INVESTIGATING THE RELATIONSHIP BETWEEN ATTACHMENT STYLE AND MANNER OF MOBILE PHONE USAGE AMONG STUDENTS

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Abstract

Attachment style refers to an individual's emotional and behavioral patterns in their relationships with others. It can influence how people use their mobile phones, especially among students who are highly dependent on their devices for communication and social interaction. Such individuals are less likely to use their mobile phones to seek emotional

*Eur. Chem. Bull.* **2023**,*12(Special Issue 5), 1915-1925*

1915

support or validation from others. They are comfortable with themselves and do not feel the need to rely on their phones to boost their self-esteem or cope with negative emotions. Instead, they use their phones in a balanced and purposeful way, such as for organizing their schedule or staying in touch with family and friends. The main objectives of the research is to identify the relationship between the nature of the respondents and their perception towards mobile phone usage and to understand the factors that can affect mobile phone usage among students.500 students were selected at random from the group and used to compile the statistical sample. Convenient sampling technique was used for the study. Future studies could benefit from expanding this model to account for other factors like FOMO, self-control, self-esteem, and the many personality and socio-psychological variables linked to attachment formation in human development.

Keywords: *Attachment style, mobile phone, social influence, students and accessibility*

Introduction

It is believed to develop early in life through interactions with caregivers and can have a significant impact on an individual's relationships and social interactions throughout their life. In recent years, researchers have also been exploring the relationship between attachment style and technology use, including mobile phone use. Gol Mohammadian (2011). In this article we will discuss how attachment style can influence an individual's manner of mobile phone use. Individuals with secure attachment style tend to be more emotionally stable, have a positive self-image, and are better able to form and maintain healthy relationships. Keyvankar (2013). In terms of mobile phone use, individuals with secure attachment style tend to use their phones in a balanced and healthy way. They use their phones to stay connected with friends and family, but they also know when to disconnect and engage in other activities. In terms of mobile phone use, individuals with anxious attachment style may be more likely to use their phones as a way of seeking reassurance and validation from others. Gol Mohammadian (2011) . They may constantly check their phones for messages or social media notifications,

and may feel anxious or distressed when they do not receive a response from someone they are seeking validation from. Avoidant attachment style is characterized by a fear of intimacy and a desire for independence and autonomy in relationships. Individuals with avoidant attachment style may have difficulty forming and maintaining close relationships and may prioritize their own needs and interests over those of their partners. In terms of mobile phone use, individuals with avoidant attachment style may use their phones as a way of maintaining a sense of independence and autonomy. They may prioritize their phone use over face-to-face interactions, and may be more likely to engage in passive phone use, such as scrolling through social media or playing games, rather than using their phones to connect. Individuals with secure attachment style tend to use their phones in a balanced and healthy way, while those with anxious or avoidant attachment style may use their phones as a way of seeking reassurance or maintaining a sense of independence. Understanding the relationship between attachment style and mobile phone use can help individuals develop healthier habits and improve their overall well-being.

