



Research Article

The Prevalence of Social Media Addiction among the Nursing Students: Original Research Article

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Abstract

Aim: The aim of the study was to assess the prevalence of social media addiction among the students of a selected nursing college. **Methods:** A univariant descriptive design was adopted for the study. The Internet Addiction Test (Young, 1998), a 20-item scale was used to measure the presence and severity of internet dependency among adolescents. A total of 110 nursing students were selected using purposive sampling technique. **Results:** The findings of the study showed that a majority 42% of nursing students had moderate social media addiction, 30% nursing students had mild social media addiction, only 14% nursing students had severe social media addiction, and the remaining 14% had no social media addiction. Based on social media addiction scales scores, nursing students had maximum score of 89 with a mean 52.33%, mean score percentage 52.33%, and standard deviation 19.079. The association between social media addiction and the selected demographic variables showed that there was a statistically significant association found between the demographic variables such as duration of social media use, hours of use per day, and the total number of social media applications being used. **Conclusion:** The result of the study showed that most of the students had moderate level of social media addiction whereas very less were shown severe level of social media addiction.

Key words: Nursing students, Social media addiction, Social media use among students

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Introduction

The internet has brought dramatic changes in the sharing of information. In a very short period of time, various forms of interpersonal communication such E-mail, instant messaging, video conferencing, and social networking have become an inevitable part of our daily life.^[1]

Social media are websites or applications that allow people to share their ideas, thoughts, and feelings through

mediums such as photos, music, and videos.^[2] It is an environment in which a group of people came together to share data, relationships, and content, using internet communication channels.^[3] The use of social media sometimes becomes addictive as it affects our brain's reward area.^[4] Social media addiction can be referred as the compulsive use of social media platforms which lead to negative effects on daily life of a person. This term often used to refer to someone who spends too much time on any forms of social media.^[5]

Research studies showed that the excessive use of technology such as internet and social media by teenagers has caused disruptions in their physical and mental health, sleeping patterns, their weight and levels of exercise, and notably in their school work.^[4] Excessive internet usage is sometimes linked to lower grades. A recent study found that time spent on Facebook has a strong negative relationship with the average grades obtained by a student throughout his entire academic experience. The use of multiple social media platforms is more strongly associated with depression and anxiety among young adults than time spent online.^[6]

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Methods

Research approach

A descriptive survey approach was used to assess the prevalence of social media addiction.

Research design

Univariant descriptive design was used.

Setting of the study

This study was conducted in S.C.P.M. College of Nursing and Paramedical Sciences, Gonda, U.P.

Sample

The samples consist of nursing students who fulfilled the inclusion criteria for the study.

Sample size

In this study, a total of 110 nursing students will be selected as samples.

Sampling technique

Purposive sampling technique was used.

Tool

The Internet Addiction Test (Young, 1998), a 20-item scale was used to measure the presence and severity of internet dependency among adolescents.

Results

The analysis of data was organized and presented under the following sections.

Section-A: Description of baseline variables of respondents, in frequency and percentage

Table 1 shows percentage wise distribution of nursing students according to their age, majority of nursing students 48% were between the age group of 20 and 22 years and between the age group of 17 and 19 years and 23 years and above of age 26% nursing students. According to their gender, 84% of the nursing students were female and only 16% were male. According to course of study, majority of nursing students 40% study in B.Sc. nursing were 10% study in post basic B.Sc. nursing, 30% study in G.N.M., and 20% study in A.N.M. According to type of gadget, majority of nursing students 93% were only used smartphone and 7% nursing students using both smartphone and personal computer/tablets. There was no nursing student who only and only used personal computer/tablets. According to frequency of visiting social media profile daily, frequency of visiting social media profile daily in 39% nursing students were 1–9 times, 39% nursing students were 10–19 times, and 22% only 20 times and above. According to time spent on social media daily, majority of nursing students 38% were used

Table 1: Percentage wise distribution of nursing students according to their demographic characteristics

Demographic variables	Frequency	Percentage
Age		
17–19 years	26	26
20–22 years	48	48
23 years and more	26	26
Gender		
Male	16	16
Female	84	84
Course of study		
B.Sc. nursing	40	40
Post basic B.Sc. nursing	10	10
G.N.M.	30	30
A.N.M.	20	20
Type of gadget use		
Smartphone	93	93
Personal computer/tablets	0	0
Both smartphone and personal computer/tablets	7	7
Frequency of visiting social media profile		
1–9 times	39	39
10–19 times	39	39
20 times and above	22	22
Time spent on social media daily		
<1 h	15	15
1–2 h	30	30
3–4 h	38	38
5 h and more	17	17
Most preferred social media		
Facebook	8	8
WhatsApp	56	56
TikTok	20	20
Instagram	14	14
Others	2	2
Total number of social media accounts holding		
One	25	25
One–two	25	25
Five	19	19
More than 5	31	31

social media 3–4 h, 15% nursing students were used social media <1 h, 30% nursing students were used social media 1–2 h, and 17% nursing students were used social media 5 h and more. According to most preferred social media, majority of nursing students 56% were preferred WhatsApp, 8% nursing students were preferred Facebook, 20% nursing students were preferred TikTok, 14% nursing students were preferred Instagram, and 2% nursing students only preferred other social media applications such as YouTube and Helo.

Section-B: Findings related to prevalence of social media addiction score of respondents

Level of social media addiction of respondents who are studying in SCPM College [Table 2] showed that majority of nursing students (42%) had moderate social media addiction, and 14% of nursing students had no addiction whereas 30% of nursing students had mild social media addiction. Only 14% of nursing students had severe social media addiction.

Table 3 shows the social media addiction the maximum score is 89, mean score is 52.33, standard deviation is 19.079, and mean percentage is 52.33%.

