Co-Relation between Problematic Internet Use and Mental Health in Professional Education Students

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Abstract: *As the usage of the Internet is growing rapidly each year, Internet addiction has become a problem among some users. There is an emerging public health concern over the increase in Internet usage, particularly among students. Study was conducted to assess Co-Relation between "Problematic Internet Use" And Mental Health in Professional Education Students. Objectives – 1.To assess the use of internet and mental health among professional education students. 2.To find the co-relation between the "Problematic Internet Use and Mental Health in professional education students Methodology- descriptive cross sectional survey research design with 100 professional educational students. Major Findings-The majority of students education is 74% in undergraduate, and 86% of females were in the age group of 20-25 years are of basic B.Sc. nursing. Majority 62% of them were using internet for 3 years and above, where maximum 66%students were using internet for their personal use. Out of that 42% were do login on face book and for web search is 35%, while majority 85% students were using internet 1-4 hours/day. Majority 65% of the students were moderate users of internet and this is followed by 34% minimal users. Only 1% was classified excessive user. Conclusion, the level of internet addiction among professional students was moderate and tends to minimal. 84% of students were suffering average physical problems while 83% of students were suffering from anxiety where 94% of them were affected by social performance averagely. Majority 73% of them were showed the average depression. The Correlation was significant at the 0.05 level between excessive internet use, neglect of work, neglect of social life and physical problems as a part of mental health among students.*

Keywords: Problematic internet use, mental health, Professional students

1. Introduction

As the usage of the Internet is growing rapidly each year, Internet addiction has become a problem among some users. There is an emerging public health concern over the increase in Internet usage, particularly among students. Research has demonstrated that excessive Internet use has substantial negative effects on psychological, emotional and social aspects of an individual's well- being and mental health. In regards to human development and behaviour, the Internet is important to students and is a means for socializing, education, information access, entertainment, shopping and communication. Given that so many students are reliant on the Internet in several areas in their life, it is vital to be aware of the impact that Internet use has on student's behaviour, mental health and well-being.

Internet addiction can be defined as an impulse disorder. Some of the characteristics of this problem are similar to those of pathological gambling. For instance, Orzack conducted a study in 19997. She found that people who are susceptible to Internet addiction. are people who are easily bored, lonely, shy, depressed and suffering from other addictions[1]. Orzack's findings are not new. A year earlier, Young had identified seven other reasons to this list and had actually called the problem Internet Addiction.

Chebbi, Koong& Liu (n.d.)[2] have stated that, people who are addicted to internet can develop many types of disorder and one of the disorders that are common for the modern day is Internet Addiction Disorder (IDA). Individuals who are suffering from IDA can exhibit symptoms such as drawbacks and face consequences that are similar to individual who are addicted to alcohol, gambling, shopping or other compulsive behaviors. The two major treatments available to help people in this disorder are: Cognitive Behavioral Therapy (CBT) and Motivational Enhancement Therapy (MET).Young [3], had identified seven reasons for the IDA such as marital discontent, work related stress, financial problems, insecurity, anxiety, struggle in life, and limited social life As the usage of the internet is growing rapidly each year and internet addiction is becoming a problem among some users. Addicted persons may come from all walks of life and as a result there are suffering in the main aspect of everyday life in the situation such as school, family, work and relationship [2].

2. Literature Survey

Internet addiction can be found at any age and in any social condition, but most of the research major attention has been focuses on adolescent because adolescent seem to be a critical period of addiction vulnerability [4]. The research of Van Rooij and Van den Eijinden[5] had reported that, using internet has become one of the most popular leisure-time activities among adolescent in Western societies. Adolescents in Netherlands of ages between 11 to 15 use the internet for leisure activities and for adolescents aged 14 and older regard internet usage as an important leisure-time activity than watching TV [6] older adolescents appear to be more dependent on the internet than younger adolescent.[7]Recent studies have found that 19.8% of

adolescent in the world have internet addiction and furthermore, it is associated with hostility [8]. The first widely "wired" generation now a day are preteens and teens and according to eMarketer[9], the number of preteens and teens online in United State grew steadily from 26.6 million in 2000 to 34.3 million in 2003 and nearly one- half of all youngsters were online [10].

