



A Study on Technology Addiction among Nursing Students

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ABSTRACT

A research study was carried out to evaluate technology addiction among nursing students at Baru Sahib. The study employed a quantitative research methodology, with a sample size of 104 nursing students aged between 18 and 20 years. Data was collected using a self-structured knowledge questionnaire and a convenient sampling technique. The findings revealed that approximately 43% of the nursing students exhibited signs of technology addiction. The proliferation of smartphones, social media, and various digital platforms has led to greater accessibility and engagement with technology, causing many students to lose track of time and be astonished by the duration spent online. Furthermore, 57% of the students reported experiencing strong urges to use the internet, resulting in excessive screen time that may contribute to sedentary lifestyles, sleep disturbances, and diminished social skills. This addiction poses significant long-term risks, as it reduces sleep duration and adversely affects sleep quality.

Keywords: Technology, Addiction, students, nursing.

I. Introduction

Technology addiction refers to the excessive and compulsive engagement with digital devices and online platforms, which can result in detrimental effects on an individual's physical, psychological, and social well-being. In recent years, this phenomenon has gained prominence as a critical area of research due to its rising incidence. The rates of technology addiction vary across the globe, with estimates indicating a prevalence of 8.90% in Eastern nations compared to 4.60% in Western nations. At present, there is no unified definition of technology addiction, nor is there agreement on the terminology used to describe it. Various frameworks are employed to define technology addiction, including usage patterns (such as the duration of device use and emotional attachment), the DSM-V criteria for behavioral addiction (which encompass aspects like preoccupation, mood alteration, and withdrawal symptoms), and the adverse effects stemming from this addictive behavior (including damage to personal relationships and occupational challenges). Research indicates that technology addiction is linked to increased levels of depression and anxiety, diminished sleep quality, difficulties in self-care, challenges in daily functioning, and strained social interactions.

II. Review Of literature

In the era of information technology, various problematic behaviors have surfaced, including gambling, online gaming, and sexual activities, which can result in compulsive engagement. In severe cases, individuals may find themselves unable to manage these behaviors without external assistance, categorizing them as non-substance or behavioral addictions. Internet addiction represents one of the earliest forms of addiction related to information technology. A more recent phenomenon, termed "smartphone addiction" (SA), has emerged, drawing upon prior research on internet addiction. The use of smartphones differentiates itself from traditional internet access via computers or laptops, as smartphones provide users with constant internet connectivity, irrespective of time and location. This addiction is often exacerbated by issues related to excessive internet use or internet addiction disorder. The rise in smartphone usage has led to a significant shift in communication patterns, with many individuals opting for daily online interactions through text messaging and social media rather than engaging in face-to-face conversations. Smartphones offer an endless array of cognitive activities, enabling users to participate in various online endeavors, such as social networking, gaming, and browsing the web. Nevertheless, the reliance on smartphones negatively affects our cognitive functions, including thinking, memory, attention, and emotional regulation. The growing prevalence and intensity of smartphone use have resulted in clinical cases where individuals exhibit symptoms of abuse. Defining addiction remains a complex task, and the term itself is often debated; however, it fundamentally revolves around the dependence on a particular substance or activity.

Smartphone addiction (SA) is typically defined as a form of behavioral addiction characterized by elements such as mood tolerance, salience, withdrawal, modification, conflict, and relapse. Research indicates potential links between SA and various issues related to mental health, physical health, and neurological functioning. Additionally, factors such as tolerance, salience, withdrawal, and cravings have been connected to excessive smartphone usage. Nevertheless, the evidence remains inconclusive. There continues to be ongoing discussion in the literature regarding the nature of

the relationship—whether positive or negative—between screen time or smartphone usage and health outcomes. While existing studies have yielded valuable insights, reaching a consensus is challenging without a systematic review.

