THE ROLE OF SMARTPHONE ADDICTION IN EMOTIONAL REGULATION OF BOYS' HIGH SCHOOL STUDENTS IN CHABAHAR CITY

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ABSTRACT
Aim: This study aimed to predict role of addiction to smartphones on emotion regulation high school students. *Method:* Research in terms of data collection, descriptive - correlation and in terms of objective is applied research. All boys' high school students formed the study population who were enrolled in 2014-2015 academic years in Chabahar City. By using multistage sampling 50 were selected. In this study, data were collected by Emotion Regulation Questionnaire (Graz, 2004) and researchers made questionnaire about smartphones addiction questionnaire (Shirazi & Derakhshani, 2015). Research data were analyzed by using Pearson's correlation and coefficient regression. The results showed that smartphone addiction is able to predict variables emotion regulation.

Keywords: Smartphone, Emotion Regulation, Students

INTRODUCTION
New technologies in the past two decades have had great impact on our lives and lifestyles have changed and extended greatly among these products, mobile phones almost everywhere (Manteghi, 2008). Mobile or mobile phone is a new phenomenon in electronic age and digital world. Especially in the last decade strongly has opened its place in the family and especially the youth of the world. Mobile phone technology in the world collect the various facilities, features like; SMS, multimedia services, and receive news and information people need, recording and playback of MP3 Player, variety of entertainment and games, connect to the Internet, searching the web, social networks and so on, in addition to mobile phone, also, top benefits disadvantages include biological, psychological and social impact of magnetic waves in the brain, such as: anxiety, apprehension, physiological stimulation. Changes in metabolic and respiratory and obesity and mental effects include aggression, sexual precocity, disorders such as depression, anxiety, isolation, fear, poor sleep, insomnia and addiction (Mehrafroz, 2008).

Addiction to phones, especially smartphones, can be more addictive than using computers or the Internet anywhere and at any time because they are used. Hours of use telephone and Internet addicts cannot control it, cannot actually control emotions and tune. Management and regulation of emotion suitable one of the foundations of well-being and mental health (Aldao *et al.,* 2010) emotion regulation processes involves conscious and unconscious processes are ways that people express through their experience person's emotional pressure control. These include items such as repression, inhibition and cognitive assessment (Rothermund *et al.,* 2008).

Since emotional regulation, process that can be learned during growth may be due to inadequate family environment, lack of appropriate learning patterns, physical and sexual abuse or disorder such as Asperger's, one in management and organization of person's emotions (Rottenberg & Gross, 2003). Difficulty in emotion regulation can be defined as the use of inflexible strategies that might have been useful in the past, or on special occasions but now are causing the usual and proper functioning of social, cognitive, and disrupted the individual's personal (Graetz *et al.,* 2004). In this process individual as well as to manage and maladaptive emotion regulation, but the result and difficulties in life and provides mental health (Hwang *et al.,* 2011).

Excitement and emotion regulation are determining factor life outcomes such as success in school, success in business and personal relationships. The academic achievement of students as important

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indicator for the assessment of educational systems is taken into consideration not only significant issue for parents and educators, but for those who are interested in development of youth and community development is important.

Because young people are large part of the population of country and its spiritual and material wealth are considered, it is essential that utilizes the science of educational psychology, parents and educators a better understanding of personality, interests and talents and need to have their growth so that they can guide them in the direction of growth and excellence. Undoubtedly educational process takes more than one or two factors. The combination of research and theory implies that mindset and behavior of individual achievement, under the influence of motivation, ability quality and quantity of teaching (including self-education) class group all mental environment, home environment, the possibilities of using the mass media especially TV and occupational status and parental education and environmental features such as preschool education is an individual or particular interests (Lee & Lee, 2006).

Given that the mental health of children is one of the important issues is the topic of psychology and sociology. Also, due to the fact that today many low educational level students have access to a mobile phone, as well as the frequent use of the phone and not paying attention to the everyday problems of addiction they are on the phone. Therefore, such problems as possible for the students who are the future of society as a result of high unemployment mobile phone come with them are academic failure.

Phone and Internet addicts can use it to control the time and each time were considered over when Internet use.So much so that in some cases, such as eating one's own instinctive need is neglected. In fact, they cannot control their emotions and emotion regulation and set it low. Emotion regulation, an important factor in determining a successful performance in the health and social interaction and failure of endocrine disorders such as depression, anxiety, isolation and exocrine disorders such as delinquency and aggressive behavior are linked.

Based on the above, the aim of this study was to determine role of smartphone addiction in emotional regulation of Boys' high school students in Chabahar City.

