

# Correlation between Internet Addiction and Self-Esteem among Nursing Students in Selected Nursing Colleges of Nursing in South India

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## ABSTRACT

Internet addiction has become a modern-day addiction that has gripped people all over the world. People of all ages are affected by this addiction, though it is more prevalent among youth. Self-esteem is how we see and value ourselves. It is based on our self-perceptions and beliefs, which can be difficult to change. This is also referred to as self-assurance. The more time people spend on internet and social media, the more they socially compare themselves. This social comparison has been linked to lower self-esteem and increased social anxiety, among other things. So the present study aimed to assess the effect of internet addiction over the self-esteem of nursing students and develop positive attitude towards self-esteem in the nursing students. Study aims to assess the level of internet addiction and co-relation of IA and Self-esteem and its association with sociodemographic data. The quantitative correlational research design was adopted for the study. The participants consisted of 122 samples, selected by simple random sampling technique from selected nursing college at Bangalore. A structured questionnaire was used to collect data on sociodemographic data and Rosenberg self-esteem scale and internet addiction, internet addiction test, which consists of 20 questionnaire was used. The data was analyzed and interpreted by descriptive statistical analysis. Data analysis demonstrated the mean percentage of Internet addiction is 36.26 and SE is 21.66. The SD of IA 14.95 and SE 3.212. it revealed that there is positive correlation between Internet addiction and Self-esteem. The study explored the self-esteem of nursing students and level of internet addiction and association of socio demographic data with self-esteem and internet addiction.

**Keywords:** Self-Esteem, Internet Addiction, Nursing Students

## INTRODUCTION

**“Internet addiction directly influences the growth of minors. There should be no delay in restricting harmful internet contents”.**

**-Quanxi**

Self-esteem is defined as confidence in one's own worth or abilities; self-respect. It is also a way that people measure themselves whether they are good, bad, or respectable human beings.

Internet addiction is an umbrella term that refers to the compulsive need to spend a great deal of time on the internet, to the point where relationships work and health are allowed to suffer. According to the Indian Nursing Council, the annual general nursing and B.sc nursing intake capacity was 177,338 in 2019. Considering the availability of the registered nurses as 60 percentage of the newly trained nurses joining public health services and 3 percentage annual attrition due to various reasons, the estimated time

needed to meet the estimates is 5 to 6 years. Karnataka also has the highest number of students enrolled in nursing courses -55,338 students.

Johnson investigates how social media platforms have redefined the landscape of human interactions and relationships. The book examines the ways in which these digital platforms have shaped communication patterns altered the dynamics of personal connections and influenced individual's sense of identity and belonging.

Dr. Mathew says "Some social media use can be a good thing because it helps us keep up with the family and friends but we need to be careful about how it affects our physique".

A whole of 5.19 billion people around the world were using the internet at the start of 2023, equivalent to 64.5 percentage of the world's whole population.

### NEED FOR STUDY

It is reported that in 2022 an average mobile internet consumption of an Indian was 19.5GB per month and pan India mobile data usage per month rose from 4.5 exabytes in 2018 to 14.4 exabytes in 2022. According to the 2022 revision of the World Population Prospects the population stood at 1,407,563,842. India has more than 50 percentage of its population below the age of 25 and more than 65 percentage below the age of 35. Today, there is 1.2 billion young people aged 15 to 24 years, accounting for 16 per cent of the global population.

Nursing can be described as both an art and science; a heart and a mind. As its heart lies a fundamental respect for human dignity and intuition for a patient's needs and the nursing students are the primary base of the quality care. Nursing students always want to get acquainted with day today experiences in the clinical settings as well as in studies. Most of the nursing students use internet for their education. Internet literacy helps student nurses to achieve their learning goals. Self-esteem is how we value and perceive ourselves generally based on opinions and beliefs about ourselves. In this current era, internet addiction is more common among nursing students negatively affecting their self-esteem as they're majorly using internet for educational purposes. As the accessibility, duration and dependency level on internet among nursing students are increased day by day. A cross sectional research study on Internet Addiction among nursing students in Agra,

Delhi shows among 109 study subjects 66.1 percentage were females and 33.9 percentage were males. Females are more addicted to internet than males. Another study done in prevalence of internet addiction and its impact on selected psychological parameters among UG nursing students. The study shows among 385 college students, 175 males and 210 females. They've concluded that internet addiction usage is more than the normal limit has a profound effect in nursing students in particular depression and insomnia. Depression and insomnia were found to be correlated with Internet addiction. Another one research study which is done on impact of Internet Addiction on quality of sleep among nursing students. The study clearly highlighted that majorly of the subjects reported average use of internet addiction. As the association between internet addiction and self-esteem is not transparent yet, more research studies require for the same.

