"A Study To Assess The Knowledge And Attitude Regarding Effect Of Internet Addiction On Quality Of Sleep Among Selected College Students Of Anand District."

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ABSTRACT :

Background of the study: Today, the Internet has become an important element in people's lives. It is used for entertainment, communication, and education. As we know that everything has two side good and bad. The side effects of Internet overuse have been emerging progressively. Heavy internet use has many associations, with depression, poor sleep quality, mood changes, and poor health outcomes such as obesity and low self-esteem. Internet addiction is very commonly seen in students as they using excessively. According to investigators the colleges need to provide the students a session on effect of internet addiction on quality of sleep pattern.

Aim: to find out the knowledge and attitude regarding effect of internet addiction on quality of sleep among selected college IT students.

Material and method: A quantitative approach is used. The design used in study was cross sectional research design. Samples were collected by non probability purposive sampling technique. Data were collected by using questionnaires and attitude scale .

Result: The Test Mean knowledge score is 10.81 with SD of 3.53, suggesting a moderate level of variation from the mean score. The mean percentage of knowledge is 54%. The mean attitude score is 54.93, with a standard deviation of 18.31, indicating a considerable degree of variability from the mean score. The mean percentage of attitude is 55% .

Conclusion: In conclusion, this study sheds light on the knowledge and attitudes of IT engineering students regarding internet addiction's impact on sleep quality. The findings underscore the importance of addressing this issue and implementing targeted interventions to promote healthier internet usage habits among students. By enhancing knowledge, fostering positive attitudes, and considering demographic differences, educational institutions and policymakers can contribute to mitigating the adverse effects of internet addiction on sleep quality and overall well-being among students.

Keywords: Assess, Knowledge, Attitude, Effect, Internet Addiction, Quality of sleep, Student

INTRODUCTION :

Today, the Internet has become an important element in people's lives. It is used for entertainment, communication, and education.1 Along with the latest developments in technology, tools like computer, Internet, and cell phones deeply affect people's lives in many areas. Internet is a practical resource for getting information and communicating with others and the Internet, seen as one of the most powerful social environments of 21st century, is used by 90% of adolescents for getting information.[1]

There has been a tremendous growth of Internet use all over the world, and this is anticipated to continue with its use, becoming an essential part of daily life. Completing work, playing games online, reading and writing emails, and engaging in communication are common activities involving Internet use. Internet is largely seen as one of the biggest technology platforms.[2]

INTERNET ADDICTION

Excessive use of internet in a manner that would cause problems in psychological, social, academic and occupation problems in the lives of individuals. Internet addiction refers to compulsive behaviors related to any online activity that affects an individual's life and creates stress in his/ her social relationships.[3]

It occurs as a result of the inability of individuals to stop themselves from using the Internet despite having problems in their daily lives, relationships, and business life due to their inability to control and restrain themselves regarding internet use and sleep disturbance also occur due to internet addiction.[4]

QUALITY OF SLEEP

Good quality of sleep is vital for both brain function and for the physical health of the body irrespective of age. The guidelines suggest that healthy adults require 7–9 h of sleep per night. An increased risk for inflammatory-mediated diseases, cardiovascular disease, diabetes, metabolic syndrome, and depression are the consequences of insufficient sleep. Sleep deprivation not only impairs decision-making but also damages temporal memory. Moreover, using portable media devices at bedtime can aggravate poor quality of sleep and daytime sleepiness. The combined effects of rumination and procrastination as important mediators for the relation between Internet addiction and Quality of sleep.[5]

ADVERSE EFFECTS OF INTERNET ADDICTION

Internet use and Internet addiction negatively affects sleep quality and shortens sleep time. Adult form the largest risk group [6]

The implications of this addiction as well as its association with sleep and depression affects their studies, impacts their career goals and has detrimental consequences for society as a whole.[7]

The side effects of Internet overuse have been emerging progressively. Heavy internet use has many associations, with depression, poor sleep quality, mood changes, and poor health outcomes such as obesity and low self-esteem.[8]

Internet addiction generally focus on its relationship between mental states such as depression, loneliness, anxiety, and stress. In addition to these, it is noted that there are also physical outcomes such as back pain, migraine, weight problems, insufficient rest, and psychomotor irregularity. Additionally, within the scope of the physical needs of individuals, internet addiction can cause disruptions by affecting sleep quality, which plays an important role in human health.[9]

