

***Family problems resulting from social networking
websites addiction by married couples
Field and analytical study of a sample of married couples
addicted to social networking websites
in the province of Ouargla-***

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Abstract :

الملخص :

. This study aims to identify the most important family problems resulting from the addiction of married couples to social networking websites. It used the exploratory descriptive method applied to a sample of 40 husbands and wives who are addicted to social networking websites. The study concluded that the addiction to social networking websites raises a set of family problems among married couples including making the Internet a means escape family problems, but the study found no significant differences in family problems by sex and educational level.

تهدف الدراسة الحالية إلى معرفة أهم المشكلات الأسرية الناجمة عن إدمان المتزوجين مواقع التواصل الاجتماعي ، إذا انتهجت المنهج الوصفي الاستكشافي المقارن على عينة قوامها 40 زوج وزوجة مدمنين على مواقع التواصل الاجتماعي ، وتوصلت الدراسة إلى أن إدمان مواقع التواصل الاجتماعي يثير جملة من المشكلات الأسرية لدى المتزوجين في مقدمتها جعل الإنترنت وسيلة هروبية من المشكلات العائلية ، إلا أن الدراسة لم تتوصل إلى وجود فروق دالة في المشكلات الأسرية باختلاف الجنس والمستوى التعليمي.

Introduction:

Social networking websites are known as the new social media, which is witnessing a dynamic movement of development and spread. It was a virtual society in its beginnings on a narrow and limited scale. It gradually increased with time to become influential in decisions and responses of those affected by pressures from the influential force that uses the individual's personal styles.

Social networking websites are one of the latest and most popular communication technology products, and are the most popular on the Internet because of the characteristics that distinguish them from other websites, which encouraged Internet surfers from around the world to increase their popularity despite the severe criticisms to social networks. These criticisms include the negative and direct impact on the family society and its dissolution. On the other hand, others think that they are an important means of growing and docking between societies, and bringing concepts and visions closer together. In this regard, electronic networks arise two problems. The first one considers these websites provide an opportunity for humanity to exchange communication and knowledge, eliminate time and space obstacles, increase the proximity of people, increase their interaction, establish new social relations, and reduce a great deal of procedures in economic and trade transactions and exchanges. The second problem of this technology believes that they are the source of the real danger to social relations, which leads to the birth of a society that carries the factors of estrangement with cultural traditions, brings isolation and the disintegration of social life fabric. It believe that social networking websites have penetrated family life, reduced the chances of interaction and communication within families and created many family problems.

This research paper attempts to monitor the most important family problems resulting from the addiction of both spouses or one of them to social networking websites in the province of Ouargla.

1.Study's problem:

The huge and accelerating development of communication technology at the end of the last century has produced modern means of social communication that have changed everyday lifestyles, social relationships and traditional interacting ways of people.

The Internet is unopposed at the forefront of these achievements, as it has completely changed all aspects of people's lives and extended their political, social, psychological, economic, health, educational and spiritual aspects.

The revolution made by the emergence of the Internet in the personal space added a new form of communication related to the existence of a technological tool and developed the relationship between the parties to the communication process, making it based on the direct personal communication, and characterized by popularity and interaction. This concept has changed the notion of "time and space" that are the basis of social relations; it is a means of communicating with anyone anywhere without physical presence and at the lowest cost.

It is true that this means changed the process of interactive communication between people, attracted special attention, introduced radical changes that are not familiar before, especially in the cultural and social fields, and created a unique combination, an excellent work method and a specific kind of culture. Naturally, all new things in the world bear goodness for people, but they involve, at the same, many dangers that destroy humanity. Mohammed Essayed Halawa believes that "the Internet is a

double-edged sword that is used for good and evil; It has many benefits and dividends, it is a source of good, science and knowledge, it is, at the same time, a source of evil for those who are insisting on misusing it"¹.

The social influences of the Internet are taken into account by the prevailing culture (religion, customs, traditions, gender relations ...). A study of Kimberly Young (1996) shows that excessive use of the Internet make familiarity among the person who becomes addicted to it. Therefore, it is a new disease of the age, and has achieved a boom in terms of the number of users, which leads many people to say that the Internet has become the sedition of technology, given the psychological, moral, social... problems it causes to people.

Nowadays, with the increasing popularity of the Internet, it has become easier to find people who spend a lot of time surfing, ignoring social activities and events, work and study responsibilities, or the complaint about their introverted behavior. It has also become impossible to reduce or limit the time of use, and people prefer talking together on the Internet rather than face-to-face.

