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INTERNET ADDICTION AND RELATED RISK FACTORS AMONG FACULTY OF NURSING STUDENT AT EL FAYUOM AND DAMMAM UNIVERSITY

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ABSTRACT

Background: University students are greatly susceptible to internet addiction; appropriate interventions should be taken to forestall possible impact of Internet addiction on students. **Aim:** The aim of this study was to estimate the prevalence of internet addiction and its related risk factors among faculties of nursing students at El Fayuom and Dammam universities. **Methodology:** This is a cross-sectional survey designed in view of a self-administered questionnaire directed to the 300 undergraduate nursing students. A self-administered questionnaire was used to collect the following data: Socio-demographic data, History of (Mental Health Status, Psychological or Behavioral Disorder, student Physical Illness, Family Physical Illness and Psychiatric Illness) and Arabic version of Young internet addiction test. **Results:** About half of the students in total sample were ranked at mild level of internet addiction. Most of the students, especially the Egyptians, were suffering from anxiety and stress as well as used internet more than Saudi Arabia students. There was positive correlation between internet addiction and disturbances of digestive system. **Recommendation:** Continuous screening for Internet addiction throughout the course of students' study. Proper caring like stress management should be needed for those internet-addicted students.

Keyword: Health condition, Internet Addiction, Nursing Students, Universities, Prevalence

INTRODUCTION

Though the positive aspects of the internet have been readily praised over the last years, there has been increased interest in the addictive potential of the internet (Alhajjar, 2014). Nurses need to obtain Internet skills not only for their studies but to help patients find relevant information for their health related questions. Nurses working in health care settings play a crucial educative role with patients who increasingly access Internet sources of health information to guide health management decisions (Park, Lee & Bae, 2010; Hallila *et al*., 2014).

University students are greatly susceptible to internet addiction due to many reasons, as University campuses provide easy and unlimited access to internet (Khazaal *et al.*, 2011). Internet addiction is defined as a pathological pattern of internet use, which is also described as internet dependence, compulsive internet use, problematic internet use, internet abuse and pathological internet use (Widyanto & Griffiths 2006).

Psychological and environmental factors in the lives of college students may leave them disproportionately vulnerable to internet addiction. Despite the potential benefits, numerous problems such as exposure to inappropriate images and content, absence of privacy and addiction have been reported as a result of this increasing usage (Frangos, Fragkos & Kiohos, 2010; Faraci *et al.*, 2013). Appropriate interventions should be taken and a governing body should be established to forestall possible impact of Internet addiction on students (Marahatta *et al.*, 2015).

The internet has been used in so many different ways over the years. Egypt is known to be one of the large users of social media, specifically Facebook. It predominates 25% of the total Minia region, having nearly 11 million users, even though the penetration rate is only about 13%. In the first 6 months of the year 2012, Egypt had an additional 1,608,420 users on Facebook, which is the highest number in the Minia region. Luke Richards stated that 46% of Egyptian social media users confirm that social media has major influence in empowering them to change their country (Anthony, 2013). According to Curtis, (2013), there are 255 million Twitter users and 1.28 billion Facebook users, in Arab world there is about 3.7 million of the Twitter users and 55 million of the Facebook users.

Internet addiction is characterized by excessive or poorly controlled preoccupations, urges or behaviors regarding computer use and internet access that lead to impairment or distress. The condition has attracted increasing attention in the popular media and among researchers and this attention has simultaneously caused the growth of computer and Internet access (Shaw & Black, 2008). Internet addiction appears to be a relatively common behavioral addiction, the prevalence of which has been estimated to range from 1% to approximately 14% (Xu *et al.*, 2008).

Internet addiction in young people is especially recognized as a social problem. Whereas this generation depends heavily on the internet for learning, social activities and leisure (Chou *et al.*, 2009). For instance, internet addiction has been found to be associated with attention-deficit hyperactivity disorder, Depressive symptoms, depressive disorder, anxiety disorder, low self-esteem, impulsivity, social anxiety, shyness and sociality. These findings suggest that, a new label of internet addiction may lead to underdiagnosed of primary psychiatric disorders with proven effective interventions (Young, 2008).

Internet addiction leads to different social, psychological and physical disorders.The people addicted to internet face physical side effects like sleep disturbance, back strain, eye strain, etc. Such persons also experiences family, academic and social problems (ASAM, 2013). Early preventive intervention programs that consider the individual severity level of Internet addiction are needed (Jang, Hwang & Choi, 2008).

