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“A Descriptive Study to Assess the Level of Knowledge and Attitudes Regarding Internet Addiction Among Students Studying in a Selected College of Nursing, Imphal”.

Abstract:

The world has become village due to development in IT-sector. Internet now a necessity in people's daily life irrespective of gender, class and status. Student community specially spent time on browsing, social networking, gaming, online-shopping etc. etc. & they are easily diverted from the focus of their studies which may leads into adverse effect on the academic performances and other activities. So, it's now necessary to make them understand especially the students to aware more on internet savvy. Cross-sectional research design used with 150 students by using non-probability purposive sampling technique. Data were collected using Structured Knowledge Questionnaire & 3-Point Likert Scale and analyzed by descriptive & inferential statistics. In 150 respondents, majority of 68 (45.4%) had moderate knowledge, 47 (31.3%) inadequate knowledge and 35 (23.3%) adequate knowledge. Overall mean score obtained  $10.49 \pm 3.38$  (Mean  $\pm$  SD) & mean score average 58.3% of knowledge regarding internet addiction. Among 150 respondents, majority of 123 (82.0%) had moderately favourable attitudes whereas 20 (13.3%) & 7 (4.7%) were favourable and unfavourable attitudes, indicates that more acceptability towards internet addiction. Overall mean score obtained  $39.26 \pm 5.39$  (Mean  $\pm$  SD) & mean score average 65.4% of attitudes regarding internet addiction. There was significant association between knowledge regarding internet addiction and family income ( $\chi^2 = 16.510$ ) & were significant association between attitudes regarding internet addiction such as gender ( $\chi^2 = 15.524$ ), father's occupational status ( $\chi^2 = 15.123$ ) and mother's occupational status ( $\chi^2 = 13.571$ ) at the level of significance  $p < 0.05$ . Correlation between knowledge score & attitudes score regarding internet addiction was found to be ( $r = .163$ )

which was a positive correlation and statistically significant at  $p < 0.05$ . Most of the students had moderate knowledge regarding internet addiction and a positive attitude towards internet addiction. There was a positive correlation between knowledge scores and attitudes scores regarding internet addiction among students.

## Keywords

Knowledge, Attitudes, Internet Addiction, Students

## Introduction:

The internet is a worldwide system of interconnected computer networks. The internet provides entertainment, lots of information and it makes people connected every second. When someone becomes <sup>1</sup> addicted to the internet they will have increasing tolerance to the amount of time spent online, too much of a good thing can be addictive. Addicted individuals may develop withdrawal, mood changes between when online and off, and there will be an interruption of social relationships and day-to-day activities of a person. The occurrence of the danger of <sup>2</sup> internet addiction due to improper ways of using the internet other than for educational purposes. It can be a nightmare, however, researchers are aware of the excessive use of the internet. For that reason, researchers are interested in creating awareness among college students. These instances provoked the researcher to select the study on assessing the level of knowledge and attitudes regarding internet addiction among students studying in a selected College of Nursing, Imphal.

## Methods:

A cross-sectional research design was adopted to assess the knowledge and attitudes regarding internet addiction among students studying in the Kangleipak Nursing Institute, Khurai Konsam Leikai, Imphal. Total 150 students were selected using non-probability

purposive sampling technique. The data were collected by using Structured Knowledge Questionnaire and 3-Point Likert Scale. Reliability of the tool was tested and validity was ensured in consultation with nursing experts, psychiatrist and psychologist. Collected data were analyzed by using descriptive and inferential statistics.

#### Results:

Figure 1 shows that majority 68 i.e. 45.4% respondents had moderate knowledge, 31.3% respondents had inadequate knowledge and 23.3% respondents had adequate knowledge regarding internet addiction. Table 1 depicts majority 90% of students had much knowledge on the item 3. (The age group of people which are most affected from internet addiction problem) whereas 31.3% of students had least knowledge on the item 12. (The first step in **1 treatment for internet addiction**). Figure 2 shows that maximum of students 82.0% were in moderately favourable attitudes regarding internet addiction whereas 13.3% of students were in favourable attitudes and minimum of students 4.7% were in unfavourable attitudes. Table 2 depicts that the highest 61.3% had in the item 5 (Do you use the internet to contact with friends?) and lowest 7.3% had in the item 18 (Do you get defensive when someone asks you what you've been doing online?) were in "always" attitudes of students. The highest 71.3% had in the item 7 (Are you preoccupied with being online during other activities?) and item 11 (Do you get annoyed when someone interrupts you while on the phone/laptop?) and lowest 31.3% had in the item 10 (Are you interested in online relationship?) were in "sometimes" attitudes of students. And the highest 55.3% had in the item 10 (Are you interested in online relationship?) and lowest 2.0% had in the item 5 (Do you use the internet to contact with friends?) were in "never" attitudes of students. Table 3 shows that the knowledge mean score obtained by the respondents were  $10.49 \pm 3.38$  (Mean  $\pm$  SD). Among the knowledge questions, mean % was 58.3%. Whereas the attitudes mean score obtained by the respondents were  $39.26 \pm 5.39$  (Mean  $\pm$  SD). Among the attitude questions, the mean % was 65.4%. Table 4 depicts that the p-value of family income was .036 which is significantly associated with knowledge scores. The p-value of age, year of the study, gender, religion, category, types of family, father's occupational