MATERIALS AND METHODS
Method
The research is descriptive and correlational data collection method and the purpose of the applied research
The Study Sample and Sample Selection
The target population in this study, all students in secondary schools for boys 94-93 were enrolled in the academic year, is the number of 512 persons was to be a multi-stage sampling. To select the education office after a visit to Chabahar city and list of boys' high school students in Chabahar was seven high school boys, five high schools and two classes from each school and each grade 5 classes were randomly selected from the conceptual framework, and sample size in the present study was 50 students.
Tool
• *Smartphones Addiction Test*
The present Inventory is researcher designed and has 20 items, would be answered on a 5-point scale, from 1 (never) to 5 (very high) is scored.
In the present study experts determined its validity of scale and reliability of was used by Cronbach's alpha which was obtained 0.91.
• *Emotion Regulation Questionnaire*
Emotion Regulation Questionnaire (DERS) made by Graz in 2004. Its goal is to measure emotion regulation, and above all the difficulties in emotion regulation, insists. The questionnaire for assessing all aspects of emotional adjustment, use a lot of research.
The present questionnaire has 36 items and answers in a 5-point scale, from 1 (almost never) to 5 (almost always) been scored. The validity was obtained by Azizi (2010) in relation to the other variables. Thus, according to the standard and its use by other researchers and validity of the questionnaire, the questionnaire is the validity sufficient.

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It should be noted that in this study to determine the reliability of the questionnaire through Cronbach's alpha was calculated. 86/0 reliability is the result that is the level of acceptance and acceptable.
In this study, a simple linear regression to analyze the data, the Pearson correlation coefficient was used.

RESULTS AND DISCUSSION
Results

Table 1: The result of analysis of variance related to addiction to smartphones role of emotion regulation

Source of Changes		sum of squares	df	Mean of squares	F	Sig.	correlation coefficient	Eta
emotion regulation	Regression	2.040	1	2.040	10.387	0.002	0.422	0.178
	Residual	9.425	48	0.196				
	total	11.465	49					

According to Table 1 The results showed that in this model of smartphone addiction for about 17% of the variable to explain the emotion regulation and with regard to the amount of F=10.38 and significance level 0.002 model is acceptable.

Table 2: Regression coefficients related to the addiction to smartphones to Internet technologies on emotion regulation

Model	Nonstandard coefficient		standard coefficient	t	Sig.
	B	Error standard deviation			
Constant	2.115	0.192		22.015	0.000
Addiction to mobile	0.249	0.091	0.422	3.223	0.002

According to Table 2 and considering the amount of beta coefficient (0.422) and the significant level of 0.002, variable able to predict addiction to smartphones variable is emotion regulation.

Discussion and Conclusion
In one of the most widely used today in human communication is mobile phone. Today mobile phone as one of aspects of modern communication technology and powerful position in personal and social life of man is an integral part of everyday relations. Penetration of mobile applications in aspects of life is universal phenomenon in society despite initial fever subsides, the acceptability of such level that harms fundamentally modern technology to keep hidden and ignored, contaminants found in various sectors social, cultural, behavioral, psychological, medical, legal, penal and deals with birth injuries. Today's students have access to this tool because of addiction to mobile phones, especially smartphones are constantly studying due to the use of the phone cut and enough to use smartphone apps do not control and are thus fall behind in school.
Findings from the study indicate that smartphone addiction can predict students' emotion regulation. This finding Parsley and Fatehizadeh (2011) and Loius (2008) in this study are consistent with other aspects like emotional intelligence addiction to mobile phones and the Internet have studied.
Emotional intelligence involves knowing and controlling emotions and the emotions. In other words, person with high EQ has three components of emotion (cognitive component, component of the physiological and behavioral components) to be successfully combined. Goleman's model of emotional intelligence is discussed briefly on five key areas: 1. Emotion and feelings, consciousness 2. Manage emotions, self-3. 4 self-motivation. Recognize and understand the emotions of others, awareness 5. Manage relationships with others (Carter, 2014) in the field of emotional intelligence can see signs of emotion regulation so that it can be said that the emotional intelligence and emotion regulation is also a part of it, so can result in emotional intelligence The research results be generalized.

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Hwang and colleagues (2011) in the definition of addiction to smartphones to increase the use of smartphones available as and when the phone is not a smartphone addicts they feel anxiety and nervousness and cannot work their focus. From the above definition can be concluded that the smartphone addiction to emotion regulation and is able to predict the likely cause is that addicts are not able to control their behavior and emotions cannot properly regulate and control.

It is suggested that proper use of information technology tools such as computers, the Internet and smart phones and also the cooperation of mass media, especially television, to teach proper use of mobile phones among families and students to be promoted.

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