**Ministry of Higher Education & Scientific research**

 **Middle Technical University**

**Institute of Medical Technology- Baghdad**

 **Nursing Techniques Department**

**Assessment of Internet Addiction among Students of Institution of Medical Technology/ Baghdad**

 **Graduation project**

**Submitted to the council of nursing technique department in partial fulfillments of requirements for the degree of diploma in nursing techniques by:**

**1-Hiba Jaryan 2- Marieam Mahmmoud 3- Ali Mahmmoud**

**4- Ali Mohammed 5- Mohammed Habib 6- Fatima Abd –Al Razak**

**7- Fatima Kahdim 8- Naba Raad 9- Wurood Jassim .**

**10- Walaa Ajmy 11- Nada Khalid 12- Naba Ali**

**13- Fatima Hadi 14- Fatima Mohammed 15- Hiba Seqar**

**16- Duha Ghanee 17- Huda Latif 18- Ghuson Faize 19- Athria Nathem**

**Supervised by**

**Lect. Dr. Kawther Salman Dawood**

**2018-2019**

**Abstract**

A descriptive study was conducted on students of Institute of Medical Technology/ Baghdad from 1st August 2018 to 30th May 2019. The data was collected from 2nd November to 15th December 2018. A simple random selection of (224) students from both sexes; (103) boys and (121) girls were selected to participated in the study from all departments of the institution. To achieve the study objectives a questionnaire was constructed.

 The current study was concluded thatage of students ranged between 18-26 years old with mean of age = 19.9 years and standard deviation (SD) = 1.466. More than half of them were females and 46% were males. Thirty seven percentage of students (n= 83) spent 4 to 6 hours per day using the internet. More than half of students (59.4%) using the social media websites frequently. Most of students began to use the internet websites before 5 years. The majority of students use the mobile as a main mean to browsing the internet. All students were had internet addiction; categorized into three levels of addiction, 33.9% of them had mild level of internet addiction and at same percentage had a sever level of addiction while a 32.1% had a moderate level.

 The study recommended that prevention measures should be planned and directed toward youth population who show an increase degree of internet addiction risk by related governmental institutions. And it is necessary to sensitize college students to the psychologically, socially, and academically risk of excessive use of the internet.

**List of contents**

|  |  |
| --- | --- |
| **Contents** | **Page no.** |
| **Abstract** | **2** |
| **Dedication**  | **5** |
| **Acknowledgments** | **6** |
| **Chapter one: Introduction** | **8-12** |
| **Chapter two: Review of Literature** | **13-19** |
| **Chapter three: Methodology** | **20-21** |
| **Chapter four: Results &Discussion**  | **22-25** |
| **Chapter five: Conclusions &Recommendations** | **26-27** |
| **References** | **28-30** |
|  |  |

**بسم الله الرحمن الرحيم**

((**يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَاظٌ شِدَادٌ لَّا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ مَا يُؤْمَرُونَ))**

**سورة التحريم الاية 6**

**Dedication**

**To my honest**

**Parents, brothers, and sisters**

**Acknowledgements**

**It’s our duty hereby to express a deep gratitude to our supervisor**

**Dr. Kawther Salman Dawood for suggesting this research, generosity of time and helpful advices.**

 **Middle Technical University**

**Institute of Medical Technology- Baghdad**

 **Nursing Techniques Department**

**Certificate**

**I certify that this graduation project entitled ''** **Assessment of Internet Addiction among Students of Institution of Medical Technology/ Baghdad” for students:**

