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A study to assess the prevalence of internet addiction among the students of college of nursing, Adesh University, Bathinda, Punjab

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Abstract

Today the Internet is the most powerful tool in the world. It is a collection of various services and resources. Though Internet is playing an important part in our daily life, it has its own advantages and disadvantages. In recent years, Internet addiction has been a worldwide problem among youth. It affects the person mentally, physically and socially too.

The aim of the study was to assess the prevalence of internet addiction among the students of College of Nursing, Adesh University, Bathinda, Punjab.

A descriptive study was conducted on the collegiate students. The sample of 100 collegiate students was selected by using non-probability convenience sampling technique. The data was collected by using Young's Internet Addiction Scale.

Results of the study showed that 2% of students were normal internet users, 24% of students had mild internet addiction, 64% of students had moderate internet addiction and 10% of students had severe internet addiction.

Results showed that majority of the students suffered from internet addiction, so there is a need to start educational program regarding the causes, effects and prevention of Internet addiction.

Keywords: Prevalence, internet addiction, students

Introduction

Internet is an exciting medium that is evolving into an essential part of day to day life all over the world. We all enjoy the benefit of the internet and for many of us it is also an indispensable tool for work, education and communication. Though the device primarily facilitates research, information seeking, interpersonal communication, and business transaction, for some internet users it has become central focus of their life and temptation that is hard to resist. With the increasing importance of internet and online usage increasing dramatically, pathological internet use (Internet addiction) is becoming more common in society. Internet addiction is defined as any online-related compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment.

Persons with Internet addiction disorder can exhibit symptoms, suffer drawbacks and face consequences that are similar to individuals addicted to alcohol, gambling, narcotics, shopping and other compulsive behaviors. One way to describe persons infected with this disorder is that they find the virtual environment to be more attractive than everyday reality. Their daily lives are dominated with their need to be online^[1].

The internet can be addicting to point that disturbs one's life and the lives of those around him. Internet addiction disorder, a psycho-physiological disorder involving tolerance, withdrawal symptoms, affective disturbances and interruption of social relationship^[4].

Based on the latest United Nations Estimates the current population of India is 1,346,879,021 as of Sunday, January 7, 2018, which is equivalent to 17.74% of the total world population^[17].

According to the report given by Ranjani Ayyar (2017), Indians spent 2 hours a day on apps in 2016 and this time duration is going to increase now days. In the first three months of 2017, Indians spent 2.5 hours a day on apps. India also ranked ahead of the US, UK, Germany and France where users spent 1.5-2 hours per day on apps^[21].

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Goel Deepak, Subramanam Annd Alka, Kamath Ravindra (2013) conducted a cross sectional study to assess the prevalence of Internet addiction and its association with psychopathology in Indian adolescents. The data was collected from 987 students of various faculties across the city of Mumbai by using the ‘Internet addiction Test’ questionnaire and Dukes Health Profile. Results showed that 74.5% were moderate users and 0.7% was found to be addicts. Those with excessive use of internet had high scores on anxiety and depression [5].

Internet addiction disorder can cause severe consequences which will result in the loss of a large number of productive lives in the present and future generation. Students have been recognized as an important social issue in various countries because of high prevalence of depression, aggressive behaviour, psychiatric symptoms and interpersonal problem associated with this addiction.

Research statement

A study to assess the prevalence of internet addiction among the students of College of Nursing, Adesh University, Bathinda, Punjab.

Objectives

1. To assess the prevalence of internet addiction among the students of College of Nursing, Adesh University, Bathinda, Punjab.
2. To find an association of internet addiction among students with their selected socio- demographic variables such as age, gender, pocket money per month, age at which started internet access and purpose of using the internet.

Operational definitions

1. **Internet addiction disorder:** It refers to overuse of internet which leads to occurrence of psychosocial and behavioural changes in day to day life like psychological dependence, withdrawal symptom when offline for prolonged periods, loss of control, compulsive behaviour and clinically significant impairment of normal social interaction or distress.
2. **Prevalence:** The degree to which something is existed.

Research methodology

Research design: A Descriptive Research Design

Variables: Research variable- Prevalence of internet addiction

Socio-demographic variables: Age, gender, pocket money

per month, age at which started internet access and purpose of using the internet

Setting: The study was conducted in College of Nursing, Adesh University, Bathinda, Punjab.

Target population: The target population of present study was Students of College of Nursing, Adesh University, Bathinda.

Sample size: The sample of study was comprised of 100 students.

Sampling techniques: Convenience sampling technique was used in this study to select the sample.

Inclusive criteria & exclusive criteria

Inclusive Criteria

1. Students who were able to understand English and Punjabi.
2. Students who were studying in College of Nursing, Adesh University, Bathinda only.
3. Students who were available at the time of data collection.

Exclusive criteria

1. Students who were not willing to participate.

Description of tool

Tool comprised of two parts

Part (a): Socio Demographic variables. It contains 7 items to obtain personal and general information on aspects like age, gender, pocket money per month, age at which started internet access and purpose of using the internet.

Part (b): Young’s Internet Addiction Test was used to collect the data regarding prevalence of internet addiction among collegiate students.

