

Investigation of Internet Addiction and Anger Expression Styles of Students of the Faculty of Sports Sciences

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ABSTRACT

Aim: The aim of this study is to examine the Internet Addiction and Anger Expression Styles of students studying at the Faculty of Sport Sciences depending on some variables.

Methods: The sample of the study consists of 285 University students, 116 women and 169 men, studying at the Faculty of Sport Sciences at Selçuk University. While the personal information form created by the researcher was used to obtain personal data, the Internet Addiction Scale, developed by Young (1996) and adapted into Turkish by Bayraktar (2001), was used to determine Internet addiction, and The State-Trait Anger Scale (STAS), developed by Spielberger et al. (1983) and whose Turkish validity and reliability was carried out by Özer (1994), was used to determine anger expression styles. Statistical Analysis: Homogeneity and variance of the obtained data were tested, Independent Samples t test was used in pairwise comparisons, One Way Anova test was used in multiple comparisons, and Tukey HSD test was used to determine the source of difference. In this study, Cronbach's Alpha value was determined as .91 for Internet addiction and .82 for anger expression style.

Results: Statistical changes were found in the internet addiction values of the students depending on the factors of gender, daily internet usage time and the field of study ($p < 0.05$). While no statistical change was observed in anger expression styles depending on the field of study factor, statistical changes depending on gender and daily internet usage time factors were found ($p < 0.05$). A positive correlation was determined between internet addiction and anger expression style ($p < 0.05$).

Conclusion: As a result, it can be said that men are more internet addicted than women, that daily internet usage time increases anger and internet addiction, and that anger increases as the time allocated to the internet increases

Keywords: Internet, Anger, Addiction, Sports, University

INTRODUCTION

According to We Are Social, Hootsuite January 2021 data, it can be said that there are approximately 4.66 billion internet users, or in other words, more than half of the world's population has access to the internet and there are 4.2 billion social media users¹. This includes a vast but largely invisible world, comprising thousands of networks, millions of electronic brains, and billions of users across the entire universe².

Habit and addiction stand out as concepts that are often used together in the literature. Sar and Işıklar (2012) define the activities that do not interrupt the individual's daily life and make the him/her happy as habits, and state that if habits negatively affect problem solving skills, become uncontrollable and start to cause cognitive, social and psychological distress, they can cause addiction³.

Söyler and Kaptanoğlu (2018) analyze addiction in two groups as substance addiction and behavioral addiction. They reported that substance addiction includes substances such as alcohol and tobacco, and internet addiction includes addictions such as sex, gambling, excessive shopping, excessive eating, uncontrollable desire to steal, a desire to set fires, excessive sports, and workaholism⁴. Ögel (2012) stated that there is a fine line between healthy and problematic internet use, and that healthy internet users can keep the real world and virtual world separate from each other and do not see the internet as the source of their identities while people who use the internet at a pathological level can confuse real and virtual life⁵.

Young (2004) defined internet addiction as the inability of the person to prevent excessive internet use, the emergence of behaviors such as tension, restlessness and

aggression when the internet is unavailable, the feeling of meaninglessness and emptiness for every hour spent without the internet, and the disruptions in all aspects of a person's life caused by the internet⁶. Günç (2009) pointed out that if the functionality of the individual in daily life, home, school/work life is adversely affected due to internet use, it can be said that problematic internet use has started⁷. According to Davis et al. (2002), healthy internet use is the use of internet for a specific purpose and within a suitable period of time without causing cognitive or behavioral disorders. What is more important than imposing restrictions on internet use is the completion of educational deficiencies related to

internet use⁸.

Internet addiction can cause many negative physical and mental problems. These include emotions and behaviors that can lead to the emergence of emotions and behaviors that can cause serious problems in individuals' lives when not controlled, such as anger, aggression, stress and anxiety. Internet addiction is a pathological disorder that can cause uneasiness, tension and anger in the individual when the Internet is not available and cause the individual to deteriorate his/her relationship with others⁹. Balcı and Gülnar (2009) stated that the individual with an increased level of internet addiction wants to spend more time on the internet, and that excessive and uncontrolled use may cause serious problems in the lives of individuals, such as feelings of guilt, high desire to use the internet, attempts to hide or reduce the time spent on the Internet¹⁰. Caplan (2002) stated that individuals with psychological problems use the internet more, and therefore they are more likely to develop Internet addiction¹¹.

