



## Emerging Technologies and the Negative Impacts of Using the Internet Among Nursing Students

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**Abstract** - Background, The internet, one of the most exciting and important developments of the second part of the twentieth century, has had unavoidable negative consequences. It is the goal of this research to find ways to mitigate the detrimental effects of internet use on nursing students at a government institution. A cross-sectional descriptive methodological approach is used to accomplish the research's goals. A total of 185 first-year nursing students from Shaqra University's applied medical sciences colleges participated in this study. Arithmetic mean (32.74), 75.7 percent of students between the ages of 20-25, and no statistically significant association between students' personal traits and the negative effects of using the internet were found in the results.

### I. Introduction

This is one of the most thrilling significant events of the twentieth century, and it's still going strong now. Academics' and students' old vision and ambition of being able to know all that's going on in the world without ever leaving the classroom has finally come true. For the next 26 years, the Internet progresses at an incredible pace. The internet has also spread like wildfire to over 180 countries and regions, with links to over 600,000 home networks of different forms, linked to over 20 million computers, accessible to over 120 million users, or around 2% of the world population (Evans, 2018).

In addition, the widespread use of computers in the communication process is to blame for this (Evans, 2019). All types of information can be found online, from sports to education to entertainment, and students may use the internet to interact with one other and discover information on a wide range of topics. Students who have a robust internet connection can quickly and easily locate what they need (Casanova, 2012).



As the world's biggest repository of knowledge, the Internet also provides a way for individuals to instantly connect with each other by providing an interactive mechanism. A lack of focus with regard to the wealth of information available on the internet makes it impossible to determine what is genuine or not. Furthermore, it's difficult to quantify the rate at which online information sources are growing. Various scientific studies, education, public policy, legal rules, business, art, and entertainment all show how much information is available on the internet. Access to information is made possible through the reciprocal transmission of data across the internet.

The internet is now widely recognised as the most important source of knowledge, and we can't imagine life without it. On the internet, we have access to an enormous quantity of information, but we can also use it to communicate with others. It is now possible to communicate with others through email and instant messaging. Online forums and social networking sites have become popular venues for exchanging ideas. However, with the increasing usage of the internet, there are a number of psychological ramifications for this simple access to such large volumes of information and data (Helmi, N.2010 & Kogan et al,2019). In order to better understand the detrimental effects of excessive internet use on pupils, researchers are conducting a study (Hashim, et al, 2019).

More prevalent negative outcomes include exclusion from internet use because of a lack of knowledge about underdeveloped countries (Leiner et al,2011).

A mistaken view of reality, as well as a sensation of deprivation, may lead to uncertainty regarding one's own identity. This is why the majority of internet information focuses on rich nations in compared to poor ones. As a person's identity is hidden online, they have no qualms about expressing their emotions. This has led to a rise in the number of racist and sexist individuals creating hate websites.

Some of these negative effects may be summarised as follows: social and psychological impacts such as a sense of deprivation, poor family bonds, and a lack of genuine life contact (Maiti, 2019). The prevalence of violent video games on the internet has contributed to an increase in young people's exposure to violent content. Young people become more likely to damage themselves or others as a result of being exposed to such graphic violence in video games, which has a number of harmful consequences (Soh et al, 2018). People are hacking pornography, online gambling, and other illegal activities on the Internet these days because of ethical concerns. Because people's identities are hidden, they may behave and express themselves as they would if they were in the same situation. According to (Zhang et al., 2018)

## **II. Significance of the study**

The internet has been shown to have a harmful influence on kids in several studies over the years. The results of this research will help to illuminate the best approach to resolving the existing problems.

Few studies have been conducted in Saudi Arabia to offer solutions to the detrimental effects of internet use. This is to raise awareness about the significance of focusing on the future of all countries while dealing with the problem of internet use among our millennials. Students'

increasing reliance on the internet necessitates a concerted effort to educate them on the dangers of inappropriate internet usage. The primary objective of our research is to identify the most detrimental effects of the internet. Our pupils are at danger of becoming addicted to the internet if they continue to use it in this manner. In particular, to counteract the detrimental effects of internet use.