However a recent survey had revealed that consumer between the age of and 17 in North America were often online daily and average almost 11 hours per week. On the other hand, a survey by Taiwan Network Information Center (2008), should that the internet population in Taiwan has reached 15 million. Among them, internet user of the age under 20 accounted for about 2.86 million [11]. Furthermore, the two groups with the highest rates of internet usage were 12 to 15 years old which is 98% and 16 to 20 years old that is 95.6% [10].

Thereare more adolescent uses the internet than any other age group in South Korea. Based on their research 97.3% of South Korean adolescents between the age of 6 and 19 years used the internet in 2005. Moreover, a study have investigated the prevalence of Internet addiction among South Korean adolescents been made[12].In this study 903 adolescents participated and 10.7% of them scored high on the Internet Addiction Scale and these youths were considered at high risk for Internet addiction. This phenomenon occurs because South Korea is an internet-based society that provides numerous middle and high school adolescents with easy internet access and Internet addiction among South Korean is serious.

3. Problem Statement

"A Study to Assess the Co-Relation between "Problematic Internet Use" And Mental Health in Professional Education Students at Krishna Institute Of Medical Sciences, Deemed University, Karad."

4. Objectives

- To assess the use of internet in professional education students at Krishna Institute of Medical Sciences, Deemed University, Karad
- To assess the Mental Health of professional education students at Krishna Institute of Medical Sciences, Deemed University, Karad
- To find the co-relation between the "Problematic Internet Use and Mental Health in professional education students at Krishna Institute of Medical Sciences, Deemed University, Karad
- Assumption
- The level of internet addiction among students of is high.

- There is a difference between gender and internet addiction among students.
- There is correlation between problematic internet use and general mental health among professional students.

5. Methods / Approach

The research method adopted for the present survey research approach because the present study was aimed assessing the problematic internet use and mental health of professional education students. This approach would help the investigator to assess problematic internet use and mental health of the professional education students.

6. Research Design

In this study cross-sectional design was used.

Independent Variable: The independent variable in this study is the internet use among professional students.
Dependent Variable: The dependent variables in this study are mental health among professional students.
Setting of the Study: The study was conducted in Krishna institute of nursing sciences Karad.Krishna Institute of Nursing Sciences Karad is full-fledged leading professional institute in western Maharashtra. The Krishna Institute of Nursing Sciences Karad is having RGNM, Basic B.SC., P.B.B.SC and M.SC. Nursing courses, with well- equipped and advanced clinical facilities. It has RGNM with 60-annual intake, Basic B.SC with -100 annual intakes, P.B.B.SC. With 50 intake and M.SC. with 4 in medical surgical nursing, 4-mental health nursing, 4 -maternal health nursing, 4-child health nursing and 4 in community health nursing annual intake.
Population: In this study, the population consisted of professional nursing students from Krishna institute of nursing sciences Karad.
Sampling Technique: Convenient sampling of non-probability sampling approach uses participants who are easily accessible to the researcher and who meet the criteria of the study.

In the present study, professional students from Krishna institute of nursing sciences Karad were selected by uncontrolled stratified random sampling technique by the investigator. It was suitable keeping in view the time provided for data collection and the study.

Sample Size: The sample consisted of one hundred of professional students from Krishna institute of nursing sciences Karad.

Criteria for Sample Selection Inclusion Criteria
1. The professional students from Krishna institute of nursing sciences Karad.
2. The students who are willing to participate in the study.

3. The students those who could easily read and understand English and Hindi were included in the study.

Exclusion Criteria
1. Students from general nursing and midwifery were excluded.
2. Students of age less than 20 years and more than 45 years were excluded

7. Data Collection Technique and Tool

Development of the Tool

Section I: Deals with the demographic data of the samples, which includes personal data of students, are you currently a, age in year, gender, nursing faculty, ethnicity,

Section Ii: Consists the questions related to internet addition test among professional education students.
Section Iii: Consists the questions related to mental health questionnaire of professional students.

