

THE PREVALENCE OF PROBLEMATIC INTERNET USE AMONG NURSING STUDENTS: A DESCRIPTIVE SURVEY APPROACH

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Abstract

BACKGROUND OF STUDY: Life with internet has become as easy as it keeps us updated about various information. The Internet has become an integral part of student's life. Student nurses at the beginning of their career are so enthusiastic and curious about learning new things. They prefer browsing the internet about various procedures rather than asking professors. It is not only an integral part, but also has become a vital necessity in the daily life of people, especially students. Nevertheless, its use is also posing a threat to our belief, tending to lose the inner voice: weakening us from doing things to our fullest, which lies within our potential yet escaping to do so. It has important clinical implications, because it may be a common behavioral marker of significant mental health problems that might go understood.

Aim: The aim of the study was to assess the prevalence of Problematic Internet Use among nursing students and to find out the association between Problematic Internet Use with selected socio-demographic variables.

METHODS: A quantitative research approach with exploratory survey design was used to collect the data among 100 students of selected college of Vadodara. They were selected by the non-probability purposive sampling technique. Structured questionnaire was used to assess the prevalence of problematic Internet use. The collected data was analyzed and interpreted using SPSS version 25.

RESULTS: The prevalence of problematic internet use among nursing students revealed that majority (58%) had moderate problematic followed by 38% had mild problematic and only 4% had no problematic internet use with median score of 62 and mean knowledge score was 59.98 with standard deviation was 15.23. The association between prevalence of problematic internet use among nursing students with their selected socio-demographic variables showed that gender of nursing students was statistically significant at $p < 0.05$ level with prevalence of problematic internet use.

Keywords: Assess, prevalence, problematic Internet use, students.

INTRODUCTION

The internet has become an integral part of student's life. The excess use of internet affects the mental health. The problematic internet use (PIU) is heterogeneous concept. There's difference between dependency on internet and dependency to the internet. The over use of internet is one of the indicator of psychosocial problems such as loneliness, low self-esteem, low well-being, social maladaptation, social phobia and social anxiety, and mental disorders such as obsessive compulsive disorder, psychoticism, and even suicidal ideation. It is not only the integral part, but also has become a vital necessity in daily life of people, especially the students. It is like the Centre point of every individual. Nevertheless, its use is also posing a threat to our belief, tending to lose the inner voice: weakening us from doing things to our fullest, which lies within our potential yet escaping to do so. [1]

The excess use of the internet affects mental health. The problematic internet use is the heterogeneous concept. There's a difference between dependency on the internet and dependency to the internet. The overuse of the internet is one of the indicators of psychosocial problems such as loneliness, low self-esteem, low well-being, social maladaptation, social phobia and social anxiety and mental disorders such as obsessive-compulsive disorder, psychoticism, and even suicidal ideation. Excessive Internet Use has been described by four main components: (a) Internet overuse and loss of sense of time, (b)

withdrawal symptoms; tension or depression when use is limited, (c) tolerance; e.g., need for more time online and (d) negative effects on social functioning. [2]

At present, the literature on PIU is mixed on some basic scientific questions. On the one hand, the phenomenon of PIU, of individuals who have serious difficulty controlling their own Internet use, is widely recognized. PIU is not controversial as a new clinical phenomenon. On the other hand, there is considerable debate concerning the theoretical interpretation of this set of symptoms. In particular, there is debate regarding whether the symptoms of PIU represent a completely new psychiatric disorder or these symptoms should instead be considered components of some other underlying disorder or combination of disorders, such as major depression or attention deficit hyperactivity disorder. The evidence is quite strong that people with PIU are likely to have one or more of these other disorders. At this point in time, PIU is best considered a pattern of behavioral and cognitive symptoms which may present distinct operational challenges for students as students require access to the Internet in the course of their everyday work and personal lives. PIU have important clinical implications, because it may be a common behavioral marker of significant mental health problems that might go undetected. [3]

