A STUDY TO ASSESS THE KNOWLEDGE REGARDING SLEEPING PATTERN WITH INTERNET ADDICTION AMONG ADOLESCENTS AT SMVNC, PUDUCHERRY.

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ABSTRACT

　　　BACKGROUND: The aim of this study was to estimate the knowledge regarding sleep pattern with internet addiction among adolescents. **METHODS:** This study were adopted quantitative approach, descriptive design were used in this study, convenient sampling technique were used to select the samples, the sample size were 50 college students. By using self-structured questionnaire data were collected from the college students analyzes and interpretation of the data used by statistical inferences. **RESULT:** In Pretest, Pittsburgh scale to assess the sleeping pattern with internet addiction shows that satisfactory 43(86%) and favorable 7(14). Mean value were 69.34, standard deviation were 3.44, and mean percentage were 69%. **CONCLUSION:** The overall experience of this study was satisfying and enriching. Researcher learned new experience while doing a study. This study shows that there is great need to develop and create awareness among nursing students regarding sleeping pattern with internet addiction.

　　Key words - sleeping pattern, internet addiction, adolescents, internet addiction,

INTRODUCTION

　　　　Sleep is an essential requirement for humankind, which is important for good quality of life (QOL) and health for all ages. Multiple factors are associated with quality of sleep which includes social life, general health status and environmental factors. Guideline's advocate 8.5 to 9.5 hours of sleep every night for age group 10-17 years old, and 7 to 9 hours of age above 18 years.

　　Sleep deprivation can have fatal outcomes like a reduced coping mechanism, increased risk of motor accidents and poor academic performance. Literature has shown the influence of IA on disturbed sleep and insomnia, a high rate of insomnia was found among 3% heavy internet users. The literature further shows there has been a negative impact of internet misuses such as physical, behavioural, psychological and interpersonal problems and work issues. It has also been observed that although internet use has increased a person's performance in regards to information and communication technologies, on the contrary, it has led to reduced self-capability, memory and confidence with increased dependency on

internet.

Internet Addition is an impulse control problem and characterized by the inability to inhibit/decrease internet use, which consequently leads to the adverse effect on an individual's life. Increased use of internet use has been associated with depression6 significant mood changes, poor quality of sleep, deteriorated health outcomes like obesity and poor self-esteem. IA has been described as over-use or poorly controlled behaviour regarding internet access which leads to impairment or distress.8 Increased internet use tends to disturb the quality of sleep, which leads to poor quality of life.

AIM OF THE STUDY

The aim of the study to assess the knowledge regarding sleeping pattern with internet addiction among adolescents at selected college, puducherry.

OBJECTIVES:

1. To assess the level of knowledge regarding sleeping pattern with internet addiction among adolescents at selected college, puducherry.

2. Association between the level of knowledge regarding sleeping pattern with internet addiction among adolescents at selected college, puducherry with their selected demographic variable.

OPERATIONAL DEFINITION

Assess: In this study it refers to opinion towards the knowledge questionnaire regarding internet addition.

Knowledge: In this study, it refers to the ability of college students to respond towards the knowledge questionnaire regarding internet addition.

Sleeping pattern: In this study it refers to a person's schedule of bedtime and wake-up time among college students regarding internet addition.

Internet addiction: In this study it refers to a mental condition characterized by excessive use of the internet.

Adolescents: In this study it refers to individuals in the 10-19 years of college students regarding internet addition.

College students: In this study students are studying from Bsc Nursing 3rd year from SMVNC, Puducherry.

METHODOLOGY:-

APPROACH

Qualitative Research approach were used for the present study.

RESEARCH DESIGN:

Descriptive research design was adopted for this study.

RESEARCH SETTING:

The study will be conducted in Sri manakula vinayagar Nursing college, B.Sc Nursing 3rd year

POPULATION

The population of the study includes nursing students from SMVNC, Puducherry.

SAMPLE

The sample consist nursing students from IIIrd year at SMVNC, Puducherry.

SAMPLE SIZE

The sample consists of 50 college students

SAMPLING TECHNIQUE

Sampling refers to the selecting a portion of the population to representative entire population. Sampling technique were convenient sampling technique

SETTING OF THE STUDY:

SMVNC –Sri manakula vinayakar Nursing college comprise of 400 students from Bsc Nursing

CRITERIA FOR SAMPLE SELECTION

The sample was selected based on the following inclusion and exclusion criteria.

Inclusion criteria

- Students who are willing to participated in the study.
- Students who are knowing English language
- Students from the age group of 19 years

Exclusion criteria

- Students who are not willing to participated in the study.

