A DESCRIPTIVE STUDY TO ASSESS INTERNET ADDICTION AND QUALITY OF SLEEP AMONG NURSING STUDENTS AT SELECTED COLLEGE OF NURSING, LUCKNOW, U.P. INDIA

Authors

Mr. Bhagwant Singh[1], Ms. Loveena Arpita Samuel[2], Ms. Amanjeet Kaur[3]

Nursing Tutor

Dept. of Psychiatric Nursing[1] Dept. of OBG Nursing[2] Dept. of Medical Surgical Nursing[3]

KGMU, College of Nursing Lucknow U.P. India

Abstract: A descriptive study was conducted to assess quality of sleep and internet addiction among nursing students and relationship between quality of sleep and internet addiction and it's prevention KGMU, College of Nursing, Lucknow. By using total enumeration sampling technique all students of B.Sc. (N) 1st , 2nd & 3rd year was included in the study. Data collection was done by using Pittsburgh sleep quality index and internet addiction test (IAT; Young, 1998).the study findings says majority of sample comprised of female nursing students of B.Sc.(N) with age group 18-22 years. Majority of students were in 3rd year, belonged to nuclear family and were hosteller. Maximum students were having sleep duration of 7-9 hours, using TV 1-2 hours, using internet & mobile > 3 hours, < 6 hours' total technology use. Maximum students were taking day nap. 281 students are enrolled in the study. Of the 142 students (50.53) having poor sleep quality and 139 students (49.46) having good quality sleep. Maximum nursing students (50.53%) had Normal sore at internet addiction test followed by 30.60% have mild, 16.37% moderate and 2.49 are at severe level of Internet addiction test. Mean & SD Quality of sleep score was 5.20, 3.06 & internet addiction test score was 33.83, 17.90.The coefficient of correlation (r) between the quality of sleep score and IAT score of nursing students was 1 which indicate that there is relationship between quality of sleep and IAT of nursing student.

Index Term: **Assess, Sleep Quality, Internet Dependency, Sleeping habits**

I. INTRODUCTION

Nowadays internet use becomes inevitable for entertainment, communication and education. Though it has its advantages, the emerging problems of overuse, such as online related compulsive behaviour may interfere with quality of sleep among young adolescent and adults. Internet addiction causing dependency and compulsivity, added stress to family and friends, also tends to spend more time on internet increases the emergence of problems in physical health and psychological issues including depression, poor quality of sleep, mood changes, obesity and decreases self-esteem.

II. RESEARCH OBJECTIVES

- To assess the quality of sleep among nursing students.
- To assess internet addiction among nursing students.
- To assess relationship between internet addiction and quality of sleep

III. RESEARCH METHODOLOGY:

3.1. Research Approach: Quantitative Non Experimental Approach

3.2. Research Design: Descriptive Research Design

3.3. Setting of the study: Kalam Centre of KGMU, College of Nursing, Lucknow

3.4. Sample & Sample size: Student of B.Sc. (N) 1st, 2nd & 3rd year(total: 280)

3.5. Sampling Technique: Total enumeration Technique

3.6. Data Collection Tool

3.6.1. Section-A: Demographic Performa: It contains of the basic details of the participants. It contains 7 components which involve age in years, Gender, Course, Year of study, Area of residence, Family type

3.6.2. Section-B: Pittsburgh Sleep Quality Index (PSQI) is an effective instrument used to assess the quality of sleep: By measuring seven domains: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication,

and daytime dysfunction over the last month. The participants self rates each of these seven areas of sleep. Scoring of the answers based on a 0 to 3 scale, whereby 3 reacts the negative extreme on the Likert Scale (Buysse DJ, 1989

3.6.3.   Section-C: Internet Addiction Test: **Internet Addiction Test** (IAT; Young, 1998) was developed to measure the presence and severity of Internet and technology dependency among adults. IAT was constructed to measure symptoms of internet addiction. The 20 item questionnaire measures characteristics and behaviours associated with compulsive use of the internet that include compulsivity, escapism, and dependency. Questions also assess problems related to personal, occupational, and social functioning stemming from internet use.

IV. DATA ANALYSIS

4.1.   SECTION – I: Socio demographic variables

Table 4.1: Frequency and Percentage Distribution of Demographic characteristics of Nursing Students   **N=281**

Sample Characteristics		(f)	(%)
Age(years)	17-20	63	22.41%
	21-24	192	68.32%
	25-28	22	7.82%
	>28	4	1.42%
Gender	Male	82	29.18%
	Female	199	70.81%
Type of Family	Nuclear	143	50.88%
	Joint	116	41.28%
	Single Parent	22	7.82%
Residence	Family Home	102	36.29%
	Hostel	93	33.09%
	PG	86	30.60%
Academic Year	B.Sc 1st year	93	33.09%
	B.Sc. 2nd year	167	59.43%
	B.Sc 3rd year	21	7.47%

4.2.   Section II : Findings Related to assessment of Quality of Sleep

TABLE 2: Frequency and Percentage Distribution of Nursing Students accordingto Quality of Sleep   N=281

Quality of Sleep	Score		%
Poor	≥5	142	50.53
Good	<5	139	49.46

MaximumScore=21   MinimumScore=0

The table depicts frequency & percentage of nursing students according to Quality of Sleep. 49.46% had good quality of sleep whereas 50.53% of had poor quality of sleep.

4.3 Section III: Findings Related to assessment of Internet addiction test (IAT)

TABLE 3: Frequency and Percentage Distribution of IAT Score of Nursing Students   N=281

Level of Internet Addiction	Scoring	f	%
Normal	0-30	142	50.53
Mild	31-49	86	30.60
Moderate	50-79	46	16.37
Severe level	80-100	07	2.49

Maximum nursing students (50.53%) had Normal score at internet addiction test followed by 30.60% have mild, 16.37% moderate and 2.49 are at severe level of Internet addiction test.

4.4 Section IV: Findings related to the relationship between Quality of Sleep and IATscore

TABLE 4: Mean, standard Deviation and Co-relation between Quality of Sleep & IAT of Nursing Students

Variables	Score		
Co-relation	**Mean**	**SD**	**"r"**
Quality of Sleep	5.20	3.06	1
Internet addiction test	33.83	17.90	

Mean & SD Quality of sleep score was 5.20, 3.06 & internet addiction test score was 33.83, 17.90.The coefficient of correlation (r) between the quality of sleep score and IAT score of nursing students was 1 which indicate that there is relationship between quality of sleep and IAT of nursing students

Hence, it can be concluded there is relationship between quality of sleep and IAT.

V. Conclusion:

In the present study, maximum nursing students had good sleep (49.46%) with score 0-2 out of 20 and maximum students had normal level of internet addiction test (IAT) with score 0-30 out of 100.hence , it was concluded that there was a relationship between quality of sleep and internet addiction.

VI. References

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