



Impact of Internet used upon Psychological Health Behaviors among Schools Adolescent's Students in Hilla City

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Abstract : Objectives: To identify the impact of internet used up on psychological health behavior among high schools adolescents students, and to find out relationship between the impact of internet used and high schools adolescents demographic characteristics of age, gender, parent's level of education, parent's occupation and socio-economic status.

Methodology: A descriptive cross-sectional study design conducted for the period of October 20th 2016 to June 11th 2017. By a systematic random sample of (200) student's is selected throughout the use of probability sampling approach. There are selected (5) schools out total number of schools, Each schools selected (40) students for the purpose of the study. A questionnaire and an interview with students self administration, data are collected from those who are studied in high school. It consist of two parts, which include students demographic characteristics; and psychological impact which composed of (17) items. The Reliability and validity of questionnaire was estimated through a pilot study and a panel of expert. The data were analyzed by the used descriptive statistical data analysis which included frequencies, percentages, standard deviation; and inferential statistical data analysis which include Ch-Square test.

Results: The results reveals that the high school students influenced by their internet used in proportion of (52%) are partially impact, as well as, a relationship between internet used and fathers level of educationat ($P > 0.05$).

Conclusion: The study concluded that the overall psychological impact of internet used by those who aged (16-20) years old are moderately impact, as well as fathers level of education affected their impact by the internet used in compared with the other characteristics as age, gender, parents occupation, and socio-economic status.

Recommendation: The study recommends that the adolescent can be considered the target of programs of applying and reinforcing health education about utilization of internet and their used, as well as, mass media strategies need to be employed to increased individuals knowledge to show how dealing with development and maintenance so as to prevent misbehaviors and society's deviation.

Key words: Impact, Psychological Health Behaviors, High School Students.

I. Introduction

The Internet has become an integral part of many people's work and personal lives. The number of people online daily has nearly doubled over the past decade, according to research conducted by the Pew Internet and American Life Project. Since 1990s Internet users rapidly increasing and it is become one of the most important

topic for the research⁽¹⁾. Children and adolescents need to sleep longer and deeper for optimal health and development. Excessive time spent on Internet and electronic screen products can significantly disrupt their sleep-wake schedule, impacting on both quantity and quality of sleep. Among school-aged children, studies consistently found an association between screen time with delayed bedtime as well as shorter total sleep time⁽²⁾. There is evidence that violent imagery in television, film, video, and computer games has short-term effects on subsequent thoughts and aggressive behavior in younger children⁽³⁾. Use of Internet and electronic screen products may have other adverse effects on health and development, especially for children under two and for children using these products without proper guidance or supervision. Studies found that children who started watching television at less than 12 months of age and watched television more than 2 hours a day were about 6 times as likely to have language delays as children without such exposure⁽⁴⁾.

II. Methodology

Objectives of the study: The study aims to:

1. To identify the psychological impact of internet used up on health behaviour among high schools adolescents students.
2. To find out relationship between the impact of internet used and high schools adolescents demographic characteristics of age, gender, parent's level of education, parent's occupation and socio-economic status.

Study Design: A descriptive cross-sectional study design is carried to explore the impact of internet used upon health behaviors among high schools adolescent's students in Hilla City.

Sample of the study: A systematic random sample of (200) student's is selected throughout the use of probability sampling approach. There are selected (5) schools out total number of schools, Each schools selected (40) students for the purpose of the study. According to the criteria of secondary schools in the center of Hilla City; and fourth and fifth grade in selected schools.

Study instrument: A questionnaire is constructed through extensive review of relevant literature. The questionnaire is used as a tool of data collection which includes the following

Part I: This part contains demographical data which include (age, gender, parent's education, parent's occupation and socio-economic status).

Part II: These part contain a physical impact which consist of (17) items are measured on 3-level type Liker Scale as 3 for never, 2 for some-time, and 1 for always.

Validity and Reliability: The content validity of the instrument was established through a panel of (12) experts, the reliability of the items were based on the internal consistency of the checklist was assessed by calculating Cronbach s' Alpha which as= 0.70.

Statistical analysis: The statistical data analysis approach by using (SPSS-ver.20) is used in order to analyze and evaluate the data of the study. A descriptive statistical data analysis approach used to describe the study variables: which include frequencies, percentages, and stander deviation; and Inferential statistical data analysis approach: used by application of the Chi-square test.