Young Kimberly (1996) believes that the list of people at risk of Internet addiction includes men and women who suffer from depression, chronic anxiety, lack of self-confidence or suffer from symptoms of recovery from other addictions².

Many studies have shown that the indulgence of the Internet addict disrupts his family life and makes him (her) neglects his family and household duties, leading it to discontentment. In this regard, Patrick (1997) found "that the addiction of married couples to the Internet leads to marital problems and marital incompatibility including electronic infidelity and pathological jealousy"³.

Shapira et al. (2000) also found that "married Internet addicts suffer from social dysfunction and that their lives are characterized by disruptions and broken friendships"⁴.

The same results were found by the study of Weitzman (2000).

In addition, the possibility that one of the parties will make an illicit affair through social networking websites affects his relationship with the other party who feels negligence and infidelity that is not different from real infidelity, according to the study of Themoti (2005). I refer here to the complete secrecy provided by the Internet to offer considerable scope for pursuing exciting relationships they have always dreamt and ashamed of their application with the other party in the real world⁵.

The real problem, in my point of view, is that the excessive use of social networking websites like (Skype, Watsapp, Viber, Instagram, Facebook, Twitter ...) has become the real ghost that is stalking families and threatening their existence and stability. Family meetings have become an external landscape of minds surfing in a personal virtual world with strange people. It is really weird to find a wife, for example, publishes day-to-day works behind a laptop or other screen to monitor all her activities (What do you think of what I cooked today? Do you like my taste of the cakes of the feast? In your opinions, what to buy for my children? Look, my children are very beautiful. I am sorry for the absence, my husband returned from traveling. My daughter tells you rosewood morning...), forgetting the most important pillar in her life; if he approached to the members of her family and extended the bonds of dialogue and opinion with them, it will be perhaps better than the opinion

of individuals that have no relation with her and who are as the viewer of the circuit of her life.

We find it foolish to expose the mood by one of the spouses because it is a forbidden sanctity except to the other party. Some spouses reveal the secrets of their homes and sanctities by writing (I feel resentful, I feel joyful, I feel sad, I am watching a movie ...); they are faster than lightning to reveal the secrets that concern only the members of their families to the first person to dare and ask them about their conditions, believing that he is the true friend and the friendlier sky hears their complaints.

The permanent and pathological indulgence of married couples within social networking websites will neglect their family and household duties; which leads to the resentment of the members of their families, and affects their ideal image. An Arab study proved that "the proportion of people who do not spend time with their families has increased from 8 percent in 2000 to 34 percent in 2011, and 32% of people eat their meals while browsing social networking websites"⁶.

It is remarkable that the amazing paradox in the communications revolution is to bring distant people closer and farther close people away. People spend the finest times in the acquaintance of people in the most extreme countries and allocate them expensive times, while they do not visit their relatives to check them, or give it to their families and children ... and other facts. Therefore, this study is conducted to put the hand on the wound and silently cry of many people, trying to identify and recognize the most important family problems arising from the addiction of married couples to social networking websites. Our study is thus crystallized in the following question:

2.Study's Questions:

What are the family problems resulting from the addiction of married couples to social networking websites in the province of Ouargla?

The sub-questions are:

- Are there statistically significant differences in family problems between married couples addicted to social networking websites in the province of Ouargla?
- Are there statistically significant differences in family problems of married couples addicted to social networking websites according to the educational level?

3.Study's objectives:

This study aims to detect the most important family problems resulting from the addiction of a sample of married couples to social networking websites in the province of Ouargla.

4.Study's importance:

The importance of this study lies in:

- This research is a scientific addition in the psychosociology field in general and family psychology in particular. It is an academic scientific addition to the Algerian and Arab library after it has successfully grabbed headlines and articles on the internet for non-specialists.
- The results that we will reach, may help specialists in family and social psychology in the design of guidance and treatment plans that contribute to a large extent to alleviate family problems within the family in particular, because they grew rapidly in the society, in order to preserve its entity and cohesion.

- Classification of the most important problems resulting from the addiction of married couples to social networking websites and providing them the ways and mechanisms to overcome their tragedy.

5.Procedural concepts of the study's terminology:

Family problems resulting from addiction to social networking websites: they are unsatisfied psychological and social needs faced by the married couple or one of them (non-divorced), by pathological indulging in the use of social networking websites in the province of Ouargla in the period 2016/2017, which leads to the emergence of a set of psychological and social symptoms and disorder within the family life, appearing in spending more than 5 hours a day at a rate of 38 hours per week within the social networking websites, which leads to neglect family and household duties and to the resentment and discontent of the family members, which is measured by the questionnaire used in this regard.