### Equations

 Pearson correlation coefficient

Formula

$$r = \frac{\sum (x_i - \bar{x})(y_i - \bar{y})}{\sqrt{\sum (x_i - \bar{x})^2 \sum (y_i - \bar{y})^2}} =$$

- = values of the x-variable in a sample
- = mean of the values of the x-variable
- = values of the y-variable in a sample
- = mean of the values of the y-variable

**PRESENTATION OF DATA**

The analysis of the data has been organized and presented in the following sections:

Section 1: Frequency & percentage distribution of demographic data among nursing student

Section 2: Frequency & percentage distribution of IA among nursing students

Section 3: Frequency & percentage distribution of SE among nursing students

Section 4: Correlation between IA & SE among nursing students

Section 5: Association between IA & SE with selected demographic variables

**Figures and Tables**

**SECTION 1: FREQUENCY & PERCENTAGE DISTRIBUTION OF DEMOGRAPHIC DATA AMONG NURSING STUDENT**

**Table-1: Frequency and percentage distribution of nursing students by age in years**

AGE	FREQUENCY	PERCENTAGE (%)
18-20	99	81
21-23	21	17
24	2	2
<b>TOTAL</b>	122	100

**Table- 1** shows the distribution of students according to the age. Majority of the students are 99 (81percentage) were in the age group of 18-20 years, and 21 (17 percentage) were in the age group of 21-23 years, and 2 (2 percentage) were in the age group of 24 years.

**SECTION-2 FREQUENCY & PERCENTAGE DISTRIBUTION OF IA AMONGNURSING STUDENTS**

**N=122**

Internet addiction	Frequency	Percentage
Normal	54	44.27
Mild	50	40.98
Moderate	17	13.93
Severe	1	0.82
<b>Total</b>	122	100

**Table 2** shows the frequency and & percentage distribution of IA among nursing students were 54(44.27 percentage) have normal level of IA, 50(40.98 percentage) have mild level of IA, 17(13.93 percentage) have moderate level of IA and 1(0.82 percentage) have severe levelof IA.

**SECTION 3 FREQUENCY & PERCENTAGE DISTRIBUTION OF SE AMONG NURSING STUDENTS**

N=122

SELF ESTEEM	FREQUENCY	PERCENTAGE
High	1	0.82
Medium	67	54.91
Low	54	44.26
<b>Total</b>	122	100

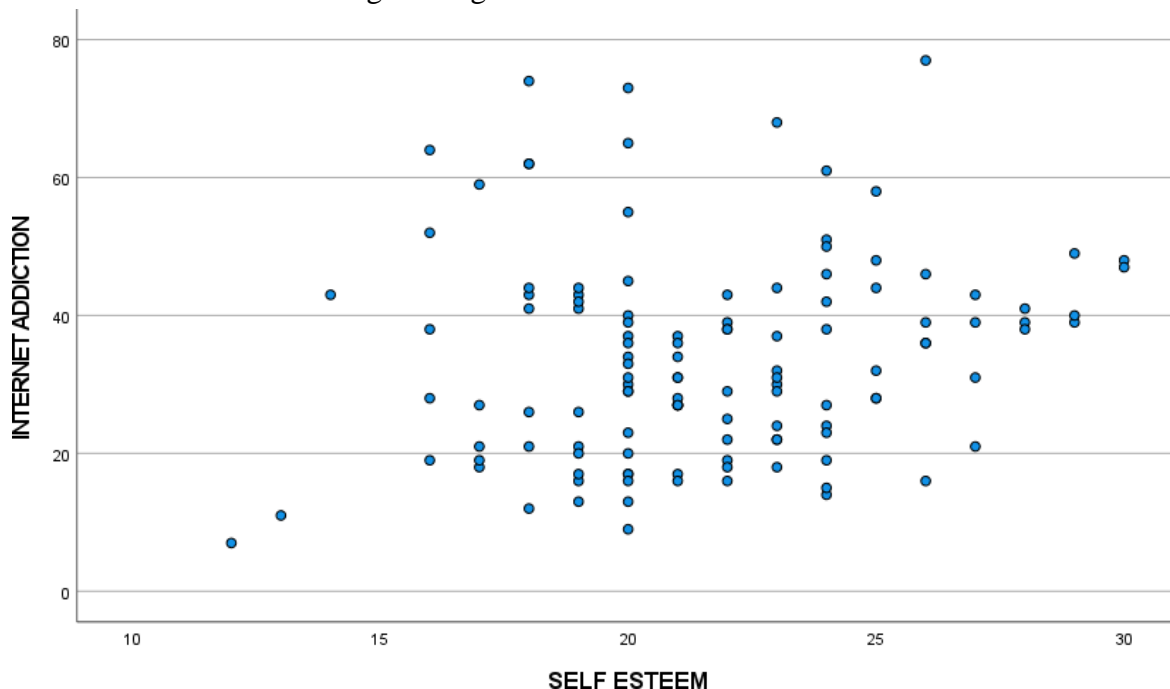
**Table 3** shows frequency & percentage distribution of SE among nursing students were 67 (54.91 percentage) have medium level of SE, 54 (44.26 percentage) have low level of SE and 1 (0.82 percentage) have high level of SE.

