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Relationship between Sleep Disturbance and Internet Using among Nursing College Students at University of Babylon

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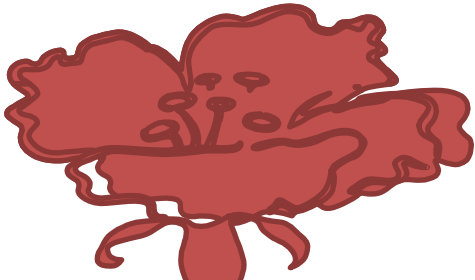
بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

فَوَجَدَا عَبْدًا مِنْ عِبَادِنَا آتَيْنَاهُ رَحْمَةً مِنْ عِنْدِنَا وَعَلَّمْنَاهُ مِنْ لَدُنَّا عِلْمًا

صَدَقَ اللَّهُ الْعَلِيُّ الْعَظِيمُ

[سُورَةُ الْكَهْفِ : الْآيَة ٦٥]

الإهداء

إلى معلم البشرية كل خير ..إلى الهادي البشير ..إلى سيد الأولين
والآخرين.. إلى سيدنا محمد صلى الله عليه واله وسلم.

الى من حملتنا هنا ووضعتنا هنا......

امي الغاليه

الى من استمدينا منه القوه والاستمراريه والبسنا ثوب مكارم الاخلاق و
الادب وكان القدوه التي بها نقتدي (ابي)

الى من تقاسمنا معهم حلو الحياة ومرها.... اخوتي

الى من اضاؤا بعلمهم عقول غيرهم او هدوا بالجواب الصحيح

حيرة سائليهم فاظهروا بسماحتهم تواضع العلماء

وبرحابتهم سماحة العارفين

الاساتذه الاجلاء

الى اصدقاء العمر ورفقاء الدرب...

الى من كانوا السند في السراء والضراء...

الاصدقاء الاعزاء

Abstract   **I**

Background: Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during. Sleep is a basic need of humanity, and it is important for quality of life and health at all ages. Good sleep has been associated with multiple factors including environmental factors, social life, and general health status

   Today, the Internet has become an important element in people's lives. It is used for entertainment, communication and education. Despite its advantages, the side effects of excessive Internet use have gradually appeared. Heavy internet use has many associations, with depression, poor sleep quality, mood changes, and poor health outcomes such as obesity and low self-esteem. Internet addiction (IA) is described as excessive or poorly controlled fears or behaviors regarding Internet access, resulting in distress or vulnerability.

Aims: The purpose of this study is to assess sleep disturbance, internet using among nursing students and to find out the relationship between sleep disturbance and internet using among nursing students.

Methodology: Descriptive study design was carried out to assess sleep disturbance and internet using among nursing college students from the period of 20 October 2022 to 2 May 2023, the target population were students who nursing at university of Babylon. A convenience sample of ($N = 106$) consenting students were included in this study.

        The questionnaire that was used in this study contains four parts; the first part includes students ' demographic information. The second part is general information for students. The third part is sleeping disturbance scale contains 16

items are scored and rated on five levels Likert scale; 1= Never; 2= Rarely; 3= Occasionally; 4= Most Nights/Days; 5= Always.

and fourth part is internet using scale contains 20 items the total items are scored and rated on three levels Likert scale; "1= always; 2= Occasionally; 3= never.

Results: The study findings indicate that the sleep disturbance levels were ranged between mild to moderate among study participants while the internet using levels were ranged between moderate to severe among students and there are indicate significant relationship between them.

Conclusion: The recent study aims to measure the phenomenon of internet uses among students. On the basis of the overall, the current findings revealed that the majority of students, and to assess sleep disturbance.

Recommendation:

Programs for increasing awareness of internet using and its effects on sleep are needed among university medical students.

