IOSR Journal of Nursing and Health Science (IOSR-JNHS)
e-ISSN: 2320–1959.p- ISSN: 2320–1940 Volume 8, Issue 3 Ser. II. (May. - June .2019), PP 11-18
www.iosrjournals.org

"A Study To Assess The Effectiveness of A Structured Teaching Program Regarding Negative Impact of Internet Addiction Among Adolescent In Selected Nursing College At Chandigarh"

Mr. Prem Chander
Tutor/Clinical Instructor, College Of Nursing,Aiims, Raipur, Chhattisgarh.
Corresponding Author: Mr. Prem Chander,

Abstract: ***Introduction:*** *internet technologies have made a rapid progress, bringing convenience to daily life . on the other hand internet use disorders and addiction have become serious health and social problem . The objectives of the study were to evaluate effectiveness of structured teaching program about internet addiction. . Materials & methods: pre- experimental one group pre and post test design was used. The sample for study was n=60 College students were selected by using convenient sampling techniques. The pre-test was introduced to assess the knowledge among the group of sample in a view with pre-test result STP was formulated and introduced to the samples after that the post-test was conducted and result were evaluated through structured questionnaire . The result data was analyzed by using descriptive and inferential statistics. Results: The result reveals that before structured teaching program 78.33% of College students had inadequate knowledge, 21.67 % College students had moderate knowledge in the pre test and after structured teaching program, 66.67% College students had adequate knowledge and 33.33% of College students had moderate adequate knowledge regarding internet addiction. Paired't' test showed that there was a significant improvement between pre test and post test scores with 't' value of 16.12, P < 0.05.*

Keywords: *effectiveness; structured teaching program; College student; internet addiction; knowledge*

Date of Submission: 29-04-2019 Date of acceptance: 13-05-2019

I. Introduction

"Every social association that is not face - to- face is injurious to your health" Assim Nicholas Taleb Social networking sites addiction has been described as an inability of control one's use of online social networking (Andreassen, 2015),which comprises an addiction to a wide range of specific applications, such as Face book addiction Statistic gives information on the total number of internet users worldwide from 2005 to 2018. As of the most recent reported period, the number of internet users worldwide was 3.9 billion, up from 3.65 billion in the previous year.

Easier access to computers, the modernization of countries around the world and an increased utilization of smart phones has given people the opportunity to use the internet more frequently and with more convenience. However, internet penetration often pertains to the current state of development regarding communications networks. As of December 2017, there were approximately 772 million total internet users in china and 312 million total internet users in the United States. However, broadband internet usage is not equally present in many countries and due to infrastructure reasons, developing online markets rely strongly on mobile connections. Subsequently, global mobile data traffic is set to surpass 77 Exabyte's per month in 2022, up from 11.5 Exabyte's per month as of 2017. As of the third quarter of 2018, there were over 2.2 billion monthly active Face book users, accounting for almost half of internet users worldwide. Connecting with family and friends, expressing opinions, entertainment and online shopping are amongst the most popular reasons for internet usage.

A problematic use of the Internet has been identified in a number of studies and shows that persistent negative consequences such as job loss, academic failure, and divorce resulted from excessive Internet use .Over the past decade, technology has become increasingly important in the lives of adolescents. As a group, adolescents are heavy users of newer electronic communication forms such as instant messaging, e-mail, and text messaging, as well as communication-oriented Internet sites. The increasing ubiquity of web-based social networking services is a striking feature of modern human society. The degree to which individuals participate in these networks varies substantially for reasons that are unclear. The mass appeal of social networks on the Internet could potentially be a cause for concern, particularly when attending to the gradually increasing amounts of time people spend online.

On the Internet, people engage in a variety of activities some of which may be potentially to be addictive. Rather than becoming addicted to the medium , some users may develop an addiction to specific activities they carry out online.

Specifically, Young argues that there are five different types of internet addiction, namely computer addiction (that is computer game addiction), internet overload (*i.e.*, web surfing addiction), net compulsions online gambling or online shopping addiction*)*, cyber sexual addiction *(*i.e., online pornography or online sex addiction), and cyber-relationship addiction *(*i.e., an addiction to online relationships).

