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Suresh Patil
Assistant Professor,
Department of Psychiatric
Nursing, Government College
of Nursing, BIMS, Belgavi,
Karnataka, India

To assess the prevalence of internet addiction and awareness regarding impacts of internet addiction on health among high school students

Suresh Patil

Abstract
Background: Internet addiction has been called Internet reliance and Internet compulsivity. It is a compulsive behavior that completely dominates the addict's life. Internet addicts make the Internet a more significant than family, friends, and work. The Internet becomes the establishing principle of addicts' lives.
Objectives: To assess prevalence of internet addiction, to assess awareness regarding impacts of internet addiction and to find out the association of pretest level of awareness regarding impacts of internet addiction on health among high school students with their selected personal variables.
Methodology: A quantitative approach with exploratory descriptive survey design was adopted for the study. The samples from the selected high schools were selected using convenient sampling technique. The sample consisted of 50 students of high school. The tools used for data collection was structured prevalence of internet addiction and structured awareness scale on impact of internet addiction on health.
Results: The study result reveal that, majority 24 (48%) participants were mildly addicted, 23 (46%) participants were moderately affected and remaining 3 (6%) of participants were severely affected with internet addiction. The participant's awareness mean was 11.80, median was 13, mode was 14 with standard deviation 3.83 and score range was 5-19. Majority 30 (60%) of participants were had moderate level of awareness, 15 (30%) of participants were had poor level of awareness and remaining 5 (10%) of participants were had good level of awareness regarding impact of internet addiction on health.
Conclusion: The findings revealed that prevalence rate of internet addiction was moderate and awareness regarding impact of internet addiction on health was average. There is a need for the education for the young generation regarding health impacts of internet addiction and prevention of it.

Keywords: Internet addiction, awareness, impacts on health, high school students

Introduction

The Internet has become one of the most essential instruments of man for information, job opportunities, and education to entertainment, including social media sites and networking and is gradually becoming a structural part of our day to day life. With the advent of new age smart phones, tablets, and computers, the Internet is readily accessible to the general population or "at the fingertips [1]." The Internet is no longer merely an infrastructure; it has become an unlimited space for information exchange, social networking, and the development of cyber behaviour [2]. Internet addiction has been called Internet reliance and Internet compulsivity. It is a compulsive behavior that completely dominates the addict's life. Internet addicts make the Internet a more significant than family, friends, and work. The Internet becomes the establishing principle of addicts' lives [3].

The advantages and disadvantages of any technology is always a debatable topic in the world. Internet technology, which has given a shift to the world also, has no exception. Though the advantages are discussed by umpteen researchers, the adverse effect orientation has started with the initiation of APA (American Psychological Association) towards high internet usage, which is called addiction and is found as an attributable cause for mental and physical disorders of the internet users [4].

Research on internet addiction have shown that overuse of the internet is associated with social and psychological issues such as depression, loneliness, lower self-esteem and life satisfaction, poor mental health, low family function and academic failures. When compared to other psychiatric co morbidities, depression also showed the strongest correlation with pathological Internet use. Co-morbid social media addiction and depression are a major clinical challenge as the outcomes both conditions are worsened by the other [5].

Corresponding Author:
Suresh Patil
Assistant Professor,
Department of Psychiatric
Nursing, Government College
of Nursing, BIMS, Belgavi,
Karnataka, India

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 control. Excessive time spent online often results in the neglect of familial social activities and interest [6].

Prevention is always better than cure. One way to reduce incidence of internet addiction is by increasing adolescent's adherence to healthy lifestyle by educating, screening, detecting and modification of risk factors. Lack of knowledge and lack of concern for health may result in poor level of health and many health problems. One of the important roles of nurse is to early detection and prevention of diseases. By considering the entire above factors researcher motivated to undertake this problem for study.

Objectives
1. To assess prevalence of internet addiction among high school students at high schools.
2. To assess awareness regarding impacts of internet addiction on health among high school students.
3. To find out the association of pretest level of awareness regarding impacts of internet addiction on health among high school students with their selected personal variables.

Hypothesis
H_{01}: There is no statistically significant association between levels of awareness of high school students regarding impacts of internet addiction on health and their selected socio demographic variables.

Methodology
Research approach: Quantitative research approach.
Research design: Exploratory descriptive design.
Sampling technique: Non-probability; Convenient sampling technique.
Sample size: 50
Setting of study: Selected high school of Belgavi
Tool used: Section I: Socio-demographic variables of participants.
Section II: Internet addiction test.
Section III: Structured awareness scale.

Procedure of data collection
Data was collected after obtaining administrative permission from selected high schools of Belgavi. The investigator personally explained the participants the need and assured them of the confidentiality of their responses. Data was collected by self-administration of the tools. The data analysis was done by using both descriptive and inferential statistics.

Results
a. The findings related to socio-demographic variables of subjects
- Majority 19 (38%) of the participants belong to the age group of 13-14 years.
- Majority 32 (64%) of participants were males.
- Majority 20 (40%) of participants were studying in 9th standard.
- Majority 35 (70%) participants were belonged to Hindu religion.