Theoretical framework of the study's concepts:

1.Introduction: Modern technological developments in the mid-1990s brought a paradigm shift and a real revolution in the world of communication when Randy Conrads designed a social site to connect with his friends and classmates at the beginning of 1995, which he called Classmates.com. This event brought the first virtual electronic networking site among others, which made the members of the society (young and old) living in a technical world and a virtual society dominated their concerns and exhausted many of their time.

Among the most prominent of these concerns is the social networking provided to them through social networks online. This world had a great impact on social and national identity and social cohesion within the same society. This impact has both natural and negative aspects. The fact that man is social by nature, the neglect of the natural and positive side of these networks is not recognized by a reasonable person, and is not regulated by reality. Today, man considers his virtual society among his concerns and perhaps it dominated the social side of reality.

2.Definition of social networking websites:

The term social media is the most known, but the term social networking is more accurate in terms of description⁷.

Eric K. defined them it as "websites where users can participate and contribute to creating or adding pages easily"⁸.

They are also defined as a "set of websites that allow people to communicate in a virtual community structure, with a common interest or semi-affiliation (country, school, university, company ...). They are connected via messages, audio and video or viewing profiles, and knowing the stories and information they offer. They are also an effective means of social communication between individuals, whether friends we actually know, or friends we knew through virtual contexts".

I deduce from the above that social networking websites are a system of electronic networks that allow the subscriber to create his own site, and link it through an electronic social system with other members have the same interests and hobbies, or with his friends of the university or the high school. They are electronic social networking websites that allow users to create blogs, chat, send messages, share photos, videos and files, make it easier for users to publish files, write about specific topics that can be shared, commented by other users.

3.Their importance: The importance of social networking websites lies in the

following points:

- Allowing people to express themselves and share their feelings and ideas with others, especially since there is a scientific fact that man is social by nature; he communicates with others and cannot live in isolation from the others. Many studies and scientific researchers have proved that man cannot satisfy all his biological and psychological needs without communicating with others. His needs require him to live with others to satisfy these needs. Primarily, social needs cannot be established without human interaction with the social environment. Therefore, man is a social being by nature, and cannot live alone⁹.
- Contributing to the promotion of knowledge values, criticism, review and self-dialogue, the values from which any cultural development project starts.
- Social networking websites are an alternative media in which criticism is practiced, and new ideas, methods and ways of organization, cooperation and training among the members of society are generated.
- They are a means of communication between the rulers, decision-makers and the public, as the absence of dialogue leads to an imbalance relationship between them¹⁰.

4.Features and characteristics of social networking websites:

The most important features and characteristics of social networking websites are:

- Ability to share sources and scientific resources;
- Providing continuous communication between different groups;
- Enabling communication between the different segments of the society ;
- Creating groups;
- Providing a new mechanism for indexing information;
- Providing new knowledge;
- Providing support for interactive conversations between individuals and groups;
- Providing support for collective feedback;
- Removing restrictions in the real world;
- Providing repositories for the cognitive stock of society¹¹.

It is shown from the above that social networking websites are characterized by creating an atmosphere of communication in a virtual technical community that brings together a group of people from different regions and countries in one location, with different destinations, levels and colors, but with one technical language. The meeting has one purpose whether acquaintance, cooperation, consultation, for entertainment only, the formation of new relationships, or for exploration and discovery.

5.Types of social media networks:

5.1.There are many types of social media networks classified as follows:

- The first type deals with communications, the creation and exchange of information. Examples of this type of social media networks include:
- Blogs: There are many types of blogs; some of them are specialized in the transmission of information about the news of all kinds, while the others deal with personal and daily matters.
- Social networking websites: One of the most popular websites is Facebook and LinkedIn, websites that enable users to directly communicate with each other and share interests and events. They can be used to search for friends of the study.

