"A DESCRIPTIVE STUDY TO ASSESS THE INTERNET ADDICTION AMONG COLLEGE STUDENTS AT SELECTED COLLEGE OF SOUTH GUJARAT"

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ABSTRACT

PROBLEM STATEMENT

 "A DESCRIPTIVE STUDY TO ASSESS THE INTERNET ADDICTION AMONG COLLEGE STUDENTS AT SELECTED COLLEGE OF SOUTH GUJARAT"

OBJECTIVES

To assess the level of internet addiction among the college student.

To find out the association between the internet addiction with socio-demographic variables.

METHOD

A non-probability convenience sampling technique was used to assess the level of internet addiction among the B.Sc. Nursing students in selected colleges of Valsad district.

RESULT

The findings revealed that a significant proportion of B.Sc. Nursing students experienced the 79% mild level of internet addiction and 21% moderate level of internet addiction. The obtained chi-square values for Residential Area (χ^2 = 10.7034) and Monthly Family Income (χ^2 = 21.4218) are higher than the table value, indicating a significant association between these sociodemographic variables and internet addiction. So, H1 is accepted.

In the chi-square values for Age (χ^2 = 6.4947), Gender (χ^2 = 3.7391), Marital Status (χ^2 = 1.9331), Year of Study (χ^2 = 12.7931), Type of Family (χ^2 = 3.6125), Type of Accommodation (χ^2 = 8.2550), Type of Mobile Data (χ^2 = 0.5661), and Daily Internet Usage (χ^2 = 16.6323) are lower than the table value, indicating no significant association between these variables and internet addiction.

CONCLUSION

The study concludes that during their first year of nursing studies, students may experience challenges in adjusting to the demands of their coursework and clinical experiences. They may feel areas where support and interventions are needed to ensure their successful academic performance.

INTRODUCTION

Internet use has evolved into an inseparable routine of human life, and it has revolutionised the world with its infinite possibilities. The use of the internet has transformed the world in terms of information sharing, business opportunities, communication, learning, relationships, socialisation, shopping, entertainment, all now accessible with a single click. The internet has become an integral part of life, and currently, India is the second-largest internet user globally.

The use of the internet is highly individualised. The healthy way of using it is to accomplish a planned objective within a reasonable period with no behavioural or intellectual distress. Some individuals succeed in limiting their internet use, whereas others cannot regulate themselves. Misuse of the internet has become a health concern worldwide and is growing swiftly and steadily. The field of internet addiction (IA) has experienced significant debates over the years.

WHO included internet gaming disorder in the chapter of substance and behavioural addiction in the 11th edition of the International Classification of Diseases and Related Health Problems (ICD-11).At present, there are many uncertainties regarding the conceptualisation of IA as a disorder, including internet gaming disorder. However, most scholars describe IA as an impulse control disorder characterised by excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and internet access that lead to impairment or distress.

The substantial data on the epidemiology of IA are voluminous across the globe. However, there is inconclusive evidence regarding the exact magnitude of the problem because the prevalence varies according to country and study context. A study conducted in six Asian countries reported the prevalence of IA varies from 5% to 21%. Even within the same country, there is a marked difference in the prevalence of IA due to diverse screening scales with inconsistent cut-off scores. For example, studies conducted across various parts of the Indian subcontinent revealed variable prevalence estimates of IA among college students (5% to 46.7%). IA can reduce the young generation's productivity and cause cognitive dysfunction, poor academic performance and physical, mental and behavioural disturbances.

STATEMENT OF PROBLEM

"A DESCRIPTIVE STUDY TO ASSESS THE INTERNET ADDICTION AMONG COLLEGE STUDENTS AT SELECTED COLLEGE OF SOUTH GUJARAT". **OBJECTIVES OF THE STUDY**

To assess the level of internet addiction among the college student.

To find out the association between the internet addiction with socio-demographic variables. **HYPOTHESIS**

H1: There will be significant association between internet addiction among B.Sc. Nursing students and socio demographic variables at 0.05 level of significance.

