

# A Study to Explore the Impact of the Internet Shutdown among Nursing Students in Selected Colleges, Guwahati, Assam

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**Abstract:** *Background of the study:* Today It has not only become an ubiquitous entity but also has literally become an indispensable modern day tool in our daily activities. But the Assam Government has shut down the internet or prevented people from communicating on the web and accessing information for a certain period in December 2019 after the Citizen Amendment Bill was approved. *Aim:* The aim of the study was to explore the impact of the internet shut down during this particular period among nursing students in selected colleges of Guwahati, Assam. *Method:* quantitative research approach was used, and descriptive design was adopted in the study. The samples were collected using convenience sampling technique from 165 students, who were in the age group of 17 -30 years, studying in selected college of Guwahati, Assam and who fulfill the inclusion criteria.. Semi structured questionnaire was used to explore the impact of the internet band among nursing students. *Result:* It was found that majority 98% of the respondents used whatsapp , 39% of them do still check unintentionally the social media even though there is internet shut down. It was also found during the internet shut down, the majority i.e 51% of the respondent expressed they could not update the studies . 46% of the respondents expressed due to the internet shut down they have lost connection with their friends and 43% feel upset. 57% Of the respondents used to spend more time in watching movies. The study also reveals that only 15% of the respondents expressed that they are never dependent on the internet and remaining 85% were dependent to internet to some extent. There was also statistically significant association of dependency on internet with demographic variables like age, education, duration of the internet use before internet shut down. *Conclusion:* It was concluded that there is dependency on the internet to some extent among the nursing students. So there is a need to educate the community regarding the prevention of internet dependency.

**Keywords:** impact, internet shutdown, nursing students, college

## 1. Introduction

The revolution in computer technology and communication through the Internet play a pivotal role in today's culture and has affected individuals of different ages. In the present scenario, Internet and computer technology are considered as the most effective tool and has been influential in all areas of science, business, education, culture, politics, etc.[1]

The number of internet service provider is also increasing and people can access the internet through computers, mobile, laptop, tablets, smart televisions and other types of emerging gadgets.(2) Today It has not only become an ubiquitous entity but also has literally become an indispensable modern day tool for shopping, study, research, communication, and staying in touch with family members and friends by means of numerous applications ranging from Wikipedia to Facebook. With the rapid strides made in wireless Internet technologies such as Wi-Fi, 3G, and 4G, and the advent of cheap 3G- and 4G-enabled smartphones, the Internet has become readily accessible to individuals across all socioeconomic groups (3) . Though internet has become the integral part of life and a basic necessity, the Assam Government has shut down the internet or prevented people from communicating on the web and accessing information. The shut down of the internet was to control the protest over a controversial and far reaching new citizen rule after the President of India approved the Citizen Amendment Bill on the evening of 11<sup>th</sup> December 2019 and uplifted on

17<sup>th</sup> December 2019. It was done as some of the officials believed that the social media platforms like facebook, whats app, twitter and you tube are likely to be used for spreading of rumors and also for the transmission of information like pictures, videos and text that have the potential to inflame passions and thus exacerbate the law and order situation.

The study was done during the shut down period to explore the impact of internet shutdown among the nursing students in a selected nursing college in Assam.

## Objectives

- 1) To explore the impact of internet shutdown on the nursing students in selected college of Guwahati, Assam.
- 2) To explore mental feeling on the nursing students due to internet shut down in selected college of Guwahati, Assam
- 3) To explore the activities which are performed more by the nursing students during internet shut down in selected college of Guwahati, Assam
- 4) To evaluate the dependency of nursing students on internet in selected college of Guwahati, Assam
- 5) To find out the association between dependency of nursing students on internet with the selected demographic variables, such as age, education, , duration of internet used and unintentionally checking of social media when the internet was shut down .

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## 2. Methods and Materials

The research approach adopted for the study was quantitative approach. Descriptive design was adopted for this study. Convenience sampling technique was used to select the samples. The samples were 165 nursing female students in the age group from 17- 30 years and who fulfils the inclusion criteria. The study was conducted in Guwahati, Assam. Semi structured questionnaire was used to assess the impact and mental feelings of nursing students due to internet shutdown.

Technique used was self-report.

