A Study to Assess the Level of Physical Health Due to Internet Addiction among College Students of Selected College at Sabarkantha District with a View to Develop Sim

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Abstract: *The Internet, sometimes called simply "the Net," is a worldwide system of computer networks - a network of networks in which users at any one computer can, if they have permission, get information from any other computer (and sometimes talk directly to users at other computers). The study aim was to find out selected physical health problem due to internet addiction among college students of selected college students at Sabarkantha district with a view to develop sim. Subject and methods: cross sectional survey method was used. The study was conducted in selected college students of at Sabarkantha district, data was collected from total 100 college students available at time of study using purposive sampling technique. Tool used: Internet Addiction Test and Physical stress test. Result: In the result of Knowledge of samples regarding It was inferred that majority of Students 54(54%) had mild internet addiction, 42(42%) had moderate internet addiction, and 4(4%) had severe internet addiction. There is significant association of knowledge score with selected demographic data such as Age, since how long are you using internet.*

Keywords: Assess, Physical, Health problem, Internet addiction, Develop.

1. Introduction

The Internet is the more democratic media them last times. And for being anarchical, it's open to all manifestations, artistic also. The Internet is a worldwide system of computer networks - a network of networks in which users at any one computer can, if they have permission, get information from any other computer. The original aim was to create a network that would allow users of a research computer at one university to "talk to" research computers at other universities. Approximately 160 million people in the United States have access to the Internet, representing a 24% share of the world's Internet user population, and this number continues to increase. Among the Internet-using population, the fastest growing group is the category of adults aged 55 and over, while individuals ranging from 18-34 years of age represent the "most active online users". Additionally, it is estimated that by 2004, almost 91% of this age group will be online. College students in particular represent a substantial part of this growth.

Aim: This study aimed to assess the level of physical health due to internet addiciton among college students of selected college at Sabarkantha district with a view to develop sim.

Subjects and Method:

Research design: Cross sectional survey design was used.

Setting: The study was conducted in selected urban and rural area of Surat.

Subjects: 100 college students from selected college at Sabarkantha district.

Tools:
Section-I demographic variables
Section-II Internet Addiction Test

In the tool, 20 questionnaires and ranking were given rarely, occasional, frequently, often, always internet addiction.

Section-III Physical stress test
Physical Stress test Scale consists of 20 structured questionnaire and ranking were given as Not at all, Some of the time, good part of time, Most of the time.

Ethical Consideration
The study was approved from the dissertation committee prior to conduct the pilot study and main study. Confidentiality was maintained throughout the study.

Validity and Reliability: The tool was translated into Gujarati language by Gujarati expert translated tool was retranslated into English-by-English experts. Thus, content validity of translated tool was established. Reliability was established using The Cronbach's Alpha coefficient test. The value obtained for Internet Addiction Scale 0.82 and for PST Scale 0.75. Data collection: The translated tool was administered to the samples after explaining about study. The samples needed 15-20 minutes to answer the tool. The data was collected from 20 Jan 2022 to 23 Feb 2022.

Data analysis: Data was organized and analyzed using descriptive and inferential statistics. Quantitative data was analyzed using mean and standard deviation. Paired t test was used to determine Comparison of risk behavior and attitude towards trauma prevention among adolescents between urban and rural setting. Karl Pearson co-efficient was used to determine correlation between risk behavior and attitude towards trauma prevention among rural and urban sample whereas Chi square test was used to determine association with demographic variables.

2. Result and Discussion

Description of the students according to their demographic characteristics, n=100

Demographic Variables		Frequency	Percentage (%)
Age			
a)	17-19	20	20
b)	20-22	30	30
c)	23-25	20	20
d)	26-28	30	30
Gender			
a)	Male	76	76
b)	Female	24	24
Education			
a)	1st Year	27	27
b)	2nd Year	34	34
c)	3rd Year	39	39
d)	4th year	0	0
Do you have smart phone with internet connection			
a)	Yes	80	80
b)	No	20	20
Since how long are you using internet?			
a)	1-3 year	55	55
b)	4-6 year	34	34
c)	7-9year	3	3
d)	Above 10 year	8	8
Area of residence			
a)	Rural	58	58
b)	Urban	42	42
How many hours using mobile in day			
a)	0-2 hrs	3	3
b)	3-4 hrs	30	30
c)	5-6 hrs	32	32
d)	More than 6 hrs	35	35
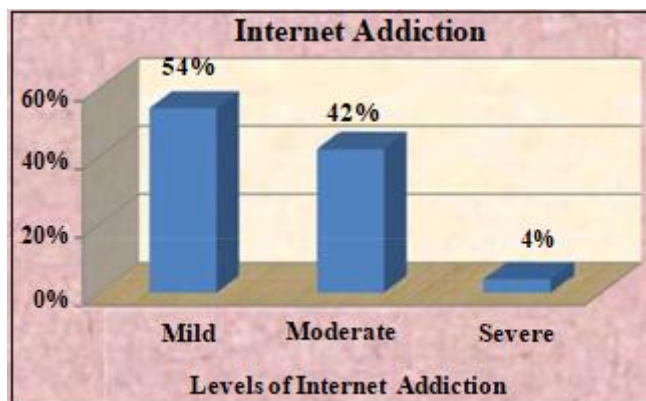
It was inferred that majority of Students 54(54%) had mild internet addiction, 42(42%) had moderate internet addiction, and 4(4%) had severe internet addiction.

