

Assess the Knowledge on Internet Addiction among Adolescents in Selected Colleges of Tirupati

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Abstract

This study was aimed to assess the knowledge on internet addiction among adolescents in selected colleges of Tirupati. Descriptive research approach with non-experimental research design was adopted for this study. Non-probability convenient sampling technique was used to select the participants (n=60). Intermediate students from Sri Chaitanya College, Tirupati were selected. Self structured questionnaire was administered as a tool and the collected data was analyzed. The study result shown that among 60 students, 31 (51.67%) Had inadequate knowledge, 28 (46.67%) Had moderate knowledge and 1 (1.67%) Had adequate knowledge regarding consequences of internet addiction. There is no statistically significant association between the levels of knowledge of adolescents on internet addiction with their demographic variables.

Keywords: Internet addiction; Adolescents; Consequences; Social media; Health education. Quality of life; Technology.

INTRODUCTION

The Internet is an exciting new medium that is evolving into an essential part of everyday life all over the World. It has opened a new domain in social interactivity with the promise of increasing

efficiency and worldwide understanding.¹ Though device primarily facilitates research, information seeking, interpersonal communication and business interactions, for some internet users it has become the central focus for their lives and a temptation that is hard to resist.² Students appear to be most vulnerable to develop a dependence on the Internet. It would be difficult to find a college campus that does not have internet. College students use the Internet for research, communication and other educational activities. Of-course the students also use the internet for social media, news and even on-line gambling, activities that can be fun and even enriching, but when over used, become a real problem.³ Some College Students suffer from Internet addiction, unable to step away from the

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computer or put down mobile devices even for a day. The result falling grades, physical problems and even clinical addiction. So internet addiction is a real problem for adolescents.⁴ At present days the Internet has become the source for all the sorts of information. As a result people have addicted to the Internet and refer to it as though it were their second brain. No doubt, the Internet can be helpful in the sense that you can get just about any information you desire.⁵

By the above information and literature, the researcher felt that this study is useful to do and also to know the knowledge on internet addiction among adolescents.

MATERIALS AND METHODS

The objectives of the study were to assess the knowledge on internet addiction among adolescents. Descriptive research approach with Non-experimental research design was adopted for this study. Non-probability convenient sampling technique was used to select the participants (n=60). Intermediate students from Sri Chaitanya College, Tirupati were selected. The tool used for the study is self structured questionnaire, it is organized as Section-I Socio demographic data, Section II- Questionnaire on internet addiction. The Section-II consists of four parts Part-I: Items related to Internet (Q. No. 1-4), Part-II: Items related to Internet addiction (Q. No. 5-9), Part-III: Items related to consequences of Internet Addiction (Q. No. 10-22), Part-IV: Items related to preventive measures of internet addiction (Q. No. 23-30). All the items were prepared by the researcher based on reviews, previous studies, journals, magazines, and research article on internet addiction. Ten experts constituting of three psychiatrists, two psychologists, and six mental health nursing personnel validated the Tool. The reliability was assessed by using Karl Pearson's Correlation coefficient. The obtained reliability was 0.97 which indicates that the tool which is taken by the researcher is reliable, valid, and predictable of the desired objective. The data were analyzed by using descriptive and inferential statistics.

RESULTS

Table 1: Percentage distribution of the level of knowledge on internet addiction among adolescents.

<i>n=60</i>		
Levels of knowledge	Frequency	Percentage
Inadequate	31	51.67%
Moderate	28	46.67%
Adequate	1	1.67%

Table 1 Shows that among 60 adolescents, 31 (51.67%) had Inadequate knowledge, 28 (46.67%) had moderate knowledge and 1(1.67%) had adequate knowledge regarding Internet addiction.