III. Methodology

Research design: Descriptive

Research approach: Quantitative

Sample: Nursing Students

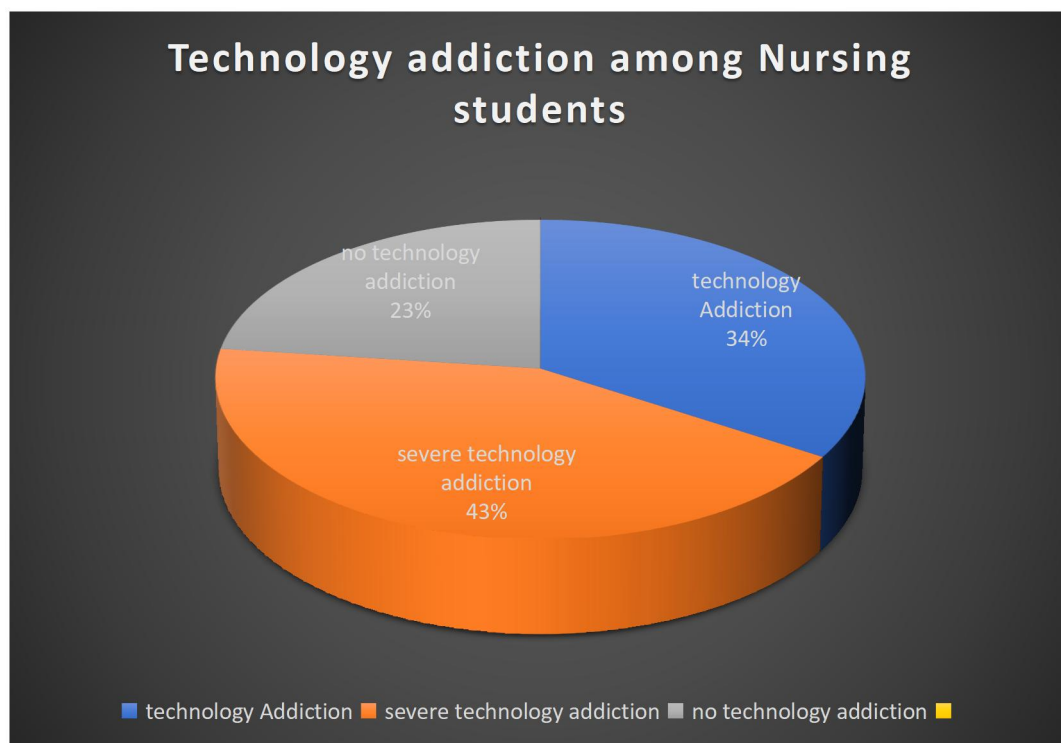
Sample size: 104 nursing students.

Sampling technique: convenient sampling

Tool: Self structured Knowledge Questionaries

IV. Analysis and findings:

The aim of the research was to assess the prevalence of technology addiction among nursing students at Baru Sahib. The findings indicated that approximately 34% of nursing students exhibited signs of technology addiction. The proliferation of smartphones, social media, and various digital platforms has led to greater accessibility and engagement with technology, causing many students to lose track of time and be astonished by the duration spent online. Furthermore, 43% of students reported experiencing strong urges to use the internet, resulting in excessive screen time that may contribute to sedentary lifestyles, sleep disturbances, and diminished social skills. Notably, 23% of the students were found not to be suffering from technology addiction. This addiction poses significant long-term risks, as it reduces sleep duration and adversely affects sleep quality.



V. Result & Conclusion :

The issue of technology addiction has become a prominent concern in today's digital landscape. It is essential for students, educators, and policymakers to comprehend its underlying causes, effects, and potential intervention strategies to encourage responsible and balanced use of technology. By raising awareness and formulating approaches for healthy engagement with technology, we can foster a more harmonious relationship between individuals and digital tools. Research indicates that approximately 34% of nursing students exhibit signs of technology addiction. The proliferation of smartphones, social media, and various digital platforms has led to greater accessibility and engagement, causing many students to lose track of time and be astonished by the duration spent online. Furthermore, 43% of students experience strong urges to access the internet, resulting in excessive screen time that may contribute to sedentary lifestyles, sleep disturbances, and diminished social skills. Conversely, it has been observed that 23% of students do

not exhibit signs of technology addiction. This addiction poses significant long-term risks, as it reduces sleep duration and adversely affects sleep quality.

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