



ORIGINAL RESEARCH PAPER

Nursing

A DESCRIPTIVE STUDY TO ASSESS THE FACTORS INFLUENCING INTERNET ADDICTION AMONG THE ADOLESCENTS IN SELECTED PRE UNIVERSITY COLLEGES AT MANGALORE

KEY WORDS: Internet addiction; factors influencing; adolescents

Princy Abraham associate professor galgotias university

ABSTRACT

Concept of internet addiction also called internet addictive disorder or pathological internet use, which entered medical dictionary in 1995. The internet has become a great benefit to our society but it would be neglectful to dismiss its prolonged effect on world's population. Internet has created a destructive addiction especially in adolescents and young adults. So the researchers felt the need to conduct the study regarding the various factors influencing internet addiction.

OBJECTIVES: To assess the factors influencing internet addiction among adolescents using a self-structured closed ended questionnaire.

SETTING: The study was conducted in selected pre university colleges in Mangalore.

RESULTS: Analysis reveals that the highest influencing factor was information addiction with a mean percentage of 68.44% followed by entertainment with a mean percentage of 62.44%, stress and anxiety show the mean percentage of 57.92%. Dysfunctional relationship showed a mean percentage of 59.50% followed by low self-esteem which showed the mean percentage of 57.95%. The least mean percentage of 56.83% was in cyber sexual addiction.

CONCLUSION: The data collected to assess the factors influencing internet addiction was the factor that affected majority of the respondents.

INTRODUCTION

"We May Become Powerful By Knowledge But We Can Attain Fullness By Compassion. The Highest Educationis That Which Does Not Merely Gives Us Informationbut Makes Our Life In Harmony With All Existence."

RABINDRANATH TAGORE

Computer use is increasingly becoming integrated into daily life, and so both the temptations and opportunities for addiction seem to continue, especially in adolescents who are undergoing family or personality problems or just find in the internet the companion they do not have in their lives. Internet addiction came to public awareness through an article, which was appeared in New York Times in March 1955. The article associated internet addiction with other types of addiction such as gambling and included the statement of self-proclaimed addicts. Kimberly Young, an American psychologist made a first presentation on Internet Addiction at the conference of American psychological association in Toronto in the year 1996.

Internet addiction is not only defined by the number of hours spent online but also by the impact, it has on the personal and professional life of the addict. Internet addiction is creating a number of mental and physical problems and number of youths is finding it difficult to relate positively with the real life.

According to IMRB report 2007, around 54% of youths in the age group of 18 – 35 years are active internet users and 14% of the school going children fall in the same category. It also states that cyber cafes are still seen in convenient outlets, especially for school children, which are cheap and offer privacy.

Prevention of internet addiction is accomplished by providing education to the adolescents regarding the risk factors and safety use and precautions of the internet. The information to adolescents is modifiable risk factors which will help them to modify their high risk behaviour and thus help in primary prevention.

MATERIALS AND METHOD

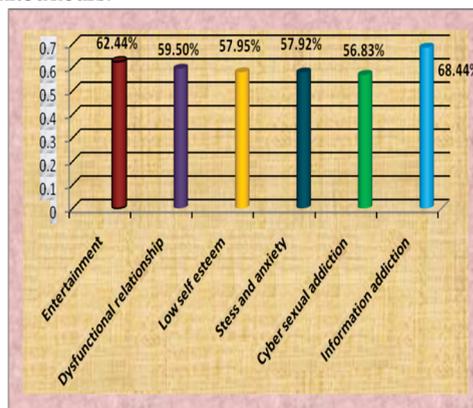
Permission was obtained beforehand from BEO. The researchers also obtained permission from each of the two selected pre university colleges. In view of the nature of the problem under study and to accomplish the objectives of the study, descriptive survey approach was adopted by the

researcher. Purposive sampling technique was found to be appropriate to select 100 adolescents who were addicted to the internet, who were extracted from the population using Internet Addiction Test, from the selected pre university colleges at Mangalore. A close ended structured questionnaire regarding the factors influencing internet addiction was prepared to assess the factors. The demographic data included five items as age, gender, internet facility at home, and daily hours spent.

Second part of the tool was designed to elicit the factors influencing internet addiction which included the items related to entertainment, dysfunctional relationships, low self-esteem, stress and anxiety, cybersex and information addiction.

RESULTS

According to the demographic characteristics, wherein the most students (47%) were in the age group if 17-18 years and majority (84%) of the students were male; it was observed that a large majority (62%) had internet facility at home. With regard to daily hours spent with the computer 34% of the students used between 2-4 hours and 24% of the students use unlimited hours.



Analysis reveals that the highest influencing factor was information addiction with a percentage of 68.44% followed by entertainment with a mean percentage of 62.44% and stress and anxiety show the mean percentage of 57.92%. Dysfunctional relationship showed a mean percentage of 59.50% and low self-esteem showed the mean percentage of 57.95%. The least mean percentage of 56.83% was in cyber

sexual addiction. And there was no association found between the factors influencing internet addiction and any of the demographic variables.

DISCUSSION

Highest percentage (47%) of the respondent's belonged to the age group of 17-18 years and majority of the respondents were male and 62% of the respondents had internet facility at home. Most of the respondents (14%) used computer daily for 3-4 hours. Assessment of the factors influencing internet addiction revealed that most of the adolescents (78%) were highly influenced by the factors, while 19% had low influence of the factors and very few (3%) of the adolescents were under very high influence of the factors.

The assessment of the factor 'entertainment' as influencing to internet addiction showed 62% of the adolescents were influenced by the factor and 59.59% of adolescents were influenced by dysfunctional relationships and 58% by low self-esteem.

IMPLICATIONS

Nursing practice The present study would help the nurses to develop an understanding about various factors influencing internet addiction among adolescents.

The nurses working in mental health units could collaborate with the schools teachers as well as the parents of the adolescents for the early recognition of internet addiction and the factors influencing.

The school nurses further discuss the various factors leading to internet addiction and the harmful effects of the internet addiction with the adolescents.

Nursing education

- The school mental health service can be made an integral part of the nursing curriculum.
- The student nurses can engage in providing health education and conduct awareness programmes among the school- children and the teachers.
- Internet addiction and the safety measures of using the Internet and computer ergonomics can be added in the school curriculum.

Nursing research

- The nurse researchers can further plan, implement and evaluate a planned awareness programme for the adolescents regarding the Internet addiction.
- The nurse researcher can also conduct a study on the prevalence of Internet addiction in India.
- The nurse researcher can investigate on preventive aspects of Internet addiction.

Nursing administration

- The nurse administrators can organise community level programmes to increase awareness on Internet addiction.
- The nurse administrators can collaborate with the healthcare providers to organise school health programmes.
- The nurse administrators can collaborate with the engineers regarding the physical set up of the computer and the other safety measures of using the computer.

Limitations

- The study was limited to pre-university students.
- The study was limited to selected pre-university colleges at Mangalore.

Recommendations

The study can be replicated on degree students.

A planned teaching programme can be evaluated for effectiveness among the adolescents to facilitate early

detection as well as to control the various factors which influence Internet addiction.

A large scale study needs to be carried out to generalise the findings.

A study can be conducted to assess the knowledge of parents on Internet addiction.

CONCLUSION

A majority of the respondents (68.44%) had been using the Internet to gather information and for the study purpose, which was the main factor leading to Internet addiction. There was no significant association between the demographic variables and the factors influencing Internet addiction and thus the research hypothesis was rejected.

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