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A descriptive study to assess the knowledge of nursing students regarding mobile and internet addiction in Himalayan school of nursing Kala-Amb district Sirmour, Himachal Pradesh

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Abstract
Objectives: To assess the knowledge of Nursing Students regarding mobile and internet addiction in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.
To determine and association of knowledge of Nursing Students regarding mobile and internet addiction with their demographic in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.
Methodology: A quantitative study by using descriptive design was used, a sample size of 60 nursing students were selected by using simple random Sampling technique, Semi structured questionnaire were used to assess the level of knowledge among Nursing students on mobile and internet addiction in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.
Results: The study revealed that among 60 nursing students, 5% (3) nursing students had well, 93.3% (56) had average and 1.6% (1) had poor knowledge regarding mobile and internet addiction.

Keywords: Mobile and internet addiction, nursing students, knowledge

Introduction

The internet is an important modern means of obtaining information and communicating with others which has converted the world into a global village, at the same time increasing internet use among adolescents is also likely to pose a major health concern that is internet addiction (IA).

The revolution of the mass media, telecommunication and social networking with the emerging advancement in science and technology has made the drastic change in access and browse of online information from the whole web using terminal at home etc. The emergency of internet has created on extraordinary change in expansion and proliferation of the internet has provide better opportunities for communication, information and social interaction. The excessive undisciplined use by individual has led to emergence of the concept of internet addiction. Psychological and environmental factor in the lives of college student may leave them disproportionately vulnerable to internet addiction.

Internet addiction is defined as pathological pattern of internet use, which is also described as internet dependence, compulsive internet use, and problematic internet use. Mobile phones use electromagnetic radiation in the microwave range which may be believed harmful to health. The user cannot self-control the use of internet, resulting in significant impairment at home, work, health, or interpersonal relationship. They may find it difficult to stop using the internet due to anonymity, convenience and accessibility and may use it as a way to escape reality. The type of activity involved in internet addiction include online gaming, social networking and online gambling online shopping, virtual sex and information overload the term 'addiction' though traditionally used to described a physical dependence in a substance has been applied in the overuse of internet. Internet disorder is described as excessive computer use that interferes with daily life and impairs daily function.

If the internet was initially the technological addiction par excellence, the cell phone soon emerged as a source of potentially addictive behavior, particularly since the arrival of smart phone devices, along with the evolution from a global approach to a progressive differentiation of addictions by contents and concrete application. Whether the problem is

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cell phone itself or its contents and applications is a topic of current debate, similar to previous debates with respect to the internet. From this prospective, the cell phone offers activities that can lead to problematic use. There is evidence that the smart phone, with its breadth of applications and uses, tends to induce greater abuse than regular cell phones.

Rapidly increasing use of smart, tablets and computers has internet an indispensable part in modern society. They negative impact of excessive maladaptive or addictive internet use has attracted much research attention, in particulars, internet addiction has become a major public health issue worldwide and brought about a dramatic proliferation of research in this area.

The study finding indicated that problematic internet use and problematic internet use were independently associated with utilizing the internet for the purpose of retrieving sexual information, socialization, and entertainment including interactive game playing, moreover it is noteworthy y that potential problematic internet use was inversely associated with utilizing the internet for educational purpose-both frequent internet use and accessing the internet for the purpose of sexual information and education have been found to be significant predictor of pornographic internet site use consequent problematic internet use.

Problem statement
A Descriptive study to assess the knowledge of Nursing Students regarding mobile and internet addiction in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.

Objectives
1. To assess the knowledge of Nursing Students regarding mobile and internet addiction in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.
2. To determine and association of knowledge of Nursing Students regarding mobile and internet addiction with their demographic in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.

Materials method
A descriptive research design was used to conduct the study in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh. A sample size of 60 nursing students was selected by using random Sampling technique. Permission was obtained from the research committee of Himalayan School of Nursing Kala-Amb. The informed consent was taken from the nursing students who willing to participate in the study. Semi structured questionnaire were used to assess the level of knowledge among nursing students mobile and internet addiction.

Tools for data collection
The tool consists of 3 parts
1. **Demographic data profile sheet:** Demographic data profile sheet was used for assessment of demographic variables such as age (years), gender, religion, education of father, education of mother, occupation of father, occupation of mother, previous knowledge, time spend on mobile and internet per day.