Materials and Methods

The study used a quantitative research strategy, an exploratory survey design and a non-probability purposive sampling technique to examine students concerns about the problematic internet use among 100 students of selected nursing college at Vadodara. These settings were chosen as per the convenience of researcher based on the geographical proximity for current study. The students who were available during the period of data collection, who can understand Hindi and English were included in the study. Students who were excluded were not willing to participate, who were on leave and sick during the time of data collection in this study. Sample size was determined by statistical formula with 5 % error margin. The data was collected with the help of self-structured questionnaire and scale. The questionnaire was including demographic profile (6 items) and structured problematic internet scale (40 items). Analysis and interpretation of the data was done by descriptive and inferential statistics. The data was analysis was done using the software SPSS version 25.0.

Result:

Table 1: Frequency and percentage distribution of demographic variables of nursing students

S. No	Demographic Variables	frequency	Percentage
1	Age in years		
	a. 17-18 years	2	2
	b. 19-20 years	54	54
	c. 21-22 years	44	44
2	Gender		
	a. Female	93	93
	b. Male	7	7
3	Do you stay in hostel		
	i) Yes	39	39
	ii) No	61	61
4	Whom do you stay with		
	a. Parents	47	47
	b. Relatives	10	10
	c. Others	43	43
5	Type of family		
	a. Nuclear family	69	69
	b. Joint family	30	30
	c. Extended family	1	1

Table 1 depicts the frequency and percentage distribution of demographic variables of nursing students. According to their age, majority (54%) were in 19-20 years of age followed by 44% was in 21-22 years of age and 2% were in 17-18 years of age. The

demographic distribution of students shows that, maximum 93% were female students and 7% were male students. With regard to do you stay in hostel, majorities (61%) were not staying in hostel and 39% were staying in hostel. As per whom do you stay with, majority maximum (47%) were staying with parents, 43% were staying with others and 10% were staying with relatives. According to type of family of nursing students, majority (69%) were living in nuclear family, 30% were living in joint family and 1% were living in extended family.

Figure 1: The prevalence of problematic internet use among nursing students

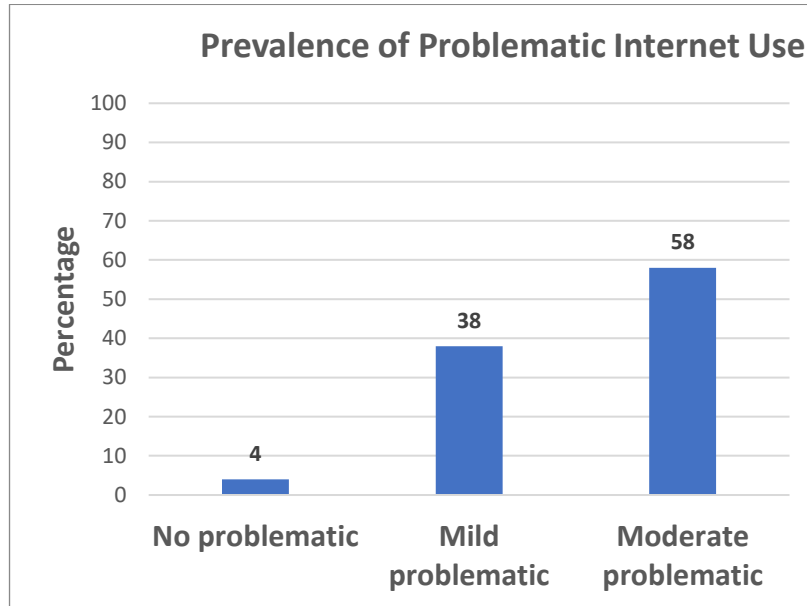


Figure 2 depicts the prevalence of problematic internet use among nursing students revealed that majority (58%) had moderate problematic followed by 38% had mild problematic and only 4% had no problematic internet use with median score of 62 and mean knowledge score was 59.98 with standard deviation was 15.23.