An investigation on the detrimental effects of internet use on nursing students at a government university is the goal of this research. As a means of doing this, the following research goals were developed:

1. 1-Assess the harmful effects of internet use on nursing students' perspectives.
2. Second, rank the negative effects of internet use.
3. Provide the necessary remedies to cope with the negative effects of internet use and get them validated.

The researchers used a cross-sectional methodological approach (descriptive) to accomplish their goals. To address the harmful effects of internet use, it attempted to create and test solutions to the problem.

Deanships of scientific research and deans of schools of applied medical sciences of a government institution in Saudi Arabia granted permission for the researchers to conduct their study, despite the lack of an Internal Review Board in Saudi Arabia's King Fahd University. Respondents were informed of the study's purpose and confidentially by the researchers.

### **III. Procedure**

Researchers made 200 copies of the original sheets during the implementation phase in case any were misplaced or if the relevant data was not collected. One month of data gathering was required. Nursing students were recruited by describing the study's purpose, obtaining their consent, and explaining the scale and how to submit the form.

Questionnaire filling lasted between 10 and 15 minutes.

During this period of growth: Following a thorough examination of relevant literature and findings from the study, researchers came up with a set of suggestions to reduce the detrimental effects of internet use.

Then they created a questionnaire to test the validity of the offered techniques from the perspective of experts.

### **IV. Statistical design.**

Database and data analysis were performed using statistical software SPSS version (20). Quantitative data was presented as means and standard deviations, whereas qualitative data was given as frequency and percentage distributions. Test of association between variables was carried out using the Chi-square (2) formula. For determining how closely two variables are linked, the correlation coefficient (r) test was used. (Kamal& Salem, 2011 & Lind, et al., 2008)

## V. Results

### **Table (1): Frequency distribution of student regards to personal characteristics at Shaqra University (N=185).**

**Table (1):** In terms of age, students under the age of 20 made up 18.4% of the student body, those aged 20 to 25 made up 75.7%, and students beyond the age of 25 made up 5.9% of the student body. Age ranged from 18 to 30 years, with a mean age of 21.19462.14551.

Shaqra University has the largest proportion of Al-Quawayiyah students (44,9%), the second-highest percentage of Shaqra students (41,1%), and the lowest percentage of Al-Dawadmy college of applied medical sciences (14,1%) students.

52.4 percent of the study students used the internet 1-5 hours a week, 31.9 percent used the internet 6-15 hours a week, and 15.7 percent used the internet more than 15 hours a week, according to weekly internet usage. Seventy-two percent and one-sixth of the pupils were female.

### **Figure (1): Total mean students' perception about the negative impacts of using internet.**

Internet use has the highest arithmetic mean adversity level (1) of negative health effects (32,74), followed by economic implications (30,91), and cultural impacts (30.71) (29.76).

The ethical consequences, on the other hand, were at the lowest point (28.24).

### **Table (2): Means and Standard- Division of each item of the health impacts of using internet.**

**Table 2:** Health effects on the eyes and back were found to have the highest mean scores (4.0108–3.9297) among students in the study. A headache (3.6703), exhaustion (3.6595) and laziness (3.6595) follow (3.6054). Affected the neck received (3.5784) whereas students reported the lowest mean score (3.3622) concerning consuming little quantities of food.

### **Table (3): Means and Standard - Division of each item of the economic impacts of using internet.**

**Table 3:** It has been shown that students reported the highest (3.9081) mean score of destroying banks and ministries' websites and feeling uncomfortable owing to PC viruses (3.8703). Furthermore, data falsification (3.6108) and credit card dangers (3.5351). When it comes to gambling, the worst score is a 3. (2.9514).

### **Table (4): Means and Standard - Division of each item of cultural impacts of using internet.**

**Table 4:** The greatest arithmetic mean (3.8541) was found to be for western features, followed by interactions between men and women (3.6486).

Arabic has been overshadowed by Western culture and traditions (3.5514) and English has become more important than the Arabic language itself (3.4324). In contrast to this, the lowest mean score (2.9297 - 2.595) favours Western Arts over Arabic Islamic arts and cultural estrangement accordingly.

