Original Article

Internet Addiction among Nursing Students in Kathmandu

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ABSTRACT

Introduction: Life has become easier with the advent of internet; however excessive use of internet has created a lot of problems. Use of Internet for education, recreation and communication is increasing day by day. The nursing students use internet for their academic purposes. The availability of internet on the mobiles and the computer/laptops makes the student to access the internet very easily, thus there is a chance of internet addiction. The aim of the study was to find out the internet addiction among nursing students.

Methods: A descriptive cross-sectional research design with non probability purposive sampling technique was used. A total of 113 BSc nursing students studying at Maharajgunj Nursing Campus (MNC) of the Institute of Medicine during September and October 2018 were included. Self-administered structured questionnaire was used for data collection. Descriptive and inferential statistics was used for data analysis.

Results: Study findings revealed that the age of the respondents ranged from 18-26 years with mean age ± SD=20.84±1.57. Almost all (90.3%) were living in the hostel and almost all (97.3%) of respondents utilized internet for educational and non-educational purposes. Most (92.9%) of the respondents were average on-line user (mild addiction). Of the total, 6.2% were experiencing occasional or frequent problems (moderate addiction) while 0.9% was significant problems (severe addiction). There was significant association of internet addiction level with educational level (p=0.005), mother's education (p=0.002) and occupation (p=0.044).

Conclusion: Nursing students are utilizing the internet for educational and non educational activities which causes internet addiction. Counseling and education should be emphasized to increase awareness to prevent internet addiction among the nursing students.

Keywords: Academic, Internet Addiction, Nursing Students

INTRODUCTION

Life has become easier with the advent of internet; however excessive use of internet has created a lot of problems (Shakya & Sharma, 2015). A new psychological disorder has emerged: "Internet addiction", also inconsistently referred to as "excessive Internet use", "problematic Internet use", "Internet dependency", or "pathological Internet use" (Jongho et al, 2014).

The internet can have a negative impact on youths and young adults in particular if it is not utilized in a controlled and proper way (Nath et al, 2016). The nursing students (youths) use internet for their academic purposes. The availability of internet on the mobiles and the computer/laptops makes the student to access the internet very easily, thus there is a chance of internet addiction and this can affect their personal, family, academic, interpersonal and social life (Chacko et al 2015). Owing to web-based technologies and increases of internet access in Latin America and Asia, internet use has increased dramatically across the world reaching the number of global internet users more than 2.3 billion in 2011 (Jongho et al., 2014). Poli (2017) revealed approximately 40% of the world population is online.

A study conducted by Ni et al (2009), among 3,557 people aged 18-22 in China showed that 6.44 % were

addicted. Similar study conducted by Anderson (2001) among 1,302 people aged 18-22 in US showed that 8.1% were addicted. In Nepal, study was conducted by Pramanik et al; (2012) showed that 40% had mild, 41.53% moderate and 3.07% had severe addiction. Marahatta et al (2015) conducted a study among 236 health science students and revealed that 50.8% had mild, 40.7% moderate and 1.3% severe addiction. Bhandari et al; (2017) conducted a study among 984 students in 27 undergraduate campuses results revealed that internet addiction had 35.4%. In Nepal, there was dearth of information on internet addiction among nursing students. Therefore, this study was conducted to find out the internet addiction among the nursing students.

METHODS

A descriptive cross-sectional study was done to find out the internet addiction among BSc nursing students studying in Maharajgunj Nursing Campus (MNC) of the Institute of Medicine during Sept/ Oct 2018. All students (n=113) of 1st, 2nd year, 3rd year and 4th year were included in the study. Ethical approval was taken from the Institutional Review Committee of Institute of Medicine and informed written consent was taken from the students. Data was collected using self-administered structured questionnaire and internet addiction test scale developed by Dr. Kimberly Young (Boschert, 2013) is a self-rated scale developed for screening and measuring level of internet addiction and has been used extensively for this purpose worldwide. It contains twenty questions related to internet usage to be scored on Likert scale from 0 (does not apply) to 5 (always). A total score of between 20 and 49 represent average on-line user (mild addiction), between 50 and 79 represent occasional or frequent problem (moderate addiction), between 80 and 100 represent significant problem (severe addiction). Data entry and analysis was carried out using SPSS version 16, both descriptive and inferential statistics (chi square test) were used for data analysis.