II. Need For The Study

Internet Addict is a person who spends most of his time not living his own life but rather living the life set out for him by the websites over the internet. Websites like Facebook, Twitter, MySpace, Whatsapp, Istagram, Skype, YouTube…. the list is just endless. The time that a person can spend in doing his job or studying is rather wasted on internet doing nothing. So the productivity of our work is decreasing day by day just because people want to spend more time writing on their Facebook walls, watching videos, reading blogs than living their own real life. This problem is rapidly increasing but can it be solved.

In accordance with the bio psycho social framework for the etiology of addictions and the syndrome model of addiction. It is claimed that those people addicted to using SNS experience symptoms similar to those experienced by those who suffer from addictions to substances or other behaviors. This has significant implications for clinical practice because unlike other addictions, the goal of SNS addiction treatment cannot be total abstinence from using the Internet since the latter is an integral element of today's professional and leisure culture. Instead, the ultimate therapy aim is controlled use of the Internet and its respective functions, particularly social networking applications, and relapse prevention using strategies developed within cognitive-behavioral therapies.

Report the case of a 24-year old female who used SNS to such an extent that her behavior significantly interfered with her professional and private life. As a consequence, she was referred to a psychiatric clinic. She used Facebook excessively for at least five hours a day and was dismissed from her job because she continuously checked her SNS instead of working. Even during the clinical interview, she used her mobile phone to access Facebook. In addition to excessive use that led to significant impairment in a variety of areas in the woman's life, she developed anxiety symptoms as well as insomnia, which suggestively points to the clinical relevance of SNS addiction. Such extreme cases have led to some researchers to conceptualize SNS addiction as Internet spectrum addiction disorder. This indicates that first, SNS addiction can be classified within the larger framework of Internet addictions, and second, that it is a specific Internet addiction, alongside other addictive Internet applications such as Internet gaming addiction , Internet gambling addiction , and Internet sex addiction.

Increasing research efforts on Internet addiction have led the American Psychiatric Association (APA) to include Internet Gaming Disorder in the appendix of the updated version of the Diagnostic and Statistical Manual for Mental Disorders (DSM-5) in 2013 as condition that requires further research before it can be accepted for inclusion in the main manual. This has resulted in researchers commencing efforts to reach an international consensus for assessing Internet Gaming Disorder using the new DSM-5 approach based on an international expert panel. However, various limitations to this recently proposed "consensus" have been identified, including the lack of a representative international community of experts in the field, the voting method used to arrive at the consensus, the criteria and nosology identified, lack of critical measurement of the disorder and lack of field testing. For the purpose of a comprehensive and inclusive understanding of the potential disorder, in this systematic literature review, Internet addiction will be referred to as encompassing Internet-use related addictions and problematic Internet use, including Internet Gaming Disorder. It is argued that until this concept is understood more fully (including nosology, etiology and diagnostic criteria), limiting our understanding of Internet-use related addictions to Internet gaming-related problems does neither pay sufficient respect to the affected individuals' personal experience nor to the variety of online behaviors that can be engaged in excessively online. For example, other potential online addictions and Internet-use related disorders have been recently reviewed, suggesting that limiting a diagnosis to online gaming exclusively misses out many cases of individuals who experience negative consequences and significant impairment due to their Internet use-related behaviors.

A study was conducted to examine the association of Social Network overuse with Excessive Daytime Sleepiness (EDS) among 2336 high school students in South Korea (boys, 57.5%; girls, 42.5%). The prevalence of EDS was 11.2% (boys, 11.2%; girls, 11.1%). The prevalence rate of EDS for Internet addicts was 37.7%. The prevalence of insomnia, witnessed snoring, apnea, teeth grinding, and nightmares was highest in Internet addicts. This study concluded that Internet addiction is strongly associated with EDS in adolescents. Clinicians should consider examining Internet and Social Network addiction in adolescent cases of EDS.

To date, reviews have focused on clinical and treatment studies of Internet addiction and Internet Gaming Disorder. This arguably limits the analysis to a specific diagnosis of a potential disorder that has not yet been officially recognized in the Western world, rather than a comprehensive and inclusive investigation of Internet-use related addictions (including problematic Internet use) more generally. Previous reviews relied on overly restrictive inclusion criteria, and this has led to ambiguities in the conceptualization of the problem, and consequently resulted in limitations regarding both validity and reliability. In order to overcome these problems, the aim of this literature review is to provide a comprehensive overview of clinical studies on the more inclusive clinical picture of Internet-use related addictions from a holistic perspective.

