

Internet Addiction and Its relationship with Nursing Students' Health Profile

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Abstract

Background: Nursing students need to be aware of the optimal use of the Internet because they spend a lot of time conducting scientific research that complements the academic curriculum, but when a nursing student becomes unable to control the use of the Internet, this leads to internet addiction and this will affect their physical, psychological and social health. **Aim:** This study was to assess internet addiction and its relationship with the nursing student's health profile. **Design:** a descriptive correlative study design was used to achieve the aim of this study. **Setting:** The study was conducted at the Technical Institute of Nursing, Fayoum University. **The sample:** A simple random sample (322) nursing students Out of 754 Nursing students. **Tools of data collection:** The study included three tools first tool: a self-administered questionnaire to assess the socio-demographic characteristics of nursing students. Second tool: Young Internet Addiction Scale (IAT) to assess the level of internet addiction; the third tool: The Duke Health Profile. **Results:** It was found that 8.1% of nursing students were addictive internet users and 15.5% of them were at risk. 80.8%, 80.0% of addicts, and at-risk students had poor total the duke health profile, and 78.9% average internet user students had good total manual scoring for the duke health profile. A positive highly statistically significant difference between the level of Internet Addiction and the duke health profile ($p < 0.001$). **Conclusion:** The current study concluded that a nursing student who is addicted to the Internet negatively affects the physical, psychological, and social health, unlike the student who does not overuse the Internet. **Recommendations:** The hazards and determinants of Internet technology should be added to the educational curricula and the methods that must be followed to avoid its adverse effects on physical, psychological, and social well-being.

Key words: Internet addiction, Health Profile, Nursing students.

Introduction:

The term Internet refers to different types of online activity. The Internet is a means and part of the abundant information source, education, social interaction, business, occupation, leisure, and the last word for all concerns of human life. As it is used for

some or most of these aims, dependence, addiction, and withdrawal can happen. The concept of internet addiction is an overuse of the internet leading to impairment of an individual's mental and psychological status. There are different types of addiction like computer addiction, online addiction, aggressive use of the internet, which

results in significant impairment in a student's life which include physical health problems, and other problems (Chaudhari, 2015, Parel & Thomas, 2017).

Internet addiction is characterized by excessive or uncontrolled preoccupations or bad behaviors regarding computer use and internet access that lead to stress or strain which is common among young individuals (Christakis et al., 2013). Prevalence rates of internet addiction vary widely from study to study as it is very important to express the stage of age that using the internet excessively (Grant et al., 2010).

There are many studies about the effect of internet addiction and types of internet and it is one of the things that influence the quality of life. Internet addiction mostly differ according to age as Nielsen's Consumer (2014), reported that 56% of young adults use social media at any place, 44% use it while eating at a restaurant and 40% use it while using the bathroom. University students excessively used the internet for a long time that many physical and psychological health problems appear.

According to several studies, excessive Internet use can negatively affect a student's life in which students facing family problems and lose social communication. It is often difficult for students to accurately differentiate the amount of time spent online for an educational and non-educational purpose (Li et al., 2015). Many studies recently confirmed that adolescents are the most exposed group to Internet addiction that negatively affects lifestyle, dietary, and physical behavior that puts physical at risk. Over the long term, the physical impact of compulsion can produce significant, lasting damage to mental condition, body, and spirit (Mesch, 2016).

Psychological, mental, and social health also affected that lead to many problems, such as depression and other psychiatric symptoms. However, using the Health Profile is presented as a brief tool for measuring health as an outcome of medical intervention and health promotion (Yoo & Cha, 2013).

Nurses considered as first line healthcare workers. Since nurses expected to protect and encourage the well-being of people and to improve their quality of living , nursing student play an essential part in enhancing the knowledge of health for clients and families by using the internet through, Smartphones, computers, and personal digital assistants (PDA), as they have the ability for downloading scientific research contain a vast amount of knowledge that could be used by the nursing students in the clinical setting that put him in high risk problems of internet using (Ahmad et al., 2015).

