

# A Study to Assess the Internet Addiction and Loneliness Among Health Science Students in Kg College of Health Sciences, Coimbatore

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## Abstract:

### ➤ *Background of the Study:*

With the growing digitalization of the whole world, importance of internet is increasing in everyday life. Day by day people are using various online resources each day which made it difficult to imagine life without internet access. In addition to communication as prime purpose, it also facilitates recreation by games, internet banking, finding location, preparing presentation, text mailing, music and many more. One can get enormous amount of information available online that can satisfy one's curiosity for wisdom and knowledge in all areas.

### ➤ *Objectives:*

The primary aim of the study is to assess the internet addiction and loneliness Among Health science students.

### ➤ *Methods:*

A descriptive study was conducted in KG College of Health science students, to assess the internet addiction and loneliness in Coimbatore. A total of 50 samples were selected. by using simple random sampling technique, 15 samples from GNM, 15 samples from Physiotherapy, 20 samples from Allied health science students. Demographic variables were collected by using demographic proforma. Young's internet addiction scale and UCLA loneliness scale was used to collect data. The results shows that the distribution of level of internet addiction 42(84%) belongs to mild internet addiction 8(16%) belongs to moderate internet addiction and distribution of loneliness Among health science students that shows 7(14%) belongs to little loneliness 37(74%) belongs to moderate loneliness 6(12%) belongs to high level of loneliness.

**Keywords:** Internet Addiction, Loneliness and Health Sciences Students.

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## I. INTRODUCTION

People addicted to the internet may feel a constant need to be online. They could be drawn by activities like gaming, social networking, browsing or watching videos. This addiction can cause sleep problems, tiredness and weight changes it might make people feel lonely, sad or anxious when they are not connected. (Tim Burners Lee, 1955)

We found that 58.37% of the medical students had internet addiction about 51.42% of the students were mildly addicted while 7.5% of the students were moderately addicted to the internet. The finding is comparable with the prevalence of 56.6% (Duraimurugan et al, 2023)

The long term impact of internet addiction on academic performance encompass reduced study time, compromised cognitive abilities, hindered information retention, disrupted concentration, impaired critical thinking and increased susceptibility to mental health issues. Loneliness adds beauty to life it puts a special burn on sunsets and makes night air smell better. (Henry Rollins, 1994)

Globally, about 3.77 billion people are using the Internet through modern gadgets such as smartphones and computers with coverage of 81% of the population in the developed world and 41% of the population in the developing world. Nearly, 71% of the world internet users are constituted by young people ages 15-24. The most common use of the internet is to share and learn new information through work, Google, Gmail, apps, online payments, social media, etc.

Today, Among all these, social media is close to becoming an integral part of the day-to-day lives of most people. Active social media users were 197 million (14% of the population) in India.

with selected demographic variables Among health science students.

## II. METHODOLOGY

A descriptive study, non experimental research design and quantitative approach was used. In structured tools section – A dealt with demographic variables age, gender, course of education, educational level of father, educational level of mother, family income, residence, age in years of first internet use, duration of daily internet use per day, apps used in social media, primary reason for using internet, how do you describe yourself and section – B Young's internet addiction tool is a standardized tool consists of 20 items 5 point Likert scale used to assess the self reported internet addiction and section - C UCLA Loneliness scale, version 3, developed by Russell. This scale includes 20 Likert – type questions on a four – points scale.

A written permission was obtained from principal's of school of Nursing, Physiotherapy, Allied health sciences at K.G college of Health Sciences. Data collection was done within in the 4 days. The purpose of the study was explained to the samples. The confidentiality of the subjects were assured. By the stratified random sampling, total population was divided into stratum. From each stratum, by using inclusion and exclusion criteria screening was done. After screening, by using simple random sampling technique, 15 samples from GNM, 15 samples from Physiotherapy, 20 samples from Allied health science students of total 50 samples were selected. Demographic variables were collected by using demographic proforma. Young's internet addiction scale and UCLA loneliness scale was used to collect data.

## III. RESULTS AND DISCUSSION

Table 1 Distribution of Demographic Variables Among Health Science Students. n=50

S No.	Demographic Variables	Numbers	Percentage (%)
1.	Age		
	a) 18 years	28	56%
	b) > 18 years	22	44%
2.	Gender		
	a) Male	18	36%
	b) Female	32	64%
3.	Course of Education		
	a) GNM Nursing	15	30%
	b) Physiotherapy	15	30%
	c) Allied Health Science	20	40%
4.	Type of Family		
	a) Nuclear Family	36	72%
	b) Joint Family	12	24%
	c) Extended family	2	4%
5.	Family Income		
	a) <Rs 50,000	29	58%
	b) >Rs 50,000	21	42%
6.	Education Level of Father		
	a) Primary School or less	10	20%
	b) Secondary School	15	30%