Eur. Chem. Bull. **2023**,*12(Special Issue 5), 1915-1925*

1916

CONCEPTUAL FRAMEWORK
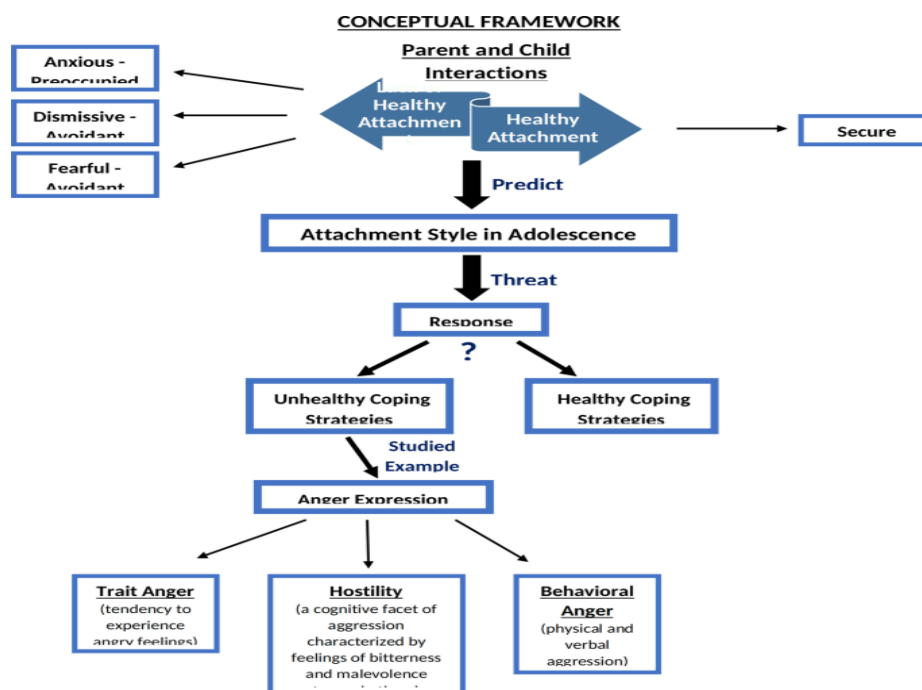
Theoretical Background

New communication technologies have transformed the planet. Technology is increasingly important in personal, societal, and human existence. Technology has changed society the most and is always evolving. Psychologists and sociologists have focused on technology's effects on society and individuals. Modern life includes the mobile phone, one of the most crucial technical devices. The mobile phone, long a sign of class and economic status, today has many conflicting uses in individual, cultural, and societal contexts. Nowadays, the mobile phone is the most essential personal technology, establishing autonomous individual privacy and making social relationships meaningful in a personalized network. Gol Mohammadian (2011) .More liberty, however, improves all three of these aspects of individual and societal life. Hence, the lives of young people have been altered by modern technology more than the lives of more conventional populations. Adolescents and young adults rely on mobile phones for communicating with friends and making new connections in their social circles. Keyvankar (2013) . The youth of today increasingly utilize their mobile phones as a means of delineating their own personal zone. As a consequence, the most pressing problem facing society today is understanding how young people's identities and daily routines are influenced by the prevalence of digital media. Since our understanding of psychology has expanded. The researcher recognized that each individual has a complex multi-faceted character. Furthermore, by drawing on sociological understanding, it is clearly apparent that modern individuals perform a wide variety of functions in society. Goffman argues that people's identities and the parts of those identities they expose change depending on the context in which they are being enacted. Tools and technology are common vehicles for expression. This study provides more evidence that mobile phone use is an individual decision that is profoundly influenced by social contexts and dynamics. Constant availability exposes the person to constant telephone harassment, problems, and a wide variety of unwelcome programming. Yet, the person who is requesting communication may become less productive if their phone is turned off because of fatigue, waiting, or mental stress.

Eur. Chem. Bull. **2023**,*12(Special Issue 5), 1915-1925*

1917

The results of a research on the effects of modern ICT, more time spent online and on mobile devices is correlated with less in-person interactions between users. The study will look at how teens' use of mobile devices affects their interactions with friends, family, and teachers. Research shows that although young people use their phones to make and keep friends, it also has a detrimental impact on their connections with their peers, particularly via rejection. Furthermore, the results indicated that the mobile phone causes a shift in family relations, an excessive dependence on the device, and chaos in the classroom. The impact of mobile phone use on romantic partnerships was investigated. Keyvankar (2013).According to the results, a stronger