### Data collection procedure:

To conduct the main study, the investigator took permission from the principal of the selected college. The investigator went to the respective classroom and the respondents were selected based on the convenience sampling technique. Brief introduction of the investigator was given and the purpose of the study was explained to them. Written consent was taken from both the principal of the college and also from the students. The respondents were then asked to fill the semi-structured questionnaire, and then the investigator collected back the tool.

## 3. Results

### Section 1: Analysis of Demographic Characteristics of the respondents

**Table 1:** Frequency and Percentage Distribution of respondents according to the Demographic Characteristics of the respondents, n = 165

Demographic performa	Frequency (f)	Percentage (%)
<b>A. Age in years</b>		
1. 17-18years	15	9
2. 19-20 years	69	42
3. > 20 years	81	49
<b>B. Education</b>		
1. 1 <sup>st</sup> year BSc.(N)	46	28
2. 2 <sup>nd</sup> year BSc. (N)	40	24
3. 3 <sup>rd</sup> year BSc. (N)	28	17
4. 4 <sup>th</sup> year BSc. (N)	24	15
5. Post basic BSc (N)	27	16
<b>C. Mode of internet access</b>		
1. Mobile	165	100
2. Personal computer	-	-
3. Others	-	-
<b>D. Duration of internet use / day before internet shut down (in hours ):</b>		
1. 0-3	52	32
2. 4-6	88	53
3. 7-9	8	5
4. >9	15	9
5. Not answered	2	1
<b>E. Duration of internet use / day for academic purpose before internet shut down (in hours ):</b>		
1. 0-1	77	47
2. 2-3	50	30
3. 3-4	21	13
4. > 4	17	10
<b>F. Duration of internet use / day for entertainment purpose before internet shut down (in hours ):</b>		
1. 0-1	59	36

2. 2-3	57	35
3. 3-4	22	13
4. > 4	27	16
<b>G. Duration of internet use / day for social media purpose before internet shut down (in hours ):</b>		
1. 0-1	86	52
2. 2-3	52	32
3. 3-4	13	8
4. > 4	8	5
5. Not answered	6	4
<b>H. Application used : (Multiple choice)</b>		
1. Whatsapp	161	98
2. Facebook	105	64
3. Twitter	12	7
4. Google play	79	48
5. Chrome	95	58
6. Google scholar	17	10
7. Instagram	49	30
8. Youtube	18	11
9. Song app	1	1
<b>I. Unintentionally checking of social media when there is internet shut down:</b>		
1. Yes	64	39
2. No	191	61

**Table II:** Frequency and Percentage Distribution of respondents according to the impact faced, n=165

Impact (Multiple Choice)	Frequency (f)	Percentage (%)
1) Could not get news	47	29
2) No connection with friends	61	37
3) Bored	54	33
4) No updated on studies	84	51
5) No connection with family	36	22
6) Lack of entertainment	11	8
7) Unable to use net banking	2	1
8) Unable to use you-tube	1	1
9) Unable to order food online	20	12

**Table III:** Frequency and Percentage Distribution of respondents according to the mental feelings during the internet shut down, n=165

Mental feelings (Multiple Choice)	Frequency (f)	Percentage (%)
1) I feel upset	73	43
2) I feel depressed	13	8
3) I feel I have loss of connectivity with friends	75	46
4) I feel I lost interest in doing day to day activities	37	22
5) I wanted to sleep most of the time	66	40
6) I feel lost	14	9
7) I feel apprehensive	4	2
8) Any others	20	12
9) I feel like going home	2	1

The data presented in the above Table IV depicts that during the internet shut down, majority of the respondents ie 75 (46%) of the respondents expressed due to the internet shut down they have lost connection with their friends and 73(43 %) respondents feel upset, 66 (40%) respondents wanted to sleep most of the time and 37 ( 22%) respondents expressed they have lost interest in day to day activities also.

