

A study to assess the prevalence of internet addiction and its association with depression, anxiety and stress among students of holy nursing school, Singhwala, Punjab

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Abstract

Today the Internet is the most powerful tool in the world. It is a collection of various services and resources. In recent years, Internet addiction has been a worldwide problem among youth. It affects the person mentally, physically and socially too.

The aim of the study was to assess prevalence of internet addiction and its association with depression, anxiety and stress among students of Holy Nursing School, Singhwala, Punjab.

A descriptive correlational study was conducted on the sample of 60 nursing students selected by using non-probability convenience sampling technique. The data was collected by using Young's Internet Addiction Scale and Depression, Anxiety and stress Scale- 21 Items (DASS-21).

Results of the study showed 1 (1.66%) of students were normal internet users, 14 (23.33%) of students had mild internet addiction, 43 (71.66%) of students had moderate internet addiction and 2 (3.33%) of students had severe internet addiction.

From the view of Depression 27 (45%) students were normal, 11 (18.33%) had mild level of depression, 11 (18.33%) had moderate level of depression, 8 (13.33%) had severe level of depression and 3 (5%) had extremely severe level of depression. From the view of Anxiety 12 (20%) students were normal, no one had mild level of anxiety, 23 (38.33%) had moderate level of anxiety, 11 (18.33%) had severe level of anxiety and 14 (23.33%) had extremely severe level of anxiety. From the view of Stress 21 (35%) students were normal, 18 (30%) had mild level of Stress, 12 (20%) had moderate level of Stress, 7 (11.66%) had severe level of Stress and 2 (3.33%) had extremely severe level of Stress.

Pearson's correlation coefficient showed that there was direct relationship between the Internet Addiction score and the Anxiety score ($r = 0.397$, $p = <.01$) and stress score ($r = .371$, $p = <.01$) among the students and as the internet addiction increased anxiety and stress also increased. But there is no any relationship between internet addiction score and depression score ($r = 0.397$, $p = >.01$).

Keywords: Prevalence, Internet addiction, Depression, Anxiety, Stress, Students

Introduction

In the new generation, the Internet has become an important tool for education, entertainment, communication, and information-sharing. Easy access and social networking are two of the several aspects of the Internet fostering addictive behavior.¹

Internet addiction commonly refers to an individual's inability to control his or her use of the Internet (including any online-related, compulsive behavior), which eventually results marked distress and functional impairment in daily life. Research studies in the Western and Asian contexts suggest that the risk of Internet addiction is increasing among young population.²

Based on the latest United Nations Estimates the current population of India is 1,346,879,021 as of Sunday, January 7, 2018, which is equivalent to 17.74% of the total world population.³

According to the Cisco report, digital transformation will take India's internet users from 373 million (28 percent of population) in 2016 to 829 million (59 percent of the Indian population) in 2021.⁴

According to the report given by Ranjani Ayyar (2017), Indians spent 2 hours a day on apps in 2016 and this time duration is going to increase now days. In the first three months of 2017, Indians spent 2.5 hours a day on apps. India also ranked ahead of the US, UK, Germany and France where users spent 1.5-2 hours per day on apps.⁵

Goel Deepak, Subramanam Annd Alka, Kamath Ravindra (2013) conducted a cross sectional study to assess the prevalence of Internet addiction and its association with psychopathology in Indian adolescents. The data was collected from 987 students of various faculties across the city of Mumbai by using the 'Internet addiction Test'

questionnaire and Dukes Health Profile. Results showed that 74.5% were moderate users and 0.7% was found to be addicts. Those with excessive use of internet had high scores on anxiety and depression.⁶

Internet addiction disorder can cause severe consequences which will result in the loss of a large number of productive lives in the present and future generation. Students have been recognized as an important social issue in various countries because of high prevalence of depression, aggressive behaviour, psychiatric symptoms and interpersonal problem associated with this addiction.

RESEARCH STATEMENT

A study to assess the prevalence of internet addiction and its association with depression, anxiety and stress among students of Holy Nursing School, Singhewala, Punjab.

OBJECTIVES

1. To assess the prevalence of internet addiction among the students of Holy Nursing School, Singhewala, Punjab.
2. To assess the level of depression, anxiety and stress among the students of Holy Nursing School, Singhewala, Punjab.
3. To assess the relationship of Internet Addiction with depression, anxiety and stress among the students of Holy Nursing School, Singhewala, Punjab.
4. To find an association of internet addiction among students with their selected socio-demographic variables such as age, gender, pocket money per month, age at which started internet access and purpose of using the internet.