Soykan (2003) reported that anger is a normal emotion such as happiness, anxiety, fear, and a natural emotion that people have from birth, but it can be expressed as the most destructive emotional experience¹². Novaco (1994), on the other hand, defined anger as an emotional state that requires physiological arousal and the presence of cognitions, and as a causal determinant of aggression¹³. Averill (2012) defined anger as a state of arousal arising from social conditions involving threats or frustration¹⁴. The trait anger, which is the tendency of individuals to become angry, is defined as the constant anger of the individual who experiences the situations that cause anger, and the occurrence of this situation more quickly in these individuals¹². It is indicated that the anger experienced in anger-in is kept inside by the individual so that these emotions are not evident, while the anger experienced in anger-out leads the individual to aggressive behaviors, such as attacking the people and objects around, and controlled anger is the ability to stay calm by suppressing the experienced anger situation before it arises²².

In this study, it is aimed to examine the Internet Addiction and Anger Expression Styles of the Students studying at the Faculty of Sports Sciences. It is thought that carrying out up-to-date studies in different scopes and dimensions is important so that university students do not have negative emotions and behaviors related to internet addiction and that these studies will shed light on further studies.

MATERIAL AND METHODS

Survey technique, one of the quantitative research methods, was used in this study. The aim of quantitative research methods is to avoid bias and explain the cause-effect relationship to obtain generalizable information from the sample to the population¹⁵. For this study, Ethics committee decision was taken with Selçuk University Faculty of Sport Sciences Non-Interventional Clinical Research decision number 52.

Population and Sample Group: The sample of the study consists of 285 University students, 116 women and 169 men, studying at the Faculty of Sport Sciences at Selçuk University.

Scales Used: While the personal information form created by the researcher was used to obtain personal data, the Internet Addiction Scale, developed by Young (1996)²⁰ and adapted into Turkish by Bayraktar (2001)²¹, was used to determine Internet addiction, and The State Trait Anger Scale (STAS), which was developed by Spielberger et al. (1983)²² and whose Turkish validity and reliability was carried out by Özer (1994), was used to determine anger expression styles²³.

Internet Addiction Scale (IAS): The scale was developed by Young (1996)²⁰ It was adapted into Turkish by Bayraktar (2001)²¹ The Internet Addiction Scale consists of 20 questions and the scores that can be obtained from the scale range from 0 to 100.

Those who score 80 and above are classified as “Internet addicted”, those who score between 50-79 points as “those with limited symptoms” and those who score below 50 points as “asymptomatic”. In this study, the IDS Cronbach's alpha value was determined as .91.

The State Trait Anger Scale (STAS): The State Trait Anger Scale (STAS) was developed by Spielberger et al.(1983)²². The scale deals with the emotion and expression of anger in terms of statefulness and continuity. The scale applied to adolescents and adults can be administered on its own as well as as a group¹⁶. The scale was developed in a four-point Likert type and consists of 34 articles. The State-Trait Anger Scale, whose Turkish validity and reliability was developed by Özer (1994)²³, consists of 4 sub-dimensions, namely anger-in , anger-out, anger control and trait anger, and 34 articles. In this study, the Cronbach's alpha value of IDS was determined as .81.

Analysis of Data: The homogeneity and variances of the data were tested and diagnostic statistics were made. Independent Samples t-test was used for pairwise comparisons and One-Way ANOVA test was used for multiple comparisons. Tukey HSD test was used to determine the source of difference in multiple comparisons.

RESULTS

Table 1: Changes in Internet addiction and Anger expression style related to gender factor

Gender	n	%	Trait Anger		Controlled Anger		Anger-out		Anger-in		Internet Addiction	
			\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss
Female	116	40,70	2,16	0,58	2,69	0,65	2,08	0,53	2,02	0,47	46,26	11,82
Male	169	59,30	2,25	0,56	2,64	0,56	2,19	0,52	2,21	0,52	50,07	12,43
Total	285	100	2,21	0,57	2,66	0,60	2,14	0,52	2,13	0,51	48,52	12,30
t			-1,326		,730		-1,822		-3,095		-2,591	
p			,182		,454		,068		,002 [*]		,009 [*]	

* Significant difference between groups (p<0.05).