Research Procedure
Since this survey is conduct in KINS Karad so I have to obtain permission from the principal of the KINS. The study was conducted from October 7th to November 17th 2012.

Content Validity
To ensure content validity of the tool it was submitted to 20 experts from which 3 were psychiatrists, 4 professors and 5 associate professors,5 lecturers of various institute, 2 psychologist, 1 statistician which were faculty members of different college of nursing and specialist, And 15 tools received back from experts.

Reliability
Cronbach Alpha was used for reliability. Cronbach Alpha measures how well a set of items (or variables) measures a single unidimensional latent construct. Cronbach Alpha is not a stastistical test; it is a coefficient of reliability (or consistency). Formula for standardized Cronbach Alpha is Alpha = (N*r')/ [1+ (N-1)* r']

It was widely used reliability index that estimates the internal consistency or homogeneity of a measure composed of several subparts; also referred as coefficient alpha. If alpha is greater than 0.8, it is considered "acceptable" in most social research situations. In Section II, 20 structured questionnaire to assess internet addiction test of professional education students was filled from two independent interviewer for five respondent the Cronbach Alpha was obtained for this data and it is Alpha= 0.8 >0.8 which can be considered high reliability.

In section III 28 structured questionnaire to assess the mental health questionnaire of professional education students was filled from two independent observer for five respondents the Cronbach Alpha was obtained for this data and it is Alpha= 0.8 >0.8 which can be considered high reliability.

Pilot Study
A pilot study was conducted from 9th October to 10th October 2012, to assess the Feasibility of the study and to decide the plan for data analysis. Prior administrative permission was obtained from the Principal, Krishna institute of nursing sciences, Karad.

A sample of 10 was selected from postgraduate's students of Krishna institute of nursing sciences, Karad. Pilot study report shows that there is no significance between the problematic internet use and mental health of professional education students. And tool required no further changes and also gave better insight to the investigator.

Data Analysis
The data collected were analyzed using the statistical methods. Level of internet addiction among students of KINS was analyzed using percentage. Person's correlation test was used to conduct the significant correlation between internet addiction and the mental health among the students of KINS.

8. Results / Discussion

Table 1: Demographic descriptions of students by Frequency and percentage

N=100

Sr. No	Variables	Frequency	Percent
1.	Education		
	1. Diploma	24	24.0
	2. Ug	74	74.0
	3. Pg	2	2.0
2.	Gender		
	1. Male	14	14.0
	2. Female	86	86.0
3.	Age		
	1. 20-25 Yrs	87	87.0
	2. 26-30 Yrs	10	10.0
	3. 31-35 Yrs	1	1.0
	4. 35 & Above	2	2.0
4.	Nursing Faculty		
	1. Diploma	24	24.0
	2. Basic B.Sc	45	45.0
	3. Pbbsc	31	31.0

The data presented in table no.1 shows that majority of students education is 74% in undergraduate, and 86% of females were in the age group of 20-25 years are of basic B.Sc nursing. Majority of students are from Basic B.Sc. Nursing.

Table 2: Demographic description of students by frequency and percentage

N=100

Sr. No	Variables	Frequency	Percent
1.	Ethinicity		
	1. Indian	100	100.0
2.	Year In Use		
	1. Less Than 1 Yr	7	7.0
	2. 1-2 Yrs	15	15.0
	3. 2-3 Yrs	16	16.0
	4. 3yrs & Above	62	62.0
3.	Purpose		
	1. Personal	66	66.0
	2. Professional	34	34.0
4.	Internet		
	1. Web Search	35	35.0
	2. Face Book	42	42.0
	3. Email	2	2.0
	4. Games	7	7.0
	5. Chatting	13	13.0
	6. Others	1	1.0
5.	hrs per day		
	1. 1-4 hrs	85	85.0
	2. 5-8 hrs	12	12.0
	3. 9-12 hrs	3	3.0

