

**Original Article****Correlation of Internet Addiction with Academic Performance and General Health in Undergraduate Physical Therapy Students**Aqsa Naseem<sup>1</sup>, Zeest Hashmi<sup>2\*</sup>, Seemab Arif,<sup>3</sup> Taiba Razzaq<sup>2</sup>, Nafisa Shahzadi<sup>2</sup><sup>1</sup>Almarah Foundation, Lahore, Pakistan<sup>2</sup>Riphah International University, Lahore, Pakistan<sup>3</sup>Ghurki Trust Teaching Hospital, Lahore, Pakistan

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## ABSTRACT

There are billions of internet users now a days and this number is keep on increasing due to global digitalization. Mostly students are using internet for their study purpose but they are getting addicted to over use of internet other than study purpose. In long term it may affect their academic performance as well as their health **Objective:** To determine the correlation of internet addiction with academic performance and general health in undergraduate physical therapy students. **Methods:** This cross-sectional study was conducted on 345 physical therapy students of Lahore (Pakistan), who were selected via non- probability convenient sampling technique. Data was collected using Young's internet addiction and general health questionnaire and CGPA for academic performance. Data analysis was performed in SPSS version 21. **Results:** Correlation of internet addiction with general health and academic performance showed a significant association between internet addiction and general health. The p value was less than 0.05 which showed correlation between internet addiction and academic performance **Conclusions:** There seem a positive correlation of internet addiction with academic performance and general health in undergraduate physical therapy students

## INTRODUCTION

It is considered that the internet is broadly used throughout the world, it is different than other type of communication mediums. Reason of this extensive availability is that internet has a number of uses that allures the users. Internet gives a possibility to be in touch without any restriction with people all over the world, the widespread use of internet mostly affected the young adults[1]. During medical education, students can study at their own place by getting data related to clinical, radiographs, and histopathology. Medical students can access the expertise of specialized clinicians from all over the world, also get knowledge about rare diseases through internet[2].

Despite a lot of advantages internet use may become problematic and may lead to negative consequences in daily life. Internet activities and technologies mostly attract the youngsters, eliciting intensive internet use, compulsive behavior & dependence on internet known as Internet addiction (IA) or internet overuse [3]. American Psychiatric

include Disorder of Internet use in appendix of diagnostic & statistical manual which is for mental disorders [4]. Kandell defined the internet addiction in the words that it is psychological addiction which represent need to remain active on the Internet[5].

According to the Global Internet Society Report, over the current decade internet user population has tripled. This intensive use of internet has led to internet dependency that interferes with normal life, and human lives are addicted to it [6]. Internet addiction can lead to negative outcomes such as educational and profession related problems and deprivation of sleep, psychological problem, behavioral problem, emotional health, and study related problems like wastage of time, decrease in achievements in academics and conveying problems with companions[7-11].

Many studies performed on internet addiction among university level students but there was minor focus on students of medical profession, specifically physiotherapy

students. Recent study focused on finding the association between internet addiction with academic performance and general health in undergraduate physiotherapy students of Lahore, Pakistan. This study will help the undergraduate students to pay attention to internet hours in order to maximize their academic performance.

**M E T H O D S :**

Selection and description of participants:

A cross-sectional survey was carried out in the undergraduate physical therapy students of Lahore. A sample of 345 physiotherapy students was estimated using the prevalence of internet addiction in younger adults 34 percent[ ]. The inclusion criteria: Students having age range 18-26 years, Both male and female, Using internet for ≥ 6 hours daily and exclusion criterion: Exclusion of first semester students because they did not have any CGPA, Students with any visual problem (blind). Data analysis was done using SPSS-21

Assessment Tools:

1. Young's internet addiction questionnaire
2. Standard GHQ-12 questionnaire were being filled out by undergraduate physiotherapy students.
3. CGPA Cumulative Grade Point Average

**R E S U L T S :**

Out of total 345 students, 61 (17.7%) were male and 284 (82.3%) were females. Total 89 (25.8%) students were from age range 18 to 20 years, 119 (34.5%) were from age range 20 to 22 years, 118 (34.2%) were from age range 22 to 24 years, and 19 (5.5%) were from age range 24 to 26. The CGPA of students in 5 different categories was shown in Table number 1. The association between two variables; addiction of internet with CGPA were shown in Table 2, and the association between two variables; addiction of internet & general health were shown in Table 3. All the questions which had its Probability value less than 0.05, results were significant statistically and all the questions which had its Probability value more than 0.05, results were not significant statistically.

