

## PROBLEMATIC INTERNET USE IN MARRIED INDIVIDUALS

**Gülşah CANDEMİR**

gulsah48895@gmail.com

*Ministry of National Education, Turkey*

**Dr. Erhan TUNÇ**

erhantunc25@gmail.com

*Gaziantep University, Turkey*

### INTRODUCTION

The internet, which enters our lives at a dizzying pace and is constantly evolving and updating, is an effective mass media that allows individuals to access all kinds of information, have fun, and communicate simultaneously with their loved ones without time and space limitations.

The internet; can be considered a time-saving opportunity when used rationally for research, banking, shopping, education, health, appointment making, etc. The other feature of the internet is eliminating distances and offers easy, inexpensive, and visual communication.

In addition, within the scope of pleasure and entertainment, gaming, chatting and spending time, and illegal gambling and pornography have also become common at present. However, it is observed that pleasure and entertainment lead to problematic use of the internet over time.

There are also studies (Rajani and Chandio, 2004) that examine the effects of problematic internet use on the individual and social levels. It is thought that there are some adverse effects of problematic internet use of married individuals in the family environment that constitutes the building block of society.

People want to get married for many bio-psycho-social reasons, such as sexual need, having children, economic factors, or expectations of society. In addition, meeting psychological needs such as love, intimacy, emotional sharing, and support can also be counted as reasons for marriage as it contributes to the well-being of individuals. The realization of all these functions requires that the relationships of spouses be solid and healthy. For a healthy marital relationship, marital harmony is a crucial strainer. In ensuring marital

harmony, the personality traits of individuals, the way they live the relationship, and their expectations have an important role.

One of the problems that problematic internet use creates in the family is that it causes neglect by preventing the basic needs of family members from being addressed because spouses spend too much time on the internet. Decreased sharing leads to the weakening of family ties.

It has been shown that individuals who use the Internet intensively are less engaged with their family and friends circles and spend less time with them (Kraut et al., 1998).

The stress situation that occurs with the incompatibility in marriage is one of the most important causes of marriage burnout. Marriage burnout is a state of physical, emotional and mental exhaustion caused by the chronic difference between expectations and reality, which is caused by the intensification of emotional demands in a long-term relationship" (Pines, 1996). Inevitably, this state of burnout in the married life of spouses will negatively affect other areas of their lives. According to Çapri (2008), changes in family, profession, and marriage affect one's daily life, causing many problems (personal, social, professional, and familial) and facing exhaustion.

The problematic use of the internet may be related to some unmet psychological needs of married individuals and may be directed towards meeting these needs through the internet. In this process, the internet can become problematic, and there may be negative consequences for this problematic use, and it can be thought that this will cause serious harm to domestic communication and interaction.

Adults who cannot meet their domestic social support and psychological needs and have poor family relationships can also spend a lot of time in a virtual environment where they can feel much better; this situation is negatively reflected in the fields of work, family and social life and it is thought that this negative reflection is pushing adults to use the internet even more problematically.

One of the crucial concepts associated with internet addiction is the "need for socialization" of the individual (Grohol, 1999; Flagtutan, 2005; Akman, 2016). This need can be thought of as the desire to meet socialization, which cannot be achieved or gained in real life in the internet environment. The individuals try to socialize through e-mails, chat rooms, discussion forums, and online games (Grohol, 1999). Someone who wants to interact socially through the internet does not like face-to-face interaction after a specific time (Caplan, 2002). The individual's orientation to the internet to socialize or find social support triggers the risk of problematic use of the internet so that the individual can move away from society (Thatcher and Goolam, 2005).

It is suggested that many people meet their most critical social needs consisting of "close

relationship", "support," and "approval" online (Amichai-Hamburger, 2007). Studies (Keser-Özcan and Buzlu, 2007) show that the internet is moving away from social life and becoming lonely by addressing the needs that people need to address in social life through the internet. Suler (2004) suggests that people who fail to meet their personal needs such as love, intimacy, and belonging in the real world can turn to the internet, which provides a safe and comfortable environment to satisfy these needs, resulting in the internet addiction.