In India, use of internet is enormous, especially in the young population. Hence, it was found necessary to study pattern of internet usage in young adults in Indian setting and its relationship with their mental and physical health. With this background, we undertook the present study to take a close look on this issue.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of a structured teaching program regarding negative impact of internet addiction among adolescents in selected Nursing College at Chandigarh.

OBJECTIVES OF THE STUDY

- To assess the effect of internet addiction among college students.
- To evaluate effectiveness of structured teaching program about internet addiction.
- To find out association between pre test level of knowledge and socio demographic variables.

HYPOTHESIS

H_1-There will be a significant difference between mean pre-test and post-test knowledge scores among college students regarding internet addiction.

H_2-There will be a significant association between mean post test knowledge scores and selected demographic variables of college students.

Methodology

Research design

In the present study pre- experimental one group pre and post test design was used The study was pre-experimental in nature;

SAMPLE AND SAMPLING TECHNIQUES

60 College students were selected by using convenient sampling techniques from selected nursing college at Chandigarh.

CRITERIA FOR SAMPLE SELECTION

The researcher identified all the samples, who met the inclusion criteria. The criteria are set for the selections of the samples were done as follows:

INCLUSION CRITERIA

i. Students who are willing to participate in study.
ii. Students who are present at the time of data collection.

EXCLUSION CRITERIA

i. Students who are not willing to participate in study.
ii. Students who are not available during study.

Ethical consideration:- The study protocol approved by the Research ethics committee of the faculty of the Nursing. The nature of the study was harmless. All data were kept confidential and used only for the research purpose. The study subjects willingly agreed to participate in the study and gave their verbal consent and each participant was free to withdraw at any time throughout the study. Before the interview, students were informed about the purpose of the study and assured them about confidentiality of data. The interview took about 20-30 minute

DEVELOPMENT OF THE TOOL

A structured questionnaire was prepared based on the review of literature, investigator's present experience and in consultation with the experts in the field of nursing and medicine. Items were collected, scrutinized, selected and checked for overlapping. Crosschecking was done and modifications made in consultation with a language expert.

Data collection instrument
A structured questionnaire

Tool description
The questionnaire had two parts – Part I and Part II.

Part I: Consists of seven items related to the demographic variables such as Age, sex, religion. Marital status, type of family, area of residence, and source of information.

Part II: Consist of structured knowledge questionnaire on internet addiction this section consists of 30 items on selected aspects; introduction & concept, common internet addiction sign and symptoms, management and treatment of internet addiction
Each item has only one correct response and each correct response is scored one. The total possible score of the structured questionnaire is 30. The same questionnaire is used for the assessment of knowledge level in pre test and post test.

SCORING
The levels of knowledge have been classified as follows based on the scores obtained:

LEVELS	**RANGE**
Inadequate knowledge	<50%
Moderate knowledge	51-75%
Adequate knowledge	>75 %

O1	**X**	**O2**
Pretest	**Structured teaching program**	**Post test**

III. Results and Discussion

Table: 1Area wise mean, mean percentage and standard deviation of knowledge variables of college students in post test

N=60

S.No.	Knowledge variable/Area	Maximum score	Mean	Mean percentage	Standard Deviation
1.	Neglect the activities	10	6.93	69.33%	1.325
2.	Addictive user	5	3.51	70.33%	0.892
3.	Internet use late at night	3	2.00	66.67%	0.610
4.	Negative impact of internet use	3	2.01	67.22%	0.676
5.	Physical health problem	3	2.06	68.89%	0.685
6.	Mental health problem	4	2.88	72.08%	0.666
7.	Relationship social problem	2	1.45	72.50%	0.565
	Overall knowledge	**30**	**20.86**	**69.55%**	**2.807**