commitment exists when there is more mobile phone usage in a romantic relationship and less ambiguity. The usage of mobile phone calls has also been linked to avoidance and anxiety. Yet, there are no noteworthy findings on the use of text messaging. The majority of mobile phone interactions occur inside romantic partnerships. Regarding attachment types, we may define attachment as the social and emotional bond between a kid and their mother at a young age. Early relationships between a kid and his careers lay the groundwork for a lifetime of positive outcomes throughout the child's biological, psychological, and social domains. When it comes to kids' emotional and social growth, this psychological phenomena is a crucial component.
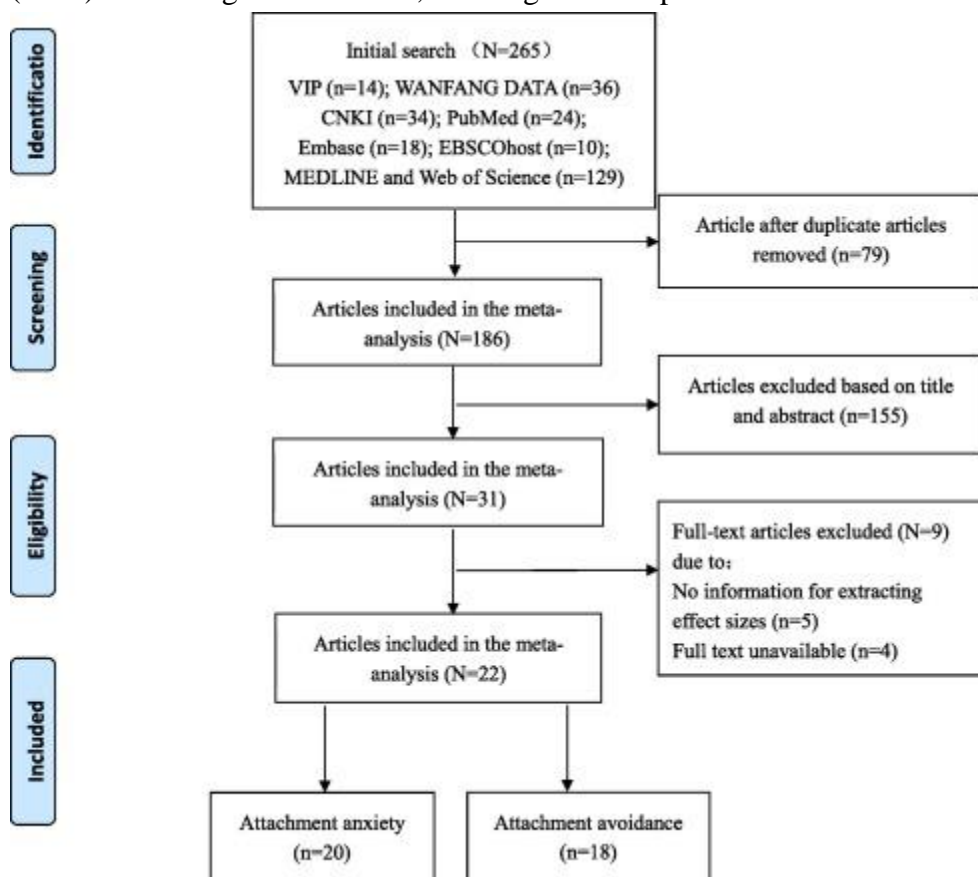

Attachment Style and Problematic Smartphone Use

Attachment is a key factor in shaping one's identity and character. Bowlby's goal in proposing attachment theory was to identify the factors that contribute to the formation of bonds

between attachment and other aspects of a person's psychological and social development. Bowlby views the attachment theory as a kind of intrapersonal psychological organisation based on a feedback loop between the individual and their environment to