As can be seen in Table 1, no statistical change was observed in the trait anger, controlled anger and anger-out dimensions, depending on the gender factor, while the change in the anger-in dimension was found to be statistically significant (p<0.05). When the internet addiction values were examined, it was determined that the mean value for men was statistically higher than the value for women (p<0.05).

Table 2: Changes in Internet addiction and Anger expression style related to daily internet use

Daily Internet Usage Time	n	%	Trait Anger		Controlled Anger		Anger-out		Anger-in		Internet Addiction	
			\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss
1-2 hours	29	10,18	2,10	0,66 ^c	2,91	0,67	2,07	0,62	2,11	0,60	36,83	9,45 ^d
3-4 hours	105	36,84	2,06	0,50 ^c	2,68	0,60	2,08	0,53	2,05	0,46	45,63	10,58 ^c
5-6 hours	94	32,98	2,26	0,52 ^b	2,61	0,52	2,17	0,47	2,19	0,50	51,50	10,60 ^b
7 hours on more	57	20	2,45	0,63 ^a	2,56	0,64	2,27	0,52	2,20	0,53	54,86	13,65 ^a
F			6,680		2,557		1,866		1,569		23,513	
p			,000 [*]		,056		,135		,197		,000 [*]	

* Significant difference between groups (p<0.05). a, b, c, d = Source of difference

As can be seen from Table 2, while no statistical change was observed in the dimensions of controlled anger, anger-out and anger-in, depending on the daily internet usage time, the change in the trait anger dimension was found to be statistically significant. When the internet addiction values were examined depending on the daily internet usage time, statistical changes were determined due to the increase in the usage time (p<0.05).

Table 3: Changes in Internet addiction and Anger expression style depending on the field of study factor

Department	n	%	Trait Anger		Controlled Anger		Anger-out		Anger-in		Internet Addiction	
			\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss	\bar{x}	Ss
P.E. Teaching	57	20	2,18	0,51	2,69	0,58	2,09	0,43	2,10	0,44	44,28	11,87 ^c
Coaching	84	29,47	2,25	0,58	2,63	0,57	2,19	0,47	2,23	0,53	51,23	13,36 ^a
Sports Management	80	28,07	2,21	0,56	2,66	0,64	2,11	0,57	2,06	0,47	48,59	11,93 ^b
Recreation	64	22,46	2,19	0,61	2,66	0,59	2,17	0,61	2,14	0,56	48,64	10,85 ^b
F			,207		,152		,621		1,709		3,716	
p			,891		,929		,602		,165		,012 [*]	

* Significant difference between groups (p<0.05). a, b, c = Source of difference

As can be seen in Table 3, while no statistical change was observed in the dimensions of anger expression style depending on the field of study factor, it was determined that the change in internet addiction values was statistically significant (p<0.05).

Table 4: Correlation values of Internet addiction and Anger expression style

Correlations			
		Internet Addiction	Anger expression style
Internet Addiction	Pearson Correlation	1	,263**
	Sig. (2-tailed)		,000
	N	285	285
Anger expression style	Pearson Correlation	,263**	1
	Sig. (2-tailed)	,000	
	N	285	285

** . Correlation is significant at the 0.01 level (2-tailed).

As can be seen in Table 4, a positive correlation was found between internet addiction and anger expression style ($p < 0.01$).

DISCUSSION

In the study, which aimed to examine the Internet Addiction and Anger Expression Styles of the students staying at Faculty of Sports Sciences, no statistical change was observed in the trait anger, controlled anger and anger-out dimensions, depending on the gender factor, while the change in the anger-in dimension was statistically significant ($p < 0.05$; table 1). In their study, Elkin and Karadađlı (2016) found that there was a statistically significant relationship between gender and anger expression styles, and that male's anger-in and anger-out scores were higher than women's¹⁷. Yöndem and Bıçak (2008) found that men's anger levels, anger-in and anger-out were significantly higher than women's¹⁸. In this respect, the findings in the studies of Elkin and Karadađlı (2016)¹⁷ and Yöndem and Bıçak (2008)¹⁸ are similar to the findings of our study. In the literature, there are studies that report no change in anger expression styles between men and women^{19,24,25}, and studies that report that women have higher anger expression style scores than men^{26,27}. The study in the literature in which men have higher anger values than women is similar to our study findings.

