

JOINT EVENT

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Determination of the effect of internet usage habits and internet dependence on the health of university students

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Rapid changes and developments in science and technology have accelerated the production, dissemination, statement and usage of information. The most important innovation of information technology is the increase in internet usage. Besides the favorable effects of internet usage, uncontrolled and excessive use can negatively affect the physical, psychological, social and cognitive development of children and adolescents. This research has been made by cross-sectional and descriptive method to determine students' internet usage habit and the influence of internet dependency on students' health, the sample of their search is composed of 103 students of Ataturk University Aşkale Vocational School who agreed to participate. The collection of data was made by a questionnaire, formed by researchers and Young Internet Addiction Test-Short Form (YIAT-SF). Analysis of the obtained data were made by using SPSS 17.0 program. Necessary permissions have been obtained for the realization of the search. According to the data, the average score of YIAT - SF scale was significantly higher in students who consumed food during internet usage (30.77 ± 8.74) and in those who spent more than 5 hours on the internet (30.46 ± 8.63) ($p < 0.05$). It was found that of the students, 64.1 % had sleep and 63.1 % had neck pain complaints related to internet usage. The average YIAT - SF scale scores of these students were significantly higher than the others ($p < 0.05$). As the result, internet addiction level of students who consumed food / beverages during internet usage and spent more than 5 hours on the internet were found to be high. In addition, it was determined that internet usage caused health problems such as sleeping problems and neck pain in vocational high school students, and it was seen that the level of internet addiction in these groups were higher.

Biography

Gönül Akbulut was born in the year 1986 in Erzurum, Turkey. She graduated from Ataturk University Nursing Faculty Nursing Department in 2006. She worked as a hemodialysis nurse at Ataturk University Yakutiye Research Hospital for five years. Since 2013 she works as a lecturer at Ataturk University Askale Vocational School. She is a student of Inonu University Health Sciences Institute Nursing PhD Program.

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