

Assess the level of social media addiction among Nursing Students

By

- 1. Mr. Noorul Hussain**
- 2. Ms. Onimang Nitik**
- 3. Ms. Pinky Sah**
- 4. Ms. Paramita Maity**
- 5. Ms. Priya Biswas**
- 6. Mr. Praisen Mathew John**

IV Year B.Sc Nursing (2019-2023)
Research project submitted to
Smt. Nagarathamma College of Nursing, Bengaluru



Under the guidance of

Mr. Vasantha Malagi
Associate Professor
Department of Mental Health Nursing
Smt. Nagarathamma College of Nursing
Acharya Institute, Dr. Sarvepalli Radhakrishnan Road
Soldevanahalli, Bengaluru-560107
2023

**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES
SMT. NAGARATHNAMMA COLLEGE OF NURSING**



CERTIFICATE

**THIS IS TO CERTIFY THAT THE PROJECT WORK HAS BEEN
SUCCESSFULLY CARRIED OUT BY**

**Mr. Noorul Hussain, Ms. Onimang Nitik, Ms. Paramita Maity,
Ms. Pinky Sah, Ms. Priya Biswas,
Mr. Praisen Mathew John**

IV YEAR B.Sc NURSING

**SUBMITTED AS A PARTIAL FULFILLMENT OF REQUIRMENTS
FOR THE BACHELOR OF SCIENCE IN NURSING FROM
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES,
BENGALURU**

**Prof. Devi Nanjappan
Principal
Smt. Nagarathnamma College of Nursing**

**Mr. Vasantha Malagi
Associate professor
SNCN**

DECLARATION BY CANDIDATES

We hereby declare that this project entitled “**A Descriptive study to assess the levels of social media addiction among Nursing Students at Smt. Nagarathamma School & College of Nursing.**” is a Bonafide group research done by Mr. Noorul Hussain, Ms. Onimang Nitik, Ms. Paramita Maity, Ms.Pinky Sah, Ms. Priya Biswas , Mr. Praisen Mathew John of 4th year B. Sc Nursing as partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mr. Vasantha Malagi, Associate professor of Mental Health Nursing, Smt. Nagarathamma College of Nursing, Bengaluru.

DATE:
PLACE:

SIGNATURE OF THE STUDENTS

Mr. NOORUL HUSSAIN

Ms. ONIMANG NITIK

Ms . PARAMITA MAITY

Ms. PINKY SAH

Ms. PRIYA BISWAS

Mr . PRAISEN MATHEW JOHN

CERTIFICATE BY THE GUIDE

This is to certify that the project entitled “**A Descriptive study to assess social media addiction among Nursing Students at Smt. Nagarathamma School & College of Nursing.**” is a Bonafide group research done by Mr Noorul Hussain, Ms Onimang Nitik, Ms Paramita Maity, Ms, Pinky Sah, Ms. Priya Biswas, Mr Praisen Mathew John, of 4th year B. Sc Nursing as partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of **Mr. Vasantha Malagi**, Associate professor of Mental Health Nursing, Smt. Nagarathamma College of Nursing, Bengaluru.

DATE:

PLACE: BENGALURU

SIGNATURE OF THE GUIDE

**MR. VASANTHA MALAGI
ASSOCIATE PROFESSOR
Dept. of Mental Health Nursing
Smt. Nagarathamma College of Nursing**

ENDORSEMENT BY THE PRINCIPAL/HEAD OF THE COLLEGE

This is to certify that the project entitled “**A Descriptive study to assess the social media addiction among Nursing Students at Smt. Nagarathamma School & College of Nursing, Bengaluru**” is a Bonafide group research done by Mr. Noorul Hussain, Ms. Onimang Nitik, Ms. Paramita Maity, Ms. Pinky Sah, Ms. Priya Biswas, Mr. Praisen Mathew John of 4th year B. Sc Nursing as partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mr Vasantha Malagi, Associate professor of Mental Health Nursing, Smt. Nagarathamma College Of Nursing, Bengaluru.