NEED FOR THE STUDY :

- Our first aim is to determine the frequency of Internet addiction and to examine the relationship between Internet addiction and sleep duration, difficulty in falling asleep, and night awakenings among adolescents.[10]
- The studies have reported that appropriate or limited Internet usage is beneficial but excessive or uncontrolled use of the Internet is associated with some noncompliance problems and it may lead to the Internet addiction.[11]
- Internet use negatively affecting adolescents' psychological well-being, peer and family interactions and academic performance causes addiction in 11.6 - 19.8% of adolescents.[12]
- Internet addiction is a condition typically characterized by psychomotor agitation, anxiety, depression, hostility, substance abuse, failure, loss of control, deprivation, dysfunction, and reduction in decision-making ability. The studies have determined that excessive and uncontrolled Internet use is associated with high levels of anxiety, depression, and aggressive behaviors sleeping disturbance.[13]
- Internet addiction (IA) may raise risk for sleep problem, and contribute to the development of some psychiatric disorders and worsening mental health.[14]
- Poor sleep quality is closely associated with lifestyle habits including Internet use.[15]
- The studies show that internet addiction is effective on insomnia and other sleep disorders. Moreover, some studies claim that heavy users of the Internet have higher incidence rates of insomnia since time spent online seriously disrupts the sleep and wake-up schedules of individual. However, this also demonstrates that still little is known about the relationship between internet addiction and sleep.[16]
- **Maie Abdulrhman Khayat, et al. (2018)** Conducted a cross-sectional study on Sleep quality and internet addiction level among university student at KAU in Jeddah, Saudi Arabia. In this study carried out among 511 students aged 18-25 year. Other significant associations linked

the quality of sleep to smoking and caffeine consumption. Sleep problems and poor sleep quality among KAU students were related to high Internet use.[17]

- **Syeda Mushrefa Jahan, et al. (2019)** Conducted a cross sectional study on Association between internet addiction and sleep quality among students in Bangladesh. They conducted an analytical cross-sectional study in two medical colleges with 390 students. It appears that the prevalence of poor sleep quality is 69.5% among the students and 68.4% of the students are having moderate to severe internet addiction. There exists a positive correlation between internet addiction and poor sleep quality among the students. This study indicates that a significant proportion of students are having a poor sleep quality among students.[18]

RESEARCH METHODOLOGY :

Research design is also known as blueprint that researchers select to carry out their research study; sometimes research design is used. Interchange ably with the term methodology. A research design is the framework or guide used for the planning. Implementation and analysis of a study. It provides an outline of how the research will be carried out and the methods that will be used.[19]

VARIABLE UNDER STUDY:

Attributes or characteristics that can have more than one value called as variable. In this study there were research variable and demographic variable is present.[20]

RESEARCH VARIABLE:- In this study, research variables refers to the knowledge and attitude regarding effect of internet addiction on quality of sleep.[21]

DEMOGRAPHIC VARIABLE:- Socio-demographic variables are Age, gender, religion, Type of family, Residence, Living-in, Means of internet use.

RESEARCH SETTINGS
The study setting is the location in which the research is conducted and in this study the research setting is selected colleges of Anand district.

POPULATION
The entire set of individuals or objects having some common characteristics selected for a research study.[22] In this study the population IT engineering students of engineering colleges in Anand district.

SAMPLE
A part or subset of population selected to participate in research study.[23] In this study the samples are IT engineering students residing in selected colleges of Anand district.

SAMPLE SIZE:
176 IT engineering students who fulfilled the inclusion and exclusion criteria. In this study purposive sampling technique is used.

SAMPLING TECHNIQUE
It is the process helps to draw a sample that represents the characteristics of the population from which the sample is drawn.[24] In this present study purposive sampling technique is use to recruit the samples.

CRITERIA FOR SELECTION OF SAMPLES

It refers to the list of the characteristics essential for inclusion or exclusion in the target population.[25]

INCLUSION CRITERIA
1. IT engineering students of 4th Semester of selected college of Anand district.
2. Students who are willing to participate in this study.
3. Students present during the time of data collection.