The aim of this study was to estimate the prevalence of internet addiction and some of health related conditions among faculties of nursing students at El Fayuom and Dammam universities.

Significance of the Study

Several studies have considered Internet addiction, physical health-related and psychosocial problems caused by Internet users. But this study focused on the relationship between Internet addiction and related risk factors such as history of disease for nursing students or their families. This is a new aspect of study, so the purpose of this cross-sectional study reveal the rate of Internet use and associated factors related to their health at the level of student health or their families among faculty of nursing students at Fayoum and Dammam universities.

RESEARCH METHODOLOGY

Study design: This research study utilized a cross-sectional survey designed in view of a self-administered questionnaire directed among the undergraduate nursing students (from second to final year of nursing education). A self-explanatory configuration was utilized to investigate nursing students' addiction to the Internet and associated health factors among nursing students studying at Fayoum and Dammam University.

Study sample: A total number of 300 students from second to forth study year were included in this study. The sample size was estimated based on the formula for estimating prevalence. According to the prevalence of in¬ternet addiction in two previous studies (using The Internet Addiction Test, IAT questionnaire) (Hawi, 2013), considering the prevalence of 10%, α=0.05 and precision 0.03, sample size was calculated to be 300. After the proposal was approved, 300 members of the target population from Faculty of Nursing at Fayoum and Dammam University were chosen through two stage sampling. Nursing students were stratified according to the years of education (second, third and fourth year). Then, the required number of partici¬pants was selected by convenience sampling from each group proportionate to the number of students in each group.

Study setting: The study was conducted at Faculty of Nursing at Fayoum (Egypt) and Dammam Universities (Saudi Arabia) during the academic year 2016-2017 (from the first of January until the end of

May).

Tools of Data Collection: In order to collect the necessary information for the study, the following tools were developed by the researchers after a thorough review of literature. As part of the study, questionnaire was designed by researchers to gather the required data.

A self- administered questionnaire was used to collect the following parts:

Part 1: Socio-demographic data of the students (e.g. age, academic year, and Residency Area ……..etc.).

Part II: History of student illness (e.g. psychological or physical illness, and also considering physical illness of the family.

Part III: Internet addiction was measured using the Arabic version of Young internet addiction test (YIAT) that was validated in a previous study carried out in Lebanon (Hawi 2013). It is a 20-item questionnaire which measures different levels of internet addiction. The questions ranged from personal daily life, social life, life performance, emotional feelings and so forth, and the test defines internet addiction predominantly by withdrawal; social problems; time management and performance; and reality substitute

Scoring system: Students were asked to indicate their answer for each item of the test on a Likert scale ranging from 1 to 5, with 1 indicating ''does not apply'' and 5 indicating ''always''. The total scores ranged from 20 to 100. After all the questions have been answered, each response numerical score were added to obtain a final score. The higher score considered as greater level of addiction and creation of problems resultant from such Internet usage. The severity impairment index is as follows:

Ethical consideration:

To carry out the study ethical consideration was maintained to ensure participant's right, the necessary official approval was obtained from the faculty of Nursing Fayuom University and directed to Dammam University Administration to collect the necessary data after explaining the purpose of the study. The aim of the study was explained to each student and written informed consent was obtained for participation. All students in both universities were assured that the obtained information will be confidential and will be used only for the purpose of the study.

Procedure of data collection

1. Data collection for the study was carried out in the period from January to May 2017.

2. Content validity index (CVI) of instrument was validated for appropriateness and relevance by the three juries of experts in the field of Psychiatry and mental health and community health nursing. Some questions were modified based on recommendations of the experts. After the modification, Cronbach alfa was, 8, 0.75 for tool III.

3. Filled out questionnaire during the pilot study was gathered for the evaluation and assessment process. The pilot study was conducted on 10% of the nursing students (30 students) who consented as respondents to the questionnaire and they were excluded from the actual study. This pilot run aimed to test the feasibility and comprehensiveness of the study tools. After which, fundamental changes were done and the implementation process based on experts' opinions on the initial results of the piloting. Students were only enrolled after providing informed consent to participate in the study.

4. All the participants who used internet over the past three months prior to the study were involved in the study. They were assured that the questionnaires are anonymous and the study data are strictly confidential.

