



ILL Effects of Internet Addiction-Knowledge and Attitude among Nursing students

Chacko H, Joseph JT, Abraham J, Aranha PR and Shetty AP

Department of Child health Nursing, Yenepoya Nursing College, Mangaluru, INDIA

Available online at: www.isca.in

Received 18th September 2015, revised 30th September 2015, accepted 15th October 2015

Abstract

Computer and internet have become an important part of our life that no individual can even think of living without it. And it is the INTERNET facility in it due to which everything is possible. Internet is a device that connects you to the whole of the world. The adolescent population is highly prone to internet addiction and this can affect their personal, family, academic, interpersonal and social life. To assess the knowledge and attitude regarding the ill effects of internet addiction among the nursing students, find the correlation between the knowledge and attitude, and find association between knowledge, attitude and the selected demographic variables. A descriptive survey approach was used to assess the knowledge and attitude regarding ill effects of internet addiction among nursing students in selected nursing institutions in Mangaluru. Non probability purposive sampling technique was used to select 100 nursing students. Data was gathered using the structured knowledge questionnaire and attitude scale on ill effects of internet addiction. Data was analyzed using descriptive and inferential statistics. The study result showed that the majority (67%) of the sample had moderately adequate knowledge regarding ill effects of internet addiction. Majority (77%) of the sample showed favorable attitude towards ill effects of internet addiction. In the study there was a significant association between knowledge and selected demographic variables and the attitude and the selected demographic variables. There was also a significant correlation between the knowledge and attitude of the nursing students regarding ill effects of internet addiction. The study concluded that the nursing students have moderately adequate knowledge and favorable attitude towards ill effects of internet addiction.

Keywords: Ill effects, internet addiction, nursing students.

Introduction

Internet is a global system of interconnected computer networks which use the standard internet Protocol Suit to serve the users worldwide. It carries the vast range of information resources and services, such as the inter-linked hypertext documents of the World Wide Web (WWW) and the infrastructure to support electronic mail¹. As the internet provides a lot of information regarding various aspects, it has been successfully used in teaching learning process and research. And in recent years its use has been increasing in schools. The more and more children use the internet for various purposes; there is a chance that the children may get into internet addiction. Therefore academic attention has been given in to the research on “internet addiction”². Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. The people suffering from internet addiction use the virtual fantasy world to connect with real people through the internet, as a substitution for real-life human connection, which they are unable to achieve normally³.

Various studies conducted on Internet addiction have shown the severity of internet addiction in various age groups. A study reported that the internet addict group found the internet is entertaining, interesting, interactive, and satisfactory⁴. Internet addicts were found to be lonelier and have lower self-esteem and

poorer social skills than moderate users⁵. Study on Internet addiction and lifestyle pattern shown that, irregular bedtimes and the use of alcohol and tobacco were higher in high-risk Internet users. Irregular dietary behavior due to the loss of appetite, a high frequency of skipping meals, and snacking might cause imbalances in nutritional intake. High-risk Internet users have inappropriate dietary behavior and poor diet quality, which could result in stunted growth and development⁶. Another study noted the changes in interpersonal relationship among excessive internet users. Internet addicted adolescents also had more interpersonal problems and shown that it is important to raise awareness about internet addiction, and close attention must be paid not only to students at risk of internet addiction but also to students at low risk to prevent students from becoming addicted to the internet⁷. Many studies are conducted regarding the prevalence of Internet addiction among adolescents; studies shown that prevalence of internet use and internet addiction in adolescents is comparatively high which indicates that great attention should be paid to the prevention and control⁸⁻¹¹. Excessive time spent online often results in the neglect of familial social activities and interest. Employers have found that employees with access to the internet at their desks spend a considerable amount of their working time in non-work-related internet use¹².

Most traditional communications media including telephone, music, dance, film, and television are being reshaped or redefined by the internet. The internet has enabled or accelerated new forms of human interactions through instant messaging, internet forums, and social networking. Business-to-business and financial services on the internet affect supply chains across entire industries¹³. Internet users may enjoy aspects of the internet that allow them to meet, socialize, and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities". Although not very common, some addicts who spend very long hours on the internet also experience physical problems such as fatigue related to sleep deprivation, back-ache and carpal and radial tunnel syndromes¹⁴. The internet has both positive and negative aspects. If the user overcome the negative aspects internet is a boon. The adolescents are the age group where they get fascinated by the internet and along with the use they tend to misuse it. The nursing students use internet for their academic purposes. The availability of internet on the mobiles and the computer/laptops makes the student to access the internet very easily, thus there is a chance of internet addiction. The researchers in their day today practice have come across the lengthy hours of internet browsing among nursing students, which has affected their academic performance, their behaviour as well as the family relation. Thus the researchers are interested to assess the knowledge and attitude of nursing students regarding the ill effects of internet addiction.