2. **Self-structured questionnaires**: Self-structured questionnaires was used to assess the knowledge of Nursing Students regarding mobile and internet addiction in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.

Table 1: Data analysis

Sr. No.	Data analysis	Method	Objectives
1	Descriptive statistics	Frequency and percentage distribution, Mean, Median, Mode, Standard deviation and Range.	Distribution based of demographic variables To assess the Level of knowledge on mobile and internet addiction among nursing students.
2	Inferential statistics	Chi-square test	To associate level of Knowledge on mobile and internet addiction among nursing students with their selected demographic variables.

Results

Table 2: Frequency and percentage Distribution of Socio-Demographic characteristics of Nursing Students

Sr. no.	Selected variables	Frequency(F)	Percentage (%)
1.	**Age**		
a.	>18	33	55%
b.	19-20	13	21.6%
c.	21-22	14	23.3%
d.	22-23	0	0%
2.	**Gender**		
a.	Male	0	0%
b.	Female	60	100%
3.	Religion		
a.	Hindu	41	68.3%
b.	Muslim	7	11.6%
c.	Sikh	6	10%
d.	Christian	6	10%
4.	**Education of father**		
a.	Uneducated	0	0%
b.	Matrix	23	38.3%
c.	12th pass	22	36.6%
d.	Graduated	15	25%

5.	**Education of mother**		
a.	Uneducated	0	0%
b.	Matrix	45	75%
c.	12th pass	11	18.3%
d.	Graduated	4	6.6%
6.	**Occupation of father**		
a.	Farmer	35	58.3%
b.	Labor	3	5%
c.	Private job	11	18.3%
d.	Govt. job	11	18.3%
7.	**Occupation of mother**		
a.	Homemaker	52	86.6%
b.	Private job	6	10%
c.	Govt. job	2	3.3%
d.	Own business	0	0%
8.	**Do you have any pervious knowledge regarding mobile and internet addiction?**		
a.	Yes	56	93.3%
b.	No	4	6.7%
9.	**How much time you spend on mobile and internet per- day?**		
a.	1-2hours	30	50%
b.	3-4hours	15	25%
c.	5-6hours	7	11.6%
d.	Above6	8	13.3%

Table 2: In relation to age greater number of nursing students 55% nursing students were in the age of >18 years and 21.6%nursing students in the age group of 19-20 years and 23.3% nursing students in the age group of 21-22. Majority of 100% nursing students were female. In relation to religion 68.3% nursing students were from Hindu religion, 11.6% nursing students were from Muslim religion, at least 10% nursing students were from Sikh religion and 10% nursing students were from Christian religion. According to education of father36.6% were 12th passed and 33.3% were matrix passed. According to education of mothe75% were matrix passed and least 6.6% were graduated. Majority of occupation of father 58.3% farmer and at least 5% labour. In the relation to occupation of mother highest 86.6% homemaker and at least3.3% were from govt. job and the majority of 93.3% nursing students add previous knowledge regarding mobile and internet addiction and 6.6% nursing students had no previous knowledge regarding mobile and internet addiction. 50% nursing students 1 to 2 hour's time spend on mobile and internet addiction per day at least 11.6% 5 to 6 hour's time spend on mobile and internet addiction per day.

Table 3: Mean, median, mode, Range and standard deviation was used to assess the knowledge of Nursing Students regarding mobile and internet addiction in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.

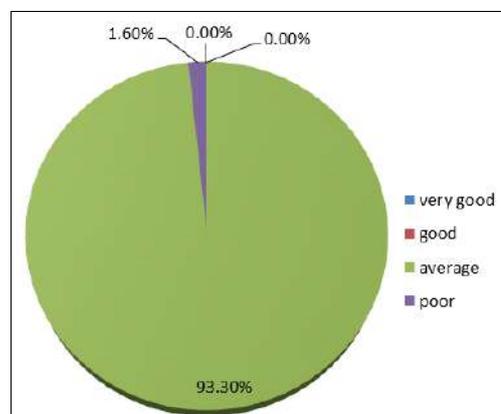| Knowledge score	Mean	Median	Mode	Range	SD
Nursing Students of Himalayan school of Nursing.	8.2	8	8	7	31.36

Table 3: The data reveals that the mean knowledge score of nursing students of mean was (8.2), median was 8, mode was 8 Range was 7 and standard deviation was 31.36.