Eur. Chem. Bull. **2023**,*12(Special Issue 5), 1915-1925*

1918

achieve predetermined goals. As a result of early experiences with the attachment figure, mental images of that person are formed. The child's future expectations and behaviour in relationships are shaped by these patterns. Despite the prevalence of studies highlighting the importance of attachment quality in the development of an individual's sense of self, this investigation found no correlation between attachment styles and either perceived social support or the reason for or content of a person's SMS messages. More texts are sent by those who feel safe than those who do not. Nonetheless, traditional orientation is directly related to how much social support one feels they have from their own family. According to the findings, there is a negative correlation between how much social support one feels they have from their family and how unorthodox their text message content is. The findings indicated an inverse relationship between attachment security and risky behaviours such running away from home, begging, and substance addiction, and a favourable association with family relationships. The author showed that children's rates of homesickness, sadness, emotional stability, and adaptive behaviour were all linked to their attachment types. Those who struggle with insecure attachment are less emotionally stable and less able to adjust to new situations. To that end, this study seeks to determine whether or not there is a substantial link between attachment types and mobile phone use.
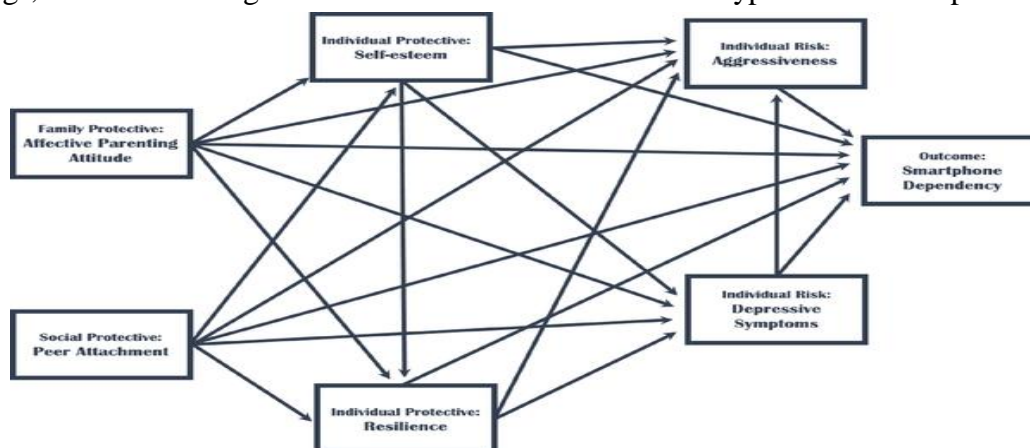
There are several factors that can affect mobile phone usage among students. Some of these factors include:

1. Social influence: Students may feel pressure to use their mobile phones more often if their peers are doing so. Social influence can also encourage students to use their mobile phones to stay connected with friends and family.

2. Academic requirements: Some educational institutions may require students to use mobile phones to access educational materials or participate in online learning activities.

3. Personal preferences: Students may have personal preferences for how they use their mobile phones, such as for social media, gaming, or streaming music or videos.

4. Accessibility: The availability and accessibility of mobile phones can also affect usage among students. For example, students who have easy access to mobile phones may use them more frequently than those who do not.

5. Addiction: Mobile phone addiction can also be a factor that affects usage among students. Students who are addicted to their phones may use them more frequently and for longer periods of time.

6. Financial constraints: The cost of mobile phones and data plans can also affect usage among students. Students who cannot afford mobile phones or data plans may not use them as often as those who can.Overall, the factors affecting mobile phone usage among students are complex and multifaceted. It's essential for students to use their phones in moderation and balance their academic and social responsibilities.

Problematic Smartphone Use: The Mediating Role

Problematic smartphone use (PSU) has become a growing concern as smartphones have become ubiquitous in modern society. PSU refers to the excessive or compulsive use of smartphones, which can result in negative consequences such as poor academic performance, impaired social relationships, and mental health problems. One factor that has been found to be related to PSU is stress. Stress can trigger a desire to use smartphones as a coping mechanism, and this excessive use of smartphones can lead to PSU. Additionally, stress can also lead to a reduced ability to regulate smartphone use, which can further exacerbate PSU. Therefore, stress can be considered a mediating factor between external stressors and PSU.Another potential mediating factor is social support. Gorgi, A. (2006) .Social support can act as a protective factor against PSU by providing individuals with a sense of belonging and connection to others. This connection can reduce the need for excessive smartphone use as a coping mechanism. Additionally, social support can provide individuals with a source of emotional regulation, reducing the likelihood of PSU. FOMO is the fear of not being up-to-date with the latest news or social events, and this fear can lead individuals to excessively check their smartphones. The constant need to check