EXCLUSION CRITERIA
1. Students who are not available at study time

DESCRIPTION OF TOOLS
The tool used for the study is divided as follows:

Section I: Socio demographic data

It includes Age, gender, religion, type of family, Residence, Living-in, Means of internet use.

Section II: Self designed knowledge Questionnaire
It consists of multiple choice questions and every answer will be given the score of 1 and for the wrong answer 0.

Section III: Attitude scale to assess the attitude.

VALIDITY

It is the extent to which an instrument accurately reflects the abstract construct being examined.[26] The content validity of the tool was established by 5 experts in the field of mental Health Nursing. The experts were requested to give their opinion and appropriate suggestions regarding the relevance of the tool for modification to improve the clarity and contents of the items. The final suggestions were incorporated by the experts.

REELIABILITY

Reliability refers to the degree of consistency with which an instrument measure of a attribute it is designed to measure.[27]
To assess the knowledge and attitude regarding EFFECT OF INTERNET ADDICTION ON quality of sleep, self- questionary was used. For better reliability same instrument was used throughout the study.

PILOT STUDY

Pilot study is a smaller version of a study carried out before the actual investigation done.[28]
Researchers use information gathered in pilot studies to refine or modify the research methodology for a study and to develop large scale studies. The pilot study will conduct on 20th December, 2023 among 18 samples. An approval will be taken from the concerned authorities to conduct the study. On the day of data collection the purpose of the study will be explained and informed consent will be taken from the IT engineering students. From these 18 samples knowledge and attitude level will be checked by using questionnaires and attitude scale. The pilot study will show that the setting, samples and tool will be feasible enough to conduct the main study or not.

DATA COLLECTION METHOD :

It is the most time consuming step of the research process, which involves direct or indirect interaction with respondents to gather information pertaining to the topic under study[29]. A formal prior permission will be obtained from the concerned authority. Data will be collected after getting informed consent from the adolescences by explaining the purpose of the study. The investigator will introduce to the participants. The tool will be administered and after 20 minutes the questionnaire will be collected**.**

RESULT :

SECTION – II

Table. 8 Frequency and percentage level of Knowledge regarding effect of internet addiction on quality of sleep among IT engineering students. (N=176)

Level of Knowledge	Frequency	Percent
Poor	60	34.1%
Average	89	50.6%
Good	27	15.3%

Table 2 presents the distribution of knowledge levels among IT engineering students concerning the effect of internet addiction on sleep quality. Among the respondents, 34.1% demonstrated poor knowledge, suggesting a potential lack of understanding regarding this relationship. The majority of students (50.6%) exhibited an average level of knowledge, indicating a basic grasp of the subject but possibly lacking depth. Only 15.3% of students showed good knowledge, implying a deeper understanding of how excessive internet usage can affect sleep patterns. This distribution underscores the varying levels of awareness among IT engineering students regarding the impact of internet addiction on sleep quality, highlighting potential areas for educational intervention or further exploration.

SECTION - III

Table 9 : Frequency and percentage level of Attitude regarding effect of internet addiction on quality of sleep among IT engineering students. (N=176)

Level of Attitude	Frequency	Percent
Unfavorable Attitude	77	43.8%
Moderate Favorable	76	43.2%
Favorable Attitude	23	13.1%

Table 3 displays the frequency and percentage distribution of attitudes regarding the effect of internet addiction on sleep quality among IT engineering students. Among the respondents, 43.8% held an unfavorable attitude towards this relationship, indicating a lack of support or concern regarding the impact of excessive internet use on sleep patterns. Similarly, another 43.2% expressed a moderate favorable attitude, suggesting some acknowledgment of the issue but not necessarily strong endorsement of actions to address it. Only 13.1% of students exhibited a favorable attitude, indicating a proactive stance towards recognizing and mitigating the adverse effects of internet addiction on sleep quality.

Table. 10 : Assessment of Mean, Range, SD and Mean Percentage of knowledge and attitude regarding effect of internet addiction on quality of sleep among IT engineering students. (N=176)

Level	Range	Minimum	Maximum	Mean	Std. Deviation	Mean %
Knowledge	15	3	18	10.81	3.53	54%
Attitude	80	20	100	54.93	18.31	55%

Table 4 provides an assessment of the mean, range, standard deviation, and mean percentage of knowledge and attitude regarding the effect of internet addiction on sleep quality among IT engineering students. For knowledge, the range indicates a span of 15 points from the lowest to the highest score, with scores ranging from 3 to 18. The mean knowledge score among IT engineering students is 10.81, with a standard deviation of 3.53, suggesting a moderate level of variation from the mean score. The mean percentage of knowledge is 54%.

