

A STUDY TO ASSESS THE LEVEL OF INTERNET ADDICTION AND ITS ASSOCIATION WITH INSOMNIA AMONG NURSING STUDENTS OF SELECTED COLLEGE AT BANGALORE, KARNATAKA

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ABSTRACT

Internet addiction is a mental condition characterized by excessive use of the internet, usually to the damage the user. Addiction is generally understood to be a mental disorder involving compulsive behavior. Insomnia as a complaint regarding the quantity, quality, or sleep timing at least 3 times a week for at least 1 month. Sleep is divided into rapid eye movement (REM) sleep and non-REM sleep. Insomnia is one of the most common sleep complaints. About 1 in 3 adults has bouts of insomnia that last a few days at a time. This is acute insomnia. But 1 in 10 adults suffers ongoing difficulty sleeping, known as chronic insomnia. According to Mental Health America, the most rampant types of internet addiction include cyber sexual, cyber-relationships, net compulsions, online gaming, and information seeking. Objectives:1. To assess the level of internet addiction of nursing students among selected nursing college. 2.To assess the level of insomnia in nursing students among selected nursing college.3. To find out the association between internet addiction and insomnia with selected demographic variables. Qualitative study descriptive study was adopted with sample size was 100 B.Sc nursing students from nursing college. Convenient sampling technique for the selection of the sample. The data was collected by using standardized tool of insomnia severity scale and Young internet addiction scale and for analyzed by using descriptive and inferential statistics. The statistical tools carried out for analysis were range, mean, median, standard deviation, chi square and fisher's exact probability test. Overall internet scale addiction score 26% were having normal level of internet addiction, 56% were having mild level of internet addiction, 18% were having moderate internet addiction. Similarly, mean was 34.99%, median was 34 %, standard deviation was 15.282 and minimum range was 4 and maximum range was 79. On assessing through overall insomnia severity scale 26% were having no clinically significant insomnia, 56% were having sub threshold insomnia, 17% were having clinical insomnia (moderately severity) and 1% was having clinical insomnia(severe). Similarly mean was 10.48%, median was 10%, standard deviation was 4.715 with minimum range of 1 and maximum range of 23 Conclusion: The study revealed that there is significant association between internet addiction and insomnia score among selected nursing students and their selected demographic variables.

Keywords: Internet, sleep, nursing students, insomnia

Introduction:

Internet addiction is a behavioral addiction in which a person becomes dependent on use of the Internet, or other online devices, as a maladaptive way of coping with life's stresses. Internet addiction is becoming widely recognized and acknowledged, particularly in countries where it is affecting large numbers of people, such as South Korea, where it has been declared a national health problem. Much of the current research on the subject of Internet addiction has been carried out in Asia. It is also a growing concern in developed nations in North America and

Europe. Globally, around one-third of people experience unsatisfying sleep. If sleeping difficulties meet certain criteria, they are diagnosed as the sleep disorder insomnia. Since insomnia can reduce cognitive ability, decrease quality of life, and potentially lead to other health issues, treatment is important. According to the American Academy of Sleep Medicine, insomnia is defined as difficulty either falling or staying asleep that is accompanied by daytime impairments related to those sleep troubles.

Objectives

1. To assess the level of internet addiction of nursing students among selected nursing college.
2. To assess the level of insomnia in nursing students among selected nursing college.
3. To find out the association between internet addiction and insomnia with selected demographic variables.

Materials and methods

The study with qualitative design used the descriptive approach to find out the association between internet addiction and insomnia among the demographic variable.

Description of the tool:

Section –A:Consist of demographic data which comprises of gender, marital status, type of family, number of family, family income, place of residence, main purpose of internet use, previous class result and screen time.

Section –B: Consist of Likert scale to assess the severity of insomnia.

Section –C Consists of Likert scale to assess level of internet addiction.

Sample Selection was done by using convenient sampling technique. Standardized tool was use for internet addiction as Young Internet Scale. Which is having 0.88 reliability score and Insomnia Severity Scale was adapted for insomnia. This is having 0.76 reliability score.

Analysis of the data:

Descriptive statistics

1. Frequency and percentage distribution were used to distribute the demographic variables of nursing students.

2. Mean, median, range, standard deviation was used to compute the internet addiction and insomnia of selected sample.

Inferential statistics

Chi square test and fishers exact probability test are used to associate level of internet addiction and insomnia among nursing student at selected demographic variables and percentage distribution is used to distribute the demographic variables of orphanage adolescents.