status, mother's occupational status and residential area were .066, .471, .301, .364, .217, .405, .248, .077 and .815 respectively which are insignificant association with the knowledge scores. Table 5 depicts that the p-value of gender, father's occupational status and mother's occupational were .000\*, .019\* and .035\* respectively which are significant association with attitudes scores. The p-value of age, year of the study, religion, category, types of family and residential area were .518, .105, .449, .870, .442, .991 and .899 respectively which are insignificant association with attitudes scores of the students regarding internet addiction. Table 6 depicts that the mean average of knowledge score was  $10.49 \pm 3.38$  (Mean $\pm$ SD) and mean average of attitudes score was  $39.26 \pm 5.39$  (Mean $\pm$ SD) regarding internet addiction among the students. 16.3% knowledge and attitudes scores are positively correlated and with significantly associated ( $p=.046^* < 0.05$ ).

Figure 1: A pie graph showing knowledge scores of students regarding internet addiction. n=150

Knowledge Question

Correct answer

Wrong answer

F

%

F

%

1. **Internet addiction may be** defined as .....

102

68.0

48

32.0

2. Internet addiction is a condition in which .....

90

60.0

60

40.0

3. The age group of people which are most affected from internet addiction problem is

.....

135

90.0

15

10.0

4. Type 2 of internet addiction can be recognized by .....

68

45.3

82

54.7

5. The risk factors of internet addiction is .....

105

70.0

45

30.0

6. The sign of internet addiction is .....

89

59.3

61

40.7

7. The physical symptoms of internet addiction disorder is .....

110

73.3

40

26.7

8. The emotional **symptoms of internet addiction disorder** is .....

91

60.7

59

39.3

9. The short-term effects of an online internet addiction is .....

85

56.7

65

43.3

10. The brain chemical which promotes the pleasurable experience during internet addiction is .....

58

38.7

92

61.3

11. If you feel you have internet addiction, the most priority is to .....

87

58.0

63

42.0

12. The first step in **1 treatment for internet addiction** is .....

47

31.3

103

68.7

13. The most common psychological treatments of Internet Addiction Disorder .....

67

44.7

83

55.3

14. Drugs used for effective 2 treatment of internet addiction problem is .....

52

34.7

98

65.3

15. The best tips to stay away from internet addiction is.....

120

80.0

30

20.0

16. The example of Net compulsion is .....

81

54.0

69

46.0

17. Possible 3 impacts of internet addiction on academic performance .....

94

62.7

56

37.3

18. The social problems that may occurs 1 as a result of internet addiction .....

92

61.3

58

38.7

Table 1: Item wise frequency and percentage distribution of structured knowledge questionnaire of students regarding internet addiction

Figure 2: A column graph showing attitude scores of students regarding internet addiction.

n=150

Question

Attitudes scores of students

Never

Sometimes

Always

F

%

F

%

F

%

Q1 Do you turn your phone/laptop on first thing in the morning?

5

3.3

78

52.0

67

44.7

Q2 Do you check your email before doing some other task that needs doing?

38

25.3

95

63.3

17

11.4

Q3 Do you feel a need to set limits on how long you will be online?

30

20.0

93

62.0

27

18.0

Q4 Do you often stay online frequently "just after another minute"?

23

15.3

103

68.7

24

16.0

Q5 Do you **3** use the internet to contact with friends?

3

2.0

55

36.7

92

61.3

Q6 When your internet connection is disconnect, do you feel an urgent need to get it

back?

17

11.3

91

60.7

42

28.0

Q7Are you preoccupied with being online during other activities?

31

20.7

107

71.3

12

8.0

Q8Do you hide <sup>2</sup> the amount of time you spend online from others?

81

54.0

54

36.0

15

10.0

Q9 Is being on the phone/laptop more exciting than being with people?

41

27.3

94

62.7

15

10.0

Q10 Are you interested in online relationship?

