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A STUDY TO ASSESS THE USAGE OF INTERNET AND KNOWLEDGE REGARDING INTERNET ADDICTION AMONG NURSING STUDENTS AT SELECTED COLLEGE OF NURSING, LUCKNOW

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ABSTRACT

The present study titled "A Study to Assess the Usage of Internet and Knowledge Regarding Internet Addiction Among Nursing Students at Selected College of Nursing, Lucknow" aimed to evaluate the extent of internet usage and knowledge about internet addiction among nursing students. A total of 102 students from all four academic years were selected using a non-probability convenience sampling technique. Data were collected using a structured knowledge questionnaire and Young's Internet Addiction Test (1998). The results showed that 85 students were mildly addicted, 13 moderately addicted, and 4 severely addicted to internet use, with an overall mean knowledge score of 19.38 indicating moderately adequate knowledge. A significant positive correlation (r = 0.86) was found between internet usage and knowledge levels. Significant associations were observed between internet usage and variables such as year of study, father's education, and father's occupation, highlighting the need for targeted awareness programs.

KEYWORDS: *Internet Usage , Knowledge, Internet Addiction*

INTRODUCTION

Background of the study

Internet addiction is defined as any online-related, compulsive behaviour which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment. Internet addiction has been called Internet dependency and Internet compulsivity. By any name, it is a compulsive behaviour that completely dominates the addict's life. Internet addicts make the Internet a priority more important than family, friends, and work. The Internet becomes the organizing principle of addict's lives.[1]

Considering the enormous use of internet among adolescents, it is important to analyze the pattern of internet use among health undergraduates. Besides using internet for information, education, and training for diagnosis, as well as patient management among healthcare students, they are a vulnerable group on account of the time they spend on the internet. The aim of the present study was to estimate the usage of internet and knowledge regarding internet addiction health education undergraduates.[2]

STATEMENT OF THE PROBLEM

A study to assess the Usage of Internet and knowledge regarding Internet Addiction among nursing students at selected college of nursing, Lucknow .

OBJECTIVES OF THE STUDY

1. Assess the usage of internet among nursing students.
2. Assess the knowledge regarding internet addiction among nursing students.
3. Correlate between the level of knowledge and internet usage .
4. Associate the level of knowledge with their selected demographic variables.
5. Associate the level of internet usage with their selected demographic variables.

AIM OF THE STUDY

The aim of the study is to assess the usage of internet and knowledge regarding internet addiction among nursing students at selected college of nursing.

RESEARCH HYPOTHESIS

H_1: There is a significant correlation between internet usage and the level of knowledge among Nursing students at $P \leq 0.05$.
H_2: There is a significant association between internet usage and knowledge scores and the selected demographic variables at $P \leq 0.05$.

REVIEW OF LITERATURE

Panthri K (2020) conducted a descriptive study to assess the level of Knowledge regarding Consequences of Internet Addiction among Adolescents in SGRR Public School, Patel Nagar, Dehradun. A simple descriptive study design with cross sectional survey method was used for this study. The setting of the study was SGRR public school at Dehradun. Population The samples for the present study were comprised of 60 adolescent school children selected by purposive sampling technique. The tool used for data collection is questionnaire. The percentage wise distribution shows that highest percentage (75%) of the samples were having average knowledge regarding consequences, (23%) of them were having good knowledge whereas only (2%) of them were having poor knowledge. It shows that the samples were having previous knowledge regarding the topic. The overall mean score of knowledge regarding consequences of internet

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addiction among samples was 21.45 and standard deviation was 4.918. There was no association between the level of knowledge regarding consequences of internet addiction with their selected demographic variables. [3.]