III. Results

Table (1): Distribution of Adolescent's by their Demographic Characteristics

Demographic data	Rating	Frequency	Percent
Age (years)	16	53	26.5
	17	58	29
	18	57	28.5
	19	20	10
	20	12	6
Gender	Male	100	50

	Female	100	50
Father Level of education	Illiterate	4	2
	Primary school	41	20.5
	Middle school	22	11.0
	High school (secondary school)	48	24
	Intermediate or diploma	40	20
	Graduate or post-graduate	36	18
	Profession or honors	9	4.5
Mothers level of education	Illiterate	6	3
	Primary school	28	14
	Middle school	15	7.5
	High school (secondary school)	24	12
	Intermediate or diploma	53	26.5
	Graduate or post-graduate	60	30
	Profession or honors	14	7
Father occupation	Unskilled worker	95	47.5
	Unskilled worker	11	5.5
	Semi-skilled worker	10	5.0
	Skilled worker	39	19.5
	Shop-owner, farmer	11	5.5
	Semi-profession	6	3
	Profession	28	14
Mothers occupation	Unskilled worker	39	19.5
	Unskilled worker	5	2.5
	Semi-skilled worker	2	1.0
	Skilled worker	1	0.5
	Profession	153	76.5
Economic status	High	54	27.0
	Moderate	101	50.5
	Low	45	22.5
	Total	200	100

This table reveals that the (29%) are within second age group (17) years old. Regarding gender, the majority of them (50%) of the study sample is male and the remaining is female. Concerning class stage, results indicate that the (54.5%) are fifth stage. In addition, most of them (89%) are success. Regarding parents education, sample of the study indicated that the (24%) of father are secondary school and (30%) of mothers are graduate or post-graduate. Concerning occupation, (47.5%) of fathers are unskilled worker and (76.5%) of mothers are profession. Finally in this table socio-economic status, the study results indicate that (50.5%) are making moderate socio-economic status.

Table (2): Distribution of Adolescent's by their Overall Psychological Impact

	Rating	F	%	M.S.	S.d.	Impact
Adolescent's overall psychological impact	Always	68	34	1.87	0.38	Sometime
	Sometime	104	52			
	Never	28	14			
	Total	200	100			

F= Frequency, %= Percentage, M.S.= Mean of score " Cut off point (0.66), Always (mean of score 1-1.66), Some time (mean of score 1.67-2.33), Never (mean of score 2.34 and more)", S.d= Stander deviation.

This table shows that the majority of the (52%) sometime psychological adolescent's impact.

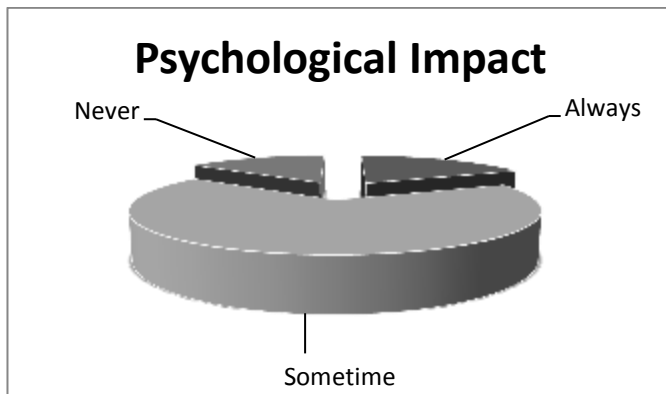


Table (3): Statistical Association between the Adolescent's Overall Psychological Impact and their Demographic Characteristics

Demographic data	Rating	Overall evaluation			χ^2	d.f	P-value
		Always	Sometime	Never			
Age / years	16	13	35	5	11.936	8	0.154 NS
	17	26	26	6			
	18	18	29	10			
	19	5	10	5			
	20	6	4	2			
	Total	68	104	28			
Gender	Male	37	52	11	1.815	2	0.404 NS
	Female	31	52	17			
	Total	68	104	28			
Fathers level of education	Illiterate	1	3	0	20.670	12	0.055 S
	Primary school	15	18	8			
	Middle school	9	12	1			
	High school (secondary school)	13	31	4			
	Intermediate or diploma	10	25	5			
	Graduate or post-graduate	15	11	10			
	Profession or honors	5	4	0			
	Total	68	104	28			
Mothers level of education	Illiterate	2	4	0	12.006	12	0.445 NS
	Primary school	12	13	3			
	Middle school	8	6	1			
	High school (secondary school)	8	13	3			
	Intermediate or diploma	16	32	5			
	Graduate or post-graduate	19	27	14			
	Profession or honors	3	9	2			
	Total	68	104	28			
Fathers occupation	Unskilled worker	34	49	12	10.744	12	0.551 NS
	Unskilled worker	3	8	0			
	Semi-skilled worker	4	4	2			
	Skilled worker	11	23	5			