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NO.	ITEMS	MEANING
1.	IA	Internet Addiction

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Chapter One

Introduction

Introduction

1.1 Background:

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during. Sleep is a basic need of humanity, and it is important for quality of life and health at all ages. Good sleep has been associated with multiple factors including environmental factors, social life, and general health status. The guidelines state 8.5 - 9.5 hours of sleep per night for teens aged 10-17, while young adults, over the age of 18, need 7-9 hours' Sleep has been found to be essential for strengthening memory, learning, critical thinking and decision-making **(**Khayat et al, 2018**)**.

Sleep is essential for cognitive functions related to academic performance in higher education. As students approach college, they will be in a completely different atmosphere. They will face greater responsibilities with increased stress and chaotic schedules affecting their sleep quality (Mark Griffiths et al, 2020). Studies have shown that most college students do not meet their sleep requirements, with 71% sleeping less than 8 hours Sleep deprivation can have serious consequences including reduced coping mechanisms and Academic performance, and increased risk of car accidents. (Khayat et al, 2018)

Adequate sleep is essential for growth hormone secretion that is required for normal physical development, particularly in adolescents. Previous studies revealed sleep problems in up to 40% of Taiwanese college students (Kang and Chen, 2009; Lin et al., 2018). With the increasing popularity of smartphones together with all its advanced technology, the use of the smartphone before sleep has become a habit for adolescents that could prolong sleep latency and decrease sleep duration (Yang et al., 2019), (Mark Griffiths, et al, 2020)**.**

Today, the Internet has become an important element in people's lives. It is used for entertainment, communication and education. Despite its advantages, the side effects of excessive Internet use have gradually appeared. Heavy internet use has many associations, with depression, poor sleep quality, mood changes, and poor health outcomes such as obesity and low self-esteem. Internet addiction (IA) is described as excessive or poorly controlled fears or behaviors regarding Internet access, resulting in distress or vulnerability.

Most students with sleep problems spend their time checking social media sites and watching TV. Moreover, students who use the Internet excessively have a greater chance suffer from sleep problems (Khayat et al, 2018**).** A previous study has shown that college students in Taiwan spend an average of up to 16.27 h per week on the Internet. Furthermore, the sleep quality of over half of those students was found to be adversely affected by the use of internet for chatting, playing games, and watching movies before sleeping (Lin et al., 2015**),** (Mark Griffiths, et al, 2020).

The extent that may harm his behavior, and this explains the state of fondness for the Internet to the extent that the state of addiction to it began to appear as a phenomenon that cannot be turned a blind eye to, as specialists liken this addiction to being similar to addiction to gambling or drugs. (Mark Griffiths, et al, 2020).

1.2 Important of study

Internet addiction by university students, which represents the most important segment of society, which led them to fall into several disorders and psychological crises, including social isolation, many academic and psychological problems, and so on. Falling into sleep disorders and here the Internet turns from a blessing to a curse. Sleep disorders are among the most prevalent psychological disorders in our time as a result of what an individual may suffer from the

pressures and burdens of life, which affects his health. Where a number of researchers indicated that the risk of his sleeping time, which causes him to sleep disorders.

The use of Internet devices during the night period and the brightness of the light they project on the retina are factors that can cause changes in sleep patterns in addition, sleep quality is most commonly affected by stress and anxiety, which are common among college students, and lack of sleep can increase the risk of mental illness.

1.3 Objectives of Study

1.To assess sleep disturbance among nursing students.

2.To assess internet using among nursing students.

3.To find out the relationship between sleep disturbance and internet using among nursing students.

Chapter Two

Methodology

Methodology

This chapter presents the research process and design of the study and includes the administrative arrangements, the setting of the study, the sample of the study, the study instrument, the rating and scoring system, the validity of the questionnaire, the method of data collection and statistical data analysis.

2.1. Design of the study

Descriptive study design was carried out to assess sleep disturbance and internet using among nursing college students from the period of 20 October 2022 to 2 May 2023

2.2. Sample of the study:

The target population were students who nursing at university of Babylon. A convenience sample of ($N = 106$) consenting students were included in this study.

2.3. Setting of the Study:

The study was conducted in Babylon province, in the university of Babylon / College of nursing.