Table: 1 depicted area wise mean ,mean percentage and overall score in post-test knowledge scores of college students regarding internet addiction which comprising area neglect the activities maximum score of 10 and mean score , mean percentage and standard deviation were consequently 6.93, 69.33% and 1.325 , addictive user maximum score was 5, mean score , mean percentage and standard deviation were consequently 3.51, 70.33% and 0.892,regarding internet use late at night maximum score was 3, mean score , mean percentage and standard deviation were consequently 2.00, 66.67% and 0.610, regarding negative impact of internet use maximum score was 3, and mean score , mean percentage and standard deviation were consequently 2.01,67.22% and 0.676,regardingphysical health problem maximum score was 3, mean score , mean percentage and standard deviation were consequently 2.06, 68.89% , and 0.685 , regarding mental health problem maximum score was 4, mean score , mean percentage and standard deviation were consequently 2.88, 72.08% , and 0.666, regarding relationship social problem maximum score was 2, mean score , mean percentage and standard deviation were consequently 1.45, 72.50% , and 0.565. Finally the overall maximum score was of 30 and overall mean score ,mean percentage and standard deviation was 20.86, 69.55% and 2.807 consequently.

Table -2: Area-Wise Effectiveness of structured teaching program by comparing the pre test and post test assessment score

N=60

S. No.	Knowledge variables/areas	Max. Score	Pre-test			Post-test			Effectiveness		
			Mean	Mean percent Mean %	S.D S.D.	Mean	Mean percent	S.D.	Mean	Mean percent	S.D.
1.	Neglect the activates	10	4.6	46.00%	1.278	6.93	69.33%	1.325	2.33	23.33%	0.047
2.	Addictive user	5	2.18	43.67%	0.892	3.51	70.33%	0.892	1.33	28.66%	0.000
3.	Internet use late at night	3	1.31	43.89%	0.596	2.00	66.67%	0.610	0.69	12.78%	0.014
4.	Negative impact of internet use	3	1.23	41.11%	0.592	2.01	67.22%	0.676	0.78	26.11%	0.084
5.	Physical health problem	3	1.26	42.22%	0.634	2.06	68.89%	0.685	0.80	26.67%	0.051
6.	Mental health problem	4	1.75	43.75%	0.772	2.88	72.08%	0.666	1.13	28.33%	0.106
7.	Relationship social problem	2	0.90	45.00%	0.656	1.45	72.50%	0.565	0.55	27.50%	0.091
	Overall knowledge	**30**	**13.25**	**44.16%**	**3.338**	**20.86**	**69.55%**	**2.807**	**7.61**	**25.39%**	**0.531**

Table 2- describes that overall findings revealed that the mean percentage of post-test knowledge score was more compared to the mean percentage of the pre-test knowledge scores. The effectiveness of self instructional module was observed in all the areas suggesting that it was effective in increasing the knowledge of the college students regarding internet addiction.

Table-3: Association between demographic variables and pre test knowledge score of college students on internet addiction

N=60

S. No	Variables	Pre test knowledge level		Total	D.F.	Calculated χ^2value	Tabulated χ^2value
		≤Median	>Median				
1.	**Age (In year)**						
	A. 17-19year	21	20	41			
	B. 19-21 year	8	4	12	3	**1.102^{NS}**	7.82
	C. 21-23 year	2	2	4			
	D. Above 23	2	1	3			
2.	**Sex**						
	A. Male	17	6	23	1	**17.873***	3.841
	B. Female	7	30	37			
3.	**Religion**						
	A. Hindu	20	16	36			
	B. Muslim	11	6	17	3	**0.883^{NS}**	7.82
	C. Christian	3	1	4			
	D. Other (Specify)	2	1	3			
4.	**Marital Status**						
	A. Married	2	2	4	1	**0.077^{NS}**	3.841
	B. Unmarried	32	24	56			
5.	**Area of residence**						
	A. Rural	15	7	22	1	**0.968^{NS}**	3.841
	B. Urban	21	17	38			
6.	**Type of family**						
	A. Joint	13	9	22	2	**1.459^{NS}**	5.99
	B. Single	15	16	31			
	C. Extended	5	2	7			
7.	**Source of information**						
	A. Family & friends						
	B. Health professional	2	9	11			
	C. Other media	6	27	33	2	**10.974***	5.99
		10	6	16			

***Level of significance at P < 0.05**

The findings presented in table -3 show the calculated chi square value at the $D.F_{.(3)}$ for age (χ^2=1.102) is lower than the table value 7.82 at 0.05 level of significance it is interpreted that there was not a significant association between age of college students and pre test knowledge level on internet addiction.

Further the findings in the table shows that the calculated chi square value at the $D.F_{.(1)}$ for sex (χ^2=17.873) is more than the table value 3.841 at 0.05 level of significance it is interpreted that there was a significant association between sex of college students and pre test knowledge level on internet addiction.