When the literature is examined, it is seen that there is a need for research that examines the family structure, problematic internet use that affects the quality of inter-member relations in terms of variables such as marital adjustment, spousal burnout levels, and basic psychological needs of married individuals.

### **Problematic Internet Use**

In general, Problematic Internet Use (PIK) can be defined as "the use of the Internet in an individual's life in a way that creates psychological, social, school and/or work difficulties" (Beard & Wolf, 2001). Bayraktutan (2005) emphasized that the amount of time spent on the internet alone is not sufficient in the determination of PIK, and the purpose for which this time is spent is also of great importance.

Some researchers (Kim ve Kim, 2002; Leung, 2004; Gönül, 2002) say that problematic internet users spend more time on movie-music sites, games, chat rooms, pornographic sites, and community sites, and some studies (Ceyhan, 2010; Ceyhan and Ceyhan, 2007b) determined that not problematic internet users spend time on the news, information, shopping, and education sites.

Dr. Ivan Goldberg (1996) was the first to use the concept of an internet addiction disorder, and the original term he used was "Pathological Computer Use Disorder". For individuals who spend much time on the Internet and experience many negativities, as a result, he found the expression "pathological internet use" more appropriate, not "internet addiction".

PIK, which started with Goldberg (1996) and was accepted as a disease, has attracted the attention of many researchers with the diagnostic criteria developed by Young (1996).

While Young (1996) determined the diagnostic criteria for internet addiction, since there is a behavioral impulse control disorder in those with pathological internet use and this disorder does not include the intake of a chemical substance; He adapted the "pathological gambling" criteria in DSM-IV and published the first profound and comprehensive diagnostic criteria for internet addiction.

He excluded two of the criteria for pathological gambling (10 criteria) as he could not adapt them to internet use and used a total of eight criteria. If 5 out of 8 criteria defined

by Young (1996) are experienced, the individual can be described as an internet addict. These:

1. "Excessive mental preoccupation with the Internet (constantly thinking about the Internet, daydreaming about activities done on the Internet, thinking about the next activity planned to be done on the Internet, etc.),
2. Increasingly needing to use the Internet to get the desired enjoyment,
3. Unsuccessful attempts to control, reduce or completely stop using the Internet,
4. Feeling restless, depressed, or angry when internet use is reduced or completely stopped,
5. Staying on the Internet longer than initially planned,
6. Having problems with family, school, work, and friends jeopardizing or losing an education or career opportunity due to excessive Internet use,
7. Lying to others (family, friends, therapist, etc.) about the time spent on the Internet,
8. Affective changes (such as hopelessness, guilt, anxiety, depression) while being connected to the Internet."

Despite the differences of opinion on the conceptualization of PIK, these criteria developed by Young have been used by many researchers (Ceyhan, 2008; Günuç, 2009; Morahan-Martin and Schumacher, 2000; Tsai and Lin, 2001; Anderson, 2001).

On the other hand, Griffiths stated that any behavior (such as internet use) that meets the six criteria listed below could be defined as active addiction (Griffiths, 1999).

- “1. Attention/Salience: In this diagnostic criterion, a particular activity becomes the most critical activity in an individual's life and dominates his thinking, feelings, and behavior.
2. Emotional Change (Mood Modification): This situation is related to the person's subjective experiences resulting from engaging in a specific activity and can be seen as a coping method.
3. Tolerance: It is the process of increasing the dose of a particular activity to produce an effect similar to the previous ones.
4. Withdrawal symptoms: It is the emergence of unpleasant emotional states and/or physical effects (anxiety, tremor, nervousness, etc.) due to the sudden cessation or reduction of certain activities.

5. Conflict: Conflicts between addicts and those around them about work, social life, hobbies, interests, or conflicts within the individual.

6. Relapse: The tendency to recur with previous symptoms of a particular activity and the return of addiction to its extreme level after years of avoidance or control.”

