



## **Prevalence of internet addiction and knowledge regarding impacts of internet addiction on their health among adolescence at selected high schools**

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### **Abstract**

**Background:** Heavy internet use effect the academic achievement of adolescent and negative effects. When compare about Facebook users and Non Facebook users found that Facebook users CGPA is lower than Non Face book users. Because Facebook users spend lots of time in Facebook and every day they used Facebook. Heavy use of internet is a part of daily life.as.

**Methodology:** A quantitative approach with cross sectional descriptive survey design was adopted for the study. The samples from the selected high schools of Belagavi district were selected using convenient sampling technique. The sample consisted of 60 high school students. The tools used for data collection was structured internet addiction scale and structured knowledge questionnaire.

**Results:** The internet addiction test scores of respondents mean was 39.68, median was 39, mode was 43 with standard deviation 13.30 and score range was 16-71 the knowledge scores of respondents mean was 12.65, median was 13, mode was 13 with standard deviation 4.06 and score range was 5-20. Majority 39(65%) respondents were moderately addicted, 17 (28.3%) respondents were affected mildly and remaining 4(6.7%) of respondents were severely affected with internet addiction. majority 37(61.7%) of respondents were had moderate knowledge, 13(21.7%) of respondents were had poor knowledge and remaining 10(16.7%) of respondents were had good knowledge regarding impact of internet addiction on health.

**Conclusion:** There is a need for the awareness program on effects of excessive use of internet among student groups to minimise its physiological, psychological and social effect among the adolescent age group.

**Keywords:** Prevalence, internet addiction, knowledge, impact on health, adolescents

### **Introduction**

The Internet has become one of the most essential instruments of man for information, job opportunities, and education to entertainment, including social media sites and networking and is gradually becoming a structural part of our day to day life. With the advent of new age smart phones, tablets, and computers, the Internet is readily accessible to the general population or "at the fingertips." [1]. The Internet is no longer merely an infrastructure; it has become an unlimited space for information exchange, social networking, and the development of cyber behaviours [2]. It is a network of networks that consists of private, public, academic, business and government networks of local to global scope that is linked by a broad array of electronic and optical networking technologies. By the advent of the internet, our earth has reduced and has attained the form of a global village [3].

It has brought people closer together by enabling various forms of interpersonal communication, notably e-mail, instant messaging, video conferencing, and social networking. In a very short period, it has become difficult for most of us to imagine a world without instant and continuous access to the internet [4].

Research on internet addiction have shown that overuse of the internet is associated with social and psychological issues such as depression, loneliness, lower self-esteem and

life satisfaction, poor mental health, low family function and academic failures. When compared to other psychiatric co morbidities, depression also showed the strongest correlation with pathological Internet use. Co-morbid social media addiction and depression are a major clinical challenge as the outcomes of both conditions are worsened by the other [5].

Study on Internet addiction and lifestyle pattern shown that, irregular bedtimes and the use of alcohol and tobacco were higher in high-risk Internet users. Irregular dietary behaviour due to the loss of appetite, a high frequency of skipping meals, and snacking might cause imbalances in nutritional intake. High-risk Internet users have inappropriate dietary behaviour and poor diet quality, which could result in stunted growth and development. Another study noted the changes in interpersonal relationship among excessive internet users. Internet addicted adolescents also had more interpersonal problems and shown that it is important to raise awareness about internet addiction, and close attention must be paid not only to students at risk of internet addiction but also to students at low risk to prevent students from becoming addicted to the internet [6].

Heavy internet use effect the academic achievement of adolescent and negative effects. When compare about Facebook users and Non Facebook users found that Facebook users CGPA is lower than Non Face book users.

Because Facebook users spend lots of time in Facebook and every day they used Facebook. Heavy use of internet is a part of daily life [7].

Prevention is always better than cure. One way to reduce incidence of internet addiction is by increasing adolescent's adherence to healthy lifestyle by educating, screening, detecting and modification of risk factors. Lack of knowledge and lack of concern for health may result in poor level of health and many health problems.

### Objectives

1. To assess prevalence of internet addiction among adolescence at selected high schools
2. To assess knowledge regarding impacts of internet addiction on their health among adolescence
3. To find out the association of level of internet addiction among adolescence with their selected personal variables.
4. To find out the association of pre-test level of knowledge regarding impacts of internet addiction on their health among adolescence with their selected personal variables.

### Hypothesis

**H<sub>1</sub>:** The levels of internet addiction among adolescence will be significantly associated with their selected socio demographic variables.

**H<sub>2</sub>:** The levels of knowledge of adolescence regarding impacts of internet addiction on their health will be significantly associated with their selected socio demographic variables.