**SECTION 4 CORRELATION BETWEEN IA & SE AMONG NURSING STUDENTS**

VARIABLES	MEAN	SD	'r' value
IA	36.26	14.95	0.166
SE	21.66	3.212	0.068

**Table 5** gives the description of correlation between IA & SE, where mean of IA is 36.26, SD is 14.95, 'r' is 0.166 & mean of SE is 21.66, SD is 3.212, 'r' is 0.068.

Here the null hypothesis is rejected and research hypothesis accepted as the results showed positive correlation between SE and IA Among nursing students



**SECTION 5 ASSOCIATION BETWEEN IA & SE WITH SELECTED DEMOGRAPHIC VARIABLES**

**Table 6 : Association between IA & SE with Year of the study**

Variables	Year of the study			
	IA		SE	
	Mean	SD	Mean	SD
1 <sup>st</sup> year	31.65	13.53	21.85	4.12
2 <sup>nd</sup> year	35.34	15.65	21.40	3.14
<b>‘p’ value</b>	0.175*		0.498*	

\*Significant at 0.05 level

**Table 6** shows the association between IA & SE with year of the study among nursing students where the mean of IA of 1<sup>st</sup> year students is 31.65, SD is 13.53 and mean of SE of 1<sup>st</sup> year students is 21.85, SD is 4.12. Mean IA of 2<sup>nd</sup> year students is 35.34, SD is 15.65 and mean of SE of 2<sup>nd</sup> year students is 21.4, SD is 3.14 with ‘p’ value of IA is 0.175, and SE is 0.498 where the both values are at significant level

**Table 7 : Association between IA & SE with Number of siblings**

Variables	Number of siblings			
	IA		SE	
	Mean	SD	Mean	SD
1	34.65	13.53	21.19	3.53
2 or more	32.85	16.08	21.10	3.28
Nil	32.00	18.06	21.36	4.62
<b>‘p’ value</b>	0.746*		0.515*	

\* Significant at 0.05 level

**Table 7** shows the association between IA & SE with number of siblings among nursing students where the mean of IA with 1 sibling is 34.65, SD is 13.53 and mean of SE with 1 sibling is 21.19, SD is 3.53. Mean IA with 2 or more siblings is 32.85, SD is 16.08 and mean of SE with 2 or more is 21.10, SD is 3.28. Mean of IA with nil siblings is 32.00, SD is 18.06 and mean of SE with nil siblings is 21.36, SD is 4.62, with ‘p’ value of IA is .746, and SE is .515 where the both values are at significant level

**IMPLICATIONS OF THE STUDY**

The findings of the study have implications related to Nursing education, Nursing administration, Nursing Practice and Nursing research.

**Nursing education**

- The present study would provide information regarding internet addiction among nursing students and the need to increase self-esteem.
- The study will also provide a base for developing programs in the mass population to assess correlation between internet addiction and self-esteem among student nurses and provide self-instructional guides to reduce their internet addiction level and increase self-esteem.

### Nursing administration

- This study suggests that there is a need for research for formalizing assessment scales to know effect of internet addiction over self-esteem among staff in regard to their job
- This study suggests that there is a need for research in order to make an improvement in the self-help guide to increase self-esteem for increasing staff effectiveness.
- The present study seeks an improvement in the coping mechanism in medical, paramedical, non-medical staffs as well as for the public in order to reduce/remove level of internet addiction.

The overall result of the study showed that the mean percentage of IA is 36.26 and SE is 21.66. The SD of IA 14.95 and SE 3.212. It revealed that there is positive correlation between Internet addiction and Self-esteem. Conclusion and Recommendation The findings of this study support the need for reducing the level of internet usage among nursing students to increase the self-esteem in them. This study has revealed that there is no association between selected socio-demographic variables with the level of internet addiction and self-esteem. Hence, it is recommended to conduct the study in large size in any general population

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