

The Relation Mindfulness, Brain Behavior System with Anxiety Sensitivity in Students Addicted to the Internet

azadeh zoomand toli*, azar kiamarsi,

Abstract The present study investigates the relationship between mindfulness, brain behavior system deals with anxiety sensitivity addicted students to internet. This is a descriptive correlational study. The study population included all students of Islamic Azad University of Rasht. The sample 158 is ed and the sampling method using internet addiction questionnaires were evaluated . And students who had earned high marks on internet addiction questionnaire were asked to complete questionnaires mindfulness, inhibition and anxiety sensitivity respond Zftary. Data analysis using descriptive and inferential statistical methods were used Pearson correlation and regression. Pearson correlation analysis results showed that the dimensions of anxiety sensitivity symptoms of cardio - vascular, respiratory symptoms, signs visible to the public, gastrointestinal symptoms and cognitive control and inhibition mind sometimes negative and significant relationship to respond to reward and pleasure seeking Kshann dh significant positive correlation was found. Stepwise regression analysis showed that in the first step of behavioral inhibition anxiety sensitivity predicts 56% In the second phase with the addition of the predictive power of the mind awareness increased to 58 percent. Given the high prevalence of psychological disorders among students addicted to the Internet, must be careful of the consequences of this phenomenon. While educate the students about the proper use of the Internet is an important factor in the control of Internet addiction.

Keywords : Keywords: mindfulness, brain systems behavior, anxiety sensitivity Internet addiction

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)