

A Study to Assess the Awareness about Effect of Internet Addiction among Undergraduate Nursing Students in Selected Nursing Colleges

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Abstract: *Woven as it is in to the fabric of today's society, the potential for internet use to lead to overuse and ultimately to addiction is concerning in 2 ways. First, our current understanding of addiction suggested that some people are at greater risk than others based on genetic predisposition. This study was based on descriptive evaluatory approach. The method used for this study was descriptive study 30 samples were selected with non probability convenient sampling technique sample selection was based on inclusive and exclusive criteria. The tool used for was compulsive internet use scale with including demographic variables. Which was prepared on the basis of review of literature, various information, and informal discussion with the nursing students .while data collection process followed ethical consideration searches, written formation was uptime from the nursing colleges authority, and informed written consent from nursing students. Based on the objectives and the hypothesis the data was analyzed by using various statistical test, hence it is statistically interpreted. Result shows internet use was more in current generation.*

Keywords: Internet addiction, undergraduate, nursing students, awareness affects

1. Introduction

Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Some Internet users may develop an emotional attachment to on-line friends and activities they create on their computer screens. Internet users may enjoy aspects of the Internet that allow them to meet, socialize, and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities." Other Internet users spend endless hours researching topics of interest Online or "blogging". Blogging is a contraction of the term "Web log", in which an individual will post commentaries and keep regular chronicle of events. It can be viewed as journaling and the entries are primarily textual. Similar to other addictions, those suffering from Internet addiction use the virtual fantasy world to connect with real people through the Internet, as a substitution for real-life human connection, which they are unable to achieve normally.

The short term effects of an online addiction include unfinished tasks, forgotten responsibilities and weight gain. Long term effects are seen more in the physical symptoms such as backache, neck pain and vision problem from staring at screen. It can also lead to bankruptcy, especially if the time spend online focused on shopping, gambling and gaming. according to Oberlin college of computer science, asides from being dependent on the internet, addicts may develop techno stress wherein they internalize how a computer works, such as accelerated time and perfect result.

As pediatricians and indeed as parent, we have all experience the pull that the internet can have on children. What parent hasn't had an argument over the amount of time his or her children spent online? What is more, most of us are likely to know of children or adults whose use is

excessive and bordering on, if not actually being, an addiction. Furthermore, many of us experience the pull of electronic is someone you don't like who drinks as much as you do. In this same way, part of the failure to recognize this potential 21st century epidemic is the simple fact that many of us, blackberry in hand, check e-mail more than we would like. The inherent difficulties in defining internet addiction and our own need for rectification should not prevent us from recognizing an emerging epidemic. Too little empirical research has focused on this potential problem in the united state in large part because of persistent skepticism about its existence.

2. Literature Survey

A study conducted on severe trauma to one's life. The internet was originally designed to facilitate communication and research activities (Ghafari, Azita Bala, Hasan, Abedi, Ramzan 2012) some authors have suggested as access to the internet continues to expand globally, it may become the most serious behavioral addiction of our time (Byun et al, 2009)

Murphy, Nora A, in 2011, conducted study on to the right explains the statement previously made, being so that the dependence of a "second life" or living on the internet has become severe in some students cases. Various studies have suggested that internet addiction is almost as common as taking an addictive substance such as tobacco or cocaine. A variety of terms have been used to reflect harmful levels of internet use, including internet addiction, pathological internet use, and internet dependency.

Davis, Flett and Besser, 2002, Hur in 2006, Gilbert, Rechar, et al. 2011. Among these terms, "internet addiction" is the most commonly used, in part because it is widely speculated that, like substance abuse, heightened

internet use is associated with a dopaminergic surge in the brain. Kilborn R, Carden L, in 1999 conducted study on the problem presented in this statement is that society is unaware that the internet is rising epidemic in the education system and its student. A student co-relation to this is another article written by Cleveland, Bart and author in The magazine advising age states "if you are cramming too much of everything (via the internet) into your day and your brains, it could affect your work in a negative way because you are not focusing on the task at hand.

