

Internet use and its association with health and academic performance among medical students at Shaqra University, KSA

Khalid Alburaithen*, Ibrahim Althaqib, Jamal Arif, Aqeel Ahmad

Department of Basic Medical Sciences, College of Medicine at Shaqra, Shaqra University, KSA

* Presenting Author

Introduction:

The Internet has grown to play an increasingly important role in our lives. Due to increased reliance on the internet during the COVID-19 pandemic, overuse of the internet has been shown to develop psychological issues all over the world. It has a direct influence on headaches, sadness, anxiety, and stress.

Methods:

This cross-sectional study was carried out at the College of Medicine, Shaqra University, KSA. The online questionnaires were prepared and distributed among the medical students in the college. The age of medical students was 19-24 years and all the students were male. About 70% of students who participated in the survey were living alone. The data were collected from the Google form and analyzed by using SPSS and Excel software.

Conclusion:

This study shows that the impact of internet use on Shaqra University medical students' academic performance and associated health issues. The results show that the majority of medical students use the internet for between 4 and 12 hours per day and this excessive use of the internet has an impact on their social well-being and social interactions. This study will help medical students to avoid internet addiction and other health-related issues.

References:

1. Taha MH, Shehzad K, Alamro AS, Wadi M. Internet Use and Addiction Among Medical Students in Qassim University, Saudi Arabia. Sultan Qaboos Univ Med J. 2019;19(2):e142-e147.
2. Bakarman MA. Internet addiction among senior medical students in King Abdulaziz University, prevalence and association with depression. Glob J Health Sci. 2017;9(10):60-7.

Result:

This survey included 50 medical students from the College of Medicine (N=50). The majority of students, 76% concur that they use the internet for longer than they anticipated. The majority of students (62%) believe that they would prefer to interact with their classmates over the Internet (Figure-1). Approximately 48% of students believe that life without the Internet will be dull, meaningless, and devoid of fun. Also, 74% of students concur that using the internet negatively impacts their academics. Students believe that late-night internet use causes them to miss sleep in about 66% of cases. 56% of students believe that using the internet too much is bad for their health. Students who use the internet too frequently get back or neck pain in about 60% of cases (Figure-2).

