



The prevalence of internet addiction and its impact on psychological parameters among the undergraduate students

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Abstract

Introduction: Internet has become an essential part of our lives today, especially among the youth. The number of internet users in India crossed 205 million in October 2013. Although the Internet had revolutionized all spheres of life. The term “internet addiction” was introduced for the first time in 1996. College student are a group that may be particularly vulnerable to addiction, as they have largely unfettered, unsupervised access to the internet and independent control of their time.

Objective: Present study aimed to assess the prevalence of internet addiction, to determine the selected psychological parameters with internet addiction and to association between internet addiction and selected demographic variables.

Methods: Present study was conducted among 60 undergraduate courses students. Students who were selected through the Non probability type of convenient sampling technique Data regarding students’ internet Prevalence was collected through a self-structured questionnaire. Descriptive and inferential statistics were used for data analysis.

Results: Study results have shown that mean and standard deviation for the range of internet addiction (IA) in present population is 10-89, depression 1-34 and in insomnia is 0-24. The mean score and standard deviation of IA is 40.1 and 16, depression is 13.6 and 8.2 whereas of insomnia is 8.1 and 5.33 respectively.

Conclusion: The internet is like a knife. You can kill a man with a knife or use it for cutting fruits and eating them. It is only an instrument and can be used for good or bad purposes, but the students using it excessively have the negative impact on the psychological health.

Keywords: Prevalence, internet addiction, psychological parameters, undergraduate students

Introduction

The term internet meaning a connection of different networks predated has been around, for a long time. It’s a standard conjunction of the prefix ‘inter’ (meaning among or between) and ‘net’ (being a contraction of network) [1] Internet has become an essential part of our lives today, especially among the youth. The number of internet users in India crossed 205 million in October 2013. Although the Internet had revolutionized all spheres of life, its misuse has also been widely reported. The term “internet addiction” was introduced for the first time in 1996. Little is known about the effect of internet addiction. Internet addiction is a newly emergent disorder. It has been found to be associated with a variety of psychiatric disorders [2]. 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 and five subtypes have been defined; Cyber sexual Addiction, Cyber-Relational Addiction, Net Compulsions, Information Overload and Computer Addiction [3]. The term stress means pressure and in human life it represents an uneasy experience. It is an unpleasant psychological and physiological state caused due to some internal or external demands that go beyond our capacity [4]. The present study is an attempt to determine the relationship of Internet addiction with depression, anxiety, stress, and

insomnia in students. The Internet is a double-edged social revolution. This study throws light into the negative sphere of internet use. taking into account expansion of access to the Internet and cell phone, among university students in particular, given the ever increasing importance of using the technology, that depression in the student influences their professional future and social communication negatively, and having in mind paucity of studies on internet addiction, dependence on cell phone, and the psychological problems rooted in excessive use of these technologies [5]. Depression is a major mental disorder ranked by the World Health Organization (WHO) as the single most significant contributor to a global challenge. Depression also has physical repercussions like sleeping patterns, eating habits, restlessness, and irritability, altering the body’s normal functioning [6].

Material & Method: This was a descriptive study performed among Nursing Pharmacy and paramedical students in a Uttar Pradesh University of Medical Sciences, (U.P.U.M.S) Saifai, Etawah. The study was done in month of May, 2018 with an aim of the study is to assess the level of internet addiction level and its effect on selected psychological parameters and assessment of their levels. Research sample was selected by convenient sampling

technique and sample size was 60. This procedure of data collection will take 10-20 minute with each sample.

Data were collected using Consists of socio demographic variables and Consists structured questionnaire scale socio-demographic profile questionnaire and self-structured likert scale (unhealthy dietary pattern and healthy supplementation pattern). Demographic characteristics includes 12 questions related to participants' demographic data and eating habits was assessed by 8 questions such as type of eating habits, main meal of the day, meal regularity, reason for skipping meals, skipped meals substitute, practice of fast and frequency of eating outside the mess. Self-structured likert-scale was used to assess participants' unhealthy dietary pattern and healthy supplementation pattern. Internet Addiction Test (IAT) is a reliable and valid measure of addictive use of Internet, developed by Dr. Kimberly Young. It consists of 20 items that measures mild, moderate and severe level of Internet Addiction. The higher your score, the greater level of addiction is. 20 – 49 points suggest that are an average on-line user. 50 – 79 points suggest that students are experiencing occasional or frequent problems because of the Internet. Students consider their full impact on their life. 80 – 100 points suggest that internet usage is causing significant problems in student's life. Beck's depression inventory is a standardized tool that measures depression in persons. In this some scoring is done for grading the level. 1-10 suggest that these ups and downs are considered normal, 11-16 is Mild mood disturbance 17-20 is Borderline clinical depression, 21-30 is Moderate depression, 31-40 is Severe depression and over 40 is Extreme depression. Insomnia Severity Index has seven questions. The seven answers are added up to get a total score. 0–7 indicate that there is no clinically significant insomnia, 8–14 is Sub threshold insomnia 15–21 is Clinical insomnia (moderate severity) and 22–28 is Clinical insomnia (severe).

