Research Article

Internet Addiction and its Psychological Problems among Nursing Students of Hi-Tech College of Nursing, Bhubaneswar, Odisha, India

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Keywords

Abstract

This aimed investigate the pact internet Addiction psychology among Hi-tech Nursing undergraduate students. This study conducted among 100 Nursing Students. All Participants completed a socio-demographic questionnaire, & Psychological symptoms. Reliability, Correlation & Linear Regression Analysis was used to compare the psychological symptoms between internet addicted & non - addicted Students. This study reveals that according to internet addiction and its psychological problem among nursing students most of them are age group 19 to 22 (98%), gender wise male 5 % and female 95%, equation qualification after intermediate in science 99% only 1% person other education qualification, marks obtain from last semester most of them are 93% was 60% and above monthly income of the family most of them are above Rs. 20,000 and above (79%). Purpose of internet use Personal 74% and 26% are use internet for Professional, year's of internet use most of them are last 2 years to 4 years 76% , site of internet visit learning/research purpose (67%), face book/mail/chatting (23%) and 6% for other purpose .use of internet use daily per hour's most of them are < 2 hours (93%) . Further it was observe through the advance statistical analysis Pearson correlation coefficient & linear Regression analysis for predict the future internet addiction show that a statistical significant among internet addiction and psychological problems have positive impact .

Introduction

The advancement in media and technologies i.e. digital India, internet has emerged as an effective tool in eliminating human geographical barriers. However, excessive use of the Internet has resulted in negative consequences especially among the regular users labelling it as an addiction.

Internet addiction has been the major issue among the students at all the level of health including physical, psychological as well as psychosocial. This condition has taken nautical linear unit of increment in epidemic proportion in both developed and developing nations with the global population predicted on rise to 3 billion by 2015. Student internet addiction is at a significant risk of having psychological problems.[2]

This cross-sectional study involved 100 subjects (18-20 years of age) selected by random sampling from the Nursing student population. Correlation between the internet addiction test scores and the Positive / Negative affect scores was calculated using the Pearson's correlation coefficient.

The availability and mobility of new digital India, Internet addiction has emerged as a potential problem in young people. Based on a growing research base, the American Psychiatric Association for the first time, acknowledging the problems arising from this type of addictive disorder. Adolescents appear to be a population at risk for developing Internet addiction.[8]

In digital era, 61% (6 out of 10) Americans get news online. People share links to news stories by e-mail, post articles on Face book and Twitter by discussing the articles on message boards and other sites. 75% of respondents get news forwarded through e-mail or posts on social networking sites, while 37% of online users get reported news on sites like Face

book and Twitter. A combination of land line and cellular numbers was used in survey. Survey also suggests, social networking sites like Face book and Twitter have made news a more participatory experience. [8,11]

The concept of addiction, though traditionally used to describe a physical dependence on a substance has been applied to excessive use of the Internet. A variety of terms have been used to describe this including ''Internet addiction'' excessive amounts of time spent online, compulsive use of the Internet, difficulty in managing the time spent on the Internet, feeling that the world outside of the Internet is boring, becoming irritated if disturbed while online, decreased social interaction with ''real'' people and increased loneliness and depression. Some Internet researchers have hypothesized that students may be at the highest risk for developing problematic Internet, in part because for many students, online access is free, fast, and available all the time. So, research in this area is strongly recommended. At present, a lot of researches. [1]

Internet addiction is a psychological dependence on the Internet characterized by an increasing investment of resources on Internet-related activities, unpleasant feelings when off-line, an increasing tolerance to the effects of being online, and denial of the problematic behaviours. Thus, Internet addiction review also highlighted the influence of individual, social and technological factors that may predispose adolescents to developing Internet addiction. In addition, the possible negative physiological and social impacts of addiction are highlighted. However, as this review also pointed out – the existing studies on Internet addiction have many inconsistencies and gaps in the measures and research designs employed. Research about the Internet addiction is still in infancy, especially in adolescent stage and development of theoretically and methodologically sound experimental approaches is required to gain a deeper understanding of Internet addiction in adolescents.[6,9]

During the past few decades, the Internet has become increasingly important in adolescents' lives. Recently, among scholars and in the popular media a heated debate has unfolded about the impact of Internet use-especially online communication-on adolescents' well-being. [6]

Internet is a new tool evolving into an essential part of everyday life all over the world, especially in college students who demonstrate overindulgence with the internet. In spite of the widely perceived merits of this tool, psychologists and educators are increasingly pointing out the negative impacts of its use relating to a wide range of physical and psychological problems [4,10]. India is no exception to this global trend of excessive internet use. Few studies have explored problematic internet use in Indian context. It is therefore worthwhile investigating the factors that predispose to problematic internet use among college students in the Indian context. [2]

The term "addiction" has generally been associated with substance use. It has been suggested that excessive internet use could represent addictive behaviour with mental health

implications. An internet addict may typically spend 40–80 hours weekly online. Researchers point that the Internet addiction may be seen in both sexes at earlier ages than other addictions [7].