RESULTS

Table -1 shows that majority (63.7%) of the students were from age group 18-21 years. Mean age was 20.84 years with SD as 1.57. Almost all (90.3%) were living in the hostel. Majority (75.2%) of the respondents were Brahmin and Chhetri. 94.7% were Hindu. Among the 113 students, 25 (22.1%) were from first year, 33 (29.2%) from second year, 24 (21.2%) from third year and 31(27.4%) from fourth year. Half (50.4%) of the respondents family income were sufficient for 12 months and extra savings. Majority of their mothers (39.8%) and fathers (46.9%) had bachelor and above education. Majority of the mothers (37.2%) and fathers (52.2%) occupation were service.

Table 1: Socio-demographic Characteristics of the Respondents (n=113)

Characteristics	Number	Percentage
Age (in Years)		
18-21	72	63.7
22-26	41	36.3
Mean ± SD=20.84±1.571		
Place of residence		
Home	11	9.7
Hostel	102	90.3
Ethnicity		
Brahmin/Chhetry	85	75.2
Janajati	28	24.8
Religion		
Hinduism	107	94.7
Buddhist	6	5.3
Educational Level		
1st year	25	22.1
2nd year	33	29.2
3rd year	24	21.2
4th year	31	27.4
Mother Education		
Can not read and write	3	2.7
Primary	19	16.8
Lower secondary	2	1.8
Secondary	31	27.4
Higher secondary	13	11.5
Bachelor and above	45	39.8
Father Education		
Can not read and write	2	1.8
Primary	13	11.5
Secondary	29	25.7
Higher secondary	16	14.2
Bachelor and above	53	46.9
Mother Occupation		
Home maker	26	23.0
Service	42	37.2
Business	31	27.4
Farmer	12	10.6
Painter, handycraft	2	1.8
Father Occupation		
Service	59	52.2
Business	36	31.9
Farmer	10	8.8
Other (driver, painter, handycraft, press operator)	6	5.3
Retired	2	1.8

Table-2: Level of Internet Addiction of the Respondents

n=113

Level of Internet Addiction	Percentage
Average on-line user (20-49 score)	92.9
Experiencing occasional or frequent problems (50-79 score)	6.2
Significant problems (80-100 score)	0.9

Table-2 displays that almost all (92.9%) of the respondents were average on-line user, 6.2% were experiencing occasional or frequent problems and 0.9% was significant problems because of internet.

Table-3: Impact of Internet Addiction on Education

n=113

Variables	Percentage
Utilizing the Internet	
For educational purposes	2.7
Both (for educational and non educational purposes)	97.3
Academic Performances	
Increased	24.8
Decreased	18.6
Same Level	56.6
Study Habit	
Increased	16.8
Declined	40.7
Same	42.5
Absenteeism	
Increased	19.5
Decreased	80.5
Exams	
Attended	98.2
Skipped	1.8

Table-3 shows that out of 113, most (97.3%) of respondents utilized the internet for educational and non educational purpose. More than half (56.6%) of respondents' academic performances were same level. Near to half (42.5%) of respondents study habit were same. Most (80.5%) of the respondents' absenteeism was decreased. Almost all (98.2%) of respondents attended exam.

Table-4: Association between Level of Internet Addiction and Socio-demographic Variables

n=113

Variables		Level of Internet Addiction			Chi Square	p-value
		Average on-line user N(%)	Occasional/ frequent problems N(%)	Significant problems N(%)		
Age	18-21	68 (94.44)	4 (5.56)	-	1.950	0.417 *
	22-26	37 (90.24)	3 (7.32)	1 (2.44)		
Place of Residence	Home	10 (90.9)	1(9.1)	-	1.430	0.571*
	Hostel	95 (93.1)	6(5.9)	1(1.0)		
Ethnicity	Brahmin/ Chhetri	79 (92.9)	5(5.9)	1(1.2)	0.647	1.000*
	Janajati	26 (92.9)	2(7.1)	-		
Religion	Hinduism	99(92.5)	7(6.6)	1(0.9)	1.334	1.000*
	Buddhist	6 (100)	-	-		
Educational Level	1st year	24(96)	1(4.0)	-	12.091	0.005*
	2nd year	33(100)	-	-		
	3rd year	18(75.0)	5(20.8)	1(4.2)		
	4th year	30(96.8)	1 (3.2)	-		
Family Income	Sufficient for 6 months	13(92.9)	1(7.1)	-	6.553	0.110*
	Sufficient for 12 months	42(100)	-	-		
	Sufficient for 12 months and extra savings	50 (87.7)	6(10.5)	1(1.8)		

Level of significance ≤ 0.05 ** Fisher exact test*

Table-4 presents that there was association of internet addiction level with educational level (p =0.005) of respondents. But there was no association of internet addiction with age ((p =0.417), place of residence (p=0.571), ethnicity (p=1.000), religion (p=1.000) and family income (p=0.110).