**Table (5): Means and Standard- Division of each item of social & psychological impacts of using internet.**

**Table( 5):** The arithmetic mean (4.0216) of separation from others and continual usage (3.9189). The arithmetic mean of feeling uncomfortable when using aliases is also (3.5297).

Mean scores for educational level and family responsibilities are also identical (2.9568). The lowest (2.8108) mean internet score, on the other hand, might lead to sadness and, ultimately, to the loss of many friends (2.4270).

**Table (6): Means and Standard- Division of each item of religious & ethical impacts of using internet.**

**Table( 6):** The arithmetic mean (3.7081) of the ethics of interacting with the internet In addition, there are depraved Islamic websites on the Internet (3.5135). Furthermore, slurs' harmful impacts are hidden (3.3405). For example: lying (2.8216) and diminished religious features (2.5784) both have the lowest arithmetic means.

Students' demographic factors (age, gender, and internet use per week) were shown to have no statistically significant link with adverse health, economic, social, psychological, cultural/ethical implications of using the internet (Health).

**Table (7): Agreement of jury group about developing solutions to deal with negative impacts of using internet among nursing students**

**Table (7):** As agreed upon by the Jury Group All of the students (100%) gave it their seal of approval; directing students to academic institutions' websites Download the number of valuable Islamic and scientific books university students' general attitudes and values students, keep an eye on your fellow students while they browse the internet computer or in front of a monitor respectable conduct and a cosy chair.

## VI. Discussion

The results of this research indicated that the item number one, which states: "My eyes are impacted by continuous internet use, has the greatest mean health consequences." This is owing to the youth spending so much time on the internet and eating so little as a result that item number (4) was the least mean: "I eat little food since I am browsing the internet." According to these data, there was a correlation between (Muflih , 2009). In addition, (Rabea, 2003) shown that internet use leads to a considerable deal of addiction potential.



Item number seven had the largest mean economic effect, stating that, "Professional hackers may be able to damage banks and ministries websites.". And option number two, "young people commonly use the internet for gambling," was the least popular. Internet users are bombarded with a deluge of adverts while they're online, which enhances their urge to purchase and raises their financial obligations. This is a nod of agreement to (Alshehry, 2005). It revealed that some people's conduct is influenced by financial blackmail. Hackers are a group of young individuals who have admitted to utilising the internet.

According to this study's findings on social consequences, item number (1) had the highest mean value: "I believe that excessive usage of the internet might lead to isolation from others. "I have lost a lot of my friends due of the internet use" was the least cruel of the six items.

This is because kids are spending so much time on the internet that they no longer have time to spend with their family and friends. As a result, the relationship between family members is weakened, and there is also less contact with real people. Family ties are deteriorating, and social connection is becoming more scarce. As a consequence of their inability to connect with others, members of the new generation are less likely to attend social gatherings. Many university-aged students who used the Internet had emotional and psychological issues, as stated by Abdul Fattah & Samy (2011).

The study also found that statement number three, "I believe it is vital to educate the kids with the ethics of interacting with the internet," had the greatest mean of ethical repercussions. "The internet lowers religious characteristics inside a person" was the least harsh item on the list. Due to the fact that most young males who use the internet have no idea how to utilise it, this is the outcome. Consequently, they sought out improper websites and engaged in more online sex sessions.

Many studies have backed up this conclusion, such as that of Alqudahi (2001), who suggested that young people should use the internet with good manners and ethics.

## **VII. Conclusion**

Students' physical health was shown to be the most negatively impacted area of their academics as a result of continuous internet usage. As a result, it was ranked as the most significant or the first level negative effect in this research, whereas ethics was ranked as the fifth level negative impact. As a result of the institution's focus on these issues, parents of college students were contacted and given seminars and advice on how to cope with their children's excessive usage of the internet. Similarly, the institution is stepping up its drive to limit student access to cellphones in class and during exams. There will be more research done in the near future throughout the university's several colleges.

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