- Event websites: This is a type of sites to organize events and control the number of invited people. These websites can use the LBS to locate the assembly site. These websites are characterized by automatic update¹².
- The second type of social networking websites is known as websites of cooperation and building teams, such as Wikis and Wikipedia Scientific Encyclopedia.
- The third type of social networking websites is multimedia websites of photography, video broadcast and storage in addition to sharing tracks and music with others.
- The fourth Type is the websites of opinion and review and goods review.
- The fifth type is social entertainment websites such as Virtual Worlds¹³.
- Social networking websites are also classified in different ways, including:

5.2.Three main types according to the use and interest:

- Personal networks: They are networks that use specific characters, individuals, and a group of friends to make friends such as Facebook.
- Cultural networks: They are concerned with a specific art and collect those interested in a particular subject or science, such as Library thing.
- Professional Networks: They interest and bring together similar professionals to create an effective learning and training environment, such as LinkedIn.

5.3.Three types according to the service and communication method :

- Networks that allow written communication.
- Networks that allow audio communication.
- Networks that allow visual communication.

6.Advantages and disadvantages of social networking websites:

Nowadays, social networking websites have become important for all, but there are many problems and negative aspects of these websites, which have become very clear and affect the whole society. Therefore, everyone should be aware of the defects and problems caused by these websites in order to avoid them.

6.1.Advantages:

- Communicating with the outside world, exchanging opinions and ideas, knowing the peoples' cultures, breaking distances and the barrier of time and space.
- Practicing many activities that help to get closer to others and communicate with them.
- Opening doors to launch innovations and projects that achieve goals and help society grow¹⁴.
- Contributing to the overthrow of rejected regimes.
- They are personally used to communicate with relatives, friends and students, by calling or sending free text messages, photos or videos.
- Educational uses to keep pace with modern and recent technology.
- They are used by the government to bring management closer to the citizen, which shows here the role of e-government.
- They have news uses, as social networks are the first source of news with absolute freedom and a great influence on public opinion. (Hosni Azzam, 2014).
- They are a portal to search for jobs, employment, propaganda and publicity.
- They are a positive window to disseminate health, traffic, security and social awareness.

- It also contributed to the achievement of many positive aspects in the fields of medicine, industry, corporate management, business, money, giant enterprises, holding meetings and communication between all parties from anywhere in the world.
- They are also an effective means of conducting referenda, elections, and opinion polls¹⁵.

And other positive aspects of this technology that represents one of the most important revolutions in the modern world of communication, and allows everyone to easily communicate with each other. In short, we say that social networking websites are of value, benefit and positive return on the individual, the society and the world, provided we improve their use and harness them for all what is beautiful and positive in our lives to obtain the desired benefit.

6.2. Disadvantages :

The negative and random use leads to many negative aspects, and may be catastrophic and fatal to the individual and the entire society. Therefore, the most important disadvantages of social networking websites include:

- Addiction that is a gateway to psychological diseases such as anxiety, instability, confusion, nervousness and others.
- The dissemination of corruption and the cultivation of corrupt values.
- Waste of time.
- They are a tool for diffusion false and incorrect news.
- Lack of privacy for social networks users.
- Social networks users are exposed to government intrusion and espionage.
- Excessive use of social networking websites affects academic achievement.
- Social networking websites affect friendships.
- Social networking websites waste time¹⁶.
- Social networking websites affect the career future.
- The use of social networking websites affects the user's psychological state.
- Social networking websites affect family cohesion and increase marital problems.
- Social networking website affect the productivity of the staff at work.
- Social networking websites expose users to problems.
- The users of social networking websites are subject to social isolation.
- Social networking websites open the door to opinions of non-specialists.
- Social networking websites help spread hatred.
- Social networking websites contribute to eliminating the differences between good and bad students.
- The weakness of man's relationship with Allah when he fails to perform his worship in time, such as prayer, reciting the Holy Quran, visiting sick people ...
- Lack of control and responsibility among some users.
- The emergence of a new language among young people between Arabic and English that will weaken our Arabic language and lose its identity.
- Lack of privacy leading to moral, psychological and material damages¹⁷.

7. Married couples and addiction to social networking websites: There is no doubt that no one can deny or ignore the positive role played by the information revolution, especially in its global communicative side, and its achievements on the individual, family and society levels. However, it is not possible to look only at its

positive side – abovementioned- , but it is necessary to look at the negative side of this information revolution as social networking websites broke into the family life, even almost eliminated the aesthetics and pleasure of interconnectedness, and became a tool to break into marital life, especially if one or both spouses excessively use social networking websites to the extent of addiction. Abdellah Elkhathami believes that family problems are caused by social networking websites because “family life is open to all and documented in photos, which draws attention raises heart diseases such as envy that causes family disintegration and allows others to easily intervene in family matters”¹⁸.