Overall internet addiction score in frequency, percentage, mean, median, standard deviation and range.

Overall internet addiction score	Frequency	Percent	Mean	Median	Std Deviation	Minimum Range	Maximum Range
Normal level	43	26.0	34.99	34	15.282	4	79
Mild Internet addiction	38	56.0					
Moderate Addiction	19	18.0					
Total	100	100.0					

Overall internet scale addiction score 26% were having normal level of internet addiction, 56% were having mild level of internet addiction, 18% were having moderate internet addiction. Similarly, mean was 34.99%, median was 34 %, standard deviation was 15.282 and minimum range was 4 and maximum range was 79.

Overall insomnia severity scale score in frequency, percentage, mean, median, standard deviation and range

Overall insomnia severity scale score	Frequency	Percent	Mean	Median	Std deviation	Minimum ®	Maximum ®
No clinically significant insomnia	26	26.0	10.48	10	4.715	1	23
Subthreshold insomnia	56	56.0					
Clinical insomnia (Moderate severity)	17	17.0					
Clinical insomnia (Severe)	1	1.0					
Total	100	100.0					

Association of insomnia with selected demographic variables

Sl.N.	Demographic characteristic	Categories	Sample (n=100)		Overall insomnia severity score		Chisquare value	P value
			F	P	Below median	Above median		
1	Age	18	11	11.0	4	7	1.922 Df=3 NS	0.589
		19	29	29.0	16	13		
		20	22	22.0	13	9		
		>20	38	38.0	18	20		
2	Gender	Male	31	31.0	18	13	0.897 Df=1 NS	0.344
		Female	69	69.0	33	36		
3	Marital status	Single	99	99.0	51	48	Feaser’s exact probability =0.480	
		Married	1	1.0	0	1		
4	Family type	Nuclear	70	70.0	38	32	1.008 Df=2 NS	0.315
		Joint	28	28.0	13	17		
		Extended	2	2.0				
5	No. of family member	2	20	20.0	9	11	0.833 Df=3 NS	0.842
		2-4	43	43.0	24	19		
		5-6	26	26.0	13	13		
		>6	11	11.0	5	6		
6	Family income(Rs)	10001-10000	33	33.0	15	18	5.659 Df=3 NS	0.129
		100001-20000	28	28.0	19	9		
		20001-30000	20	20.0	7	13		
		>30000	19	19.0	10	9		
7	Place of residence	Hostel	84	84.0	43	41	0.008 Df=3 NS	0.930
		Living with family	8	8.0	8	8		
		Individual house or flat	6	6.0				
		Relatives home	2	2.0				
		>16	1	1.0				

Significant at 0.05

8	Previous result	Distinction	18	18.0	8	10	1.072 df=3 NS	0.585
		First class	57	57.0	32	32		
		Second class	7	7.0				
		Fail class	18	18.0	11	7		
9	Purpose of internet use	Education & information	35	35.0	19	16	0.233 df=1 NS	0.630
		Communication	9	9.0	32	33		
		Recreation	56	56.0				
10	Screen time per day(hour)	<3	48	48.0	30	18	4.885 df=1 *S	0.027
		3-6	51	51.0	21	31		
		>6	1	1.0				

Significant at 0.05

A significantly association was found in the area of screen time per day ($\chi^2 = 4.885^*$, **df=1**), number of the family member ($\chi^2 = 8.420^*$, **df=3**) and place of residence ($\chi^2 = 3.86^*$, **df=1**).

Recommendation

1. A similar study can be done on a larger sample to validate and generalize the findings.
2. A similar study can be conducted and evaluated using alternative teaching strategies like interactive learning sessions, self-instructional module, etc.
3. A pre experimental (one group pretest posttest) study can be conducted by using STP.
4. A comparative study can be conducted between the private and government nursing college student to assess level of internet addiction and association with insomnia.

Limitation

1. Difficulties were faced to to get cooperation from students to participate in the study due to their preplanned schedules in nursing college.
2. Since the setting is far from the institutions, it was a difficult task for the investigate to travel a long distance to collect data.

Conclusion

Internet addiction is emerging problem now a days. It is very important to know about its consequences. 100 nursing students were participated in the study. More internet users can lead more insomnia. So awareness programme is necessary for nursing college students.

Conflict of Interest

The authors declare that they have no conflict of interest

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