There were total 20 items in total i.e. 10 items to assess unhealthy dietary pattern and 10 items to assess healthy supplementation pattern. Participants' were asked to report their eating habits or dietary pattern over the past 3 months. Scoring was done on the basis of likert scale rating from 0 to 6 where positive items were scored like 'never' was marked as 6, 'rarely' as 5, 'occasionally' as 4, 'once a month' as 3, 'two to three times in a week' as 2 and 'daily' as 1. each item was given minimum score of 0 and maximum score of 6; reverse scoring was done for negative items. Therefore, possible range of score was 0 to 60.

Content validity of tools was done by seven experts in nursing fields and experts have shown 100% agreement for selection of items. Internal consistency of tools was calculated by using Cronbach's alpha and it was found to be 0.82 and 0.80 for unhealthy dietary pattern and healthy supplementation pattern scales respectively. This indicated that tools were reliable. Study was approved by institutional ethical committee. Study participants were informed about the purpose of the study and their rights to withdraw from research at any time. Every participant was assured of anonymity and confidentiality of their information. Data were collected after getting informed consent from each participant. A formal permission was taken from the concerned authority before data collection.

Data were analyzed by using descriptive and inferential statistics with IBM Statistical Package of Social Science (IBM SPSS, version 21) as per the study objectives. Frequency, percentage, mean and standard deviation were used to participants' characteristics, eating habits and dietary pattern. One-way ANOVA was used to determine the association between participants' characteristics and dietary pattern.

Result

Table 1: Total internet addiction level of sample in ug students N=60

Sample	Sample size	Internet Addiction level				Depression level				
		Normal	Mild	Moderate	Severe	Normal	Mild	Borderline	Moderate	Severe
UG student	60	4	41	13	2	27	14	07	09	03

Above table show that the total internet addiction level of samples in UG students out of 60 samples 6.66% (4) were in normal internet addiction range while 68.33% (41) were in mild, 21.66% (13) were in moderate and 3.33% (2) were severely suffering from internet addiction and depression

level of samples in UG students. Out of 60 samples 45% (27) have normal level of depression, 23.33% (14) comes in mild category, 11.66% (7) falls in borderline category, 15% (9) comes in moderate category and 5% (3) falls in severe level of depression

