

## DISCONNECTED MARRIAGE, CONNECTED INTERNET: EXPLORING THE INTERNET ADDICTION AMONG MARRIED MEN AND WOMEN IN SELANGOR, MALAYSIA.

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### ABSTRACT

*The phenomenon of Internet Addiction (IA) changed significantly and encompasses the lifestyle of Malaysian married men and women. Many users are unconscious of and subsequently unprepared to treat this addiction since new research recognizes online users who became hooked on social media, interactive games, and even web browsing only to see their lives become increasingly out of control because of the Internet. As the Internet infuse our lives at home and works, this article takes a closer look at how the Internet can create marital-related problems. This article explores a practical definition of Internet Addiction (IA) in an effort to provide readers with an understanding of the relationship between marital intimacy, and communication and the issues behind this problematic Internet use. The aims of this study are: 1) To examine the Internet Addiction (IA) among Malaysian married men and women, and; 2) To examine the relationship between Marital Intimacy (MI) and Stress (S) among Malaysian married men and women. This study will analyse data from a survey of 300 Malaysian married men and women between the ages of 21 and 56 residing in the eight selected districts. Data will be presented on the level of their awareness and knowledge concerning to the Internet Addiction.*

Keywords: Internet Addiction, Married Couple, Problematic Internet Use, Marital Intimacy, Marital Quality.

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### Introduction

Internet Addiction as defined by Shaw M. & Black D.W. (2008) which characterized by excessive or poorly controlled obsessions, needs or behaviours regarding computer use and internet access that lead to deficiency or distress. While study done by Shapira et al. (2000), define Problematic Internet Use as functional deficiency of daily activities and feelings of distress brought about by the person's perception which they are unable to control their on-line dependence. Moreover, according to Yellowlees & Marks (2005) certain individuals defined as having Problematic Internet Use in relation to specific online activities, such as social networking, gambling, or pornography.

Internet Addiction (IA) is a problematic computer use or excessive computer use that interferes or troubles with the daily life of Internet user. Specifically, IA is a growing social problem across cultures and countries. In United State, according to a report by American Association for Marriage and Family Therapy, between 20-33 percent of Internet user go online for many activities that could be considered emotional or physical infidelity. As many as 17 percent of user become addicted with Internet for sexual purposes, either to view pornographic image or to engage in an online relationship of some kind and most of these are married men. It damages the trust and intimacy within the husband and wife relationship, which often leads to end the marriage. In Korean, 70 percent of Internet users are reported to IA, and 18 percent which are diagnosed as game addict of the Internet results in negative life consequences such as marriage breakdown, job loss and stress (Seok, W.J, 2013). Research has shown that problematic Internet use negatively affect individuals' physical and psychosocial well-being. The negative consequences of IA include behavioural, emotional and relational forms: physical problems and conflict in interpersonal relationship.

Research conducted by Stuart E. (2011) stated that about six percent of respondents indicated that the excessive Internet use affect their relationships. While Eighty-four percent of people aged 19 to 29 thought they would rather do without their spouse/partner than give up Internet access. On top of that, according to American Academy of Matrimonial Lawyers in a survey

conducted in 2011, one in five failed marriages are demolished by social networking. Meanwhile, a study conducted by Lenhart A. et al. (2014) identified 10% of married internet users indicate that the internet has had a “major impact” on their relationship, 17% said that it has had a “minor impact” while 72% said the internet has “no real impact at all” on their partnership. The study also indicated that 74% of the internet users agreed the internet had a positive impact on their marriage while 20% said the impact was mostly negative.

The problem of Internet remains a harsh reality in our society today. The motivation to understand this phenomenon in totality and offer solutions has continued in the 21st century. Against this backdrop, this study sought to address the problem of the impact of Internet addiction on heterosexual married couples’ relationships, and how these couples remained married, and recovered from the impact of Internet addiction. The history of the Internet pertaining to the growth of Internet addiction revealed the extent of this problem. For instance, from the inception of the Internet in 1983, it established a negatively affected some couples’ relationships, sometimes resulting in their separation or divorce (Parker & Wampler, 2003). Now in 2015, thirty-two years after the advent of the Internet, the negative impact of Internet addiction continue to reverberate.