	c) High School or more	25	50%
7.	Education Level of Mother		
	a) Primary School or less	8	16%
	b) Secondary School	18	36%
	c) High School or more	24	48%
8.	Residence		
	a) Urban	27	54%
	b) Rural	23	46%
9.	Age in years of first Internet use		
	a) 12 or less	10	20%
	b) 13 or more	40	80%
10.	Duration of daily Internet usage		
	a) Less than 2 hours	4	8%
	b) 2 hours and more	46	92%
11.	Primary reason for using the Internet		
	a) Relieving loneliness socialization	3	6%
	b) Entertainment	33	66%
	c) Homework research	4	8%
	d) Communication	9	18%
	e) Other	1	2%
12.	Apps used in social media		
	a) WhatsApp	11	22%
	b) Instagram	30	60%
	c) Facebook	- 9	- 18%
	d) All the above		
13.	How do you describe yourself		
	a) Introvert	10	20%
	b) Extrovert	10	20%
	c) Ambivert	30	60%

The above table shows the Distribution of Demographic Variables Among Health Science Students.

- Regarding the age of health science students 28(56%) of them were in 18 years, 22(44%) of them were in > 18 years.
- Regarding the gender 18 (36%) were male, 32 (64%) were female.
- Regarding course of education 15(30%) were GNM, 15(30%) were physiotherapy, 20(40%) were AHS.
- Regarding the Nuclear family 36(72%) were Joint family 12(24%) were Extended family 2(4%).
- Regarding the family income 29(58%) were < Rs 50,000, 21(42%) were >Rs 50,000.
- Regarding the primary school or less 10(20%) were secondary school 15(30%) were high school or more 25(50%).
- Regarding the primary school or less 8(16%) were

secondary school 18(36%) were high school or more 24(48%).

- Regarding the Residence, 27(54%) were Urban, 23(46%) were Rural.
- Regarding the Age in years of first internet use 12 or less 10(20%) were 13 or more 40(80%).
- Regarding Duration of daily internet usage 4(8%) were < 2 hours, 46(92%) were > 2 hours.
- Regarding the Primary reason for using Internet, 3(6%) were relieving loneliness socialization, 33(66%) were entertainment, 4(8%) were homework, 9(18%) were communication, 1(2%) were other.
- Regarding Apps used in social media 11(22%) were WhatsApp, 30(60%) were Instagram, 9(18%) were all the above.
- Regarding How do you describe yourself 10(20%) were introvert, 10(20%) were extrovert and 30(60%) were ambivert.

Table 2 Distribution of Internet Addiction Among Health Science Students n=50

S. No.	Level of Internet Addiction	Number of Samples	Percentage (%)
1.	Mild Internet Usage (20 – 49)	42	84%
2.	Moderate Internet Usage (50-79)	8	16%
3.	Severe Internet Usage (80-100)	-	-

The above table shows the distribution of level of Internet addiction Among health science students. Regarding the level of Internet addiction 42(84%) of them (20-49) score

is considered to be mild Internet addiction, 8 (16%) of them (50-79) score is considered to be moderate Internet addition.

Table 3 Distribution of Loneliness Among Health Science Students. n=50

S. No.	Level Of Loneliness	Number of Samples	Percentage (%)
1.	Little Loneliness (below 50)	7	14%
2.	Moderate Loneliness (50-59)	37	74%
3.	High Level of Loneliness (60 and above)	6	12%

The above table denotes the distribution of loneliness Among health science students that shows 7(14%) belong to little loneliness, 37(74%) belongs to moderate loneliness, 6(12%) belongs to high level of loneliness.

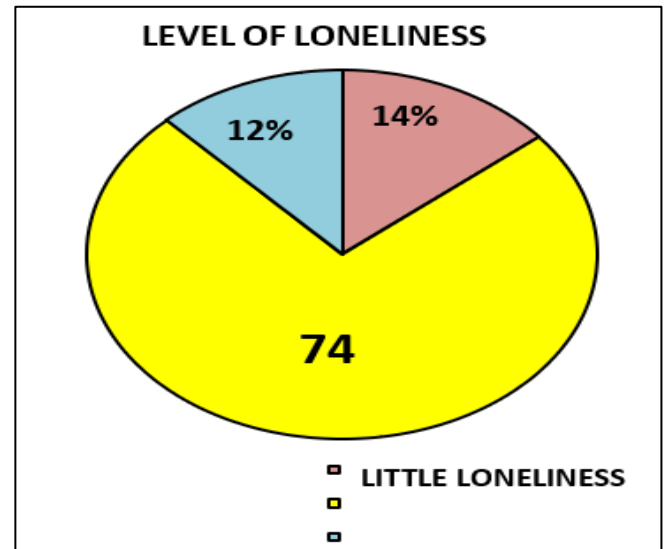


Fig 1 Distribution of Loneliness Among Health Science Students

Table 4 Correlation of Internet Addiction and Loneliness Among Health Science Students n=50

S. No.	Statement	Mean	Standard Deviation (SD)	Correlation (r)
1.	Internet Addiction	36.5	11.34	0.52
2.	Loneliness	39.4	11.91	

The above table shows that the mean value and standard deviation of Internet addiction and loneliness were 36.5, 39.4, 11.34, 11.91 respectively and (r) value is 0.52. It shows that

there is a positive correlation between internet addiction and loneliness.