Regarding attitude, the range spans 80 points, ranging from 20 to 100. The mean attitude score is 54.93, with a standard deviation of 18.31, indicating a considerable degree of variability from the mean score. The mean percentage of attitude is 55%.

Table 11: Compare mean score one sample t test for knowledge and attitude regarding effect of internet addiction on quality of sleep among IT engineering students. (N=176)

One-Sample Test				
Level of Knowledge and Attitude	t	df	Sig.	Mean Difference
Knowledge	40.7	175	.000 S	10.81
Attitude	39.8	175	.000 S	54.93

For both knowledge and attitude, the t-values are highly significant ($p < .001$), indicating a substantial difference between the sample mean scores and the hypothetical population mean. The mean difference for knowledge is 10.81, and for attitude, it is 54.93. These results suggest that IT engineering students' mean scores for both knowledge and attitude significantly deviate from the expected population mean, providing evidence of their distinct understanding and perspective regarding the impact of internet addiction on sleep quality. The 'S' in the last column indicates that the mean difference values are significant.

Table 12: Correlation between knowledge and attitude regarding effect of internet addiction on quality of sleep among IT engineering students. (N=176)

Correlation	r	Sig.	df
knowledge	0.92	0.00 S	176
Attitude			

The correlation coefficient (r) between knowledge and attitude is 0.92, which indicates a very strong positive correlation between the two variables. The p-value (Sig.) is 0.00, which is less than the conventional significance level of 0.05, indicating that this correlation is statistically significant. The degrees of freedom (df) for this analysis are 176.

Table 13: Association between demographic variables of IT Students and level of knowledge. (n=176)

Demographic Variable	F	%	Level of Knowledge			χ2	df	P Value
			Average	Good	Poor			
Age in years:								
a. 18-19 Years	47	26.7%	27	15	5	34.61	6	**0.000**
b. 19-20 Years	60	34.1%	34	3	23			**S**

Demographic Variable	F	%				χ2	df	P Value
c. 20-21 Years	42	23.9%	16	2	24			
d. >21 Years	27	15.3%	12	7	8			
Gender								
a. Male	137	77.8%	68	22	47			0.851
b. Female	39	22.2%	21	5	13	0.322	2	NS
c. Other	0	0%						
Religion								
a. Hindu	152	86.4%	75	24	53			
b. Muslim	10	5.7%	6	2	2	6.213	6	0.400
c. Christian	8	4.5%	6	1	1			NS
d. Others	6	3.4%	2	0	4			
Type of family								
a. Nuclear	86	48.9%	44	8	34	5.471	2	0.65
b. Joint Family	90	51.1%	45	19	26			NS
Do you live in which place?								
a. Urban	127	72.2%	66	17	44	1.355	2	0.508
b. Rural	49	27.8%	23	10	16			NS
Do you live in								
a. Hostel	100	56.8%	55	4	41	23.55	2	**0.000**
b. Home	76	43.2%	34	23	19			**S**
Internet use for								
_____	17	9.7%	6	5	6			
Gaming purpose	30	17.0%	18	1	11			
Time on social media	94	53.4%	52	11	31	12.89	6	**0.45**
For educational purpose	35	19.9%	13	10	12			**S**
Other purpose								

Note: S-Significant at 5% level (p<0.05),   NS-Not significant at 5% level (p>0.05). (f)= Frequency,   (%) =Percentage.

In this table, the level of knowledge is cross-tabulated with various demographic variables of IT students, including age, gender, religion, type of family, place of residence, residence, and internet use. The Chi-square (χ^2) test is used to determine whether there is a significant association between these demographic variables and the level of knowledge. The p-value (P Value) is used to assess the significance of the association, where a p-value less than 0.05 indicates a significant association (marked as 'S' in the 'Association' column), while a p-value greater than or equal to 0.05 indicates a non-significant association (marked as 'NS'). This analysis helps to identify any demographic factors that may influence the level of knowledge regarding the effect of internet addiction on sleep quality among IT engineering students.