Koran, Gamel, Large in 2006, (Gilbirt Rechard et al. 2011) credible authors such as these with psychological degrees and specialties in this rising addiction have commonly expressed the same notion that the internet has and will continue to grow throughout peoples lives with all these innovations. In the past years. Furthermore, studies and intense observation test created by the famous dr. Kimberly young, the founder of these addictive phenomenon have proven that symptoms such as compulsive use of the internet , lying or hiding the extent and nature of your online behavior (young 1999. These are just commonly known symptoms dr. young has found in patients. She has study various others such as increased aggregation, loss social communication, trouble leaving the house, and many more can be subjected to internet addiction.

3. Problem Definition

"A descriptive study to assess the awareness about affect of internet addiction among undergraduate nursing students in selected nursing colleges."

Objectives of the study

- 1) To assess the awareness about affect of internet addiction among undergraduates nursing students.
- 2) To find out the association between affect of internet addiction among undergraduates nursing students with their demographic variables.

4. Materials and methods

A quantitative approach in observational method was chosen for the study. In the present study a compulsive internet use scale depicted. Then assess the effects of internet addiction. The proposed study was undertaken in selected nursing students in nursing colleges. The population and samples were nursing students who were fulfilling the inclusion and exclusion criteria and the sample consists of thirty nursing students in selected nursing colleges. The sampling technique used in the study. Tool used for data collection include two section namely demographic variables and compulsive internet use scale.

5. Result

A compulsive internet use scale used for data collection. The analysis was done with the help of descriptive and inferential statistics.

S.no	Data analysis	Method	Remark
1.	Descriptive statistics	Mean Median, standard deviation %	Affect of internet addiction.
2.	Inferential statistics	Chi Square	Association demographic variable with awareness

The data was analyzed and is presented in the following section:

Section A: distribution of awareness regarding about internet addiction among under graduate nursing student.

Section B: Association of level of drug addiction with their demographic variables.

Sr no	Level of internet addiction	Range of percentage	Frequency	Percentage
1	Never-1	81-100	0	0%
2	Seldom-2	61-80	0	0%
3	Sometimes-3	41-60	2	06.66%
4	Often-4	20-40	17	56.67 %
5	Very often-5	<20	11	36.67%

6. Discussion

The finding of the study was discussed with reference to the objective and within the findings of other studies in this section. The present study was undertaken to A study to assess the awareness about affect of internet addiction discussed internet addiction as an emerging disorder affecting thousands of people. However, little research has been done in this area. With the media reporting growing numbers of divorce, child neglect and loss of jobs associated with compulsive use of the internet, professionals and lay persons alike are asking, "does internet addiction exist?" the authors review what has been studied to date and make suggestions as to how future research could be beneficial.

Result shows that adolescent who are often targets of harassment tent to be older boys with a high family income. They are target probably because they spent lot of time on social networking sites and prefer the online setting. Adolescents who encounter a lot of unwelcome solicitation of personal or private information online tent to be older girls. In information literacy, they are generally very competent with publishing tools but are not structurally literate, especially in understanding how information is socially situated and produced. Implications and recommendations for future research are discussed.

In the compulsive internet use scale, in this scale, never is 0%, seldom is 0%, in sometimes frequency is (2) and percentage is 06.66%, in often frequency is(17), percentage is 56.67%, in very often frequency is (11), and percentage is 36.67%.

7. Conclusion

Analysis of data showed that there level of internet addiction among undergraduate nursing students and there is significance association between the levels of income with the internet addiction.

8. Future Scope

The future scope of this study has implication for nursing administration, nursing education, nursing research, and nursing practice.

Nursing service

Nurses working in the clinical practice and community set up can benefit from such researcher, as it will provide more insight regarding the internet addiction among undergraduate nursing students. They should know the preventive aspects with regard to internet addiction.

Nursing education

The nursing teachers can use the result of the study as an informative illustrations for the students. Nursing education should help in inculcating values and sense of responsibility in the students to educate about the internet addiction among undergraduate nursing students and to foster the practice of health education to promote and prevent complication.

Nursing administration

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 researches

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 designed, findings and the tools can be used as avenues for further research.

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