Feng Y,Ma Y and Zhong Q (2019) conducted a cross-sectional study on the relationship between adolescents' stress and internet addiction: a mediated-moderation model in China . The sample taken was 1,634 middle school students investigated using the Chinese Perceived Stress Scale (CPSS), the Social Anxiety Scale for Adolescents (SAS-A) Chinese Short Form, the Chinese Internet Addiction Scale (CIAS), and the Questionnaire of Family Social-economic Status. The results showed that 12% of the adolescents investigated showed signs of Internet addiction. In conclusion, there was a mediated-moderation effect between stress and adolescent Internet addiction This means that adolescents from different social classes have different types of anxiety when they feel the stress, which influences their choices concerning internet use. This cross-sectional study explored the impact of stress, social anxiety, and social class on Internet addiction among adolescents.[4]

Sajjan S B and. Natekar D S (2019) conducted a preexperimental study on Effectiveness of Video Assisted Teaching Module on Knowledge and Attitude Regarding Health Effects of Internet Addiction Disorders among Adolescents. The research approach used was evaluative approach. The research design selected for this study was preexperimental design one-group pretest post test design without control group. The study conducted at high school Bagalkot. The sample included 50 adolescents and selected by using simple random sampling technique the video assisted teaching module regarding IAD and its prevention was prepared.The study concluded that adolescents have limited knowledge regarding adverse effects of internet addiction and video assisted teaching module was effective in improving the knowledge regarding internet Addiction Disorders among Adolescents.[5]

METHODS

RESEARCH APPROACH: In this study quantitative research approach was used to assess the usage of internet and knowledge regarding internet addiction among nursing studying students.

RESEARCH DESIGN

The research design selected for the present study was Non-experimental descriptive research design.

RESEARCH VARIABLES

Research variables are qualities, attributes ,properties or characteristics that are observed or measured in a natural setting without manipulating and establishing cause and effect relationship.

DEMOGRAPHIC VARIABLES : In present study the demographic variables taken in to consideration are age, gender, year of pursuing b.sc nursing, means of using internet, educational level of father, educational level of mother, religion, occupation of father, occupation of mother, residence and monthly family income.

RESEARCH SETTING :The present study was be conducted at Era College of Nursing, Lucknow .

POPULATION

Target population: The target population of the study is Nursing students studying at Era College of Nursing, Lucknow.
Accessible population: The accessible population of the study is B.Sc Nursing students who come under the age of 18-26 years and studying in Era College of Nursing, Lucknow .

SAMPLE AND SAMPLE SIZE

Sample in this study refers to the BSc. Nursing students who come under the age of 18-26 years.
Sample size: Sample size is calculated on the basis of previous research using the formula (Chochran's formula)

SAMPLING TECHNIQUE

Non Probability convenience sampling technique was used to select the samples for this study.

DESCRIPTION OF THE TOOL AND SCORING PROCEDURE

The tool consists of three sections:
Section-I: Demographic data

- Age
- Gender
- Year of pursuing B.Sc nursing
- Means of using internet
- Educational level of father
- Educational level of mother
- Religion
- Occupation of father
- Occupation of mother
- Residence
- Monthly family income

Section-II Internet Addiction Test

The Internet Addiction Test (IAT): It is the first validated and reliable measure of addictive use of the Internet. Developed by Dr. Kimberly Young(1998) the IAT is a 20-item 5-point Likert scale that measures the severity of self-reported compulsive use of the internet. This questionnaire consists of 20 statements.
0 = Not Applicable
1 = Rarely
2 = Occasionally
3 = Frequently
4 = Often
5 = Always
The maximum score is 100 points.
The IAT total score ranges, with the higher the score representing the higher level of severity of Internet compulsivity and addiction.
Total scores that range from
21-49 mild level of addiction
50-79 moderate level of internet addiction
80-100 severe level of internet addiction.

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Section -III: Structured knowledge Questionnaire regarding internet addiction.

This section consists of 29 items containing questions related to knowledge regarding internet addiction. Each question has one correct response among 4 options and awarded a score of 1 for the correct response according to the predetermined key.

S.No	DOMAINS	NUMBER OF QUESTIONS
1	Knowledge Regarding Internet	**5**
2	Internet Knowledge Regarding Addiction	**5**
3	Knowledge Regarding Consequences Of Internet Addiction	**12**
4	Knowledge Regarding Preventive Measures Of Internet Addiction	**7**

SCORING INTERPRETATION OF KNOWLEDGE QUESTIONNAIRE

LEVEL OF KNOWLEDGE	SCORE	SCORE WEIGHTAGE(%)
Inadequate	Below 10	Below 33
Moderately adequate	11-20	34-66
Adequate	21-30	67-100

RESULTS

The chapter deals with the analysis and interpretation of the data collected to assess the Usage of Internet and knowledge regarding Internet Addiction among nursing students at selected college of nursing. The purpose of this analysis is to dwindle the data in to manageable and interpretable form. The analysis and interpretation of the data in the present study are based on the data collected through Dr Kimberly Youngs Internet Addiction Test and structured knowledge questionnaire from 102 Bsc nursing students. The data was computed by using descriptive and inferential statistics based on the objectives of the study.

