
The Relationship between Mindfulness, Flexibility and Excitement with Internet Addiction in Students at Azad University of Rasht

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Abstract The main purpose of the present research is to present mindfulness, flexibility and excitement in Internet addiction in of Azad University students of Rasht. This is a correlation study in which the statistical society were 18,000 suffers addiction to the Internet in Azad University of Rasht and 360 students were ed by available sampling method. In this research, Yang's Internet addiction questionnaire, Conner and Davidson's flexibility (2000), the 5-factor questionnaire Mindfulness by Bauer et al. (2006) and the emotional questionnaire of Zachren (1987) were used. Data were analyzed by using correlation and regression tests in SPSS20 software. The results of regression analysis showed that there was in a meaningful and negative relationship between the variables of mindfulness with Internet use (-0.251), observation (-0.328), description (-0.241), operation (-23.13), non-judgment (-0.120) and non-response (-0.321), and flexibility (-0.214). In the other hand, there was a significant relationship between emotional seeking (0.213), experientialism (0.128), escape inhibition (0.328) and fatigue (0.236) at the level of p

Keywords : Keywords: Internet addiction, Mindfulness, Flexibility, Excitement.

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