The negative effect of Internet addiction on a couple’s relationship is a devastating problem for some couples, especially for couples who embrace a traditional monogamous marriage. In a marriage, when discovery or disclosure of Internet addiction occurs, the injured party (i.e., the spouse who is not involved in Internet addiction) might be affected by feelings of rage, abandonment, betrayal, depression, anger, humiliation and loneliness (Schneider, 2000a). Some wives suffer alone because they feel they are to be blamed for their husbands’ problems, while other wives suffer because they are unsure or ignorant of what steps to take to reconcile and save their marriage. Some couples may be uninformed about the addictive nature of the Internet, and the possibility of recovery when spouses’ use of Internet becomes a problem for a couple.

Today, IA is a growing though unexplored problem among married couples. According to Jabatan Kemajuan Islam Malaysia (JAKIM) Jan-June 2013 statistic, 22,162 reported divorced with average every three married couples will be divorced in every hour on various factors. There is critical need to examine the IA among married men and women as one of the factor. Married men’s and women’s involvement in Internet does not always lead to separation or divorce even when such involvement is a problem for them. There is a subset of married men and women who experienced a negative impact of their spouses’ involvement in Internet. However, previous study to identify the relationships between Internet Addiction, marital intimacy, and stress for married men and women in Selangor is relatively limited. Hence, this research is an exploration of Internet Addiction among married men and women in Selangor and its influences on among them. The aim of this research was to address the Internet Addiction among Malaysian married men and women and also to examine the relationship between Marital Intimacy (MI) and Stress (S) among Malaysian married men and women.

This paper begins by defining the Internet Addiction, how people use the Internet, how IA affects someone’s life, and explaining the factors that make it shapes the marriage relationship of married men and women. The second section examines the controversies addressed in the levels of Internet use which interfere with a person’s daily life have been associated to a range of relationship. The third section presents how the study has been conducted. The results of the research is analyzed in the fourth section. Lastly this paper thoroughly examines the effects of Internet Addiction with attention being focused on the married men and women.

## Literature Review

The Internet has become a part of everyday life to most people. The inability to control the Internet use meets criteria for an Internet Addiction (IA). Both China and South Korea have identified IA as a significant public health threat (Cash et al, 2012). Adding to this, Kraut et.al (1998) found that IA may also affect social participation, integration as well as individual’s personal well-being. There are Internet users who cannot control the amount time spent interfacing with digital technology, start engaging to a game, or having withdrawal symptoms when not getting online. All these symptoms may lead to family relationship conflict, a diminishing social life, and adverse work or academic consequences (Beard, 2005).

The Internet allows people to stay in connection with their family, friends or extend their social networks; however Nie and Erbring (2000) indicated that people who spend more time on the Internet were reported to spend less time with family and friends. This supports the studies by Mesch (2006) that the time spend online is positively related to family conflict particularly when the Internet is used for social purpose for instance chatting with friend online and playing online games with friends. Moreover, according to Van den Eijnden et.al. (2008), huge number of people found it hard to control their time spent online. Internet use with addictive characteristic was one of the symptoms of problematic Internet use developed by the users. These symptoms include withdrawal reaction happens when Internet use is impossible, lack of control over the Internet use (where the users may use the Internet although they have the intention to stop or to decrease the use) and cognitive and behavioural anxiety with the Internet. For any reason all the Internet enticement are present when one were online. Therefore, he or she tends to do something different than what was planned before.

Compared to females, males are almost certainly to use the Internet recreationally, to waste time and playing video games (Morahan-Martin, 1998). Similarly, recent studies shows that Internet use may have beneficial or compassionate when users keep to the ‘normal’ levels. However, ‘high’ levels of Internet use which interfere with a person’s daily life have been correlated to a range of problems including decreased psychosocial well-being, relationship breakdown and neglect of domestic, academic and work responsibilities (Beard 2002; Weiser 2001; Widyanto & McMurrin 2004; Yao-Guo, Lin-Yan & Feng-Lin 2006; Young 1998). Reis and Shaver (1988) found that support and caring are the basic requirements for maintaining the harmonious and long-lasting relationship in married couple. Adding to these findings, Holmes and Rempel, 1989; Murray, 1999) suggested

that people in close relationship need to be certain of the cares showed by their partners and that they will be approachable across time and different situation. According to Kraut et.al (1998), problematic Internet use may cart off the attention, time and interest that users would invest in their partner, thus decreasing not only the Internet user's relationship quality but also his or her partner relationship quality as well. This may happen because the partner feels neglected and not cared for when users choose to be online rather than spending the time with him or her.