Internet addiction is typically characterized by psychomotor agitation, anxiety, craving 8, loss of control, impairment of function, reduced decision-making ability 9 which might lead to negative impact on academic performance [10]. A series of problems resulting from the misuse of Internet accompanying the excessive use of Internet is a primary attention of researchers all over the world.

Affect is thus implicated in a range of concepts relevant to substance use, including positive and negative reinforcement, behavioural motivation, and the regulation of cognition [3]. Evidence from epidemiological and clinical studies has consistently shown a strong association between affective disorders and internet addiction [5].

The present study takes into consideration the state and trait aspect of personality in relation to internet addiction. This study was therefore conducted with the aim of finding out the possible correlation between positive or negative affect and internet addiction in a sample population of undergraduate medical students. This could shed some light on the etiological basis of internet addiction, which represents a behavioural addiction. The ultimate target of the study was to assess if a predictive screening tool could be designed in the context of internet addiction as to prevent the potential problems related to addiction.

Materials and Methods

This cross-sectional study was carried out on undergraduate medical students from Hi-tech college of nursing, both male and female undergraduate medical students in the age group of 17-above 23 years, conforming to internet use, were enrolled. A total of 100 students were thus selected by random sampling method by random number table method. Subjects were briefed in detail about the nature and purpose of the study. Confidentiality was assured and informed consent was taken. through questionnaires (English version) were administered to the subjects as described below.

Young's Internet Addiction Test (IAT) is a 20-item scale with a scoring of 0-5 for each question and a total maximum score of 100. Based on the scoring, subjects were classified into normal users (< 20),mild (20-49), moderate (50-79) and severe (>79) internet addiction groups covering the degree to which use of internet disrupts everyday life with the score ranging from 20 to 100. Reliability the study is 0.93. This test assesses the generalized internet addiction.

Positive and Negative Affect Schedule (PANAS) is a 20-item questionnaire designed to measure participants' positive and negative moods. This scale consists of 20 words that describe different feelings and emotions. Some assess positive affect and others assess negative affect. Each of these is

graded from 1 to 5. A total score is thus calculated individually for positive and negative affect. For positive affect, the maximum total score is 100 (Mean ± S.D. – 38.27± 16.95). A higher score represents a higher level of positive affect. For Negative affect, the maximum total score is 100 (Mean score-20.6±7.14). A higher score represents a higher level of negative affect.

Statistical Analysis

Statistical analysis was done using the SPSS version 22.0. Descriptive Statistics were calculated for the continuous variables and frequencies, were computed for the discontinuous variables. Correlation between the variables was assessed by Karl Pearson's correlation coefficient & Linear Regression analysis.

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Internet_Addiction	100	20.00	64.00	36.2400	9.68923
Positive	100	15.00	89.00	38.2700	16.95678
Negative	100	11.00	55.00	20.6000	7.14214

Results

Analysis of data is a process of inspecting, cleaning, transforming and modelling with the goal of discovering useful information, suggesting conclusion and supporting decision. Statistical procedure enables the researcher to summarize, organize, evaluate, interpret and communicate numeric information. Data analysis has multiple facets and approaches encompassing diverse techniques.

Correlations		Internet Addiction	Positive	Negative
Internet Addiction	Pearson Correlation	1	.328**	.050
	Sig. (2-tailed)		.001	.620
	N	100	100	100
Positive	Pearson Correlation	.328**	1	-.006
	Sig. (2-tailed)	.001		.950
	N	100	100	100
Negative	Pearson Correlation	.050	-.006	1
	Sig. (2-tailed)	.620	.950	
	N	100	100	100
**. Correlation is significant at the 0.01 level (2-tailed).				

From the above table label as correlation coefficient matrix , we get Pearson 's correlation coefficient , p-value , we can see that internet addiction and Positive affect is .328 & p value for 2 tailed test of significance is less than 0.05 from these figures we can concluded that there is a moderate correlation coefficient between positive affect and Internet Addiction. But Internet addiction and Negative affect have no correlation (r=0.05,p=0.62).

