Evaluation level of internet addiction among Nursing and Midwifery students in Iranshahr 1389

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ARTICLE INFO
Article history:
Received 28 February 2014
Received in revised form 19 April 2014
Accepted 23 April 2014
Available online 25 May 2014

Keywords:
Dependence on the Internet, student burnout.

ABSTRACT
Now a day’s internet addiction is common problem that defines as abuse in computer and online information. The present study aimed at exploring the internet addiction between students in Iranshahr Faculty of Nursing and Midwifery. This analytical cross-section study was conducted on 355 students passing at least one term of their bachelor course in spring 2009 with metot census, a Yang standard internet addiction questionnaire applied for data gathering and after data entry was analyzed in 0/05 significance levels. The results showed that % 57 light addiction and % 30 intermediate and intense addiction among students. Chi-square test was significance relationship between addiction by sex, train, years study. Since internet addiction can affected status inversely and occupation burnout and reduces average score and education subsidence, endeavor for beneficial opportunities prevention is essential.

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INTRODUCTION
Organizational improvement is required health and efficient of workforce. Several factors are associated with physical and mental health as well as the effectiveness of an organization’s employees which could be the most important factors contributed to burnout. Most expert agree with the definition of burnout relate to industrial life and working environment [1]. Today, crisis-related to technology is an important matter which has been considered by behavioral scientists. Along with the increasing use of technology that has brought huge benefits, it has led to new challenges and in some cases due to crisis. In the recent decades summary of main point has discussed about computers, video games, Internet and use it. Internet and use it [2]. Unique characters of the Internet, including ease of access, 24 hours a day, being easy to use, low cost and users’ anonymity which in order to encourage people from all over the world [3]. The growth rate of using Internet is increasing in different countries for instance, 5/28 % of residents in America and Canada, 9/29 % of people in Europe, 6/36 % of people in Asia, 5/1 % of people in Australia and Oceania, and 5 / 3% of inhabitants of Africa use the internet [4]. Nowadays, there is over billion Internet users [5] In China (2005), 103 million people used the Internet and 8/15 % of consumers were juvenile group age under 18 years [6]. The level of Internet addiction in college china has been declared 6/10 % [7]. In Taiwan, according to the Center for Education Taiwan 14/3 million students are using the Internet. In Iran in 1382, more than five million people use the Internet and it is likely to increasing numbers day by day. Also in 1384, according to report of the Ministry of Communications in recent years in Iran, the number of Internet users has increased 25 times which about three quarters of user was 21-32 year old age while 65% of users use the Internet at their homes. In February 2005, Internet users 4/8 million in Iran won first place in the Middle East. While Iranian Internet users 2/18% increased compared to December 2000. In Iran, according to last research conducted, the most Internet users are young and the common reasons were including 35% in chat rooms, 28% in online games, 30% check E-mail and 25% searching for international channels [5]. The investigations in develop countries show that 60% of Internet addiction cases has been included the middle-aged women and housewives, however, in Iran the most users of the Internet are young curious people who would be relaxation by using the Internet [8]. Internet dependency disorders affect more educated people [9]. Internet-dependent person has at least three of seven criteria of during the specified period of two months from the Psychiatric Association of America which devoted how much time to the use of Internet to achieve satisfaction, however, the use of the Internet time periods more than originally intended which could
be symptom of isolation from society. Attempt to solve the problem of isolation lead to the re-use of the Internet, spend large amounts of time for activities related to Internet usage, giving up important occupational activities, social or recreational reasons to use of the Internet, accept the risk losing a job, training opportunities at the work, because of the more communication contribute to use of the Internet [11] According to Cho and Havaya the level of Internet-dependent students was less than Internet-independent but in manage of the life, they had less ability respect to the management and the control of the feeling [12]. Yen et al conducted adolescents and young adults who have a dependence on the Internet with more severe symptoms of hyperactivity, decreased attention, feelings of hostility and depression than their peers. By considering to the increasing dependence on the Internet and consequences of problems, the investigator decided to evaluate level of internet addiction among nursing and midwifery students in Iranshahr. to use this finding as a proper guidance of planning to encourages healthy behaviors in the context of national authorities and net work media which would be provided for the health and well-being for next generations.