for updates can result in PSU. Therefore, FOMO can be considered a mediating factor between the fear of missing out on social events and PSU.Overall, the mediating role of PSU in these factors highlights the complex interplay between external stressors, individual factors, and PSU. Understanding these mediating factors can help in the development of targeted interventions to reduce PSU and its negative consequences. These interventions can focus on reducing stress levels, increasing social support, and addressing the fear of missing out. By doing so, individuals can develop healthier smartphone habits and avoid the negative consequences of PSU.

Objectives of the research

1. To identify the relationship between the nature of the respondents and their perception towards mobile phone usage.
2. To know the problematic smartphone use.
3. To understand the factors that can affect mobile phone usage among students.

Techniques of Research

500 students were selected at random from the group and used to compile the statistical sample. Convenient sampling technique was used for the study. The scope of secure attachment has been expanded beyond human interactions to include the study of profound emotional ties to inanimate things. Psychosocial support and stress alleviation may be gained from the inanimate things to which humans form emotional attachments, as postulated by Hazan and Shaver. Many people have become emotionally attached to their cellphones in recent years, seeing them as an essential part of their life and experiencing anxiety and discomfort when they must spend time apart from them. Hasani, H. (2011) So, it follows that for many individuals, wanting closeness to (always having at hand) and interacting excessively with their cellphones may

Eur. Chem. Bull. 2023,12(Special Issue 5), 1915-1925

1920

provide a reassuring barrier against unwanted interpersonal contact, while also delivering a better feeling of security and stability.

Findings and Discussion

The relationship between the nature of the respondents and their perception towards mobile phone usage

While many people find them useful and convenient, others may have concerns about the overuse of mobile phones. They may also be concerned about the impact of mobile phone radiation on health. Hasani, H. (2011) Proponents of mobile phone usage argue that they are essential tools for modern life and enable people to stay connected with friends and family, access information, and stay

productive while on the go. Gorgi, A. (2006) Overall, people's perception towards mobile phone usage can vary depending on their personal experiences and beliefs. It's essential to strike a balance and use mobile phones in moderation to avoid negative consequences. The hypothesis is tested with the help of non-parametric tests Kruskal Wallis test.

1. Age group

The perception will be influenced by patients' age. The diseases and its impact will be different according to the age. The maturity and understanding will change according to the age level. In this context, the association between the age and the perception towards the service marketing of the hospitals is studied. The result is given below.

Table 4.3

Age and Perception towards mobile phone usage

Factors	Age group	N	Mean Rank	Test	Result
Social Influence	Young	153	241.52	Chi-Square	0.162
	Middle	166	267.12	Df	2
	Old	181	255.35	Sig.	0.931
Academic requirements	Young	153	244.61	Chi-Square	1.302
	Middle	166	247.81	df	2
	Old	181	252.43	Sig.	0.479
Personal Preference	Young	153	261.29	Chi-Square	5.612
	Middle	166	251.96	df	2
	Old	181	234.21	Sig.	0.058
Accessibility	Young	153	257.69	Chi-Square	2.004
	Middle	166	252.92	df	2
	Old	181	234.65	Sig.	0.364
Addiction	Young	153	221.70	Chi-Square	5.481
	Middle	166	239.59	df	2
	Old	181	222.04	Sig.	0.065
Financial constraints	Young	153	218.92	Chi-Square	9.927
	Middle	166	210.33	df	2
	Old	181	245.32	Sig.	0.007**