### Methodology

This study employed quantitative research method. It was distributed to 300 Malaysian married men and women between the ages of 21 to 56 residing in eight selected districts in Selangor of which all were required to have access to the Internet. Respondents were informed that their participation was voluntary and the information they provided would be kept confidential. The questionnaire for this study has been segmented into three main parts in order to achieve the research objectives. Part A focused on respondents' profile where questions were related to demographical profiles such as gender, age, academic qualification, occupation and monthly household income. Part B consists of two sections; in section A, respondents were asked questions related to their own Internet use while in Section B, questions were focused on their spouse's Internet use. In the last section Part C, the respondents were asked about their marital intimacy. The data was collected and analysed using Statistical Package for Social Sciences (SPSS) version 20.0.

### Findings

#### Demographic

From the demographical profiles, we have interviewed 300 respondents via survey questionnaires where 48% is male and 52% is female. Based on these 300 participants, the highest percentage of the married respondents is 41%, aged between 29-33 years old. This is followed by 22% of the respondents of age between 34-38 years old. 17% of the respondents were from the group age of 21-28 years old, while the most least were 10% (age between 39-43), 6% (age between 44-48) and 4% of the respondents of age between 50-56.

**Table 1 Demographic Information of sample (N= 300)**

<i>Items</i>	<i>Information</i>	<i>n</i>	<i>%</i>
<i>Gender</i>	Male	143	48
	Female	157	52
<i>Age</i>	21-28	53	17
	29-33	122	41
	34-38	66	22
	39-43	30	10
	44-48	18	6
	50-56	11	4
<i>Occupation</i>	Undergraduate	1	.3
	Self-Employed	18	6
	Unemployed	3	1
	Public Sector	113	38
	Private Sector	163	54
	Other	2	.7
<i>Monthly Household Income</i>	RM3,000 or less	17	6
	RM3,001 – RM5000	97	32
	RM5,001 – RM10,000	141	47
	RM10,001 – RM15,000	32	11
	RM15,001 and above	13	4
<i>Overall Financial Situation</i>	Very Bad	3	1
	Bad	11	4
	Fair	185	62
	Good	98	32
	Very Good	3	1

In term of occupations, 54% of the respondents were private sector workers, followed by 38% from public sector workers. 6% of them were self-employed while 1% was unemployed and undergraduate students and others both were 0.3% and 0.7%. It is noted that 47% of the respondents earned between RM5001- RM10,000 in their monthly household income, 32% of the

respondents earned RM3001- RM5000 per month, 11% earned RM10,001 – RM15,000, while 6% earned RM3000 or less and last but not least, 4% of the respondents earned RM15, 0001 and above. Based on the monthly household income results, we can analyse that 62% of the respondents stated fair in their overall financial situation, while 32% of them thought their financial situation were good. However, about 4% of the respondents felt that their overall financial situation was bad and 1% of them stated both very bad and very good for their overall financial situation.

**Internet Use And Gender**

An analysis was made of the findings on Internet use among married men and women. Based on the Table 2, most male and female gave their views as neutral to the time period used for surfing the Internet (41.3% and 51%) respectively. However, there is a high percentage of male respondents who used more time than allotted (34.2%) compared to women (26.1%). 60.9% and 63.6% of male and female respondents did not receive complain about their time spend to be online. The finding also showed that the respondents were able to limit the time of use of the Internet. 53.0% and 63.7% of the total male and female respondents never neglected their sleep for the reason of being active online, while 34.3% and 30.6% felt they are neutral. Most of the male and female respondents felt that the establishment of new relationships with online users is something that is not important. Almost half of male and female respondents felt there was no need to establish new relationships with other online users (43.3% and 52.8%). 36.3% and 37.6% of male and female respondents gave a neutral opinion in this case. This is probably due to the respect and responsibility towards their partners. The above findings are supported by another finding of which more than half of the male and female respondents (60.0% and 62.4%) prefer to spend more time with family members and friends rather than to be online.