**1-Hiba Jaryan 2- Marieam Mahmmoud 3- Ali Mahmmoud**

**4- Ali Mohammed 5- Mohammed Habib 6- Fatima Abd –Al Razak**

**7- Fatima Kahdim 8- Naba Raad 9- Wurood Jassim .**

**10- Walaa Ajmy 11- Nada Khalid 12- Naba Ali**

**13- Fatima Hadi 14- Fatima Mohammed 15- Hiba Seqar**

**16- Duha Ghanee 17- Huda Latif 18- Ghuson Faize 19- Athria Nathem**

 **Was prepared under my supervision at the nursing techniques / Institute of Medical Technology /Baghdad**

**Supervisor signature**

**Dr. Kawther Salman Dawood**

**Date 30 / 4 /2019**

**In view of recommendation to me. I forwarded this graduation project for examination.**

**Head department signature**

**Dr. Rusul Sabah Ghazal**

**Date / /2019**

**Chapter one**

**Introduction**

**Introduction**

 A psychological disorder called ‘Internet addiction’ has newly emerged along with a dramatic increase of worldwide Internet use. However, few studies have used population-level samples nor taken into account contextual factors on Internet addiction. Internet use is recognized as an essential part of modern life. Internet use has increased dramatically across the world reaching the number of global Internet users more than 2.3 billion in 2011 (Heo et al, 2014).

 The revolution in computer technology and communication through the Internet play an essential role in today’s culture and has affected individuals of different ages. Internet and computer technology are considered as the most effective tool and has been influential in all areas of science, business, education, culture, and politics. One of the major problems that the Internet has created is virtual addiction or addiction to the global web world, which has harmful psychological and behavioral effects on the user. Nowadays, Internet addiction has been raised as a mental disorder in psychology and medical science and this disorder as a new form of addiction (Mohammadkhani et al, 2017).

 Internet addiction is not yet a DSM IV diagnosis, but its definition has been derived from DSM IV criteria for addiction and obsession. The term "Internet Addiction Disorder" listing diagnostic criteria, which many researchers refer to as a starting point. Researchers replace the word "substance" with "Internet" in their analysis of Internet addiction, concluding that similar symptoms such as tolerance, withdrawal, craving, and negative life consequences are present in Internet addiction as well (Brian and Wiember-Hasting, 2005).

 Addiction to the internet is the same as addiction to gambling, drugs, and alcohol. The characteristic of dependence are overindulgence, tolerance, withdrawal, craving, and loss of control. The behavioral addiction has been grown and related to the use of machines such as playing video games, using computer, and playing amusement. Internet addiction is a contemporary problem brought by easy access to computer and online information (Qin, 2011).

 Several studies indicate that the number of students using the Internet and the incidence and prevalence of Internet addiction among them is increasing. In Greece, Internet addiction was 11% in this age group; in South Korea, it was 7-10% [9]; in Finland, it was 7.4% in females and 6.4% in males; in China, it was 9 to 11%; and in Italy; 4.5% of students were addicted to the Internet (Mohammadkhani et al, 2017).

 Psychological and environmental factors in the lives of college students may leave them disproportionately vulnerable to internet addiction. Despite the potential benefits, numerous problems such as exposure to inappropriate images and content, absence of privacy and addiction have been reported as a result of this increasing usage (Sato, 2006).

**Importance of the study:**

 There has been limited research on the prevalence of Internet addiction in high school students in Iraq.

 Internet addiction is associated with various disorders, which leads to poor performance in school and society, it seems essential to investigate the relationship of Internet addiction with psychological disorders symptoms carefully in students. In addition to the suffering and limitations that the mental disorder creates in the individual, it also causes the person to suffer from discriminations in his/her social and professional activities because of the stigma of mental illness. The impact of mental disorders on society is very important due to their need for care and physical support and their loss of productivity (Mohammadkhani et al, 2017)..

 Internet addiction is accompanied by changes in mood, preoccupation with the Internet and digital media, the inability to control the amount of time spent interfacing with digital technology, the need for more time or a new game to achieve a desired mood, withdrawal symptoms when not engaged, and a continuation of the behavior despite family conflict, a diminishing social life and adverse work or academic consequences (Cash et al, 2012).

 Internet addictions can negatively affect personal relationships with friends, significant others, and family, as well as reduce productivity at work. Internet addiction can also have a physical impact, such as carpal tunnel syndrome, severe headaches, and problems sleeping and eating. Financial problems, such as losing large amounts of money, can also occur and create stress for individuals and their families. For younger people, the socialization process for normal development is also at risk. By spending hours on the Internet or playing video games instead of socializing face to face with peers, the development of social skills may be negatively impacted (Sato, 2006).