Social networking websites have become a fortress that obscures intimacy between married couples, and the devices have become a space for being alone without supervision nor rationalization. Psychological studies revealed that the most people subject to the risk of addiction to social networking websites are husbands who suffer from social isolation and failure to establish normal human relations with wives, and who suffer from vague fears, lack of self-esteem and lack of self-confidence, in addition to many psychological and social motives that force married couples to enjoy and indulge in the virtual world.

The indulgence of married couples in the internet, in general, leads them to disorder their family lives, as they spend less time with their families and neglect their household duties, which leads to the discontent of the family members and the absence of role model in the home, as it turns the parents into a skeleton abandoning their responsibilities towards their children – a disaster. In addition, they make illicit affairs through the Internet, which threatens the intimate family life, which contributed to the widespread use of terms such as Internet widows¹⁹.

The family is divided into two parts: a realistic family with a whiny wife and a virtual family takes all the characteristics of marital life, using the virtual world, audios and videos.

35% of social networking websites addicts have problems according to a study published by Young in 1997. A US magazine published on pages 64 and 65, a story entitled “End of an Addicted Man” which narrates a disaster of a husband that addicted the interned, lost his wife, daughter and work and were subject to imprisonment because of a severe financial crisis. This story reflects the constant preoccupation with the Internet and its impact on the family. Here, Dr. Ahmed Fakhri believes that the lack of love and affection, and the sense of neglect and indifference in marital life force one spouse to seek love through the Internet²⁰.

Looking at websites such as Facebook, which have become almost a disease, we find that they gradually lead to disruptions in emotions and redirect feelings to unnatural direction, leading families to other perverted relationships. Therefore, the excessive use may affect the relations within the family and society, especially marital relations that may fall prey to significant slack because the husband, for example, spends his day on Facebook or Instagram ...considers it preferable to sit with his wife and talk directly to her, which may lead to emotional divorce occurs in the form of unwillingness to talk to the wife, and to emotional separation between the spouses²¹.

In my opinion, this conception is confirmed by the controversy that have raised about the negative impact of social networking websites on the relationship between spouses, due to the escape of husbands and wives, especially if differences occur

between them, to the search for a new kind of relationships over the Internet. These relationships are more like in a stroke of luck, which may emerge a new relationship useful at the social level, or a heavy loss when colliding with those looking for illicit relationships on the Internet. Some studies have confirmed that the modern electronic media have a large negative impact even in terms of intimate relations between the spouses, which leads to a kind of drought, affects the feelings, increases the problems and disintegrates the marital relationship, especially if we take into account that a large proportion of married couples may lose the desire to communicate with their wives after they were impressed by models of women through e-chat websites, and get used to the e-excitement model provided by chat websites and others made especially for entertainment and satisfying hobbies in a virtual world for the same person.

Therefore, we make the alarm because the pattern of the family, marriage and raising children will be globalized; by virtue of the continuous presence on the net, the individual marries and establishes a family and takes care of it without the need for a geographical place, and without the need to actual sexual activity, because the e-space is enough without having to coexistence.

Field study:

1.Study’s method:

This study relied on the comparative descriptive exploratory method that is characterized by the accurate mention of the features and characteristics of the described object. Hassan Hisham defines it as “a method of scientific analysis and interpretation to reach specific purposes of a particular social function”²².

Therefore, the comparative descriptive exploratory method fits with the nature of this study. It depends on data collection, tabulation, analysis, linking its significations and reaching conclusions that contribute to understanding and perception of reality, in order to determine the most important problems resulting from the addiction of married couples to social networking websites.

2.Study’s Sample:

The sample of this study consisted of a group of married couples addicted to social networking websites in the province of Ouargla during the period from 01/05/2015 to 03/07/2015, where the sample was deliberately chosen, i.e., each husband or wife who uses the Internet 4 hours a day at least and resident at the province of Ouargla. The researcher distributed 500 questionnaires, retrieved only 331. After sorting and correcting them, 80 questionnaires were canceled. In the end, we obtained 251 correct questionnaires. After correcting the Internet addiction and social networking standards, we found only 40 husbands and wives addicted to social networking websites

The sample numbers are shown in the following table:

Table (1) shows the sample of the study

Variable		Number	Total	Percentage
Sex	Husband	22	40	55%
	Wife	18		45%
Educational level	University and more	21	40	52.5%
	Less than university	19		47.5%

3.Exploratory study:

The exploratory study was conducted in June 2015. The study’s sample consisted of 40 husbands and wives from the province of Ouargla out of 75 questionnaires, using the internet at a rate of approximately 38 hours per week. The sample was selected to represent the original community, which allows all the sample individuals of the research community to participate for equal opportunities although they were excluded in the basic study.

