



International Journal of Nursing and Healthcare Research

Journal home page: www.ijnhr.com

<https://doi.org/10.36673/IJNHR.2022.v06.i02.A23>



SCREEN ADDICTION AMONG ADOLESCENTS DURING COVID-19 PANDEMIC

Sr. Prabha Grace*¹, Sumi Jose¹, Jibi Elsa George¹, Lali U. D¹, Anagha S¹, Christy Sabu¹, Deema Poulouse¹, Leya Jose¹, Sandra Joy¹, Treesa Alma¹

¹*Carmel College of Nursing, Erumathala P.O, Aluva, Ernakulam (District), Kerala, India.

ABSTRACT

Purpose: The present study aimed to assess the screen addiction by the impact of COVID-19 pandemic among the adolescents in the selected schools of Ernakulam. **Design and method:** The study was conducted among 60 adolescents enrolled in Govt. Higher Secondary School, Eloor. Stratified random sampling technique was used and a descriptive rating scale was used to assess the screen addiction. The collected data was tabulated and analysed using descriptive and inferential statistics. **Results:** study shows that 41 of subjects had 68.3% of moderate level of screen addiction and 19 of subjects had 31.7% of mild level of screen addiction. **Conclusion:** The study concluded that majority of samples had moderate screen addiction.

KEYWORDS

Screen addiction and Adolescents.

Author for Correspondence:

Sr. Prabha Grace,
Carmel College of nursing,
Aluva, Ernakulam, Kerala, India.

Email: prabhagrace@gmail.com

INTRODUCTION

COVID-19 Pandemic has forced the closure of the educational institutions since March 2020 to check its spread. Internet has been officially the source of educational information for children and adolescents owing to the commencement of online classes. Additionally, adolescents seem to seek refuge in it for entertainments due to curtailment of their outdoor activities. This is evident from a study that reported a 97% spike in the internet usage between February and March 2020¹.

In daily life, adolescents spend a significant part of their time in front of screens such as phones, tablets, computers and televisions, as in the general public. Individual's multi-screen experiences may tend to

get out of control and turn into a kind of behavioural addiction. The use of screens can become extremely compulsive. It may even lead to impaired daily functioning, in terms of productivity, social relationships, physical health and emotional well-being. The effects of which includes nomophobia, pornography, sexting, cyber bullying, social isolation, poor academic performance, drug abuse, unhealthy relationships and certain physical and psychological problems. Screen addiction in children is increasingly being reported in the current Covid context. On this ground, the researchers have undertaken this study to determine the relationship between screen addiction of adolescents with view to develop and distribute an informational pamphlet on healthy use of screen.

BACKGROUND OF THE STUDY

The Indian Council of Medical Research (ICMR) funded a survey of 2,755 people from Bangalore aged 18 to 65 years and found that 1.3% people were addicted to the Internet, 4.1% to mobile phones, 3.5% to social networking sites, 4% to online shopping, 2% to online pornography and 1.2% to gambling². Recent studies have shown an increase in nomophobia, which is referred to as fear of being without a mobile phone. Increase in anxiety disorders as a result of smart phone overuse is also reported. Affordability and ease of internet access across the globe, is associated with several health issues. Pathological use of internet, or internet addiction is shown to affect quality of sleep, with dependence on internet being significantly associated with sleep deprivation. This finding is supported by a meta-analysis of studies consistently reporting that addiction to the internet is linked with sleep deprivation and further poor quality of sleep³. Many of these students are now taking classes as well associating more online. Spending more time on virtual platforms can leave children vulnerable to online sexual exploitation and grooming, as predators look to exploit the COVID-19 pandemic. A lack of face to-face contact with friends and partners may lead to heightened risk-taking such as sending sexualized images, while increased and unstructured time online may expose children to

potentially harmful and violent content as well as greater risk of cyber bullying. The studies reveal that 21% of teens appearing or creating sexually explicit images and 25% of teens that had received such images reported feeling very or extremely upset, embarrassed or afraid as a result of their actions. Livingstone and Gorzig's research focused on explaining the incidence of risk and harm reported by children and adolescents in relation to sexing behaviors. Researchers discovered 48 percent of teenagers who spent five or more hours per day on electronic devices reported a suicide-related behaviour⁴.