Table 5 Association of Internet Addiction with Demographic Variables n=50

S. No.	Demographic Variables	Internet Addiction		Calculated Value at 5% Level of Significances	Tabulated Value at 5% level of Significance
		Below Mean	Above Mean		
1.	Age				
	a) 18 years	12	13	3 NS	3.841
	b) >18 years	18	7		
2.	Gender				
	a) Male	22	9	4.08*S	3.841
	b) Female	8	11		
3.	Course of Education				
	a) GNM Nursing	10	5	0.74 NS	5.99
	b) Physiotherapy	9	6		
	c) Allied Health Science	11	9		
4.	Type of Family				
	a) Nuclear Family	24	13	1.40 NS	3.841
	b) Joint and Extended Family	6	7		
5.	Family Income				
	a) < Rs 50,000	18	11	0.12 NS	3.841
	b) >Rs 50,000	12	9		

6.	Education Level of Father a) Primary and Secondary School b) High School	17 13	8 12	1.33 NS	3.841
7.	Education Level of Mother a) Primary and Secondary School b) High School	19 11	7 13	<b>3.859*S</b>	3.841
8.	Residence a) Urban b) Rural	15 15	13 7	1.095 NS	3.841
9.	Age in Years of 1 <sup>st</sup> Internet Use a) 12 or Less b) 13 or More	3 27	7 13	3.25 NS	3.841
10.	Duration of Daily Internet Usage a) Less than 2 hours b) More than 2 hours	3 26	1 20	0.03 NS	3.841
11.	Primary Reason for Using Internet a) Entertainment b) Others	18 12	15 5	1.20 NS	3.841
12.	Apps Used in Social Media a) Instagram b) Others	20 10	10 10	<b>4.43*S</b>	3.841
13.	Describe Yourself a) Introvert and Extrovert b) Ambivert	8 21	12 9	<b>4.43*S</b>	3.841

Table 6 Association of Loneliness with Demographic Variables. n=50

S. NO.	Demographic Variables	Loneliness		Calculated Value at 5% Level of Significance	Tabulated Value at 5% Level of Significance
		Below Mean	Above Mean		
1.	Age a) 18 Years b) > 18 years	13 15	15 7	2.36 NS	3.841
2.	Gender a) Male b) Female	24 4	7 15	<b>12.98 *S</b>	3.841
3.	Course of Education a) GNM Nursing b) Physiotherapy c) Allied Health Science	10 5 12	5 10 8	<b>10.03*S</b>	3.841
4.	Type of Family a) Nuclear Family b) Joint and Extended Family	22 6	14 8	1.36 NS	3.841
5.	Family Income a) <Rs 50,000 b) >Rs 50,000	19 10	10 11	1.60 NS	3.841
6.	Education Level of Father a) Primary and Secondary School b) High School	15 13	9 13	0.79 NS	3.841
7.	Education Level of Mother a) Primary and Secondary School b) High School	17 11	9 13	1.93 NS	3.841
8.	Residence a) Urban	16 12	11 11	0.25 NS	3.841

	b) Rural				
9.	Age in Years of 1 <sup>st</sup> Internet Use a) 12 or Less b) 13 or More	2 25	8 15	<b>4.23 *S</b>	3.841
10.	Duration of Daily Internet Usage a) Less than 2 hours b) More than 2 hours	2 26	2 20	0.09 NS	3.841
11.	Primary Reason for Using Internet a) Entertainment b) Others	18 10	15 7	0.08 NS	3.841
12.	Apps Used in Social Media a) Instagram b) Others	16 12	14 8	0.21 NS	3.841
13.	Describe Yourself a) Introvert and Extrovert b) Ambivert	8 20	12 10	3.46 NS	3.841

#### ➤ Interpretation

It is observed that table – 5, the calculated value of Chi Square in internet addiction with gender, education level of mother, apps used in social media, describe yourself is greater than the tabulated value of Chi square value at 5% level of significance. Therefore, it shows that there is an association between internet addiction and gender, education level of mother, apps used in social media, describe yourself.

It is observed that table – 5, the calculated value of Chi Square in loneliness with gender, course of education, age in years of first internet use is greater than the tabulated value of Chi square value at 5% level of significance. Therefore, it shows that there is an association between internet addiction and gender, education level of mother, apps used in social media, describe yourself.

#### IV. CONCLUSION

The results of the study concluded that it is important to improve the knowledge on internet addiction and its ill effects Among college going students to prevent loneliness and improve their open communication.

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