Table 2: Association between prevalence of problematic internet use among nursing students with their selected socio-demographic variables

Demographic Variables	Prevalence of problematic internet use			χ^2 value	df	p value
	No	Mild	Moderate			
Age in years						
a. 17-18 years	0	1	1	3.915	4	0.418 ^{NS}
b. 19-20 years	2	25	27			
c. 21-22 years	2	12	30			
Gender						
a. Female	2	36	55	11.83	2	0.003*
b. Male	2	2	3			
Do you stay in hostel						
d. Yes	3	14	22	2.281	2	0.320 ^{NS}
e. No	1	24	36			
Whom do you stay with						

a. Parents	1	20	26	3.809	4	0.433 ^{NS}
b. Relatives	0	2	8			
	3	16	24			
Type of family						
a. Nuclear family	1	26	42	5.009	4	0.286 ^{NS}
b. Joint family	3	12	15			
c. Extended family	0	0	1			

Table 2 depicts the association between prevalence of problematic internet use among nursing students with their selected socio-demographic variables. Result showed that gender of nursing students was statistically significant at $p < 0.05$ level with prevalence of problematic internet use among nursing students. Other socio-demographic distribution variables such as age, do you stay in hostel, with whom you stay with and type of family of nursing students were not significant at $p < 0.05$ with the level of problematic internet use.

Discussion:

The present study aims to assess the prevalence of problematic internet use among nursing students in selected college at Vadodara. Non-experimental exploratory survey design was adopted to achieve the objectives of this study. A total 100 nursing students were selected based on inclusive criteria of this study using non-probability convenient sampling technique. Data was analyzed using descriptive statistics and inferential statistics. The discussion was done in accordance with objectives of the study.

The first objective of the study was to assess the prevalence of problematic internet use among nursing students.

The analysis of the prevalence of problematic internet use among nursing students revealed that majority (58%) had moderate problematic internet use followed by 38% had mild problematic and only 4% had no problematic internet use with median score of 62 and mean knowledge score was 59.98 with standard deviation was 15.23.

A concurrent study carried out by Hong Chi and others in 2016 showed the prevalence of PIU was 23.3% (95% confidence interval [CI]: 20.7%-25.8%). Multiple logistic regression analysis revealed that second- ($p = 0.024$) and third-year ($p = 0.012$) students were more likely to suffer from PIU compared with first year students. Students with more severe depressive ($p = .014$) and anxiety symptoms ($p = 0.011$) were independently and significantly associated with more severe PIU. After controlling for covariates, nursing students with PIU had a lower overall QOL score ($p = 0.002$). [4]

The second objective of the study was to assess frequency and percentage distribution of demographic variables of nursing students.

In this study, according to their age, majority (54%) were in 19-20 years of age followed by (44%) were in 21-22 years of age and 2% were in 17-18 years of age. Regarding gender of nursing students, maximum 93% were female students and 7% were male students. With regard to do you stay in hostel, majority (61%) was not staying in hostel and 39% were staying in hostel. As per whom do you stay with, majority maximum (47%) were staying with parents, 43% were staying with others and 10% were staying with relatives. According to type of family of nursing students, majority (69%) were living in nuclear family, 30% were living in joint family and 1% were living in extended family.

A similar study carried out in 2021 by Varun Babu and others show frequency and percentage distribution of demographic variables of selected college students. According to the age, the majority of I year 29 (69.0%) falls under 17–18 years, II year 38 (90.5%) falls under 19–20 years, and majority of III year 35 (83.3%) falls under 19–20 years. Most of the Ist year 34 (81.0%) are female and only 8 (19.0%) are male and most of the II year 33 (78.6%) are female and only 9 (21.4%) are male and most of the III year 40 (95.2%) are female and only 2 (4.8%) are male. With regard to medium of schooling, both I and II years 42 (100.0%) studied in English medium and in III year, 39 (92.9%) are studied in English medium. With regard to residence, hostellers are 23 (54.8%) in I year and 20 (47.6%) in II year and 17 (40.5%) in III year and day scholar 19 (45.2%) in I year

and 22 (52.4%) in II year and 25 (59.5%) in III year. With regard to type of family most of the Ist year, II and III years are 34 (81.0%), 36 (85.7%), and 31 (73.8%), respectively, belong to nuclear family. With regard to domicile, most of them are from urban area 29 (69.0%) in I year, 24 (57.4%) in II year, and 29 (69.0%) in III year. According to the state of residence, majority are from Puducherry 22 (52.4%) in I year, 29 (69.0%) in II year, and (70.4%) in III year. Table 2 indicates that II year mean value is 124.6 is less than III year mean value 130.7 which is less than the I year mean of 142.1 for the Level of Adjustment Issues among the selected college students.[5]

