



RELATIONSHIP BETWEEN PROCRASTINATION AND INTERNET ADDICTION AMONG PHYSIOTHERAPY STUDENTS

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ABSTRACT

INTRODUCTION – The internet has become worldwide medium for research, information exchange, entertainment, business and communication. Overutilization of internet has led to a negative quality of life in terms of health. Procrastination is a propensity which is seen in many individuals to the extent specialist's trust that it is one of the characteristic inclinations of the human. Many people find themselves on the internet as surfing while they should be working or studying on a specific task. These people put off their work or academic related responsibilities and spend excessive amount of time on the internet. This kind of behavior was regarded as modern type of procrastination mediated by the internet.

MATERIALS AND METHODOLOGY: For this study, 180 participants were approached. The study was conducted using PQ scale and IAT- 20 in the physiotherapy students of different colleges and universities and 150 responses were collected. Spearman's correlation test was performed to find the correlation between Procrastination and Internet Addiction.

RESULT – Result showed that there is positive correlation between PQ and IAT-20.

CONCLUSION – There is moderate to high correlation between procrastination and internet addiction

in physiotherapy students.

KEYWORDS – Procrastination, Internet Addiction, Procrastination Quotient, Internet Addiction Test.

Introduction: The term “Internet addiction” was proposed by Dr. Ivan Goldberg for pathological compulsive internet use in the year 1995.[1] The internet has become worldwide medium for research, information exchange, entertainment, business and communication.[2, 3, 4] Ani (2010) found that there is an excessive use of internet reported in undergraduate students. [5] Furthermore, the invaluable impact of internet to teaching and learning environment is worth mentioning, since via internet, students can easily get information through several internet domains, apparently, the continuous growth of online universities that foster distance learning all over the universe are vivid examples of the inestimable values and benefits that internet has bequeath to education and learning in recent times.[6] Because of this people tend to spend more time using internet and sometimes use it after work for watching movies on Netflix or surf through Instagram and loose the track of time making it a habit of overusing it. Overutilization of internet [7, 8] lead to a negative quality of life in terms of health.[9] There has been an explosive growth in the use of internet not only in India but also worldwide in the last decade. There were about 42 million active internet users in Urban India in 2008 as compared to 5 million in 2000. [10] In the year 2010, the total number of internet users in India is estimated to be 81 million (i.e., 6.9% of the total population). [11] The profile of a typical Internet user in India is as follows: youths(72%), accessing Internet through cyber cafes (37%), with the purpose of checking mail (87%), and for general information search (80%). [12]

Procrastination is a propensity which is seen in many individuals to the extent specialist’s trust that it is one of the characteristic inclinations of the human. Guay et.al (2003) defined Academic procrastination “as an irrational tendency to delay at the beginning of the completion of an academic task. Many people find themselves on the internet as surfing while they should be working or studying on a specific task. [13] These people put off their work or academic related responsibilities and spend excessive amount of time on the internet. [14] This kind of behaviour was regarded as modern type of procrastination mediated by the internet in most of the research. [13, 14, 15] The rate of individuals using the internet was 72.9% in 2018, this rate increased to 75.3% in 2019 [16] and the age range of the most users is 16-24.[16] The most common use of the internet is between the ages of 16-24 and coincidence with adolescence. [17] In recent researches; it had been observed that students who experience academic procrastination, feel academic anxieties, and have low self-regulation skills increase their problematic smartphone use. [18] The fact that students’ time to use the internet affects their academic success is result from the fact that there is endless data on the internet and the benefits of the students in this direction, while their academic postponement consists of delaying their homework and tasks by spending free time on the internet. In addition, individuals who develop general procrastination behaviour and perfectionist behaviours, are found to be at higher risk of internet addiction. [19]