2.4. Ethical Considerations:

The Samples were collected after obtaining official and administrative approvals by the Babylon university /College of nursing. Students were asked for a voluntary participation. After students agree to be a part of the study, they were informed about the purpose, benefits, and procedures of the study. To

maintain nurses' confidentiality, they were received anonymously questionnaire and informed that their information would be used for research purpose only.

2.5. Instrument Selection:

The questionnaire that was used in this study contains four parts; the first part includes students ' demographic information. The second part is general information for students. The third part is sleeping disturbance scale contains 16 items are scored and rated on five levels Likert scale; 1= Never; 2= Rarely; 3= Occasionally; 4= Most Nights/Days; 5= Always.
and fourth part is internet using scale contains 20 items the total items are scored and rated on three levels Likert scale; "1= always; 2= Occasionally; 3= never.

2.6. Method of data collection

Data were collected by utilizing and adopted questionnaire and by means of self- report technique by using the Arabic version of the questionnaire to assess sleep disturbance and internet addiction between college of nursing students. Data were collected from the period of 1st of November, 2022 to 30 of December, 2022. Each student takes approximately (15-20) minutes to complete the questionnaire.

2.7. Data Analysis:

Data was analyzed using SPSS software. Descriptive statistics was used to describe the demographical information, as well as sleep disturbance and internet using. The Correlation analysis was also used to find out how the relationship impact on students.

Chapter Three

Results

Results of the Study

The finding of data analysis systematically in figures and tables, which are corresponded with the objectives of the study as follows:

Table1: Distribution of study sample related demographical characteristics

Variables		Frequency	Percent
Gender	Male	52	49.5
	Female	53	50.5
	Total	105	100.0
Age	20-25	60	57.1
	26-30	31	29.5
	31-35	14	13.3
	Total	105	100.0
Marital status	Married	64	61.0
	Single	41	39.0
	Total	105	100.0
Residency	Urban	32	30.5
	Rural	73	69.5
	Total	105	100.0
How long do you spend on the Internet	1-3	41	39.0
	4-7	32	30.5
	8-11	32	30.5
	Total	105	100.0
Stage	third stage	14	13.3
	fourth stage	91	86.7
	Total	105	100.0
Program	Morning	57	54.3
	Evening	48	45.7
	Total	105	100.0

Table (1): this table demonstrated the demographical characteristics of the study sample, the results recorded that the higher percentage 60 (57.1%) were between age group (20-25) years old,53(50.5) were female. related to marital status most of study sample 64(61.0) were college, also this table show the high percentage 73(69.5) were rural residency, related to stage the most of study sample 91(86.7) were fourth stage, also the most of study sample were evening.

Variables		Frequency	Percent
What is the type of electronic communication used?	Office equipment (laptop - computer)	34	32.4
	Tablet devices (iPad or tablet)	39	37.1
	Mobile or mobile devices	32	30.5
	Total	105	100.0
What do you prefer to follow when you use the Internet?	Movies and series	37	35.2
	social media sites	17	16.2
	You tube and surf the internet	31	29.5
	The games	17	16.2
	Study	3	2.9
	Total	105	100.0
What is the period in which the Internet is always used	Morning	19	18.1
	Night	39	37.1
	After midnight	47	44.8
	Total	105	100.0

Table (2): this table demonstrated the general information of the study sample, the results recorded that the   percentage 39 (37.1%) were used Tablet devices (iPad or tablet), related prefer to follow when you use the Internet 37(35.2.3%) were Movies and series, also the percentage 47(44.8) were preferred After midnight.

