

# THE IMPACT OF A GUIDANCE PROGRAM ON REDUCING THE DEGREE OF INTERNET ADDICTION AMONG HIGH SCHOOL STUDENTS IN RIYADH

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**ABSTRACT\_** *The current study aimed to Designing an appropriate guidance program for High School students and apply it on them to reduce the Internet addiction for those students according to the study standers. Recognizing the impact of the proposed guidance program on reducing the degree of the Internet addiction for the study sample. This study has applied on Governmental Day High School students in Riyadh city, where the stander has applied on the second and third grade of Al-Alyan High School at Al-Rayan Dis. to get the controlling group and at Al-Sedeeq High School at Al-Manar Dis. to get the experimental sample and both two schools are following to Al-Rawabi supervision office which follows Riyadh education for boys. The controlling sample is consisted of (14) students and the experimental sample is consisted of (14) students who got high degrees based on the Internet addiction which used in the study. The results indicated that, there are Significant statistically differences between the experimental group's individuals degrees and the controlling group's individuals degrees for the Internet addiction and its dimensions in before and after measurement for the sake of the after measurement. Also, the results showed that, there are Significant statistically differences between the experimental group's individuals and the controlling group's individuals for the most likely for The Internet addiction in the after measurement for the sake of the experimental group's individuals and this suggest the impact of the guidance program and its importance in reducing the Internet addiction for High School Students in Riyadh city.*

**KEYWORDS:** *internet, Internet addiction, guidance program, High School students.*