

Internet Addiction Among University Students at School of Health Sciences, Universiti Sains Malaysia During the Covid-19 Pandemic

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Abstract

Internet addiction issue risen among university students during the COVID-19 pandemic, and it can contribute to mental health deterioration such as depression which is a serious worldwide public health concern. [1, 3]. This study aims to study internet addiction among university students in School of Health Sciences, USM. A descriptive cross-sectional study was conducted via convenience sampling technique on 122 students from January 2022 to March 2022. The data were collected by a self-administered questionnaire consisting of demographic variables and the level of addiction using 26-items validated by Chen Internet Addiction (CIAS) [2]. The findings revealed that there were 122 respondents who participated in this study and mostly 78.7% female students participated. Most of the respondents were Year Two students (37.7%), the residence of the respondents mostly from hostel or campus (54.1%) and the time spent on internet per day mostly more than five hours (92.6%) per day (Table 1).

Table 1: Socio-demographic data of the respondents (n=214)

Variable	n (%)
Gender	
Male	26 (21.3%)
Female	96 (78.7%)
Year of Study	
Year 1	10 (8.2%)
Year 2	46 (37.7%)
Year 3	38 (31.1%)
Year 4	28 (23.0%)
Residence	
Home	56 (45.9%)
Hostel/Campus	66 (54.1%)
Time spent on internet per day	
>5 hours/day	113 (92.6%)

<5hours/day

9 (7.4%)

The finding also shown that 44 students (36.1%) having internet addiction (Table 2).

Table 2: The frequency and percentage of internet addiction level among university students at the School of Health Science, USM.

Internet addiction	n (%)
Normal user	70 (57.4%)
Risk for screening IA	8 (6.6%)
Internet Addict	44 (36.1%)

In conclusion, the study indicated the level of internet addiction among university students. Therefore, this study implies that lowering the time spent on internet per day is necessary to reduce the hazards to university students' mental health such as depression.

Keywords

Internet addiction, Depression, Covid-19 pandemic

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