Education and entertainment must occur not only from the virtual world but from all resources such as environmental conditions, social life, and experience. Therefore, students must identify and distinguish between the excessive use that leads to internet addiction, and therefore appropriate interventions and methods must be used to identify and reduce internet addiction. Since nursing is based on providing comprehensive health care using modern technology, including internet technology, they must learn how to not be addicted to the Internet, and thus we can build a healthy professional life (Parel & Thomas, 2017).

1.2. Significance of the study:

The findings of recent research on the prevalence of pathological Internet use (PIU) and maladaptive Internet use (MIU), conducted by Durkee (2012), showed that the prevalence of PIU was

higher among males than females (5.2% versus 3.8%). In Saudi Arabia, researchers found that the prevalence of nursing student who experienced at risk of internet use was 40.5%, while the addictive use was about 2.1% (Khalil et al., 2016). In Egypt, the prevalence of internet addiction at Egyptian students of zagazig university was 41.5% (n = 912), which included at-risk internet use (37.4%) and internet addiction use (4.1%), (Abdelghani et al., 2018). From the researchers' point of view, It is imperative to know the rates of internet addiction in rural governorates so that health care providers of youth in universities, clubs, and within families can immediately intervene to help them reduce the rate of internet use and reduce its impact on their physical and psychological health.

1.3. Aim of the Study:

This study aimed to assess internet addiction and its relationship with nursing students' health profiles. This aim was achieved through:

- 1-Assess level of internet addiction use among nursing students.
- 2-Assess the pattern of symptom complaints according to internet addiction test among nursing students.
- 3-Assess health profile among nursing students related to internet addiction.

1.4. Research question:

- 1-what is the level of internet addiction among nursing students?
- 2- What are the internet addiction pattern of symptom complaints among nursing students?
- 3- Is there a relation between internet addiction and health profile among nursing students?

2- Subjects and Methods

2.1. Research design:

The descriptive Correlation research design was conducted from March 2018 to May 2018. It is a study designed to depict the participants in an accurate way.

2.2. Setting:

The present study was conducted in nursing student's first and second-year classrooms at the Technical Institute of Nursing at Fayoum University during the academic year 2017-2018.

2.3. Sampling and method:

A simple random sample was used through giving every student number and A simple random sample was used to give a number to each student and using the SPSS program, odd numbers were chosen to represent the research sample from the first and second year. Sample Size: The number of students selected from each grade was determined according to Thompson, 2006. The following equation.

$$n = \frac{N \times p(1-p)}{\left[\left[N-1 \times \left(d^2 \div z^2 \right) \right] + p(1-p) \right]}$$

First-year: 158 out of 368 students and second-year: 164 out of 386 student.

Inclusion criteria: students of both sex ranging in age from 18 to 22 years.

2.4. Tools of the study: three tools for data collection were used in the present study

2.4. 1. First tool: self-administered questionnaire.

It was designed by the researchers and written in simple Arabic language. Data obtained were related to demographic

characteristics of the studied nursing student which included: age, gender, residence, marital status, academic level, father and mother work, and family income/ month.

2.4. 2. Second tool

Internet Addiction scale, it was developed by **Kimberly Young, 1998** to measure the presence and severity of internet dependency among adults. Internet Addiction Test (IAT) views Internet addiction as an impulse-control disorder. It is the most widely used Internet addiction scale. Later, Young extended the test by increasing the number of items to 20 (from the original eight). Questions are again divided into exam items for assessing a pattern of symptom complaints i.e., salience related (questions 10, 12, 13, 15, and 19), neglect work-related (questions 6, 8, and 9), anticipation related (questions 7, 11), excessive use related (questions 1, 2, 14, 18, and 20) and lack of control related (questions 5, 16, and 17) to consider other aspects of psychological functioning exhibited by the person.

