

ORIGINAL ARTICLE

A Study on Various Effects of Internet and Selfie dependence among Undergraduate Medical Students

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Abstract

Background: We are often detached from the human world in this fast paced internet technology and getting depended to it. Self portrait of oneself has turned out to be selfie dependence. The objective of the study is to know the prevalence and various effects of internet and selfie dependence among under graduate medical students, and the association between Internet dependence and selfie dependence. **Methods:** Across sectional study done on 402 students, by simple random sampling among undergraduate medical students from 2nd year MBBS to 4th year MBBS. The study was carried from February -April 2017. A self structured questionnaire and 20 item Young's likert's scale is used. **Results:** All the students use internet for educational purpose of which most of them rely on Wikipedia 67%, 3% journals and scholars. 24% are normal, mild 61%, 15% moderate to severe internet dependence was found. Usage of what's app was 97% and 67% of what's app users complains it affects their rest time. 77% of the study sample takes 1 to 2 selfies per day. Risking for selfies found to be 7%. There was significant association observed between selfie and internet dependence ($P < 0.05$) and between sex and internet dependence ($P < 0.05$).

Keywords: Internet dependence, Selfie, Medical students, what's app, dependence syndrome

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Received on: 25/05/2017 Revised: 29/05/2017 Accepted : 30/06/2017

Introduction

According to World Health Organization (WHO), the dependence syndrome being as a cluster of physiological, behavioral, and cognitive phenomena in which the use of a substance or a class of substances takes on a much higher priority for a given individual than other behaviors that once had greater value¹. There are more than three billion internet users in the world, and in India there are 462,124,989 internet users in the year 2016². Internet has wide range of uses in modern fast paced technological world, from digital transactions, e-learning, to receiving summons over what's app. At this point of time internet dependence is one of the growing problems, which has to be addressed. Selfie a self portrait taken with hand held camera with or without the aid of selfie stick. It is the most has tagged word and no gathering ends without clicking a selfie.

Sometimes we post it over social media, sometimes we keep it to our self. People go great heights to take a perfect click, which leads to fatal end³. Academic, mental, physical and social effects are seen over the dependency of internet and selfie⁴⁻¹⁰. This study is a humble attempt at the dependence of internet and selfie to seek better interventions for a better health.

Materials and Methods

The present study was carried out in Chalmeda Anand Rao Institute of Medical Sciences (CAIMS) Karimnagar, Telangana. Undergraduate students from II MBBS to IV MBBS who have given consent were taken into study sample. These students had the history of using internet for past 1 year or more. A total sample of 402 was calculated by considering prevalence of mild internet dependence of 52.63% by Cynthia Subhadrada with an allowable error of 5% and with a confidence

interval of 95%. Where P (<0.05) is considered significant¹¹.

This study was carried from February 2017 to April 2017; sampling was done by simple randomization. Self structured questionnaire for various effects of internet, what's app and selfie was designed. Dr. Kimberly Young likert's scale for internet dependence was used as it was found to be more accurate and authentic way to asses internet dependence. Dr. Kimberly Young scale which contains 20 questions, each question has options ranging from 0 (zero) does not apply to 5 (five) always. All the questions have been answered and those scoring less than 20 are considered as normal internet users, 20-49 mild online users who have control over their usage, 50-79 moderate online users who experience frequent problems. 80-100 sever internet dependence that experiences significant problems¹²⁻¹⁴. Selfie scale by Dr. Pankaj B.

Shah; where selfies from 3-5 even if not posted considered as selfie dependence¹⁵. All the questionnaires were duly answered and data was entered in Microsoft excel 2007 and evaluated. Observations and suggestions have been given to the students after the study.

Results

A 402 study sample was obtained from 2nd year MBBS to 4th year MBBS students, of which males were 140 (36%) and females were 262 (64%). Among the precipitants 14% (57) were from rural areas while 86% (345) belongs to urban area. All the students use internet for educational purpose, which shows a positive trend, but most of the students that is 271 of 402 sample that's 67% rely on Wikipedia, and only 3% read journals or scholars, the rest 30% stick to any first few pages.

Education	Female			Male			Grand Total
	Rural	Urban	Total	Rural	Urban	Total	
2 nd Year	12	82	94	5	45	50	144
3 rd Year	4	88	92	11	34	45	137
4 th Year	12	64	76	13	32	45	121
Total	28	234	262	29	111	140	402

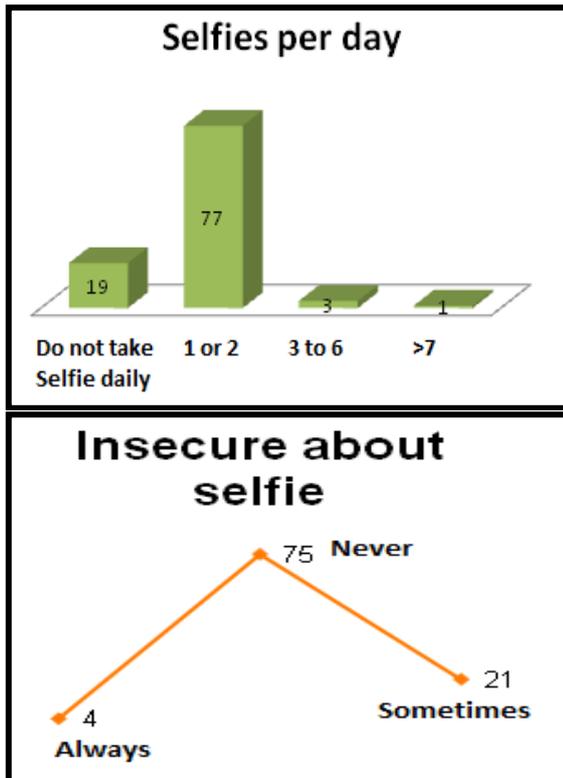
Scale	Frequency	%	Inference	Severity of dependence
less than 20	97	24	No addition	Normal
20 - 49	244	61	Average online user, but have control	Mild dependence
50 - 79	58	14	Frequent problems	Moderate dependence
80 - 100	3	1	Significant problem	Severe dependence
Total	402	100		