“Internet addiction”, which has no diagnostic criteria in DSM-IV, but has succeeded to be included in DSM-V with the increase in studies on problematic use of the internet in recent years, has been included in the third part of DSM-V with the following criteria by recommending further studies [American Psychiatric Association (APA), 2013]:

“A. Being busy with the internet.

B. Showing destitute symptoms if the internet is taken away.

C. Tolerance: The need to increasingly spend time on the internet.

D. Unsuccessful attempts/failed attempts to control internet use.

E. Continuing to use the internet excessively despite knowledge of adverse psycho-social problems.

F. Loss of interest in the previous hobby, pastime, as a result of this, other than the use of the internet.

G. Internet used to escape or relax dysphoric mood

H. Deceiving family members, therapists, or others about the amount of Internet use.

I. A relationship, job, or educational or career opportunity is jeopardized by Internet use.”

### **Problematic Internet Usage Profile**

It is stated that psychological, neurobiological, and cultural factors play a role in forming problematic internet use. (Shaw and Black, 2008).

Biological vision; "It defines that biological and neurochemical changes can create addictive behavior in the person. For example, a person prone to develop addictive behaviors may have a combination of addictive genes or a small amount of serotonin and dopamine that contribute to addictive behaviors. Therefore, attachment to excessive internet use can alter the physiological state, affect the body's homeostasis, and create a feeling of euphoria." (Beard, 2005).

Social view; It has been suggested that there may be familial, social, and cultural dynamics that lead to intense internet use. For example, although the individual first uses the internet to get away from family conflicts, the need to use the internet later turns into a need that causes severe distress and disruption in social, occupational, and other critical functional areas, resulting in addictive behaviors as an effort to mask these problems. As a result of the lack of some social skills that enable the individual to fill his socialization need in places other than computers, there may be pressure and expectations from his friends to engage the internet user with different internet activities” (Beard, 2005).

Caplan (2002) developed a new theory based on Davis's pathological internet use model based on the cognitive-behavioral approach. According to this model, "Individuals with problems such as depression and social isolation have dysfunctional cognitions in terms of social communication, these individuals prefer virtual communication, which they perceive as much less threatening than face-to-face communication. As they feel more comfortable in the virtual environment, intense use of the internet and PIK occur. Individuals who think they cannot express themselves in their social life feel more comfortable in non-face-to-face communication. In this way, individuals do not transfer their negative traits to the person with whom they communicate; on the contrary, it is mentioned that there are positive features that they do not have. Thus, the internet creates the idea that these individuals can impact the person they communicate with. Virtual communication creates the belief in the user that such communication is easy, less risky, and more exciting."

It is seen that the reason why individuals prefer social interaction on the internet is the social isolation and loneliness they experience (Kraut et al., 2002). According to Young (1996), problematic internet users who spend little time with real people in their lives prefer to spend time alone in front of the computer. In addition, according to Yellowlees and Marks (2007), those who have impulse-control and addiction disorders in their stories have a dominant tendency towards PIK and are considered a risky group.

On the other hand, in other studies, the factors affecting PIK were determined, and in one of these studies, the lack of ability of individuals to show themselves was examined as a factor. According to the research results, it is seen that those with low self-disclosure skills prefer online communication instead of face-to-face communication, and online social interaction is an essential predictor of compulsive internet use (Caplan, 2005).

Davis (2001) developed a cognitive-behavioral model on problematic internet use, and according to this model, those who use the internet with problems develop some cognitive and behavioral habits due to their internet use. However, according to this model, as the psycho-social problems of the person increase, the probability of showing cognitive-behavioral symptoms related to the problematic use of the internet will also increase. In addition, according to Davis (2001), those who use the internet with problems show psycho-social problems such as depression and loneliness.

Personal factors may also be influential in susceptibility to PIU. Those with established identity status tend to use the internet less problematically than individuals searching for identity (Ceyhan, 2010). In addition, locus of control is another influential factor. While internally audited persons can limit the internet usage time, external audited ones are in the risk group because they cannot make this limitation (Ceyhan and Ceyhan, 2007a).