Scoring system: Internet Addiction Test (IAT) consists of 20 items answered with a five-point likert-type scale, ranging from 0 “never” to 5 “always”. The Test score ranges from 20 to 100 and a higher value indicates a more problematic use of the internet:

- Average internet use (IAT = 0-49 points) who has no problems;
- At-risk internet use (IAT = 50-79) who has occasional or frequent problems; and
- Addictive internet use (IAT = 80-100) who has significant problems and negative personal impact.

2.4.3. Third Tool

The Duke Health Profile: The original scale was developed by **Schuntermann (1997)**. It used to evaluate the health in any population, regardless of pathology. The Health Profile is a 17-item self-administered questionnaire containing 5 independent health concepts: physical health, 5 items; mental health, 5 items; social health, 5 items; perceived health, 1 item; disability, 1 item; and 5 other concepts derived from a recombination of the preceding: self-esteem, 5 items; anxiety, 6 items; depression, 5 items; pain, 1 item, and general health, 15 items out of 17 -item. Item 3 explores only perceived health, while item 17 deals only with disability.

Scoring system: Each question has 3 possible answers, rated 0, 1, or 2. Responses to the items in each measure are added together and then the means of the raw item scores are normalized to a scale of 0 (worst) to 100 (best) for physical health, mental health, general health, perceived health, and self-esteem, and of 0 (best) to 100 (worst) for anxiety, depression, pain, and disability. The subjects’ responses are presented in the form of a profile of the scores calculated for each of the 10 concepts, and the total score was classified as follows: poor Health Profile scale was less than 50% represents >50 marks, average Health Profile of nursing student score were represented 50% and good Health Profile of nursing student score represented <50 marks for physical health, mental health, general health, perceived health and self-esteem and poor Health Profile scale were more than 50% represent <50 marks, average Health Profile of nursing student score were represented 50% and good Health Profile of nursing student score were represent >50 marks.

2.5. Methods

The study was executed according to the following steps

2.5.1. Approvals and Ethical consideration:

To carry out the study ethical consideration was maintained to ensure participants rights, the necessary official approval was obtained from the technical institute of nursing - Fayoum University to collect the necessary data after explaining the purpose of the study and oral consent was obtained for participation. All students at the technical institute of nursing were assured that the obtained information would be confidential and would be used only for the purpose of the study.

2.5. 2. Tools Validity and Reliability:

Content validity was performed by five colleges; two professors from the Community Health Nursing Department, two professors from the Psychiatric Health Nursing Department, and one professor from the medical-surgical department - Faculty of Nursing. All experts were affiliated to Fayoum University, Egypt. The developed tools were tested for reliability. The reliability test was established by using Cronbach's alpha and Pearson correlation which showed good internal consistency construct validity, Cronbach's Alpha coefficient test = (0.988) for the Internet addiction tool, and (0.985) for the duke health profile tool.

2.5. 3. Pilot study

It was carried out on 10% of the sample (74 nursing students) who were included in the main study sample. It was conducted to test the study process and evaluate the applicability and test the content clarity, the feasibility, and

the time needed to fill in the tools. According to the pilot study result no modifications to the question.

2.5. 4. Field Work

Data collection for the study was carried out in the period from March 2018 to May 2018. The investigators explain the aim of the study and instructions to fill the scales and visited the Nursing Institute from 11 am-1 pm. The questionnaires were distributed after obtaining the necessary permissions from the nursing students. Each questionnaire took 5 to 10 minutes to be completed. The time required for filling in the questionnaires was estimated to be 20–30 min. At the beginning of the interview, the researchers introduced themselves, and then the oral consent of the students was obtained. Students were asked to fill the questionnaire and two other scales in their place of study and collected after completion by the researcher.