Table 14: Association between demographic variables of IT Students and level of Attitude. (n=176)

Demographic Variable	F	%	Level of Attitude			χ2	df	P Value
			Favorable	Moderate	Unfavorable			
Age in years:								
a. 18-19 Years	47	26.7%	15	22	10			**0.000**
b. 19-20 Years	60	34.1%	3	23	34	32.50	6	**S**
c. 20-21 Years	42	23.9%	1	16	25			
d. >21 Years	27	15.3%	4	15	8			
Gender								
a. Male	137	77.8%	20	55	62	2.74	2	0.253
b. Female	39	22.2%	3	21	15			NS
c. Other	0	0%						
Religion								
a. Hindu	152	86.4%	21	62	69			0.090
b. Muslim	10	5.7%	1	7	2	10.96	6	NS
c. Christian	8	4.5%	1	6	1			
d. Others	6	3.4%	0	1	5			
Type of family								
a. Nuclear	86	48.9%	8	34	44	4.455	2	0.108
b. Joint Family	90	51.1%	15	42	42			NS
Do you live in which place?								
a. Urban	127	72.2%	14	54	59	2.26	2	0.322
b. Rural	49	27.8%	9	22	18			

Do you live in								
c. Hostel	100	56.8%	3	43	54	23.52	2	**0.000 S**
d. Home	76	43.2%	20	33	23			
Internet use for								
Gaming purpose	17	9.7%	4	5	8			
Time on social media	30	17.0%	0	13	13	18.09	6	**0.006 S**
Educational purpose	94	53.4%	9	48	48			
Other purpose	35	19.9%	10	10	10			

Table 8 illustrates the association between demographic variables of IT students and their level of attitude regarding the effect of internet addiction on sleep quality. The demographic variables examined include age, gender, rnaveligion, type of family, place of residence, residence, and internet use. For each demographic variable, the frequency (F) and percentage (%) are provided, along with the distribution of attitudes categorized as Favorable, Moderate, or Unfavorable. The Chi-square (χ^2) test is employed to evaluate the significance of the association, with degrees of freedom (df) and p-value (P Value) reported. A p-value less than 0.05 indicates a statistically significant association (marked as 'S' in the 'Association' column), while a p-value greater than or equal to 0.05 suggests a non-significant association (marked as 'NS')

DISCUSSION :

The findings of this study provide valuable insights into the knowledge and attitudes of IT engineering students regarding the effect of internet addiction on sleep quality. The discussion will focus on interpreting these findings, exploring their implications, and identifying potential avenues for future research and intervention.

1. **Knowledge Discrepancies:** The study revealed varying levels of knowledge among IT engineering students regarding internet addiction's impact on sleep quality. While a significant proportion demonstrated average knowledge, a considerable number exhibited poor understanding. This suggests a need for targeted educational interventions to improve students' awareness and understanding of this issue.

2. **Attitudinal Variations:** Similarly, attitudes towards internet addiction and its impact on sleep quality varied among students. While a notable percentage expressed unfavorable attitudes, indicating a lack of concern or awareness, others exhibited moderate to favorable attitudes. Understanding the factors influencing these attitudes is crucial for designing effective interventions aimed at promoting healthier internet usage habits.

3. **Correlation Between Knowledge and Attitude:** The strong positive correlation between knowledge and attitude underscores the importance of education in shaping students' perceptions and behaviors. Initiatives aimed at increasing knowledge about internet addiction and its consequences may consequently lead to more positive attitudes and proactive behaviors in addressing this issue.

4. **Association with Demographic Variables:** The significant associations between knowledge levels and certain demographic variables, such as age and residence, highlight the importance of considering contextual factors in addressing internet addiction. Tailored interventions that account for demographic differences may be more effective in reaching and engaging students with diverse backgrounds.

5. **Implications for Intervention:** The findings suggest the need for multifaceted interventions that target both knowledge and attitudes regarding internet addiction among IT engineering students. Educational initiatives, counseling services, and awareness campaigns can play a crucial role in raising awareness, fostering positive attitudes, and promoting healthier internet usage habits.