The researcher distributed two questionnaires; the questionnaire of the Internet addiction was prepared by Dr. BENAMARA Soumia in 2014. Their validity was verified through trustees validity and internal consistency validity. The reliability of the initial questionnaire was estimated and the coefficients were 0.92 and 0.88 by Cronbach Alpha and split-half method respectively. The other questionnaire was prepared by the researcher in conjunction with the initial questionnaire includes thirteen family problem as follows:

Table (2): Reliability coefficients for family problems questionnaire

Item No	Items	Reliability coefficients	
		Split-half	Cronbach Alpha
1	I have been neglecting my family life because of spending a long time before the Internet	0.97	0.82
2	I prefer sitting online to sitting with my family		
3	My family is harassing me because of my constant exhaustion on the Internet		
4	The Internet helps me to forget the problems I suffer from		
5	My permanent sitting before the Internet caused me many problems with my family		
6	I am annoyed if I find a member of my family takes a place before me to surf the net		
7	I feel that I am a stranger in my family if I compliment and sit down with them		
8	My online relationships have evolved into personal relationships		
9	I have been neglecting my domestic works because of my sitting before the Internet		
10	I had an inappropriate relationships with Internet friends		
11	I prefer sitting online to my husband / wife cohabitation		
12	I have been neglecting the details of the events in my family because I am concerned with the Internet world		
13	My dialogue to my family has reduced because of my permanent preoccupation on the internet		

After ascertaining the psychometric properties of the two instruments, we think that they are valid for application in the basic study. In the next lines of this study, we will attempt to present, interpret and discuss the questions raised in the problem.

4.Presentation, analysis and discussion of the study’s results:

4.1.Presentation, analysis and discussion of the general question:

The general question is: What are the most important family problems resulting from the addiction of married couples to social networking websites in the province of Ouargla?

After calculating the frequencies, the problems were sorted by importance and the

obtained results are shown in the following table:

Table (3) The result of the general question

Item No	Items	Ranking
1	I have been neglecting my family life because of spending a long time before the Internet	9
2	I prefer sitting online to sitting with my family	7
3	My family is harassing me because of my constant exhaustion on the Internet	2
4	The Internet helps me to forget the problems I suffer from	1
5	My permanent sitting before the Internet caused me many problems with my family	7
6	I am annoyed if I find a member of my family takes a place before me to surf the net	6
7	I feel that I am a stranger in my family if I compliment and sit down with them	1
8	My online relationships have evolved into personal relationships	4
9	I have been neglecting my domestic works because of my sitting before the Internet	3
10	I had an inappropriate relationships with Internet friends	5
11	I prefer sitting online to my husband / wife cohabitation	10
12	I have been neglecting the details of the events in my family because I am concerned with the Internet world	8
13	My dialogue to my family has reduced because of my permanent preoccupation on the internet	2

The results shown in Table (3) revealed that there are many family problems resulting from globalization and exacerbated by social networking websites. Although this modern technology has provided a lot of comfort and productivity to the receiving public, its negative aspects have overshadowed its advantages if it is misused and reoriented towards another target.

It is clear through the above results that the problems number 4 and 7 are the main problems. Here, if we look at the depth of the impact of internet addiction on married couples, we effectively find that many married couples are fleeing to the virtual world to forget problems that plague their normal lives. Fatima Barakat (2010) says that “the problem begins with the husband because he cannot cope with the problems. The Internet and social networking websites are in particular an outlet where the individual buries his problems”²³.

We also add, from our own point of view, that the virtual world, the social networking websites and the long hours in front of the computer make the user feel euphoria associated sometimes with feelings of guilt, oppression and regret that may be the result of long sitting and lamenting time or the result of illegal or harmful actions.

The escape to websites social networking does not cost the married person only ordinary Internet techniques and sitting for hours in front of the computer or mobile phone and all the virtual life based on (music, videos, photos, events, congratulations weddings, national and religious events, cameras, microphone ...); all of this is done with a click of an icon, unlike if the individual encounters his real family life because the access to a precious happiness is too expensive in the language of money.

According to Young (1997), 53% of married couples escape to the virtual world because of family problems, which is the same finding obtained by Shapira et al. (2000).

