



## A SURVEY TO STUDY THE USE OF INTERNET BY STUDENTS OF DEPARTMENT OF REHABILITATION SCIENCES JAMIA HAMDARD

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### ABSTRACT

**BACKGROUND:** It is a well-known fact that increased internet use is related to an increased risk of musculoskeletal pain among adolescents. The relationship between internet addiction (IA), a unique condition involving severe internet overuse, and musculoskeletal pain has, however, not been studied much. **AIM:** This study aimed to study the association between IA and the risk of musculoskeletal pain among Jamia Hamdard students. **METHOD:** This study included 100 students from department of Rehabilitation Sciences pursuing graduation and post-graduation, participants were asked to fill Internet Addiction Test (IAT) and Cornell Musculoskeletal Disability Questionnaire (CMDQ) after making them understand about the purpose of study and a signed consent. **RESULT:** The scores of CMDQ suggest that due to musculoskeletal discomfort especially in neck region is affecting their work performance in activities of daily living. It also suggests that internet addiction and musculoskeletal discomfort is inter-related which in turn is impacting their daily performance. The CMDQ lower back scores also implies the same as they are using mobile phones or laptops mostly which is leading to lower back discomfort thus affecting their functionality. Participants shoulder CMDQ scores were also found to be on the higher end of the discomfort rating. **CONCLUSION:** The results of present study suggest that students who are pursuing Undergraduate or postgraduate course in department of rehabilitation science are mildly addicted with usage of internet and also having muscular discomfort in areas of neck, shoulder, and lower back.

**KEYWORDS :** Internet Addiction, Musculoskeletal Discomfort, Adolescents

### 1. INTRODUCTION

Technology has become a staple in everyday life but a century ago, the telephone was the latest and greatest advancement. The world relies more and more on technology-driven products and processes as they reduce the time needed to accomplish tasks. The safety net of Technology guides keeps schedules on track and facilitates global communication and connections. The concept of IA is usually characterized as an impulse disorder by which a private experiences intense preoccupation with using the web, difficulty managing time on the web, becoming irritated if disturbed whilst online, and decreased social interaction in the real world (Tikhonov and Bogoslovskii 2015).

A research conducted by IAMAI (Internet and Mobile Association of India) and IMRB International (Indian marketing research Bureau) in June 2013, indicates that the web usage in India has gone up with more and more Internet users using the Internet on a regular basis. Considering the enormous use of internet among adolescents, it is important to analyze the pattern of internet use among health undergraduates. Besides using the internet for information, education, and training for diagnosis, as well as patient management among health care students, they are a vulnerable group on account of the time they spend on the internet.

#### A. Positive uses

The prevalence of technology affects society in so many positive ways, and that includes the education sector. Today's students not only have computers to help them with their school work, they have easy access to research tools while teachers use technology to enhance the impact of their lessons.

#### a) Local Learning, Global Reach

When schools in different parts of the state, country or world connect, students can "meet" their counterparts through video conferencing without leaving the classroom. Some sites, such as Glovico are used to help students learn foreign languages online by pairing a group of students with a teacher from another country.

#### b) Educational Games and Simulations

In primary schools, teachers expose children to computers through educational games. Instead of playing board games that focus on education, students can learn the basics of spelling, counting and other early educational lessons through computer games that make learning fun. Web-based science and math simulations allow students to learn important concepts with virtual labs.

#### c) Distance Learning Made Modern

In the past, students could take distance or continuing education classes, also called "correspondence courses," at community colleges and universities. This process is complicated. Thanks to technology, continuing education students can take courses over the Internet at their convenience.<sup>3</sup>

#### d) Web Seminars: Learn and Participate

Not every college has the resources and budget to send its students on field trips related to the course. But thanks to technology, students can use the internet to virtually attend web seminars or webinars. NASA, for instance, offers a program that allows students to talk to astronauts in space.

#### B. Negative Uses

Technology can be helpful to society but the benefits often come at a cost in the process of adjusting or keeping up with constant changes and advancement. Unplugging from technology can become more difficult because users are afraid they will miss out on something that has happened if they aren't connected all times. Additionally, by removing the human aspect of contact and relying so much on technology, there are increasing online dangers related to misrepresentation on social forums and potential predators in chat rooms.

Internet technology is considered the most effective tool and one is compelled to use it for various purposes, however, every individual should be able to recognize the point where internet starts to overrule one's life and further hinders other activities of daily living.

**a) Affecting students' academic performance**

The invention of Facebook, twitter, snap chat, messenger and other social media apps are destroying the student life. Now students spend half of the day in social media apps. They are checking their Facebook notifications, messenger and many other things. The invention of graphics card, Students and young kids play in their computers using the graphic card. Young kids and students play games around 60% and study about 40%.

**b) Dependence**

People are becoming dependable on technology. Now a days people are ordering things (food, clothes, accessories, etc) online according to their needs. Some most commonly used online stores in India are Amazon, Ebay, Flipkart, Snapdeal, Big Basket, Swiggy, Reliance Fresh, Bazaar cart, and other online stores. And because of its people are not going to the stores and becoming lazy

**c) Job Loss**

Job loss can happen when technology makes traditional jobs that were originally created for and accomplished by people, obsolete. Technology has advanced to the point that a computer can do some jobs faster and more accurately than a person can. Many of the workers who are being replaced are line workers. Without continued technological training, many employees are edged out of the workforce. Computer illiteracy can translate to an immediate disqualification from a huge percentage of jobs strictly based on potential employees not having updated technology skills.