Among the sorts of procrastination, Academic procrastination is the most widely recognized one. Academic procrastination is regarded as illogical and often destructive, among other behaviours [20] since many students do so and delay their academic tasks with no logical reasons despite their awareness of negative outcomes. [20, 21] In other words, procrastination is referred to as disregarding, delaying, postponing, prolonging, and

deferring a task to be performed. [22, 23] This behaviour is very common among students [24, 25, 26], when it comes to completing a task given by the supervisor and submitting it before the deadline. It is worth mentioning that students' life involves frequent deadlines for registration, course selection, submission of assignments, articles, etc. [27] The results of a study on university students revealed that procrastinators had lower scores than other students. [21, 25, 28, 29] A study was conducted on social networking sites addiction and irrational procrastination in undergraduate students. Results indicated that social networking sites addiction, social networking sites fatigue and irrational procrastination are positively correlated with each other and negatively correlated with effortful control. [30] If we talk about the recent pandemic, due to the world lockdown all the people around the world were working from home and students were learning through online lectures which increased the use of internet drastically over a short period of time. There is increasing evidence that Technology Enhanced Learning (TEL) has the potential to facilitate a more active approach to teaching and learning within healthcare education. Integrating technology into healthcare education has been shown to improve professional education and student support, mainly through better communication and increased access to information. [31] Talking about health, all the medical fields took great advantage of internet by showing visual graphics for better learning of students which also made the study more easy and fun.

In addition, the use of online collaborative environments like blogs and wikis has the potential to encourage reflection and clinical reasoning in professional practice among undergraduate physiotherapy students. [32, 33, 34, 35] Nowadays, YouTube has become a huge platform where anyone can find not only entertainment videos but also educational ones and learn through it. Similarly, in physiotherapy, students can find any subject related video they want on the YouTube whether it is for proper detailed knowledge or last moment brush up. Thus, while using it they may get distracted and might end up watching entertainment videos with the thought of relaxing mind for a second. Based on this theory, it can be said that physiotherapy students are vulnerable to internet addiction which can result in academic procrastination. As a result, the current study is an attempt to investigate the relationship between internet addiction and academic procrastination among physiotherapy students. Hence the aim of the study to find relationship between Procrastination and Internet Addiction among physiotherapy students.

Materials and methodology: In this Correlation Study we used Conventional Sampling method. Study comprises of young adult population of both sex of age group 18-25 years. We used various Search Database: PubMed, google scholar, sci-hub. 150 participants were included in the study. For the study, the sample size was calculated in G-power 3.1.9.2 with effect size of 0.150 and $\alpha=0.05$. Sample size calculated was 150, with a drop out chances of 20% total sample size was 180. Study Duration was 6 months. We collected data from Physiotherapy Students of different colleges and universities. We have included the participants whose age is 18-25, male and female and various physiotherapy college students were included. Students who filled incomplete questionnaire and who were not willing to participate in study were excluded.

Outcome Measures:

Procrastination Quotient: The Procrastination Quotient is a 10-item scale, which is used as a way to screen, diagnose and evaluate procrastination in an individual. Procrastination Quotient for each item indicate the