The reason that externally controlled individuals are more unsuccessful in using the internet than internally controlled individuals can be given why these individuals think that others or luck are effective in their own lives. In many other situations, internally controlled individuals can determine their behavior and limits in using the internet.

On the other hand, academic achievement stands out as another influential factor. Students with low academic achievement have higher PIK than those with high achievement (Ceyhan and Ceyhan, 2007b; Odacı, 2011).

The sense of loneliness and shyness that individuals have is another important factor in their predisposition to PIK. Findings in many studies show a relationship between the level of loneliness and shyness and PIU draw attention (Caplan, 2002; Ceyhan & Ceyhan, 2008; Davis, 2001; Davis et al., 2002; Odacı & Kalkan, 2010). Again, Odacı and Kalkan (2010) stated that as loneliness increases in university students, PIK also increases.

### **Effects and Consequences of Problematic Internet Use**

According to Young (1999), those who use the Internet with problems prefer to spend time alone on Internet, and they spend decreasingly time with actual individuals in their lives; In addition, people who experience obstacles in their social relations frequently apply to the Internet to create and maintain social relations and prefer the communication over the Internet to face-to-face communication (Kubey et al., 2001). Thus, the person's relations with real-life are increasingly severed, and he begins to be alone (Inderbiten et al., 1997). As a result, internet use becomes a vicious circle for the user (Durak-Batıgün ve Hasta, 2010).

Researchers found that anxiety disorders are the most common comorbidity in individuals who use the internet with problems (Kratzer ve Hegerl, 2008), that obsessive-compulsive disorder mainly accompanies internet addiction (Jang et al., 2008), PIK is associated with obsessive-compulsive disorder (OCD) and depression. (Shapira, Goldsmith et al., 2000), adolescents who use the internet with problems have higher social phobia (Yen, Ko et al., 2007).

Bernardi and Pallanti (2009) stated that the most common comorbidities with PIK are: “generalized anxiety disorder”, “social phobia”, “borderline personality disorder”, “dysthymia”, “obsessive-compulsive disorder”, “avoidant personality disorder”, “hypomania”.

Moreover, Niemz et al. (2005) stated, intensive internet use; has been determined that causes academic, social, and interpersonal problems and low self-esteem. Nalwa and Anand (2003) revealed that those with problematic internet users have higher levels of loneliness.

Whang, Lee, and Chang (2003) stated that individuals who use the internet with problems stated that they fall on the internet more often in cases of stress or depression and more loneliness, depressive affect, and compulsive disorder. In another study, it was found that the group with PIK had more suicidal and depressive thoughts (Kim et al., 2006).

Depression can be considered both as a cause and an effect for PIK. A person who is depressed due to other sociological or psychological factors may turn to the internet for this reason and may also be a problematic internet user. A state of depression can be observed after becoming a problematic internet user. Problematic internet user adolescents stated that they see the internet as an environment that alleviates their depression (Tsai and Lin, 2003).

The literature emphasizes that massive internet use can cause problems in school, family, health, and work and that heavy internet use can disrupt personal or social functions such as sleep and loss of work time (Tsai & Lin, 2003). Accessible evidence shows a link between PIK and psychosocial variables such as depression, social isolation, and adverse effects at home and work (Caplan, 2002). The inability of some individuals to prevent themselves while using the internet may harm and endanger their business and personal relationships.

Barak and King (2000) state that the internet has two sides: positive because it provides convenience to people, such as health, education, commerce, and entertainment, and harmful because it has an environment where they can be exposed to significant risks.

Like other addictions, problematic internet use has various consequences that negatively affect the individual's real life. These results may affect the "academic life of the individual", "relationships", "social life", "work and family life", "physical and mental health".

### **Marriage Concept**

Marriage is the foundation of the family. Marriage defined as in the literature (Tutarel-Kışlak, 1999; Ersanlı and Kalkan, 2008; Ateş, 2012); “where two strangers come together with different values, different cultures, and two separate family histories and mutual solidarity; It is a social system with formal, emotional, behavioral and biological aspects, shaped by social rules and laws that redefine themselves and a fusion where sexual needs are satisfied, which are entirely excluded from social prohibitions in the form of a contract realized as a result of social approval.