**d) Isolation**

Ironically, the technologically-dependent population is increasingly more isolated from human interaction. By connecting more in ways that don't involve face-to-face contact like through chat, texts, and websites, that direct contact is reduced. Spending more time sitting alone in front of a computer than out in the community further limits social interaction while letter writing and even phone conversations are diminishing as well.

**Use of Internet**

The new 2018 Global Digital suite of reports from We Are Social and Hoot suite reveal that there are now more than 4 billion people around the world using the internet. Well over half of the world's population is now online, with the latest data showing that nearly a quarter of a billion new users came online for the first time in 2017. Africa has seen the fastest growth rates, with the number of internet users across the continent increasing by more than 20 percent year-on-year. The Americas and Europe have the highest mobile broadband subscription penetration rate, around 78.2 percent and 76.6 percent respectively. In 2016, the global average stood at nearly 50 percent on Phone. As stated above in my study usage of internet addiction among students of Jamia Hamdard, Department of Rehab. Science is studied along with associated musculoskeletal problems.

**2. OBJECTIVES OF STUDY**

- a) To administer IAT on students for internet overuse.
- b) To find out musculoskeletal problems due to internet use using CMDQ.

**3. METHODOLOGY**

**A. Sample Size - Total 100 participants Undergraduate - 76 Postgraduate students - 24**

**a. Inclusion Criteria**

- Students pursuing under graduation and post-graduation from Jamia Hamdard.
- Age – 18 -30 years

- Both Male and Female

**b. Exclusion Criteria**

- Students who are not pursuing any under graduation and post graduation course from Jamia Hamdard.
- Participants below 18 years of age.

**B. RESEARCH DESIGN: Survey****C. PROCEDURE**

- Data was collected from university students as per inclusion and exclusion criteria were taken from the undergraduate and postgraduate students of occupational therapy and physiotherapy from Department of Rehabilitation Sciences, Jamia Hamdard New Delhi.
- Participants were handed over and explained about Internet Addiction Test (IAT) and Cornell Musculoskeletal Discomfort Questionnaire (CMDQ).
- Forms were filled by participants.
- Scoring was done as per scoring criteria of IAT and CMDQ.
- Data thus collected was analysed using SPSS 17.0 version.
- Results were interpreted.

**D. ETHICAL CLEARANCE:**

All the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional and National) and with the Helsinki declaration of 1975 as revised in 2000. Informed Consent was taken from the subjects prior to the study.

The scores of CMDQ suggest that due to musculoskeletal discomfort especially in neck region is affecting their work performance in activities of daily living. It also suggest that internet addiction and musculoskeletal discomfort is inter-related which in turn is impacting their daily performance. The CMDQ lower back scores also implies the same as they are using mobile phones or laptops mostly which is leading to lower back discomfort thus affecting their functionality. Participants shoulder CMDQ scores were also found to be on the higher end of the discomfort rating.

**4. DISCUSSION**

Internet usage among college-going students is found to be statistically significant and lies under mild and moderate categories which suggest that if not intervened initially may lead to the severity of internet addiction sooner. The current results also states in Internet Addiction Test about the frequency of usage of the internet whereas most of the students have mentioned that they use the internet several hours every day which implies that students though using the internet for only work purposes are using screen most of the time which is leading to musculoskeletal discomfort especially in the region of the neck, lower back, shoulder. This study found that participants who have their own cell phones have mild levels of internet addiction as compared to those who do not use cell phones. Similar to these findings, a study conducted by Rajesh, also illustrated that the availability of cell phones is significantly associated with internet addiction. The use of smartphones also depicted a significant association with internet addiction as the level of internet addiction was higher among those who used smartphones.

These findings are comparable with a study conducted by Vijay et al where 42.3% of mild addicts and 17.8% of moderate addicts were found to be constantly using smartphones. These findings are in accordance with the previous studies stating that there is a strong association between psychiatric symptoms and addiction. The dominant regions of fatigue were neck and shoulder. The results show that the participants

fatigue and pain levels depended on the deviation of internet use per day. According to the Internet Addiction Test Questionnaire, participants often feel depressed, moody, or nervous when they are offline which goes away when they come online. The study also reported that internet addiction was associated with psychiatric symptoms such as mood, anxiety, depression, loss of emotional/behavioral control, emotional and psychological distress. Many studies have suggested that internet addiction is associated with loneliness, depression, stress, and low self-esteem and life satisfaction. Future research should study the larger population and also emphasize developing an intervention protocol for students. In addition, it should also study the impact of internet addiction on mental health

## 5. CONCLUSION

The results of present study suggest that students who are pursuing Undergraduate or post graduate course in department of rehabilitation science are mildly addicted with usage of internet and also having muscular discomfort in areas of neck, shoulder, and lower back.

The mean age of the surveyed sample is in between the range of 20-25. The data analysed also suggest that most of them are using internet from more than 5 years. The daily usage of internet is approximately 5 hours and weekly is approximately 35 hours, which suggest that most of the time of the surveyed sample is spent on internet.

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