6. **Limitations and Future Directions:** It's essential to acknowledge the limitations of the study, such as its focus on a specific college and the use of self-reported data. Future research could expand the scope to include a more diverse sample and utilize objective measures of internet addiction and sleep quality. Longitudinal studies could also provide insights into the long-term effects of interventions on students' knowledge, attitudes, and behaviors.

CONCLUSION :

The chapter presents the discussions drawn, implication, limitation, suggestion and Recommendation.

NURSING IMPLICATIONS

The findings of the study have implications in different branches of nursing That is nursing practice, nursing education, nursing administration and nursing Research. Study results can be utilized for further research and nurse's decision making.

IMPLICATION FOR NURSING PRACTICE

Psychiatry health nurse and other health professionals should be aware of the effect of internet addiction on quality of sleep among the IT Engineering students. The purpose is to Maintain, improve and promote the knowledge regarding **effect of internet addiction on quality of sleep**. It showed that there was an increase in the Knowledge and attitude of the students regarding **effect of internet addiction on quality of sleep**. This would Facilitate awareness among students about **effect of internet addiction on quality of sleep**.

IMPLICATION FOR NURSING EDUCATION:

The study outlines, the significance of short term courses and in-service Education to equip nurses with the current knowledge on effect of internet addiction on quality of sleep.

- Nurse educators when planning and instructing nursing students, should Provide opportunities for students to gain the knowledge in teaching Students in effect of internet addiction on quality of sleep.
- Nursing personnel should be given in-service education to update their Knowledge

- Nurse educators when instructing the students, should provide adequate Opportunity for each students.

IMPLICATION FOR NURSING ADMINISTRATION:-

With technology advanced and ever growing challenges of health care Need The college and hospital administration, have a responsibility to Provide nurses, nurse educators with continuing education opportunities on **effect of internet addiction on quality of sleep**. This will enable the nurses to update their knowledge and to Acquire special skills.

- The study finding will help the administrator to arrange continuing Education programme for nurses regarding **effect of internet addiction on quality of sleep**. It helps to prepare Adequate learning material for giving health education.
- The nurse administrator should take active part in the policy making, Developing protocol, standing orders related health education.
- An educational programme on **effect of internet addiction on quality of sleep** need adequate supervision by Nursing administrator and motives them to carry out educative roles.

IMPLICATION FOR NURSING RESEARCH

- This study findings will identify the level & knowledge about **effect of internet addiction on quality of sleep.** To know extent of necessary information to be given.
- This study will motivate the beginning of researcher and to conduct studies with different variable on large scales.
- This study will help the nurse researchers to develop insight into the Developing module and set information towards awareness about **effect of internet addiction on quality of sleep**.

RECOMMENDATIONS:-

Based on the research findings the following recommendations can be made:

- The same study can be replicated on a larger sample and also at different Settings.
- A study can be done in IT Engineering students.
- A study on assessing level and knowledge of students on **effect of internet addiction on quality of sleep** .

SUMMARY :

Chapter 4 provides an in-depth analysis and interpretation of the data collected from surveys and questionnaires administered to IT engineering students regarding their knowledge and attitudes concerning the effect of internet addiction on sleep quality. The chapter begins by presenting descriptive statistics for key demographic variables, knowledge levels, and attitude levels, offering insights into the participants' characteristics and their understanding of the subject matter.

The analysis reveals that while a considerable proportion of students possess an average level of knowledge regarding internet addiction's impact on sleep quality, there are notable gaps in understanding among some respondents. Similarly, attitudes towards this issue vary, with a significant number of students expressing either an unfavorable or moderately favorable stance.

Furthermore, the chapter highlights a strong positive correlation between knowledge and attitude, suggesting that informed students are more likely to have a positive attitude towards addressing internet addiction's adverse effects on sleep quality. Additionally, significant associations were found between knowledge levels and certain demographic variables, emphasizing the importance of considering contextual factors when addressing this issue.

Overall, the findings underscore the need for targeted interventions and educational initiatives to improve awareness and promote positive attitudes towards mitigating the impact of internet addiction on sleep quality among IT engineering students.

OBJECTIVES OF THE STUDY WERW AS FOLLOW:-

- To assess the knowledge regarding effect of internet addiction on quality of sleep among IT engineering students.
- To assess the attitude regarding effect of internet addiction on quality of sleep among IT engineering students.
- To correlation between internet addiction and quality of sleep among IT engineering students.

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