OPERATIONAL DEFINITIONS

1. **Internet Addiction Disorder:** It refers to overuse of internet which leads to occurrence of psychosocial and behavioural changes in day to day life like psychological dependence ,withdrawal symptom when offline for prolonged

periods, loss of control, compulsive behaviour and clinically significant impairment of normal social interaction or distress.

2. **Prevalence** – The degree to which something is existed.
3. **Depression-** Depression is a mood disorder characterized by low mood, a feeling of sadness and a general loss of interest in things.
4. **Anxiety-** Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome.
5. **Stress-** Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

RESEARCH METHODOLOGY

Research design: A Descriptive Correlational Research Design

Variables:

Research variable- Prevalence of internet addiction, level of depression, anxiety and stress.

Socio-Demographic variables- Age, gender, pocket money per month, age at which started internet access and purpose of using the internet

Setting: The study was conducted in selected Holy Nursing School, Singhewala, Punjab.

Target population: - The target population of present study was Students of Holy Nursing School, Singhewala, Punjab.

Sample size: The sample of study was comprised of 60 students.

Sampling techniques: Convenience sampling technique was used in this study to select the sample.

Inclusive Criteria & Exclusive Criteria:

Inclusive Criteria:

1. Students who were able to understand English and Punjabi.
2. Students who were studying in Holy Nursing School, Singhewala, Punjab.
3. Students who were available at the time of data collection.

Exclusive criteria:-

1. Students who were not willing to participate.

Description of tool:

Tool comprised of two parts:-

Part (a) - Socio Demographic variables. It contains 7 items to obtain personal and general information on aspects like age, gender, pocket money per month, age at which started internet access and purpose of using the internet.

Part (b)- Young's Internet Addiction Test was used to collect the data regarding prevalence of internet addiction among nursing students..

Scoring of Young's Internet Addiction Test

0-30 : Normal user

31- 49 : Mild Internet addict

50-79 : Moderate Internet addiction

80-100: Severe Internet Addiction

Minimum Score – 00

Maximum score- 100

Part (c)- Depression, Anxiety and stress Scale- 21 Items (DASS-21) designed by Syd Lovibond and Peter Lovibond, was used to assess the level of depression, anxiety and stress among students.

ANALYSIS AND INTERPRETATION**PART- A****Table I: Frequency and Percentage Distribution According To Demographic Variables (N=60).**

Socio-Demographic Variables	Frequency (n)	Percentage (%)
1. Age in years		
a. 17-18	11	18.33
b. 19-20	22	36.66
c. 21-22	19	31.66
d. 23-24	8	13.33
2. Gender		
a. Male	30	50
b. Female	30	50
3. Religion		
a. Sikh	26	43.33
b. Hindu	04	1.66
c. Muslim	30	50
4. Pocket Money Per Month		
a. Less than 500	8	13.33
b. 500-700	20	33.33
c. 700-900	12	20
d. Above 900	20	33.33
5. Duration of Internet Use Per Day		
a. 30 Min. To 1 Hour	8	13.33
b. 1 Hour – 2 Hours	30	50
c. 2 Hours- 3 Hours	13	21.66
d. 3 Hours and above	9	15
6. Age at Which started Internet Access		
a. Less than 12	5	8.33
b. Greater than 12	55	91.66
7. Purpose of Using the Internet		
a. Knowledge	26	43.33
b. Games / Chatting	23	38.33
c. A and B	4	6.66
d. Others	7	11.66

PART-B

OBJECTIVE-II: To assess the prevalence of internet addiction among students.

Table II: Frequency and Percentage Distribution of the Level of Internet addiction among the students (N= 60).

S. No	Level of Internet Addiction	Frequency (n)	Percentage (%)
1.	Normal user	1	1.66
2.	Mild Internet Addiction	14	23.33
3.	Moderate Internet Addiction	43	71.66
4.	Severe Internet Addiction	02	3.33

Table – II depicts that 1 (1.66%) of students were normal internet users, 14 (23.33%) of students had mild internet addiction, 43 (71.66%) of students had moderate internet addiction and 2 (3.33%) of students had severe internet addiction.

PART-C

OBJECTIVE-1I: To assess the level of depression, anxiety and stress among the students of Holy Nursing School, Singhewala, Punjab.