**Table 2 Difference of respondents’ Internet Use between genders**

	Gender	N	Disagree(n)	Neutral(n)	Agree(n)
Stay online than intended	Male	143	24.5% (35)	41.3% (59)	34.2% (49)
	Female	157	22.9% (36)	(51%) 80	26.1% (41)
Neglect household chores to spend more time online	Male	143	55.3% (79)	30.8% (44)	13.9% (20)
	Female	157	64.3% (101)	26.1% (41)	9.6% (15)
Prefer excitement of the Internet to intimacy with partner	Male	143	53.9% (78)	35% (50)	11.2% (16)
	Female	157	54.1% (84)	38.2% (60)	7.6% (12)
Form new relationships with fellow online users	Male	143	52.5% (75)	36.4% (52)	11.2% (16)
	Female	157	52.8% (83)	37.6% (59)	9.6% (15)
Others complain about amount time spend online	Male	143	60.9% (87)	28.7% (41)	10.5% (15)
	Female	157	63.7% (100)	29.3% (46)	7% (11)
Check email before something else that need to do	Male	143	24.4% (35)	36.4% (52)	39.2% (56)
	Female	157	26.8% (42)	31.8% (50)	41.4% (65)
Become defensive or secretive when anyone asks what to do online	Male	143	45.4% (65)	33.6% (48)	21% (30)
	Female	157	42.1% (66)	36.3% (57)	21.6% (34)
Anticipating when online again	Male	143	37% (53)	43.4% (62)	19.6% (28)
	Female	157	33.1% (52)	43.4% (68)	23.5% (37)
Fear that life without Internet would be boring, empty and joyless	Male	143	44% (63)	35.7% (51)	20.3% (29)
	Female	157	48.4% (76)	34.4% (54)	17.2% (27)
Snap, yell or act annoyed if someone bothers while online	Male	143	75.5% (108)	18.6% (26)	6.3% (9)
	Female	157	68.2% (107)	24.8% (39)	7% (11)
Lose sleep due to late-night log-ins	Male	143	53.8% (77)	34.3% (49)	11.9% (17)
	Female	157	63.7% (100)	30.6% (48)	5.7% (9)
Feel preoccupied with Internet when off-line or fantasize about being online	Male	143	65.7% (94)	29.4% (42)	4.9% (7)
	Female	157	70.1% (110)	26.1% (41)	3.8% (6)
Saying “just a minute” when online	Male	143	43.3% (62)	33.6% (48)	23.1% (33)
	Female	157	52.9% (83)	31.8% (50)	15.3% (24)
Try to cutdown the amount of time spend online and	Male	143	42.6% (61)	41.3% (59)	16.1% (23)
	Female	157	46.5% (73)	40.8% (64)	12.7% (20)

fail?					
Choose to spend more time online over going out with others	Male	143	60.8% (87)	30.8% (44)	8.4% (12)
	Female	157	62.5% (98)	31.8% (50)	5.7% (9)

**Spouse’s Internet Use And Gender**

Based on Table 3, the data indicates several statements for both genders that revealed the spouse’s Internet use. Both male and female respondents agree that their spouses never neglect household chores to spend more time online (59% & 45%), never prefer the excitement of Internet to intimacy with partner (58% & 48%) and never form new relationships with fellow online users (56% & 49%). The respondents also agreed that their spouse never become defensive or secretive when anyone asks what to do online (54% & 44%), never fear that life without Internet would be boring, empty and joyless (45% & 53%), never snap, yell or act annoyed if someone bothers while online (62% & 60%) never lose sleep due to late-night log-ins (70% & 51%), never feel preoccupied with Internet when offline or fantasize about being online (69% & 53%), never say ‘just a few minutes’ when online (57% & 49%) and never choose to spend more time online over going out with others (60% & 50%). However, when asked whether their spouse will stay online longer than intended, check email before something else that need to do and anticipating when online again, the results indicated neutral responds. The results also revealed that 45% of male respondents agreed that their spouses never cut down the amount time spent online while 41% of female respondents felt neutral.

**Table 3 Difference of spouse’s Internet use between genders**

Spouse’s Internet Use		Gender	
		Male (%)	Female (%)
Stay online longer than intended	Never	39.2	29.3
	Neutral	39.9	36.3
	Often	21	34.4
Neglect household chores to spend more time online	Never	58.8	45.2
	Neutral	30.8	30.6
	Often	10.5	24.1
Prefer the excitement of Internet to intimacy with partner	Never	58.1	47.8
	Neutral	37.1	36.9
	Often	4.9	15.2
Form new relationships with fellow online users	Never	56	48.4
	Neutral	39.2	40.1
	Often	4.9	11.5
Others complain about amount spend online	Never	71.4	54.8
	Neutral	23.8	34.4
	Often	4.9	10.8
Check email before something else that need to do	Never	40.6	32.5
	Neutral	42.7	42
	Often	16.8	25.5
Become defensive or secretive when anyone asks what to do online	Never	53.9	44
	Neutral	32.9	32.5
	Often	13.3	23.5
Anticipating when online again	Never	41.3	41.4
	Neutral	49.7	49.7
	Often	9.1	8.9
Fear that life without Internet would be boring, empty and joyless	Never	44.8	52.8
	Neutral	41.3	35.7
	Often	14	25.4
Snap, yell or act annoyed if someone bothers while online	Never	62.3	59.9
	Neutral	31.5	28
	Often	6.3	12
Lose sleep due to late-night log-ins	Never	70	50.9
	Neutral	25.2	29.9
	Often	4.9	19.1
Feel preoccupied with Internet when offline or fantasize about being online	Never	68.6	53.1
	Neutral	29.4	36.9
	Often	2.1	12.1
Saying ‘just a few minutes’ when online	Never	56.7	49.3
	Neutral	33.6	31.8