Further the findings in the table shows that the calculated chi square value at the $D.F_{.(3)}$ for religion (χ^2=0.883) is lower than the table value 7.82 at 0.05 level of significance it is interpreted that there was not a significant association between religion of college students and pre test knowledge level on internet addiction.

Further the findings in the table shows that the calculated chi square value at the $D.F_{.(1)}$ for marital status (χ^2=0.077) is lower than the table value 3.841at 0.05 level of significance it is interpreted that there was not a significant association between marital status of college students and pre test knowledge level on internet addiction .

Further the findings in the table shows that the calculated chi square value at the $D.F_{.(1)}$ for area of residence (χ^2=0.968) is lower than the table value 3.841at 0.05 level of significance it is interpreted that there was not a significant association between area of residence of college students and pre test knowledge level on internet addiction.

Further the findings in the table shows that the calculated chi square value at the $D.F_{.(2)}$ for type of family (χ^2=1.459) is lower than the table value 5.99at 0.05 level of significance it is interpreted that there was not a significant on internet association between type of family of college students and pre test knowledge level addiction.

Further the findings in the table shows that the calculated chi square value at the $D.F_{.(2)}$ for source of information (χ^2=10.974) is higher than the table value 5.99 at 0.05 level of significance it is interpreted that there was a significant association between source of information of college students and pre test knowledge level on internet addiction.

IV. Recommendation

- The study can be conducted on larger samples.
- The study can be done in different setting.
- The same study can be done with an experiment research approach having a control group.
- Comparative study can be done between B.Sc. and GNM students.
- Comparative study can be done between government and private college's student nurses.
- A similar study can be undertaken among the general public also.

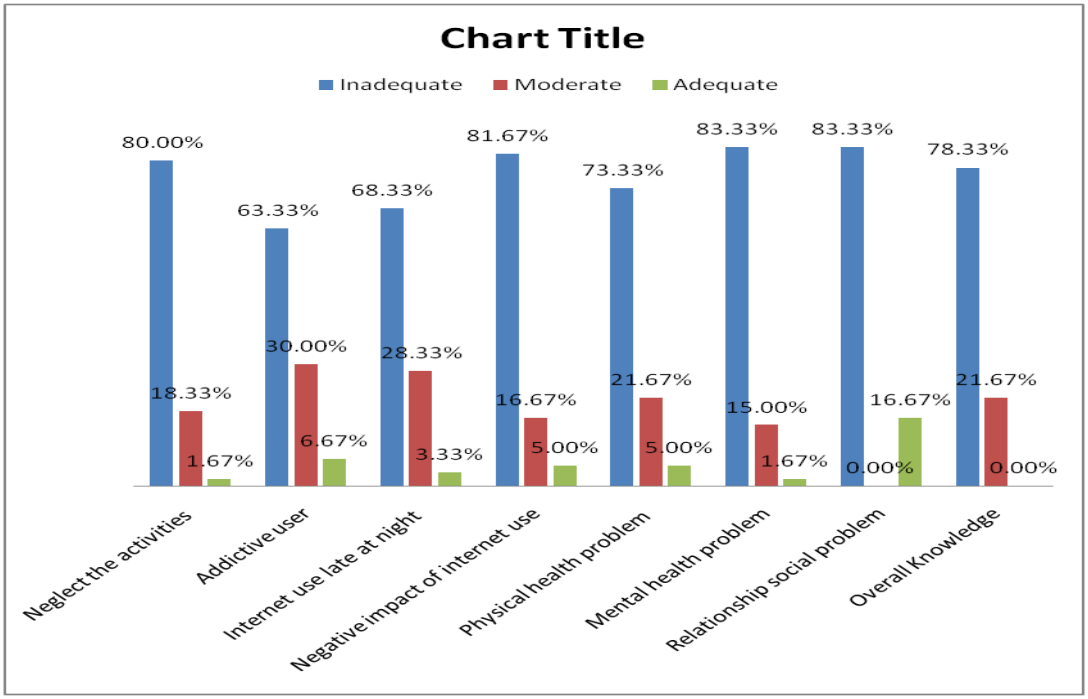

Figure 1: Column diagram representing area wise and overall percentage distribution of college students according to pre test knowledge score