Özgüven (2000) categorizes the reasons for marriage into three main groups. These are "biological", "psychological" and "social" reasons. "Among the biological reasons, satisfying the sexual drive is one of the most important reasons for marriage. For psychological reasons, meeting the need for love comes to the fore. Among the social reasons, it is seen that the need for support, acceptance, feeling in harmony, trust, and protection are at the forefront.

While defining this concept in his research on marriage, Geçtan divided marriage into two separate categories: "traditional", in which spouses play a complementary role, and the sharing of obligations between spouses is well defined, and "contemporary" marriage, in which joint decisions predominate (Geçtan, 2007).

Although its function is the same, marriage varies according to society. Types of marriage can be divided into three according to "place of residence", "number of spouses," and "group from which the spouse is chosen", as shown in Table 2.1 (Bağlı and Sever, 2005).

Table-2.1 Types of Marriage

<p><b>Marriage Classification by Place of Residence</b></p> <p>a) <b>Matrilocal:</b> The man's residence in the woman's house,  b) <b>Patrilocal:</b> The woman's residence in the man's house,  c) <b>Neolocal:</b> Men and women separated from their families and lived in different houses.</p>
<p><b>Marriage by Number of Partners</b></p> <p>a) <b>Monogamy:</b> Marriage with one spouse,  b) <b>Polygamy:</b> Polygamous marriage, Polygamous marriages are also divided into two;  b.1) <b>Polyandry:</b> A woman marrying more than one man at the same time,  b.2) <b>Polygyny:</b> A man marrying more than one woman at the same time.</p>
<p><b>Marriages made according to the group in which the spouse is chosen</b></p> <p>a) <b>Endogamy:</b> Marriage between relatives,  b) <b>Exogamy:</b> Unrelated marriages.</p>

### Marital Harmony

As a reflection of the rapid social, economic and cultural changes that occur in our society, as in all world societies, marital relations are also changing and becoming more complex, problems in marriage are diversifying compared to the past, and problems of harmony between spouses increase (Şener and Terzioğlu, 2008).

Incompatible marriages can also lead to unhappy and incompatible marriages through generations because negative feelings and judgments about marriage can also be passed

on to the children of incompatible couples, leading to the continuation of incompatible and unsuccessful marriages.

In its simplest definition, marital harmony is the attainment of a balance between the compulsory and voluntary qualities (Tutarel Kışlak, 1999).

Marital harmony is a general term defined as "the success and functionality of the spouses in marriage". Marital harmony also includes the concepts of "marriage satisfaction and happiness" (Kalkan, 2002).

Marriage quality; It is a general concept that includes the concepts of "marriage harmony", "marriage satisfaction, happiness", "marriage integrity", it is "the subjective evaluation of the relations of married couples". High marital quality is thought to be associated with "good adjustment, adequate communication, high satisfaction and happiness in the marital relationship". It is stated that harmony is more critical in predicting the quality of marriage (Erbek, 2004).

### **Spousal Burnout**

When couples fall in love, they expect it to last forever. This expectation can prevent mistakes from being made, reduce common sense, and destroy foresight. Spousal burnout occurs due to continuing these high expectations about love and living with this particular thought. Burnout stems from this significant inconsistency between reality and expectations. Frustration and living with increasing stress lead to a gradual erosion of mood and eventually to peer burnout. Spousal burnout is "a state of physical, emotional and mental fatigue caused by the chronic disparity between expectations and reality that occurs as a result of the intensification of emotional demands in a long-term relationship" (Pines, 1996).

Burnout occurs as a response to the existential dilemma of disappointment in love, the stresses caused by the erosion of love, the constant increase in boredom, and the accumulation of minor tensions. Therefore, it is not possible to attribute burnout to a single cause (Pines, 1996).

Spousal burnout manifests itself with "physical," "emotional," and "mental" symptoms of fatigue (Pines, 1996).