STUDY DURATION:

The duration of the study will be one week for data collection.

TOOL DESCRIPTION:

The tool was designed in to two sections.

Section-I

Consists of demographic Variables including Age, Gender, Religion Types of family, No. of Siblings, Type of child rearing, Residence, Nature of Residency, Socio economic status, Family income per month (in rupees), What device you use for accessing internet, How many hours you spend online in a one day? What is the purpose of using internet, Are you staying in and Source of information.

Section -II

It consists of Pittsburg's sleeping pattern scale were used

SCORING INTERPRETATION

DATA

Level of sleeping pattern with internet addiction	Scores	
	F	**%**
Unfavourable	**0**	**0**
Favourable	**7**	**14**
Satisfactory	**43**	**86**
Overall	**50**	**100**

COLLECTION PROCEDURE

The researcher introduced himself to the college student and self-structured questionnaire were administered, Students were answer the questionnaire, data were collected and interpreted.

RESULTS AND DISCUSSION

In Pre- test, Pittsburgh scale to assess the sleeping pattern with internet addiction shows that satisfactory 43(86%) and favourable 7(14). Mean value were 69.34, standard deviation were 3.44, and mean percentage were 69%. The overall experience of this study was satisfying and enriching. Researcher learned new experience while doing a study. This study shows that there is great need to develop and create awareness among nursing students regarding sleeping pattern with internet addiction.

Table – 2 Frequency and percentage wise distribution of level of sleeping pattern among adolescents internet addiction in a selected college, Puducherry.

S.NO	INTERPRETATION	SCORING
1.	Unfavourable	1-33
2.	Favourable	34-66
3.	Satisfactory	67-100

Table 2 - depicted that Level of sleeping pattern with internet addiction shows that satisfactory 43(86%) and favourable 7(14).

Figure -1 bar diagram showing level of sleeping pattern sleeping pattern among adolescents on internet addiction in a selected college, Puducherry.
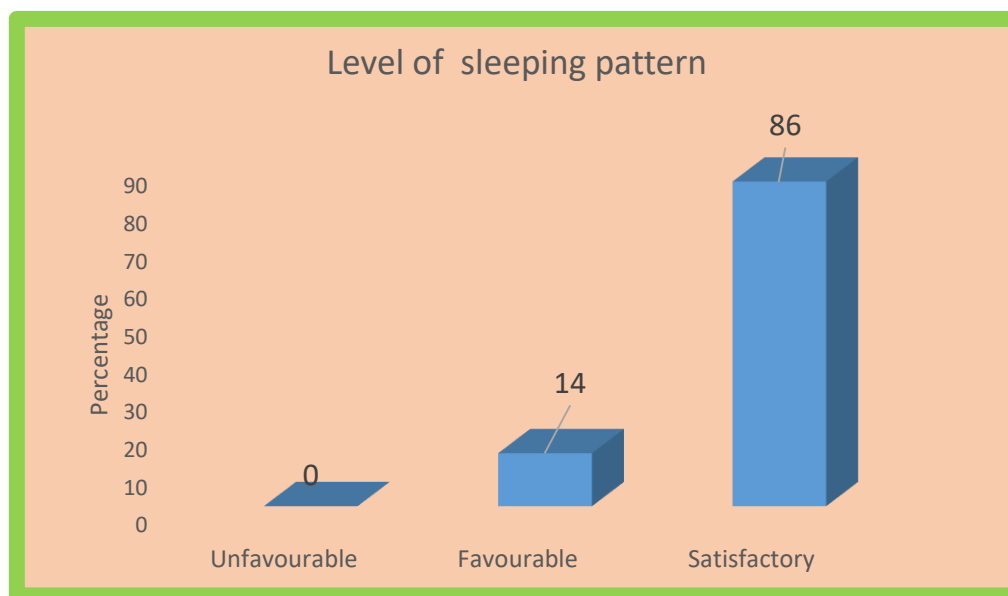
Table-3 Mean, SD and mean % to assess the sleeping pattern among adolescents internet addiction in a selected college, Puducherry.

	Max. score	Range	Mean	SD	Mean%
Overall sleeping pattern	**100**	**76-62**	**69.34**	**3.44**	**69**

Table -3 depicted that mean value were 69.34, standard deviation were 3.44, and mean percentage were 69%.

CONCLUSION:

The overall experience of this study was satisfying and enriching. Researcher learned new experience while doing a study. This study shows that there is great need to develop and create awareness among nursing students regarding sleeping pattern with internet addiction.

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