A prevalence of 76% internet dependence was found of which mild internet dependence was found to be 61%, moderate internet dependence was 14% and 1% severe internet dependence. 83% (333) of the study sample with males 31% (124) and females 52% (209) have excitement of internet to intimacy with near and dear's ones. Finding new relationship with fellow online users is 38% (154) of which males 53% (82) females 47% (72). Grades suffer for 81% of the sample with males 34% (111) females 66 (214). Prevalence of depression when off line is 51% males 37% (77) females 63% (130) students are found. Students coming from urban residence are significantly more internet users. There is a strong association between sex and internet dependence $\chi^2 = 0.0126$ (P<0.05).

Since what's app usage has been an integral part of once life and its usage has progressively increasing, I have found that there are 14 students that's 3% of total population do not use what's app. 67% of people complain that what's app usage affects their sleep time or rest time, where as 27% do not have any effect. Well majority of users 52% use what's app for chatting or gossiping which don't have any importance to the users. There is a positive trend of 33% and 7% on general information and academic purpose respectively. 83% that's 322 of 388 students use what's app at work or during class. Well behavioral change and counseling has to be advised and encouraging them to turn on flight or airplane mode.

Selfie the most hash tagged word, and nobody wants to end a gathering without taking a selfie

from president of India to president of America everyone keeps it trending, In my study population 80% (322) are fine with selfies 20% (80) do not like selfies or do not want be in selfies. Based on the criteria by Dr. Pankaj B. Shah more than 3-5 selfies a day considered dependence¹³. In my study there are 16 (4%) students who take more than 3 selfies a day. 76 students (19%) do not take selfies daily; whereas 310 students (77%) do take selfies 1 or 2 a day.



Most of the selfies are taken with friend's 71% (284) family and relatives 23% (96), cars, nature, animals 6%. 93% (375) do not risk for selfies, where as 7% do risk for selfies. Behavioral change is advised to the risk takers, and no selfie zones have to be clearly labeled. 80% (320) take selfies for memory; only 7% (28) post it over social media, boring 10% (39) and to send to a friend 3% (15). 21% (84) sometimes feel insecure to take selfie 4% always feel insecure and 75% (302) never felt insecure. 10% (42) experienced negative response over selfie, 90% (360) did not experience any negative response. And 10% feel they are obsessed with selfies and 90% do not feel they are obsessed chi square was calculated between internet dependence and selfie dependence and it was found that there is strong

association between internet dependence and selfie dependence $\chi^2=0.00000361$ $P(<0.05)$.

Discussion

Mild 61%, moderate was 14% and 1% severe internet dependence was seen in the present study. A similar study done was done at Kurnool Medical College where 52.63% mild, 24.21 moderate 23.16% normal internet users with no severe internet dependence was observed¹¹. While in China Rafsanjani University of medical sciences internet dependence among medical students was 51.3% mild, 5.4 moderate 0.9% severe and 42.4% has no internet dependence¹⁶. In the present study males were more depended to internet usage than female. In similar studies done by Cynthia Subhprada S and Arvind Sharma et al, where males are more depend then females $\chi^2=5.47$ ($P<0.05$) and $\chi^2=22.673$ ($P=0.0001$) respectively^{11,17}.

Selfie is self portrait of one's own image with a digital camera or camera phone. The relationship between selfie posting, photo editing, and personality, the authors examined "the dark triad" narcissism, psychopathy and Machiavellianism¹⁸. Sion hospital study among school students on selfie obsession showed that a majority of selfie addicts are girls a similar trend is observed in the present study.

In the present study, 4% take more than 3 selfie per day, 19% do not take selfie daily, 77% do take selfies of 1 to 2 per day. A similar study was done by Sathish Saroshi in which 11% people accepted to take selfies daily. In the present study 80% of the study sample takes selfie for memory and only 7% post it over social media. In the study of Sathish Saroshi 14% of the study sample post selfies over social media because they were bored, 3% to show to people they have friends¹⁹. We found 10% of the people experienced negative response while posting selfie. 16% of negative experience has been recorded by Sathish Saroshi. 7% in the present study does daredevil stunts while taking selfies.

We found a strong relationship between sex and the internet dependence where males are more depended $\chi^2=0.0126$ ($P<0.05$); and there seems strong statistical significant between internet dependence and selfie dependence $\chi^2=0.00000361$ $P(<0.05)$.

Conclusion

From the vintage point we come across lot of dependences, Internet dependence and selfie dependence are among them; from the public health point of view appropriate attention has to be taken to prevent the various problems that can overcome. Health education and behavioral change has to be inculcated. The young minds should be advised to have extra circular activity rather than stick to internet. Social support groups have to be formed in college, like student council bodies, where students take active interest in building their administrative abilities; right from the undergraduate level students should know the importance of journals lecture's, no selfie zones have to identified and clearly labeled, awareness should be created to students to combat the dependences.

Conflict of Interest: None declared

Source of Support: Nil

Ethical Permission: Obtained

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