Method:
This study was a cross-sectional study is to determine the evaluation level of internet addiction among nursing and midwifery students in Iranshahr 1388. Sample of study were Nursing, Midwife and Health Emergency of Medical Institute of Nursing and Midwifery in Iranshahr. Spend at least one semester at the University, studding in the current term and take consent to the research were criteria of this study. Through census sampling data collected, sorted and processed. In this study, the questionnaires used to collect data. The questionnaire was divided into three parts, the first section consists of 15 questions about demographic. (Age, sex, marital status, years of education, place of residence, occupation, family history, experience of use of the Internet, the common location for Internet use, having a personal computer, the restrictions on the use of Internet usage, Internet usage time) The second part was the Farsi version of standardized and reliable measurement of Young's Internet Addiction which according to Razavi results showed good validity and reliability. (Reliability coefficient equal to 88/0) [14]. The questionnaire was based on five sets of 20 Likert questionnaires in which respondents in each of the questions measured and interpretation by guideline of the questionnaires, one from 1 to 5 (never = 1, rarely = 2, sometimes = 3, often = 4, always = 5) and was chosen as a measure of compatibility mode and then set the final score, a standard questionnaire based on previous studies from zero to one hundred, and the levels of participations was divided to four levels (normal = less than 20, the mild dependence = 21-40, moderate dependence = 41-79, high dependence = 80-100). Then data collection, and were analyzed by using descriptive statistics software SPSS and chi-square tests. Significant tests were considered p <0/05.

Result:
Average age of students was 41/1 ± 83/22, the demographic characteristics of the 3/67 percent (n = 239) were female and 7/32 percent (116) were male. 41% (n = 148) in Nursing, 7/32 of a degree in Chemistry, fifth (n = 18) in the health care field, and 1/21 percent (n = 75) were enrolled in Health emergency. Also, in terms of educational inhabitation, 27% (n=96) were native and 73 percent (259 people) were in native of staying campus. Overall, participants cited in this study purpose of use of the Internet including 38 percent (n=138), download software 33% audio search engines (n = 111) and 29 check E-mail and shopping (106 people) chat room (chat rooms) and electronic games, immoral site. The results present in Table 1, it shows the high intensity of Internet addiction for each item. There was significant relationship between gender and Internet dependency (p <0/00) and women more than men were at risk of Internet addiction. (Diagram 1) And between the school year and the rate of Internet addiction was significantly (p <0/01) (Diagram2) finally, the results showed that the correlation between education and Internet addiction was significant and Nursing students were more dependent than the other disciplines.

Table 1: Distribution of users by answering questions related to Internet addiction
- Do you use the internet more you’re intending?
- Do you devote more time to the internet, due to ignore your daily life?
- Is the connection to the Internet more attractiveness than a relationship with your friends?
- Do you find your friends by the internet?
- Do you prefer the excitement of the Internet to your family relationships?
- Has been affected the Internet on your academic failure?
- Do you know your email before your need (you check your inbox regularly?)
- Dose the use of the Internet has affected your job?
- Do you try to hide the kind of the use of internet?
- Do you think the Internet is disturbs your thoughts about your life?
- Are able to make other communication after using the Internet?
• Do you think that the life without the Internet is without the charm?
• Do you get angry if someone needs you when you use the Internet?
• Have you had experience of deprived sleep because of the use of the Internet?
• Do you have mind-occupation before using the Internet?
• Do you postpone the use of the Internet frequently?
• Do you have any failure experience in relation to attempt to reduce the level of using the Internet?
• Do you try to hide your time of the use the Internet?
• Do you prefer the use of the Internet rather than going out with others?
• Do you feel sad or depressed after disconnect and willing to connection again?

Table 1: Distribution of users by answering questions related to Internet addiction.

