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

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Abstract : Objectives: To identify the impact of internet used up on physical 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 for the period of October 20th 2016 to June 11th 2017 in which 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 physical impact which composed of (26) 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 (59%) are partially impact, as well as, a relationship between internet used and mothers occupation at ($P > 0.05$).

Conclusion: The study concluded that the overall physically impact of internet used by those who aged (16-20) years old are moderately impact, as well as mothers occupation 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, Physical Health Behaviors, High School Students.

I. Introduction

Network internet sites such as Face-book, Twitter, Instagram and others offer multiple daily opportunities for connecting with friends, classmates, and people with shared interests. During the last 5 years, the number of pre adolescents and adolescents using such sites has increased dramatically. According to a

recent poll, 22% of teenagers log on to their favorite internet media sites more than (10) times a day, and more than half of adolescents log on to a social media sites more than once a day ⁽¹⁾.

Online communication portals such as Face-book, MySpace and others have the ability to simultaneously transmit new attitudes and behaviors to countless people beyond geographic boundaries. Content displayed by peers can be a powerful source of influence , especially for adolescents who have many friends on internet network, and for those who frequently visit these sites ⁽²⁾.

Children and adolescents often neglect proper posture and movement when using internet and electronic screen products. Compared with adolescents using computer less than 3.6 hours per week, adolescents using computer 14 hours or more per week were about 3-4 times as likely to have moderate or severe computer-associated musculoskeletal pain in different parts of the body (including neck-shoulder, low back, hands, and fingers or wrists) ⁽³⁾.

There is evidence that Internet addiction has a negative effect on academics, family relations, physical and mental health, and finance. A local study reported that 22.5% of secondary school students (with mean age about 15 years) met the criterion of Internet addiction ⁽⁴⁾.

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 ⁽⁵⁾.

II. Methodology

Objectives of the study: The study aims to:

1. To identify the physical 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 (26) 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 Physical Impact

	Rating	F	%	M.S.	S.d.	Impact
Adolescent's overall physical impact	Always	23	11.5	2.123	0.361	Sometime
	Sometime	118	59			
	Never	59	29.5			
	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 (59%) sometime physical adolescent's impact.

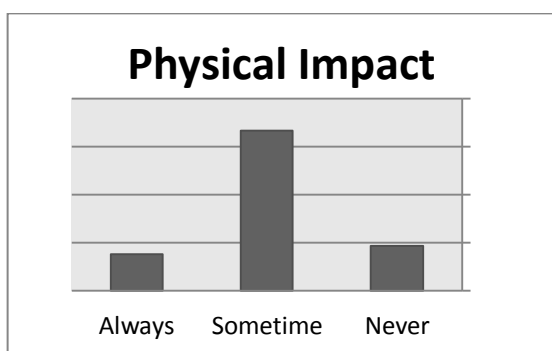


Table (3): Statistical Association between the Adolescent's Overall Physical Impact and their Demographic Characteristics

Demographic data	Rating	Overall evaluation			χ^2	d.f	p- value
		Always	Sometime	Never			
Age / years	16	5	36	12	5.951	8	0.653 NS
	17	8	36	14			
	18	6	30	21			
	19	2	11	7			
	20	2	5	5			
	Total	23	118	59			
Gender	Male	13	62	25	2.069	2	0.355 NS
	Female	10	56	34			
	Total	23	118	59			
Fathers level of education	Illiterate	0	3	1	12.301	12	0.422 NS
	Primary school	7	20	14			
	Middle school	3	14	5			
	High school (secondary school)	2	36	10			
	Intermediate or diploma	6	22	12			
	Graduate or post-graduate	4	17	15			
	Profession or honors	1	6	2			
	Total	23	118	59			
Mothers level of education	Illiterate	0	5	1	12.928	12	0.374 NS
	Primary school	4	16	8			

	- Middle school	2	12	1			
	High school (secondary school)	5	12	7			
	Intermediate or diploma	4	35	14			
	Graduate or post-graduate	7	32	21			
	Profession or honors	1	6	7			
	<i>Total</i>	<i>23</i>	<i>118</i>	<i>59</i>			
Fathers occupation	Unskilled worker	15	54	26	8.038	12	0.782 NS
	Unskilled worker	1	6	4			
	Semi-skilled worker	2	6	2			
	Skilled worker	4	23	12			
	Shop-owner, farmer	0	7	4			
	Semi-profession	0	3	3			
	Profession	1	19	8			
<i>Total</i>	<i>30</i>	<i>133</i>	<i>37</i>				
Mothers occupation	Unskilled worker	5	25	9	15.435	8	0.051 S
	Unskilled worker	2	1	2			
	Semi-skilled worker	0	2	0			
	Skilled worker	1	0	0			
	Profession	15	90	48			
	<i>Total</i>	<i>23</i>	<i>118</i>	<i>59</i>			
Socio-economic status	High	5	31	18	0.831	4	0.934 NS
	Moderate	12	61	28			
	Low	6	26	13			
	<i>Total</i>	<i>23</i>	<i>118</i>	<i>59</i>			

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

This table reveals that there is a non-significant association between the adolescent's with physical impact and their demographic characteristics at p-value more than 0.05, except with their mothers occupation, there is a significant relationship 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 ⁽⁶⁾.

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 ⁽⁷⁾.

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

Results depicts that the majority of the (59%) sometime physical adolescent's impact. It is may reason for cultural changes as well as the situation of parents and their preoccupation with daily life or possibility of considered it to be up to date. These results come with study of impact of social network sites upon adolescent's health behaviors for preparatory schools. Their findings indicated that the most students (53%) are moderate physically affected by the internet used ⁽⁶⁾.

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

Results reveals that there is a non-significant association between the adolescent's with physical impact and their demographic characteristics at p-value more than 0.05, except with their mothers occupation, 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 ⁽⁶⁾.

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 physical, students moderately impact. As well as the mothers occupation 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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