CGPA	Frequency/number of students	Percentage
0	1	0.28
2-2.5	9	2.60
2.5-3.0	77	22.3
3.0-3.5	125	36.2
3.5-4.0	133	38.5

**Table 1:** CGPA of affected population

Variable 1 (young's internet addiction questionnaire )	Variable 2	probability value
1.Time to stay online more than intentional	CGPA	.320>0.05
2.Neglecting household activities while online	CGPA	.024<0.05
3.Preferance of Internet use to talk to parents/peer	CGPA	.671>0.05
4.Frequency of making New online friends	CGPA	433>0.05
5.Complins of others regarding maximum time utilization on internet	CGPA	.148>0.05
6.University results affects with long use of internet	CGPA	.000<0.05
7.frequent email checking	CGPA	.001<0.05
8. suffering of academic performance due to excessive internet use	CGPA	.001<0.05
9.feeling offensive when someone ask about your activity using internet	CGPA	.000<0.05
10.replacement of real life disturbance with smooth internet life	CGPA	.175>0.05
11.feeling excited for repeated use of internet	CGPA	.021<0.05
12.fear of losing internet life and having bore real life	CGPA	.039<0.05
13.frequency of offensive behavior like shout when someone stop you for Internet use	CGPA	.052=0.05
14.frequency of sleep issues for long time internet use	CGPA	.071>0.05
15. fantasy of online while you are off line	CGPA	.001<0.05
16.frequency of staying on internet , like adding one more minute	CGPA	.003<0.05
17 failure to get rid of internet overuse	CGPA	.280>0.05
18.hiding the time spent online	CGPA	.213>0.05
19.preferanc of using internet rather go outside with friends	CGPA	.034<0.05
20.depression of becoming offline, which get better when online	CGPA	.350>0.05

**Table 2:** Correlation of internet addiction with academic performance

Variable 1 (young's internet addiction questionnaire )	Variable 2 (standard general health questionnaire)											
	1.Have you recently been able to concentrate on whatever you're doing?	2.Have you recently felt that you were playing a useful part in things?	3.Have you recently been feeling reasonably happy, all Things considered?	4.Have you recently felt capable of making decisions about things?	5.Have you recently been able to enjoy your normal day-to-day activities?	6.Have you recently been able to face up to problems?	7.Have you recently felt constantly under strain?	8.Have you recently felt you couldn't overcome your difficulties?	9.Have you recently lost much sleep over worry?	10.Have you recently been feeling unhappy and depressed?	11.Have you recently been losing confidence in yourself?	12.Have you recently been thinking of yourself as worthless person?
1.Time to stay online more than intentional	.000	.000	.000	.015	.000	.043	.000	.000	.000	.000	.000	.000
2.Neglecting household activities while online	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
3.Preference of Internet use to talk to parents/ peer	.025	.054	.045	.373	.010	.322	.083	.164	.036	.129	.080	.031
4.Frequency of making New online friends	.000	.000	.074	.015	.000	.000	.014	.005	.000	.001	.013	.023
5.Complins of others regarding maximum time utilization on internet	.000	.000	.000	.000	.000	.013	.000	.000	.000	.000	.001	.001
6.University results affects with long use of internet	.000	.003	.000	.000	.000	.000	.011	.000	.008	.000	.000	.000
7.frequent email checking	.002	.000	.000	.001	.000	.041	.000	.001	.000	.000	.125	.056
8. suffering of academic performance due to excessive internet use	.000	.050	.001	.000	.005	.000	.018	.006	.011	.003	.000	.000
9.feeling offensive when someone ask about your activity using internet	.000	.000	.002	.000	.000	.006	.000	.002	.000	.000	.000	.000
10.replacement of real life disturbance with smooth internet life	.012	.032	.001	.001	.002	.008	.009	.000	.000	.000	.000	.000
11.feeling excited for repeated use of internet	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
12.fear of losing internet life and having bore real life	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.001
13.frequency of offensive behavior like shout when someone stop you for internet use	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
14.frequency of sleep issues for long time internet use	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
15. fantasy of online while you are off line	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
16.frequency of staying on internet , like adding one more minute	.001	.000	.000	.000	.000	.085	.000	.000	.000	.000	.000	.001
17.failure to get rid of internet overuse	.037	.018	.003	.000	.000	.006	.004	.000	.004	.019	.000	.000
18.hiding the time spent online	.000	.000	.001	.000	.000	.027	.000	.000	.000	.001	.000	.000
19.preferanc of using internet rather go outside with friends	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
20.depression of becoming offline, which get better when online	.000	.000	.000	.000	.000	.001	.000	.001	.000	.000	.000	.000

Table 3: Correlation of internet addiction with general health

## DISCUSSION :

Current study showed correlation between internet addiction with academic performance, i.e.; higher level internet addiction, lower the grades. University assignments deteriorate due to extra time spend online. A study in 2015 was performed in India on the effect of internet addiction on mental health and academic performance on the pupils reported the similar findings [13]. In 2016 a study in Iran reported the similar findings that academic performance, measured by GPA, was significantly lower in internet addicted students[14]. Louis Leung (2012) in Hong Kong also reported that overusage of Internet was highly correspond with decreased academic performance [15]. In contrast, a study in Malaysia (2014) reported that there is no statistical relationship between addiction of internet and academic achievement[16].

In relation to general health, the current study findings showed that addiction of Internet was correlated with general health. Late night logins lost sleep that effect general health. Moreover, when people were offline they felt depressed. Similarly, a study conducted on the interceding role in the relationship between and general health internet addiction in UAE reported that internet addiction and general health were correlated[17]. In Japan, in 2016 a study conducted on prevalence of Internet addiction and relation with psychological states in adolescents reported the similar findings [18]. In 2018, a study on the relationship between internet addiction and general health and its socioeconomic elements in Students showed the similar findings[19]. However, in a study in Iran in 2012 showed no significant relationship between internet addiction and general health[20].

## CONCLUSION :

The results of current study showed positive Correlation of internet addiction with academic performance and general health in undergraduate physiotherapy students

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