Model Summary[b]					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.377[a]	0.142	0.096	9.21142	1.849
a. Predictors: (Constant),: Years of internet use, Purpose of internet use, Site of internet visit, use of internet (daily in hour's), Payment for internet use.					
b. Dependent Variable: Internet Addiction					

From the above table value Model summary gives us the R values for assessing the overall fit of the model is 37.7%. The adjusted R square value in this case is 0.096. This tells us that the four IVs in our model account for 0.96 % variance in DV –Internet Addiction.

Coefficients[a]							
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	34.33	5.713		6.009	0	22.986	45.673
Years of interet use	-1.557	1.896	-0.079	-0.822	0.413	-5.321	2.206
Purpose of internet use	-1.682	1.118	-0.145	-1.504	0.136	-3.902	0.538
Site of interet visit	5.392	2.673	0.195	2.017	0.047	0.084	10.699
use of internet (daily in hour's),	-2.394	2.01	-0.116	-1.191	0.237	-6.384	1.597

From the above table level as coefficients that gives the regression coefficients and their significance. These regression coefficients can be used to constructs an Ordinary Least Square (OLS) equation and also to test the hypothesis on each of the IVs. Using the Regression coefficients for IVs & the constant term given under the column labelled B,

So the OLS equation for predicting Internet Addiction as :

Internet Addiction =34.33-1.55(Years of internet use)-1.68 (Purpose of internet use) +5.39(Site of internet visit)-2.39(use of internet (daily in hour's).

The value given under the column labelled Beta can also be used to construct the regression equation. The OLS equation Z (Internet Addiction) = -.07 (Years of internet use)-14 (Purpose of internet use) +.19(Site of internet visit)-.11(use of internet (daily in hour's).
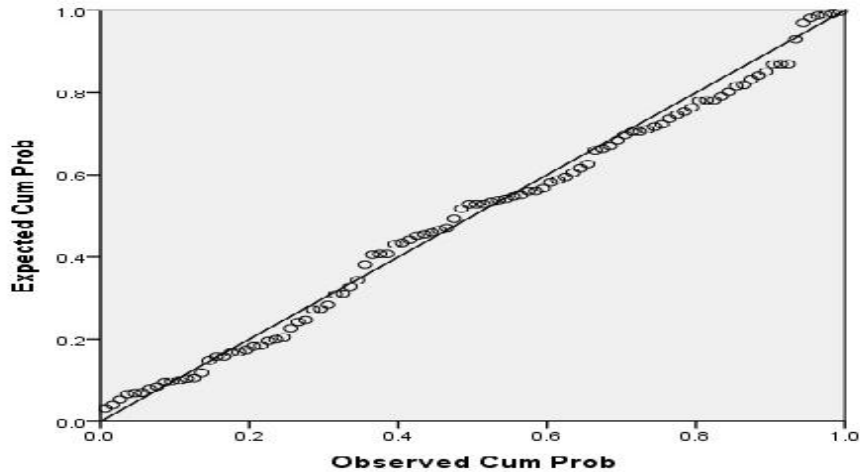
Graph:1. Normal P-P Plot of Regression Standardized Residual Dependent Variable: Internat_Addiction

Summary and Conclusion

Excessive Internet use is emerging as a significant negative outcome of internet use, particularly among adolescent and young adults, are at maximal risk in terms of developing problematic internet use .Apart from the academic pressures, boredom and the lack of time and opportunity to pursue hobbies could also contribute to the internet addiction behaviour. Nursing students appear to be a group of particular concern because of the amount of time they spend on the internet for academic purposes and otherwise, on account of easy access.

Internet addiction and its psychological problem among nursing students most of them are age group 19 to 22 (98%), gender wise male 5 % and female 95%, equation qualification after intermediate in science 99% only 1% person other education qualification ,marks obtain from last semester most of them are 93% was 60% and above monthly income of the family most of them are above Rs. 20,000 and above (79%) . Purpose of internet use Personal 74% and 26% are use internet for Professional, year's of internet use most of them are last 2 years to 4 years 76% , site of internet visit learning/research purpose (67%), face book/mail/chatting (23%) and 6% for other purpose .use of internet use daily per hour's most of them are < 2 hours (93%) .There is some positive impact for psychological factors among the nursing students.

Further it was observe through the advance statistical analysis Pearson correlation coefficient & linear Regression analysis for predict the future internet addiction show that a statistical significant among internet addiction and psychological problems have positive impact.

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How to cite this article:
Bulu Mahanty and Prof. Gopabandhu. Mishra. (2016). Internet Addiction and its Psychological Problems among Nursing Students of Hi-Tech College of Nursing, Bhubaneswar, Odisha, India. International Journal of Advanced Multidisciplinary Research 3(1): 41-45.