### Methodology

Research Approach: Quantitative Research Approach

### Research design

Cross sectional descriptive survey design

### Sampling technique

Non-Probability; convenient Sampling Technique

### Sample size

60

### Setting of study

Selected High school, Belagavi

### Method of data collection

Structured questionnaire

### Tools used

#### Section I: Socio-demographic variables of participants

#### Section II: Structured internet addiction test

This scale consisted of 20 statements regarding individual's pattern of use of internet. There are six alternative response columns; rarely, occasionally, frequently, often, always and do not apply. There was no right or wrong answers and respondents were asked to express their opinion honestly. Total internet addiction test scale scores ranged from 0-100.

#### Section III: Structured Knowledge questionnaire

This scale consisted of 24 structured multiple choice items with the four options for each item to assess the knowledge of adolescents regarding impacts of internet addiction on health. The participant has to choose one right answer from given options. The right answer will be scored as 'one' mark and the wrong answer will be scored as 'zero' comprising the maximum score of 0-24.

### Procedure of data collection

Data was collected after obtaining administrative permission from selected high school of Belagavi district. The investigator personally explained the participants the need and assured them of the confidentiality of their responses. Data was collected by distributing the structured tools to all participants and it took around 60 minutes to collect data from all participants. All the participants co-operated well with the investigator in data collection procedure.

### Results

#### A. The findings related to socio-demographic variables of participants

Study comprised of 60 participants. The socio demographic variables are presented in following table.

**Table 1:** Frequency & Percentage Distribution of participants according to socio demographic variables  
N=60

Sl No	Demographic variables	Frequency (f)	Percentage (%)
1.	<b>Age in years</b>		
	a) 13 - 14	18	30
	b) 14 -15	18	30
	c) 15-16	24	40
2.	<b>Gender</b>		
	a) Male	34	56.7
	b) Female	26	43.3
3.	<b>Year of study</b>		
	a) 8 <sup>th</sup> std	18	30
	b) 9 <sup>th</sup> std	27	45
	c) 10 <sup>th</sup> std	15	25
4.	<b>Religion</b>		
	a) Hindu	40	66.7
	b) Muslim	16	26.7
	c) Christian	04	6.7

	d) Others	00	00
5.	<b>Occupation of parents</b>		
	a) Agriculture	21	35
	b) Business	22	36.7
	c) Coolie	09	15
	d) Other	08	13.3
6.	<b>Education of father</b>		
	a) ≤ Lower primary school	13	21.7
	b) High school	25	41.7
	c) PUC	14	23.3
	d) ≥ Diploma and Degree	08	13.3
7.	<b>Education of mother</b>		
	a) ≤ Lower primary school	15	25
	b) High school	30	50
	c) PUC	12	20
	d) ≥ Diploma and Degree	03	05
8.	<b>Place of residence</b>		
	a) Rural	20	33.3
	b) Semi urban	31	51.7
	c) Urban	09	15
9.	<b>Parents Income / Month</b>		
	a) Below 4,000/-	09	15
	b) 4,001- 8,000/-	16	26.7
	c) 8,001- 12,000/-	20	33.3
	d) 12,001 & above	15	25
10.	<b>Have mobile with internet facility?</b>		
	a) Yes	21	35
	b) No	39	65
11.	<b>Do you have your own account in following apps</b>		
	a) Facebook	24	40
	b) What's app	15	25
	c) Twitter	00	00
	d) Not have account	21	35

## B. Distribution of internet addiction and knowledge scores of respondents

### 1. Internet Addiction Test scores

**Table 2:** Mean, median, mode, standard deviation and range of internet addiction scores of Respondents n = 60

Mean	Median	Mode	Standard deviation	Range
39.68	39	43	13.30	16-71

**Table 2** reveals internet addiction test score of respondents, it shows that; the internet addiction test scores of respondents mean was 39.68, median was 39, mode was 43 with standard deviation 13.30 and score range was 16-71.

## Knowledge regarding impacts of internet addiction on health scores

**Table 3:** Mean, median, mode, standard deviation and range of knowledge scores of Respondents n = 60

Mean	Median	Mode	Standard deviation	Range
12.65	13	13	4.06	5-20

**Table 3** reveals knowledge score of respondents regarding impacts of internet addiction on health, it shows that; the knowledge scores of respondents mean was 12.65, median was 13, mode was 13 with standard deviation 4.06 and score range was 5-20.