<table>
<thead>
<tr>
<th>Questions</th>
<th>ALWAYS NUMBER</th>
<th>ALWAYS PERCENT</th>
<th>SOMETIMES NUMBER</th>
<th>SOMETIMES PERCENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you use the internet more you’re intending?</td>
<td>16</td>
<td>4/5</td>
<td>16</td>
<td>4/5</td>
</tr>
<tr>
<td>Do you devote more time to the internet, due to ignore your daily life?</td>
<td>7</td>
<td>2</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td>Is the connection to the Internet more attractiveness than a relationship with your friends?</td>
<td>10</td>
<td>2/8</td>
<td>10</td>
<td>2/8</td>
</tr>
<tr>
<td>Do you find your friends by the internet?</td>
<td>12</td>
<td>3/1</td>
<td>12</td>
<td>3/1</td>
</tr>
<tr>
<td>Do you prefer the excitement of the Internet to your family relationships?</td>
<td>6</td>
<td>12/7</td>
<td>6</td>
<td>12/7</td>
</tr>
<tr>
<td>Has been affected the Internet on your academic failure?</td>
<td>6</td>
<td>1/7</td>
<td>6</td>
<td>1/7</td>
</tr>
<tr>
<td>Do you know your email before your need (you check your inbox regularly)?</td>
<td>5</td>
<td>1/4</td>
<td>5</td>
<td>1/4</td>
</tr>
<tr>
<td>Dose the use of the Internet has affected your job?</td>
<td>21</td>
<td>5/9</td>
<td>21</td>
<td>5/9</td>
</tr>
<tr>
<td>Do you try to hide the kind of the use of internet?</td>
<td>9</td>
<td>2/5</td>
<td>9</td>
<td>2/5</td>
</tr>
<tr>
<td>Do you think the Internet is disturbs your thoughts about your life?</td>
<td>4</td>
<td>1/1</td>
<td>4</td>
<td>1/1</td>
</tr>
<tr>
<td>Are able to make other communication after using the Internet?</td>
<td>9</td>
<td>2/5</td>
<td>9</td>
<td>2/5</td>
</tr>
<tr>
<td>Do you think that the life without the Internet is without the charm?</td>
<td>9</td>
<td>2/5</td>
<td>9</td>
<td>2/5</td>
</tr>
<tr>
<td>Do you get angry if someone needs you when you use the Internet?</td>
<td>9</td>
<td>2/5</td>
<td>9</td>
<td>2/5</td>
</tr>
<tr>
<td>Do you have mind-occupation before using the Internet?</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Do you postpone the use of the Internet frequently?</td>
<td>10</td>
<td>2/8</td>
<td>10</td>
<td>2/8</td>
</tr>
<tr>
<td>Do you have any failure experience in relation to attempt to reduce the level of using the Internet?</td>
<td>11</td>
<td>3/1</td>
<td>11</td>
<td>3/1</td>
</tr>
<tr>
<td>Do you try to hide your time of the use the Internet?</td>
<td>10</td>
<td>2/8</td>
<td>10</td>
<td>2/8</td>
</tr>
<tr>
<td>Do you prefer the use of the Internet rather than going out with others?</td>
<td>8</td>
<td>2/3</td>
<td>8</td>
<td>2/3</td>
</tr>
<tr>
<td>Do you feel sad or depressed after disconnect and willing to connection again?</td>
<td>4</td>
<td>1/1</td>
<td>4</td>
<td>1/1</td>
</tr>
</tbody>
</table>

Diagram 1: In relation to education and Internet dependency.

Table 2: The relationship between education and dependency Internet users among nursing students in Isfahan

<table>
<thead>
<tr>
<th>Field of Study</th>
<th>Nursing</th>
<th>Midwifery</th>
<th>Hygiene</th>
<th>Medical emergency</th>
<th>Collect Dependence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>%</td>
<td>Number</td>
<td>%</td>
<td>Number</td>
</tr>
<tr>
<td>Independence</td>
<td>12</td>
<td>34</td>
<td>11</td>
<td>3/1</td>
<td>3</td>
</tr>
<tr>
<td>Mild dependence</td>
<td>95</td>
<td>26/8</td>
<td>69</td>
<td>19/5</td>
<td>15</td>
</tr>
<tr>
<td>Moderate and Severe dependence</td>
<td>41</td>
<td>11/6</td>
<td>33</td>
<td>9/5</td>
<td>0</td>
</tr>
<tr>
<td>Collect</td>
<td>148</td>
<td>41/8</td>
<td>113</td>
<td>31/9</td>
<td>18</td>
</tr>
</tbody>
</table>

Chi-square test results p < 0.000
DF = 6
**Diagram 2:** The relationship between gender and Internet dependency.

