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A descriptive study to assess the knowledge of nursing students regarding mobile and internet addiction in Himalayan institute of Nursing, Kala Amb District Ambala Haryana

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Abstract

The mobile and internet addiction is most major problem in today's internet era. It is most common problem facing in today's generation. Mobile and internet addiction have emerged as prevalent concerns in contemporary society. Affecting individual of diverse demographic worldwide. The abstract present a comprehensive overview of the phenomena, exploring its manifestations, underlying causes, and potential implications on mental health, social interaction, and overall well-being. The study aims to explore the knowledge regarding mobile and internet addiction among undergraduate nursing students. The study was conducted on 60 nursing students in HGPI Institute of nursing Kala Amb, Ambala, and Haryana. Recruited using non probability sample random sampling technique. The result showed that frequency and percentage distribution of nursing students in terms of level of knowledge score on self-structured knowledge questionnaire 0.5% (3) nursing students had good, 93.3% (56) had average and 1.6% (1) had poor knowledge regarding mobile and internet addiction. The study concluded that level of knowledge and socio demographic variable. There was association of knowledge score of nursing students with selected demographic variable. The data reveled that age years (0.213309NS), Gender (0.213390NS), Religion (0.238193NS), Education of father (0.213390NS), Education of mother (0.213390NS), Occupation of father (0.238103NS), Occupation of mother (0.213309NS), and time spend on mobile and internet per day (0.213309NS) were not found statistically significant.

Keywords: The keywords of the study include to assess nursing students regarding knowledge, mobile and internet addiction at HGPI Nursing Kala, Amb, Ambala, and Haryana

Introduction

Internet is largely seen as one of the world's biggest technology platform. It is a source of knowledge, entertainment, brand building, commerce education and much more. However, internet, which has over the year changed the way we live, work and communicators, also as darker side: Internet addiction is an impulse control disorder. Some internet user may developed an emotional attachment to online friends and activity they created on the year computer screen internet user may enjoy aspect of internet that allowed them to meet, socialize, and exchange ideas through the use of chat room, social networking website, or virtual community.

Internet addiction is define as a physiological dependent on the internet and is characterize by (a) an increasing investment of resources on internet related activity, (b) unpleasant feeling (e.g. anxiety, depression, emptiness) when offline, (c) an increasing tolerance to the effects of being online, and(d) denial of the problematic behaviour

Jonathan J Kandell 1998.

Internet addiction refers to a compulsive and excessive use of the internet that interferes with daily life, leading to negative consequences. Its involves an uncontrollable urge to be online, neglecting responsibilities, relationship, and other activities. Symptoms may include spending excessive time online, withdrawal when not online, mood swings, and decreased productivity. It can impact mental health, social interactions, and overall well-being. Treatment often involves therapy, behavior intervention, and support group to regain a healthy balance with technology.

The most common uses of internet were present to the hands of man by the 1980s, in other words, a decade that made a revolutionary change in the lives of all mankind in the universe today social media is close to becoming an integral part of day to day lives of most people. Active social media users were 197 million (14% of the populations) in India. Globally, about 3.77 billion people are using the internet through modern gadgets such as smartphones and computers

with coverage of 81% of population in the developed world and 41% of population in developing world.

Need of study
Understanding Impact: To comprehend the psychological, social, and psychological impacts excessive internet use has on individuals' life.

Health concerns: To identify and address the physical and mental issues associated with internet addictions, such as sleep disturbances, anxiety, depression, and other related conditions.

Social Implications: To explore how internet addiction affects relationship, social interactions, and overall social behavior, including its impact on family dynamics societal functioning.

Preventive Measures: To developed effective strategies for prevention an early intervention, especially among vulnerable groups such as adolescents and those with pre-existing mental health condition.

Treatment Approaches: To devise evidence-based intervention and treatment methods to help individual overcome internet addiction and regain a healthy balance in there life.

Technological Advancements: To understand the evolving nature of technology and its influence on addictive behaviour, aiding in the development of healthier online environment and technological innovation that mitigate addictive tendencies.

Research Methodology
In this study quantitative research design and research approach was used and non-experimental descriptive study was considered as appropriate for the study information. Check list method was found to be appropriate for collected the data as the descriptive study aims to assess the knowledge retarding mobile and internet addiction in Himalayan institute of nursing Kala Amb, District Ambala. The research is a study in which a body of data has been collected, receded and analyzed. It is a descriptive and non-descriptive research used to checklist, solve a problem or establish a cause and effective relationship the sample consisted of 60 under graduate students.

The sample selection approach used the non-probability design, the purposive sample was through to be the most appropriate for this study. A purposive sample is a group of individual who are ready available for the participation in a study.

Results
The data presented in table 3 depicts that less than half (57%) of undergraduate students were in the age group of 18-20 years, more than half (22%) of undergraduate students in the age group of 21-22 years, more than (15%) of undergraduate students were in the age group of 23-25 years. (60%) of undergraduate students were Hindu, more than half (20%) of undergraduate students were Muslim, more than half (15%) of undergraduate students were Sikh, more than half (5%) of undergraduate students were Christian. Undergraduate students qualification (40%) were GNM, (60%) were B.Sc. nursing. (70%) were female students and (30%) were male students (95%) of undergraduate students are unmarried (5%) of

undergraduate students are married. (44%) of undergraduates are belongs to nuclear family and (57%) joint family. (73%) of undergraduates students were living in rural area, and less than half (12%) are in urban area, (15%) in semi urban area. More than half (93.3%) of undergraduates students have previous knowledge, in (6.6%) of students doesn't have previous knowledge.

Table 1: Frequency and percentage on Mobile Internet Addiction, N=60

Sr. No.	Level of knowledge	Frequency (F)	Percentage (P)	Mean	Standard Deviation
1.	Poor	1	1.66%	8.2%	31.36%
2.	Average	56	93.3%		
3.	Good	3	5%		
4.	Excellent	0.0	0		

The Table depict that the majority of 1.66% students had poor knowledge about mobile and internet addiction, 93.3% had average knowledge, 5% had good knowledge and 0.0% had excellent. The mean value is 8.2% and standard deviation value is 31.36%.

Discussion
This chapter includes the discussion of the findings of the study interpreted from statistical analysis, and where been organized, and presented under the following section. Frequency and percentage distribution of sample characterized according to their sociodomographic variables. Frequency, percentage, mean and standard deviation of structured knowledge questionnaire on mobile and internet addiction. Association of level of knowledge of undergraduate students with the socio-demographic variables. Students can prevent mobile and internet addiction by maintaining less mobile screening, maintaining time table, do house hold activity, physical activity and many more. More than half (93.3%) of undergraduates girls have previous knowledge.

Conclusion
Majority of the undergraduate students were having good knowledge regarding mobile and internet addiction. From the finding of the present study it can be concluded that though high risk nursing students are aware of the side effects of mobile and internet addiction.

Mobile and internet can be controlled by maintaining less mobile screening, doing house hold activities, and physical activities etc.

Conflict of Interest
Not available

Financial Support
Not available

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