

FEATURES OF INTERNET-ADDICTION AMONG MEDICAL STUDENTS

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Currently, the relevance of the study of the problem of Internet addiction is becoming increasingly apparent due to the growing number of Internet users in the world [3,4]. This problem has only increased over the years, and the line between reasonable use of the Internet for the purpose of self-education or professional activity and excessive use of Internet resources has gradually disappeared.

In the era of high technology, any of the latest technical innovations from smartphones to watches, has the ability to connect to the Internet, it is becoming more and more likely to become dependent on it. This is especially true of young people, as a technically more educated interactive part of society, in particular, students who are forced to spend more time on the Internet to search for information on the subjects being studied [3,4,5].

In addition, in his youth, a person is most efficient, stands the maximum physical and mental stress, is capable of mastering complex ways of intellectual activity [1].

The structure of youth leisure has also changed significantly, as modern gadgets combine the capabilities of a music center, a book, a TV, a DVD, and communicative means of communication. That is why in recent years Internet addiction among students has become particularly relevant, namely the young people are the most frequent users of modern gadgets due to their educational activities related to receiving and analyzing large amounts of information.

Young people, in particular students, are a technically more educated interactive part of society, which is forced to spend more time on the Internet to search for information on the studied subjects [2,5]. At the same time, students of various professions have the need to stay on the Internet for a long time, respectively, the likelihood of Internet addiction in this category of people is higher.

The purpose of the study is to identify the presence and determine the degree of Internet addiction of students of higher medical school, to analyze the main causes of this phenomenon.

Material and methods. We carried out a survey of 27 sixth year students of medical university, the age of the respondents was 22-25 years old. To identify Internet addiction, the Kimberley Young Internet Addiction Test was used (translation and modification by V.A. Burova). The results were evaluated and interpreted depending on the number of points: score 20–49 points is a regular Internet user, 50–79 points - there are some problems associated with excessive Internet hobbies, 80–100 points is Internet addiction.

To find out the reasons for this type of addiction, we also used specially designed questionnaires, including a number of questions that reveal the preferences of Internet users.

Results. Students were asked to indicate the primary goals of using the Internet. As it turned out, 70.4% of respondents use the Internet for education (searching for necessary information for studying), 40.7% - for leisure (watching videos, movies, listening to music), 1/5 of the respondents perceive the Internet as the main source of news, 55.6% of people use the Internet as a means of communication (communication in social networks, instant messengers, forums), 14.8% prefer game servers, and only 3.7% are visitors of dating websites.

The main reasons for using the Internet were as follows: 85.2% - accessibility, 70.4% - confidentiality, and 44.4% - ease of use.

Preferred gadgets for surfing the Internet were smartphones (92.6%), tablets (33.3%), laptops (81.5%), desktops (14.8%).

Analyzing the frequency and duration of stay on the Internet, we found that all students log on to the network every day, with 51.9% of students surfing the Internet for three hours or more, less than half for half an hour - 1 hour and only 7.4% - briefly, if necessary (basically, check emails or messages in instant messengers).

Evaluating the answers the question "Do you notice that you have stopped making progress in education, since you spend too much time on the network?" 48% of the students answered "yes", one fourth of the respondents did not agree and about 25% of young people found it difficult to answer this question.

Answering the question "Do you neglect sleep because of a long stay on the Internet?", only 7.4% of users gave a positive answer (they were game server fans).

Analyzing the answers the question "Instead of going somewhere with friends, do you choose the Internet?", we found that only one fifth of the young people answered positively.

Interpreting the scores for Internet addiction, we found that 18.5% of medical students are ordinary Internet users, 59.3% are overly addicted to the Internet, 22.2% suffer from Internet addiction.

Conclusion. A survey of the 6th year course medical students showed that the overwhelming majority of young people have problems related to using the Internet. Only 1/5 of the students control the time spent online. Most respondents are aware of this, but do not pay attention, since the Internet has already become an integral part of their lives.

A smaller half of students have effects of excessively surfing the Internet in the form of deteriorating academic performance, but almost all students do not allow sleep disturbances associated with prolonged surfing the Internet. A possible explanation for this phenomenon is their professional awareness of the health effects of sleep disorders.

The preferred devices for accessing the Internet are smartphones and laptops, due to their portability, accessibility to the Internet and ease of use.

Most of the online time in the network, students spend on education (search and analysis of information necessary for study) and communication, a little less -

on leisure, which is explained by the availability of free time, unlike first-year students.

One of the possible explanations for partial control of the time spent on the Internet is a high level of education, professional medical knowledge, high cognitive motivation, the highest social activity, intellectual and social maturity, and, of course, the humane profession of this category of students.

References.

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