ORGANIZATION OF THE DATA

The collected data was analyzed and interpreted under the following headings:-

SECTION 1: Socio demographic data of students studying in BSc nursing.

SECTION 2: Usage of internet assessed by Internet addiction test

SECTION 3: Knowledge assessment regarding internet addiction through questionnaire.

SECTION 4: Correlation between level of knowledge internet and usage .

SECTION 5: Association between the level of knowledge and their selected demographic variables.

SECTION 6: Association between the level of internet usage and their selected demographic variables.

SECTION-I

DESCRIPTION OF SOCIO-DEMOGRAPHIC VARIABLES

Table 1:Table showing frequency and percentage distribution of samples according to socio-demographic variables.

n=102

S.No.	DEMOGRAPHIC DATA	CATEGORY	FREQUENCY (f)	PERCENTAGE (%)
1.	Age	a)18-20 b)21-23 c)24-26	**51** **45** **6**	**50** **44.11** **5.8**
2.	Gender	a)Male b)Female	**5** **97**	**4.90** **95.10**
3.	Year of pursuing B.Sc nursing	a)First year b)Second year c)Third year d)fourth year	**28** **29** **27** **18**	**27.45** **28.43** **26.47** **17.64**
4.	Means of using internet	a)Computer b)IPad c)Mobile phone d)Tablet	**6** **0** **96** **0**	**5.88** **0** **94.11** **0**
5.	Educational level of father	a)Illiterate b)High school c)Intermediate d)Graduate e)Others	**4** **18** **26** **47** **7**	**3.92** **17.64** **25.49** **46.07** **6.86**

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6.	Educational level of mother	a)Illiterate b)High school c)Intermediate d)Graduate e)Others	**8** **26** **27** **31** **10**	**7.84** **25.49** **28.43** **30.39** **9.8**
7.	Religion	a)Hindu b)Muslim c)Christian d)Others	**77** **17** **8** **0**	**75.49** **16.66** **7.84** **0**
8.	Occupation of father	a)Private employee b)Government employee c)Self employed d)No occupation	**30** **41** **23** **8**	**29.41** **40.19** **22.54** **7.84**
9.	Occupation of mother	a)Private employee b)Government employee c)Self employed d)Home maker e)No occupation	**6** **19** **7** **56** **14**	**5.88** **18.62** **6.8** **54.90** **13.72**
10.	Residence	a)Hostel b)Home	**41** **61**	**40.19** **59.80**
11.	Monthly family income	a)Below 10,000 b)10,001-20,000 c)Above 20,000	**21** **35** **46**	**20.58** **9.8** **68.62**

SECTION-2
USAGE OF INTERNET BY INTERNET ADDICTION TEST

n=102

Table 2 : Table showing usage of internet addiction test.

CATEGORY	FREQUENCY(f)	PERCENTAGE(%)
Mild	85	83.3
Moderate	13	12.74
Severe	04	3.92

SECTION-3
KNOWLEDGE ASSESSMENT REGARDING INTERNET ADDICTION.

Table 3:Table showing the level of knowledge regarding internet addiction

n=102

KNOWLEDGE LEVEL	SCORE	FREQUENCY	PERCENTAGE (%)
Inadequate	Below 10	2	1.96
Moderately adequate	11-20	48	47.06
Adequate	21-30	52	50.98
TOTAL		102	100

Table 4 :Table showing the mean score, SD and mean percentage of the knowledge level according to domains.