	Often	9.8	28.7
Try to cut down the amount of time spend online and fail	Never	44.8	38.3
	Neutral	44.1	41.4
	Often	11.2	20.4
Choose to spend more time online over going out with others	Never	59.5	50.3
	Neutral	34.3	39.5
	Often	6.3	10.1

**Marital Intimacy And Gender**

Based on Table 4, the results showed how Internet Addiction affects the 300 respondents' marital intimacy. 86.6% of male and female respondents enjoyed being together with partner and like to do things together, meanwhile only 2.2% did not enjoy being together with their partner. Majority of the male and female respondents (33.3% and 37.4%) agreed to share each other's feelings and seek for advice if they have any problem (36.7% and 38%). Meanwhile, 21% of them are neutral and only 4.4% refused to share each other's feeling. Besides, 87.4% of male and female respondents agreed to remain faithful to each other compared to 3% disagreed to remain faithful to each other.

On top of that, both of male and female respondents agreed that they could not live without their spouse (27% and 27.9%). However, only 11.6% of the respondents could easily live without each other. Meanwhile 35.7% of male respondents and 40% of female respondents could not leave their spouse to engage other relationship. 4.8% will leave their spouse to engage with other relationship when they are too addicted being online.

**Table 4 Differences of marital intimacy between genders**

	Gender	N	Disagree	Neutral	Agree
Enjoy being together with partner.	Male	143	0.6% (2)	5.3% (16)	41.7% (125)
	Female	157	1.6% (5)	5.7% (17)	44.9% (135)
Like to do things with partner.	Male	143	2.3% (7)	9.7% (29)	35.6% (107)
	Female	157	2.3% (7)	12.7% (38)	37.3% (112)
Remain faithful to each other.	Male	143	1.0% (3)	5.0% (15)	41.7% (125)
	Female	157	2.0% (6)	4.7% (14)	45.7% (137)
Can be myself in the relationship with partner.	Male	143	1.6% (5)	9.0% (27)	37.0% (111)
	Female	157	2.0% (6)	9.3% (28)	41.0% (123)
If have a problem, we ask each other for advice.	Male	143	1.4% (4)	9.7% (29)	36.7% (110)
	Female	157	3.0% (9)	11.3% (34)	38% (114)
Share each other's feelings.	Male	143	1.3% (4)	13% (39)	33.3% (100)
	Female	157	2.0% (6)	13% (39)	37.4% (112)
Could easily live without each other.	Male	143	27% (81)	16.0% (48)	4.6% (14)
	Female	157	27.9% (84)	17.3% (52)	7.0% (21)
Do not need many words to understand each other.	Male	143	2.3% (7)	12.7% (38)	32.6% (98)
	Female	157	4.3% (13)	16.3% (49)	31.6% (95)
Leave each other free to engage in other relationships.	Male	143	35.7% (107)	10% (30)	1.9% (6)
	Female	157	40.0% (120)	9.3% (28)	2.9% (9)
Agree about some issues.	Male	143	3.0% (9)	14.7% (44)	30% (90)
	Female	157	3.3% (10)	18% (54)	30.9% (93)
Partner has all the qualities that expected a good spouse to possess.	Male	143	1.0% (3)	8.7% (26)	38.1% (114)
	Female	157	2.3% (7)	11.3% (34)	38.7% (116)
Often have a different opinion.	Male	143	10.6% (32)	27% (81)	10% (30)
	Female	157	11.0% (33)	29.7% (89)	11.7% (35)
Don't always know what we can expect from each other.	Male	143	29.4% (88)	14.7% (44)	3.7% (11)
	Female	157	30.9% (93)	15.3% (46)	5.9% (18)
Completely understand each other.	Male	143	1.3% (4)	12.3% (37)	34% (102)
	Female	157	2.3% (7)	13% (39)	37% (111)
Accept each other the way we	Male	143	1.3% (4)	9% (27)	37.3% (112)

are.	Female	157	1.3% (4)	12% (36)	39% (117)
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### Discussion

One of the main changes brought by the use of Internet was a decrease in the amount of time married men and women spent in leisure with their families. Similar findings were previously reported by Mesch (2006). According to his study, adolescents who frequently used the Internet spent less time with their families. That was especially true in cases when Internet was used for social interaction.