83

55.3

47

31.3

20

13.3

Q11 Do you get annoyed when someone interrupts you while on the phone/laptop?

18

12.0

107

71.3

25

16.7

Q12 When you walk away from the phone/laptop, do you try to figure out when is the next time you'll be able to return?

41

27.3

76

50.7

33

22.0

Q13 Do you think about online activities in order to calm down?

25

16.7

100

66.7

25

16.7

Q14 Do you sleep less than you need to because you are on the phone/laptop?

35

23.3

85

56.7

30

20.0

Q15 Have you tried to cut down your internet use and failed?

31

20.7

103

68.7

16

10.7

Q16 Does life without internet sound scary, bland, or joyless?

45

30.0

67

44.7

38

25.3

Q17 Do the people around you complain about how much time you spend online?

32

21.3

80

53.3

38

25.3

Q18 Do you get defensive when someone asks you what you've been doing online?

39

26.0

100

66.7

11

7.3

Q19 Does your performance of academic suffer because of the time you spend online?

38

25.3

84

56.0

28

18.7

Q20 Do you neglect responsibilities because of the time you spend online?

35

23.3

95

63.3

20

13.3

Table 2: Item wise frequency and percentage distribution of attitudes scores regarding internet addiction among students.

n=150

Sl. No.

Overall score

Statement

Max. score

Min. score

Responded Knowledge

Mean

Mean %

Median

SD

I.

Knowledge

18

18

0

10.49

58.3%

10.0

3.38

II.

Attitudes

20

60

20

39.26

65.4%

39.5

5.39

Table 3: Mean, median and standard deviation knowledge and attitudes on internet addiction among the students.

n=150

Demogr-aphic variables

Category

Frequency

Total

Chi- squ- are

p-value

Adequate

Moderate

Inadequate

F

%

F

%

F

%

F

%

Age

18-20 years

11

19.0

24

41.4

23

39.7

58

100

11.832

.66

21-23 years

15

20.3

38

51.4

21

28.4

74

100

24-26 years

8

47.1

6

35.3

3

17.6

17

100

27-29 years

1

100

0

0.0

0

0.0

1

100

Year of the study

1st year

8

21.1

14

36.8

16

42.1

38

100

5.588

.471

2nd year

8

21.6

18

48.6

11

29.7

37

100

3rd year

5

16.1

17

54.8

9

29.0

31

100

4th year

14

31.8

19

43.2

11

25.0

44

100

Gender

Male

12

30.8

18

46.2

9

23.1

39

100

2.403

.301

Female

23

20.7

50

45.0

38

34.2

111

100

Religion

Hindu

18

29.5

31

50.8

12

19.7

51

100

8.747

.364

Muslim

3

15.8

9

47.4

7

36.8

19

100

Christian

4

18.2

9

40.9

9

40.9

22

100

Meitei

10

21.3

18

38.3

19

40.4

47

100

Others

0

0.0

1

100

0

0.0

1

100

Category

General

9

42.9

8

38.1

4

19.0

21

100

8.302

.217

OBC

20

19.8

47

46.5

34

33.7

101

100

SC

3

42.9

3

42.9

1

14.3

7

100

ST

3

14.3

10

47.6

8

38.1

21

100

Types of family

Nuclear family

22

23.4

46

48.9

26

27.7

94

100

1.806

.405

Joint family

13

23.2

22

39.3

21

37.5

56

100

Father's occupational status

Self-emp.

11

21.2

28

53.8

13

25.0

52

100

7.861

.248

Private emp. in private sector

6

42.9

2

14.3

6

42.9

14

100

Govt. emp.

12

22.6

24

45.3

17

32.1

53

100

Unemp.

6

19.4

14

45.2

11

35.5

31

100

Mother's occupational status

Home maker

17

17.0

48

48.0

35

35.0

100

100

11.378

.077

Self emp.

7

25.9

14

51.9

6

22.2

27

100

Private emp.

4

50.0

2

25.0

2

25.0

8

100

Govt. emp.

7

46.7

4

26.7

4

26.7

15

100

Family income

≤10001

8

19.5

18

43.9

15

36.6

41

100

16.510

.036\*

10002-29972

7

15.2

30

65.2

9

19.6

46

100

29973-49961

13

29.5

13

29.5

18

40.9

44

100

49962-74755

5

31.3

6

37.5

5

31.3

16

100

$\geq 74755$

2

66.7

1

33.3

0

0.0

3

100

Resident-ial area

Rural

21

23.6

38

42.7

30

33.7

89

100

1.565

.815

Urban

12

23.5

26

51.0

13

25.5

51

100

Hilly

2

20.0

4

40.0

4

40.0

10

100

\*p-value < 0.05, Significant.