Eur. Chem. Bull. **2023**,*12(Special Issue 5), 1915-1925*

1921

Attachment style	Young	153	248.99	Chi-Square	1.434
	Middle	166	249.37	df	2
	Old	181	222.70	Sig.	0.483
Cultural orientation	Young	153	243.48	Chi-Square	3.078
	Middle	166	226.35	df	2
	Old	181	221.01	Sig.	0.226
	Total	500			

** Significant at 1%

The young age group respondents have good perception towards mobile phone usage among middle age social influence (267.12), personal preference (261.29), cultural orientation (243.48) and accessibility (257.69). The mean rank of the middle age group respondents is high for Attachment style (249.37) and Addiction (239.59). The old age group respondents face the financial constraints (245.32). The result of the Kruskal Wallis test shows that the difference in the perception towards the mobile phone is insignificant except financial constraints. The perception of the middle age group respondents about is significantly high. The calculated Chi-Square value (9.927) for the degree of freedom 2 is significant at 1% level. The p value is 0.006 (<0.01). Hence, the null hypothesis is rejected. It is concluded that the perception of the old age group respondents is higher than other age groups.

Discussion

The mobile phone has evolved to incorporate computing and multimedia capabilities. In this perspective, the cell phone represents an increased feeling of individual agency via the medium of personal technology. This prevalent phenomenon may provide the individual a sense of freedom from social duties and independence, but it has far-reaching, harmful impacts on society as a whole. Recent studies on attachment styles have shown that this variable is crucial, as it not only shapes an identity that is positively related to psychological health, but also paves the way for adulthood to be a happy and fulfilling time for the individual in terms of their emotional and social relationships. Only the avoidant attachment style was substantially connected to the index of perceived adjustment, and the result ran counter to what was predicted by the premise that "there is a connection between attachment patterns and the way mobile phones are utilized." There is also a robust relationship between stable connection and the indication of feeling helpful. The avoidant attachment style is highly correlated negatively with this measure. In contrast to the avoidant attachment style, the pleasure scale has a positive correlation with the secure and ambivalent attachment styles. Keyvankar (2013) .There is a positive association between social influence and secure attachment and an inverse correlation with avoidant and ambivalent attachment, suggesting that one's attachment type is shaped in part by the people around them. There is a statistically significant correlation between the confidence index and just the ambivalent attachment style. Lastly, consistent with prior results, the index of perceived image did not show any significant relationships to attachment types. A secure attachment relationship may help people feel less anxious. A survey from 2009 found that students utilize their phones' extra functions to pass the time and stay in contact with their friends. The Pearson correlation coefficient showed that higher rates of mobile phone attachment were associated

with worse grades and more relationship problems. Charoudeh's (2010) found that using a cell phone often was associated with increased impulsivity and loneliness. The frequency of mobile phone use was similarly predictably associated with impulsivity, according to the regression analysis. Zokaei (2004), examined the generational digital gap is growing in today's society, driving an even deeper wedge between the generations and increasing the psychological and social isolation of the elderly. Results showing the protective effect of a religious upbringing on excessive mobile phone use demonstrate the usefulness of internal controls in avoiding deviations. Rosenhan (2011) found that those who spend too much time glued to their phones were more likely to exhibit neuroticism and were less likely to be outgoing. Girls and the unmarried used their phones more often than boys and the married did, and there was also a statistically significant gender and marital status discrepancy in mobile phone use among students. Amoli. (2006) argued that parental attachment patterns and personality traits are highly associated to a child's dependency on a cell phone, with the exception of extraversion and openness. They are also more likely to develop an addiction to their phones if their mom has an insecure attachment style and is neurotic. The current study's findings showing male students are more likely to use mobile phones than female students contradict those of Mohammad Sadeqi (2012) found that compared to their male counterparts, female college students are heavier smartphone users. Aqili (2009) observed that there are significant differences between male and female students' motivation and use of mobile phone services. There was no discernible difference in mobile phone use between the sexes, statistically speaking. Individuals sink further into a pit of worry and despair, which may contribute to a rise in the incidence of mental illness. As a

consequence of being mentally prepared for chaos, some peaceful-seeking acts develop. There is a broad variety in the ways in which people break from the norm. One way people try to fix their own problems is by using their cell phones. Gorgi, A. (2006) .Advocates of the cognitive method assert that the inability to form proper mental schemas and concepts is the root cause of mental disease. Common behaviors related with mobile phone use include obsessive compulsive disorder, pornography, and abuse.