Screen addiction in children is increasingly being reported in the current Covid context. On this ground, the researchers have undertaken this study to determine the relationship between screen addiction of adolescents with view to develop and distribute an informational pamphlet on healthy use of screen.

MATERIAL AND METHODS

The aim of the study is to assess screen addiction among adolescents. The research approach is a quantitative approach and descriptive research design is used to assess screen addiction by using a descriptive rating scale and demographic performa. The study was conducted in Govt. Higher secondary school, Eloor. Stratified random sampling technique is used to select 60 adolescents. Based on inclusion criteria, students who were studying in selected higher secondary school and who were available at the time of data collection were selected as samples. Administrative permission was obtained from the Principal. Informed consent was taken from the samples.

Tools and technique

Section-A

Demographic performa used to collect demographic variables. It included of items such as age, gender, place of stay, nativity, socio– economic status, type of residential area, gadgets used.

Section-B

Descriptive rating scale used to assess level of screen addiction.

Tool was developed by researchers and validated by 3 experts of Nursing. It consists of 20 statements

which was rated on a 6-point scale of 0-5. The level of addiction was calculated by adding the score of each item. The score of the scale ranged from 0-100. The higher the score the greater will be the level of addiction.

Data collection

The study is carried out by taking the approval from the principal of Govt. Higher Secondary School, Eloor. Data is collected by using structured questionnaire containing 20 questions for assessing the level of screen addiction

Data analysis

The data are analysed by both descriptive and inferential statistics. The frequency and percentage distribution used to analyse demographic data and the knowledge score of subject about screen addiction. Association of screen addiction with independent variables was determined using Chi-square.

RESULTS

Age

It shows 58.3% belongs to 17 years of age, 25% belongs to 16 years of age, 13.3% belongs to 18 years of age and 3.3% belongs to 15 years of age.

Gender

It shows, the majority of subjects (61.7%) belong to male gender and (38.3%) belongs to female gender.

Place of stay

It shows 100% of subjects stay at home.

Nativity

It shows 53.3% of subjects are from village, 41.7% are from city and 5.0% are from town.

Socioeconomic status

It shows that 90.0% subjects belongs to middle class, 5.0% belongs to upper class and 5.0% belongs to lower class.

Residential area

It shows that majority of subjects (61.7%) are from rural area and minority of subjects (38.3%) are from urban area.

Gadgets used

It shows that 91.7% of subjects are using mobile phone, 6.7% using more than one device and 1.7% using table.

The findings of the table show that there is an association between screen addiction with selected demographical variables such as nativity.

DISCUSSION

The present study revealed that 68.3% adolescents have moderate level of screen addiction and 31.7% adolescents have mild level of screen addiction. And there is an association between screen addiction with selected demographic variables such as nativity. The informational pamphlet was very effective. This study is supported by similar study was conducted in Croatia which revealed that 39% respondents shows low level of addiction, 32% respondents shows moderate level of addiction and 3.4% of respondents are in the category of severe addiction. The study conducted at Iran, which revealed that factors such as gender, marital status, age, educational level and discipline are all associated with internet addiction.

Table No.1: Section A: Demographic data

S.No	Variables		Frequency	Percentage
1	Age	15	2	3.3%
		16	15	25.0%
		17	35	58.3%
		18	8	13.3%
2	Gender	Male	37	61.7%
		Female	23	38.3%
3	Place of stay	Home	60	100%
		Hostel	0	0%
4	Nativity	City	25	41.7%
		Town	3	5.0%
		Village	32	53.3%
5	Socioeconomic status	Upper class	3	5.0%
		Middle class	54	90.0%
		Lower class	3	5.0%
6	Residential area	Urban	23	38.3%
		Rural	37	61.7%
7	Gadgets used	Mobile	55	91.7%
		Tablet	1	1.7%
		More than one device	4	6.7%

Table No.2: Section B: Description of screen addiction

S.No	Screen Addiction	Frequency	Percentage
1	0-39(Mild addiction)	19	31.7%
2	40-79 (Moderate addiction)	41	68.3%
3	80-120 (Severe addiction)	0	0%

It shows that 68.3% had moderate addiction and 31.7% had mild addiction.

