refusal, criticism, and abuse, which shaped their attitudes and behaviour (Kern, et al. (1997)

Results showed that there were no differences in Internet addiction with respect to gender, academic specialization, and academic level. There was a statistically significant positive result with respect to locality, and that camp residents have more Internet addiction compared to residents of villages and cities. This correlation supports the findings in Mahamid and Berte's (2019) study, which showed that camp residents are more addicted to the Internet than rural and urban residents.

This could be attributed to the challenging living condition within camps; such as overcrowding, low economic status, lack of provision of recreational services, and the pressures associated with feelings of oppression. These conditions contribute to a high degree of psychological behaviours among camp residents, such as frustration and boredom, leading them to resort to a virtual reality that brings them fanciful entertainment. In addition, camp residents live in a small geographical area, which

makes connecting online as a method of socializing more attractive.

Results also showed that the most common lifestyles associated with Internet addiction were the belonging lifestyle, followed by the abuser focused lifestyle. These results support those found in Kim et al. (2015), who found that the belonging lifestyle was associated with depression and behavioural problems.

The social interest (belonging) lifestyle promotes social interest and positive interaction with others, and shows belonging to the community and active participation in all social activities. Interestingly, when this concept was introduced, Adler interpreted it as a real social interest with others (i.e. interaction and sharing face-to-face conversations), in which the person uses all their expressions and feelings when meeting others in the real environment and not through social media. Further, replacing natural social interaction with virtual interaction via the Internet turns the matter against itself, which in turn leads to a negative effect on the belonging person who shows high social interest as he or she stays for long hours behind the screen and constantly watches everything happening on social platforms. Furthermore, technology has affected the attitudes and lifestyles of people, as such behaviour could turn into Internet addiction, which if left untreated, will more likely be prone to severe Internet addiction in the future. According to Rule and Bishop (2006), this type of abuser is usually not facing others, and instead hiding behind a computer screen or a mobile phone via social media. The abuser experiences euphoria and enjoyment by hiding after successfully insulting, defaming, spreading rumours, creating confusion and exposing victims to other forms of abuse. This behaviour requires the abusive person to use social media networks for many hours, which presents an opportunity to develop an Internet addiction.

Conclusion

The current study tested the relationship between Internet addiction and lifestyle among Palestinian university students. Results revealed that some lifestyles were positively associated with Internet addiction, particularly, the belonging focused lifestyle, followed by the abuser one. Concerning the two lifestyles that have a correlation with internet addiction, these results suggest that the more socially interactive the person is, the more probable it is they use the Internet. In addition, the more aggressive and offensive a person is, the more they use the Internet. Results indicated that camp residents are more vulnerable to Internet addiction than rural and urban residents. With respect to common lifestyles, Palestinian university students were most commonly classified as obedient, committed, and incompetent. The results also

showed no significant difference in Internet addiction between males and females.

Although many findings support the relationship between lifestyle and Internet addiction, there are some contradictions between these findings. Some indicate a positive relationship between Internet addiction and unhealthy life styles, while others indicate a negative correlation. This may be due to differences in the samples, the aim of each study and social and cultural environments of their communities. However, a commonality across all studies is their agreement on the existence of a correlation between lifestyle and Internet addiction. Identifying a causal relationship between these variables remains to be explored, inviting the opportunity for further studies on the phenomenon of Internet addiction and lifestyle.

Conflict of Interest

The authors declare that they have no conflict of interest.

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Ethical Approval

All procedures performed in this study involving human participants were in accordance with the ethical standards
of University's Research Ethics Board, the American Psychological Association (APA, 2010) and with the 2013 Helsinki Declaration.

Informed Consent

Informed consent was obtained from all participants.

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