- Majority 19 (38%) participants parents were doing business.
- Majority 21 (42%) of the participants father were had high school education.
- Majority 26 (52%) of the participants mother were had high school education.
- Majority 27 (54%) of the participants were residing in semi urban areas.
- Majority 19 (38%) of the participants parents were had 8001-12000 income per month.
- Majority 28 (56%) of the participants were not had mobile.
- Majority 22 (44%) of the participants were had accounts in Facebook.

b. Findings related to prevalence of internet addiction among participants

Table 1: Frequency and percentage distribution of participants according to level of internet addiction n = 50.

Level of internet addiction		
Mild F (%)	Moderate F (%)	Severe F (%)
24 (48%)	23 (46%)	03 (6%)

The data presented in the Table 1 depicts the participants level of internet addiction, it reveals that; Majority 24 (48%) participants were mildly addicted, 23 (46%) respondents were affected moderately and remaining 3 (6%) of participants were severely affected with internet addiction.
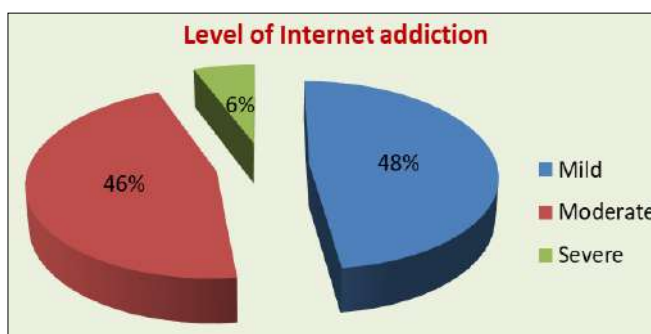

Fig 1: Levels of internet addiction among participants

c. Findings related to awareness on impact of internet addiction on health among participants

Table 2: Mean, median, mode, standard deviation and range of awareness scores of participants, n = 50.

Total scores	Mean	Median	Mode	Standard deviation	Range
0-24	11.80	13	14	3.83	5-19

Table 2 reveals awareness score of participants regarding impacts of internet addiction on health, it shows that, the participants awareness mean was 11.80, median was 13, mode was 14 with standard deviation 3.83 and score range was 5-19.

Level of awareness

Table 3: Frequency and percentage distribution of participants according to level of awareness regarding impact of internet addiction on health, n = 50.

Level of awareness		
Poor F (%)	Moderate F (%)	Good F (%)
15 (30%)	30 (60%)	5 (10%)

The data presented in the Table 3 depicts the participants level of awareness regarding impact of internet addiction on health, it reveals that; majority 30 (60%) of participants were had moderate level of awareness, 15 (30%) of participants were had poor level of awareness and remaining 5 (10%) of participants were had good level of awareness regarding impact of internet addiction on health.
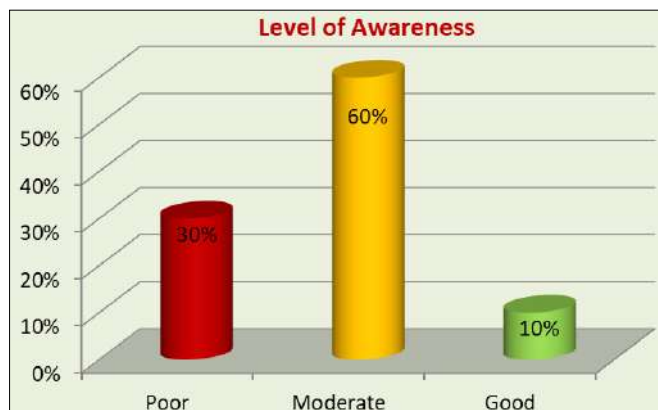

Fig 2: Levels of awareness among participants

d. Findings related to awareness on impact of internet addiction on health among participants

Computed Chi-square value for association between pre-test levels of awareness of high school students regarding impacts of internet addiction on health is not found to be statistically significant at 0.05 levels for any of the selected socio demographic variables. Hence null hypothesis H_{01} is accepted indicating no significant statistical association between level of awareness among high school students regarding health impacts of internet addiction and their selected socio demographic variables.

Discussion

The results of the present study socio demographic variables can be compared with many other studies conducted among the adolescents to assess prevalence of internet addiction. Many studies included adolescents as a participant for the assessing the prevalence of internet addiction and they belonged to 15-20 years of age group. In the present study majority of participants were poorly affected with internet addiction. Similar findings were also found in descriptive study by Kayastha B *et al*. (2018) to find out to assess the level of Internet Addiction and its impact among high school students, revealed that majority (70.5%) of the adolescents were normal users, 23% had a mild addiction, 6% had a moderate addiction and 0.5% had a severe addiction. The majority (73%) of samples had a mild impact, 16.5% had a moderate impact, and 10.5% had no impact. In the present study majority of participants were had moderate level of awareness and similar findings can also be observed in the study conducted by Karthika *et al*. (2017) in that, about 58% of students had average knowledge regarding internet usage, 66.33% majority of students had average attitude, 31% of adults had below average attitude.

Conclusion

The findings revealed that prevalence rate of internet addiction was moderate and awareness regarding impact of internet addiction on health was average. There is a need for the education for the young generation regarding health impacts of internet addiction and prevention of it.

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