**Table IV:** Frequency and Percentage Distribution of respondents according to the activities performed more during internet shut down, n=165

Activities (Multiple Choice)	Frequency	Percentage
a) Writing assignments	67	41
b) Reading non academic books	31	19
c) Watching movies	94	57
d) Making crafts	5	3
e) Studying	58	35
f) Sleeping	84	51
g) Eating more than usual	15	9
h) Playing games	59	36
i) Listening to music	36	22
j) Spending time with friends	32	19
k) Doing cleaning work.	21	13
l) Doing exercises	4	2
m) Phone conversation	6	4
n) Dancing	3	2
o) Playing with musical instrument	1	1
p) Singing	3	2
q) Drawing	6	4

The data presented in the above Table IV depicts that during the internet shut down, majority of the respondents ie , 94 (57%) respondents spend more time in watching movies , 84

(51%) respondents expressed that they spend more time in sleeping ,67 ( 41%) respondents spend more time in writing the assignment and 59(36%) respondehnts spend time in playing mobile games . However many of the respondents had expressed that they spend time more in listening to music, with their friends and also in reading non academic books.

**Table V:** Frequency and Percentage Distribution of respondents according to the dependency on internet during the internet shut down as expressed by them, n=165

Dependency	Frequency	Percentage
1) Mostly	25	15
2) Sometimes	116	70
3) Never	24	15

The data presented in the above Table V depicts during the internet shut down that majority of the respondents ie , 116 (70%) respondents expressed that they are sometimes dependent on the internet and another 25(15%) respondents expressed that they were mostly dependent on internet . However only 15% of the respondents expressed that they are never dependent on the internet

**Table VI:** Association table of dependency faced by the respondents during the internet shut down with Selected Demographic Characteristics

Demographic variables	Chi square value	df	P-value	Remarks
1) Age (in years)	16.625	4	0.002	Significant at p<0.01
2) Education	17.339	8	0.027	Significant at p<0.05
3) Duration of internet use / day before internet shut down (in hours):	28.041	8	0.0001	Significant at p<0.001
4) Duration of internet use / day for social media purpose before internet shut down (in hours)	8.512	8	0.385	Not significant
5) Unintentionally checking of social media when there is internet shut down:	0.619	2	0.734	Non significant

The data presented in the above Table VI depicts that during the internet shut down, there is a statistically significant association of internet dependency with the selected demographic characteristics i.e. age at p<0.01, education at p<0.05, and no association with other demographic characteristics such as duration of internet use per day and duration of internet use per day for social media purpose before internet shut down.

**4. Discussion**

The finding of the study revealed that majority 88 (53%) of the students used internet before internet shut down was for 4-6 hrs a day. Saikia AM, Das J, Barman P, Bharali MD. conducted a cross-sectional study among students of higher secondary schools/colleges in the urban areas of Kamrup district in Assam which revealed majority (42.1%) reported spending 3-6 hours a day on internet (3). A result which is in accord with our study findings. This is in contrast to a study conducted by Mutalik *et al.* 2018(4) and by Sharma *et al.* (5)2014 in which the average hours of Internet use per day was found to be less than 3 hrs. The variation can be attributed to heterogeneity of study samples.

reported by Chaudhari B, Menon P, Saldanha D, Tewari A, Bhattacharya L which revealed 215 out of 300 medical students using internet for social networking (6)

In the present study the respondents expressed their mental feelings during internet band as feeling upset (43%), being depressed (8%), and losing connectivity with friends(46%), losing interest in doing day to day activities(22%) and it can lead to internet addiction as it is comparable with a study conducted by Jonathan J. Kandell (2009) has defined internet addiction as unpleasant feelings (e.g., anxiety, depression, emptiness) when offline. (7).

The present study was done on the female nursing students and it was found that only 15% were not dependent on the internet. However 85% of dem were dependent on the internet to some extent. this study is also supported by similar study among students of higher secondary schools/colleges in the urban areas of Kamrup district in Assam by Saikia AM, Das J, Barman P, Bharali which reveals that female adolescents had higher levels of Internet addiction (84%) as compared to their male counterparts (71.4%). (3)

The present study showed that 161 (98%) and105 (64%) of students used social networking site whatsapp and facebook respectively. This is comparable with study conducted

## 5. Conclusion

The study concludes that nursing students use internet extensively. Social media has been an integral part of the modern society and it has a greater impact in nursing students also where majority of the students purpose of using internet is use of social media. The internet has become an essential element so internet band made the students feel depressed and loss of connectivity with friends and family, apart from engaging themselves in other recreational or academics chores. It needs to be emphasized that students will have to be educated in safe and healthy practices for internet use. A holistic approach is required to limit the use of the Internet by adolescents by involving and educating parents, teachers, and policymakers about the early sign and symptoms of Internet addiction and its adverse consequences.

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