The results also show the prevalence of the problem of isolation and alienation among married couples who are addicted to social networking websites. Most of them confirmed the feeling of alienation if they complement and sit down with their families. Therefore, it is confirmed that these technologies became an alternative to the real social interaction, which deepens the feelings of alienation and social isolation, emerging in enjoying and surfing the virtual world, the lack of family dialogue, knowing the needs of the family, the absence of family visits and the reluctance to attend social events. The risk emerges when the person is full of a permanent and compelling sense of regret the situation, in addition to the sense of undermining the family status among the other spouse and children, which enhances the feeling of psychological pain and depression when the individual is aware or alerted by others.

In this regard²⁴, notes that “boring married life is full of people in the burden of addiction to social networking websites, which would advance the path to alienation and social isolation”, in addition to the role of emotional void that is a direct cause of the pathological alienation of married couples, insisting on them to enter the rooms of dialogues and social media networks to express an emotional void they lose in their lives and find in the Internet as breather to make secret relations safe from the consequences in appearance, but they eventually lead to a dangerous path. The Internet addiction is a direct cause of marital differences²⁵.

It is noted in the obtained results that the problem of harassing and complaining by family members towards one or both of the parents addicted to social networking websites is ranked the second problem. The permanent indulgence of the addict in the use of social networking websites for long times disturb his family and household life, which leads to their resentment toward him.

There is also a large gap between him and his family because of the lack of dialogue and bridges of communication, and the emergence of apparent imbalance in the structure of the family. It is the picture of the painful present in which the points of previous family and social relations melt because of the huge development of technology and the multiplicity of its means. It is enough today to enter an Algerian house – for example to recognize the extent of the disappearance of family relations and the lack of family dialogue. We find each individual independent himself in a corner of the house, or isolated in his room to surf in his own way in the sea of technology and informatics preferring the virtual world to sit with his family. Therefore, the conflict arises between generations, especially between parents and children .

This rupture, disintegration and dissolution in the family fabric will inevitably pave the way for general disobedience and rebellion of its members on family controls, as well as the problem of the absence of the general role of the parents in the upbringing except physical care under the title of independence, responsibility and self-building²⁶.

Therefore, the silent screens killed the family dialogue within the house and the language of dialogue was lost due to the lack of the wise family reference and leadership. The addiction to social networking websites hears loud cries of children in a society considers the parents the role model and the basis of proper upbringing.

The results indicates in the table above show that the problem of neglecting household duties by the married couples addicted to social networking websites is

ranked third. Here, it is shown that there is a clear disturbance caused by the parents' total indulgence in the Internet, the abandonment of family matters and the performance of domestic duties. In this regard, Charif Elabbane (2008) confirms that social networking websites are a waste of time, a window of corruption, and a unpaved road of rugged risk, as it was found that the most important disadvantages caused by Facebook for the sample 5.25% that it distracts from the performance of work²⁷.

This is in line with Young 1999's statement that it leads married couples to neglect their day-to-day tasks or support them, such as washing clothes, shopping, taking care of the home. These matters of life are ignored by spouses who can neglect also important activities such as childcare. One of the mothers, for example, forgets things like bringing her children out of school or preparing dinner for them because she was too busy using the Internet. She said she spends 6 hours a day on Facebook.

We see here that of the people targeted to addict social networking websites are suffering from boredom, such as housewives, and that the social and vital nature of social networking websites are a strong reason to attract individuals. Moreover, the existence of the net in the workplace wastes sometimes the time of the worker and makes him change his specialty.

In addition, there are loud whiny voices about the emergence, for the first time, of problems related to the emotional and sexual aspects of the married couples (such as illicit affairs, the evolvment of relationships to personal ones, friendship cohabitation, and addiction to pornographic websites...). In this regard, the disturbances between become intensive when the other one feels infidelity and jealousy, which created terms such as widows of the Internet, electronic child ... The basis of these problems is the expectation of more unrealistic advantages in their marital relationships in life, while the non-satisfaction gets the family in a state of general imbalance.

4.2 Presentation, analysis and discussion of the first sub-question:

The question is: Are there statistically significant differences in family problems between husbands and wives addicted to social networking websites in the province of Ouargla? The obtained results are shown in the following table:

Table (4) Differences in family problems according to the sex

Sex	N	M	D	Calculated T	degree of freedom	Significance level
Husbands	22	41.36	13.25	0.32	38	Non-significant
Wives	18	39.94	14.37			

The table (4) above shows that the value differences between both sexes is equal to 0.32, which is not a significant value. Thus, it is clear that the family problems caused by the addiction of married couples to social networking website are not affected by the sex.