5. The questionnaire was distributed to the students in their place of study and collected after its completion by the researcher.

Statistical analysis

The data were coded, tabulated and analyzed using SPSS version (21) qualitative data were expressed as number and percentage, and the Chi-square test was applied to test the relationship between variables. Quantitative data were expressed as mean and standard deviation (Mean ±SD) and *t*-test was used to compare means for groups. Person correlation test was applied to test the relationship between quantitative variables. A *P*-value of < 0.05 was considered as statistical significant.

RESULTS

Table 1 represented that around half of studied sample were at third year of their study program, coming from rural area and their mothers qualified secondary school.

Table1: Demographic characteristics of Students (n=300)

Variables	Egyptian (N=150)		KSA(N=150)		Total Sample (N=300)	
	No	Percent	No	Percent	No	Percent
Academic Level						
Second Year	76	50.7	50	33.3	126	42.0
Third year	74	49.3	56	37.3	130	43.3
Fourth Year	0	0.00	44	29.3	44	14.7
Residency Area						
Urban	83	55.3	31	20.7	114	38.0
Rural	67	44.7	119	79.3	186	62.0
Fathers' education						
Read/write	20	13.3	19	12.7	39	13.0
Primary	12	8.0	14	9.3	26	8.7
Intermediate	33	22.0	20	13.3	53	17.7
Secondary	51	34.0	32	21.3	83	27.7
University	32	21.3	60	40.0	92	30.7
Higher (mentioned)	2	1.3	5	3.3	7	2.3
Mother's education						
Read/write	32	21.3	21	14.0	53	17.7
Primary	7	4.7	7	4.7	14	4.7
Intermediate	25	16.7	17	11.3	42	14.0
Secondary	62	41.3	70	46.7	132	44.0
University	20	13.3	35	23.3	55	18.3
Higher (mentioned)	4	2.7	21	14.0	4	1.3

Table 2 showed that, most of the students, especially the Egyptians, were suffering from anxiety and stress, so they resorted to using the Internet to search for causes and remedy those problems. The study also showed that more than half of the students' family were complaining of chronic diseases such as diabetes, hypertension.

Table 2: History of Medical illness among students and their families

Variables	Egyptian (N=150)		KSA (N=150)		Total Sample (N=300)	
	No	%	No	%	No	%
Mental Health Status:						
Anxiety	111	74.0	57	38.0	168	56.0
Stress	117	78.0	56	37.3	173	57.7
Depression	49	32.7	35	23.3	84	28.0
Obsession	31	20.7	33	22.0	64	21.3
Hysteria	38	25.3	28	18.7	66	22.0
Psychosometic	7	4.7	12	8.0	19	6.3
Mean±SD	2.35 ± 1.15		1.47 ± 1.44		1.91 ± 1.37	
Students' Medical History						
Diabetes Mellitus	8	5.3	0	0.0	8	2.7
Hypertension	8	5.3	0	0.0	8	2.7
Cancer	2	1.3	0	0.0	2	0.7
Gastro intestinal Tract	38	25.3	0	0.0	38	12.7
Central nervous system	1	0.7	7	4.7	8	2.7
Respiratory system	11	7.3	0	0.0	11	3.7
Genitourinary system	5	3.3	0	0.0	5	1.7
Range Mean±SD	0.49 ± 0.90		0.05 ± 0.21		0.27 ± 0.69	
Medical Family History:						
Diabetes Mellitus	72	48.0	95	63.3	167	55.7
Hypertension	82	54.7	69	46.0	151	50.3
Cancer	6	4.0	21	14.0	27	9.0
Gastro intestinal Tract	16	10.7	9	6.0	25	8.3
Central nervous system	5	3.3	9	6.0	14	4.7
Respiratory system	10	6.7	42	28.0	52	17.3
Genitourinary system	6	4.0	21	14.0	27	9.0
Other	2	1.3	9	6.0	11	3.7
Range Mean±SD	1.33 ± 1.14		1.83 ± 1.28		1.58 ± 1.24	
Family Psychiatric Illness						
Psychosis	7	4.7	0	0.0	7	2.3
Neurosis	63	42.0	0	0.0	63	21.0
Range Mean±SD	0.47 ± 0.51		0.00 ± 0.00		0.23 ± 0.43	

Table 3 showed that, there is a statistically significant difference between KSA and Egyptian student in the level of Internet addiction