**Discussion:**

The findings showed that 57 percent (203) of students were with mild dependence Internet. In this regard, most studies, Shak, Yang and Lu have illustrated that 1/19% of Chinese adolescent are Internet addicts that this problem are affected on whether their physical or mental health and family life which are leading to their depression [15]. Wang described that the prevalence of Internet addiction in Korea and showed that 5/3% and 5/18% were at risk of Internet addiction. Study Myd Oven and et al. have been undertaken on users aged 15-25 years in Tehran, the results suggested that the 8/26% of users were online addicts. [8] Vyższy study on the users 14-37 years old found that 5/17% of users were mild addiction and 2/2% had severe addiction to the Internet and they needed to their prevent and treat [17] Study Aghababaei et al. reported the rate of youth tend to use the Internet was 5/78% [18]. Dargahi and Razavi found that 30% of Internet users in the West Tehran were addictive and they all showed variable degrees of social and psychological problems [19]. According to the research findings that Internet addiction happens in the first year of study of education and those finding are equal to the results of previous studies that Iranian users were mainly young, inexperienced, and single and most of their times were spent on recreation sites that were actually part of the yellow sites (the caution). While in countries like America, Canada, Britain, main topic for searching are maps, job centers, bank names, organizations and governmental agencies [3] Mandel says that both men and women are at risk of Internet addiction, but women more often complain about this experience [20]. Yang and Tung have described several factors makes that adolescents and young adults at risk for suffering from Internet addiction includes the desire to develop an identity, meaningful and sincere communication [21]. Ericsson believes that a person’s identity serves as a reference of framework to interpret personal experiences and talk about the meaning, purpose and direction in their lives [22]. The other variable can affect on the Internet addiction among adolescents and young adults is the thrill-seeking and sensation seeking is based on the ability excited people. Sensation seeking as searching for a variety of emotions and experiences, fresh, sophisticated, passionate and willing to risk the physical, social, legal and financial records [23]. Study Koo et al. showed that sensation seeking could be caused by the need to search the identity and there is a high correlation between sensation seeking and risk taking behaviors such as drug use and driving as dangerous adventure and Internet search. Appears to be an adventure around the world by extraordinary tools as result sensation seeking can be associated with people who are sensation seeking because of they are looking for new experiences, the Internet provides them to explore the fascinating and diverse environment [24]. Identity can also be caused due to sensation seeking on Internet addiction, by considering to that adolescents and young people to make their own identity, in order to they may use the media to relieve their anxiety as result of their developmental changes, seeking alternative are maybe for the solutions in order to solve problems, strengthen their choices and perhaps to show themselves more importantly, and their thoughts about who they are or will become. Meanwhile, factors such as entertainment, stress relief, along with mass culture, learning about the world, away from alone and thrill-seeking are motivating factors in adolescents and young adults to using media [25]. Moreover, according to research by sterile-Beigi and colleagues dependence on the Internet has been significant relationship with the number of units during the study period, the number of units completed, low overall in the last semester units during the school semester and probation. As overall the result of them cause a decline in students’ academic achievement.
[26]. Universities and colleges should make efforts to only use the Internet to some fields are related to reviewed scientific papers and news sites and prevent to loss of useful opportunities rather than entertainment, computer games and internet dating ... and provide strategies to prevent Internet addiction for students for instance informing students about the dangers and disadvantages of the Internet, and improve the life skills such as decision-making skills, problem solving, communication skills, strengthening Internet replacement activities to satisfy psychological needs - social, youth which recognizing the needs of young.

**Conclusion:**

In relation to Internet addiction should be noted that the Internet itself is an impartial and neutral, however, it is important to people how to use it. Although using the Internet to become fit and positive, this will lead to the development of society otherwise it will bring many problems for individuals and society. Internet dependency and addiction cause disruption and chaos in individual and social life and the unpleasant consequences will make especially among adolescents and young people. Based on the research results to those who use the Internet as addiction the result will be including lack of social responsibility, lack of social support, social isolation, failing in school and work, and there is a weak sense of self (8). Also, the research among army students examines that the significant relationship between personality and burnout while that students who had the low test scores in their assessment relevant to their self-esteem, self-efficacy, locus of control and emotional stability they reported lower levels of self-employment and high levels of pessimism (27) Since the prevention is better the treatment, and consider to the results of this research it should be given serious consideration to this phenomenon as a health problem that often afflict young people. In future by increasing the education through in families, schools and universities, of the community will replace the culture and the proper use of computers, the Internet and decrease the possibilities of wrong way of computers.

**REFERENCES**


