

Internet Addiction Among Nursing Students of Kashmir Division

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Abstract: The study Internet Addiction Among Nursing Students of Kashmir Division was done on adolescent nursing students in Kashmir Division in Jammu and Kashmir (UT). The main aim of this study was to access the internet addiction nursing students on the basis of gender and location. The sample of the study was consisted of 110 nursing students from different nursing colleges of Kashmir valley. Simple random sampling technique was employed by using standard questionnaire by Dr. Kimberley Young. Descriptive statistics was applied to yield the results of the study, percentage, mean, S.D., t-test was used for analyzing the collected data statistically. It was found that in percentage the male were 44% and female were 45% addiction of internet and the mean nursing students on internet usage was not statistically significant with respect to gender and location.

Key words: Internet, Addiction, Adolescents, Nursing Students.

Introduction

In 2023, India had over 1.2 million internet users across the country. In fact, India was ranked as the second largest online market worldwide in 2022, second only to China (Statista report 2023). Meanwhile Indian users crossed 900 million by 2023. There will be 907 million internet users and 966 million total mobile users i.e. 64% and 68% of population in India by 2023 respectively report by (Cisco and Hitech 2023). 90% of adolescents use internet as a practical resource for information gathering and communication with others. It is also regarded as one of the most potent social environments of 21st century (Celebioglu, et al., 2022). The internet has become one of the important part of human life. Although the internet has innumerable positive effects, it may have negative effects too. As far as students are concerned they use internet for entertainment, communication, gaming, browsing networking sites and educational purposes. They get easily distracted and diverted from their studies because their major chunk of time is spending on browsing social networking sites (facebook and whatsapp) and gaming (Parel & Thomas, 2017). India stands second within the world with more than eight hundred fifty million internet users today as per the Telecom Regulatory Authority of India (TRAI, 2022). Internet becomes an important part of human life. Internet has both merits and demerits also. Where the internet makes our life easy, but it has also negative effects on our life. Nowadays excessive use of internet is rapidly increased among students. Students can use it for education, communication and entertainment purpose. The ability to keep track of time, neglect basic human needs like hunger, sleep, withdrawal symptoms and unwanted behaviours like anger, tiredness and loneliness can be used to identify excessive internet use. Excessive use of internet makes them dependent on internet and mobile, this makes them internet addictive (Rajeswari, et al., (2017). Internet Addiction is “Any

online-related, compulsive behaviour which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment. Internet addiction has been called Internet dependency and Internet compulsivity. By any name, it is a compulsive behaviour that completely dominates the addict's life. Internet addicts make the Internet a priority more important than family, friends, and work. The Internet becomes the organizing principle of addicts' lives. (Dr. Kimberly Young, the founder of "The Center for Internet Addiction. 1999).

Internet addiction is the term used to describe uncontrollably and compulsively using the internet, which interferes with daily tasks and has a detrimental effect on person's physical, psychological, and social well-being. Internet addiction is also growing concern among nursing students in recent years due to the internet integration into their personal and academic lives. Nursing students now have easy access to the internet due to the proliferation of smartphones, computers, and other devices which can result in overuse and dependence. Nursing students are particularly vulnerable to internet addiction due to the intensive nature of their education and the necessity for online resources and communication (Alavi et al., 2010). To relive tension and deal with the demands of their education, many nursing students frequently resort to the internet. But relying too heavily on the internet can result in over use and subsequent addiction (Kuss et al., 2013).

Advantages of using internet



i. Information and Resources: Internet is infested with information about everything in the world. There are multiple search engines that have made it easier for Internet users for getting information. For example, it is now common for people to look for free advice from the Internet on all sorts of issues. Also if you're looking some information for your homework. The verity here is that whatever problem you are experiencing, someone somewhere has experienced it and probably solved it. People try to access the latest news, breakthroughs in all fields including medicine and even research publications at the click of a button. Internet is fundamentally a global access of repository for knowledge, in which everything is embedded in it.

