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## A Descriptive Study To Assess The Prevalence Of Internet Addiction Among The Gnm 2nd Year Students In A Selected Institution Of Durgapur, West Bengal.

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### ABSTRACT:

Internet addiction (IA) is a growing concern in India and is characterized by an uncontrollable and damaging use of the internet that interferes with daily life. The Pilot study was done on 23rd students of IQ City Institute of Medical Sciences, Durgapur by using non probability convenient sampling technique. Data was collected by using 5 socio-demographic variables and 20 structured questions. Among the GNM 2nd year girls in 18-20 years of age group 66(71.72%) girls use internet; in 21-23 years of age group, 24(26.07%), girls use internet; in 24-25 years age group, 2(2.16) girls use internet. Among the GNM 2nd year, the duration of internet use (19-20) years (71.7%) girls use internet (1-5) hours, (21-22) years (21.7%) girls use internet (6-10) hours, 23-24 years (6.52%) girls use internet more than 10 hours. Among the GNM 2nd year amount of internet use, 24(26.08%), girls use 1GB data, 49(53.26%), girls use 1.5 GB data, 19(20.66%) girls use 2GB data.

**KEYWORDS:** Internet Addiction, Prevalence rate, Knowledge, Nursing students

## INTRODUCTION:

The revolution in computer technology and communication through the internet play pivotal role in today's culture and has affected individuals of different ages. In the present scenario, internet and computer technology are considered as the most effective tool and has been influential in all areas of science, business, education, culture, politics, and etc. One of the major problems that the internet has created is virtual addiction or addiction to the global web world, which has harmful psychological and behavioural effects on the users. Nowadays, internet addiction has been raised as a mental disorder in psychology and medical science and this disorder as a new form of addiction in recent years has attracted the attention of researcher from various fields including psychology, sociology, psychiatry, sociology and other discipline.

Addiction is defined by WHO as dependence, as the continuous use of something for the sake of relief, comfort or stimulation, which often causes cravings when it is absent. Two major categories of addiction of involve substance addiction (e.g. Drug or alcohol addiction) and Behavioural addiction (e.g. mobile phone or internet addiction). Recent research show that smartphone addiction has widespread adverse effects and females are more susceptible for addiction. Unrestricted late-night smartphone use has turned out to a major lifestyle problem these days, and can lead to stress, depression, anxiety, and even more serious complication like daytime somnambulism, occasional violent outbursts.

Addiction to the internet also has been associated with lowered academic performance (Huang and Leung 2009). Young people who make extensive use of internet could become shy and alienated and develop other more serious social and psychological problems.

## NEED FOR THE STUDY:

Asemah et al. examined the influence of social media on the academic performance of undergraduate students of Kogi state university, Nigeria. More students use social media, the more they influence their disposition to study, given the fact that friends from social media begins to exert influence on each other. The study concluded that exposure to social media has negative effect on university students' performance.

According to the study of Shana, students' intention of using internet mainly for making friends and chatting, and only a few percentages (26%) of students use internet for academic purpose. Investigated the effect of internet use and social capital on the academic performance of the students. The study commented that internet usage has less effect on studies and students are more relying on the internet to assess information and entertainment. The study conducted Jeong demonstrated that internet addiction is significantly and negatively affect students' academic performance. Further, Nauert revealed that chatting on Smartphone's might lower grades or freshman female students.

Acuter analysed the relation between internet addiction and academic performance in National University of Sciences and Technology, NUST HQ Campus Islamabad in Pakistan. Investigated the relationship between internet addiction and academic performance among foreign under graduates in University Technology, Malaysia. The study also determined the gender differentiate in internet addiction examined the level of internet addiction among Malaysian youth and excessive use of the addictive level. The study revealed that Internet addiction among Malayalam youth is at high risk and age range of 18 to 25 is found to be susceptible

to internet addiction, Investigated the impact of Internet addiction on students' mental health. The study indicated that there is a significant relationship between internet addiction and mental health of students.

Adolescents and university students are an at-risk group of population for Internet addiction because of their academic and educational needs or stressors that make them unable to control the time spent online (Shaw and Black 2007).

Symptoms such as headache followed by irritability from constant use of the smart phone have reduced concentration especially among students. The frequent messages and calls also result in students being distracted while study. It would hamper students from finishing their homework or assignment and will severely affect their academic results.

## **OBJECTIVES :**

- To explore the study related to use of Smartphone.
- To explore the study related to internet addiction.
- To explore the study related to effect of internet addiction among second year GNM nursing students.