The data presented in table no.2 shows all 100% students were Indian, majority 62% of them were using internet for 3 years and above, where maximum 66%students were using internet for their personal use. Out of that 42% were do login on face book and for web search is 35%, while majority 85% students were using internet 1-4 hours/day.
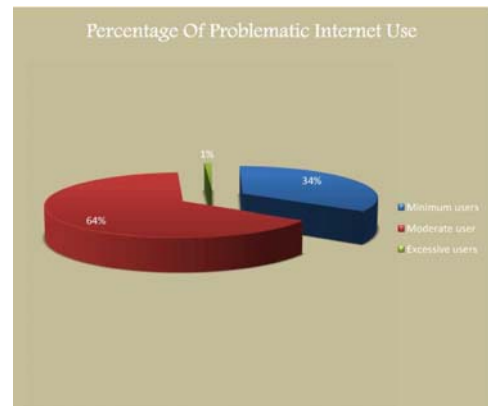

Figure no.1 shows that 64% of students are moderate users were as 34% students are minimum user and only 1% is excessive user of internet.

Section II

It deals with analysis of the problematic internet use and mental health of the samples.

Table 3: Problematic internet use among professional students

N=100

Sr. No	Use of internet	Frequency	Percent
1.	Minimum users	34	34.0
2.	Moderate user	65	65.0
3.	Excessive users	1	1.0

Table no.3 shows that, 65% of the students were moderate users of internet and this is followed by 34% minimal users. Only 1% was classified excessive user. As a conclusion, the level of internet addiction among professional students from Krishna institute of nursing sciences was moderate and tends to minimal.

Table 4: General mental health of professional students of Krishna institute of nursing sciences

N=100

Sr. No.	Variables	Poor	Average	Good
1.	Physical problem	12	84	4
2.	Anxiety	9	83	8
3.	Social performance	2	94	4
4.	Depression	18	73	9

Table no 4 shows that 84% of students were suffering average physical problems while 83% of students were suffering from anxiety where 94% of them were affected by

social performance averagely. Majority 73% of them were showed the average depression.

Table 5: Descriptive statistics for mental health among professional students

N=100

Sr. No.	Variables	Minimum	Maximum	Mean	Std. Deviation
1.	Physical Problem	8.00	25.00	13.6800	3.46083
2.	Anxiety	7.00	27.00	14.6600	4.04075
3.	Social Performance	9.00	27.00	14.2400	2.99872
4.	Depression	7.00	23.00	13.6000	3.96958

The above table no 5 showed that the mean score 13.6800 for physical problems where anxiety mean score was 14.66 and mean score of social performance was 14.24 where as depression mean score was 13.66.

Section III

Table 6: Co-Relation between the "Problematic Internet Use and Mental Health in Professional Education Students

Sr. No.	Study Variables	Mean	Std. Deviation	Correlations @
1.	Internet Addiction Test	53.2000	9.85757	
2.	General Mental Health	56.1800	10.71333	0.460
	1. Physical problems	13.6800	3.46083	0.369
	2. Anxiety	14.6600	4.04075	0.358
	3. Social performance	14.2400	2.99872	0.080
	4. Depression	13.6000	3.96958	0.495

@ Correlation is assessed between internet addiction test and other study variable of mental health.
Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Table no 6 showed that there was a Correlation is significant at the 0.01 level between internet addiction test and physical problems, anxiety, and depression as a part of mental health among students. Further it shows that Correlation was not significant between internet addiction test and social performance.

Table 7: Co-relation between the "Problematic Internet Use and physical problems of Mental Health in professional education students

Sr. No.	Study Variables	Mean	Std. Deviation	Correlations @
	Physical Problems	13.6800	3.46083	0.303
1.	Salience	13.6500	3.66632	
2.	Excessive use	13.1100	3.81622	0.231*
3.	Neglect work	7.7000	2.59565	0.247*
4.	Anticipation	5.2800	2.01550	0.101
5.	Lack of control	8.2600	2.75468	0.118
6.	Neglect social life	5.2000	2.33117	0.205*

@ Correlation is assessed between physical problems and other study variable of mental health.
Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Table no 7 showed that there was a Correlation is significant at the 0.05 level between excessive internet use, neglect of work, neglect of social life and physical problems as a part of mental health among students. Further it shows that Correlation was significant at the 0.01 level between salience and physical problems.

