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### RESEARCH ARTICLE

#### A STUDY TO ASSESS THE PREVALENCE OF WHATSAPP ADDICTION AMONG NURSING STUDENTS OF HIMALAYAN SCHOOL OF NURSING KALA-AMB DISTRICT SIRMAUR, HIMACHAL PRADESH.

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Prachika Kashyap and Priyanka.**

GNM 3rd year students of Himalayan School of Nursing Kala -Amb district Sirmour Himachal Pardesh Guided by  
Ms RENU BALA Lecturer Community Health Nursing.

#### **Manuscript Info**

##### **Manuscript History**

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##### **Key words:-**

Nursing students, Prevalence,  
Whatsapp Addiction.

#### **Abstract**

**Objective:**To assess the prevalence of whatsapp addiction among nursing students of Himalayan school of nursing Kala-Amb Himachal Pradesh.

**Methodology:**A cross sectional descriptive study was used, a sample size of 60 nursing students were selected by using Purposive sampling technique, Semi structured questionnaire were used to assess the prevalence of whatsapp addiction among nursing students of Himalayan school of nursing Kala-Amb Himachal Pradesh.

**Result:** The study revealed that among 60 Nursing students, Benefits of using whatsapp is easy way 57(95%), improve IPR 40(66.6%), building friendship 42(70%), fast and speedily 50(83.3%), and long distance communication 56(93.3%) . The Drawback of using whatsapp is unwanted relations 32(53.3%), lack interaction without society 37(61.6%), no face to face interaction 48(80%) ignoring people around use 30(50%), and reduce attachment with parents 32(53.3%).When not using how you do feel are happy 39 (65%), calm 35(58.3), loneliness 27(45%), restlessness 23(38.3%)and stress 15(25%).Whatspp is mainly used for the group 51(85%),friends 60(100%), relatives 59(98.3%),(Education purpose 53(88.3%) and General purpose 46(76.6%).

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#### **Introduction:-**

The world is dynamically changing due to the advancement in the mobile technology. These days it is almost impossible to avoid the presence of mobile applications or called Mobile Apps.

Most of the people can praise the various mobile applications that they use in their everyday lives. Several people are heavily dependent of the usage of such applications for their day to day activities.

Whatsapp is one among the major change in mobile app communication in the recent past, it users is growing very fast on mobile phones and also on the computers.

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Whatsaap was created by Jan Koum and launched in 2009 for easy communication and faster multimedia messaging. Communication through mobile phones has become easier, faster and cheaper with the help of WhatsApp messenger. It is cheaper when compared to the normal phone messaging. WhatsApp messenger is a cross platform mobile messenger which is being worked through internet data plan. WhatsApp provides users to send and receive Media like, video, and images.

WhatsApp addiction syndrome is a part of internet addiction disorder. Internet addiction disorder may be broadly defined as "the inability of individuals to control their internet use, resulting in marked distress and / or functional impairment in daily life." One of the studies conducted in South Korea on internet addiction disorder influence suicide related behavior.

The application is highly addictive and creates a great impact on regular users, and apart from that it becomes difficult to control and cure. They can do the positive and negative with WhatsApp. This study focuses on the prevalence of WhatsApp addiction among nursing students.

### Materials Method:-

This is a cross-sectional descriptive study which was done among the GNM 1<sup>st</sup> and GNM 2<sup>nd</sup> students of Himalayan school of nursing Kala-Amb. Verbal consent and ethical committee clearance was obtained from the student before handing over the questionnaire. They were requested to fill the Proforma with full assurance about the confidentiality and anonymity that data would be used only for scientific purpose the questionnaire was then administered to 60 students. To assess the prevalence of WhatsApp addiction among nursing students of Himalayan school of nursing Kala-Amb Himachal Pradesh. Nursing Students not available during the study and not willing to participate were excluded from the study. The data is analyzed by using suitable statistical methods.

### Results:-

**Table 1:-** frequency and percentage distribution of socio-demographic characteristics of nursing students.

	Sample Characteristics	Frequency	Percentage
<b>1.</b>	<b>Age in year(17-25)</b>		
a)	17-19	38	63.3%
b)	20-21	17	28.3%
c)	22-23	02	3.3%
d)	24-25	02	3.3%
<b>2.</b>	<b>Religion</b>		
a)	Hindu	56	93.3%
b)	Muslims	01	1.6%
c)	Sikh	01	1.6%
d)	Christian	01	1.6%
<b>3.</b>	<b>Place of residence</b>		
a)	Rural	0	0%
b)	Urban	60	100%
c)	Slums	0	0%
d)	Semi-Urban	0	0%
<b>4.</b>	<b>Education</b>		
a)	1 <sup>st</sup> year	28	47%
b)	2 <sup>nd</sup> year	30	50%
c)	3 <sup>rd</sup> year	0	3.3%
d)	4 <sup>th</sup> year	0	0%
<b>5.</b>	<b>Marital Status</b>		
a)	Married	03	5%
b)	Unmarried	57	95%

Table 1:- In relation to age greater number of nursing students 66.3% were in the age group (17-19 years) and lesser number 3.3% in the age group of (24-25 years). Most of nursing students 93.3% was Hindu, or lesser number 1.6%

Muslims, Sikh, and Christian. Majority of nursing student was unmarried 95% and least 5% were married. According to place of residence all nursing student from urban area 100%. 60 nursing students were taken by simple randomization sampling from each GNM stream, GNM 1<sup>st</sup> year, 2<sup>nd</sup> year.