The topics explored in this study include the following: emotional regulation, text acceptance, identity fluidity, non-traditional communication, cocooning, and finding inner peace and calm via mobile phone use. Gorgi, A. (2006).In order to meet their social, emotional, and sexual needs, adolescents and young adults rely on their mobile phones to stay in touch with others. Nikbakhsh (2006).Teenagers and young adults are rapidly expressing a preference for mobile phone usage because of the convenience, anonymity, minimal danger, and vast range of communication choices offered via mobile phones. There are several factors that contribute to cell phone addiction, not the least of which is the psychological component of the issue. Those with mental health problems and emotional distress are disproportionately likely to develop a cell phone addiction. Young people nowadays can't imagine living without their mobile phones because of the ease with which they can communicate and escape from their routines. The usefulness of mobile phone contact, however, cannot be denied. But, it's crucial to remember that despite its benefits, the virtual world is still a place with its own set of drawbacks. Such individuals may use their mobile phones excessively to seek attention and validation from their peers. Hasani, H. (2011) explored constant check their phones for messages or notifications, even

Eur. Chem. Bull. **2023**,*12(Special Issue 5), 1915-1925*

1923

in situations where it is not appropriate or necessary. They may also experience feelings of anxiety or insecurity when they are unable to access their phones or when they receive negative feedback online. Avoidant attachment style is characterized by a tendency to avoid emotional intimacy and connection with others. Such individuals may use their mobile phones as a way to avoid social interactions or as a form of escapism. Amoli (2006) .They may prefer to interact with others through their phones rather than face-to-face, and may use their phones to distract themselves from their own negative emotions or feelings of loneliness. Research has shown that attachment style can influence mobile phone usage among students. Understanding the relationship between attachment styles and mobile phone usage can help educators and parents develop strategies to support healthy mobile phone usage among students. For example, educators can encourage students to engage in face-to-face interactions and activities that promote emotional connection and social support. Nikbakhsh (2006). Parents can model healthy mobile phone usage by limiting their own use and setting boundaries around phone usage at home. Additionally, mindfulness and relaxation techniques can be taught to help students manage negative emotions without relying on their phones. In conclusion, attachment style can influence how students use their mobile phones. Gorgi, A. (2006) By promoting healthy attachment patterns and teaching skills to manage negative emotions, students can learn to use their phones in a balanced and purposeful way that supports their well-being and academic success.

Limitations and Future Directions

There are a number of caveats to this research that need to be mentioned. To begin, the majority of the participants were white female college students. Further study on a wider range of people is needed

to establish whether or not these findings hold true across various age groups, ethnicities, situations, and locales. Nikbakhsh (2006). In the future, researchers should try to get a representative sample of the population. The current research also has limitations due to its reliance on correlational, cross-sectional observation, which precludes any investigation of causal linkages within the suggested model. Hasani (2011) .This is a typical problem with designs of this kind, but future studies might get around it by adopting a longitudinal approach, in which participants are observed repeatedly throughout the course of the study, to better understand the dynamics of insecure attachment types, PSU, and phubbing. Amoli (2006).Finally, it's hard to know how accurate this research is since all of its measurements were self-reported. In order to reproduce these results, future techniques may use more direct observational methodologies. Gol Mohammadian (2011). Future studies could benefit from expanding this model to account for other factors like FOMO, self-control, self-esteem, and the many personality and socio-psychological variables linked to attachment formation in human development.

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