Research Article

Internet addiction of students at the vocational high school of healthcare

Cihan Önen [1], *, Aygül Tunçdemir [2], Ali Özer [3]

[1] Health High School, Bitlis Eren University, Bitlis - Turkey
[2] Vocational High school of Health Care, Adıyaman University, Adıyaman - Turkey
[3] Department of Public Health, Faculty of Medicine, İnönü University, Malatya - Turkey
* Corresponding author: cihan_nen@yahoo.com

Abstract

The aim of this study is to survey the internet addiction level of the students of Adıyaman University Health Vocational High School and to define the factors that affects it. The scope of descriptive research consists of 371 students of Adiyaman University Vocational School of Health Services. After the necessary permission from the related institute, to collect information from 1 to 20 December 2013 data were collected through face to face interviews. As a means of data collection; personal questionnaire and Internet addiction scale was used. In terms of statistical analyzes, the "Mann-Whitney U" test and Kruskal-Wallis H test were used. In this study, the frequency of problematic Internet use was found as 3.5% (8 people). A statistically significant relationship between Internet addiction and participants' gender, smoking status, employment status, the internet connection tool and the purpose of using it has been identified. The frequency of the avaluated students' internet addiction was understood to be low.

Keywords: Internet, addiction, students, Mann-Whitney U test, Kruskal-Wallis H test.

1. Introduction

Internet addiction has been a gradually growing problem lately. When it is used without control, it causes some problems on the individuals with versatile affects (Şenormancı et al. 2010). Nowadays, an addiction type that effectuates deficiency in the way of wasting time on the internet may result in individuals lacking sufficiency in the fields of social life, academic success and activities. In many countries, its visible effects on individuals at every ages, mainly on adolescent and the young people, have urged the importance of the issue (Öztürk et al. 2007).

Its reflection on individuals starts at the primary school period depending on the parents' attitudes (Ayas & Horzum 2013). At adolescence, when the parents take the control of internet usage by imposing limitations, child's self-control increases which decreases the mis-usage of internet. On the other hand, some physiological control methods like leaving the children loveless decreases child's self-control and it increases the mis-usage of internet significantly (Li et al. 2013). Self-control is the main determinative for this group (young people at adolescent) that increases the addiction concerning the usage of internet, video games and mobile phones. In addition, the amount of time which teens spend in media environment has a meaningful relation with the addiction related to the whole digital media usage (Khang et al. 2013).

Adolescence and the university periods are critical times for young people concerning internet addiction. Factors such as young people's personality, mood, the frequency of online shopping, and the usage of internet applications are significant determinatives of internet addiction. Besides, a neurotic mood, all sorts of social activities, daily experiences, urban life, psychological illnesses and habit of omitting breakfast also increase the possibility of internet addiction (Kuss et al. 2013; Stavropoulos et al. 2013; Çevik & Çelikkaleli 2010; Tsai et al. 2009).

The internet addiction of university students can be reduced by the help of pharmacologic, cognitive and behavioural methods. In the case of psychiatric reasons, a pharmacological treatment should be applied. Cognitive and behavioural treatments are external inhibitors, and therefore, sports activities, time planning, attending a support group, social support, having targets etc. are favourable activities (Arısoy 2009).

The aim of this study is to survey the internet addiction level of the students of Adıyaman University Health Vocational high school and to define the factors that affects it.

2. Material and Method

2. 1. The scope and the nature of the research

The population of the research in descriptive nature has a number of 371 students at Adıyaman University Vocational High School of Health Care. The data was collected within interviews from 230 of 371 students, who accepted to be enrolled in the research between 01-20/Dec/2013.

2. 2. Evaluation survey and scale

A survey form with 16 questions was created by researchers; this questionnaire is for obtaining some descriptive information about computer using and the socio-demographic questions. For the evaluation of internet addiction likert type scale created by Kimberly S. Young was used (IAS). IAS consists of 20 questions and it measures low, medium and high internet addiction. The answer choices included; never, rarely, sometimes,

usually, more often and always. İn terms of scores, never is zero, rarely is 1, sometimes is 2, usually is 3, more often is 4 and always is 5. When the score of each participant increases the addiction level increases as well. Those whose scores are between 50 and 79 usually or oftenly have problem due to internet. Those whose scores are between 80 and 100 are described as individuals with high addiction problem (Young 1995).

2. 3. Analysis of data

The Kolmogorov Smirnov Test showed that, the data was not relevant to normal distribution (p<0.05). Mann-Whitney U Test, Kruskal-Wallis Test and at Post Hoc analysis, Mann-Whitney U test were applied by Bonferroni correction for statistical analysis. In all, the evaluations p<0.05 was accepted as meaningful.

3. Results

The students, who were evaluated, are enrolled at different departments, so 47.4% of them (109 students) are students at Child Development Program, 19.6% of them (45 students) are students at Pathology Technicians program, 15.2% of them (35 students) are students at Medical Laboratory Technicians program, 10.4% of them (24 students) are students at First Aid Program and 7.4% of them (17 students) are students at Opticians Program. 75.7% of the participants (174 students) are female students, 18.7% of them (43 female and male students) smoke, 4.3% of them (10 students) take medicine, and 3% of them (7 students) drink alcohol. In addition to these, 53% of them (122 students) have their own computer connected to the internet, 43.5% of them (100 students) have partners with whom they always share the internet, and 17.4% of them (40 students) have business which they earn money.

The age, weight, height, body mass index (BMI) and the average age of internet usage were determined respectively as; age 20.6, weight 61.8 kg, height 166.9 cm, 22,1 kg/m^2, 5.1 years. The frequency of internet usage; 20% (46 person) was identified as medium level internet users who can control themselves, and 3,5% (8 person) was identified as problematic internet users and other descriptive characteristics identified in Table 1.