2.5. 5. Statistical analysis

Statistical presentation and analysis of the present study was conducted, using the mean, standard Deviation, Unpaired Student T-test was used to compare between two groups in quantitative data and chi-square are computed for 2x2 tables in qualitative data by (IBM SPSS Statistics for Windows, Version 20.0. Armonk, NY: IBM Corp.)

Significant Level: >0.05 Non significant
<0.05* significant <0.001** High significant

Result:

Table (1): Frequency and percentage distribution of Nursing Students’ Socio-demographic Characteristics (No=322).

Socio-demographic characteristics	No	%
Age/year		
18 years	135	41.9
≤18-22 years	187	58.1
Mean ± SD	18.69±0.72	
Gender		
Female	163	50.6
Male	159	49.4
Residence		
Rural	193	59.9
Urban	129	40.1
Marital Status		
Single	270	83.9
Married	52	16.1
Academic level		
First year	158	49.1
second year	164	50.9
Father Work		
Work	299	92.9
Not work	23	7.1
Mothers’ job		
Work	217	67.4
House wife	105	32.6
Family income/ month		
<25000	98	30.4
2500- <3000	88	27.3
3000 or more	136	42.2

Table (1): clarifies that the mean age of Nursing student was (mean ± SD) 18.69±0.72 years, As regards, gender, 50.6 of them were female students. 59.9% of them were from rural areas. 16.1% of them were married. Moreover, 92.9% of their fathers were working and 67.4% of their mothers were working. In addition, 42.2 % of them had 3000 or more monthly family income.

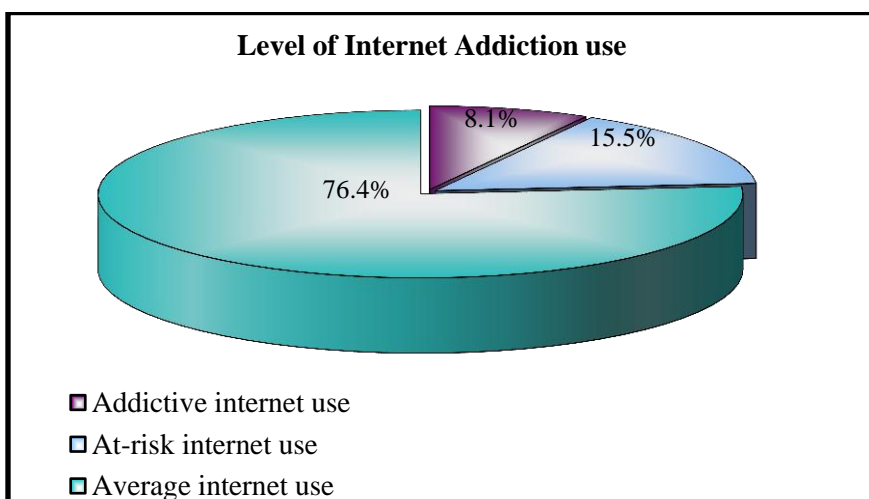


Figure (1): percentage distribution of nursing student' level of internet addiction use(No=322)

Figure (1): clarifies that 76.4% from nursing students had average internet use, among them 15.5% are at risky level of internet use, and 8.1% of them had addictive internet use.

Table (2): Frequency and percentage distribution of nursing students according to their pattern of symptom complaints (No=322)

IAT score	Nursing student		Mean score & SD
	No	%	
Salience	156	48.4	4.7±1.75
Excessive Use	217	67.4	10.4±2.64
Neglect work	218	67.7	15.2±3.2
Anticipation	121	37.6	8.3±2.8
Lack of control	245	76.1	18.4±2.12
Neglect of social life	269	83.5	21.04±3.86
Mean score ±SD	58.17±5.42		

Table (2): clarifies that higher pattern of symptom complaints related to internet addiction among nursing student 67.4%, 67.7%, 76.1, 83.5% related to excessive use, neglect work, lack of control and neglect of social life respectively. While low pattern of symptom complaints related to internet addiction among nursing student 37.6 % and 48.4 % related to anticipation, and salience respectively.