**The problem statement:**

Assessment of Internet Addiction among Students of Institution of Medical Technology/ Baghdad

**The Study Objectives:**

1- To assess the incidence of internet addiction among students.

2- To determine the level of internet addiction.

**Definition of terms:**

**Internet:** is a global computer network providing a variety of information and communication facilities, consisting of interconnected networks using standardized communication protocols.

**Addiction:** the fact or condition of being addicted to a particular substance or activity.

**Internet Addiction:** is a mental condition characterized by excessive use of the internet, usually to the detriment of the user. Addiction is generally understood to be a mental disorder involving compulsive behavior. When someone is constantly online, they may be described as addicted to it. While it is recognized as a problem, professionals have yet to agree on whether to recognize the term as a distinct form of addiction.

Internet addiction is also known by numerous other terms, including internet addiction disorder, pathological internet use, internet dependency, problematic internet use, internet overuse and compulsive internet use.

**Chapter two**

**Review of Literature**

**Internet Addiction (IA)**

 Addiction is a behavioral disorder that forces an individual to repeat a certain work continuously to engage in this activity, regardless of the adverse consequences for the individual's health, mental state or social life. Factors suggested as causes of addiction include genetic, biological, pharmacological and social factors (Sato, 2006)

 American Society of Addiction Medicine (ASAM) recently released a new definition of addiction as a chronic brain disorder, officially proposing for the first time that addiction is not limited to substance use. All addictions, whether chemical or behavioral, share certain characteristics including salience, compulsive use (loss of control), mood modification and the alleviation of distress, tolerance and withdrawal, and the continuation despite negative consequences (Cash et al, 2012).

 Internet addiction is a contemporary problem brought by easy access to internet addiction can be defined as an impulse disorder. Furthermore, come of the characteristic of this problem are similar to those of pathological gambling (Wainner, 2018).

 As computer and internet use becomes a staple of everyday life, the potential for over use is in traduced which may lead to addiction. Research on internet addiction has shown that users can become addiction to it. Addiction to the internet shares some of the negative aspects of substance addiction and has been shown to lead to consequences such as failing school, family, and relationship problems (Brian and Wiember-Hasting, 2005).

**Diagnostic criteria:**

 Santos et al, (2017) mentioned that Internet addiction (IA) is not a recognized disorder on DSM5; the diagnostic criteria for IA are often discussed; three models are usually employed:

**1- The first model** is called the component model; suggesting that six components are present in all addictions: salience, mood modification, tolerance, withdrawal symptoms, conflict, and relapse. This model argues that addictions share elements of bio psychosocial processes and originate from pathological gambling.

**2- The second model** also takes pathological gambling as a starting point. It defines Internet addiction as a failure to control personal impulses, even though the condition does not involve the use of chemicals: it postulates an excessive preoccupation with the Internet as the center cause, because of

(1) The need to use the Internet with increasing amounts of time to achieve satisfaction.

 (2) Having repeatedly made unsuccessful efforts to control, cut back or stop Internet use.

 (3) Feeling restless, moody, depressed or irritable when attempting to cut down or stop use.

 (4) Staying online longer than originally intended.

 (5) Loss of a significant relationship, of a work position, of an educational or career opportunity because of the Internet.

 (6) Lying to family, therapists or others to conceal the extent of involvement with the Internet.

 (7) Using the Internet as a way of escapism from problems or to relieve a dysphonic mood.

The user is addicted when five or more criteria are present for a 6-month period.

**3- Third model** starts from the clinical characteristics of a large group of Chinese patients thought to have Internet Addiction: symptom and impairment criteria (both must be present):

 (a) Symptom criteria may include preoccupation and withdrawal symptoms; one or more of the following apply: tolerance, persistent desire and/or unsuccessful efforts to control use; continued use despite problems; loss of other interests; use of the Internet to escape or relieve dysphoric mood.

(b) Clinically significant impairment criteria may include: functional impairments (reduced social, academic, working ability), including loss of a significant relationship, work, or educational or career opportunities.

