



## A Study to Assess Knowledge on Selected Ill Effects of INTERNET Use among Adolescent Students in Government Higher Secondary School, Kamaleswaram, Thiruvananthapuram

Vidhyamol V.<sup>1\*</sup>, Anagha A.R.<sup>2</sup> and Aseem B.<sup>3</sup>

<sup>1</sup>III year BSc Nursing Student, SP Fort College of Nursing, Thiruvananthapuram, Kerala, India

<sup>2</sup>III year BSc Nursing Student, SP Fort College of Nursing, Thiruvananthapuram, Kerala, India

<sup>3</sup>Assistant Professor, SP Fort College of Nursing, Thiruvananthapuram, Kerala, India



Greentree Group

Received: 12.10.2016

Edited : 24.10.2016

Accepted: 12.11.2016

Published: 15.11.2016



## ABSTRACT

Internet is a massive widespread information infrastructure. Internet is a global network connecting millions of computers for exchanges of data, news and opinions. Our study is to assess the knowledge on selected ill effects of internet use among adolescent students in Government Higher Secondary School, Kamaleswaram, Thiruvananthapuram. The study objectives are to assess the knowledge of higher secondary students regarding selected ill effects of internet use and to determine the association between knowledge and selected demographic variables.

The hypothesis of our study is that there will be adequate knowledge regarding internet use among adolescents and there will be significant association between knowledge and selected demographic variables. By purposive sampling technique, we selected 60 samples of age group 16-17 years from Government Higher Secondary School Kamaleswaram, Thiruvananthapuram.

The knowledge was assessed by using self administered questionnaire. There is a significant statistical relationship between level of knowledge and selected demographic variables such as sex, monthly income of parents, place of residence and access to internet. But there is no statistical relationship between age, type of family, occupation of parents, education of parents, through whose phone to access internet and amount spend monthly for internet use.

The research finding can be implemented on Nursing service, Nursing education, Nursing administration and Nursing research.

## KEYWORDS

Knowledge, Ill Effects, Internet, Adolescents, Students

## INTRODUCTION

Adolescence is a vibrant group where in there is total confusion regarding everything to be performed. It is a period that they adventure and have a curious mind which is ready to do anything that gives them thrill and enjoyment. They have their own social groupings, preference in selection of friends and social acceptance etc.<sup>1</sup>

Social networking sites are one of the most important medium of communication among the adolescence. Today, access of

internet and its use among students has become a common scenario. According to the internet and mobile association of India [IAMAI, 2014] 213 million people use internet in India of which youth account 60% and the numbers are increasing swiftly day by day. The report also point outs that of the 60% of youth 42 % consist of children between age of 16-17 years who use the internet for academic and entertainment purpose. But researcher agrees that internet has changed the social, psychological and academic life of children and making them over smart and mature than their age. Experts also state



that technology help to solve children problems and satisfy their various needs on the other side it confusing their mind and destroying their moralities

Current understanding of adolescent self identity development is primarily based on knowledge of traditional offline constrictions and experiences. These influences focus on peer and parental or adult interactions and perceptions of self esteem. Yet presently more than 7 hours of an adolescence day is spent interacting with internet.

## NEED AND SIGNIFICANCE

About 30 million people in India are victims of cybercrime and India witnessed a loss of 4 billion dollars. Internet addiction and excessive internet use are evolving as one of the more negative aspects of young people.

Among adolescents, the internet has become indispensable for instrumental purposes such as school work and information gathering as well as for communication purposes. The communication applications of the internet, such as e-mail, instant messaging, blogs and chat rooms have entrenched themselves in the lives of adolescents.

Nowadays, media can provide information about safe health practices and can foster social connectedness. However, recent

evidence raises concerns about media's effects on aggression, sexual behavior, substance use, disordered eating and academic difficulties

But, we all know that there are several other websites also available on the internet which provides unhealthy and anti-social contents to the children. We have evidenced that excessive use of social networking sites lead to the depression and anxiety. Psychologists point out the problems caused by the overuse of network such as lack of attention, difficulty in processing real time information, anxiety and mood changes. It leads to irregular sleeping habits, which can cause other health problems. Since children are the budding future of tomorrow to built a strong nation we need children with strong health and mind. This lead us to the problem and we hope our pamphlet will help the adolescent in proper use of internet for their wellbeing.

## STATEMENT OF THE PROBLEM

“A study to assess knowledge on selected ill effects of internet use among adolescent students in Government Higher Secondary School, Kamaleswaram, Thiruvananthapuram.”



## OBJECTIVE

- To assess the knowledge of higher secondary students regarding ill effects of internet use
- To determine the association between knowledge and selected demographic variables.

## HYPOTHESIS

H 1: There will be adequate knowledge regarding internet use among adolescents.

H 2: There will be significant association between knowledge and selected demographic variables.

## METHODOLOGY AND RESEARCH DESIGN

The present study was intended to assess the knowledge regarding ill effects of internet use among adolescents of Government higher secondary school, Kamaleswaram, Thiruvananthapuram.

A non-experimental descriptive survey design is used for the study. It includes two sections, the first section deals with socio demographic data and the second section consists of questionnaire for assessing knowledge regarding ill effects of internet use among adolescents.