Table 4: Frequency and percentage distribution of level of knowledge among Nursing Students regarding mobile and internet addiction in Himalayan School of Nursing Kala-Amb District Sirmour, Himachal Pradesh.

Level of knowledge score	Range	Frequency(f)	Percentage (%)
Very good	16-20	0	0
Good	11-15	3	0
Average	6-10	56	93.3
Poor	1-5	1	1.6

Maximum score-20   Minimum score-0

Table 4: It shows that frequency and percentage distribution of nursing students in term of level of knowledge score on self-structured knowledge questionnaire .5%(3) nursing students had good and 93.3%(56)had average and 1.6%(1)had poor knowledge regarding mobile and internet addiction

Fig 1: Pie Chart showing the level of knowledge on mobile and internet addiction among nursing students.

Table 5: Chi square showing the Association of knowledge on mobile and internet addiction among nursing students with their selected demographic variable.

N=60

	Demographic Variables	Poor	Average	Good	V. Good	df	Chi sqare	P value
1.				Age (years)			9	12.000	**.213309NS**
a.	>18	0	33	0		0		
b.	19-20	0	11	3		0		
c.	21-22	1	13	0		0		
d.	<23	0	0	0		0		
2.				Gender			9	12.000	**.213309NS**
a.	Male	0	0	0		0		
b.	Female	1	56	3		0		
3.				Religion			6	8.000	**.238103NS**
a.	Hindu	0	39	2		0		
b.	Muslim	0	6	1		0		
c.	Sikh	0	6	0	0			
d.	Christian	1	5	0		0		
4.				Education of father			9	12.000	**.213309NS**
a.	Uneducated	0	0	0		0		
b.	Matrix	0	23	0		0		
c.	12th pass	1	21	0		0		
d.	Graduated	0	13	2		0		
5.				Education of mother			9	12.000	**.213309NS**
a.	Uneducated	0	0	0		0		
b.	Matrix	0	12	0		0		
c.	12th	1	44	0		0		
d.	Graduated	0	2	2		0		
6.				Occupation of father			6	8.000	**.238103NS**
a	Farmer	1	34	0		0		
b.	Labour	0	3	0		0		
c.	Private job	0	11	0		0		
d.	Govt. job	0	9	2		0		
7.				Occupation of mother			9	12.000	**.213309NS**
a.	Home maker	1	51	0		0		
b.	Private job	0	4	2		0		
c.	Govt. job	0	2	0		0		
d.	Own business	0	0	0		0		
8.			Do you have any pervious knowledge regarding mobile and internet addiction?				1	2.000	**.157299NS**
a.	yes	0	54	2		0		
b.	No	1	3	0		0		
9.			How much time you spend on mobile and internet per- day?				9	12.000	**.213309NS**
a.	1-2 hours	0	30	0		0		
b	3-4 hours	1	14	0		0		
c.	5-6hours	0	6	1		0		
d.	<6 hours	0	7	1		0		

Table 5: Hence it was concluded from the table there was association of knowledge score of nursing students with selected demographic Variables. The data revealed that age years (.213309NS), gender (.213309NS), religion (.238103NS), education of father (.213309NS), education of mother (.213309NS), occupation of father (.238103NS), occupation of mother (.213309NS), and time spend on mobile and internet per day (.213309NS) were not found statistically significant.

Conclusion
It was concluded that there was no significant association of demographic variable age years (.213309NS), gender (.213309NS), religion (.238103NS), education of father (.213309NS), education of mother (.213309NS), occupation of father (.238103NS), occupation of mother (.213309NS), and time spend on mobile and internet per day (.213309NS) of the knowledge of Nursing Students regarding mobile and internet addiction in Himalayan School of Nursing Kala- Amb District Sirmour, Himachal Pradesh.

Conflict of interest
There was no such conflict and bias during the study.

Source of Finding
It is self-funded research study.

Ethical clearance: No ethical issue exist.

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