## C. Distribution Respondent's Scores according to their level of internet addiction and Knowledge

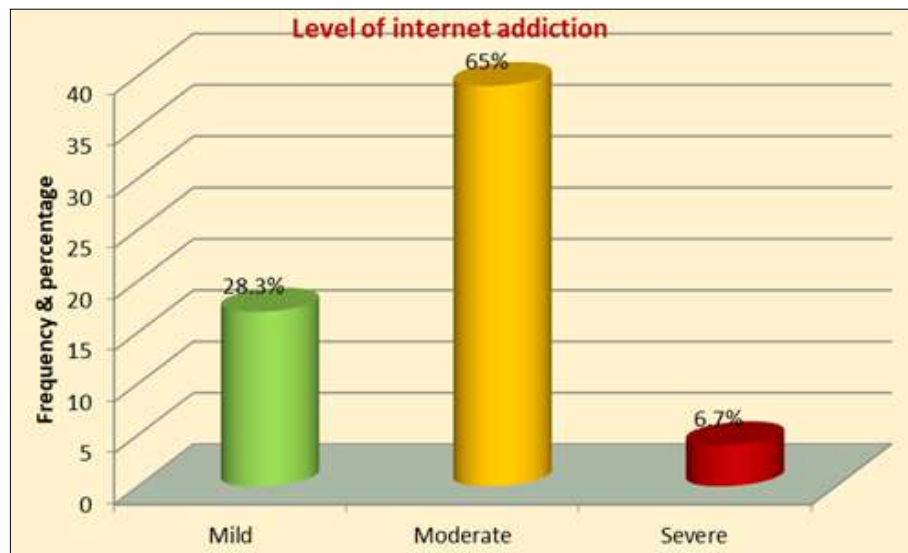
### 1. Level of internet addiction Scores:

**Table 4:** Frequency and Percentage distribution of respondents according to level of Internet addiction n=60

<b>Level of Internet addiction</b>		
<b>Mild F (%)</b>	<b>Moderate F (%)</b>	<b>Severe F (%)</b>
17 (28.3%)	39 (65%)	04 (6.7%)

The data presented in the **Table 4** depicts the respondent's level of internet addiction it reveals that; majority 39(65%) respondents were moderately addicted, 17 (28.3%)

respondents were affected mildly and remaining 4(6.7%) of respondents were severely affected with internet addiction.



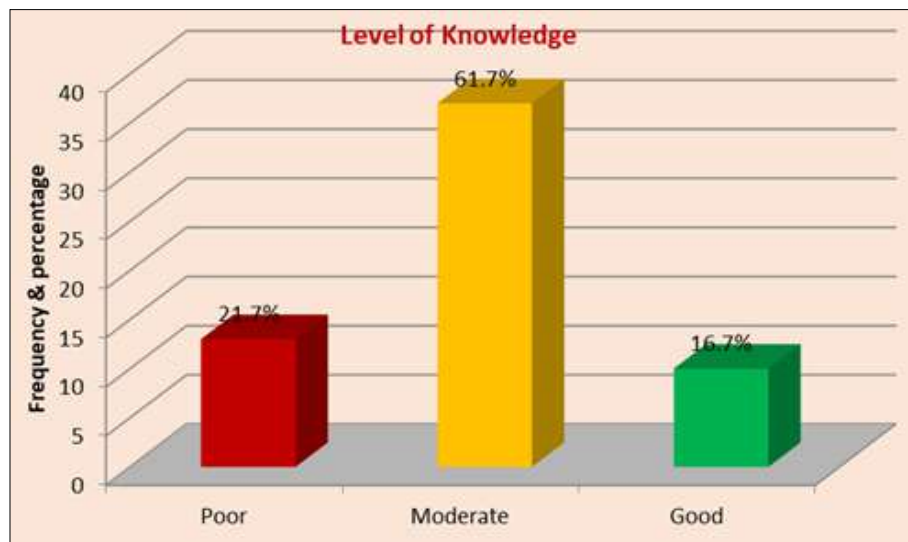
**Fig 1:** Distribution of respondents according to their level of internet addiction

### Level of knowledge Scores

**Table 5:** Frequency and Percentage distribution of respondents according to level of Knowledge regarding impact of internet addiction on health n=60

Level of Knowledge		
Poor F (%)	Moderate F (%)	Good F (%)
13 (21.7%)	37 (61.7%)	10 (16.7%)

The data presented in the **Table 5** depicts the respondent's level of knowledge regarding impact of internet addiction on health, it reveals that; majority 37(61.7%) of respondents were had moderate knowledge, 13(21.7%) of respondents were had poor knowledge and remaining 10(16.7%) of respondents were had good knowledge regarding impact of internet addiction on health.



**Fig 2:** Distribution of respondents according to their level of knowledge

### D. Association between level of internet addiction, level of knowledge and selected socio demographic variables

The computed Chi-square value for association between level of internet addiction among adolescents students of high school and their selected demographic variables is found to be statistically significant at 0.05 education of father and is not found statistically significant for other socio demographic variables.

The computed Chi-square value for association between level of knowledge of adolescent students of high school regarding impact of internet addiction on health and their selected demographic variables is found to be statistically significant at 0.05 levels for year of study and having

account in social media and is not found statistically significant for other socio demographic variables.

### Conclusion

The conclusions drawn from the study were as follows

1. The majority of adolescents were addicted to internet moderately
2. The overall knowledge of adolescent students of high school regarding impact of internet addiction on health was moderate.
3. The results revealed that there is partial association between level of internet addiction, knowledge scores and socio demographic variables.

4. There was a need for awareness program regarding internet addiction among adolescents.

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