## SETTING OF THE STUDY

The study was conducted at Government Higher Secondary School, Kamaleswaram,

Thiruvananthapuram. The availability of sample is easy, accessibility of investigator were the reason for setting.

## POPULATION

Students studying in plus two (16-17 years).

## SAMPLING AND SAMPLING TECHNIQUE

Purposive sampling technique is used for the study.

## SAMPLING SIZE

It consists of 60 students.

## SELECTION CRITERIA

### INCLUSION CRITERIA

- Adolescent who are present at the time of study.
- Willing to participate.

### EXCLUSION CRITERIA

- Students studying in computer science.
- Adolescent who have mental disorders.

## TOOL

Self-administered questionnaire is provide under two sessions; Session A& B

### SECTION A

Socio demographic profile; the section contain demographic profile such as age, gender, monthly income, type of family, occupation and education of parents, place of residence and details of internet usage.

### SECTION B

Self-administrated questionnaire; it consists of 20 questions to assess the knowledge regarding ill effects of internet use among adolescents age group between



16-17 years old. The questionnaire contain 20 questions each question carries one mark.

## MAJOR FINDINGS

In our study it was found that 70% adolescents had poor knowledge and 30% of adolescents had average knowledge on selected ill effects of internet use. On analysis of data there is a significant statistical relationship, between level of knowledge and selected demographic variables such as sex, monthly income of parents, place of residence and access to internet, was established. But there is no statistical relationship between age, type of family, occupation of parents, education of parents, through whose phone to access internet and amount spend monthly for internet use.

## CONCLUSION

The study assessed the knowledge on selected ill effects of internet use among adolescent students in Government Higher Secondary School Kamaleswaram, Thiruvananthapuram. It is quite clear that 70 % of adolescents have poor knowledge and 30 of adolescents have average knowledge. It will be very effective if nurses are giving proper health education regarding the ill effects of internet use and a similar study can be conducted in an

larger sector. It will reduce the complications of ill effects of internet.

## IMPLICATIONS

### NURSING RESEARCH

- Similar study can be replicated on a large study
- An experimental study can be conducted to find out the knowledge regarding selected ill effects of internet use.

### NURSING ADMINISTRATION

- Nurses as an administer should plan and organize health education programme.
- Nursing administer can facilitate and encourage staff nurse to their knowledge regarding ill effects of internet use and their impacts on health by providing educational programme.

## RECOMMENDATION

- Similar study can be conducted in different setting
- Similar study can be conducted with large samples
- Assess the knowledge and attitudes of students regarding blood donation .
- Similar study conducted by experimental method
- There is need for increased awareness regarding ill effects of internet use.



## REFERENCES

1. Lajwanti, Prakash Sharma. Effect of internet use on study habits and Adjustment of Higher Secondary Students. International journal of Educational Research and Technology; 2013 : 4(1): 52-59.
2. Govindappa, Kast, Henry. Internet use and risk taking behaviours among Adolescents. The Indian Journal of paediatrics; 2013: 1
3. Yadav. Internet addiction and its correlates among high School Students. A preliminary study from Ahmmmedabad, India. Asian Journal of Psychiatry; 2013: 6(6):500-505.
4. Goel, Subramanyam, Kamath. A study on the Prevalence of internet addiction and its association with psycho Pathology in Indian adolescents. Indian Journal of Psychiatry; 2013: 55(2) : 140-143.
5. Gunamala, Sharma. Impact of age and internet access and usage on student's attitude towards e-learning-a study on Punjab University. International Journal of Applied services marketing Perspectives; 2012: 1: 188-194.
6. Barthakar M. Problematic internet use and mental health problems. Asian Journal of Psychiatry ; 2012 : 5(2) : 279-280.
7. Kochhar. Knowledge and Usage of Internet among different professional students in India. Universal Journal of Education and General Studies; 2013: 6(2): 142-153.
8. Das, Nayak. Impact of cyber-crime: Issues and challenges. International Journal of Engineering Sciences & Emerging Technologies; 2013:6(2):142-153.
9. Beda Devi, Ratan Roy. Internet use among University Students: A case study of Assam University. A journal of humanities and social science; 2012:1(2):183-202.
10. Mitra, Rana. Children and the Internet. Experiments with minimally invasive education in India. The British journal of Educational Technology; 2001:32(2)221-232.
11. Nilesh, Patidar C, Rajesh. Internet as learning Tool-Indian engineering student's perception. Indian Journal of Computer Science and Engineering; 2011:2(2):244-247.
12. Sharma. Internet surfing in Universities of Delhi. International Journal of Communication Development; 2012:2(1):127-129.
13. Jali. Knowledge and attitude about computer and internet usage among dental students. Journal of international Society of Preventive and community Dentistry; 2010:17-22.
14. Dhyani, Sharma. Academic, Psychological, and Social Impact of



interneton College Students. Anweshan  
Journal of Education; 2013:151-157.

15. Kumar. Interaction of media, sexual  
activity and academic Achievement in  
adolescents. Medical Journal Armed  
Forces India; 2013:138-143.