SECTIONS	Maximum Score	Mean	SD	Mean Percentage
Knowledge regarding internet	5	3.24	0.138	64.8
Knowledge regarding internet addiction	5	4.12	0.079	82.4
Knowledge regarding consequences of internet addiction	12	7.71	0.21	64.25
Knowledge regarding Prevention of internet addiction	8	5.30	0.12	66.25
Over all	30	19.38	0.54	69.42

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SECTION 4

CORRELATION BETWEEN LEVEL OF KNOWLEDGE AND INTERNET USAGE

Table 5: Table showing the correlation between knowledge and internet usage

VARIABLES	Mean	Correlation(r)
Knowledge	20.39	0.86
Usage	38.91	

SECTION 5

ASSOCIATION BETWEEN THE KNOWLEDGE LEVEL AND SELECTED DEMOGRAPHIC VARIABLES.

n=102

S No.	Demographic variable	Inadequate	Moderately adequate	Adequate	df	Calculated Value ($\chi 2$)	'P' Value
		f	f	f			
1	**Age**						
	a)18-20	0	19	27			
	b)21-23	1	24	25	4	1.915	9.49
	c)24-26	0	2	4			
2	**Gender**						
	a)Male	1	3	0	2	4.016	5.99
	b)Female	0	43	54			
3	**Year of pursuing B.Sc nursing**						
	a)First year	0	8	20			
	b)Second year	0	13	14			
	c)Third year	0	9	17	6	13.93*	12.59
	d)fourth year	1	15	5			
4	**Means of using internet**						
	a)Computer	0	3	2			
	b)I Pad	0	0	0			
	c)Mobile phone	0	42	55	6	0.531	12.59
	d)Tablet	0	0	0			
5	**Educational level of father**						
	a)Illiterate	0	3	0			
	b)High school	0	12	7	8	18.83*	15.51
	c)Intermediate	1	15	10			
	d)Graduate	0	14	32			
	e)Others	0	1	7			
6	**Educational level of mother**						
	a)Illiterate	0	4	3			
	b)High school	0	15	10			
	c)Intermediate	1	8	17	8	10.19	15.51
	d)Graduate	0	13	17			
	e)Others	0	4	10			
7	**Religion**						
	a)Hindu	1	36	41			
	b)Muslim	0	7	9	6	5.65	12.59
	c)Christian	0	2	6			
	d)Others	0	0	0			
8	**Occupation of father**						
	a)Private employee	0	16	16			
	b)Government employee	0	13	26	6	5.67	12.59
	c)Self employed	0	14	8			
	d)No occupation	0	5	4			
9	**Occupation of mother**						
	a)Private employee	0	3	4			
	b)Government employee	0	8	12			
	c)Self employed	0	4	2	8	2.22	15.51
	d)Home maker	1	24	30			

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	e)No occupation	0	6	8			
10	**Residence** a)Hostel b)Home	 1 1	 14 26	 41 61	2	4.44	5.99
11	**Monthly family income** a)Below 10,000 b)10,001-20,000 c)Above 20,000	 0 0 1	 13 15 17	 7 20 29	4	5.65	9.49

*** Significant, at P<0.05 level.**

SECTION 6
ASSOCIATION BETWEEN THE LEVEL OF INTERNET USAGE AND THEIR SELECTED DEMOGRAPHIC VARIABLES. **n=102**

S No.	Demographic variable	Inadequate	Moderately adequate	Adequate	df	Calculated Value ($\chi 2$)	'P' Value
		f	f	f			
1	**Age** a)18-20 b)21-23 c)24-26	 37 43 5	 10 7 0	 0 0 0	4	1.49	9.49
2	**Gender** a)Male b)Female	 4 81	 0 17	 0 0	2	0.84	5.99
3	**Year of pursuing B.Sc nursing** a)First year b)Second year c)Third year d)fourth year	 16 25 30 13	 12 4 0 2	 0 0 0 0	6	19.09*	12.59
4	**Means of using internet** a)Computer b)I Pad c)Mobile phone d)Tablet	 6 0 78 0	 0 0 18 0	 0 0 0 0	6	1.36	12.59
5	**Educational level of father** a)Illiterate b)High school c)Intermediate d)Graduate e)Others	 4 14 21 43 3	 0 6 5 2 4	 0 0 0 0 0	8	19.06*	15.51
6	**Educational level of mother** a)Illiterate b)High school c)Intermediate d)Graduate e)Others	 4 25 26 23 0	 3 3 3 5 3	 0 0 0 0 0	8	6.38	15.51
7	**Religion** a)Hindu b)Muslim c)Christian d)Others	 66 15 6 0	 10 3 2 0	 0 0 0 0	6	0.217	12.59