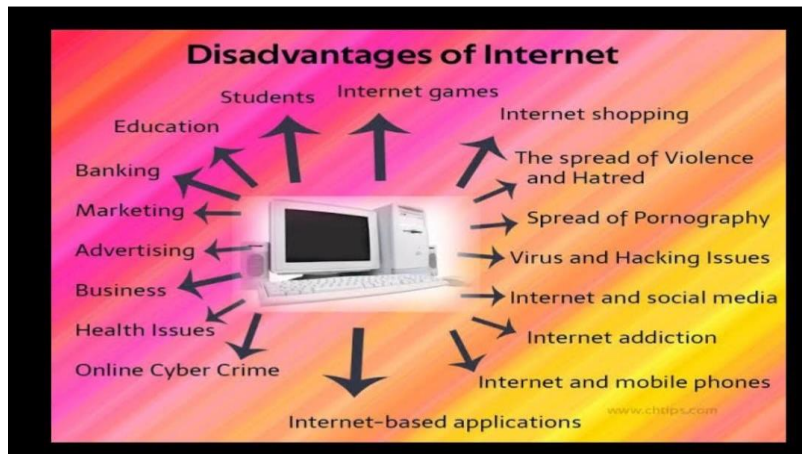
ii. Effortless Sharing: We are thanks to the Internet by sharing and accessing informations by using Web- 2.0, and Web-3.0., even todays people use Web-4.0 took a high reach in web-networks. If you want to tell your 10 or 50 friends about your latest news, you can do so in an instant. You can use social media sites such as Facebook or Twitter. They will all get the news at the same time. You can also share music, videos and any other file.

iii. Entertainment: This is one of the major reasons why many people enjoy and love surfing the Internet – entertainment. You can watch movies, listen to music, read your favorite celebrity gossip columns and play games over the Internet anytime and anywhere you want as long as you have wifi or internet connection. The Internet has become a mammoth amusement park that never closes.

iv. Unlimited Communication: Before the Internet came into existence or the digital era rises, to communicate with someone who isn't in the same room as you, you would have to call them on a phone. Or if you wanted to send them a note you had to send a letter through snail mail. With the introduction of the Internet, we now have

the ability to send and receive messages through electronic mail- virtually instantaneously and without the need of a postage stamp.

Disadvantages of Internet Usage



In the modern word, being connected to the Internet is a way of life. Just like a drug addiction, a shopping obsession or an alcohol problem, too much time spent on the Internet can lead to unhealthy behavioral patterns, poor health outcomes and decreased quality of life.

And because so many children and teens as well as adults require the Internet on a day-to-day basis for work, school or other activities, the potential for Internet addiction is more rampant than ever before.

Internet addiction results in personal, family, academic, financial, and occupational problems that are characteristic of other addictions. Impairments of real life relationships are disrupted as a result of excessive use of the Internet. Individuals suffering from Internet addiction spend more time in solitary seclusion, spend less time with real people in their lives, and are often viewed as socially awkward. Arguments may result due to the volume of time spent on-line. Those suffering from Internet addiction may attempt to conceal the amount of time spent on-line, which results in distrust and the disturbance of quality in once stable relationships.

i. Life interference: Another disadvantage of Internet addiction is the potential for serious consequences in one's career or relationships. Spending too much time online can increase the risk of being late or absent from work, and it can also affect marriages or relationships that can't be sustained due to the severity of the addiction.

ii. Health risks: Internet addiction poses a serious roadblock to maintaining good health. Many people who are obsessed with being online 24/7 do not get adequate exercise, proper nutrition or even exposure to things like fresh air and sunlight. A sedentary lifestyle can lead to serious health complications like heart disease, obesity and diabetes. Those who are always on the computer may also suffer from poor eyesight, as a result of squinting, or bad posture.

iii. Safety concerns: Internet addiction can also pose safety concerns for people who are interacting with other people online. Women and children may be vulnerable to pedophiles or people who intend harm but may be too engrossed in the addictive behavior to realize danger until it's too late.

iv. Social isolation: While many Internet addicts may interact with other people online, it is often at the expense of maintaining or creating new social relationships with people in their "real" lives. Some studies have shown that people with unhealthy Internet habits may be more prone toward aggressive or suicidal behavior as a result of feeling cut off from other human beings.

Review of Related Literature

In this study the some related articles to internet use and the addiction of internet use were analysed critically with the involvement of nursing students. Some of the following reviews are as follows. Tsitsika, et al., (2011), Basuroy, T. (2023), Beard, K. W. (2011), Chou, C., Condron, L., & Belland, J. C. (2005), Cisco, (2018), Hawi, N. S. (2012), Lam, L. T. (2014), Parel & Thomas (2017), Young, K. S. (1999).

