

15th Euro Nursing & Medicare Summit

October 17-19, 2016 Rome, Italy

Patterns of internet use among Saudi public adults: A cross sectional study

Eman Dawood^{1,2}, Rufa Mitsu¹ and Agnes Monica¹

¹King Saud bin Abdulaziz University, KSA

²Menofya University, Egypt

Background: The internet has revolutionized the way people communicate, work, shop, and gain access to entertainment. While it provides handiness and adds values to people's lives, there are many cons to the internet. Over use of the internet can result in neglecting family, career or academic work. Internet has emerged as an integral part of most people's daily lives globally. Current, research indicated that some internet users worldwide experience personal and professional tribulations due to the time they spent online.

Objectives: The aim of this study was to examine patterns of internet use among Saudi adults in central region of KSA.

Methods: A descriptive correlation, cross sectional research design was utilized to conduct the current study on a convenience sample of 678 adults who were recruited from public areas of highest community assembly points such as shopping malls, parks, outpatient clinics waiting areas, high schools, colleges and universities and gave voluntary consent to participate in the study. Participants were asked to complete the two part questionnaire survey including participant's demographic background and internet addiction test (IAT). An explanation about the purpose and the nature of the study was offered for each individual potential participant. Subjects were assured about the confidentiality of the collected data and that it will be only used by the researcher for the purpose of the current study. Data were analyzed using SPSS version 18.

Results: Average daily internet use among participants ranged between 30 minutes to 24 hours per day ($M=7.03$, $SD=4.97$). Hundred percent of the participants reported that they have internet access at home while 70.8% have internet access at work and 61.7% of the participants had mobile internet access all time. More than 50% of the participants reported that they often lose sleep due to late-night logins or found themselves saying "just a few more minutes" when on-line. Internet use among Saudi participants included in the current study had no negatively impact on their grades or school works because of the amount of time they spend online (less than 25% of the study participants). Majority of the participants did not try to hide how long they have been online (more than 75%), and more than 50% of the participants did not use the internet to form new relationships with fellow online users.

Conclusion: Although, the identified percentage of Saudi adult participants fitting to the category of internet addiction is very low but still the results showed that major percentage of participants had occasional problems which can be considered as a bridge to internet addiction. Accordingly, there is a need to gain insight into the problem and develop and expand awareness about the harmful consequences of maladaptive internet use through interactive programs and mass media.

Biography

Eman Dawood is a PhD holder in Psychiatric/ Mental Health Nursing, 2007, State University of New York, Binghamton, USA. She is an Assistant Professor and the Chairperson of the Scholarship Unit at College of Nursing-Riyadh, King Saud bin Abdulaziz University for Health Sciences. She has published 12 papers in reputed journals, participated in many international and national conferences, conducted many workshops in the area of Psychiatric Nursing, Nursing Research and Nursing Education and has been serving as an Editorial Board Member at Sage Open and many other journals as well as a Reviewer in many international conferences like APNA and many scientific nursing journals.

Dawoode@ksau-hs.edu.sa

Notes: