



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.