



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



HANAA ALY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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Relationship between Internet Addiction and Self-Esteem among University Nursing Student's

A Thesis

**Submitted for Partial Fulfillment of the Requirement of Master Degree
in Psychiatric / Mental Health Nursing**

By

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2021**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

سببناك لا علم لنا
إلا ما علمتنا إنك أنت
العليم العظيم

صدق الله العظيم

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List of Abbreviations

<i>Abbr.</i>	<i>Full-term</i>
APA	: American Psychiatric Association
CBT	: Cognitive behavioral therapy
COVID	: Corona virus disease
CSE	: Contingent Self-Esteem
DDoS	: Distributed denial of service
DSM	: Diagnostic and Statistical Manual of Mental Disorders
EEG	: Electroencephalography
fMRI	: Functional Magnetic Resonance Imaging
IA	: Internet addiction
IAD	: Internet addiction disorder
MMORPG	: Massively multiplayer online role-playing games
SD	: Standard deviation
SPSS	: Statistical package for social science
U.S.C.	: United States Code
WCSE	: Well-being Contingent self-Esteem

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Abstract

Background: Using modern technologies is a common feature of today's world. The internet has become an indispensable instrument, which often plays a key role in work-related activities. Students need the internet more than other people due to their educational or research needs. The rate and type of the internet use may affect their information-seeking behavior too. **Aim of the Study:** To assess the relationship between internet addiction and self-esteem among university nursing students. **Setting:** The study was conducted in Faculty of Nursing / Ain Shams University. **Type:** the sample type is purposive **Size:** the sample composed of 110 nursing students aged from 19 to 26. **Tools of data collection** were used for data collection of study. **First tool:** Sociodemographic Questionnaire, **second tool:** Internet Addiction Scale, **third tool:** Self-Esteem Scale. **Results:** A significant negative relationship was found between age, self-esteem, and internet addiction among social network users. A significant positive relationship was confirmed between self-esteem and internet addiction. Gender differences were identified in internet addiction as well. **Conclusion:** There is highly positive correlation between level of internet addiction and level of nurse students' self-esteem among nurse's students under study. **Recommendation:** Conducting educational program for nursing students on the physical and psychological harms of Internet addiction and its impact on their self-esteem.

Keywords: Internet Addiction, Self-Esteem, university students.

Introduction

Internet addiction (IA) is a major concern in university medical students professionals. The implications of this addiction as well as its association with sleep, mood disorders and self-esteem can hinder their studies, impact their long-term career goals, and have wide and detrimental consequences for society **(Agbaria, and Bdier, 2021)**.

Internet addiction has become a serious problem that negatively affects students of the College of Nursing, as more than 40.7% of students have an addiction to the Internet. Of these, 2.2% had a severe addiction and 38.5% had a moderate internet addiction. Globally, an average of 2-5 million Internet addicts per 50 million regular users has been estimated. In other words, about 5 to 10 percent of internet users have IA in a study of Egyptian university students, 9.7% of respondents. They were addicted to the Internet **(Ebrahim Essa, and Elsherif, 2020)**.

Internet addiction classified as a behavioral disorder remains a controversial matter. It has been described as an individual's uncontrollable and compulsive use of the Internet, which negatively affects academic and performances, reduces sleep and hygiene quality, and leads to reduced interpersonal social relationships among university students **(Servidio, 2019)**.

Internet addiction affects nursing students negatively by changing their lifestyle to spend more time on the internet, neglecting their own health, avoiding of major life activities, reducing the social relations, ignoring the family and friends, financial problems caused using the Internet, and their dimensions should be considered. Excessive internet use among university nursing students may affect their beliefs and perceptions about themselves (**San, 2019**).

Self-esteem is the experience that we are appropriate to life and to the requirements of life. More specifically, self-esteem is confidence in our ability to think and to cope with the basic challenges of life and confidence in our right to be happy, the feeling of being worthy, deserving, entitled to assert our needs and wants and to enjoy the fruits of our efforts (**Branden, 2021**).

The differences between people with high and low self-esteem rates can be compared to introvert and extrovert model. Individuals with low self-esteem are prone to negative evaluations, are suspicious of praise and interpret information in a manner which supports their negative self-evaluations. Self-esteem is thought to be established in childhood and has many causes. One of them is inadequate upbringing, where parents hand over unsatisfactory patterns