Scoring of young’s internet addiction test

- 0-30: Normal user
- 31- 49: Mild Internet addict
- 50 – 79: Moderate Internet Addiction
- 80-100: Severe Internet addiction

Minimum score – 00

Maximum score- 100

Analysis and interpretation

Part- A

Table 1: Frequency and Percentage Distribution According To Demographic Variables, N=100

Socio-Demographic Variables	Frequency (n)	Percentage (%)
1. Age in years		
a. 17-18	22	22
b. 19-20	38	38
c. 21-22	27	27
d. 23-24	13	13
2. Gender		
a. Male	50	50
b. Female	50	50
3. Religion		
a. Sikh	42	42
b. Hindu	9	9

c. Muslim	49	49
4. Pocket Money Per Month		
a. Less than 500	10	10
b. 500-700	33	33
c. 700-900	24	24
d. Above 900	33	33
5. Duration of Internet Use Per Day		
a. 30 Min. To 1 Hour	12	12
b. 1 Hour – 2 Hours	52	52
c. 2 Hours- 3 Hours	23	23
d. 3 Hours and above	13	13
6. Age at Which started Internet Access		
a. Less than 12	05	05
b. Greater than 12	95	95
7. Purpose of Using the Internet		
a. Knowledge	39	39
b. Games / Chatting	40	40
c. A and B	10	10
d. Others	11	11

The table-1 depicts the following findings

With regard to age higher proportion of students 38 (38%) were in the age group of 19-20 years, 27 (27%) were in the age group of 21-22 years, 22 (22 %) were in the age group of 17-18 years and 13 (13%) were in the age group of 23-24 years.

With regard to gender there were 50 (50%) of them were male and 50 (50%) of them were female.

With regard to religion 49 (49%) students were belong to Muslim religion, 42 (42%) students were belong to Sikh religion and 9 (9%) were belong to Hindu religion.

With regard to pocket money per month, 33 (33%) had greater than 900 pocket money per month, 33 (33%) had 500-700 pocket money per month, 24 (24%) had 700-900 pocket money per month and 10 (10%) had less than 500 pocket money per month.

With regard to duration of internet use, maximum 52 (52%) of students were using the internet 1 – 2 Hours, 23 (23%) of

students were using the internet about 2- 3 Hours, 13 (13%) of students were using the internet for 3 Hours and above, 12 (12%) of students were using the internet 30 min. – 1 Hour.

With regard to age at which internet access started, maximum 95 (95%) of students started internet access at the age greater than 12 years and minimum 5 (5%) of students started internet access at the age less than 12 years.

With regard to purpose of using the internet 40 (40 %) of students were using the internet for gaming and chatting purpose, 39 (39%) of students were using the internet for knowledge purpose, 10 (10%) of students were using the internet for gaming/chatting and knowledge purpose, and 11 (11%) of students were using the internet for other purpose.

Part-B

Objective-II: To assess the prevalence of internet addiction among students.

Table 2: Frequency and Percentage Distribution of the Level of Internet addiction among the students. N= 100

S. No.	Level of internet addiction	Frequency (n)	Percentage (%)
1.	Normal user	2	2
2.	Mild Internet Addiction	24	24
3.	Moderate Internet Addiction	64	64
4.	Severe Internet Addiction	10	10

Table – II depicts that 2% of students were normal internet users, 24% of students had mild internet addiction, 64% of students had moderate internet addiction and 10% of students had severe internet addiction.

Part-C

Objective-II To find an association of internet addiction among adolescents with their selected socio- demographic variables such as age, gender, pocket money per month, age at which started internet access and purpose of using the internet.

Table 3: Association of Internet Addiction among Students with Their Selected Socio-Demographic Variables.

Variable	Normal User	Mild Internet Addiction	Moderate Internet Addiction	Severe Internet Addiction	Chi-Square Value	Df	P-Value
Age							
a) 17-18	0	2	15	5	16.139	12	.185 ^{NS}
b) 19-20	1	10	25	2			
c) 21-22	1	07	18	0			
d) 23-24	0	5	6	3			
Sex							
a) Male	0	4	39	7	19.507	4	.001 ^S
b) Female	2	20	25	3			

Religion							
a) Sikh	1	14	24	2	11.506	8	.175 ^{NS}
b) Hindu	0	4	5	0			
c) Muslim	1	6	35	8			
Pocket Money Per Month							
a) Less than 500	0	3	7	0	10.333	16	.849 ^{NS}
b) 500-700	1	4	23	4			
c) 700-900	1	9	12	2			
d) Above 900	0	8	22	4			
Duration of Internet Use Per Day							
a) 30Min.-1 Hr	1	2	7	1	13.572	12	.329 ^{NS}
b) 1Hr- 2 Hrs	1	13	35	3			
c) 2Hrs- 3 Hrs	0	7	13	3			
d) 3Hrs and above	0	2	9	3			
Age At Which Started Internet Access							
a) Less than 12	0	1	4	0	.877	4	.928 ^{NS}
b) Greater than 12	2	23	60	10			
Purpose of Using The Internet							
a) Knowledge	1	10	25	2	8.481	12	.747 ^{NS}
b) Games / Chatting	1	9	25	5			
c) a and b	0	1	9	0			
d) Others	0	4	5	3			

NS- Non significant, S – Significant

It is evident from the Table- III that Chi square value computed for demographic variable such as age, gender, religion, pocket money per month, duration of internet use, age at which internet access started and purpose of using the internet shown statistically significant association of gender with the level of internet addiction among students.

Major findings: Major findings of the study shows

- 2% of students were normal internet users, 24% of students had mild internet addiction, 64% of students had moderate internet addiction and 10% of students had severe internet addiction.
- There was significant association found between the level of internet addiction and gender.

Conclusion

The study concluded that maximum 64% of students had moderate internet addiction, 24% of students had mild internet addiction and 10% of students had severe internet addiction and 2% were normal internet users.

Recommendations

- Similar study can be conducted on large sample to generalize the findings.
- Similar study can be conducted on different age groups.
- Quasi experimental study can be conducted to improve the knowledge regarding internet addiction.

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