Level of Physical Stress	Level of Internet Addiction					
	Mild		Moderate		Severe	
	f	%	f	%	f	%
Normal	15	15	2	2	0	0
Mild	12	12	8	8	0	0
Moderate	19	19	22	22	4	4
Severe	6	6	6	6	0	0
Extremely Severe	2	2	4	4	0	0

Regarding frequency and percentage of level of Physical stress among Students with the level of internet 41 addiction, in mild level of internet addiction 15(15%) were normal, 12(12%) had mild Physical stress, 19(19%) had moderate Physical stress, 6(6%) had severe Physical stress and 2(2%) had extremely severe Physical stress, in moderate level of internet addiction 2(2%) were normal, 8(8%) had mild Physical stress, 22(22%) had moderate Physical stress, 6(6%) had severe Physical stress and 4(4%) had extremely severe Physical stress, and in severe level of internet addiction 4(4%) all had moderate Physical stress.

Association between the selected demographic variables and their level of internet addiction among students with internet addiction, N=100

	Demographic Variables	Internet Addiction						Chi. Square X2
		Mild		Moderate		Severe		
		f	%	f	%	f	%	
Age								
a)	17-19	10	10	6	6	4	4	7.18 S (p<0.05)
b)	20-22	18	18	9	9	3	3	
c)	23-25	10	10	10	10	0	0	
d)	26-28	15	15	10	10	5	5	
Gender								
a)	Male	39	39	34	34	3	3	0.99 NS (p>0.05)
b)	Female	15	15	8	8	1	1	
Education								
a)	First year	18	18	9	9	0	0	10.69 NS (p>0.05)
b)	Second year	17	17	15	15	2	2	
c)	third year	18	18	19	19	2	2	
d)	Fourth year	0	0	0	0	0	0	
Do you have smart phone with internet connection								
a)	Yes	41	41	27	27	12	12	8.82 NS (p>0.05)
b)	No	10	10	7	7	3	3	
Since how long are you using internet.								
a)	1-3 year	32	32	19	19	4	4	13.93 S (p<0.05)
b)	4-6 year	19	19	15	15	0	0	
c)	7-9year	2	2	1	1	0	0	
d)	Above 10year	1	1	7	7	0	0	
Area of residence								
a)	Rural	30	30	18	18	10	10	4.36 NS (p>0.05)
b)	Urban	20	20	10	10	12	12	
How many hours using mobile in day								
a)	0-2 hrs	0	0	3	3	0	0	9.63 NS (p>0.05)
b)	3-4 hrs	17	17	12	12	1	1	
c)	5-6 hrs	14	14	15	15	3	3	
d)	More than 6 hrs	22	22	13	13	0	0	

Table shows that there was a significant association between selected demographic variables such as age, since how long are you using internet.

3. Conclusions

1) Knowledge deficit existed in all the area of Selected assess the level of physical health due to internet addiction among students of selected college at Sabarkantha district with a view to develop SIM.
2) Inadequate knowledge existed in area It was inferred that majority of Students 54(54%) had mild internet addiction, 42(42%) had moderate internet addiction, and 4(4%) had severe internet addiction.
3) Samples gained significant knowledge after they exposed to SIM.
4) There is significant association of knowledge score with selected demographic data such as, Age, since how long are you using internet.
5) There is a significant relationship between the level of internet addiction and selected physical problems among student with internet addiction.

4. Implications

Nursing Education
Nursing education must be re-oriented to Mobile addiction, thus enabling prospective nurse to be well prepared to assist school facilities and community at large to develop self-ability to prevent. Nurse educators should have responsibility in upgrading the knowledge of students on Mobile addiction and control and prevention and effect on health.

Nursing Practice
Nurses play vital role in imparting health services in all levels-preventive, promotive and curative. Nurse's active participation in Mobile addiction by environment health programmes to be create awareness among students direct and indirect helps to achieve these goals of health services. The investigator as a nurse felt that Teachers deficit in knowledge regarding learning disability indicates the need for arranging planned teaching sessions in related topics. School health nurse helps to create awareness among parents and teachers regarding Mobile addiction.

Nursing Administration
Nurses should be provided with the necessary administrative support to develop and administered Planned teaching programme related to Mobile addiction. In collaboration with Education Department, nursing administrators should take the initiative in organizing in-service and continuing education programme for the nurses regarding Mobile addiction and its prevention and control. This study also implies on the appropriate teaching learning materials to be prepared and made available for nurses to create awareness of Mobile addiction among community.

Nursing Research

The study throws light on students' knowledge regarding Mobile addiction and its prevention and control. There is a lot of scope for exploring this area. More and more research can be carried out on the students' knowledge on Mobile addiction to protect the health, environment and to keep their health in an optimal way, to prevent harmful effect and death.

5. Recommendations for Further Study

1) A similar study may be repeated on a larger sample covering the entire student population in colleges of Gujarat as well as others parts of the country.
2) A similar study can be conducted among school students.
3) An experimental study can be undertaken with a control group.
4) A comparative study may be undertaken on professional and non-professional students to compare their knowledge and attitude towards Mobile addiction.

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