Table 1. Distribution of research group according to some descriptive characteristics

Variables	Number	%
Gender		
Male	56	24,3
Female	174	75,7
Employed		
Yes	40	17,5
No	189	82,5
Smoking		
Yes	43	18,7
No	187	81,3
Drinking alcohol		
Yes	7	3,0
No	223	97,0
Body mass Index		
<18,5	29	12,6
18,5-24,9	170	73,9
>25	31	13,5

As it is seen in Table 2, the addiction scores of the boys were significantly higher than the scores of the girls. On the other hand, the scores of the smokers were higher

than the non-smokers and the scores of the employed were lower than the unemployed ones (p<0.05).

Table 2. Comparison of some variables with the internet addiction score

Variables	Min-Medyan-Max	P
Gender		
Male	0,00 - 20,00 - 68,00	<0,001
Female	0,00 - 9,50 - 57,00	
Smoking		
Yes	0,00 - 20,00 - 68,00	<0,001
No	0,00 - 9,00 - 62,00	
Drinking Alcohol		
Yes	0,00 - 16,00 - 42,00	0,411
No	0,00 - 10,00 - 68,00	
Taking medicine		
Yes	0,00 - 17,00 - 46,00	0,249
No	0,00 - 10,00 - 68,00	
Employed		
Yes	0,00 - 8,00 - 46,00	0,024
No	0,00 - 11,00 - 68,00	
Have Visual a denominator		
Yes	0,00 - 10,50 - 68,00	0,405
No	0,00 - 10,50 - 57,00	
Have a Computer with an internet connection		
Yes	0,00 - 11,50 - 68,00	0,075
No	0,00 - 9,00 - 46,00	

As it is seen in Table 3, there was no significant relationship between the internet addiction scores, BMI, and the time which was preferred to access internet (p>0.05). The internet addiction scores of those who were using the internet for homework and studying, was significantly lower than the scores of those who used it in order to games and enter social networks.

Table 3. Comparison of some variables with the internet addiction score

Variables	Min-Medyan-Max	P
BMI		
<18,5	0,00 - 11,00 - 57,00	
18,5-24,9	0,00 - 10,00 - 68,00	0,693
>25	0,00 - 11,00 - 67,00	
Frequently used internet device		
Computer	0,00 - 8,00 - 55,00	
Mobile phone[a]	0,00 - 11,00 - 62,00	0,032
Computer/mobile phone[a]	0,00 - 12,50 - 68,00	
Frequently preferred time		
Morning	2,00 - 14,50 - 23,00	
Afternoon	0,00 - 9,00 - 55,00	0,776
Evening	0,00 - 11,00 - 57,00	
Night	0,00 - 11,00 - 68,00	
Aim of primarily usage		
Work[b]	1,00 - 20,00 - 44,00	
Game[b]	0,00 - 15,00 - 68,00	
Research/homework[a]	0,00 - 7,50 - 55,00	<0,001
Social share[b]	0,00 - 16,00 - 67,00	
Shopping/news	1,00 - 10,50 - 24,00	

In Table 4 the frequency of problematic internet usage was found to be 3.5% (8 person). 20% of the students (46 person) were moderate internet users who were under the risk of internet addiction.

Table 4. Classification of students' internet score

Variables	number	%
Internet usage without any problem	176	76,5
Internet usage at medium level	46	20,0
Frequent Internet usage with problems	8	3,5
Total	**230**	**100,0**

4. Discussion

In the study, while the rate of problematic Internet usage was 3.5%, significant differences were determined between the internet addiction scores of the genders. In studies, which were conducted in other countries similar results were observed in terms of the frequency of addiction. The frequency of internet addiction was 3.2% in a study conducted at a university in England. The frequency of internet addiction was observed to be 3.1% in a research made on adolescent students in Greece. It was determined that the male gender was under a higher risk in terms of serious addiction (Kuss et al. 2013; Stavropoulos et al. 2013). In Canada the rate of serious internet addiction was found to be 1.2% during a study which was conducted on adolescents in between the ages of 16-18 (Watters et al. 2013). In Turkey, a study, which was conducted on high school students, had a 24.2% rate of internet addiction. There was a significant relationship between the internet addiction scale scores and gender, and no realtionship was observed between the internet addiction scores with smoking and whether homes had computers internet (Üneri & Tanıdır 2011).

During a study, which was conducted on university students, the rate of internet addiction was found to be 23.2% and it was observed that in this addiction the gender did not have any distinguishing feature (Balcı & Gülnar 2009). In another research, which was conducted on university students, a significant relationship was not observed between the gender and internet addiction, although a significant relationship was found between internet addiction whether the students lived at homes with computers or not (Oğuz et al. 2008). In this study (vocational high school of healthcare); a significant relationship was not found between the internet addiction scores and whether the students lived at homes with computers or not. In another study conducted on university students the frequency of internet addiction was found to be 9,7%; a significant relation was not found between internet addiction and smoking, while statistically a significant relationship was observed between internet addiction and consuming alcohol (Canan 2010). In this study, while a significant relationship was not revealed between internet addiction scores and the use of alcohol, a significant relationship was found between the internet addiction scores and smoking.

In a study about internet addiction, it was observed that 55.4% of the people used internet for social networking, 43.7% for conducting research, 29.9 % for playing games, and 7.9% for shopping. When we look at the use of internet, social networking and research are the most common purposes of use (Yadav et al. 2013). In our study, doing research (50.4%) and social networking (28.7) were the most common purposes of use as well.

In this study, the frequency of internet addiction of students is low and the ratio of intermediate internet users who are at addiction risks is higher. It is observed that gender, smoking, employed, having a device to connect to the internet and the purpose of internet usage of the participants are related to internet addiction.

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