METHODOLOGY:

STUDY DESIGN	Non-experimental (Descriptive) research design
RESEARCH SETTING	Nursing institutions Valsad district
POPULATION:	Nursing students studying in B.SC 1st year, 2nd year, 3rd year, 4th year
SAMPLE SIZE	227 B.SC Nursing Students
INCLUSION CRITERIA	Nursing students studying in B.SC 1st year, 2nd year, 3rd year, 4th year selected nursing institutions of Valsad district. Who are available during time of data collection. Both male and female nursing students will be included during data collection.
EXCLUSION CRITERIA	Who are on leave. Who are not willing to participate in this study.

DESCRIPTION OF TOOL
In this study,
Section 1: Age, gender, Year of the study, marital status, type of family, residential area, monthly family income, type of accommodation, Daily internet usage. 18

Section 2: This questionnaire consists of 20 statements. After reading each statement carefully, based up on the 5-point Likert scale, please select the response (0, 1, 2, 3, 4 or 5) which best describes you. If two choices seem to apply equally well, circle the choice that best represents how you are most of the time during the past month. Be sure to read all the statements carefully before making your choice. The statements refer to offline situations or actions unless otherwise specified.

INTERNET ADDICTION SCORE

No Addiction	0-30
Mild Addiction	31-49
Moderate Addiction	50-79
Severe Addiction	80-100

ORGANIZATION AND DESCRIPTION OF FINDINGS

The analysis of the data is organized the presented under the following headings:
Section:1 Description of Demographic data
Section: 2 Assess the level of internet addiction among the B.SC nursing students.

Section:1 Description of Demographic data
Table 4.1: Frequency and percentage wise distribution of socio- demographic variable. N=227

Sr No.	BASELINE DATA	FREQUENCY	PERCENTAGE (%)
1.	AGE (IN YEAR)		
	a)15-20 Year	128	56.38%
	b)20-22 year	86	37.8%
	c)22-24 year	8	3.52%
	d)>24 year	5	2.20%
2.	GENDER		
	a) Male	27	11.89%
	b)Female	200	88.10%
	c)Transgender	0	0
3.	MARITAL STATUS		
	a)Married	3	1.32%
	b)Unmarried	224	98.6%
	c)Others	0	0
4.	YEAR OF THE STUDY		
	a)1 year B.Sc. nursing	60	26.43%
	b)2 year B.Sc. nursing	55	24.22%
	c)3 year B.Sc. nursing	56	24.66%
	d)4 year B.Sc. nursing	56	24.66%
5.	TYPE OF FAMILY		
	a)Nuclear	135	59.47%
	b)Joint	90	39.64%
	c)Extended	2	0.88%

6.	**RESIDENTIAL AREA**		
	a)Urban	90	39.64%
	b)Rural	137	60.35%
7.	**MONTHIY FAMIIY INCOME**		
	a)<10000	22	9.69%
	b)10000-20000	30	13.21%
	c)20000-30000	15	6.60%
	d)30000-40000	110	48.45%
	e)>50000	50	22.02%
8.	**TYPE OF ACCOMMODATION**		
	a)Hostel	78	34.36%
	b)Home(with parents)	140	61.67%
	c)Rented accommodation	6	6.64%
	d)Other (place specify)	3	1.32
9.	**TYPES OF MOBILE DATA**		
	a)Mobile data	211	92.95%
	b)Wi-fi	16	7.04%
	c)Broad data	0	0
10.	**DAILY INTERNET USAGE**		
	a)Less than 1 hour / day	45	19.82%
	b)1-3 hour/day	74	32.59%
	c)3-5 hour/day	76	33.48%
	d)>5 hour day	32	14.09%

TABLE 2: **LEVEL OF INTERNET ADDICTION AMONG NURSING COLLEGE STUDENTS**

N==227

Level of Internet Addiction	Frequency	Percentage
No Addiction	130	57.26%
Mild Addiction	70	30.83%
Moderate Addiction	26	11.45%
Severe Addition	1	0.44%

TABLE 3: ASSOCIATION BETWEEN THE LEVEL INTERNET ADDICTION AMONG THE STUDENTS AND SOCIO DEMOGRAPHIC VARIABLE.

