

# Comparing the emotion regulation, irrational beliefs and aggression in Internet addicts and normal adolescents

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The purpose of this study was to compare the emotion regulation, irrational beliefs and aggression in Internet addicts and normal adolescents. This research is a comparative study. The statistical population of this study included all secondary school boys in the second district of Rasht city in the academic year of 96-95. The sample size of this study was 150 people (75 internet addicts and 75 normal students) who were selected by available sampling method. Using Yang's Internet addiction, emotional regulation, Bass and Peper's aggression and Jones's irrational beliefs, it was placed. Data analysis was performed using descriptive statistics (mean and standard deviation) and inferential statistics (one-variable and multivariate analysis of variance). All data analysis was done using SPSS-ver20 software. The results showed that there is a significant difference in the dimensions of emotion regulation, irrational beliefs and aggression between the two groups of students addicted to the Internet and normal. These results can be concluded that Internet addiction, internet games and cyberspace can provoke, irritating, sensitive, aggressive and even negative, and have irrational beliefs, therefore, to protect the mental health of people in society, in particular teens should pay attention to the type and conditions of using the Internet.

**Keywords :** Key Words: Emotion regulation, irrational beliefs, aggression, Internet addiction

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