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(60)

(30)

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(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)

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(%95) (%100) (%88) (24-12)  
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.(al., 2007

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

Problematic Internet Use

Internet Addiction

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

(Duran, 2003)

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(Widyanto and Mcmurrin, 2004)

**:Cognitive- Behavioral Therapy** -

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(Substance Abuse and Mental Health Services

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(Cormier and Nurius,

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**Cognitive-Behavioral Therapy for**

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(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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(Caplan, 2002, Park and

Song, 2002; Ozcou and Buzlu, 2007)

(Iziklar, Zar, and Aksoz, 2011)

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کما .(Mu Hu, 2007; Gross, 2004; 2008

Chou and Tyan, 1998; )

.(Eastin and Larose, 2000; Dittman, 2002

On- line- addiction

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(Goldberg and Young)

(WDEP)

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" W=wants :  
P=planning and " " E=evaluation " " D=direction  
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(Wubbolding, 2000)  
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**:Internet Addiction**

Martin Chumacher, 2000)

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

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Pretest- )

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GB	O <sub>1</sub>	MR	X <sub>2</sub>	O <sub>2</sub>	
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0.91	0.40	58	5.63	80.30	30		
			5.40	79.73	30		

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(Ayas, Balta, and Harzum, 2008)

(Young, 1998)

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:(Caplan, 2002; Young, 1996)

**:Practice the Opposite**

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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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0.00	32.46	29	5.63	80.30	30		
			6.18	61.33	30		

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$(0.05 \geq \alpha)$

$(32.46)(t)$

$(61.33)$

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( $\alpha$ )	(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)

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( $0.05 \geq \alpha$ )

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( $\alpha$ )	(t)	(df)					
0.21	0.95	29	6.18	61.33	30		
			6.34	61.12	30		

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( $0.05 \geq \alpha$ )

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