Table 4: Association between knowledge scores with selected socio-demographic variables.

n=150

Demogra- phic variables

Category

Frequency

Total

Chi- squ-are

p-value

Favorable

Moderate

Un-favorable

F

%

F

%

F

%

F

%

Age

18-20 years

6

10.3

49

84.5

3

5.2

58

100

5.207

.518

21-23 years

9

12.2

61

82.4

4

5.4

74

100

24-26 years

5

29.4

12

70.6

0

0.0

17

100

27-29 years

0

0.0

1

100

0

0.0

1

100

Year of the study

1st year

6

15.8

29

76.3

3

7.9

38

100

10.499

.105

2nd year

4

10.8

33

89.2

0

0.0

37

100

3rd year

3

9.7

24

77.4

4

12.9

31

100

4th year

7

15.9

37

84.1

0

0.0

44

100

Gender

Male

12

30.8

27

69.2

0

0.0

39

100

15.524

.000\*

Female

8

7.2

96

86.5

7

6.3

111

100

Religion

Hindu

10

16.4

50

82.0

1

1.6

51

100

7.842

.449

Muslim

2

10.5

17

89.5

0

0.0

19

100

Christian

4

18.2

17

77.3

1

4.5

22

100

Meitei/

Meetei

4

8.5

38

80.9

5

10.6

47

100

Others

0

8.5

1

100

0

0.0

1

100

Category

General

3

14.3

18

85.7

0

0.0

21

100

2.485

.870

OBC

12

11.9

83

82.2

6

5.9

101

100

SC

1

14.3

6

85.7

0

0.0

7

100

ST

4

19.0

16

76.2

1

4.8

21

100

Types of family

Nuclear family

14

14.9

77

81.9

3

3.2

94

100

1.634

.442

Joint family

6

10.7

46

82.1

4

7.1

56

100

Father's occupational status

Self-emp.

11

21.2

40

76.9

1

1.9

52

100

15.123

.019\*

Private emp. in private sector

1

7.1

11

78.6

2

14.3

14

100

Govt. emp.

6

11.3

47

88.7

0

0.0

53

100

Unemp.

2

6.5

25

80.6

4

12.9

31

100

Mother's occupatio-nal status

Home maker

12

12.0

84

84.0

4

4.0

100

100

13.571

.035\*

Self emp.

2

7.4

22

81.5

3

11.1

27

100

Private emp.

4

50.0

4

50.0

0

0.0

8

100

Govt. emp.

2

13.3

13

86.7

0

0.0

15

100

Family income

≤10001

5

12.2

34

82.9

2

4.9

41

100

1.611

.991

10002-29972

8

17.4

36

78.3

2

4.3

46

100

29973-49961

5

11.4

37

84.1

2

4.5

44

100

49962-74755

2

12.5

13

81.3

1

6.3

16

100

≥74755

0

0.0

3

100

0

0.0

3

100

Residenti-al area

Rural

11

12.4

74

83.1

4

4.5

89

100

1.072

.899

Urban

7

13.7

41

80.4

3

5.9

51

100

Hilly

2

20.0

8

80.0

0

0.0

10

100

\*p-value < 0.05, Significant.

Table 5: Association between attitudes scores with selected socio-demographic variables.

Score

Mean

SD

r

p-value

Knowledge score

10.49

3.38

.163

.046\* < 0.05

Attitudes score

39.26

5.39

\*p-value < 0.05, Significant

Table 6: Correlation between the knowledge and attitudes scores regarding internet addiction among students.

Discussion:

Table 1 shows that majority 135 (90%) of students were given correct answer on the age group of people which are most affected from internet addiction whereas only 47 (31.3%) of students were given correct answer on the question of first step in treatment for internet addiction. It was also inferred that majority of 68 (45.4%) respondents had moderate knowledge, 47 (31.3%) respondents had inadequate knowledge and 35 (23.3%)

respondents had adequate knowledge. The overall mean score obtained by the respondents were  $10.49 \pm 3.38$  (Mean  $\pm$  SD) **2 of the level of** knowledge regarding internet addiction. Among the knowledge questions, mean score average was 58.3%. The present study findings are supported by the study conducted by Panthri Kiran (2020). Results indicated that 45 (75%) of the samples had average knowledge, 14 (23%) had good knowledge whereas only 1 (2%) of them had poor knowledge regarding **1 consequences of internet addiction.**