It is seen that the variable that best predicts spousal burnout of all married individuals is "marriage adjustment". While only marital adjustment explains 40.7% of the variance of spousal burnout, it is seen that Pines (1989)'s Haifa study and Kafry and Pines' (1980) studies differ with the research results. As a result of the multiple regression analysis of spouse burnout scores in married women, when all variables are considered, it is observed that these variables explain 66.8% of the variance of spouse burnout in married women,

and marital adjustment is the variable that best predicts spouse burnout. It is seen that marital adjustment alone explains 48.8% of the variance of spouse burnout.

### **Basic Psychological Needs**

Needs are "the biological, physical and psychological patterns that occur due to feeling the lack of a factor in human nature and vary from person to person". These needs can be "physiological (air, water, food, sleep, sexuality, etc.)" called primary needs or "psychological (love, compassion, protection, success, learning, friendship, etc.)" called secondary needs (Budak, 2003).

Zhang (2008) stated that there are three types of needs, and these are; "physiological (needs arising from our innate biological systems)", "psychological (resulting from human nature and containing the psychological elements necessary for healthy development)", "social (needs with psychological processes arising from emotional reactions that occur as a result of interactions with people in the socialization process).

Our needs are at the service of the organism; It consists of our passions and desires to continue our lives, ensure our growth and development, and increase our well-being (Zhang, 2008).

Theorists researching needs have put some of these needs in the foreground. For example, Hull (1943) emphasizes "physiological needs such as hunger and sexuality", while Murray (1983) emphasizes "psychological needs" more than physiological (as cited in Deci and Ryan, 2000).

In modern societies, many individuals feel unhappy even though their basic physiological needs are resolved. The number of people who have everything but are unhappy in society is substantial proves the existence and importance of psychological needs (Butler and McManus, 1998).

Psychological needs; are not as apparent as physiological needs; they are needs related to the mind and emotions rather than physical needs that can vary from one individual to another and are thought to be the product of learning. When the psychological need is mentioned, the needs such as commitment, sense of trust, autonomy, freedom, self-realization, being together, being successful, loving, being loved, and social acceptance comes to mind (Oksal, 1986).

Self-determination theory (PSC) states that individuals need support from their social environment to realize their genetic potential. Reinforcer; It includes "external motivations (support, gift, etc.)" as well as "internal motivations (caring, curiosity, etc.)". (Deci and Ryan, 2000).

According to PSC, individuals have three basic psychological needs. These:

1. Competence need is the individual's feeling of being practical and competent depending on his interaction with the environment (Deci and Ryan, 2000).
2. The need for autonomy means that the individual initiates, maintains, and terminates his/her behaviors; It is defined as deciding how to act by taking responsibility for their behavior and acting with free will (Deci and Ryan, 2000).
3. The need for relatedness is when an individual interacts with the environment by wanting to be connected with others and experiences a sense of belonging as a result of this interaction" (Deci and Ryan, 2000).

Autonomy and independence are not the same things (Ryan and Deci, 2006). Independence is primarily a result of the individual's healthy self-development in the psychoanalytic context. It is the separation of individuals from others or not relying on them while making more decisions, setting goals, or taking action on any subject. Autonomy is the individual's free will to set goals and make choices.

### **Effects of Problematic Internet Use in Married Individuals**

As in the whole world, the internet has spread faster than expected in our country and has become an environment where adults spend a long time and cannot control their use. On the other hand, this process has spread to all areas of life and has begun to affect the relations of individuals both with themselves and with society, and it has been seen that it causes problems in business, school, social life, and family life.

Some of the people who spend most of their time in the unreal world have started to have problems in their social, professional, and private lives due to the use of the internet, which they cannot control and prevent, so the issue has started to be widely discussed (Şenormancı et al., 2010).

In this context, such widespread and active use of the internet has caused various problems to arise despite the opportunities and benefits it brings; It has harbored and continues to harbor many risks, especially for individuals who have not reached the internet culture and awareness. The decrease in social interaction in the real world, increasing socialization in the virtual environment, and increasing isolation and alienation in the family environment are just some of these risks. It is observed that adult married individuals are attracted to the virtual world and spend their time on the internet, which is one of the most severe technological developments of the age and has become a part of our lives.