Table 8: Co-relation between the "Problematic Internet Use and physical problems of Mental Health in professional education students

Sr. No	Study Variables	Mean	Std. Deviation	Correlations @
	Anxiety	14.6600	4.04075	0.292**
1.	Salience	13.6500	3.66632	
2.	Excessive use	13.1100	3.81622	0.331**
3.	Neglect work	7.7000	2.59565	0.232*
4.	Anticipation	5.2800	2.01550	0.122
5.	Lack of control	8.2600	2.75468	0.090
6.	Neglect social life	5.2000	2.33117	0.042

@ Correlation is assessed between anxiety and other study variable of mental health.
Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Table no 8 showed that there was a Correlation is significant at the 0.05 level between, neglect of work and anxiety as a part of mental health among students. Further it shows that Correlation was significant at the 0.01 level between salience, excessive use of internet and anxiety.

Table 9: Co-relation between the "Problematic Internet Use and physical problems of Mental Health in professional education students

Sr. No.	Study Variables	Mean	Std. Deviation	Correlations
	Social Performance	14.2400	2.99872	0.178
1.	Salience	13.6500	3.66632	
2.	Excessive use	13.1100	3.81622	0.030
3.	Neglect work	7.7000	2.59565	0.077
4.	Anticipation	5.2800	2.01550	-0.018
5.	Lack of control	8.2600	2.75468	-0.052
6.	Neglect social life	5.2000	2.33117	-0.001

@ Correlation is assessed between social performance and other study variable of mental health.
Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Table no 9 showed that Correlation was not significant Salience, Excessive use, and Neglect work, Anticipation, Lack of control, Neglect social life and social performance.

Table 10: Co-relation between the "Problematic Internet Use and physical problems of Mental Health in professional education students

Sr. No.	Study Variables	Mean	Std. Deviation	Correlations @
	Depression	13.6000	3.96958	0.408**
1.	Salience	13.6500	3.66632	
2.	Excessive use	13.1100	3.81622	0.396**
3.	Neglect work	7.7000	2.59565	0.274**
4.	Anticipation	5.2800	2.01550	0.181
5.	Lack of control	8.2600	2.75468	0.154
6.	Neglect social life	5.2000	2.33117	0.157

@ Correlation is assessed between depression and other study variable of mental health.
Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Above table no 10 showed that Correlation was significant at the 0.01 level between salience, excessive use of internet, neglect of work and anxiety.

9. Discussion

Purpose of the present study is to know the effect of Addictive Internet use on mental health, by which we can know how risky addictive use of Internet is. There are several limitations involved in this study which must be addressed. Initially, the sample size of 100 is relatively small compared to the estimated 47 million current Internet users [13]. Therefore, generalizability of results must be interpreted with caution and continued research should include larger sample sizes to draw more accurate conclusions. This study aimed to examine the effect of addictive use of the Internet on the mental health in a population of Krishna institute of nursing sciences Karad, India. The results suggested that pathological use of the Internet is detrimental to the mental health of these individuals. After adjusting for potential confounding factors, there was an increased risk of depression for those who used the Internet addictively. This result suggests that young people who are initially free of mental health problems but use the Internet addictively could develop depression as a consequence. This study is unique in terms of its ability to demonstrate the mental health squealer of addictive use of the Internet for young people who were initially healthy to begin with. Results of this study demonstrate direct effect of the addictive use of the Internet on the mental health of young people. The results obtained from this study directly implicate the prevention of mental illness among young people, particularly in developing countries such as India. The results of the study indicated that young people who use the Internet pathologically are most at risk for mental problems and would develop depression if they continued the behavior. As we understand that mental health problems among students bear a significant personal costs as well as costs to the community, early intervention and prevention that targets at-risk groups with identified risk factors is effective in reducing the burden of depression among young people. Hence, a screening program for pathological use of the Internet could also be considered in all schools to identify individuals at risk for early counselling and treatment. As in all studies, there are strengths and weaknesses in this study. This is a population-based study that includes a random sample of students. No significant differences have been found between respondents and no respondents, suggesting a representative sample.