Methodology

Descriptive survey design was used for this study. The sample consisted of 100 of nursing students who were studying in the selected nursing institutions of Mangaluru. Ethical clearance was obtained from the institutional ethics committee. Formal permission was taken from the authorities. Sample was selected by non probability purposive techniques. The variables under study were knowledge and attitude of nursing students regarding ill effects of internet addiction. The demographic variables were age, gender, course of studying, grade of studying, monthly income of parents, place of residence, availability of internet in hostel/home, mode of internet usage, own the gadgets used for internet surfing, pattern of internet recharge, duration of internet usage. With the informed consent to participate in the study the data was collected using structured knowledge questionnaire and attitude scale. Then the data was analyzed by using descriptive and inferential statistics.

Results and Discussion

Result: The study revealed that majority (60%) of the nursing students belong to age group of 18 – 20 years. Majority (92%) were females, majority (90%) of them belongs to B.Sc. Nursing. Majority (42%) of them have family income between Rs.10001-20000. Majority (96%) were residing in hostel. Majority (92%) were having the accessibility to internet at hostel/home.

Majority (86%) were using internet through mobile. Majority (80%) of them had mobile phones of their own. Majority (80%) of them were recharging internet pack for less than Rs.150 per month. And 29% of them were browsing internet more than 3 hours a day. When analyzed the knowledge scores, It was found that 67% of samples had moderately adequate knowledge, 26% had adequate knowledge and 7% had inadequate knowledge regarding ill effects of internet addiction. It was also found that, 77% of samples had favorable attitude and 23% had neutral attitude towards ill effects of internet addiction.

Area-wise knowledge of nursing students showed that highest mean % score was in the area of management and prevention of internet addiction (66.75 ± 1.09), where as the lowest mean % score was in the area of signs area symptoms of internet addiction (53 ± 0.66). The study showed a positive correlation between the knowledge score and the attitude level of the nursing students regarding ill effects of internet addiction $r_{(98)} = 0.422$, $p = 0.01$. There was a significant association found between knowledge and course undergoing ($\chi^2_{(1)} = 3.84$, $p < 0.05$) and owned various gadgets ($\chi^2_{(3)} = 7.82$, $p < 0.05$). There was a significant association between attitude score and gender ($\chi^2_{(1)} = 3.84$, $p < 0.05$) and duration of using internet ($\chi^2_{(3)} = 7.82$, $p < 0.05$).

Discussion: Internet addiction can be a threat to adolescent's health and social well being. If the adolescent has adequate knowledge and a positive attitude, it will enable them to use the internet wisely. The current study findings are consistent with a study conducted on internet addiction among students where they found that 54.167% of samples used internet moderately¹⁴ and another study findings are supported a study conducted to provide description on adolescent internet addiction which showed a significant differences in terms of gender, type of school and online behaviours¹⁵.

The current study was supported by another study regarding the internet addiction among B.Sc. students in Health Faculty which shows that, the mean knowledge and attitude score of the students was average (4 ± 1.8 , 21.54 ± 3.8). 18% of the students had internet addiction behavior and There was a significant association between attitude scores and academic field ($p = 0.013$)¹⁶.

Conclusion

Excessive internet browsing is one of the major activity seen among adolescents in this current scenario which can lead into addiction and affect their personal, social and academic life. Nursing students also indulged in such activity which can affect their academic and professional life as well. There is a need for the health personnel to take active part in taking action in this context, and help the nursing students to use the internet wisely. A similar study can be replicated on a large sample and a comparative study can be done with students of different groups of health care professionals.