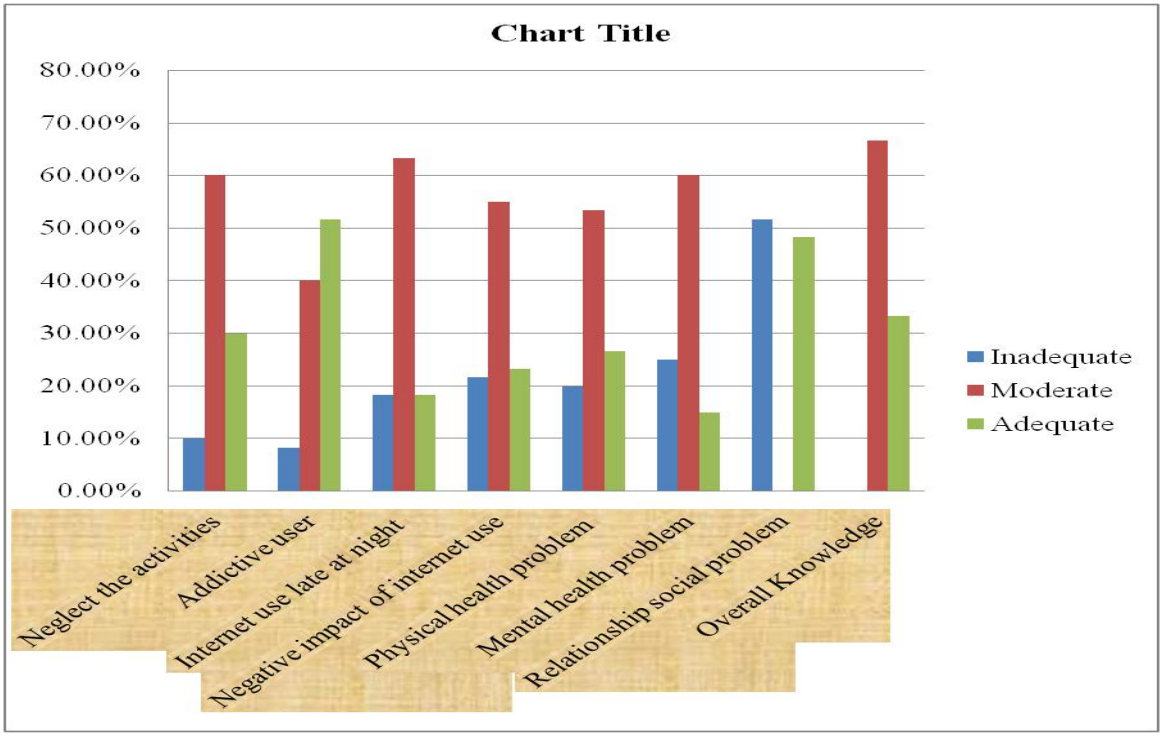

Figure 2: Column diagram representing Area wise and overall percentage distribution of college students according to post test Knowledge score

V. Conclusion

The study findings reveal that structured teaching program on internet addiction was effective in improving knowledge of College students.

The study also reveals that there was a significant association between the pre test levels of knowledge with selected demographic variables i.e. sex of students and source of information. Structured teaching program will help to improve the knowledge of students and internet addiction emergencies can be managed in better way.

References

[1]. Müller KW, Ammerschläger M, Freisleder FJ, Beutel ME, Wölfling K. Addictive internet use as a comorbid disorder among clients of an adolescent psychiatry - prevalence and psychopathological symptoms. Z Kinder Jugendpsychiatr Psychother. 2012 Sep;40(5):331-9.

[2]. Smahel D, Brown BB, Blinka L. Associations between online friendship and Internet addiction among adolescents and emerging adults. Developmental Psychology Mar 2012; 48(2): 381-388.