Table No.3: Section C: Association between screen addiction and selected demographic variables

S.No	Demographic variables	Chi-square	df	Significance
1	Age	4.924	3	7.82
2	Gender	0.167	1	3.84
3	Place of stay	0	0	0
4	Nativity	7.893	2	5.99
5	Socio economic status	3.089	2	5.99
6	Residential area	1.699	1	3.84
7	Gadgets used	2.528	2	5.99

CONCLUSION

After conducting the study the investigation reached at the conclusion that majority of 68.3% adolescents have moderate level of screen addiction and 31.7% adolescents have mild level of screen addiction. The current study throws light to the significance of screen addiction among the newer generation adolescents due to Covid situation and helps practicing nurses to develop effective interventions to prevent screen addiction. The present research will be basic step that will help the nurse to identify the strength of relationship of screen addiction during COVID-19 pandemics, which would enable them to make further steps focusing this aspect.

ACKNOWLEDGEMENT

The authors wish to express their sincere gratitude to Carmel College of Nursing, Aluva, Ernakulam, India for providing necessary facilities to carry out his research work

FUNDING

Self funding.

CONFLICT OF INTEREST

The authors have no conflict of interest.

REFERENCES

1. Meera Iyar, Roopali Sharma. Impact of internet overuse on psychological well-being of adolescents during COVID-19 shutdown, *Jour of Cri Rev*, 7(9), 2020, 1-8.
2. Bhupendra Singh, Priti Singh, Upendra Singh. Students' perceived stress and internet addiction during the lockdown in India, *Indian Journal of Private Psychiatry*, 14(1), 2020, 1-5.
3. Blossom Fernandes, Urmi Nanda Biswas, Alma Vallejo, Cecilla A. Essau. The impact of COVID-19 lockdown on internet use and escapism in adolescents, *Revista De Psicologia Clinicacon Ninosy Adolescents*, 7(3), 2020, 59-65.
4. Mustafa Saritepeci. Multiple screen addiction scale: Validity and reliability study, *Ins Tech and Life Le*, 2(1), 2021, 1-17.
5. Aina M. Gasso, Bianca Klettke, Jose R. Augustin, Irene Montiel. Sexting, mental health, victimization among adolescents: A literature review, *Int J Environ Res Public Health*, 16(13), 2019, 2364.
6. Yamuna G, Aswathy Venu K V, Sannet Thomas. Internet addiction among young adults amidst COVID-19 pandemic, *Mundur, Kerala, EPRA International Journal of Multidisciplinary Research (IJMR)*, 7(4), 2021, 17-20.
7. Ann Maria Kurian, Anumol Joseph, Ashili Chacko, Jeenamol Thomas, Karthika T. Ravikumar, Parvathy V S, Anajo Jose, Greeshma M, Joseena S V M. Social media addiction among college students in a selected College, *Kottayam A and V Publications*, 11(2), 2021, 302-304.
8. Aswathy V, Devika E, Girish S. A study on impact of online gaming and its addiction among youth with special reference to Kerala, *International Journal of Management, IT and Engineering*, 9(6), 2019, 308-316.
9. Madhusudhan Muralidhar, Sunny Damien Anthony Fernandes, Tessy Thomas, Alaka Unnikrishnan. Internet addiction and its determinants among the students of a medical college in Kerala, Wayanad, *Annals of Community Health*, 6(3), 2019, 8-13.
10. Mohandas B, T Pawar A, John A, Kumar K D, Sujesh P K. Study on internet addiction among students of KMCT integrated campus, Calicut, *Public Health Review: International Journal of Public Health Research*, 6(1), 2019, 17-24.
11. Rini Raveendran, Rajany Jose, Sabitha Rose Jacob, Ancy S George, Vinayak N, Mubashir Muhyudheen K, Greeshma S, Revathy Unni, Aswani K S. Internet usage among medical students: Prevalence, addiction and health issues, Kerala, *Inter Jour of Com Med and Pub Hea*, 8(8), 2021, 4030-4036.
12. Anaswara S Ashok, Brogensingh Akoijam, Nranabrata Meetei. Prevalence of nomophobia among college students in Bishnupur District of Manipur, *The Jour of Com Hea Mgt*, 7(4), 2020, 141-145.