 (Santos et al, 2017)

**Causes of internet addiction**:

 According to Korean scientists, a habitual base is not the main cause for individuals to internet, but the demographic and socioeconomic cam also is the causes. The correlation between computer, internet usage and family structure was on an average level, so pupils without siblings from incomplete family are in more danger to addiction (Zboralski et al, 2009).

 Familial problem will occur is individuals are addicted to internet, according to the research marriages are seriously affected. The activities such as caring for children will be ignored, for example one mother became so absorbed in her internet and forgets to pick up her children after school and to make them dinner and put them to furthermore ,argument between couples will occur . Addictive users are also quick to get angry and resentful outbursts (young .1999).

 Another Causes of addiction; addictions are associated with environmental, genetic, and psychological factors. More than one factor may combine to cause an addiction, or it may be one powerful factor influencing a person that makes him start the path of addiction. Environmental factors of the environmental factors that are considered availability increases the risk of people with addiction, particularly adolescents: Weak social relations Disintegration of the family intervention Family neglect Personal history of the individual, such as physical or sexual assault. Genetic factor once you start taking addictive substances, addiction may develop due to genetic traits, which may delay or accelerate the disease. Psychological factors Psychological tension grief and depression there is a lack or emotional emptiness in the patient life pressures (Zboralski et al, 2009).

**Symptoms of Internet addiction:**

1. Changes that surprise the dimension and the usual as well as frequent absence or interruption of his work or study or resident headquarters to go to him constantly.
2. The decline of his level of study or his place of work in the overall effect on his appearance and the imbalance of his steps and work confidential in terms of privacy and continue to leave the house for long periods and the return always late and not sometimes.
3. As well as his constant tension and extreme anger for the slightest reasons to evade his responsibility and a sense of permanent indifference and constant waste and constant justification in money.
4. The noticeable change in the group of friends and meet friends bad and sit with them for long periods of time.
5. The tendency to loneliness and not to speak to anyone from the old group close to him is anorexia and the noticeable weight of the addicted person. (Qin, 2011)

**The important Symptoms of addicted** **individual**:

1. Increasing the number of hours of work in front of the Internet overly.
2. Stress and anxiety in the case of the presence of a hindrance to connect to Internet up so depressed.
3. Speaking online in daily life urgently dull online.
4. Neglecting the duties of social and family and probably work career.
5. Continued use the Internet in spite of the presence of some problems such as the loss of social relations and delay for work.
6. The desire in sitting on the computer in times of inappropriate to wake up of sleep or job normal any remains of like if you watch a permanent.

 (Cash et al, 2012).

**Prevention and treatment:**

 Spread awareness about the Internet use a shared responsibility, lays everyone, the parents, officials and teachers in the field of mental health and Internet cafes. Where are advised doctors users to the Internet to organize working hours or entertainment in Internet site be two hours only a day so as not to withdraw from our lives, natural, social and fall prey for this addiction via;, follow-up to the use of sons the Internet in terms of the period and how long and content with adjust the time and the use of some protection programs to prevent their entry to sites that form the breeding lush addictive guidance to sites successful aimed, educational, the need to compel cafes the Internet to abide in showing their services in accordance with religion and creation the inclusion of programs enjoy teens from entering sensitive sites, and making schedule to use the online no more than 3 hours user in the day (Zboralski et al, 2009).

 Cash et al (2012) mention in his study many strategies and therapeuticmethods which help addicted individuals to control internet addiction:

A - Self-control method:

\* Became addicted to the method of restraint itself.

\* Exercise or communicate with family and friends instead of surfing the Internet.

\* Set the time to access the network and one hour as an external officer.

\* Family control that determines the hours of use of the Internet and its areas.

 B - Expressive treatment:

 Based on the recognition of the person as an octagon, and this is an important step in treatment and therefore he must bear part of his responsibility in treatment.

 C - Family therapy:

 Interventions with family members or other relatives like “Community Reinforcement and Family Training” could be useful in enhancing the motivation of an addict to cut back on Internet use, although the reviewers remark that control studies with relatives do not exist to date.