N=227

SR. NO	CHARACTERISTICS	FREQUENCY	LEVEL OF INTERNET ADDICTION				df	x^2	TABLE VALUE	SIGNIFICANCE VALUE (AT 0.05)
			NO ADDICTION	MILD ADDICTION	MODRATE ADDICTION	SEVERE ADDICTION				
1	AGE (IN YEAR)									
	a) 15-20 Year	128	77	37	13	1	9	6.4947	16.919	NS
	b) 20-22 year	86	44	30	12	0				
	c) 22-24 year	8	6	2	0	0				
	d) >24 year	5	3	1	1	0				
2	GENDER									
	a) Male	27	14	12	1	0	3	3.7391	7.815	NS
	b) Female	200	116	58	25	1				
	c) Transgender	0	0	0	0	0				
3	MARITAL STATUS									

	a) Married	3	1	2	0	0				
	b) Unmarried	224	129	68	26	1	3	1.933 13	7.815	NS
	c) Others	0	0	0	0	0				
	YEAR OF THE STUDY									
4	a) 1 year B.Sc. nursing	60	32	18	9	1				
	b)2 year B.Sc. nursing	55	36	15	4	0	9	12.79 31	16.919	NS
	c)3 year B.Sc. nursing	56	37	12	7	0				
	d4 year B.Sc. nursing	56	25	25	6	0				
5	TYPE OF FAMILY									

	a) Nuclear	135	79	38	17	1				
	b) Joint	90	49	32	9	0	6	3.6125	12.592	NS
	c) Extended	2	2	0	0	0				
6	RESIDENTIAL AREA									
	a) Urban	90	55	32	3	0	3	10.7034	7.815	S
	b) Rural	137	75	38	23	1				
	MONTHIY FAMIIY INCOME									
7	a) <10000	22	13	5	4	0				
	b) 10000-20000	30	16	8	5	1				
	c) 20000-30000	15	6	8	1	0	9	21.4218	16.919	S
	d) 30000-40000	110	73	26	11	0				
	e) >50000	50	22	23	5	0				

8	TYPE OF ACCOMMODATION									
	a) Hostel	78	43	24	10	1	9	8.255	16.919	NS
	b) Home(with parents)	140	80	45	15	0				
	c) Rented accommodation	6	6	0	0	0				
	d) Other (place specify)	3	1	1	1	0				
9	TYPES OF MOBILE DATA									
	a) Mobile data	211	120	65	25	1	3	0.5661	7.815	NS
	b) Wi-fi	16	10	5	1	0				
	c) Broad data	0	0	0	0	0				
10	DAILY INTERNET USAGE									

a) Less than 1 hour / day	45	25	12	7	1			
b) 1-3 hour/day	74	45	23	6	0	9	16.63 23	16.919	NS
c) 3-5 hour/day	76	46	18	12	0			
d) >5 hour day	32	14	17	1	0			

Table No. 3 shows that the obtained chi-square values for Residential Area ($\chi^2 = 10.7034$) and Monthly Family Income ($\chi^2 = 21.4218$) are higher than the table value, indicating a significant association between these sociodemographic variables and internet addiction. So H_1 is accepted.