Table (3): Comparison between Addictive and Average internet users of nursing students health profile (No=322).

Health profile	Addictive students (N=26)		Average students (N=246)		t-test	P-value
	Mean	± SD	Mean	± SD		
Physical health score	51.32	± 7.16	74.10	± 8.27	7.612	<0.001**
Mental health score	57.58	± 9.15	72.0	± 11.54	6.380	<0.001**
Social health score	72.07	± 10.08	73.7	± 9.37	0.837	0.403
General health score	48.12	± 7.4	78.04	± 8.61	11.357	<0.001**
Perceived health score	47.65	± 9.63	70.2	± 10.02	6.581	<0.001**
Self-esteem score	77.28	± 12.42	87.50	± 11.4	8.127	<0.001**
Anxiety score	81.75	± 9.8	72.8	± 8.7	4.928	<0.001**
Depression score	80.27	± 8.84	70.9	± 7.33	9.313	<0.001**
Anxiety-depression (duke-ad) score	83.34	± 8.6	71.44	± 8.52	6.767	<0.001**
Pain score	78.85	± 11.77	74.37	± 11.38	6.150	<0.001**
Disability score	85.93	± 10.5	83.79	± 12.1	0.908	0.367

Table (3): clarifies that physical, mental, general, perceived health and self - esteem scores significantly higher among the average students for internet use whereas anxiety, depression, and anxiety- depression, pain score were significantly higher among addictive internet user students. No significant relationship was found between internet addiction, and social health and disability of the duke’s health profile score.

Table (4): Comparison of total health profile and level of internet addiction (No=322)

Level of Internet Addiction	Total Manual scoring for the duke health profile								
	Poor		Average		Good		Total	Chi-square	
	N	%	N	%	N	%	N	X ²	P-value
Addictive internet use	21	80.8	5	19.2	0	0.0	26	28.963	<0.001*
At-risk internet use	40	80.0	8	16.0	2	4.0	50		
Average internet use	12	4.8	40	16.3	194	78.9	246		
Total	73	22.7	53	16.5	196	60.8	322		

Table (4): shows that 80.8%, 80.0% of internet addicts and at risk students had poor total health profile, and 78.9% average internet use students had good total manual scoring for the health profile. A positive highly statistically significant deference between level of internet addiction and the nursing student’ health profile (p <0.001).

Table (5): Relationship between the internet addiction level and nursing student socio-demographic characteristics (No=322).

Socio-demographic characteristics	Internet Addiction level									
	Addictive internet use		At-risk internet use		Average internet use		Total		Chi-square	
	N	%	N	%	N	%	N	%	X ²	P-value
Age (years)										
18	8	30.8	17	34.0	110	44.7	135	41.9	3.405	0.182
≤18-24	18	69.2	33	66.0	136	55.3	187	58.1		
Academic level										
First year	8	30.8	18	36.0	132	53.7	158	49.1	8.975	0.011*
second year	18	69.2	32	64.0	114	46.3	164	50.9		
gender										
Female	4	15.4	12	24.0	147	59.8	163	50.6	35.303	<0.001**
Male	22	84.6	38	76.0	99	40.2	159	49.4		
residence										
Urban	24	92.3	32	64.0	73	29.7	129	40.1	52.541	<0.001**
Rural	2	7.7	18	36.0	173	70.3	193	59.9		
Family income/ month										
<25000	4	15.4	3	6.0	91	37.0	98	30.4	49.946	<0.001**
2500- <3000	7	26.9	5	10.0	76	30.9	88	27.3		
3000 or more	15	57.7	42	84.0	79	32.1	136	42.2		

Table (5): Shows that highly statistically significant relationship between internet addiction level and their demographic characteristics (academic level, gender, residence and family income), when p-value was <0.001. While there were no statistically significant differences between internet addiction and age of nursing students.