In our study, it was determined that the mean value of internet addiction for men was statistically higher than the value for women ($p < 0.05$). It is possible to find many studies in the literature in which men have a higher addiction value than women²⁸⁻³⁶. Bozkurt et al (2016) reported that problematic internet use is 2-3 times more common in men than in women³⁷. There are studies that report that there is no difference between men and women³⁸⁻⁴¹ and that women have a higher value than men⁴²⁻⁴⁴.

Depending on the daily internet usage time, no statistical change was observed in the Controlled, Anger-out and Anger-in dimensions, while the change in the trait anger dimension was found to be statistically significant ($p < 0.05$; table 2) Shaffer et al (2000) report that internet addiction and psychological disorders are triggers of each other⁴⁵. In their study, Whang, Lee, and Chang (2003) found a significant correlation between internet addiction and depression⁴⁶. Caplan (2002) reported that individuals with psychological problems spend more time on the internet and are more likely to develop internet addiction¹¹. Kızılay (2022) stated that internet addiction can cause mental problems as well as mental problems can cause internet addiction. These studies in the literature support our research results⁴⁷.

Statistical changes were found in internet addiction values depending on the daily usage time ($p < 0.05$; table 2). Yang and Tung (2007) reported that there is a positive relationship between the time spent on the internet and internet addiction⁴⁸. Young (1998) stated that internet addicts spend 38.5 hours on the internet, while those who use the internet efficiently spend 4.9 hours⁴⁹. Douglas et al (2008) reported that individuals who use the internet at a pathological level are online eight times more often than those who are not dependent on the internet⁵⁰. Reyhanliođlu (2015) found that as students' daily internet usage time increases, their internet addiction levels increase²⁹. In their study, Batıgün and Hasta (2010) stated that there is a positive and significant relationship between internet addiction and the time spent on the internet⁵¹. In this respect, the findings of our study are similar to the

forementioned studies.

No statistical change was observed in the anger expression style dimensions depending on the field of study ($p < 0.05$; table 3). Elkin and Karadađlı (2016) reported that there is no statistically significant relationship between the students' departments and their trait anger and anger expression styles¹⁷. Kaya et al (2012) reported that there isn't a statistical change in trait anger and anger expression styles between departments²⁷. Çabuk (2008) reported that anger expression styles do not differ according to the school variable³². These results are similar to the findings of our study. It is also possible to see some studies in the literature reporting differences in anger dimensions depending on the field of study^{53,54}. Similar placement scores and undergraduate programs can be considered as the reason why anger expression style changes did not differ among the students of the Faculty of Sport Sciences.

It was determined that the change in Internet addiction values related to the field of study was statistically significant ($p < 0.05$; table 3). Ançel et al (2015) reported statistical changes depending on the field of study factor⁵⁸. It is also possible to see some studies that report no statistical differences depending on the field of study^{55,52}. The findings of this study are in parallel with the findings of the studies conducted by Ançel et al.(2015)⁵⁴. In our study, it is seen that the Coaching education department has the highest value, followed by the Physical Education and Sports Teaching, while the Recreation and Sports management departments have similar score averages (table 3). It is thought that the reason for the high internet addiction value of the coaching education department may be due to following up-to-date information about coaching courses, seminars and job opportunities.

A positive correlation was found between Internet addiction and Anger expression style ($p < 0.05$; table 4). Ata et al (2011) found that as students' problematic internet use increases, their anger expressions also become negative^{56,66}. In the literature, there are many studies indicating that internet use causes health problems in individuals^{57-64,49,67,68}.

CONCLUSION

Sunay (2003) defines the concept of sports as activities which individuals do intensely, and which they cannot give up, ignore or interrupt⁶⁵. Many positive emotions and behaviors such as peace, friendship, brotherhood, happiness, sharing and tolerance are included in the goals of sports. The correlation value in the anger and internet addiction values of the students of the faculty of sports sciences reveals the fact that sports exhibit a complex structure that cannot be supported by educational factors when it is not placed on the right axis. It is thought that necessary courses for positive internet use and negative emotions and behaviors can be included in the undergraduate programs during the planning phase of the education programs to contribute to the solution of the problem. Depending on the findings of our study, it can be said that men are more internet addicted than women, daily internet usage time increases anger and internet addiction, and anger increases as the time allocated to the internet increases.

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