Table-5: Association between level of Internet addiction and Parent's Education and Occupation

n=113

Variables		Level of Internet Addiction			Chi Square	p-value
		Average on-line user n(%)	Occasional or frequent problems n(%)	Significant problems n (%)		
Mother Education	Illiterate	3 (100)	-	-	24.062	0.002*
	Primary	19 (100)	-	-		
	Lower secondary	-	1(50)	1(50)		
	Secondary	31(100)	-	-		
	Higher secondary	11(84.6)	2(15.4)	-		
	Bachelor and above	41(91.1)	4(8.9)	-		
Father Education	Illiterate	2(100)	-	-	8.277	0.597*
	Primary	3(100)	-	-		
	Secondary	27(93.1)	1(3.4)	1(3.4)		
	Higher secondary	4(87.5)	2(12.5)	-		
	Bachelor and above	49(92.5)	4(7.5)	-		
Mother Occupation	Home maker	26(100)	-	-	14.072	0.044*
	Service	39(92.9)	3(7.1)	-		
	Business	28(90.3)	3(9.7)	-		
	Farmer	11(91.7)	-	1(8.3)		
	Other	1(50)	1(50)	-		
Father Occupation	Service	56(94.9)	3(5.1)	-	14.133	0.086*
	Business	32(88.9)	4(11.1)	-		
	Farmer	10(100)	-	-		
	Other	6(100)	-	-		
	Retired	1(50)	-	1(50)		

Level of significance ≤ 0.05 **Fisher exact test*

Table-5 reveals that there was association of internet addiction level of respondent's with mother's education (p=0.002) and occupation (p=0.044). But there was no association with father's education (p=0.597) and occupation (p=0.086)

DISCUSSION

This study shows that majority (63.7%) of the students were from age group 18-21 years and mean age was 20.84 years with S.D. as 1.57. Most (90.3%) of the respondents were living in the hostel. Majority (75.2%) of them were *Brahmin* and *Chhetri*.Almost all (94.7%) were *Hindus*. Among the 113 BSc nursing students 25 (22.1%) were from first year, 33 (29.2%) from second year, 24 (21.2%) from third year and 31 (27.4%) from fourth year. Half (50.4%) of the respondents family income were sufficient for 12 months and extra savings. Majority of respondents' mothers (39.8%) and fathers (46.9%) were bachelor and above education and mothers (37.2%) and fathers (52.2%) occupation were service.

In relation to internet addiction level, present study showed that most (92.9%) of the respondents were average on-line user (mild), 6.2% were experiencing occasional or frequent problems (moderate) and 0.9% was significant problems (severe). However on the contrary,Marahatta et al., (2015) reported 50.8% had mild, 40.7% moderate and 1.3% had severe addiction. Similarly Pramanik et al., (2012) reported 40% had mild, 41.53% moderate and 3.07% severe addiction. This variation in results may be due to population, sampling method and time difference with previous study.

With regard to impact of internet addiction on education, this study showed that, most (97.3%) of respondent utilized internet for educational and non educational purpose. More than half (56.6%) of respondents' academic performances were same level. Near to half (42.5%) of respondents study habit were same. Most (80.5%) of respondents' absenteeism was decreased. Almost all (98.2%) of respondents attended exam. These results are different from the study conducted by Akhter et al., (2013) that showed internet can distract students from their study. Greater use of the internet by dependent users will increase the probability of missing classes and lower grades. Variation in results may be due to different in population, instrument and sample size.

The findings of this study also showed significant association of internet addiction level with educational level (p=0.005), mother education (p=0.002) and mother occupation (p=0.044). But there was no association of internet addiction with age (p=0.417), place of residence (p=0.571), ethnicity (p=1.000), religion (p=1.000), family income (p=0.110), father education (p=0.597) and father occupation (p=0.086). However, in contrast, Bianchini et al., (2017) reported that associationof internet use with educational level was not significant (p=0.704). This variation in results may be due to different in population, sample size, and setting. Nearly similar result was reported by Ahmadi(2014) that students whose father and/ or mother had a doctorate degree were most likely to have internet addiction (P<0.001 for both). Job engagement of mothers was significantly associated with students' internet addiction.

CONCLUSION

Based on the study findings, it can be concluded that majority of the nursing studentsare average on-line user and very few have significant problems because of internet use. All most allutilized the internet for both educational and non educational purposes. Nursing students are vulnerable for internet addiction and efforts should be taken to increase awareness regarding internet addiction and its impact.

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