## **OVERVIEW OF THEORETICAL CONCEPTS:**

Theory is a set of concepts, definitions, and propositions that project a systematic view of phenomenon by designing specific interrelationships among concepts for the purpose of describing, explaining, predicting, controlling or prescribing the phenomenon. This present study aims to assess the prevalence rate of internet addiction among nursing students. The conceptual framework of this present study was adopted by Roy's adoption model. This model focuses on the attitude of students towards internet. In which the academic and social changes of students due to overuse of internet addiction and its impact on family, academic and social changes. It effects in physiological changes and self concept effectors. In this present study the effects are assessed by the investigators and college students.

## **RESEARCH METHODOLOGY:**

### **RESEARCH DESIGN:**

Nonexperimental descriptive research approaches will be taken.

### **VARIABLES:**

Variables are qualities, properties or characteristics of a person, things or a situation that change or varies. This research deals with the following variables:

Research variable: Prevalence of internet addiction.

Socio-demographic variables

- Age
- The duration of internet use
- Daily amount of data use

- Father's employment
- Mother's employment
- Extra data recharge after extortion

### **POPULATION:**

A list of 92 students of GNM 2nd year of Maa Sarada Institute of Nursing, West Bengal.

### **SAMPLE AND SAMPLING TECHNIQUE:**

GNM 2nd year student between 18 to 26 years

Non-probability, convenient sampling.

### **SAMPLE SELECTION CRITERIA:**

Inclusion criteria:

Students who are willing to participate in the study.

Students who are available at the time of data collection.

Exclusion criteria:

Students who are not willing to participate in the study.

Students who are not available on the day of data collection.

### **DATA COLLECTION TOOL:**

1. Socio-demographic tool
2. Structured- Questionnaire

### **Development of criteria checklist for validating the tool**

Criteria checklist was developed to validate the tool regarding accuracy, relevance and appropriateness of the tool. Criteria checklist consists of three columns namely agree, disagree and remarks column. Experts were requested to give their valuable opinion and suggestions.

### **Procedure for Data collection**

Prior permission was obtained from the Principal of Maa Sarada Institute of Nursing, Durgapur. Keeping in mind the ethical aspect of research data was collected after obtaining informed consent as well as verbal consent from the sample. The study design found to be feasible by the researchers. A brief self-introduction was given to all the subjects. The purpose of the study was to explain all the subjects and they were assured that confidentiality will be maintained in data collection. Demographic questionnaires were used to collect the baseline data. Questionnaires were given to the students to collect the data.

Pilot study was conducted on 22nd march, 2024. Pilot study was conducted in IQ City Institute of Medical Sciences (Durgapur). Prior to the pilot study, permission was obtained from the principal of the college. Data collection period for pilot study was 1 day. 23 GNM 2nd year students of IQ City Institute of Medical Sciences were selected through randomization method. The purpose of study was explained to the entire sample about the prevalence of internet addiction on mobile phone. At first the questionnaire given to the students.

The main study was conducted on 13.06.24 at Maa Sarada Institute of Nursing, Durgapur, 92 students who fulfilled the inclusive criteria using nonprobability purposive sampling technique were selected.

## RESULTS:

Among the GNM 2nd year girls in 18-20 years of age group 66(71.72%) girls use internet; in 21-23 years of age group, 24(26.07%), girls use internet; in 24-25 years age group, 2(2.16%) girls use internet.

Among the GNM 2nd year, the duration of internet use (19-20) years (71.7%) girls use internet (1-5) hours, (21-22) years (21.7%) girls use internet (6-10) hours, 23-24 years (6.52%) girls use internet more than 10 hours.

Among the GNM 2nd year amount of internet use, 24(26.08%), girls use 1GB data, 49(53.26%), girls use 1.5 GB data, 19(20.66%) girls use 2GB data.

Among 92 participants 45 girls use internet in mild range (48.91%), 44 girls use internet in moderate range (3.27%), 3 girls use internet in severe range (3.27 %).

## CONCLUSION:

The present study assesses internet addiction among the students of GNM 2<sup>nd</sup> year of Maa Sarada Institute of Nursing, Malandighi, Durgapur. According to our research, internet addiction is a very common problem among college students. It has various adverse effect on their academic performance, mental health, online relationship, loss of sleep, defensive & secretive, more time spend, money management (company online shopping & extra data recharge) and many more. Depression and insomnia are more common in internet addicts and over-users. As the internet happens to be a part and parcel of daily life in this modern era, the purpose for which it is being used should be self-evaluated by the users.

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