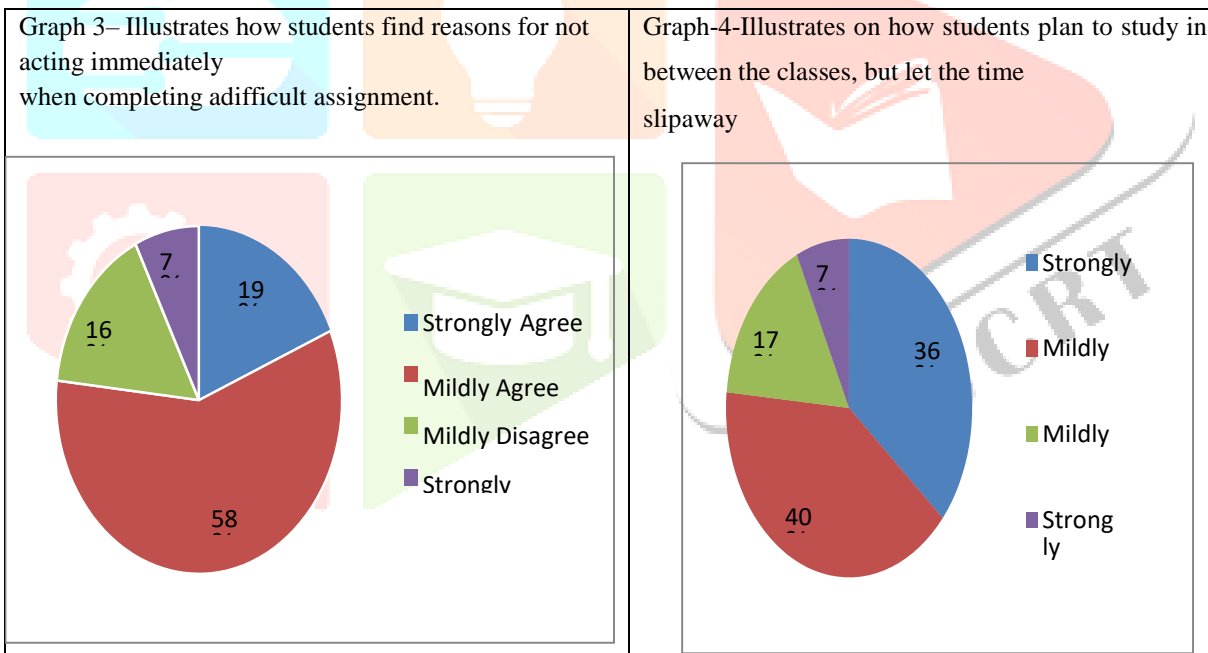
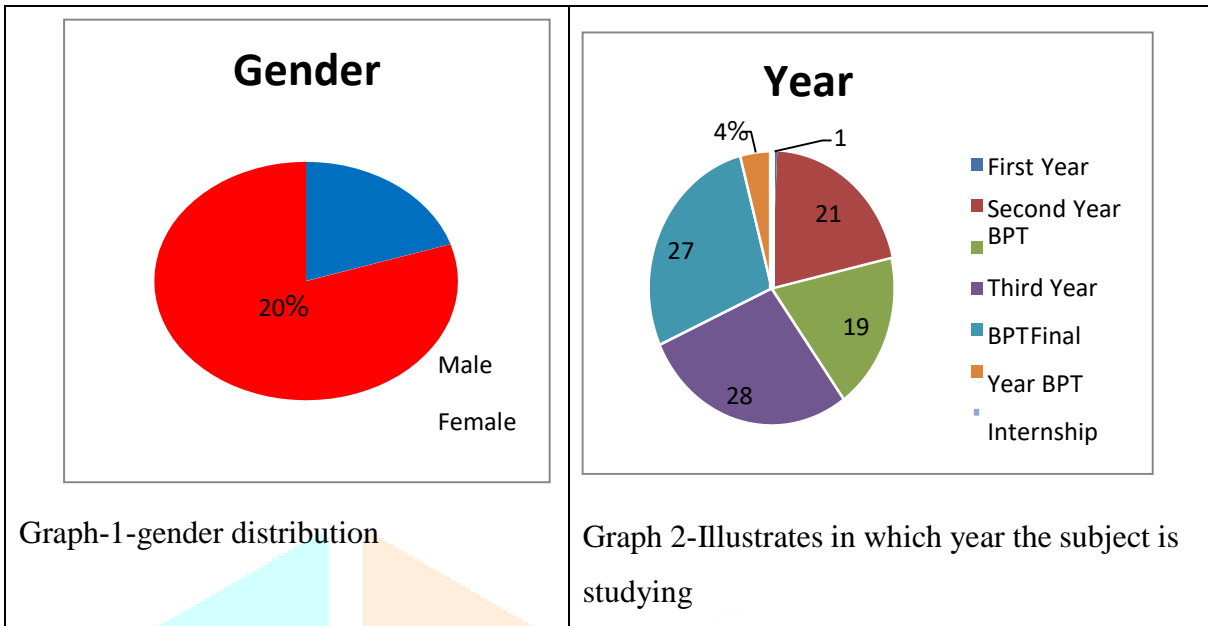
column that most applies to your particular habits. There are 4 columns which includes Strongly agree, mildly agree, mildly disagree and strongly disagree. Multiply TOTAL RESPONSE row by the corresponding WEIGHT to get the SCORE for each column. Add up the SCORE row to determine the total score. That number is your procrastination quotient The scoring is as follow: -Below 20 – Occasional Procrastinator 21-30 – Chronic Procrastinator Above 30 – Severe Procrastinator