Main objectives of the study

- 1. To find out the level of Internet addiction of male and female nursing students in their school life.**
- 2. To find and compare the male and female nursing students on Internet addiction in their student life.**
- 3. To find and compare the rural and urban nursing students on Internet addiction in their student life.**

Methodology of the study

Research design

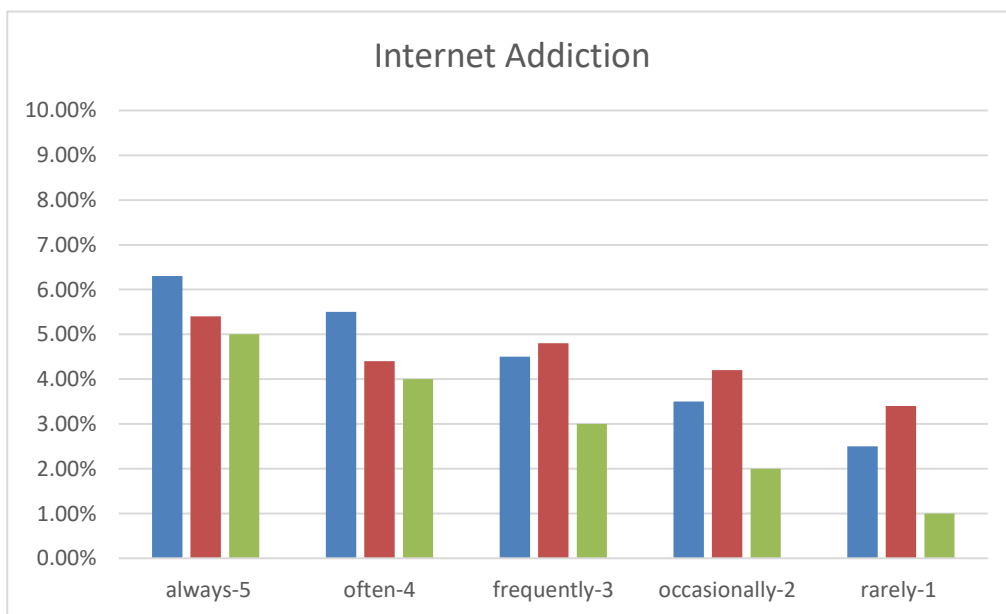
The present study used descriptive research by nature. The study was conducted by using survey method. The population of the study was nursing students studying in University Nursing Colleges of Kashmir Valley. The sample for the study was 110 nursing students from four Nursing Colleges of Kashmir Valley. Simple random sampling method was employed to collect the sample of the study.

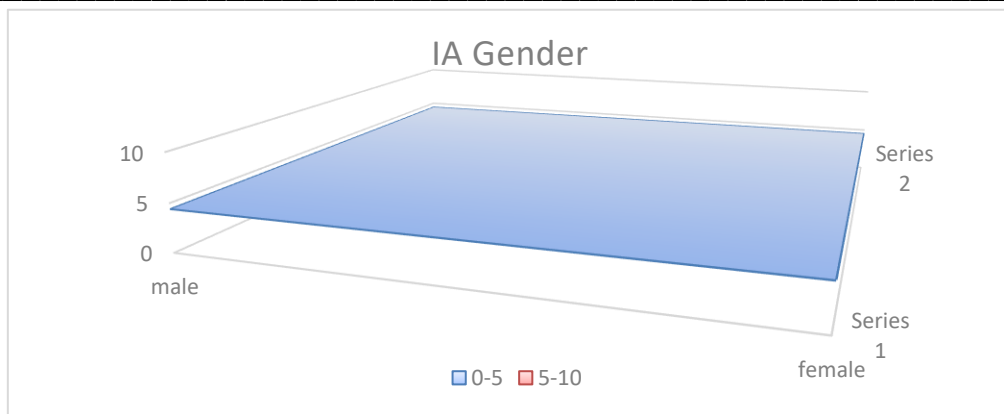
The present study used standard questionnaire by Dr. Kimberley Young (1998) to collect the data. The questionnaire has 20 items of Likert type having six options out of always-5, often-4, frequently-3, occasionally-2, rarely-1 and not-applicable-0 for each statements. The data was collected by using google form from the students studying in University Nursing Colleges of Kashmir Valley.