Table 2 depicts that the highest 61.3% had in the item 5 (Do you **3 use the internet to** contact with friends?) and lowest 7.3% had in the item 18 (Do you get defensive when someone asks you what you've been doing online?) were in "always" attitudes of students. The highest 71.3% had in the item 7 (Are you preoccupied with being online during other activities?) and item 11 (Do you get annoyed when someone interrupts you while on the phone/laptop?) and lowest 31.3% had in the item 10 (Are you interested in online relationship?) were in "sometimes" attitudes of students. And the highest 55.3% had in the item 10 (Are you interested in online relationship?) and lowest 2.0% had in the item 5 (Do you **3 use the internet to** contact with friends?) were in "never" attitudes of students. Out of 150 students, 123 (82.0%) students had moderately favourable attitude regarding internet addiction whereas 20 (13.3%) and 7 (4.7%) were favourable and unfavourable attitudes indicates that more acceptability towards internet addiction. The overall mean score obtained by the respondents on attitudes score regarding internet addiction was  $39.26 \pm 5.39$  (Mean  $\pm$  SD). Among the attitude questions, the mean score average was 65.4%. The present study findings are supported by the study conducted by Karthika S., Kaur Amanpreet, Saini Annu, et. al. (2017) which results out of 300 students, 280 (93.33%) students had moderately favourable attitude regarding internet usage whereas 18 (6%) and 2 (0.7%) were favourable and unfavourable attitudes regarding internet usage. There were no significant association between knowledge regarding internet addiction and selected demographic data such as age ( $\chi^2=11.832$ ), year of the study ( $\chi^2=5.588$ ), gender ( $\chi^2=2.403$ ), religion ( $\chi^2=8.747$ ), category ( $\chi^2=8.302$ ), types of family ( $\chi^2=1.806$ ), father's

occupational status ( $\chi^2=7.861$ ), mother's occupational status ( $\chi^2=11.378$ ) and residential area ( $\chi^2=1.565$ ) and the  $\chi^2$  level of internet addiction at  $p>0.05$ . The above findings are supported by the study conducted by R. Aiswarya, C. Anu Gijo, K. Vineeth Gopi et. al (2018) which showed that there were no significant association between knowledge regarding internet addiction with their selected demographic variables such as age ( $\chi^2=0$ ), gender (male,  $\chi^2=0.02$ , female,  $\chi^2=3.84$ ), occupational status of father ( $\chi^2=9.49$ ), occupational status of mother ( $\chi^2=9.49$ ), types of using residence ( $\chi^2=3.84$ ) and educational status ( $\chi^2=0$ ) at 0.05 level of significance.

There was a significant association between knowledge regarding internet addiction and selected demographic data family income ( $\chi^2=16.510$ ) at the level of significance  $p<0.05$ . The above findings are supported by study conducted by Sonalika Soumya (2019) which showed that there was significant association between  $\chi^2$  level of internet addiction and the selected demographic variables such as income of the family ( $\chi^2=8.02$ ), father's occupation ( $\chi^2=4.59$ ), and types of mobile use ( $\chi^2=3.67$ ) at 0.05 level of significance.

There were no significant association between the attitudes score and selected demographic variables such as age ( $\chi^2=5.207$ ), year of the study ( $\chi^2=10.499$ ), religion ( $\chi^2=7.842$ ), category ( $\chi^2=2.485$ ), types of family ( $\chi^2=1.634$ ), family income ( $\chi^2=1.611$ ) and residential area ( $\chi^2=1.072$ ) respectively and the level of significance  $p<0.05$ . The chi-square results reveals that there were a significant association between the attitudes scores and selected demographic variables such as gender ( $\chi^2=15.524$ ), father's occupational status ( $\chi^2=15.123$ ) and mother's occupational status ( $\chi^2=13.571$ ) at the level of significance at  $p<0.05$ . The above findings are supported by the study conducted by H. Chacko, JT. Joseph, PR. Aranha, et. al. (2015) which showed that there was a significant association between attitudes score and gender ( $\chi^2=3.84$ ) at the level of significance at  $p<0.05$ .

There was a positive correlation ( $r = .163$ ) between the knowledge score and attitudes score and with statistically significant at  $p=.046^*<0.05$ . Hence, it was showed that there was significant correlation between the knowledge score and attitudes score i.e. higher score on knowledge are associated with higher score on attitudes. The above findings are

supported by the study conducted by H. Chacko, JT. Joseph, PR. Aranha, et. al. (2015) which showed a positive correlation ( $r= 0.422$ ) between the knowledge score and the attitudes scores of the participants and with statistically significant at  $p=0.01<0.05$ .

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