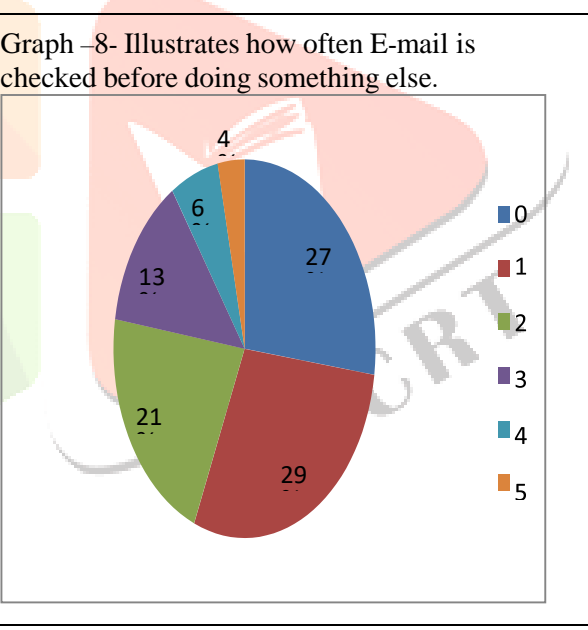
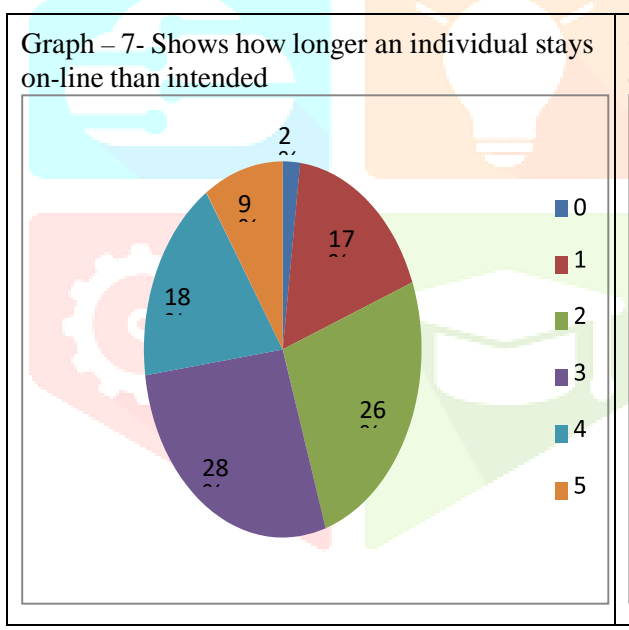
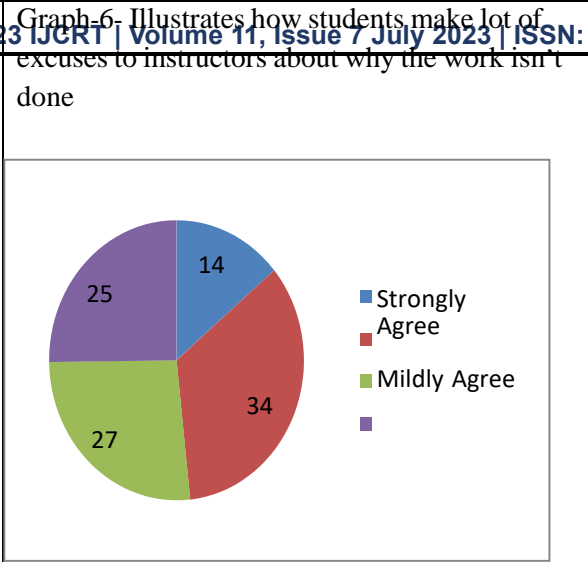
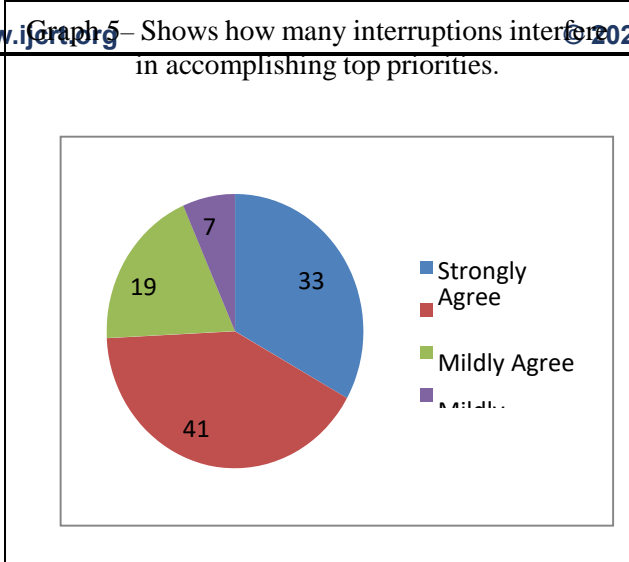
Internet Addiction Test -20(IAT-20): The Internet Addiction Test (IAT-20) is a reliable and valid measure of addictive use of Internet, developed by Dr. Kimberly Young. It consists of 20 statements that is measured on a 5-point Likert scale (0,1,2,3,4,5) which describes best about the individual. If two choices seem to apply equally well, an individual must select the choice that best represent how he/she were most of the time during the past time. (0 – Does not apply, 1 - Rarely, 2 – Occasionally, 3 – Frequently, 4 – Often, 5 – Always) Total up the scores for each item. Higher the score, greater the level of addiction. The scoring is as follow: -20-49 points: Average online user. The individual may surf the Web a bit too long at times, but have control over his/her usage. 50-79 points: The individual is experiencing occasional or frequent problems because of Internet. He/She should consider their full impact on his/her life. 80-100 points: The individual's internet usage is causing significant problems in his/her life. He/She should elevate the impact of Internet on his/her life and address the problems directly caused by their Internet usage.