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8	**Occupation of father**						
	a)Private employee	28	3	0			
	b)Government employee	34	8	0			
	c)Self employed	16	5	0	6	59.29*	12.59
	d)No occupation	6	12	0			
9	**Occupation of mother**						
	a)Private employee	3	3	0			
	b)Government employee	16	3	0			
	c)Self employed	6	1	0	8	5.75	15.51
	d)Home maker	49	7	0			
	e)No occupation	12	2	0			
10	**Residence**						
	a)Hostel	32	7	0	2	0.097	5.99
	b)Home	63	10	0			
11	**Monthly family income**						
	a)Below 10,000	19	1	0			
	b)10,001-20,000	27	9	0	4	3.79	9.49
	c)Above 20,000	39	7	0			

DISCUSSION

The findings of the study are discussed under the following headings:

First Objective

Assess the usage of Internet Among Nursing Students

In present study the usage of internet was computed by Dr Kimberly Young's Internet Addiction Test. The study revealed that the frequency of majority of nursing students 85 **(**83.3%) were mildly addicted by internet usage,13 nursing students(12.74%) were moderately addicted by internet usage and least 4 students (3.92%) were severely addicted by internet. This study findings were consistent with the study conducted by **Parel J T and Thomas L** level of internet addiction as rated on Internet Addiction Test (IAT; Young, 1998) is a 20-item 5-point Likert scale, were majority (47.42%) of students had mild addiction, 34.02% had moderate, and 1.03% had severe internet addiction. About 17.52% of students reported with no addiction.

Second Objective

Assess the knowledge regarding internet addiction among nursing students.

The overall level of knowledge regarding internet addiction in which majority of students 52 (50.98%) had adequate knowledge,48(47.05%)had moderately adequate knowledge and 2(1.96%)students had inadequate knowledge.

This study findings were consistent with the study conducted by **Lavanya M** shows that among 60 adolescents, 31(51.67%) had inadequate knowledge, 28(46.67%) had moderate knowledge, 1(1.67%) had adequate knowledge.

There was no statistically significant association between the level of knowledge of adolescents with age, gender, education, father's occupation, mother's occupation, father's education, mother's education, family income, area of living and availability of internet.

Third Objective

Correlate between level of knowledge internet and usage

This study indicates the correlation between the level of knowledge regarding internet addiction and internet usage.The correlation coefficient between level of knowledge and internet usage was calculated using Pearson's coefficient formula and it showed positive correlation (r=0.86) which was statistically computed.

Fourth Objective

Associate the level of knowledge and their Selected Demographic Variables

In present study the results shows that there was significant association between knowledge level regarding internet addiction and year of pursuing B.Sc nursing educational level of father among nursing students at 0.05 level of significance. Other demographic variables such as age, gender ,means of using internet educational level of mother ,religion. occupation of father ,occupation of mother ,area of residence and monthly family income was not statistically significant.

This study findings were consistent with the study conducted by **Lavanya M (2018)** that there was no statistically significant association between the level of knowledge of adolescents with age, gender, education, father's occupation, mother's occupation, father's education, mother's education, family income, area of living and availability of internet.

Fifth Objective

Associate the level of internet usage and their selected demographic variables

The present study shows that there was significant association between the internet usage with year of pursuing B.Sc nursing, educational level of father and Occupation of father. H_2 rejects the hypothesis for other demographic variables.

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This study findings were consistent with the study conducted by **Kayastha B, Gurung A, and Chawal R (2018)**.The study revealed that there was a significant association between IA among adolescents studying in selected high schools with some of their selected demographic variables, viz., age, class, number of siblings and occupation of father of high school students and the null hypothesis (H02) was rejected. Whereas no significant association was found with rest of variables, viz., gender, religion, types of family, presently residing, place of residency, education of father, education of mother, occupation of mother and mode of internet access. And the null hypothesis (H02) was accepted.

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