This result explains that globalization and all its implications touched all aspects of social, economic, and psychological life. Both husbands and wives faced the same conditions that make married couples fall into the arsenal of these changes. We believe also the pathological use of social networking websites causes many of the family problems regardless of the user's sex, as husbands and wives are addicted to these websites without disparity because each of them establishes his own world and

intimate relations and stays in this virtual corner for long hours. We add that the motives that pave the way for the addiction to social networking websites are family problems that are very similar among married couples such as (marital boredom, the cold feelings of the other party, a gate to forget the problems, adventurous love, infidelity, emotional distraction, neglect of family affairs and addiction to pornography). The confidentiality, safety and the cheap cost at the same time allowed the married couples to practice this technology to satisfy themselves and, at the same time, not leave his home nor place, which established the problems between the spouses alike ²⁸.

4.3.Presentation, analysis and discussion of the second sub-question:

The second sub-question is: Are there statistically significant differences in the family problems of married couples addicted to social networking websites according to the educational level?

The obtained results are shown in the following table:

Table (5) Differences in family problems according to the educational level

Sex	N	M	D	Calculated T	degree of freedom	Significance level
University and more	21	40.90	13.63	0.08	38	Non-significant
Less than university	19	40.52	13.94			

Table (5) shows that the value of differences is equal to 0.08 that is a non-significant value. Therefore, it is clear that the family problems resulting from the addiction of married couples to social networking websites are not affected by the educational level because of the fact that the family problems resulting from the addiction of married couples to social networking websites are similar regardless of the educational level of the user. Moreover, surfing social networking websites by married couples aims to self-venting and entertainment with, at the same time, the excitement of these websites leading to surf for hours, which causes problems between married couples. The image adopted by many people that social networking websites are for friendships self-venting made them surf with virtual identities away from their academic levels. Thus, it is so difficult to differentiate between educational levels through the published content.

In addition, surfing and using social networking websites do not require a high educational level, but they only require skill without understanding computer science²⁹, such as Facebook, for example, that is very popular among all the segments of the society. Hence, the problems caused by these websites will inevitably be similar to everyone.

Conclusion:

Electronic social networks become a threat to the lives of individuals all over the world reaching addiction. The most dangerous thing is the addiction of married couples to social networking websites because the family is the basis of normal society, and their fascination with this technology hits their marital life with a flurry of family differences and problems, as well as the emergence of psychological diseases such as jealousy between married couples, lack of confidence, infidelity, lack of attention to family matters and other problems. This study found a set of problems that emerged according to their prevalence among married couples. The

two problems: “Complimenting and sitting down with family members” and “Married couples use social networking websites to forget the problems they suffer from” are at the top of the list of the problems. Other problems that greatly contribute to the marital life crisis were divulged, including lack of family dialogue with family members, lack of attention to family matters, isolation and alienation, harassment of family members because of the married couple or one of them that is addicted to social networking websites, infidelity and jealousy, illicit affairs, adultery, watching pornography.

This study also concluded that the problems resulting from the addiction of married couples to social networking websites are not affected by the difference in the sex or educational level.

Therefore, this study recommends what follows:

- Conducting training and counseling courses that help married couples to continue their lives and overcome the obstacles they face;
- Activating the media to raise the awareness of young and old people to the seriousness of addiction to social networking websites;
- Activating the role of family counseling and the positive aspects of providing therapeutic services and solving problems wisely away from burying them in social networking websites;
- Developing the religious faith of married couples as a first line of defense that prevents individuals from the deviation slide by intensifying the Islamic counseling doses through public and societal cultural curriculums and programs, as well as working to educate them by all available means such as mosques, Friday sermons, religious holidays (Aid) and the media.
- Upholding our religion because the Holy Quran found a cure for the psychological problems caused by viewing pornography and its consequences; Allah Almighty protects us from many diseases, this is Allah’s mercy for His slaves. Allah wants to purify us: “Allah wants to accept your repentance, but those who follow [their] passions want you to digress [into] a great deviation”³⁰.

Finally, I urge and encourage the preachers and benefactors of our society to positively participate in social networking websites as a tool for advocacy and dissemination of culture in all fields, as an easy and effective tool for communication with people and a means of volunteer charitable work. They have to activate them as a tool of advice and guidance by a documented scientific method fits with the nation’s contemporary issues.

In the end, we must remember Mustafa Siba'i's statement: **“The most brutal types of colonialism: colonizing man by habit”**.

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