The Psychological Adjustment for the Virtual Identity of the Young Saudi Internet Users

A Thesis Submitted in Partial Fulfillment of the Requirements for the Master Degree in Counseling Psychology

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Abstract

The Internet revolution and its strong presence in man's life is the most prominent feature of this era. The existence of websites provide an opportunity to configure what looks like a new world identity of a virtual semi-integrated, with expansion of wide activity of Saudi youth on these websites a question may raise about compatibility of these identities with realism and their world outside the Internet. The present study aimed to determine the level of psychological adjustment among those with virtual identity of Internet users from the Saudi youth.

The study was based on comparative descriptive approach to identify the level of psychological adjustment for the virtual identity of the young Saudi internet users and to make comparisons according to demographic variations. The study sample was chosen by a snow ball method, consisted of 78 young Saudi people who use the virtual world website (Second Life) Mohammad Abo Taleb’s standard psychological adjustment measure criterion was applied to identify the level of the psychological adjustment.

The study showed that the sample individuals had an average level of psychological adjustment, according to the degree of overall scale. As for the grades of this measurement, the study showed that the individuals of the sample had an average level of self confidence, sense of self-accepted value, and emotional balance and freedom from neurotic symptoms, but they had low standard of social communication. The study also showed that those with virtual identity tended to offer honest data about themselves, except for the name and personal image.

The study recommended establishment of clinics for psychological counseling in virtual environments and make use of the privacy resulting from the virtual identity to attract those who need consultation and remove social barriers that prevent some people from consulting centers. The researcher suggested that they should benefit from the technological advantages available in the virtual world to create new directive techniques that can keep pace with the huge advance in technology and make use of it to help mankind. In addition the study recommended to conduct more scientific research in the field of human interaction with the communications revolution, and to establish of the so called Electronic Psychology in the Arab world.