The use of a standardized and validated assessment instrument for the outcome measure minimized some measurement biases. Moreover, because this is a cohort study, results provide further information on the effect of pathological use of the Internet on adolescent mental Health. This exploratory study provides a workable framework for further exploration of addictive Internet use. Individuals were able to meet a set of diagnostic criteria that show signs of impulse-control difficulty similar to symptoms of pathological gambling. In the majority of cases, Dependents reported that their Internet use directly caused moderate to severe problems in their real lives due to their inability to moderate and control use. Their unsuccessful attempts to gain control may be paralleled to alcoholics who are unable to regulate or stop their excessive drinking despite relationship or occupational problems caused by drinking; or compared to compulsive gamblers who are unable to stop betting despite their excessive financial debts. This paper suggests that there exists an increased risk in the development of addictive use the more interactive the application utilized by the on-line user. It is possible that a unique reinforcement of virtual contact with on-line relationships may fulfil unmet real life social needs.

Individuals who feel misunderstood and lonely may use virtual relationships to seek out feelings of comfort and community.

However, greater research is needed to investigate how such interactive applications are capable of fulfilling such unmet needs and how this leads to addictive patterns of behavior. Finally, these results also suggested that Dependents were relative beginners on the Internet. Therefore, it may be hypothesized that new comers to the Internet may be at a higher risk for developing addictive patterns of Internet use. However, it may be postulated that "hi-tech" or more advanced users suffer from a greater amount of denial since their Internet use has become an integral part of their daily lives. Given that, individuals who constantly utilize the Internet may not recognize "addictive" use as a problem and therefore saw no need to participate in this survey. This may explain their low representation in this sample.

The findings of this study are supported by some research such as [14], no matter ug or pg students, adolescent of ages between 20 to 25 years old often use internet. Forrester research [15], where adolescents between the ages 12 years old to 17 years old were often online daily with an average of almost 11 hours per week. Based on Pallanti, Bernardi and Quercioli[16] supported that, the age average for students who are internet addiction is 16.67 ± 1.85. It means that, adolescent who are addicted to internet normally in the age range of 14 years old to 18 years old.

In other words, adolescents who are potential internet addicts are between ages of 14 years old to 18 years old. This is because using internet has become one of the most popular leisure time activities among adolescents. Parents are sometime confronting with the fact that their children have become so attached to the internet that they are no longer capable of controlling their online activity Yuan, Kampar [17]. Moreover, adolescent may be particularly exposed to the development of compulsive internet use. Recent study has show that immediate online communication application such as instant messaging and chatting bear a higher addictive potential than other internet application. Entertainment was the most salient motive for internet use, followed by passing time, acquiring social information and relaxation [18]. Information seeking and entertainment were equally important motives for using the internet. Furthermore, the immaturity of frontal cortical and sub cortical momoaminergic brain system is hypothesized to underlie adolescent impulsivity as a transitional trait behavior [19]. The neurodevelopment process seems to be functional by enhancing the learning drive, on the other hand these process may lead to an increased vulnerability to addictive behaviors in adolescent.

According to the result had found the level of Internet addiction among students in Krishna institute of nursing sciences was classified in the moderate level 65% of the students were moderate users of internet and this is followed by 34% minimal users. Only 1% was classified excessive user. As a conclusion, the level of internet addiction among professional students from Krishna institute of nursing sciences was moderate and tends to minimal, because the percentage is highest among those levels. In different country or even indifferent state have different percentage in internet addiction but the result or the level is almost the same. Based on previous research before, the percentage of Internet addiction in excessive level is not over than 20% and the highest percentage is 19.8% of adolescent in the world have Internet addiction. However, only 5.4% of adolescent has a low level of internet addiction.