Table 3: Relation between the level of Internet addiction and place of the study (n=300)

Place	Mild		Moderate		Severe		X^2	*p*-value
	No	%	No	%	No	%		
KSA	90	60.00	48	32.00	12	8.00	15.53	0.000(s)
EGYPT	60	40.00	59	39.33	31	20.67		

X^2 =Chi -Square

Table 4 showed that, there is a statistically significant positive correlation between Internet addiction and some of history of medical illnesses among Egyptians student's mental health status especially in relation to level of Anxiety. On other hand there is a statistically significant positive correlation between Internet addiction and some of history of KSA student's mental health status, for Depression for Obsession and other psychosomatic effect. For Total Sample: there is a statistically significant positive correlation between Internet addiction and some of history of student's mental health status like Anxiety and Depression.

Table 4: Correlation analysis between Internet addiction and history of student's mental health status (n=300)

History of student's mental health status	Internet addiction	Egyptian (N=150)	KSA (N=150)	Total Sample (N=300)
Anxiety	**R**	**0.417***	**-0.046**	**0.270***
	P	**0.000**	**0.577**	**0.001**
Stress	**R**	**0.213***	**-0.039**	**0.176***
	P	**0.009**	**0.641**	**0.002**
Depression	**R**	**0.044**	**0.203***	**0.125***
	P	**0.593**	**0.013**	**0.031**
Obsession	**R**	**0.051**	**0.186***	**0.100**
	P	**0.535**	**0.023**	**0.085**
Hysteria	**R**	**-0.100**	**-0.085**	**-0.073**
	P	**0.225**	**0.302**	**0.207**
Psychosomatic	**R**	**-0.101**	**0.312***	**0.069**
	P	**0.224**	**0.000**	**0.240**

*R: correlation coefficient *: Statistically significant at p ≤ 0.05*

Table 5 showed that there is a statistically significant negative correlation between Internet addiction and physical illness both for Egyptian and KSA students. But for the total sample, there is a statistically significant positive correlation between Internet addiction and gastro intestinal tract symptoms.

Table 5: Correlation analysis between Internet addiction and Personal Physical Illness (n=300)

Personal Physical Illness	Internet addiction	Egyptian (N=150)	KSA (N=150)	Total Sample (N=300)
Diabetes Mellitus	R	-0.129	0.000	-0.064
	P	0.117	1.000	0.272
Hypertension	R	-0.143	0.000	-0.075
	P	0.083	1.000	0.199
Cancer	R	0.062	0.000	0.067
	P	0.458	1.000	0.296
Gastro intestinal Tract	R	0.145	0.000	0.192*
	P	0.079	1.000	0.001
Central nervous system	R	-0.128	-0.017	-0.074
	P	0.125	0.838	0.292
Respiratory system	R	-0.190*	0.000	-0.104
	P	0.021	1.000	0.074
Genitourinary system	R	-0.088	0.000	-0.038
	P	0.294	1.000	0.518

*R: correlation coefficient *: Statistically significant at p≤0.05*

Table 6 showed that for Egyptian Sample there is a statistically significant positive correlation between Internet addiction and Diabetes Mellitus. For KSA sample there is a statistically significant positive correlation between Internet addiction and Gastro intestinal Tract symptoms, for Central nervous system for Respiratory system (r=0.384 at p=0.000), and genitourinary system. For Total Sample: there is a statistically significant positive correlation between Internet addiction and Diabetes Mellitus.

Table 6: Correlation analysis between Internet addiction and Family history of Illness

Family history of Illness	Internet addiction	Egyptian (N=150)	KSA (N=150)	Total Sample (N=300)
Diabetes Mellitus	R	0.276**	0.159	0.184*
	P	0.001	0.052	0.001
Hypertension	R	0.146	0.060	0.126*
	P	0.075	0.464	0.030
Cancer	R	-0.070	-0.110	-0.119*
	P	0.395	0.182	0.040
Gastro intestinal Tract	R	-0.229**	0.274*	-0.030
	P	0.005	0.001	0.603
Central nervous system	R	-0.212*	0.274*	0.010
	P	0.010	0.001	0.868
Respiratory system	R	-0.191*	0.384*	0.050
	P	0.021	0.000	0.392
Genitourinary system	R	-0.190*	0.275*	0.023
	P	0.021	0.001	0.697

*R: correlation coefficient *: Statistically significant at p≤ 0.05*

Table 7 showed that, there is a statistically significant difference between KSA and Egyptian student with respect to internet addiction as Egyptian student were more affected by internet addiction.