DATE:

PLACE: BENGALURU

**SIGNATURE OF THE PRINCIPAL
Prof. DEVI NANJAPPAN
PRINCIPAL
SMT.NAGARATHNAMMA COLLEGE
OF NURSING**

ACKNOWLEDGEMENT

We express our sincere thanks to almighty god for his grace, his kind help and blessing throughout the study. His felt presence gave us strength to complete this project successfully. We are deeply privileged and greatly honored to express our heartiest gratitude to **Professor Devi Nanjappan**, principal of Smt. Nagarathamma College of Nursing, Bengaluru 107, for the constant support and encouragement in helping to complete our research study.

Our sincere and whole hearted gratitude to our guide **Mr Vasantha Malagi**, Associate professor, Department of Mental Health Nursing of Smt. Nagarathamma College of Nursing, for his invaluable constant support, guidance and for enlightening us with various ideas and information while doing this project.

We are proudly indebted to all the teaching faculties of Smt. Nagarathamma College of Nursing for their kind cooperation, invaluable suggestions and constant support for improving our knowledge to conduct our research study.

We are grateful to all the supporting staff and librarian for their kind cooperation while conducting research project.

We are grateful to principal of Smt. Nagarathamma College of Nursing for allowing us to conduct research in her institution.

We thank our parents for their continuous blessings and constant support for always being there for us.

Lastly, we would like to express our hearty thanks to mates who helped us to make this research possible.

ABSTRACT

Title- “A Descriptive study to assess the levels of social media addiction among Nursing Students at Smt. Nagarathamma School & College of Nursing.”

Social media addiction has become a growing concern worldwide, affecting individual across various age groups and professions. The nursing students, being digitally connected and frequently engaged with social media platforms, are not exempt from the potential risks associated with excessive social media use. In research findings, approximately 36% of Indian adolescents and 28.3% of nursing students in Mangalore, India, showed symptoms or signs of social media addiction, according to surveys conducted by AIIMS in 2021 and by Nandini and Nayak in 2019, respectively. This study aimed to assess the prevalence of social media addiction among nursing students in ANR nursing college.

Materials and Methods: A convenient sampling technique was employed to collect data from 258 nursing students enrolled in a nursing college. The participants were provided with a standardized questionnaire (social networking addiction scale) to assess their level of social media addiction. The questionnaire included items that assessed various dimensions of social media addiction, such as salience, mood modification, tolerance, withdrawal, conflict, and relapse.

Results: The analysis of the collected data revealed that 40% (104) of the nursing students exhibited symptoms of social media addiction, while 60% (152) did not show addiction towards social media. These results indicate a considerable prevalence of social media addiction among nursing students in the nursing college under study.

Conclusions: The findings of this study highlight the significance of addressing social media addiction among nursing students. The high prevalence of addiction indicates the need for preventive measures and interventions to promote healthy social media use and mitigate the potential negative consequences on academic performance and mental well-being.

TABLE OF CONTENT

Chapter No	Chapter title	Page No
1	Introduction	1-3
2	Need for the study	3-6
3	Objectives	8-14
4	Review of literature	15-24
5	Methodology	25-31
6	Results	32-43
7	Discussion	44-46
8	Conclusion	47-51
9	Summary	52-54
10	Bibliography	55-59
11	Annexure	60-80

LIST OF TABLES

SL.NO	CONTENT	PAGE NO.
1.	Frequency and Percentage distribution of subjects in terms of age, gender, and standard of the study	34
2.	: Frequency and percentage distribution of subjects in terms of residential status, family income and average mobile usage.	35
3.	Frequency and percentage distribution of social media addiction among nursing students	39
4.	Mean, mean percentage and standard deviation of social media addiction	41
5.	Association between social media addiction and age, gender, year of study.	42
6.	Association between social media addiction Average mobile usage Place of residence and family income	43

LIST OF FIGURES

FIGURE NO	TITLE	PAGE NO
1	Representation of conceptual framework based on Modified ecological theory.	14
2	Schematic diagram of research design	34
3	percentage distribution of level of age	36
4	percentage distribution of level of gender	36
5	percentage distribution of level of year of study	37
6	percentage distribution of level of place of residence	37
7	percentage distribution of level family income	38
8	percentage distribution of average use of mobile	38
9	percentage distribution of level of social media addiction	40

LIST OF ANNEXURES

S/N	CONTENT	PAGE NO
1	Letter seeking expert opinion in validating the tool	61
2	Letter seeking permission to conduct main study	63
3	Certificate of tool validation	64
4	Participants consent form	65
5	Tool for data collection	66