Internet activities do not mean only playing online game but searching homework information and other information about almost anything in mere moments. Besides Internet activities, adolescents also involve in other activities such as leisure activities, family activities, social activities, school activities, outdoor activities and etc. So, most of the adolescents' internet level still is consider in moderate level because students have to focus on their to prepare their exam such as PenilaianMenengahRendah (PMR) for lower secondary school students, SijilPelajaran Malaysia (SPM) and SijilTinggiPersekolahan Malaysia (STPM) for Upper secondary school students. Nevertheless, when adolescents are bored or dissatisfied with their leisure time in other activities, they may be motivated to seek excitement and pleasure from cyberspace and therefore raise their level of Internet addiction will occur for further investigation.

Although this finding showed that, most of the students in Krishna institute of nursing sciences are moderate internet users but we should be aware of them and cannot underestimate this problem. It is because most of the students who are compulsive use of Internet are often associated with increased social isolation, increased clinical depression, familial discord, divorce, academic failure and etc. if this problems become chronic it may lead to psychological problem.

Besides that, the result has showed that, there was not a significant difference between gender and internet addiction among students of Krishna institute of nursing sciences Karad. Most of the studies have mentioned that male or female are addicted to internet but level of addiction varies however they have the differences also. According to the finding of this study, male are more likely to go online compare to female. Moreover male will spend longer hours on the computer compare to female so they have tendency to addict to internet through this opportunity.

10. Conclusion

The purpose of the present study was to assess the Co-Relation between "Problematic Internet Use" And Mental

Health in Professional Education Students at Krishna Institute of Medical Sciences, Deemed University.

Finally we can say that in this new Era of technology addictively using Internet is harmful for mental health. As we know there is no health without mental health so we must take necessary steps to prevent people from this kind of addiction. Using Internet is common in daily life and it makes life easier and knowledgeful, if used systematically. So a systematic approach of using internet must be adopted to avoid this addiction.

11. Future Scope

The findings of the study have implications for clinicalnursing practice, nursing education, nursing administration and nursing research.

Clinical Nursing Practice:
Nurses working in the clinical set up can benefit from such researches, as it will provide more insight of nursing staff. If nurses are involved in patient care training informal student's quality of life and reduced cost. This study indicates the needs of sufficient nurses to make it possible for them to practice clinical care, which is crucial with respect to knowing the person cared for. Furthermore it is important to view the students, to integrate supervision and continuous education to increase the quality of care. Crucial knowledge is developed over time in clinical care and there is a serious risk, students with little skill rarely meet. When considering this complex internet, it is not possible to assume that students with poor education should be able to decide when they should ask for help. Furthermore the needs of multi-professional assistance need to be better considering for quality care. Nurses and other health care workers have to begin to provide intensive and long-term services on internet use and mental health.

Nursing Education:
Nursing education is developing rapidly in India and nurse from our country can be found all over the world providing care and education. The needs of students are extremely heterogeneous and further aggravated by a addiction. Thus students need to learn more about research- based and comprehensive assessments, strategies and ways of interacting with students with impaired mental health. The education curriculum must include imparting knowledge about the use of various audio visual aids and teaching strategies. Now days, much importance is given to awareness and promotion of health than the curative aspects. As the needs of society are continuously changing, newer components must be incorporated in the nursing curriculum. Nursing education must emphasize on preventive and rehabilitative aspects. The nursing teachers can use the result of the study as an informative illustration for the students. Nursing education should help in inculcating

values and a sense of responsibility in the students to educate the students.

Nursing Administration:
As a part of administration, the nurse administrator plays a vital role in educating student nurses. The Nurse administrator can utilize this type of education to enhance the knowledge of students and staff nurses. Nursing administration can depute nurses for various workshops, conferences, and special courses; and also in-service education programs can be arranged for the nursing staff. The findings of the study should be used as a basis of in-service education programs for nurses so as to make them aware of the present problems in the society.

Nursing Research:
Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of knowledge. Another research has been added to the Nursing literature. Very few studies have been done on a similar basis. The research design, findings and the tool can be used as avenues for further research.

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