There are also studies (Rajani and Chandio, 2004) that examine the effects of problematic internet use on the individual and social levels. It is thought that the problematic internet

use of married individuals has some adverse effects on the family environment, which is the building block of society. Family structure and family life have been influenced by new media tools such as radio, TV, computer, and the internet (Rompaey et al., 2002). Computers, which entered the home environment in the 1980s, especially with their personal use, turned into a mass media tool with the spread of the internet in the 1990s and changed the structure of societies in many ways like other mass media (Mesch, 2003).

Internet with its structure and functions frequently updated and enriched day by day; It has become an indispensable part of human life and has even become a new member of the family, which is the basic unit of society and has begun to change the family and social structure and values. The internet, which eliminates the limitation of time and space and provides visual and auditory communication, can be an opportunity for families far from each other. However, with the excessive use of the internet among family members in the same environment, the decrease in the standard time and activities that the spouses spend together is perhaps one of the biggest negativities of the internet in terms of intra-family communication. Spouses who spend their daytime separately also spend their evening time on the internet, which is the only time they will share in common, and prefer virtual environments instead of actual and warm relationships in real environments, which will undoubtedly affect the communication of spouses with each other negatively and start the process of separation from each other.

People want to marry for many bio-psycho-social reasons, such as sexual need, having children, economic factors, or society's expectations. In addition to these, meeting psychological needs such as love, intimacy, emotional sharing, and support can be considered one of the reasons for marriage, as it contributes to the well-being of individuals. The realization of all these functions requires that the relationships of the spouses be solid and healthy. Marital adjustment is a significant predictor of a healthy marital relationship. Individuals' personality traits, way of living in a relationship, and expectations are essential in ensuring marital harmony.

One of the problems caused by problematic internet use in the family is that it causes negligence by preventing the basic needs of family members from being met because spouses spend much time in front of the internet. Decreased sharing causes the weakening of family ties.

In another study conducted in Pakistan in 2004 to determine the effects of the internet on society, a survey was conducted with internet users from all segments of society and all age groups. As a result of the research, it was found that the internet in Pakistan impacted society in general, resulting in increased internet use, increased loneliness and depression, reduced social ties, and weak family communication (Rajani and Chandio, 2004).

The fact that adult married individuals who use the Internet with problems start to spend a significant part of their time on the Internet can initiate the processes of breaking away

from their family life, and their unreal world and virtual friendships can create a basis for the individual to live in a fantasy world and escape from the realities of life (Fortson et al., 2007).

It can be said that individuals who experience isolation in their family or social life will also disrupt their daily responsibilities and will be adversely affected physiologically and psychologically. However, the relationship in the family environment is of particular importance in terms of a healthy communication and interaction environment, meeting the psycho-social needs of family members, and thus bringing healthy individuals to the society.

Suler (2004) argues that people who fail to meet their personal needs such as love, intimacy, and belonging in the real world may turn to the internet, which provides a safe and comfortable environment to satisfy these needs, and as a result, the internet addiction emerges. In the light of these opinions, married individuals who cannot find the love, closeness, acceptance, and approval they seek in the real world may also obtain what they are looking for from the internet by using different virtual identities.

It has been revealed that individuals who use the internet intensively have less interaction with their family and friends and spend less time with them (Kraut et al., 1998).

According to Kandell (1998), individuals who have difficulties in their interpersonal relationships and/or other areas of life turn to the internet to avoid or delay their problems. Sanders et al. (2000) also showed that heavy internet use is related to low social ties and lack of support. Whang et al. (2003) stated that internet addicts are more stressed, lonely, and depressed than potential addicts and non-addicts. Meaning this relationship; The psychological needs can explain the reason that leads the individual to use the problematic internet that marital problems cannot meet, and it can also be considered that the individual may experience marital problems by shifting away from his family and spouse over time due to problematic internet use.

