



AN OBSERVATIONAL STUDY TO FIND OUT PREVALENCE OF INTERNET ADDICTION AMONG JUNIOR RESIDENTS, JAIPUR

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ABSTRACT

Background: Excess use of internet has been found to affect one's personal, social and professional performance. Internet addiction is a major concern in university medical students. **Objective:** To assess the prevalence of Internet addiction among Junior residents of S.M.S. medical college. **Material and Methods:** Observational cross-sectional study among 280 Junior residents of SMS Medical College, Jaipur from Jan 2023 to Mar 2023. The data was collected by using Young's IAT questionnaire. **Results:** Present study found that 64% of Junior residents were addicted to internet according to young's IAT scale. Internet addiction was not significantly different between male and female Junior residents. Out of them 38% of Junior residents agreed that their job performance and productivity suffer because of the internet and 56% feel depressed, moody, or nervous when they were off-line. **Conclusion:** Present study found that majority of Junior residents were addicted to internet.

KEYWORDS : Internet Addiction, Junior residents, Young's IAT,

INTRODUCTION

Internet and smartphone use has increased worldwide over the recent decades and has become a critical part of modern-day life.¹ As of January 2021, the global population using the internet has grown to almost 4.6 billion.² India is the second largest country in the world, behind China in numbers of internet users. With this rapid growth in internet access a new problem of "internet addiction" is developing. The use of internet in a healthy manner can be understood as achieving a desired goal within an appropriate time frame without experiencing intellectual or behavioral discomfort.³ According to Young, "internet addiction is characterized by preoccupation with the internet, an inability to control the use, hiding about the behavior, psychological withdrawal, and continued use despite behavioral consequences" (Young, 2007).

Internet addiction is a compulsive-impulsive spectrum disorder that involves online and/or offline computer usage. Like other typical addictions, it has components of excessive use, withdrawal, tolerance and negative repercussions.⁴ The prevalence of such addiction has ranged between 1.5-25% between different populations.⁵ A review looking at prevalence among students of South-East Asia Region (SEAR) reported internet addiction ranged from 7.4% to 46.4%.⁶ Another review which looked at pooled prevalence of internet addiction among 3651 medical students globally, revealed a rate of 30.1% which is higher than in the general population.⁷

So internet addiction is a major concern in university medical students, and examining its association factors is important, so that appropriate measures can be taken to address this issue.

For medical students aiming to develop into health professionals, the implications of internet addiction can hinder their studies and impact their long-term career goals and can have wide and detrimental consequences on society as a whole. However, there is limited data on problematic internet use among the resident doctors, who often form the first line of medical health care providers in attempt to assess internet addiction among junior resident medical students.

OBJECTIVES

1. To assess prevalence and level of internet uses among

Junior Residents

2. To study perceived adverse effects of internet uses among Junior Residents

METHODOLOGY

Study Type and Design: Observational type of Cross-Sectional study

Study Location: S.M.S. Medical College, Jaipur

Study Duration: Jan 2023 to Mar 2023

Study Population: Junior Residents, S.M.S. medical college, Jaipur

Study tool:

Young's IAT scale (a 20 item questionnaire based on Likert scale)

Sample size and recruitment of participants:

A sample size of 280 was calculated at 95% confidence level and 5% absolute allowable error considering 76% Internet Addiction among Junior Residents.⁸ All the Residents were interviewed by Principal Investigator himself and data were recorded in excel sheet, categorical variables were described in percentages.

RESULTS

- Out of the 280 study subjects, 56% (157) were males and 44% (123) students were females. No significant difference was found in internet uses between male and female junior resident medical students.
- 64% (179) of Junior Residents were addicted to internet. (Fig.1)
- Out of 179 residents, 58% (104) had Mild, 39% (70) had Moderate and 3% (5) had severe Internet Addiction.
- 38% (68) feel depressed, moody or nervous when they were off line. (Fig.2)
- 56% (100) of Junior Residents agreed that their job performance and productivity suffer because of the internet overuse. (Fig.3)

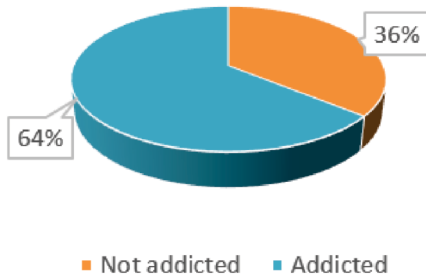


Figure 1 Prevalence of internet addiction among Post Graduate Medical Students

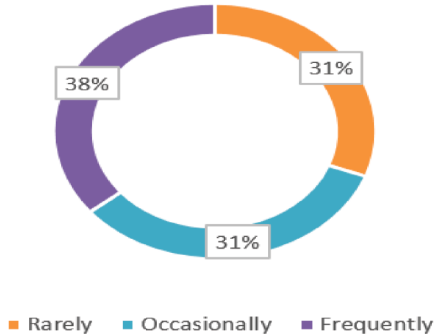


Figure 2 Felt depressed, moody or nervous while offline

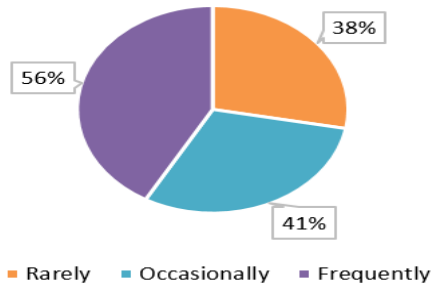


Figure 3 Job performance or productivity affected due to internet use

DISCUSSION

The prevalence of internet addiction among the study subjects in the present study was 27% moderate to severe, according to IAT scale which was similar to a study conducted in a medical college of Andhra Pradesh.⁸ Academic performance and productivity was affected severely among 56% of residents, which is consistent with a study done in Karnataka.⁹ 36% of residents felt depressed, nervous or moody when they were unable to use internet which is consistent to a study done in Gurugram.¹⁰

In the present study, it was observed that there was no statistical difference in the gender for internet usage, which shows similarity to a study conducted in Karnataka.¹¹

Strength And Limitations

Our strength is we tried to find out internet addiction which is major behavioral problem affecting academic and job performances of Junior residents. Being a single center based study is limitation of our study.

CONCLUSION

Our study concluded that most of Junior Residents were found addicted to internet and many of Junior residents were accepting that internet overuse adversely affects their job and academic performances.

Recommendations

Junior residents should be encouraged through college

administration to indulge themselves in meditation and other relaxing techniques including sports rather than excessive internet use for improvement of health, academic and job performances.

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