Table 7: Difference in Internet addiction in relation to place of the study

Groups	Internet addiction			*T*-test	
	Mean	±	SD	*t*	*P*-value
KSA	45.49	±	17.13	3.975	0.000 (S)
EGYPT	55.06	±	23.99		

t=student's t-test

Table 8 showed that, around half of students in total sample ranked at mild level of interned addiction. On other hand, students at second and third year, from urban area, with their father and mother at secondary level of education were presented with severe level of Internet addiction.

Table 8: Internet addiction prevalence based on Students, characteristics for all Samples

Students Characteristics	Mild (N=90)		Moderate (N=48)		serve (N=12)		Test	*P*-value
	No	Percent	No	Percent	No	Percent		
Students' age (years)								
< 20	10	11.1	0	0.0	5	41.7	T1=0.15	P1=0.74
20+	80	88.9	48	100.0	7	58.3	T2=0.53	P2=0.29
Mean±SD	21.37 ± 1.12		21.52 ± 0.90		20.83 ± 1.64		T3=0.69	P3=0.16
Academic Level								
First year	0	0.0	0	0.0	0	0.0	2.31	0.68
Second Year	26	28.9	19	39.6	5	41.7		
Third year	37	41.1	15	31.3	4	33.3		
Fourth Year	27	30.0	14	29.2	3	25.0		
Residency Area								
Urban	18	20.0	11	22.9	2	16.7	0.29	0.87
Rural	72	80.0	37	77.1	10	83.3		
Marital Status								
Single	66	73.3	39	81.3	12	100.0	4.82	0.09
Married	24	26.7	9	18.8	0	0.0		
Widow	0	0.0	0	0.0	0	0.0		
Divorced	0	0.0	0	0.0	0	0.0		

Fathers' education								
Read/write	10	11.1	9	18.8	0	0.0	38.25**	<0.001
Primary	14	15.6	0	0.0	0	0.0		
Intermediate	5	5.6	15	31.3	0	0.0		
Secondary	17	18.9	10	20.8	5	41.7		
University	39	43.3	14	29.2	7	58.3		
Higher (mentioned)	5	5.6	0	0.0	0	0.0		
Mother's education								
Read/write	17	18.9	4	8.3	0	0.0	58.58**	<0.001
Primary	7	7.8	0	0.0	0	0.0		
Intermediate	0	0.0	17	35.4	0	0.0		
Secondary	39	43.3	19	39.6	12	100.0		
University	27	30.0	8	16.7	0	0.0		
Higher (mentioned)	0	0.0	0	0.0	0	0.0		
Fathers' job								
Work	80	88.9	48	100.0	12	100.0	7.14*	0.03
Did not work	10	11.1	0	0.0	0	0.0		
Mothers' job								
Work	20	22.2	4	8.3	0	0.0	6.98*	0.03
Did not work	70	77.8	44	91.7	12	100.0		
Parents income								
Sufficient	47	52.2	19	39.6	10	83.3	7.57*	0.02
Insufficient	43	47.8	29	60.4	2	16.7		
Family number								
< 4	12	13.3	0	0.0	0	0.0	8.70**	<0.001
4+	78	86.7	48	100.0	12	100.0		

*T= t-test ** χ^2 test*
P1: Mild internet use # Moderate internet use
P2: Mild internet use # serve internet use
P3 = Moderate internet use # serve internet use

DISCUSSION

The purpose of this study to identify the relationship between the use of the Internet addiction and health status, psychological or social experienced of the students and their families, regarding the use of Internet in the College of Nursing in Fayoum and Dammam University. The results of the study concluded that, most of the students, especially the Egyptians, were suffering from anxiety and stress, so they resorted to using the Internet to search for causes and remedy those problems. Recent studies focusing on Internet addiction among college students have tended to find primarily negative correlate. Morahan-Martin & Schumacher, (2003) investigated the relationship between Internet use and loneliness among 277 undergraduate students. They found that loneliness was associated with Internet use. Lonely users more likely to seek emotional support online and find there. Another study by Chatterjee & Sinha, (2012) revealed that compulsive internet use is significantly correlated with neuroticism, extraversion, trait anxiety and trait aggression scores.

