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(60)

(30)

(30)

(90-75)

($0.05 \geq \alpha$)

Abstract:

Effectiveness of a Cognitive-Behavioral Counseling Program in Reducing Internet Addiction among a Sample of University Students

The study aimed to investigate the effectiveness of a cognitive-behavioral counseling program in reducing Internet addiction among university students. The sample for the experimental study consisted of (60) male and female students, (30) in the experimental group, and (30) in the control group, who scored over the predetermined average in internet addiction. The counseling program was applied to the experimental group in twelve sessions, one session per week; (75-90) minutes each. Post tests for

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the two groups were taken before and after the end of the program, and two months later for follow-up purpose. The results showed significant statistical differences at ($\alpha \leq 0.05$) between the experimental group and the control group. In long-term measures of internet addiction, indicating the effectiveness of the counseling program in decreasing Internet addiction. It also showed continued effectiveness of the counseling program, through follow-up, which indicates positive long-term effects on internet addiction. In conclusion: Counseling programs can be an effective method to be implemented and generalized to all academic institutions in Palestine.

Keywords: Counseling program, cognitive- behavioral therapy, addiction, university students.

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(Huang, Wang, Qian, Tao, and Zhang, 2007; Thatcher and Goolam, 2005;
Young, 1997)

(13) 2008

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(%95) (%100) (%88) (24-12)
(%70)

.(Reuters, 2008) (%14.08) 2008 و 2000
(%32.1)

.2012 (%27.9) (%34.3)

2011 (%30.4)

.2004 (%9.2)

2011 (%55.0) (29-15)

) 2004 (%25.0)

- .(2013

(%32) "Newsweek"

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Huang et)

.(al., 2007

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"Young" (Wellman, 1996; Brenner, 1997)
" " "
(Young, 1996)"

Problematic Internet Use

Internet Addiction

(Shapira, Goldsmith, Keck, Khosla, and Mc Elory, 2000)

(Duran, 2003)

"Young" 1996

1998

(Widyanto and Mcmurrnan, 2004)

:Cognitive- Behavioral Therapy -

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(Substance Abuse and Mental Health Services

.(Administration, 2008

- "Kendall" (2000)

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."Skinner"

"Pavlov"

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.(Hall and Parsons, 2001)

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(Cormier and Nurius,

.2003)

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Cognitive-Behavioral Therapy for

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:Internet Addiction

(Davis, 2001)

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.(Basco, Gilckman, Weatherford, and Ryser, 2000)

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.(Duran, 2003)

.(Hinc, Goran, Zeljko, Slavica, and Mirjana, 2008)

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Hall and Parsons,)

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(Kim, Ryu, Chon, Yeun, Choi, Seo, and Nam,

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(Nie and

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(%25) Erbring's, 2000)

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(Mu Hu, 2007)

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(Gross, 2004)

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(Caplan, 2002, Park and

Song, 2002; Ozcou and Buzlu, 2007)

(Izıklar, Zar, and Aksoz, 2011)

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;2011)

کما .(Mu Hu, 2007; Gross, 2004; 2008

Chou and Tyan, 1998;)

.(Eastin and Larose, 2000; Dittman, 2002

On- line- addiction

.(1998)

(Goldberg and Young)

(WDEP)

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" W=wants :
P=planning and " " E=evaluation " " D=direction
" commitment

(Wubbolding, 2000)
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(10)

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(Kim, 2008) (20)
(Busan University) (276)

(WDEP)

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$(0.05 \geq \alpha)$

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:Cognitive- Behavioral Counseling Program

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(17:1990)

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(Morhan-

:Internet Addiction

Martin Chumacher, 2000)

(%59.3) (2.84) (%40.7) (300) (21.7) .1

.2014/2013

Pretest-)

(Post Test Control Group with Matching

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(t)

:(1)

(α)	(t)	(df)					
0.91	0.40	58	5.63	80.30	30		
			5.40	79.73	30		

(1)

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(Ayas, Balta, and Harzum, 2008)

(Young, 1998)

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(20)

(1)

(2)

(3)

(4)

(5)

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(100-20)

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(2004

(4.2)

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(3.4-2.6

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(4.2-3.4

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(2.6-1.8)

(1.8)

(4.2)

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(%90)

(0.61-0.33)

(20)

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(.0.01)

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(50)

(0.80)

(0.89)

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:Determine Time of Use (2)

:Reminder Cards (3)

:Stop Watches (4)

:Personal Inventory (5)

:Complete Conviction (6)

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:Joining Support Groups (7

:Family Counseling (8

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(12)

2014/2013

(90 -75)

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(60)

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2014/2013

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2014/2013

(90-75)

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(t)

(t)

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(t)

:(3)

(t)

:(3)

(α)	(t)	(df)					
0.00	32.46	29	5.63	80.30	30		
			6.18	61.33	30		

(t)

(3)

$(0.05 \geq \alpha)$

$(32.46)(t)$

(61.33)

(80.30)

(t)

:(4)

.... -

(t) : (4)

(α)	(t)	(df)					
0.00	12.46	58	6.18	61.33	30		
			5.08	79.53	30		

(t) (4)

($0.05 \geq \alpha$)

(12.46)(t)

.(79.53)

(61.33)

($0.05 \geq \alpha$) :

(t)

:(5)

(t)

:(5)

(α)	(t)	(df)					
0.21	0.95	29	6.18	61.33	30		
			6.34	61.12	30		

(t) (5)

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(61.33)

($0.05 \geq \alpha$)

(0.95) (t)

.(61.12)

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(2010)

(Kim, 2008)

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	.(2010)		.2
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	.(2007)		.3
	.128-85	(4)6	
.(2013)			.4
		.2013/05/17	
	.(2007)		.5
.96-33	、(55)	-	
:	.(1998)		.6
	.(2003)		.7
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	.(2011)		.8
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	.(2008)		.9
	.452-371	、(2)7	

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	(2004)	.11
	:(2011)	.12
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		.137
	.(2000)	.13
:	.(1990)	.14
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