Discussion:

Internet addiction is characterized by poorly controlled preoccupations or urges with regard to accessing the Internet which leads to excessive use of the Internet and thus affects health, social, psychological, and physical well-being and excessive behaviors. Internet addiction has been called Internet dependency and Internet compulsivity. Internet addicts priorities the Internet and can cause severe stress on family, friends, work .unmanageable behaviors include a mental preoccupation with being online, compulsive use, lying or hiding the extent of true online behavior, and an inability to control online behavior (Smith et al., 2014 & Spada, 2014). The present study aimed to assess internet addiction and its relationship with nursing student' health profile.

Regarding socio-demographic characteristics of nursing student, the results of this study revealed that the age of nursing student was 18 - 22 years, with mean age 18.69 ± 0.72 years and half of them were female students, this finding means that the internet addiction has transformed the way students communicate, learn, and networking, this result was consistent with **Mohammad khani (2017)**, who conducted a study about Internet Addiction in High School Students and Its Relationship With the Symptoms of Mental Disorders which showed that the age of their studied sample was 18-26 years. Also, this finding supported by **Doğan et al., (2013)**, who conducted a study about " the internet. addiction and its impact on psychological health " which showed that Computer and internet usage are most common in the 16-24 age group.

Regarding the Residence, the present study result showed that more than half of them are living in rural areas. This finding was supported by **Shaheen et al., (2016)**, who conducted a study about " Problematic Internet Use among Medical School Students in Menoufia University", in Egypt, which showed that more than half of them from a rural area. Concerning father and mother work, the majority of students' fathers were working and more than two-thirds of the students' mothers were working.

Concerning family income, 42.2 % of them had 3000 or more monthly family income as a result of the work of the father and mother, it increased the family's income leads to the availability of the Internet because they have the financial ability to renew the Internet and thus the Internet will be available at home, and the Wi-Fi is also connected to the students' phones constantly inside their homes and therefore students are not bound by the Internet because it is available. This finding was supported by **Abd El-Hameed et al., (2017)**, who conducted a study about " internet addiction among medical students of Sohag University" in Egypt, Which showed that 45.1% of the students' mothers were working, which led to the availability of the Internet at home.

In relation to the level of internet addiction, the present study found that the more than three-fourths of a nursing student having average internet addiction level a, more than one-tenth are at-risk level, and only eight percent was addictive internet use. According to the opinion of the research, the level of internet addiction was lower in Fayoum as a result of that, two-thirds of students are from rural areas with limited internet access and the male nursing students help their families in

agriculture. This finding was supported by four other studies. *First*, **Salehi et al., (2014)**, who conducted a study about "Prevalence of Internet Addiction and Associated Factors Among Medical Students From Mashhad", in Iran, which showed that 92.2% of studied students were average internet user, 2.1% of studied students were at risk and 5.2% were addicted users. *Second*, **Shaheen et al., (2016)**, found that 13% of students were severe internet addicts and the majority of studied students were average use. *Third*, the previously mentioned **Parel & Thomas, (2017)**, who conduct across sectional survey to investigate the level of internet addiction among 97 first year nursing students, India. Found that 42% had mild addiction, 34.02% had moderate, and 1.03% had severe internet addiction. *Fourth* **Malviya et al., (2014)** where the result was mild (64.5%) followed by moderate (18.6%) and severe (9.5%). These findings justified the first research question.

In relation to internet addiction test score for a pattern of symptom complaints, the present study revealed common problems significantly among students associated with internet addiction, more than two-thirds of nursing student had excessive use of the internet, neglect work and more than three-quarters of them had lack of control and neglect of social life. From the researchers' point of view, uncontrolled use of the Internet can have a negative impact on a portion of the time students spend doing fun things with others, affecting their social lives, and Internet users who cannot control time and therefore spend long hours without performing any physical activity and thus leads to their neglect at work. This finding was supported by **Young (2011)**, who conducted a study about "Internet addiction test", which showed that the majority of students had a lack of control related

internet addiction symptoms, followed by the neglect of social life-related symptoms. These findings justified the second research question.