Procedure: -180 participants were approached for the study via online forms. We received 150 responses. They were screened on the basis of inclusion and exclusion criteria. The questionnaire was explained to them via the text message in a simple language. The subjects were given a choice whether to agree or disagree with the research in the starting of the google form. The forms were made which included Procrastination Quotient and IAT-20 after which the participants were approached and responses were collected and further evaluated.

Statistical Analysis: The statistical analysis was performed using SPSS version 20. Descriptive statistics were carried out for PQ, IAT-20. Correlation between Procrastination and Internet Addiction was evaluated. Spearman's correlation test was performed to identify relationship between Procrastination and Internet Addiction. The level of significance was kept at $p \leq 0.05$

Result: The study population comprised of 150 normal, healthy individuals of either sex of 18-25 years of age. The distribution of males 20% and females 80% in the study is illustrated in the pie chart 1. The distribution of student studying in first year BPT 1%, second year BPT 21%, third year BPT 19%, final year BPT 28%, internship 27%, first year MPT 4% and second year MPT 0% in the study is illustrated in the pie chart 2. Graph 3 to 8 suggests the various percentage of the responses which were obtained while filling questionnaire. Graph 9 illustrates a liner positive correlation between PQ and IAT-20. The correlation was statistically obtained with $p \leq 0.05$.

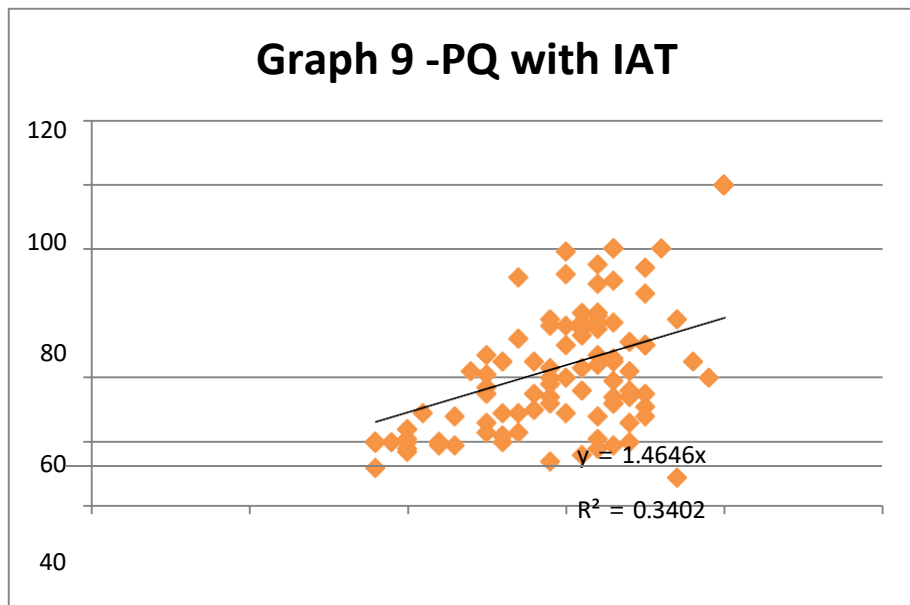




Correlation:

	Coefficients	StandardError	t stat	P-value
Intercept	27.13343935	7.262713366	-3.735992043	0.000266935
31	2.348416315	0.243201079	9.656274246	2.1801617

Illustrates correlation between PQ and IAT.



