



## A STUDY TO ASSESS THE KNOWLEDGE REGARDING INTERNET ADDICTION DISORDER AND ITS PREVENTION AMONG COLLEGIATE STUDENTS STUDYING IN SELECTED COLLEGES OF BATHINDA, PUNJAB

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### **ABSTRACT**

*In this era, Internet has become an essential part of life. Internet is the largest and most versatile source of information and communication in the world today. Unfortunately, with this commodity, also comes the possibility of abuse and addiction. Young people are more prone to this addiction.*

*The aim of the study was to assess the knowledge regarding internet addiction disorder and its prevention among collegiate students studying in selected colleges of Bathinda, Punjab.*

*A descriptive study was conducted on the sample of 500 collegiate students selected by using random sampling technique. The data was collected by using structured knowledge questionnaire.*

*Results of the study showed maximum subjects 339 (67.8 %) had average level of knowledge, 96 (19.2 %) had poor level of knowledge, 64 (12.18%) has good level of knowledge and only 1 (0.2%) had excellent level of knowledge.*

*There was no any significant association of level of knowledge regarding internet addiction disorder and its prevention with their selected socio- demographic variables.*

*The research findings can be implemented in nursing administration, nursing education, nursing services and nursing research*

**KEY-WORDS:** *Knowledge, Internet addiction, Collegiate Students.*

## INTRODUCTION

In the new generation, the Internet has become an important tool for education, entertainment, communication, and information-sharing. Easy access and social networking are two of the several aspects of the Internet fostering addictive behavior.<sup>1</sup>

Internet addiction commonly refers to an individual's inability to control his or her use of the Internet (including any online-related, compulsive behavior), which eventually results marked distress and functional impairment in daily life. Research studies in the Western and Asian contexts suggest that the risk of Internet addiction is increasing among young population.<sup>2</sup>

According to the Cisco report, digital transformation will take India's internet users from 373 million (28 percent of population) in 2016 to 829 million (59 percent of the Indian population) in 2021.<sup>3</sup>

**Chacko H, Joseph JT, Abraham J, Aranha PR and Shetty AP (2015)** conducted descriptive survey approach was used to assess the knowledge and attitude regarding ill effects of internet addiction among nursing students in selected nursing institutions in Mangaluru. The sample of 100 nursing students was selected by using non-probability purposive sampling technique. Data was collected by using the structured knowledge questionnaire and attitude scale on ill effects of internet addiction. Results showed that majority (67%) of sample had moderately adequate knowledge and majority (77%) had favorable attitude towards ill effects of internet addiction. There was significant association of knowledge and attitude with the selected socio- demographic variables.<sup>4</sup>

Goel Deepak, Subramanam Annd Alka, Kamath Ravindra (2013) conducted a cross sectional study to assess the prevalence of Internet addiction and its association with psychopathology in Indian adolescents. The data was collected from 987 students of various faculties across the city of Mumbai by using the 'Internet addiction Test' questionnaire and Dukes Health Profile. Results showed that 74.5% were moderate users and 0.7% was found to be addicts. Those with excessive use of internet had high scores on anxiety and depression.<sup>5</sup>

The present study focused on the young population to assess their level of knowledge regarding internet addiction and its prevention, so that findings can be used to start new educational programs.

## AIM OF THE STUDY

To assess the knowledge of Students regarding internet addiction disorder and its prevention .

## OBJECTIVES

1. To assess the knowledge regarding internet addiction disorder and its prevention among students studying in selected colleges.
2. To find an association between knowledge scores regarding internet addiction disorder and its prevention among students studying in selected colleges with their selected demographic variables.

## Operational Definitions

- **Collegiate students** - It refers to students who are studying in the colleges.
- **Internet addiction disorder:** It refers to overuse of internet which leads to occurrence of psychosocial and behavioral changes in day to day life.

## RESEARCH METHODOLOGY

**Research design:** A Descriptive Research Design

**Variables:**

**Research variable-** Knowledge regarding internet addiction disorder and its prevention.

**Socio-Demographic variables-** Age, Sex, pocket money per month, age at which started internet access and purpose of using the internet

**Setting:** The study was conducted in 3 selected colleges i.e. College of Nursing, Adesh University, Bathinda, D.A.V. College Bathinda, Punjab Public College of Nursing Bathinda, Punjab

**Target population:** - The target population of present study was collegiate students studying in selected colleges of Bathinda.

**Sample size:** The sample of study was comprised of 500 collegiate students.

**Sampling techniques:** Random sampling technique was used in this study to select the sample.

### **Inclusive Criteria & Exclusive Criteria:**

#### **Inclusive Criteria:**

1. Students who were able to understand English and Punjabi.
2. Students who were available at the time of data collection.

#### **Exclusive criteria:-**

1. Students who were not willing to participate.

#### **Description of tool:**

Tool comprised of two parts:-

Part (a) - Socio Demographic variables. It contains 7 items to obtain personal and general information on aspects like age, gender, pocket money per month, age at which started internet access and purpose of using the internet.

Part (b)- Structured knowledge questionnaire contained 36 items to assess the level of knowledge regarding Internet addiction disorder and its prevention.