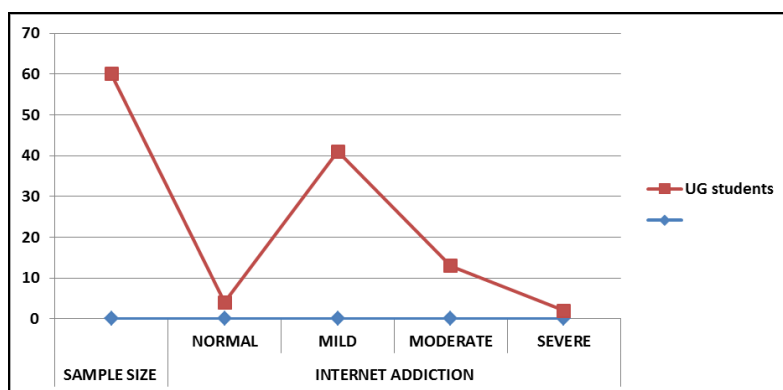


Fig 1: Line diagram 01 showing IA level among UG students

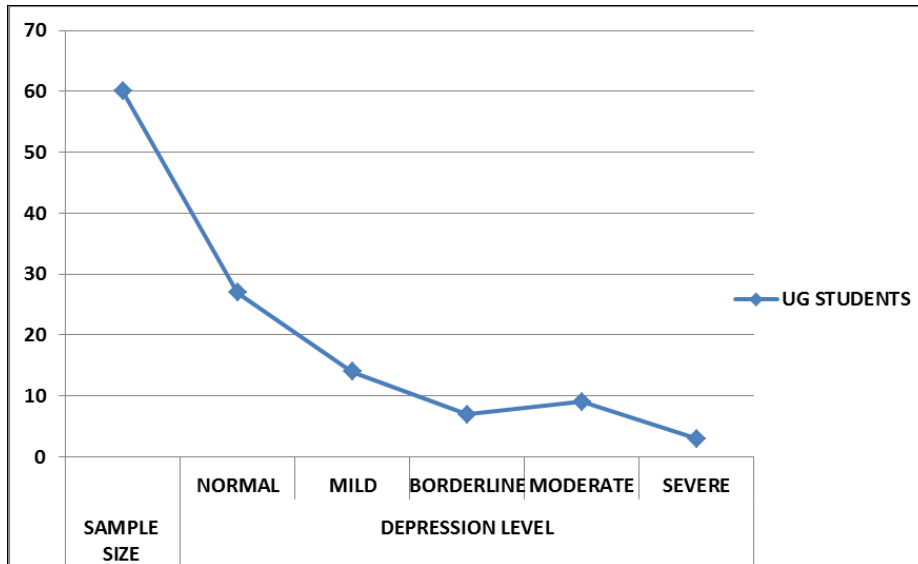


Fig 2: Line diagram showing level of depression in UG students

Table 2: Total depression level of sample in ug students N=60

Sample	Sample size	Depression level				
		Normal	Mild	Borderline	Moderate	Severe
UG student	60	27	14	7	9	3

Table no. 3 describes total depression level of samples in UG students. Out of 60 samples 45% (27) have normal level of depression, 23.33% (14) comes in mild category, 11.66% (7) falls in borderline category, 15% (9) comes in moderate category and 5% (3) falls in severe level of depression.

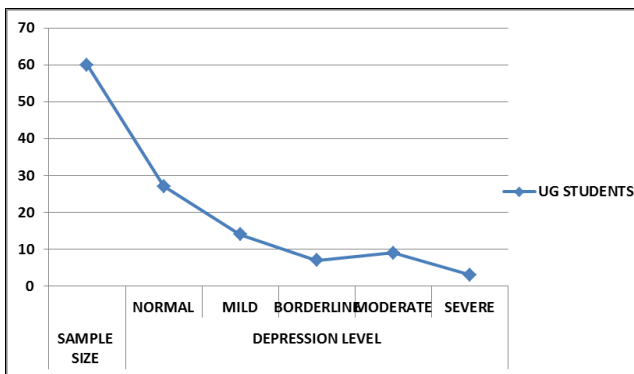


Fig 3: Line diagram showing level of depression in UG students

Discussion

- Total internet addiction level of samples in UG students out of 60 samples 6.66% (4) were in normal internet addiction range while 68.33% (41) were in mild, 21.66% (13) were in moderate and 3.33% (2) were severely suffering from internet addiction Association of internet use per day, social networking sites and pornography was significant with internet addiction at the level of p value <0.05.
- Total depression level of samples in UG students. Out of 60 samples 45% (27) have normal level of depression, 23.33% (14) comes in mild category, 11.66% (7) falls in borderline category, 15% (9) comes in moderate category and 5% (3) falls in severe level of depression. Association of sex, pursuing course and

amount of money spend on internet recharge was significant with depression at the level of p value <0.05.

- Kuhu, Awasthi Purnima & Saroj Verma (2017), The objective was to examine role of IA in mental health problems of college students. 227 samples (111 males & 116 females) were taken from Varanasi, up, India. For finding IAT tool was applied. The finding of the study shows that female students were more internet addicted (M=13.04, SD=3.94) than male student (M=10.86, SD=5.71). The overall main effect of internet addiction, F(1,96)=10.47, p<.05 on a whole suggested that the internet addict students showed significant difference with the non-internet addict students on the four domains of GHQ.
- Parash Mani Bhandari, Shristi Rijal and Kiran Thapa (2016). The study objective was to find sleep quality, internet addiction and depressive symptoms among UG student in Nepal. 985 samples was adopted. For finding Young’s IAT and patient health questionnaire-9 are used. The finding of the study shows that the mean for IAT was 37.12 and SD was 8.48 with the students score ranging from minimum of 20 and maximum of 89. Depressive symptoms were higher for student having higher age, being sexually inactive, failed in previous exams. The internet addiction statically mediated 16.5% of indirect effect of sleep quality on depressive symptoms; sleep quality on the other hand, statically mediated 30.9% of the indirect effect of internet addiction on depressive symptoms.

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