While few studies (Zhang, Chen & Lee, 2014; Demirci, Akgönül & Akpina, 2015; Kim *et al.*, 2015) inspect the independent analytical effect of depression and anxiety on smartphone addiction among college students. The use of smartphone among college student could not be controlled due to multiple

sociodemographic, academic, lifestyle, personality traits, religious practice and smartphone-related factors (age at first use, duration of use per weekday, purpose of using smartphone) in the studied sample. On the other hand other studies (Mehroof & Griffiths 2010; Samarein *et al.*, 2013) mentioned that introvert individuals seem to use the internet mainly because it reduces the anxiety of being rejected or ridiculed, and it allows users to conceal their identities.

In view of the results of this study, it was found that very few students, especially students of the Egyptian Faculty of Nursing, were suffering from health disorders or diseases such as diabetes, respiratory or reproductive diseases. On the other hand, it was found that about a quarter of the Egyptian students especially had history of disorders of the gastro-intestinal tract. The disturbances of digestive system among students may be due to the fact that the gastrointestinal tract complains are abundant and may lead students to find traditional methods in the Internet to overcome these symptoms, such as natural herbs and others. According to (Ko *et al.*, 2012) Internet addiction has attracted increasing coverage in the popular media among researchers and this attention has paralleled the growth in computer use and Internet access.

Mano, (2015) founded in his study that that accessing online health information provides generalized information that does not necessarily fit the indivudual's medical condition, whereas the latter may provide a pivotal leverage for the prevention of health-related implications. On other hand, Alarcon-Fernandez *et al.*, (2011) concluded that, one-third of patients with gastrointestinal diseases use the internet to obtain information regarding their disease. But patients must acquire more information from their physician rather than from internet health resources for proper remediation of the disease.

In a related context, the results of the study showed that more than half of the students and their family were complaining of chronic diseases such as diabetes, hypertention, and found a positive correlation between these diseases and the addiction of students to the Internet. In this context, nursing students studies about chronic diseases in their courses and they searched the Internet for information about chronic diseases affecting their families. They used the Internet to communicate with their family or to search for information about their illness. Gentles, Lokker & McKibbon, (2010) mentioned that, Health communication technology is used specifically for communication between patients or caregivers and health care providers about health. Mitchell et al., (2014) add, some of the many advantages of Health communication technologies include the relatively low cost and the ease with which apps and text messages can be widely distributed have increased the popularity of mobile technology. Pereira et al., (2015) concluded in his study that, Internet-delivered diabetes education is more beneficial as it is easier to access for a large number of individuals, and patients can self direct the process of learning for better knowledge gaining. There is growing interest in the potentiality of the internet and other digital media as a medium to deliver more tailored made, relevant self-management support, while maintaining cost-effectiveness, in support of those with hypertension (McLean *et al.*, 2016). Nurses, as well as nursing students, need to be knowledgeable about online health information resources and must be able to evaluate relevant information online in order to assist patients and patients' families' access in the right manner (Park, Lee & Bae, 2010).

The results of the study indicate that there is a statistically significant difference between KSA and Egyptian student as Egyptian students are more used internet. Desouky & Ibrahem, (2015) showed that a high prevalence of Problematic Internet Use among Egyptian university students which affects their psychological wellbeing. Technology plays an important role in our everyday lives and the identification of its dimensions is crucial.

The present study revealed that around half of students in total sample ranked at mild level of interned addiction on other hand, students at second and third year, from urban area, were presented at statistically significant severe level of Internet addiction (Lin, Lin & Wu, 2018). The prevalence of Internet addiction among secondary school students in Taiwan was high. Another study by Desouky & Ibrahem (2015) represented that Prevalence of problematic internet use was significantly higher among students with higher parents education. On other hand Saied, Elsabagh & El-Afandy, (2017) mentioned that Medical students are at increased risk for problematic internet use, and to a lesser extent

internet addiction.

CONCLUSION & RECOMMENDATION

Around half of students in total sample ranked at mild level of interned addiction. Most of the students, especially the Egyptians, were suffering from anxiety and stress as well as more internet used than Saudi Arabia students. These students should be continually screened for Internet addiction throughout the course of

LIMITATION

One of the limitations of this study is that data collection was study done on two faculties of nursing and on female students only and this is not represent all faculties and gender because the culture of Saudi Arabia does not permit to contact with male faculties and there is separation between male and female faculty buildings.

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