The data collected by the investigator was organized in tabular form. The likert type Internet Addiction Scale was having positive statements having direct order always-5, often-4, frequently-3, occasionally-2, rarely-1 with coding, all the responses were decoded and converted into numerical form and table is form for these responses.

Analysis and interpretation of data

- 1. To find out the level of Internet addiction of male and female nursing students in their school life.**





In this study the data was analysis on percentage basis, conducted through descriptive in nature the male and females was analysed on five rating types by using questionnaire by Kimberley Young (1998) with five factors, always5, often4, frequently3, occasionally2 and rarely1. It was found, always=60%, often=45%, frequently48%, occasionally40% and rarely 35% that male were 44% and female were 45% addiction of internet

2. To find and compare the male and female nursing students on Internet addiction in their student life.

H₀: There was no significant difference between male and female nursing students on internet addiction in their student life.

To study the comparison of the gender difference of male and female nursing students on internet addiction, t-test (test of significance) was employed to yield the result of the study. The finding of the study is shown in the table below.

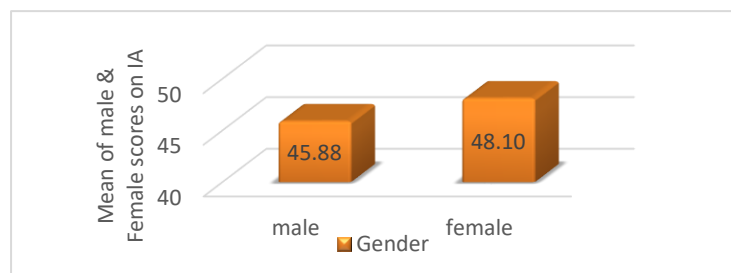
The table 1.2

Shows the mean comparison of male and female nursing students.

IA-Gender	n	Mean	SD	t	p-value
Male	50	45.88	13.25	.82***	.715
Female	60	48.10	14.80		

***p>.05

The table 1.2 shows the overall score of internet addiction of male and female nursing students as mean of male nursing students is (mean=45.88), (SD=13.25) and female nursing students is (mean=48.10), (SD=14.80) and P-value=.75. The p-value (0.75) of the t-test is more than .05 that interrupts at the 0.05 significance level, therefore the null-hypothesis which reads as “there is no significant difference between male and female nursing students on internet addiction in their student life” is accepted. This may interrupt that the mean score of male and female nursing students on internet addiction scale is not significantly different, which indicates that both male and female are same in internet addiction.



3. To find and compare the rural and urban nursing students on Internet addiction in their student life.

H₀: There was no significant difference between male and female nursing students on internet addiction in their student life.

To study the comparison of the gender difference of male and female nursing students on internet addiction, t-test (test of significance) was employed to yield the result of the study. The finding of the study is shown in the table below.

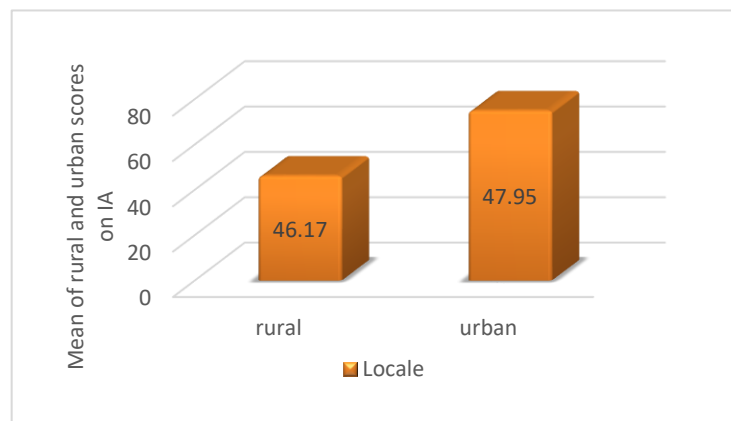
The table 1.2

Shows the mean comparison of rural and urban nursing students.

