

Effect of Electronic Media Abuse on Health Among University Students

Thesis

*Submitted for Partial Fulfillment of Master Degree
in Nursing Sciences (Community Health Nursing)*

By

Ebtesam Ali Mohamed Ahmed

*B.Sc. Nursing,
Demonstrator in Community Health Nursing
Faculty of Nursing, Beni-Suef University*

**Faculty of Nursing
Ain Shams University
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Supervised by

Prof. Dr. Nadia Hamed Farahat

*Professor of Community Health Nursing
Faculty of Nursing
Ain Shams University*

Dr. Safinaz Mohamed Sayed

*Lecturer of Community Health Nursing
Faculty of Nursing
Ain Shams University*

**Faculty of Nursing
Ain Shams University
2019**

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List of Abbreviations

<i>Abb.</i>	<i>Meaning</i>
ADD	: Attention Deficit Disorder
ADHD	: Attention-Deficit/Hyperactivity Disorder
AOA	: American Optometric Association
APA	: The American Psychiatric Association
CAPMAS	: The central agency for public Mobilization and statistics
CHN	: Community health nursing
DVD	: Digital vedeo drive
GPA	: Grade point average
GPS	: Global positioning system
IA	: Internet addiction
ICT	: Information and communications technology
IM	: Instant massage
iPod	: Internet Pod (apple)
IT	: Information Technology
OSNS	: Online social networking sites
PDA	: Personal digital assistant
SMS	: Short massage service
SNSs	: Social networking sites
SPSS	: Statistical package for social science
TTH	: Tension-type headache
TV	: Television
WHO	: World health organization

List of Abbreviations

VCRs : video cassette recorder

ADHD : Attention deficit hyperactivity disorder

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by

Ebtesam Ali Mohamed, Nadia Hamed Farhat, Safinaz Mohamed Sayed

Abstract

Background: Electronic media become an integral part of students' lives. Electronic media abuse has adverse effects on students' physical, psychological, social health and academic achievement of university students. **Aim:** the aim of study was to assess effect of electronic media abuse on health among university students. **Subjects and methods:** this study was Descriptive analytic, **Sample:** Multistage random sample was selected and this study was performed on 298 students, **Setting:** four faculties at Beni-suef University. **Tool:** Data were collected using interviewing questionnaire including 1) Demographic characteristic of university students 2) University students' opinions about electronic media abuse 3) Academic achievement and electronic media use among university students 4) Effects of Electronic media abuse on health of university students. **Results:** the result of this study showed that 100% of university students used internet and 95.3% of them used smartphone 48.6% of university students had severe effect on psychological condition. 43.6% of students had severe effects on physical condition. 62.7% of university students had severe effect on social health and there is highly significant association between academic achievement and use of social media $p=0.0001$. **Conclusions:** the university students had adverse effects of electronic media abuse on their health condition and academic achievement. **Recommendations:** Increase university students' awareness about hazardous technological effects on the human body and importance of face-to-face communication to enhance social health of students.

Abstract

Keywords: Electronic media abuse, University students, Physical, Psychological, Social health, Academic achievement, Role of CHN.

Introduction

Electronic media play an integral role in the lives of all people. Over the years, the rapid growth of technology in broad forms has obviously affected on people lives and interaction. Televisions, record players, computers, laptops, and VCRs (videocassette recorder) changed how people learned, were entertained, stayed connected, and explored. In the past two decades, these devices have been joined or replaced by cellular phones, I-Pods, MP3 players, DVDs, and PDAs (personal digital assistants) **(Tahir & Shafi, 2015, Karthi et al, 2018)**.

These new technologies have become a cornerstone for how people, particularly university students, communicate and are entertained. Technology gives adolescents many benefits; talking to people worldwide, the easy and regular communication or contact with family and friends, forming satisfying social connections that may be difficult to form in person. Some young adult said that they are feeling good about themselves on-line than in real world and feeling easier to be accepted on-line. Besides, the easily accessibility of the internet through cell phones and wireless computer access provides adolescents quickly and easily to be knowledgeable about a various number of topics **(Miakotko, 2017)**.

On the other hands, as the growing phenomenon of vast browsing of the internet; now-a-days researchers are trying to identify what are the impacts of heavy internet usage, specifically for the young adults affect their health. A number of researches has also been conducted on the impact of electronic media abuse and excessive internet usage and has explored that it impact on their health negatively and positively (**Alam et al, 2014, Tahir & Shafi, 2015**).

Social networking sites (SNS) are forms of electronic media that refer to web-based and mobile applications that enable individuals and organizations to create, engage, and participate new user generated or existing content through multi-way communication. Examples of these social media include Facebook, Twitter, YouTube, WhatsApp, Instagram, etc. social networking sites (SNS) have become the most modern and attractive tools for connecting people throughout the world particularly university students (**Mingle& Adams, 2015**).

Nowadays, university students are highly relay on the electronic media and internet to seek for information, SNS, entertainment, online shopping, and online gaming, among others. Students, especially the undergraduates aged between 19 and 24 years old are deemed to be more susceptible to electronic media abuse which may be

characterized by emotional instability and low academic performance. The use of technologies such as social media networks and the Internet is one of the most important factors that can influence educational performance of students positively or adversely (**Mehmood & Tawir, 2014, Yeap et al, 2016, Ambad et al, 2017**).

The negative effects of electronic media abuse include anxiety, depression, physical health problems, school absenteeism, lying, fatigue, and social isolation. The excessiveness of the electronic media also may lead to low self-esteem, depression, boredom, and attention-deficit hyperactive disorder. Using mobile phones also associated with symptoms of headaches, earache, concentration difficulties, fatigue as well as musculoskeletal symptoms (**Zain El Dien, 2014, Norharlina, 2016, Ambad et al., 2017**).

The role of community health nurse focus on preventing negative effects of electronic media, and provide education to university students and their parents for the positive and negative effect of electronic media in the context of bio-psycho-social effect of electronic media and internet on students lives. Parents should be aware of the risks associated with students such as long time screen and violent imagery as it promotes aggressive attitudes, fear and antisocial behavior. So the nurse should offer