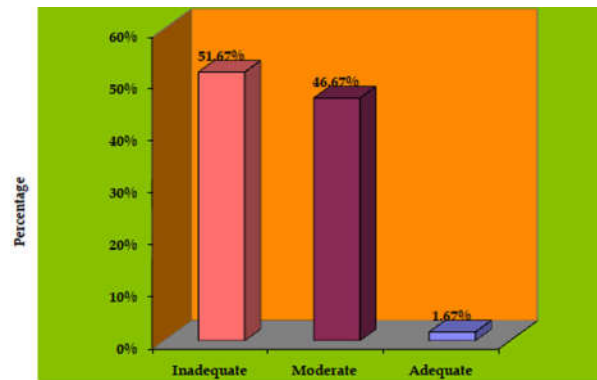


Fig. 1: Percentage distribution of the level of knowledge on internet addiction among adolescents.

Table 2: Mean and standard deviation value of knowledge on internet addiction among adolescents.

Knowledge on Internet addiction among Adolescents.	<i>n=60</i>	
	Mean	Standard Deviation
	14.75	3.5873

Table II shows that the Mean value of the knowledge on internet addiction among adolescents was 14.75 and Standard deviation was 3.5873. It revealed that there is no statistically significant association between the levels of knowledge of adolescents with their demographical variables.

DISCUSSION

Among 60 adolescents, 31(51.67%) had Inadequate knowledge, 28(46.67%) had moderate knowledge and 1(1.67%) had adequate knowledge regarding Internet addiction.

The Mean value of the knowledge on internet addiction among adolescents was 14.75 and the Standard deviation was 3.5873. It revealed that there is no statistically significant association between the level of knowledge of adolescents with their demographical variables like age, gender, father's education, mother's education, father's occupation, mother's occupation, family income, area of living, and availability of internet.

The implications have been drawn from the present study were of vital concern to adolescents in order to prevent internet addiction and the healthy ways of using the internet and close supervision of parents regarding using the internet in homes. There is a need for the provision of a Health

education program. The findings of the study have implications in various areas like nursing service, nursing education, nursing administration, and nursing research. It is recommended to do the same study in different areas like large samples in different settings.

An informational booklet is a strong weapon in preventing internet addiction. Hence nurses who were working in the hospital or community will have the opportunity to give appropriate health education to the individuals and public in preventing internet addiction. In the community, nurses should take part in a health education program on the prevention of internet addiction by bringing awareness through different health education methods like psychodrama, role play, mime shows, etc. Nurses can play a key role in preventing and reducing internet addiction and are encouraged to provide patients with information about internet addiction which assists them with quitting internet addiction and thereby improving their quality of life.

Nursing students should be trained in planning and implementing health education programs depending on the need with good communication skills. In-service and continuing medical education programs will be organized for nurses regarding internet addiction and should be updated on a regular basis to incorporate new evidence and technologies. In nursing schools and colleges, the curriculum should include a detailed chapter on internet addiction, health hazards, and ways to prevent internet addiction. Appropriate in-service training for health personnel to be planned make provisions to conduct periodic surveys on internet addiction. It helps to identify the adolescents who were addicted and take appropriate measures for prevention of it. Efforts should be taken to prevent them along with those of relevant government programs.

To conduct these programs efficient teamwork strategies for optimum utilization of resources and focus on cost-effective methods are to be planned properly.

Nursing research should focus on their behavioral modifications, attitudes, and skills in resisting internet addiction and awareness of the health hazards of internet addiction.

CONCLUSION

The present study revealed that 51.67% had inadequate knowledge, 46.67% had moderately adequate knowledge and 1.67% had inadequate knowledge. There is no significant association between knowledge and consequences of internet addiction among adolescents and their demographic variables. The implications have been drawn from the present study were of a vital concern to the adolescents in order to prevent the internet addiction and the healthy ways of using internet and close supervision of parents regarding using of internet in homes. There is a need for the provision of Health education program. The findings of the study have implications in various areas like nursing service, nursing education, nursing administration and nursing research. It is recommended to do same study at different areas like large sample in different settings.

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