#### **Measure Criterion**

<b>Level of knowledge</b>	<b>Score</b>
Poor	0-9
Average	10-18
Good	19-27
Excellent	28-36

## ANALYSIS AND INTERPRETATION

## PART- A

Table-1

Frequency and Percentage Distribution According To Demographic Variables

N=500

Socio-Demographic Variables	Frequency (n)	Percentage (%)
<b>1. Age in years</b>		
a. 17-18	117	23.4
b. 19-20	183	36.6
c. 21-22	92	18.4
d. 23 and above	108	21.6
<b>2. Gender</b>		
a. Male	322	64.4
b. Female	178	35.6
<b>3. Religion</b>		
a. Sikh	247	49.4
b. Hindu	197	39.4
c. Muslim	41	8.2
d. Christian	15	3.0
<b>4. Pocket Money Per Month</b>		
a. Less than 500	95	19.0
b. 500-1000	301	60.2
c. 1000 or above	104	20.8

**5. Duration of Internet Use****Per Day**

a. 30 Min. To 1 Hour	46	9.2
b. 1 Hour – 2 Hours	187	37.4
c. 2 Hours- 3 Hours	211	42.2
d. 3 Hours and above	56	11.2

**6. Age at Which started****Internet Access**

a. Less than 12	329	65.8
b. Greater than 12	171	34.2

**7. Purpose of Using the****Internet**

a. Shopping	124	24.8
b. Knowledge	160	32.0
c. Games and chatting	157	31.4
d. Others	59	11.8

The Table-1 depicts the following findings:-

- With regard to age the maximum number 183 (36.6 %) of the subjects belong to the age group of 19 -20 years, 117 (23.4 %) of the subjects belongs to the age group of 17-18years, 108 (21.6 %) of the subjects belongs to the age group of 23 years and above and 92 (18.4 %) of the subjects belongs to the age group of 21- 22years.
- With regard to sex, majority 322 (64.4 %) of the subjects were Males and minimum 178 (35.6 %) of the subjects were females.

- With regard to Religion, maximum number 247 (49.4 %) of the subjects were Sikh, 197 (39.4 %) were Hindu, 41 ( 8.2 %) were Muslim and minimum number 15(3 %) were Christians.
- With regard to the pocket money per month, 301 (60.2 %) of the subjects had Rs. 500- 1000 pocket money per month, 95 (19.0%) of the subjects had less than Rs.500 pocket money per month.
- With regard to the duration of internet use, 211(42.2%) of the subjects were using the internet 1 hour – 2 hours, 187 (37.4 %) of the subjects were using the internet about 30min-1hour, 56 (11.2%) of the subjects were using the internet for 3hours and above and 46 (9.2 %) of the subjects were using the internet for less than 30 minutes.
- With regard to age at which internet access started, maximum 329 (65. 8 %) of the subjects started internet access at the age less than 17 years and 171 (34.2 %) of the subjects started internet access at the age greater than 17 years.
- With regard to the purpose of using the internet, maximum subjects 160 (32.0 %) using the internet for knowledge purpose, 157 (31.4 %) of the subjects were using the internet for games and chatting, 124 (24.8 %) of the subjects using the internet for shopping and 59 (11.8 %) of the subjects using the internet for other purposes.

## PART-B

**OBJECTIVE-I:** To assess the knowledge regarding internet addiction disorder and its prevention.

**Table-II**

**Level of knowledge regarding Internet addiction disorder and its prevention among collegiate students.**

**N= 500**

Level of knowledge	Score	f	Percentage
Poor	0-9	96	19.2
Average	10-18	339	67.8
Good	19-27	64	12.8
Excellent	28-36	1	.2

Table – II depicts knowledge score regarding internet addiction disorder and its prevention, maximum subjects 339 (67.8 %) had average level of knowledge, 96 (19.2 %) had poor level of knowledge, 64 (12.18%) has good level of knowledge and only 1 (0.2%) had excellent level of knowledge.

### PART-C

**OBJECTIVE-II:** To find an association between knowledge scores regarding internet addiction disorder and its prevention among students studying in selected colleges with their selected demographic variables

**TABLE III:** Association between knowledge scores with selected Socio demographic variables.

**N= 500**

Socio- demographic variables	Chi-square	df	p- value
Age	82.716	75	.253 <sup>NS</sup>
Sex	27.361	25	.338 <sup>NS</sup>
Religion	84.163	75	.220 <sup>NS</sup>
Pocket money per Month	57.330	50	.222 <sup>NS</sup>
Duration of the Internet use per Day	72.545	75	.559 <sup>NS</sup>
Age at which started internet access	30.287	25	.214 <sup>S</sup>
Purpose of Using the internet	64.879	75	.792 <sup>NS</sup>

**Table-II** shows that there was no any significant association of level of knowledge regarding internet addiction disorder and its prevention with their selected socio- demographic variables

## CONCLUSION

Results of the study showed that the structured teaching program was effective to improve the knowledge regarding internet addiction and its prevention among collegiate students. Findings of the pre-test knowledge score showed that Maximum subjects 339 (67.8 %) had average level of knowledge, 96 (19.2 %) had poor level of knowledge, 64 (12.18%) had good level of knowledge and only 1 (0.2%) had excellent level of knowledge. There was no any significant association of level of knowledge regarding internet addiction disorder and its prevention with their selected socio- demographic variables.

## RECOMMENDATIONS

- Similar study can be conducted on large sample to generalize the findings.
- Similar study can be conducted on different age groups.
- Quasi experimental study can be conducted to improve the knowledge regarding internet addiction and its prevention.

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