Table 1

Distribution of samples according to demographic characteristics
n=100

Sl. No	Sample characteristics	Frequency	Percentage
1.	Age in years		
	18-20 years	60	60.0
	21-22 years	40	40.0
2.	Gender:		
	Male	8	8.0
	Female	92	92.0
3.	Course undergoing:		
	B.Sc. (N)	90	90.0
	GNM	10	10.0
4.	Grade of study		
	1 st year	31	31.0
	2 nd year	23	23.0
	3 rd year	15	15.0
	4 th year	31	31.0
5.	Monthly family income in rupees		
	<10000	30	30.0
	10001-20000	42	42.0
	20001-30000	8	8.0
	>30000	20	20.0
6.	Place of residence		
	Hostel	96	96.0
	Home	4	4.0
7.	Availability of internet at hostel/home		
	Yes	92	92.0
	No	8	8.0
8.	Mode of using internet		
	Mobile	86	86.0
	Mobile/I phone	1	1.0
	Mobile andLaptop	12	12.0
	Laptop	1	1
9.	Own the following items		
	Mobile	80	80.0
	Mobile and I pad	16	16.0
	Mobile and Laptop	2	2.0
	Computer	2	2.0
10.	Pattern of internet recharge pert month in rupees		
	<150	80	80.0
	150-200	16	16.0
	201-300	2	2.0
	>300	2	2.0
11.	Duration of using internet per day		
	Less than 1 hour	27	27.0
	1-2 hour	25	25.0
	2-3 hour	19	19.0
	More than 3 hour	29	29.0

References

1. Ivan G., Internet addictive disorder (IAD) Diagnostic criteria.[Internet]1997[Updated;2002 Mar 23][cited 2014 Nov 28].Available from: www.psych.com/iadcriteria.html (2015)
2. Abreu CN, Karam RG, Goes DS and Spritzer DT, Internet and videogame addiction: A review, *Rivista Brasileira de psiquiatria*, **30(2)**, 156-67 (2008)
3. Subramaniam M, Shijia Q and Munidasa W, Prevalence and correlates of excessive internet use among youth in Singapore, *Annals Academy of Medicine Singapore*, **37(1)**, 9-14 (2008)
4. Bonetti L. Campbell M and Gilmore L., The relationship of loneliness and social anxiety with children's and adolescent's online communication. *Cyberpsychology, behavior and social networking*, **13(3)**, 279-85 (2010)
5. Carbonell X, Guardiola E, Beranuy M and Bellés A.A bibliometric analysis of the scientific literature on Internet, video games, and cell phone addiction, *Journal of the Medical Library Associations*, **97(2)**,102-7 (2009)
6. Yeonsoo K, Jin YP, Sung BK, In-KJ, Yun SL and Jung-HK, The effects of Internet addiction on the lifestyle and dietary behavior of Korean adolescents, **4(1)**, 51–57 (2010)
7. Mia Seo RN, Kang Hee Sun RN, Yom and Young-Hee RN, The internet addiction and changes in interpersonal relationship, **27(4)**, 226–233 (2009)
8. Xu J, Shen LX, Yan CH, Wu ZQ, Ma ZZ, Jin XM, Shen XM, Internet addiction among Shanghai adolescents: prevalence and epidemiological features, **42(10)**, 735 (2008)
9. Griffiths M., Sex On The Internet, Observations And Implications For Internet Sex addiction, *The Journal of Sex Research*, **38(4)**, 333–42 (2001)
10. Swaminath G., Internet addiction disorder: fact or fad? Nosing into nosology, *Indian Journal of Psychiatry* **50(3)**,158-60 (2008)
11. Lam LT, Peng Z, Mai J and Jing J., The association between internet addiction and self-injurious behavior among adolescence, *Injury Prevention*, **15(6)**, 403-408 (2009)
12. Choi K, Son H, Park M, Han J, Kim K, Lee B and Gwak H, Internet overuse and excessive daytime sleepiness in adolescents, *Journal of Research in Medical Sciences*, **63(4)**, 455-62 (2009)
13. Tori DA, American psychological association. Is internet addiction real?. [Internet] 2000 [Updated;2000 Apr][cited 2014 Nov 28]. Available from:www.apa.org/monitor/apr00/addiction.aspx (2015)
14. Yong SQ, A Study of internet addiction among students of Sekolah Menengah Jenis Kebangsaan Pei Yuan,Kampar A research paper submitted on 2011 March.[http://www.eprints.utar.edu.my./](http://www.eprints.utar.edu.my/) (2015)
15. Alfred DW, Correlates of internet addiction among adolescents. Online journal <http://www.scirp.org/journal/psych>, **5**, 1999-2008 (2014)
16. Solhi M, Farhandi H and Armoon B, Internet addiction among B.Sc. students in Health Faculty, Tehran University of Medical Sciences, *Razi Journal of Medical Sciences*, **20(106)** 40-47 (2013)