Section-C: Association between addiction of respondents on social media with their selected demographic variables

Table 4 shows the association between social media addiction and the selected demographic variables. It showed that there was a statistically significant association found between the demographic variables such as duration of social media use, hours of use per day, and the total number of social media applications being used. There was no statistically significant association found between the demographic variables such as age group, gender, course of study, and type of access/gadget used.

Discussion

The findings of the study are discussed with reference to the objectives, hypotheses, and in relation to the findings of the other studies. In the present study, level of social media addiction of respondents showed that majority of nursing students (42%) had moderate social media addiction, and 14% of nursing students had no addiction whereas 30% of nursing students had mild social media addiction. Only 14% of nursing students had severe social media addiction.

Table 2: Level of social media addiction of respondents ($n = 110$)

Social media addiction score	Number of students	Level of addiction
0–30	14	No social media addiction
31–49	30	Mild social media addiction
50–79	42	Moderate social addiction
80–100	14	Severe social media addiction

Table 3: Maximum score, mean, standard deviation, and mean percentage of social media addiction score of respondents

Aspect	Maximum score	Mean	Mean score percentage	Standard deviation
Social media addiction	89	52.33	52.33	19.08

There was a statistically significant association found between the demographic variables such as duration of social media use, hours of use per day, and the total number of social media applications being used. There was no statistically significant association found between the demographic variables such as age group, gender, course of study, and type of access/gadget used.

The results of the present study are supported by the descriptive study which was conducted to assess the social media addiction among Turkish University students. A sample containing 323 Turkish students in total, 186 of whom were male and 137 of whom were female, studying in different departments at Selçuk University, participated in the study. A personal information form was used to obtain the sociodemographical information of the students, while “Social Media Addiction Scale,” developed by Tutgun Ünal (2015), was implemented to determine the media addiction levels. The result showed that 310 students from the participants use social media, among these 280 use Facebook, 189 use Instagram, 148 use Twitter, 261 use YouTube, 243 use Google, 16 LinkedIn, and 19 Vira. Although no differences were observed concerning the age factor among the students; statistically significant differences were found among the averages of social media addiction with regards to sex, income, educational background of the parents, the means to access the internet, the number of years of access, and the number of hours of access ($P < 0.05$ and $P < 0.01$). Statistically significant variances were also found in all the dimensions of social media addiction concerning the time and the hours the students spend on social media ($P < 0.05$ and $P < 0.01$).^[7]

The results of the present study are supported by a cross-sectional study was conducted to find the prevalence of internet addiction and the effects of social media usage among medical students in a private medical college, Pondicherry. The setting was the study Aarupadai Veedu Medical College, Pondicherry. Two hundred students were included using simple random sampling method. A pre-tested semi-structured questionnaire was used to collect sociodemographic details, usage of internet and social media, purpose of using internet, hours of sleep, and sleep deprivation. Young’s Internet Addiction Test was used to test the internet addiction. Results showed that among 200 study participants, 93.5% were using smartphone to access internet. Three-fourth of them revealed that their main purpose is to access social media. More than half of the study participants were (53.5%) average internet users and 33 (16.5%) were possible internet addicts. About 13% of students had <5 h of sleep and also high internet users. There is a weak negative correlation (correlation coefficient 0.15) exist between hours of sleep and time spent in social media. More than half of the students felt that they tend to avoid outdoor games followed by their studies were affected and reduced sleep (35.5%).^[8]

Table 4: Association between addiction of respondents on social media with their selected demographic variables by Chi-square test ($n=110$)

Demographic variable	≤ Median	>Median	Total	χ^2 Value	Level of significance
Age group					
17–19 years	16	10	26	1.356	$P=5.99$ Not significant at *0.05 level
20–22 years	24	24	48		
23 years and more	12	14	26		
Total	52	48	100		
Gender					
Male	5	11	16	3.29	$P=3.841$ Not significant at *0.05 level
Female	47	37	84		
Total	52	48	100		
Course of study					
B.Sc. nursing	16	24	40	7.4	$P=7.815$ Not significant at *0.05 level
Post basic B.Sc. nursing	4	6	10		
A.N.M.	17	13	30		
G.N.M.	15	5	20		
Total	52	48	100		
Type of gadget used					
Smartphone	48	45	93	0.0785	$P=5.99$ Not significant at *0.05 level
Personal computer/tablets	0	0	0		
Both smartphone and personal computer/tablets	4	3	7		
Total	52	48	100		
Frequency of visiting social media profiles daily					
1–9 times	27	12	39	7.58	$P=5.99$ Significant at *0.05 level
10–19 times	16	23	39		
20 times and above	9	13	22		
Total	52	48	100		
Time spent on social media					
<1 h	14	1	15	27.545	$P=7.815$ Significant at *0.05 level
1–2 h	21	9	30		
3–4 h	15	23	35		
5 h and more	2	15	17		
Total	52	48	100		
Most preferred social media					
Facebook	3	5	8	7.59	$P=9.49$ Not significant at *0.05 level
WhatsApp	35	21	56		
TikTok	7	13	20		
Instagram	7	7	14		
If others, specify	0	2	2		
Total	52	48	100		
Total number of social media account holding					
One	20	5	25	14.736	$P=7.815$ Significant at *0.05 level
One–two	12	13	25		
Five	11	8	19		
More than 5	9	22	31		
Total	52	48	100		

Conclusion

The result of the study showed that most of the students had moderate level of social media addiction whereas very less were shown severe level of social media addiction. There was a significant association between frequency of visiting social media profiles, time spent on social media, and total number of social media account holding with relation to social media addiction.

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Conflicts of Interest

Academic purpose.

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