The stress situation that occurs with the disagreement in marriage is one of the most important causes of spouse burnout. On the other hand, spousal burnout is "a state of physical, emotional and mental fatigue caused by the chronic difference between expectations and reality, which occurs as a result of the intensification of emotional demands in a long-term relationship" (Pines, 1996). It is inevitable that this burnout situation in the marital life of the spouses negatively affects other areas of their lives. According to Çapri (2008), changes in family, profession, and marriage affect the person's daily life, causing him to experience many problems (personal, social, professional, and familial) and suffer burnout.

The problem of internet use may be related to some unmet psychological needs of married individuals and may tend to meet these needs via the internet. In this process, the internet

may turn into problematic use, which may have negative consequences, and it can be thought that this situation will cause severe damage to communication and interaction within the family.

There are studies on adolescents on this subject, and studies have shown that with the intensification of internet use, adolescents tend to meet some of their psychological needs that they can meet in daily life through the internet (Shen, Liu, and Wang, 2013). Adolescents who try to satisfy their needs over the internet may also experience severe deprivation due to unmet needs. Deci and Ryan (2000) argued that if psychological needs are not sufficiently satisfied, people may become psychologically disturbed, and self-destructive behaviors may develop to compensate for this.

Considering the negative consequences of the intense use of the internet in satisfying needs, it is stated that adolescents can be dragged towards addiction, which will cause significant damage to family and friend relations. (Şahin and Kesici, 2009).

Adults who cannot assemble their social support and psychological needs in the family and have lousy family relations can also spend intense time in the virtual environment to feel much better. This situation reflects negatively on work, family, and social life areas, and it is thought that this negative reflection pushes adults to use the internet even more problematically.

When we think of marriage as a structure that regulates social reproduction and forms the basis of society in terms of its function, maintaining this structure depends on meeting the mutual psychological and biological needs of individuals in their marriages. Meeting the needs significantly affects marital adjustment (Gökmen, 2001). In addition, the marriage relationship is considered the most critical social tradition in which our emotional needs are compensated, which is accepted in every society (Sharif et al., 2013). After meeting their needs such as hunger, thirst, and security, individuals want to meet their higher-level needs by turning to their psychological needs such as closeness, compassion, autonomy, success, appreciation, relationship, and self-actualization. Although these needs are not vital, they are essential for individuals to add meaning to their lives and be happy and peaceful.

Problematic internet use of married individuals who spend most of their time on the internet causes them to experience problems in their family life as well as in many other areas of their lives (Rompaey et al., 2002; Kraut et al., 2002; Rajani and Chandio, 2004; Mesch, 2003; Bayraktutan, 2005). In addition, in Candemir Karaburç and Tunç's (2020) study, problematic internet use was determined as a severe spouse predictor burnout.

In a study carried out to determine the effect of children on the internet access of families at home, data were collected from 38 families and 31 children through qualitative and quantitative research methods. In line with the findings obtained in the research, it was

concluded that internet access and internet use began to be an essential factor in the occurrence of domestic disputes and incompatibility (Rompaey et al., 2002).

In order to determine the effects of internet use, a survey was conducted with 169 individuals in 73 households with internet connection at home in the form of a three-year follow-up study. The findings obtained during the two years before and after the internet connection in these households determined that the increase in internet use was associated with a decrease in family communication, narrowing of the participants' distance and close social circles, and increased feelings of depression and loneliness. In addition, although most internet use is aimed at increasing social communication, it has been concluded that internet use can generally reduce face-to-face communication, and weak relationships can replace solid social relationships. (Kraut et al., 2002).

According to the study of Griffiths (2000), one of the situations for excessive internet use is excessive use of the internet to overcome or neutralize other disabilities (lack of social support in real life, low self-esteem, physical disability).

Niemz et al. (2005), 18.3% of the participants were identified as problematic internet users due to their study, and these users stated that excessive internet use causes academic, social, and social problems. Young (1996) found that 2% of the 496 people who participated in his research, who use the internet little, 45% of those who use it moderately, and 53% of those who use it heavily, have social relations problems. According to him, these people spend less time with real-life people, fulfill their responsibilities less, and have problems in their relationships with their friends, spouses, and children.



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