In the chi-square values for Age ($\chi^2 = 6.4947$), Gender ($\chi^2 = 3.7391$), Marital Status ($\chi^2 = 1.9331$), Year of Study ($\chi^2 = 12.7931$), Type of Family ($\chi^2 = 3.6125$), Type of Accommodation ($\chi^2 = 8.2550$), Type of Mobile Data ($\chi^2 = 0.5661$), and Daily Internet Usage ($\chi^2 = 16.6323$) are lower than the table value, indicating no significant association between these variables and internet addiction

DISCUSSION

This chapter present a brief a summary of the research study. The discussion session is anted to a thoughtful analysis of the findings

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RESULT:

A total Number of 220 students 65 students where normal, 108 where with middle internet addiction,27 where a moderate internet addiction and 20 with severe interest addition. Total sample: 220 The study was designed as a prospective: cross - selection study. Sampling Technique : Result: The result showed that among Results: Among 220 students, 65(29.5%) students were normal, 108(49.1%) were with mild internet addiction, 27 (12.3%) were moderate internet addiction and 20(9.1%) with severe internet addiction. This study concludes there is a significant association between internet addiction with male gender, place of current stay, mode of internet and using internet for academic, social, communication and gaming purposes. - did not match any articles published since 2021

RESULT

Age wise distribution of the samples reveals that out of 227 samples the highest 128(56.38%) are under the age group of 15-20 years.86 (37.8%) are under the age group of 20-22 years. 8 (3.52%) are under the age group of 22-24 years and only 5(2.20%) are under >24Years.

Gender wise distribution of the samples reveals that out of 227 samples 200(88.10%) are female students, 27(11.89%) are male students and 0% are transgender.

Marital status wise distribution of the sample reveals that out of 227 samples 3(1.32%) students are married and 224(98.6%) are unmarried students.

Course of study wise distribution of the sample reveals that out of 227 samples 60(26.43%) of students are in 1 year BSc nursing course and 55(24.22%) of students are in 2 year BSc nursing course 56 (24.66%) of student in 3 year BSc nursing course and 56(24.66%)of student in 4 year BSc nursing course.

Types of family wise distribution of samples reveals that out of 227 samples 135(59.47%) of students are living in nuclear family and 90(39.64%) of students are living in joint family and 2(0.88%) of students are living in extended family.

Residential arca wise distribution of samples reveals that out of 227 samples 90(39.64%) of students are living in urban area and 137(60.35%) of students are living in rural area.

Monthly family income wise distribution of samples reveals that out of 227 samples the is for >10000income, 22(9.69%) is for 10000-20000 income, 30 (13.21%) is for 20000-30000 income, 15(6.60%) is for 30000-40000 income and 110(48.45%) is for <50000 income 50 (22.02%)

Stay wise distribution of sample reveals that out of 227 samples 78(34.66%) are hostel students and 140(61.678%) are day scholar students and 6(6.64%) are Rented and 3(1.32%) are other place

Types of mobile data of sample reveals that out of 227 samples the is for Mobile data use in 211(92%) is for wi-fi data use in 16(7.04%) if for Broad data use in 0

Daily internet use of sample reveals that out of 227 samples the less than 1 hour / day 45(19.82%)and 1-3 hour/day in 74(32.59%) and 3-5 hours /day in 76(33.48%) and >5 hours /day in 32(14.09%)

The present study shows that among 227 samples 57.26% students were having No internet addiction, 30 83% students were having mild level of internet addiction, 11.45% students were having moderate level of internet addiction and 0.44% students were having severe level of internet addiction.

The obtained chi-square values for Residential Area ($\chi^2 = 10.7034$) and Monthly Family Income ($\chi^2 = 21.4218$) are higher than the table value, indicating a significant association between these sociodemographic variables and internet addiction. So H_1 is accepted. In the chi-square values for Age ($\chi^2 = 6.4947$), Gender ($\chi^2 = 3.7391$), Marital Status ($\chi^2 = 1.9331$), Year of Study ($\chi^2 = 12.7931$), Type of Family ($\chi^2 = 3.6125$), Type of Accommodation ($\chi^2 = $

8.2550), Type of Mobile Data ($\chi^2 = 0.5661$), and Daily Internet Usage ($\chi^2 = 16.6323$) are lower than the table value, indicating no significant association between these variables and internet addiction.

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