	Shop-owner, farmer	3	4	4			
	Semi-profession	1	4	1			
	Profession	12	12	4			
	Total	68	104	28			
Mothers occupation	Unskilled worker	18	15	6	7.955	8	0.438 NS
	Unskilled worker	1	3	1			
	Semi-skilled worker	0	2	0			
	Skilled worker	1	0	0			
	Profession	48	84	21			
	Total	68	104	59			
Socio-economic status	High	18	28	8	0.415	4	0.981 NS
	Moderate	33	54	14			
	Low	17	22	6			
	Total	68	104	28			

χ^2 = Chi-square, Df= Degree of freedom, P-value= Probability value, S= significant, NS= non significant, HS= high significant

This table presented the relationship between adolescent's demographic characteristics and their psychological internet impact, results indicate that there is a non-significant association between the adolescent's with psychological impact and their demographic characteristics at p-value more than 0.05, except with their class stage and fathers education, there is a significant association with adolescent's psychological impact at p-value less than 0.05.

IV. Discussion

Part I: Discussion of the Socio Demographic Characteristics for the Secondary School Adolescent's

Results reveals that the (29%) are within second age group (17) years old. Regarding gender, the majority of them (50%) of the study sample is male and the remaining is female. These result are consistent with the study who has studied the impact of social network sites upon adolescent's health behaviors for preparatory schools in AL-Diwaniyah City Center. Their result indicate that the most of the study subjects are within an age group of (18-19) year old, and most of them are males it constituted (58.8%) out total of the study sample⁽⁵⁾.

Regarding parents education, sample of the study indicated that the (24%) of father are secondary school and (30%) of mothers are graduate or post-graduate. Parent's education, is one of the most important factors that determine the adolescents learning, these findings reflected that the adolescents parent were formal educated, and this is important issue in Iraq where there is a some interesting for learning and to complete education due to the lack of vacancies due to unemployment and the economic situation of the country

Concerning occupation, (47.5%) of fathers are unskilled worker and (76.5%) of mothers are profession. Employed and unskilled worker parents this is a good indicator for improving economic state, and stability of policy situation

Socio-economic status, the study results indicate that (50.5%) are making moderate socio-economic status. These results come consistent with study of harmful effects of media on Adolescents in North India. Their finding of these study indicated that the most of the study sample are making moderately socio-economic status⁽⁶⁾.

Part II: Discussion the Distribution of Adolescent's by their Overall Psychological Impact

Results reveals that the majority of the (52%) sometime psychological adolescent's impact. In view of point the secondary schooled stage due to the same physical effects as adding to the category of adolescents where they are more psychologically affected than others, in addition to the openness in life and the difference in values, which resulted in the value struggle between young people and the behaviors and behaviors emanating from other cultures that are intertwined with the culture of society and the cultural situation of the

world order. The traditional character of culture is collapsing in the face of progress, development and modernization.

Part III: Statistical Association between the Adolescent's Overall Psychological Impact and their Demographic Characteristics

Results reveals that there is a non-significant association between the adolescent's with psychological impact and their demographic characteristics at p-value more than 0.05, except with their father level of education, there is a significant relationship at p-value less than 0.05. In a study who has studied the impact of social network sites upon adolescent's health behaviors for preparatory schools in a center of AL-Diwaniyah City. Their findings indicated that most demographic data are insignificant with internet used⁽⁵⁾.

V. Conclusions

The study concludes that the internet is the favorite network program used by the adolescents, it is a most of them are mild adolescents stage and presented with moderate socio-economic status as being formally educated their parents due to employment. Impact of internet used in term of psychological, students moderately impact. As well as the fathers level of education affected their impact by the internet used.

VI. Recommendation

The adolescent can be considered the target of programs of applying and reinforcing health education about utilization of internet and their used. It is also, community health organization need to be applying and reinforcing health education with regard to the use of social media networks sites. As well as mass media strategies need to be employed to increased individuals knowledge to show how dealing with development and maintenance so as to prevent misbehaviors and society's deviation.

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