**Table 2:-** frequency and percentage distribution of Semi-structured questionnaire were used to assess the prevalence of whatsapp addiction among nursing students.

S.NO.	Items	Frequency	Percentage
<b>1.</b>	<b>Benefits of using whatsapp?</b>		
a)	Easy way	57	95%
b)	Improve IPR	40	66.6%
c)	Building friendship	42	70%
d)	Fast and speedily	50	83.3%
e)	Long distance communication	56	93.3%
<b>2.</b>	<b>Drawback of using whatsapp?</b>		
a)	Unwanted relations	32	53.3%
b)	Lack interaction without society	37	61.6%
c)	No face to face interaction	48	80%
d)	Ignoring people around use	30	50%
e)	Reduce attachment with parents	32	53.3%
<b>3.</b>	<b>When not using whatsapp how do you feel?</b>		
a)	Happy	39	65%
b)	Calm	35	58.3%
c)	Loneliness	27	45%
d)	Restlessness	23	38.3%
e)	Stress	15	25%
<b>4.</b>	<b>Whatsapp is mainly use for?</b>		
a)	Group	51	85%
b)	Friends	60	100%
c)	Relatives	59	98.3%
d)	Education purpose	53	88.3%
e)	General purpose	46	76.6%

Table 2:- Benefits of using whatsapp is easy way 57(95%), improve IPR 40(66.6%), building friendship 42(70%), fast and speedily 50(83.3%), and long distance communication 56(93.3%) . The Drawback of using whatsapp is unwanted relations 32(53.3%), lack interaction without society 37(61.6%), no face to face interaction 48(80%) ignoring people around use 30(50%), and reduce attachment with parents 32(53.3%).When not using how you do feel are happy 39 (65%), calm 35(58.3), loneliness 27(45%), restlessness 23(38.3%)and stress 15(25%).Whatspp is mainly used for the group 51(85%),friends 60(100%), relatives 59(98.3%),(Education purpose 53(88.3%) and General purpose 46(76.6%).

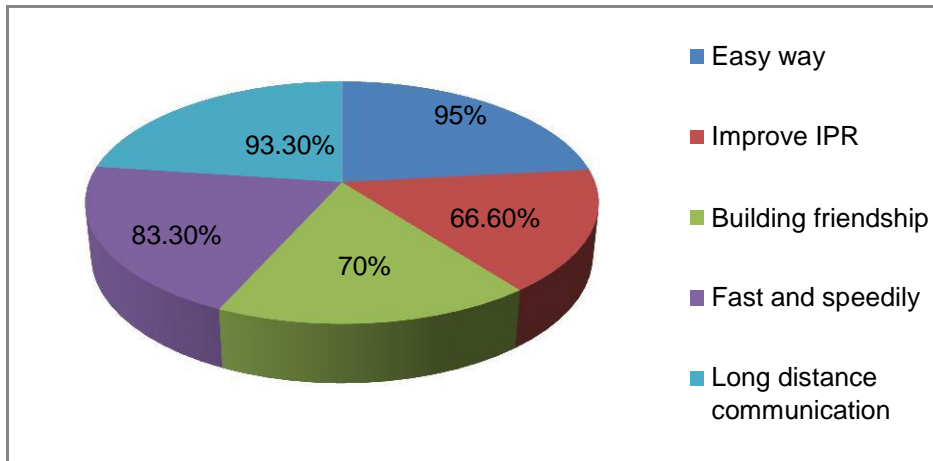


Figure no 1:-Benefits of using whatsapp?

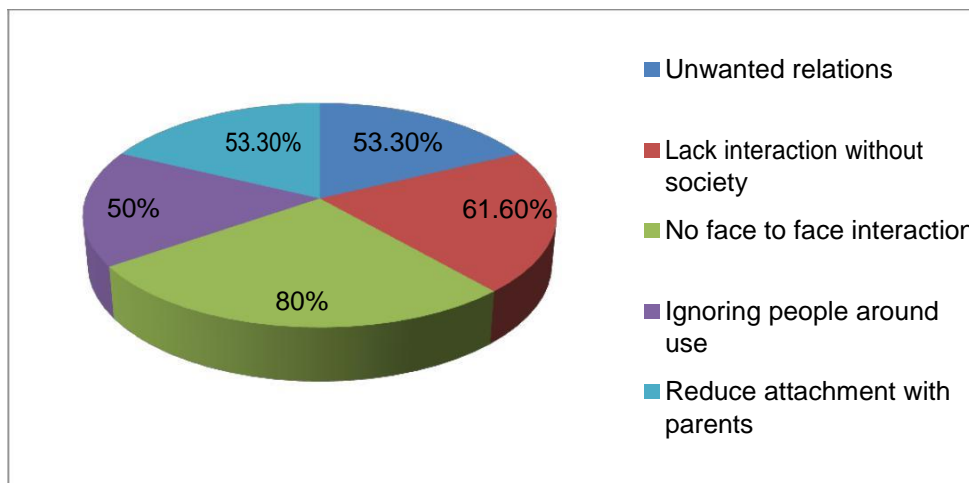


Figure no 2:-Drawback of using whatsapp?