13. Shiv Prakash, Jai Singh Yadav, Singh T B. Study to assess the prevalence of internet addiction among people staying at their home during lockdown due to COVID-19, Varanasi, *The International Journal of Indian Psychology*, 8(3), 2020, 1-9.
14. Liya Ann Yobel. Study on screen addiction among adolescents, Coimbatore, *International Journal of Research in Engineering, Science and Management*, 2(10), 2019, 845-848.
15. Babitha Kayastha, Ashmita Gurung, Rashmi Chawal. Study to assess the level of internet addiction among adolescents, Mangalore, *Journal of Child and Adolescent Behavior*, 6(3), 2018, 378.
16. Ziqiang Han, Ziyi Wang, Yuhuan Li. Study of correlation between the cyber bullying involvement and loneliness among a group of children and adolescents during COVID-19 in China, *Frontiers in Psychology*, 12, Article: 664612, 2021, 1-8.
17. Izzet Fidanc, Hilal Aksoy, Duygu Yengil Taci, Duygu Ayhan Baser, Mustafa Cankurtaran. Effect of COVID-19 restrictions on nomophobia and smartphone addiction Levels, *Bagimilik Dergisi*, 22(4), 2021, 395-402.
18. Kristiana Siste, Enjeline Hanafi, Lee Thung Sen, Belinda Jilivia Murtani, Hans Christian, Albert Prabowo Limawan, Adrian. Study of implications of COVID-19 and lockdown on internet addiction among adolescents, Indonesia, *Fr Psy*, Article: 665675, 12, 2021.
19. Gregorio Serra, Lucia Lo Scalzo, Mario Giuffre, Pietro Ferrara, Giovanni Corsello. Smart phone use and addiction during the coronavirus disease 2019 (COVID-19), Italy, *Italian Journal of Pediatrics*, 47, 2021, 1-10.
20. Min Pein Lin. Prevalence of internet addiction during the COVID-19 outbreak and its risk factors among junior high school students in Taiwan, *Int J Environ Res Public Health*, 17(22), 2020, 8547.
21. Stephen C Schmitt, Bustian Anedda, Alexander Woll. Physical activity and screen time of children and adolescents before and during the COVID-19 lockdown in Germany, *Scientific Reports*, 10(1), Article: 21780, 2020.
22. Momoko Kitazawa, Michitaka Yoshimura, Mayu Murata, Yuka Sato-Fujimoto, Hidefumi Hitokoto, Masaru Mimura, Kazuo Tsubota, Taishiro Kishimoto. Association between problematic internet use and psychiatric symptoms among University Students in Japan, *Psychiatry Clin Neurosci*, 72(7), 2018, 531-539.
23. Samah Hassanin, Amina Abdelrazek Mahmoud. Internet addiction disorder among adolescents students, Egypt, *Egyptian Journal of Health Care*, 9(1), 2017, 1-20.
24. Deepak Goel, Alka Subramanyam, Ravindra Kamath. A study on the prevalence of internet addiction and its association with psychopathology in Indian adolescents, Mumbai, *Indian J Psychiatry*, 55(2), 2013, 140-143.
25. Iva Cernja, Lucija Vejmelka, Miroslav Rajter. Internet addiction test, Croatian preliminary study, Nazorova, Croatia, *BMC Psychiatry*, 19(1), 2019, 388.
26. Jafari H, Sakinesh Dadipoor, Hamid Haghghi, Amin Ghanbarnejad. The relationship between demographic variables and internet addiction among medical university students in Bandar Abbas, Iran, *Life Science Journal*, 11(1), 2014, 122-126.

Please cite this article in press as: Prabha Grace Sr et al. Screen addiction among adolescents during COVID-19 pandemic, *International Journal of Nursing and Healthcare Research*, 6(2), 2022, 127-132.