IA-Gender	n	Mean	SD	t	p-value
Male	53	46.17	13.66	1.92***	.92
Female	57	47.95	14.56		

***p>.05

The table 1.2 shows the overall score of internet addiction of rural and urban nursing students as mean of male nursing students is (mean=46.17), (SD=13.66) and female nursing students is (mean=47.95), (SD=14.56) and P-value=.92. The p-value (0.92) of the t-test is more than .05 that interrupts at the 0.05 significance level, therefore the null-hypothesis which reads as “there is no significant difference between rural and urban nursing students on internet addiction in their student life” is accepted. This may interrupt that the mean score of rural and urban nursing students on internet addiction scale is not significantly different, which indicates that both rural and urban nursing students in their student life are same in internet addiction.



Discussions

In recent arena the Internet addiction (IA) is comparatively used in academic and educational inquiry. Many studies had proposed that internet addiction is like other well researched addictive behaviours, has influenced on many features of persons (both male and female) daily living activities, like academic work performance, physical and psychological health and socialization of an individual(Goldberg 1996, Young 1996).

The main aim of this study was to access the internet addiction nursing students on the basis of gender and location. In the above descriptions in the levels descriptively, it was found, always=60%, often=45%, frequently48%, occasionally40% and rarely 35% that male were 44% and female were 45% addiction of internet. Along with the overall score of internet addiction of male and female nursing students as mean of male nursing students is (mean=45.88), (SD=13.25) and female nursing students is (mean=48.10), (SD=14.80) and P-value=.75. The p-value (0.75) of the t-test is more than .05 that interrupted at the 0.05 significance level. Moreover internet addiction

of rural and urban nursing students as mean of male nursing students is (mean=46.17), (SD=13.66) and female nursing students is (mean=47.95), (SD=14.56) and P-value=.92. The p-value (0.92) of the t-test is more than .05 that interrupted at the 0.05 significance level, The study perpetuated that the mean score of rural and urban nursing students on internet addiction scale is not significantly different, which indicates that both rural and urban nursing students in their student life are same in internet addiction. Indeed, the current research results are in the same line with findings of Iqbal et al. (2014), Kutty and Sreeramareddy (2014), Muussesa et al. (2014), and Alhajjar (2014).

Conclusion and recommendations of the study

A descriptive to examine the level of internet addiction of nursing students of Kashmir Valley. A sample of 97 nursing students responded to questionnaire (Internet Addiction Scale). It was found, always=60%, often=45%, frequently48%, occasionally40% and rarely35% that male were 44.% and female were 45% addiction of internet. The mean difference of the male and female nursing students on the internet usage were observed as mean of male nursing students is (mean=45.88), (SD=13.25) and female nursing students is (mean=48.10), (SD=14.80), and P-value=.75. The p-value (0.75) of the t-test is more than .05 that interrupts at the 0.05 significance level. Therefore this indicated that the mean score of male and female nursing students on internet addiction scale is not significantly different, which indicates that both male and female are same in internet addiction. And the rural and urban nursing students on the internet usage were observed as mean of male nursing students is (mean=46.17), (SD=13.66) and female nursing students is (mean=47.95), (SD=14.56) and P-value=.92. The p-value (0.92) of the t-test is more than .05 that interrupts at the 0.05 significance level, therefore the null-hypothesis which reads as “there is no significant difference between rural and urban nursing students on internet addiction in their student life” is accepted. This may interrupt that the mean score of rural and urban nursing students on internet addiction scale is not significantly different, which indicates that both rural and urban nursing students in their student life are same in internet addiction.

Moreover it is necessary and important to pay more attention to medical and nursing college students’ including psychological morbidity for internet addiction and depression. While conducting an in-services educational program, for college students that will provide the information about the impact of the pathological use of online use on their physical, psychological and mental health. In addition to that of studies, providing controlled intranet services in university/colleges compulsory may play a predominant role in decreasing the prevalence of internet addiction among nursing and overall students in colleges and university. Hence it is also recommended that necessarily to be replicating the study again by using both genders in delimited in a wide range of area of study and for the reasons for Internet addiction and depression to root out some of its common etiological factors that will emulate further exploration. Also, future relationship studies between Internet addiction and stressful life events will also provide a clear explanation for the higher prevalence rate of depression among college/university students.

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