The third objective of the study was to find the association between the prevalence of problematic internet use among nursing students with their selected socio-demographic variables.

In this study the association between prevalence of problematic internet use among nursing students with their selected socio-demographic variables. Result showed that gender of nursing students was statistically significant at $p < 0.05$ level with prevalence of problematic internet use among nursing students. Other socio-demographic distribution variables such as age, do you stay in hostel, with whom you stay with and types of family of nursing students were not significant at 0.05 level.

A previous study conducted by Aysun Babacan Gumus in 2015 to investigate relations between problematic internet use, violence trend and some demographic variables in university students. Methods: The study was conducted with students studying at a state university. The sample consisted of 375 university students as 201 female and 174 male. The data were collected using Demographic Information Form, Internet Addiction Scale (IAS) and Violence Proneness Scale (VPS). In the analysis of the data; descriptive statistics student t test, ANOVA, Post hoc Tukey HSD test, pearson correlation analysis and stepwise hierarchical regression analysis were used. Results: The mean age of the students was 21.04 ± 1.65 years (age range 18-28 years). It was found that 82.7% of the students in the study group use internet with the purpose of information, and 78.4% of the students use internet for social and entertainment purposes. According to IAS points; 3.7% of the students are problematic internet use, whereas 30.4% show borderline indications in terms of problematic internet use. According to VPS points; 40% of students have high trend of violence and 2.7% of the students have very high trend of violence. A positive relationship was determined between IAS and VPS mean scores ($r = 0.346$, p). [6]

The findings of study revealed that regarding their age, majority (54%) were in 19-20 years of age followed by (44%) were in 21-22 years of age and (2%) were in 17-18 years of age. Regarding gender of nursing students, maximum 93% were female students and (7%) were male students. With regard to do you stay in hostel, majority (61%) were not staying in hostel and (39%) were staying in hostel. As per whom do you stay with, majority maximum (47%) were staying with parents, (43%) were staying with others and 10% were staying with relatives. According to type of family of nursing students, majority (69%) were living in nuclear family, (30%) were living in joint family and (1%) were living in extended family. Aim was to assess the prevalence of problematic internet use among nursing students

The analysis of the prevalence of problematic internet use among nursing students revealed that majority (58%) had moderate problematic followed by (38%) had mild problematic and only (4%) had no problematic internet use with median score of 62 and mean knowledge score was 59.98 with standard deviation was 15.23.

The internet as become part of our day to day life. It has become the needs of the society. It's over use can leads to complications in life. It helps students to gather information regarding various disease condition, care plan and procedures. On the other hand it helps a lot to nursing students as they can learn two important things. i) Communication, ii) Diagnosing disease.

In this present study the prevalence of problematic internet use among nursing students revealed that majority (58%) had moderate problematic followed by (38%) had mild problematic and only (4%) had no problematic internet use. Hence, there is need to have a glance n the prevalence of problematic internet use among nursing students.

Competing Interests:

No competitive financial interest declaration by any individual or entity or non-financial competing interests, such as political, economic, religious, ideological, scholarly, scientific and commercial or any other competing interests are related in this manuscript.

Ethical approval:

The Institutional Ethics Committee for Human Research at Parul University (PUIECHR/PIMSR/00/081734/4315) in Limda Vadodara gave ethical approval. The principal of college where the study was conducted gave their approval. The students were allowed complete freedom to leave the research at any time throughout the interview without fear of being judged or being asked to explain them.

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