**Chapter three**

**Methodology**

**Methodology**

 A descriptive study was conducted on students of Institute of Medical Technology/ Baghdad from 1st August 2018 to 30th May 2019. The data was collected from 2nd November to 15th December 2018. A simple random selection of (224) students from both sexes; (103) boys and (121) girls were selected to participated in the study from all departments of the institution.

 To achieve the study objectives a questionnaire was constructed, it consists of three sections:

1- The socio- demographic characteristics such as (age and sex).

2- The data related to use of internet such as (hours spent using the internet, most frequently web sites, the period time of beginning use the internet, and the means used to communicate through internet).

3- Assessment of internet addiction; the researchers adopted the scale of Sumaiya Bubaaya, (2017) to assess the incidence of internet addiction which contain (56) items. The response to these items was (apply to me completely = 3, apply to some extent = 2, do not apply to me = 1).

 In order to assess the level of internet addiction cutoff point was used; three levels of addiction were determined (sever, moderate, and mild).

 The data of the study were analyzed by using the descriptive statistics (frequencies, percentages, mean and standard deviation), the data were computed by the Statistical Package for Social Sciences (SPSS) version 16.

Chapter four

Results & Discussion

**Results and Discussion:**

**Table (1): Distribution of the sample according to demographic characteristics**

|  |  |  |  |
| --- | --- | --- | --- |
| **No**  | **Variables**  | **f** | **%** |
| **1** | **Age (years)** | **18 -20** | **164** | **73.2** |
| **21-23** | **51** | **22.8** |
| **24 -26** | **9** | **4** |
| **Total** | **224** | **100%** |
| **2**  | **Sex**  | **Male** | **103** | **46** |
|  **Female** | **121** | **54** |
| **Total** | **224** | **100%** |

 Table (1) indicated that the age of students ranged between 18-26 years old with mean of age = 19.9 years and standard deviation (SD) = 1.466. More than half of them were females and 46% were males.

**Table (2): Distribution of the sample according to data related to internet use**

|  |  |  |  |
| --- | --- | --- | --- |
| **No**  | **Data related to use of internet** | **f** | **%** |
| **1** | **Hours spent using the internet** | **1-3 hours per day** | **84** | **37.5** |
| **4-6 hours per day** | **83** | **37.1** |
| **More than 6 hours** | **57** | **25.4** |
| **Total** | **224** | **100%** |
| **2**  | **Most frequently used websites** | **Social media** | **133** | **59.4** |
| **Sports**  | **11** | **4.9** |
| **Internet games** | **61** | **27.2** |
| **Porn websites**  | **8** | **3.6** |
| **Scientific websites** | **11** | **4.9** |
| **Total**  | **224** | **100%** |
| **3** | **The period time of beginning use the internet** | **Less than one year** | **17** | **7.6** |
| **Before 1-2 years** | **46** | **20.5** |
| **Before 3-4 years** | **62** | **27.7** |
| **Before more than 5 years** | **99** | **44.2** |
| **Total**  | **224** | **100%** |
| **4** | **The means used to communicate through internet** | **Mobile**  | **197** | **87.9** |
| **Laptop**  | **7** | **3.1** |
| **Many different means** | **20** | **8.9** |
| **Total** | **224** | **100%** |

Table (2) indicated that 37.1% of students (n= 83) spent 4 to 6 hours per day using the internet. More than half of students (59.4%) using the social media websites more frequently.

As regarding to the period time of beginning use the internet; most of students began to use the internet websites before 5 years. The majority of students use the mobile as a main mean to browsing the internet.

These results were consistent with Chou and Hsiao (2000) who reported in there study that internet addicts spent almost triple the number of hours connected to the internet as compare to non-addicts.