Discussion: The present study was done to find the correlation between academic procrastination and internet addiction in physiotherapy students.[36] Academic procrastination can be defined as the tendency to delay intended academic tasks. Studies indicate that the tasks that induce academic procrastination include writing term papers, studying for examinations, and keeping up with weekly reading assignments (Onwuegbuzie & Jiao, 2000).[37] Internet Addiction Test (IAT). Found to be a valid and reliable measure, The IAT, with 20 items, is the most commonly used instrument for measuring Addiction.[38] According to internet world state there are 3.36 billion active internet users in the world that forms 46.4% of the world population. The internet usage has increased by 832.5% in the world since 2005.[39] There are various risk factors that expose users to addictive use of Internet.[40] It is used as a mood regulator to overcome low self-confidence, Deficit identity and relationship. Males are more addicted to internet.[41] Studies suggested that men are 7 times more vulnerable to have internet addiction than women.[42] In this study, a positive correlation was found between adolescents' Internet addictions and academic procrastination ($r = .46$, $p < 0.01$). As Internet addiction increases, academic procrastination also increases.[43] Academic procrastination is generally described as adolescents' failure to perform school-related tasks in a timely manner (Akdemir , 2013)[44], adolescents increasingly taking refuge in the virtual world (Aslan, 2019), a possible reason for a positive relationship between internet addiction and academic procrastination can be considered as.[45] Internet addiction may be a factor that makes it easier for the individual to delay their vital responsibilities .[46] because while the individual can turn the internet into an escape environment against stressful situations, unwanted emotions.[47] The current study showed that more than 80% of students at least frequently stayed online longer than intended.[48] The study also attempts to understand if there is an impact of independent variables such as Gender, Educational Qualification, Age on internet addiction and academic procrastination. The hypothesis of the study was that there exists a relationship between internet addiction and academic procrastination along with existence of co relation with age with internet addiction and procrastination. Another hypothesis of the study is that there exists a difference in internet addiction and academic procrastination in respect with Gender and educational qualification. In this study, a positive correlation was found between internet addiction and academic procrastination.[49] The Internet with providing many entertaining interferences is characterized as a tool by which a person could obtain an interesting, pleasant,

and entertaining experience beneficial to perceived stress relief.[50] Inherently, the Internet is considered as a distractor and an activator for Procrastination.[51] This is the case, especially for Internet addicts who cannot resist the attractions of online entertainment and, thus, devote more time to Participation in online activities, resulting in additional procrastination.[52] The results of the study showed that male students had a higher level of IA than females in general. Many studies suggest that males have higher prevalence estimates of IA. [53] Males score higher than females on potential risk factors (e.g., maladaptive cognitions) and lower on IA-related protective factors (e.g., effortful control). [54] Also, females (especially adolescents) regularly obtain more family control than males, which can help them to avoid spending too much time on the internet.[55] It was also found out that male students had a higher level of procrastination than females. This finding is in line with the results of previous research.[56] Some researchers believe that girls are significantly higher in learning focus, planning, study management, motivation, and persistence than boys, which results in less procrastinating behaviour. [57,58]

The limitation of this study is small sample size, study is limited only among young adults of 18-25 age group students studying physiotherapy. We had used convenient sampling method so the affected population was not able to be excess properly.

Future research can include a large sample size and can be conducted in wide range of area.

Conclusion : The result of the study suggests that internet addiction can lead to impairment in the quality of life in the students. This can lead to procrastination in the physiotherapy students. The reason behind procrastination is overuse of internet. The students usually tend to spend more time on-line and at time are very defensive when asked about it. Many students find that life without internet would be boring, empty and joyless. Reduction in internet usage may help reduce procrastination of an individual. Thus, it will help to improve the quality of life of the students.

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