[3]. Internet Webopedia [Online]. 2011 [Cited 2012 September 15] Available from URL: http://www.webopedia.com/TERM/I/Facebook.html

[4]. Louge N. Adolescents and the Internet [Online]. October 2006 [cited 2012 October 18] Available from URL: http://www.actforyouth.net/resources/rf/rf_internet_1006.cfm

[5]. Internet Addiction: A major problem among students [Online]. 2011 August 13 [cited 2012 April 2012]; Available from: URL: http://indiaexam.in/internet-addiction.html

[6]. Dong G, Devito EE, Du X, Cui Z. Impaired inhibitory control in 'internet addiction disorder': a functional magnetic resonance imaging study. [Online] 2012 Aug 12 [cited 2012 Sep 05]; Available from URL: http://www.ncbi.nlm.nih.gov/pubmed/?term=22892351

[7]. People with 'larger social networks' less likely to share 'charitable causes', finds study, ANI News 2012 Aug 07; Sect. 9:1 (col1).

[8]. 25% of online time spent on social networks: Study. Times of India 2012 Aug 21; Sect: tech (col. 1).

[9]. Alavi SS, Alaghemandan H, Maracy MR, Jannatifard F, Eslami M, Ferdosi M. Impact of addiction to internet on a number of psychiatric symptoms in students of isfahan universities [Online] 2012 Feb 3 [cited 2012 Sep 5]; Available from URL: http://www.ncbi.nlm.nih.gov/pubmed/?term=22347609

[10]. Montag C, Kirsch P, Sauer C, Markett S, Reuter M. The Role of the CHRNA4 Gene in Internet Addiction: A Case-control Study.[Online] 2012 Sep 6 [cited 2012 Oct 7]; Available from URL: http://www.ncbi.nlm.nih.gov/pubmed/?term=22722381

[11]. Carli V, Durkee T, Wasserman D, Hadlaczky G, Despalins R, Kramarz E, et al. The Association between Pathological Internet Use and Comorbid Psychopathology: A Systematic Review. [Online] 2012 Jul 31 [cited 2012 Sep 6]; Available from URL: http://www.ncbi.nlm.nih.gov/pubmed/?term=22854219

[12]. 12. Yang C., Choe B., Baity M., Lee J., Cho J. (2005). SCL-90-R and 16PF profiles of senior high school students with excessive Internet use. *Can. J. Psychiatry* 50 407–414. [PubMed] [Google Scholar]

[13]. 7. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders (DSM-5)Arlington, VA: American Psychiatric Association; 2013. [Google Scholar]

[14]. 8. Petry NM, Rehbein F, Gentile DA, Lemmens JS, Rumpf HJ, Mößle T, Bischof G, Tao R, Fung DS, Borges G, et al. An international consensus for assessing internet gaming disorder using the new DSM-5 approach. Addiction. 2014;109:1399–1406. [PubMed] [Google Scholar]

[15]. 9. Griffiths MD, van Rooij A, Kardefelt-Winther D, Starcevic V, Király O, Pallesen S, Müller K, Dreier M, Carras M, Prause N, et al. Working towards an international consensus on criteria for assessing Internet Gaming Disorder: A critical commentary on Petry et al. (2014) Addiction. 2015:In press.[PMC free article] [PubMed] [Google Scholar]

[16]. 10. Lopez-Fernandez O. How has Internet addiction research evolved since the advent of Internet Gaming Disorder? An overview of cyberaddictions from a psychological perspective. Curr Addiction Rep. 2015;2:263–271. [Google Scholar]

[17]. Przepiorka AM, Blachnio A, Miziak B, Czuczwar SJ. Clinical approaches to treatment of Internet addiction. Pharmacol Rep. 2014;66:187–191. [PubMed] [Google Scholar]

[18]. Winkler A, Dörsing B, Rief W, Shen Y, Glombiewski JA. Treatment of internet addiction: a meta-analysis. Clin Psychol Rev. 2013;33:317–329. [PubMed] [Google Scholar]

[19]. King DL, Delfabbro PH, Griffiths MD, Gradisar M. Assessing clinical trials of Internet addiction treatment: a systematic review and CONSORT evaluation. Clin Psychol Rev. 2011;31:1110–1116.[PubMed] [Google Scholar]

[20]. Huang XQ, Li MC, Tao R. Treatment of internet addiction. Curr Psychiatry Rep. 2010;12:462–470.[PubMed] [Google Scholar]

Mr. Prem Chander. " A Study To Assess The Effectiveness of A Structured Teaching Program Regarding Negative Impact of Internet Addiction Among Adolescent In Selected Nursing College At Chandigarh" .IOSR Journal of Nursing and Health Science (IOSR-JNHS), vol. 8, no.03 , 2019, pp. 11-18.