The study aimed to investigate the relationship between the Internet Addiction and marital satisfaction of married men and women. The findings suggested that there was a significant negative relationship between the Internet Addiction and the overall marital satisfaction and also marital satisfaction components, conflict resolution, and leisure-time activities. This study revealed that male or female respondents are addicted to Internet but level of addiction varies. According to the findings of this study, males are more likely to go online compared to females, and this supported the study conducted by Morahan-Martin (1998) and Block (2008). Moreover males will spend longer hours online compared to females so they have tendency to addict to Internet through this opportunity. This may be affected by complacency when dealing with email for matters relating to official business like the business affairs office work which is usually done via email as soon as they start surfing the Internet. This may affect the time that initially allocated to surf the Internet. However, it is believed that the excessive time was not too significant since the finding showed it did not affect their relationship with his/her family.

Due to the obtained results, it can be said that the more married men and women are addicted to the Internet, the more they are online. The respondents also obtained less stress. This situation is contradict with the study conducted by Keravat (Kevin et al 2000) which showed that using the Internet reduces communication between an individual and his/her family and increases feelings of depression.

In explaining the obtained results, it can be claimed that, overusing the Internet never lead to decrease in family communications as its consequence. The Internet is a tool that can connect people with each other which will obviate the need of facing others and being in the real world. Therefore, one of the aspects of marital satisfaction, which is the satisfaction of marital relationship, will not necessarily decrease by the Internet Addiction. However, the Internet Addiction maybe will firstly affect the career, family and marital life (Stevens 1996). Internet Addiction also has negative effects on individuals such as problems in passing of life and marital relationship (Block 2008), changing the style of life, spending more time on the Internet, lack of attention to family members and ignorance of family and friends. These are among the consequences of the Internet Addiction which can affect the reduction of marital satisfaction (Boyd and Ellison 2007).

Excessive use of the Internet among the respondents and their spouses is often associated with the loss of time and important tasks, avoiding important life activities to spend more time on the Internet, reduced social relationships, and ignoring family and friends. Since marital life creates various tasks in different dimensions for the men and women such as spending time, the Internet Addiction caused individuals to neglect their important tasks. Furthermore, according to Suler (2005), telling lies to friends and family members about the duration of using the Internet, and using the Internet as a means of escaping the problems are among the issues that reduce marital satisfaction.

According to Al-Cooper (1998), Internet Addiction may affect marital intimacy. In contrast, this study showed that majority of respondents still loyal to their spouses. Married men and women agreed to remain faithful to each other to maintain a good intimate marital relationship. Besides, good listening and communication will make it convenient for them to share the feelings and thoughts, and may come up with good mutual understanding. They enjoyed being together and internet use would not affect their marital intimacy.

Internet use can adversely affect married men and women to make them divorced (Parker & Wampler, 2003). However, the results showed that they are not highly influenced of the Internet use. Most of the them know the limitations when being online. They felt there is no need to have online relationship. They enjoyed being together with their spouse, and loyal to each other. In short, they are not obsessed with Internet use. They aware that overusing of the Internet can affect their marriage (Kandell, 1998). Married men and women agreed that their Internet use is still under control. Although they use the Internet in their daily lives, the priority is still given to their family.

### Conclusion

In a nutshell, Internet use is a growing though unexplored issue among married men and women in Selangor. Understanding that controlling of Internet use is vital because this may affect the relationship in a marriage. Married men and women in Selangor still can regulate their Internet use and time spent online. Hence this shows that they give priority to their marriage and family. This findings contradicted to Van den Eijnden et.al. (2008) study that Internet users found hard to control their time spent online. The study found no significant association between IA, marital intimacy and stress among married men and women. The majority of married men and women agreed that they will remain faithful to each other which lead them to appreciate their spouse and relationship. Nevertheless, this study showed there was tendency to be addicted to Internet among male users when they spent longer hours online compared to female users. To sum, the results of this quantitative study suggest useful information on the internet usage among married man and women in Selangor. There is no positive effect on the marital intimacy and satisfaction among Malaysian married men and women in Selangor. For better understanding on the situation, further research has to be undertaken to come up with more positive effects on the marital intimacy and satisfaction among married man and women.

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