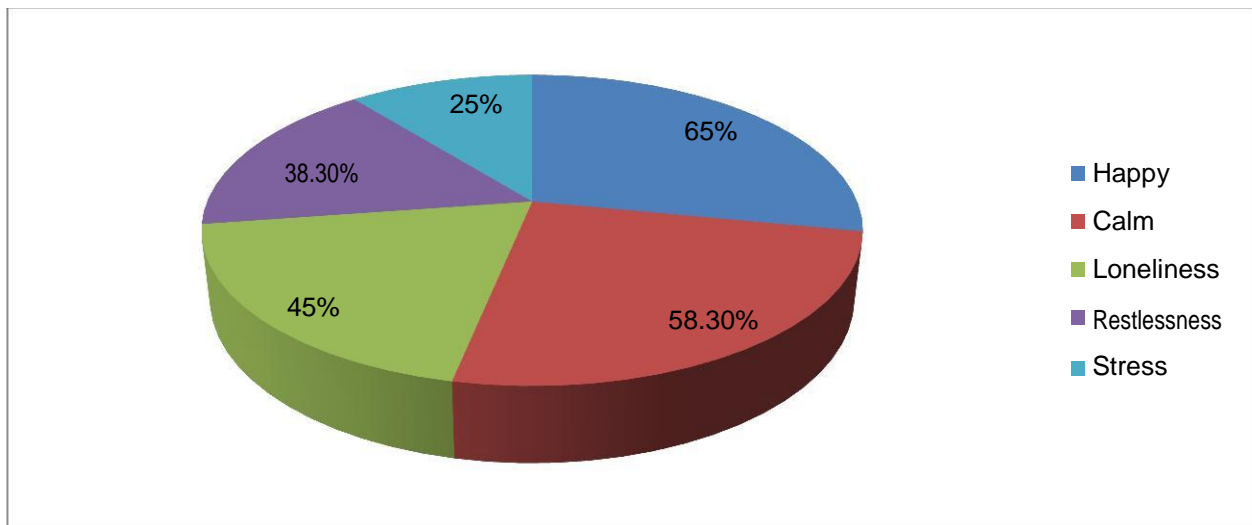
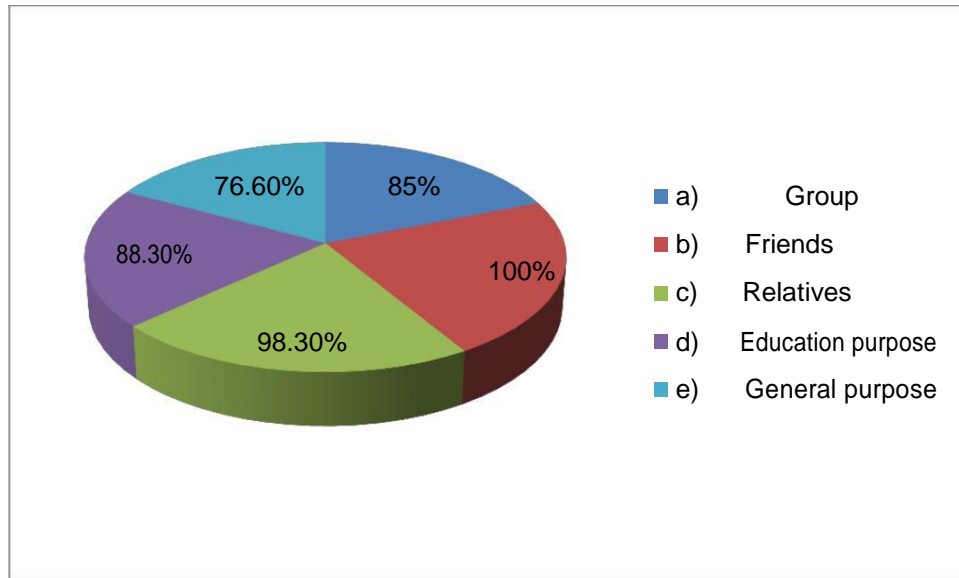


Figure no 3:-When not using whatsapp how do you feel?



**Figure no 4:-**Whatsapp is mainly use for?

### Conclusion:-

The prevalence of whatsapp addiction is high, were in more than half study group show some form of whatsapp addiction pattern. The whatsapp addiction problem among Nursing Students should gain attention and it is time to evolve a comprehensive intervention approach to promote a healthy and safe whatsapp use

### Conflict Of Interest:-

There was no such conflict and bias during the study.

### Source Of Finding: -

it is self-funded research study.

### Ethical Clearance:-no

ethical issue exists.

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