In relation to nursing student's health profile, the present study revealed that the nursing student had physical, mental, general, perceived health and self-esteem scores significantly higher among the average students for internet use whereas anxiety, depression, and anxiety-depression, pain score was significantly higher among internet addictive students. No significant relationship was found between internet addiction and social health and disability of the health profile score. The internet addicts students and at-risk had poor health profiles with a positive highly statistically significant difference between the level of Internet Addiction and health profile. From the researchers' point of view, high internet-users showed a pronounced decrease in physical, mental, general health following internet use compared to the low internet-users. Similar to the studies done by **Goel et al., (2013)**, who conducted a study about "the prevalence of internet addiction and its association with psychopathology" in Indian, which showed that the students who were excessively used the internet had poor scores on physical, mental health and perceived health score. This finding was supported by the other two studies. *First*, **Rabadi et al., (2017)**, who conducted a study about "the relationship between depression and internet addiction among University Students" in Jordan, which showed that internet addiction was linked positively to psychological problems like stress and anxiety and Students high in internet addiction are more likely to emotionally, or mentally attack to stress, anxiety, and depression. *Second*, **Taha et al., (2019)** who conducted a study in Saudi Arabia about "Internet use and Addiction among Medical Students in Qassim

University". Found that Study respondents also reported health problems including headaches, backache, weight gain, neck pain and other psychological problems as a result of Internet use. These findings justified the third research question.

Considering the relation between Internet addiction and socio-demographic characteristics, this study revealed a statistically significant relationship between Internet Addiction level with Academic level, the second-year students use the internet more than first-year students as a result of the increased academic burden of doing research in various subjects, as well as after their studies of computers and how to use it in the field of scientific research and other applications. The current study also shows a statistically significant relationship between Internet addiction level and gender, because the culture of the rural area does not allow females to go out of the house to go to the cyber, as Internet service is not available in all rural areas, the service is not well and family continuous follow-up for females. Which is similar to the findings of **Desouky & Ibrahem (2015)**, who conducted a study about "Prevalence of problematic internet use" which showed that the internet use was significantly higher among male students and increasing with academic level.

Regarding the residence, this study result found a statistically significant relationship between Internet Addiction level with residence due to rural areas have a culture of relying on their male and female adolescents to help the family in the various work of the house and agriculture. Thus they spend a long time without using the Internet in addition to the weak network in rural areas. This is similar to the findings of **Salehi et al., (2014)**, Which showed that Internet addiction was more common among students in urban areas than in rural areas in using the Internet. Also, this study

shows a significant relationship between Internet addiction level and family income due to the ability of the family to renew the services on the internet when it is finished. This is similar to the findings of **Salehi et al., (2014)**, which showed that increasing family income leads to excessive use of the internet. So, suitable interventional and preventive studies are needed to encourage proper internet use to protect students 'physical and mental health.

5. Conclusion

On the light of the main study results, the study was concluded that:

Excessive Internet use had adverse outcomes on physical, and psychological well-being. The level of internet addiction was found to be among nursing student in the total sample ranked at the minority of them had internet addiction, while the majority of addictive and at-risk nursing students had significantly poor total health profile with a positive highly statistically significant difference between the level of internet addiction and the nursing student' health profile, also, more than three-fourths of average internet use students were significantly good in total manual scoring for the duke health profile. ($p < 0.001$).

Recommendations:

Based on the results of the present study, the following recommendations can be suggested:

- Students should be early screening for internet addiction using internet addiction test for providing treatment early and preventing hazards to health.
- Providing an educational program for students on the healthy practice of the internet.
- The hazards and determinants of Internet technology should be added to the

educational curricula and the methods that must be followed to avoid effects on physical, psychological, and social well-being.

- Holding awareness programs for students on the excessive use of internet use.

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