Table- III: Frequency and Percentage Distribution of the Level of depression, anxiety and stress among the students (N= 60).

S. No.	Mental Health Variables	Level of Depression, Anxiety and Stress									
		Normal		Mild		Moderate		Severe		Extremely severe	
		N	%	N	%	N	%	n	%	N	%
1.	Depression	27	45	11	18.33	11	18.33	8	13.33	3	5
2.	Anxiety	12	20	0	0	23	38.33	11	18.33	14	23.33
3.	Stress	21	35	18	30	12	20	7	11.66	2	3.33

Table – III shows the level of Depression, Anxiety and Stress among students of Holy Nursing School, Singhewala, Punjab. From the view of Depression 27 (45%) students were normal, 11 (18.33%) had mild level of depression, 11 (18.33%) had moderate level of depression, 8 (13.33%) had severe level of depression and 3 (5%) had extremely severe level of depression. From the view of Anxiety 12 (20%) students were normal, no one had mild level of anxiety, 23 (38.33%) had moderate level of anxiety, 11 (18.33%) had severe level of anxiety and 14 (23.33%) had extremely severe level of anxiety. From the view of Stress 21 (35%) students were normal, 18 (30%) had mild level of Stress, 12 (20%) had moderate level of Stress, 7 (11.66%) had severe level of Stress and 2 (3.33%) had extremely severe level of Stress.

OBJECTIVE – III : To assess the relationship of Internet Addiction with depression, anxiety and stress among the students of Holy Nursing School, Singhwala, Punjab.

Table- IV: Relationship of Internet Addiction with Depression, Anxiety and Stress among the Students.

S.No.	Mental Health Variables	Internet Addiction Score	
		r	P- value
1.	Depression	.265	.041
2.	Anxiety	.397	.002
3.	Stress	.371	.003

Table- IV shows relationship of internet addiction with depression, anxiety and stress among the students. Pearson's correlation coefficient showed that there is direct relationship between the Internet Addiction score and the Anxiety score ($r = 0.397$, $p = <.01$) and stress score ($r = .371$, $p = <.01$) among the students and as the internet addiction increased anxiety and stress also increased. But there is no any relationship between internet addiction score and depression score ($r = 0.397$, $p = >.01$).

MAJOR FINDINGS: Major findings of the study shows

- 1 (1.66%) of students were normal internet users, 14 (23.33%) of students had mild internet addiction, 43 (71.66%) of students had moderate internet addiction and 2 (3.33%) of students had severe internet addiction
- According to the level of depression, 27 (45%) students were normal, 11 (18.33%) had mild level of depression, 11 (18.33%) had moderate level of depression, 8 (13.33%) had severe level of depression and 3 (5%) had extremely severe level of depression.
- According to the level of Anxiety 12 (20%) students were normal, no one had mild level of anxiety, 23 (38.33%) had moderate level of anxiety, 11 (18.33%) had severe level of anxiety and 14 (23.33%) had extremely severe level of anxiety.
- According to the level of Stress 21 (35%) students were normal, 18 (30%) had mild level of Stress, 12 (20%) had moderate level of Stress, 7 (11.66%) had severe level of Stress and 2 (3.33%) had extremely severe level of Stress.
- There was direct relationship between the Internet Addiction score and the Anxiety

score ($r = 0.397$, $p = <.01$) and stress score ($r = .371$, $p = <.01$) among the students and as the internet addiction increased anxiety and stress also increased. But there was no any relationship between internet addiction score and depression score ($r = 0.397$, $p = >.01$).

Conclusion

Results of the study showed 1 (1.66%) of students were normal internet users, 14 (23.33%) of students had mild internet addiction, 43 (71.66%) of students had moderate internet addiction and 2 (3.33%) of students had severe internet addiction.

Study showed that there was direct relationship between the Internet Addiction score and the Anxiety score ($r = 0.397$, $p = <.01$) and stress score ($r = .371$, $p = <.01$) among the students and as the internet addiction increased anxiety and stress also increased. But there is no any relationship between internet addiction score and depression score ($r = 0.397$, $p = >.01$).

Recommendations

- Similar study can be conducted on large sample to generalize the findings.

- Similar study can be conducted on different age groups.
- Quasi experimental study can be conducted to improve the knowledge regarding internet addiction and its association with depression, anxiety and stress.

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