

Assessment of the Level of Internet Addiction among Nursing Students at Selected College, Kancheepuram District

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Abstract

Introduction :The explosive growth of internet in the last decade has had a huge impact on communication and interpersonal behavior. Addictive use of the internet is a new phenomenon that threatens to develop into a major public health issue in the near future in India. It is influencing the life style and behavior of common people especially students. **Objectives**: To assess the level of internet addiction among nursing students at selected college and to associate the level of internet addiction among nursing students at selected college with their demographic variables. **Materials and Method**: Research approach was quantitative and research design was descriptive research design. 231 samples who fulfilled the inclusion criteria were selected by non-probability convenient sampling technique. The tools of the study were: Section A - Demographic variables; Section B - A standardized Internet Addiction Test (IAT) scale to assess the level of internet addiction among nursing students, formulated by Dr. Kimberly Young. It comprises of 20 items that measures mild, moderate and severe internet addiction and Data collected were analyzed by using descriptive and inferential statistics. **Results**: The result reveals that in Demographic variable “Gender” is significantly associated with “Level of Internet Addiction” and “No. of Hours Spent on Internet/Day” is highly significant with “Level of Internet Addiction” and there was no significant association between the other demographic variables. **Conclusion**: The analysis reveals that 48 (20.8%) nursing students do not have internet addiction; Majority 150 (64.9%) have mild internet addiction; 33 (14.3%) have moderate internet addiction and none of them have severe internet addiction.

Keywords: Internet, Internet addiction and nursing students.

Introduction

The explosive growth of internet in the last decade has had a huge impact on communication and interpersonal behavior^[1]. Healthy use of the internet is defined as the use of the internet to achieve a desired goal within an appropriate period of time without intellectual or behavioral discomfort^[2]. College students

are more vulnerable to develop dependence on the Internet, more than most other segments of the society. This can be attributed to several factors including the following : semicolon Availability of time, ease of use, unlimited access to the Internet, the psychological and developmental characteristics of young adulthood, limited or no parental supervision and as some courses are Internet-dependent^[3].

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Internet addiction can lead to various psychological, physical and social problems including impaired function at work, impaired academic performance, sleep deprivation, poor dietary habits, headache, eye strain, social isolation, and relationship problems^[4, 5, & 6]. Internet addiction has also been found to be significantly associated with some psychiatric disorders such as

alcohol abuse, attention deficit and hyperactivity, depression, and anxiety^[7].

There is a greater likelihood that the adolescent will behave aggressively and even commit a crime if he or she is addicted to the Internet^[8, 9]. There was an estimate of 3.5 billion internet users worldwide in 2016. This means about 45 percent of the global population accessed the internet that year^[10]. 53% of Indians are connected to the internet every waking hour which is higher than the global average of 51%, a new international study has found^[11].

Hence, it was found necessary to study pattern of internet usage in nursing students. With this, we undertook the present study to take a close look on this issue.

Materials and Method

Quantitative approach and descriptive research design was adopted for the present study. The study variable was level of internet addiction among nursing students and the demographic variables were age, Gender, Course, Year of the study, Place of Residence, Sim Card, Type of Social Network and Number of hours spent on the internet / Day. The nursing students who fulfilled the inclusion criteria were selected as sample. The sample size for the present study was 231. Non-probability convenient sampling technique was adopted to select the samples for the study. The tool used for the data collection comprises of 2 sections: Section A - Demographic variables; Section B- A standardized Internet addiction Test (IAT) scale to assess the level of internet addition, formulated by Dr. Kimberly Young. It comprises of 20 items that measures No, mild, moderate and severe internet addiction. The content of the tools were established on the basis of opinions of nursing experts. Suggestions were incorporated in the tool. In order to assess the reliability of the questionnaire, the test – retest method was done on the samples. On statistical analysis the reliability of the tool was found to be 0.82.

Ethical Considerations : Permission was obtained from the Head of the Institution and informed consent was obtained from each participant for the study before starting data collection. Assurance was given to the subjects that anonymity of each individual would be maintained and they are free to withdraw from the study at any time. The investigators explained the objectives

and methods of data collection. The data collection was done during the day time. Self-introduction about the Investigators and details about the study was explained to the samples and their consent was obtained. The confidentiality about the data and finding were assured to the participants. Data collected were analyzed by using descriptive and inferential statistics.

Results

Table 1: Level of Internet Addiction among Nursing students

S. No.	Level of Internet Addiction	No. of Students	Percentage
1	No Addiction	48	20.8%
2	Mild Addiction	150	64.9%
3	Moderate Addiction	33	14.3%
4	Severe Addiction	0	0.0%
Total		231	

The above table 1 analysis reveals that 48 (20.8%) nursing students have no internet addiction; 150 (64.9%) nursing students have mild internet addiction; 33 (14.3%) nursing students have moderate addiction to internet and none of them have severe internet addiction.

Discussion

IA has become a progressively more dominant public health issue for out-and-out research concerns from abundant scientific arenas including psychology, psychiatry, and neuroscience^[12]. The analysis reveals that 48 (20.8%) of nursing students do not have internet addiction; Majority 150 (64.9%) have mild internet addiction; 33 (14.3%) have moderate internet addiction and none of them have severe internet addiction. There is significant association between the level of Internet Addiction among nursing students with their demographic variable Gender and Number of Hours Spent on Internet/Day. There is no association with respect to other demographic variables. Hence the NH1 stated that there is no significant association between the level of internet addiction among nursing students at selected college with their demographic variables such as gender and Number of Hours Spent on Internet/Day was not accepted and was accepted with other

demographic variables.

Conclusion

The analysis reveals that 48 (20.8%) of nursing students do not have internet addiction; Majority 150 (64.9%) have mild internet addiction; 33 (14.3%) have moderate internet addiction and none of them have severe internet addiction. There is significant association between the level of Internet Addiction among nursing students with their demographic variable Gender and Number of Hours Spent on Internet/Day. There is no association with respect to other demographic variables. So the investigators created awareness on hazards of internet addiction for the students, in order to prevent from compulsive behavior and a preoccupation with being online.

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