**Table (3): Distribution of the sample according to level of internet addiction**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Level internet addiction** | **f** | **%** |
| 1 | Mild level | 76 | 33.9 |
| 2 | Moderate level | 72 | 32.1 |
| 3 | Sever level  | 76 | 33.9 |
| Total | 224 | 100% |

 Table (3) indicated that all students were had internet addiction; categorized into three levels of addiction, 33.9% of them had mild level of internet addiction and at same percentage had a sever level of addiction while a 32.1% had a moderate level. These results were incongruent with (Qin, 2011) who reported that the level of internet addiction among students is moderate and tends to minimal. Chou and Hsiao (2000) reported in there study that internet addiction does exist among college students.

Chapter five

Conclusions & Recommendations

**Conclusions and Recommendations:**

**Conclusions:**

1-The age of students ranged between 18-26 years old with mean of age = 19.9 years and standard deviation (SD) = 1.466. More than half of them were females and 46% were males.

2- Thirty seven percentage of students (n= 83) spent 4 to 6 hours per day using the internet. More than half of students (59.4%) using the social media websites frequently.

3- Most of students began to use the internet websites before 5 years. The majority of students use the mobile as a main mean to browsing the internet.

4- All students were had internet addiction; categorized into three levels of addiction, 33.9% of them had mild level of internet addiction and at same percentage had a sever level of addiction while a 32.1% had a moderate level.

**Recommendations:**

1- It is necessary to sensitize college students to the psychologically, socially, and academically risk of excessive use of the internet.

2- Increase the awareness of youths about internet addiction through educational lectures and assemblies.

3- Prevention measures should be planned and directed toward youth population who show an increase degree of internet addiction risk by related governmental institutions.

**References**

**References:**

* Brian D., and Wiemer-Hastings P.: Addiction to the internet and online gaming. *Cyber Psychology & Behavior*. Vol. (8), No. (2). 2005.
* Cash H., Rae CD., Steel AH., and Winkler A.: Internet addiction: A brief summary of research and practice. *Current Psychiatry Reviews*. Vol. (8). 2012. Pp. 292-298.
* Chou C., and Hsiao MC.: Internet addiction, usage, gratification, and pleasure experience: the Taiwan college student’s case. *Computers & Education*. Vol. (35), Issue (1). 2000. Pp. 65-80.
* Heo J., Subramanian SV., Kim Y., and Kawachi I.: addictive internet use among Korean adolescent: A national survey. *Plos One*. Vol. (9), Issue (2). 2014.
* Mohammadkhani P., Alkasir E., Jafarian Dekordi F., and Soleimani Sefat E.: Internet addiction in high school students and its relationship with the symptoms of mental disorder. *Iranian Rehabilitation Journal*.Vol. (15), No. (2). 2017. Pp. 141-148.
* Poli R., and Agrimi E.: Internet addiction disorder: Prevalence in an Italian student population. *Nordic Journal of Psychiatry*. Vol. (66), No.(1). 2011.
* Qin YS.: A study of internet addiction among students of Sekolah Menengha Jenis Kebangsaan Pei Yuan, Kapar. Faculty of Art and Social Science. University Tunku Abdul Rahman. 2011.
* Santos V., Freier R., Zugliani M., Cirillo P., Santos HK., Nardi AE., and Lucia A.: Treatment outcomes in patients with internet addiction. *Medical Express*. 4(2). 2017.
* Sato T.: Internet addiction among students: Prevalence and psychological problems in Japan. *JMAJ*. 49(7-8). 2006. Pp. 279-283.
* Wainner CN.: Social media addiction and its implications for communication. Thesis project.University of Tennessee Honors. 2018.
* Young KS.: Internet addiction: evaluation and treatment. *BMJ*. 1999.
* Zboralski Z., Talarowska M., Janiak M., Darmosz A., Janiak A., Florkowski A., and Gatecki P.: The prevalence of computer and internet addiction among pupils. *Advances in Hygiene and Experimental Medicine*. 2009.

المصادر العربية :

* بوبعاية, سمية. الإدمان على الإنترنت وعلاقته بظهور اضطرابات النوم لدى عينة من الشباب الجامعي: دراسة ميدانية بجامعة محمد بوضياف بالمسيلة. كلية العلوم الانسانية والاجتماعية. جامعة محمد بوضياف بالمسيلة. 2017 . (Sumaiya Bubaaya, 2017)