Table 3: Distribution related to Sleep disturbance

Items	never		Scarcely		Sometime		mostly		always		Total	
	F	P	F	P	F	P	F	P	F	P	F	P
1-	24	22.9	22	21.0	20	19.0	27	25.7	12	11.4	105	100.0
Assessment	Moderate											
2.	43	41.0	19	18.1	33	31.4	3	2.9	7	6.7	105	100.0
Assessment	Mild											
3.	41	39.0	18	17.1	27	25.7	11	10.5	8	7.6	105	100.0
Assessment	Mild											
4.	29	27.6	22	21.0	36	34.3	11	10.5	7	6.7	105	100.0
Assessment	Mild											
5.	84	80.0	9	8.6	12	11.4	0	0.00	0	0.00	105	100.0
Assessment	Mild											
6.	53	50.5	14	13.3	6	5.7	32	30.5	0	0.00	105	100.0
Assessment	Mild											
7.	81	77.1	12	11.4	12	11.4	0	0.00	0	0.00	105	100.0
Assessment	Mild											
8.	7	6.7	20	19.0	45	42.9	33	31.4	0	0.00	105	100.0
Assessment	Moderate											
9.	2	1.9	9	8.6	61	58.1	30	28.6	3	2.9	105	100.0
Assessment	Moderate											
10.	18	17.1	18	17.1	19	18.1	29	27.6	21	20.0	105	100.0
Assessment	Moderate											
11.	35	33.3	12	11.4	22	21.0	3	2.9	33	31.4	105	100.0
Assessment	Moderate											
12.	40	38.1	12	11.4	28	26.7	15	14.3	10	9.5	105	100.0

Assessment	Moderate											
13.	58	55.2	20	19.0	12	11.4	15	14.3	0	0.00	105	100.0
Assessment	Mild											
14.	43	41.0	43	41.0	12	11.4	6	5.7	1	1.0	105	100.0
Assessment	Mild											
15.	49	46.7	26	24.8	21	20.0	5	4.8	4	3.8	105	100.0
Assessment	Mild											
16.	69	65.7	7	6.7	29	27.6	0	0.00	0	0.00	105	100.0
Assessment	Mild											
General mean and standard deviation	2.28375±1.1085 Mild											

Table (3): shows MS (mild =1-2.60, moderate   = 2.61-4.20, sever = 4.21-5) that most of the items related to Sleep disturbance were recorded mild level (2,3, 4, 5,6,7,13,14,15and 16), while remain items (1,8,9,10,11 and 12) recorded moderate level, and the overall mean score of this domain were mild (2.28375±1.1085)

Table 4: Distribution related to Online addiction

Items	Always		Sometime		Never		Total		Assessment
	F	P	F	P	F	P	F	P	
	41	39.0	51	48.6	13	12.4	105	100.0	Moderate
1.	0	0.00	41	39.0	64	61.0	105	100.0	Sever
2.	0	0.00	19	18.1	86	81.9	105	100.0	Sever
3.	0	0.00	35	33.3	70	66.7	105	100.0	Sever
4.	0	0.00	34	32.4	71	67.6	105	100.0	Sever
5.	0	0.00	42	40.0	63	60.0	105	100.0	Sever
6.	0	0.00	40	38.1	65	61.9	105	100.0	Sever
7.	0	0.00	59	56.2	46	43.8	105	100.0	Sever
8.	8	7.6	43	41.0	54	51.4	105	100.0	Sever
9.	24	22.9	42	40.0	39	37.1	105	100.0	Moderate
10.	24	22.9	42	40.0	39	37.1	105	100.0	Moderate
11.	20	19.0	34	32.4	51	48.6	105	100.0	Moderate
12.	8	7.6	24	22.9	73	69.5	105	100.0	Sever
13.	16	15.2	25	23.8	64	61.0	105	100.0	Sever
14.	0	0.00	9	8.6	96	91.4	105	100.0	Sever
15.	0	0.00	33	31.4	72	68.6	105	100.0	Sever
16.	0	0.00	57	54.3	48	45.7	105	100.0	Sever
17.	0	0.00	57	54.3	48	45.7	105	100.0	Sever
18.	0	0.00	49	46.7	56	53.3	105	100.0	Sever
19.	0	0.00	33	31.4	72	68.6	105	100.0	Sever
General mean and standard deviation									

MS (mild =1-1.6, moderate = 1.7-2.3, sever = 2.4-3)

Table (4): shows that most of the items related to Online addiction were recorded sever   level (2,3,4,5,6,7,8,9,13,14,15,16,17,18,19and 20), while

remain items (1,10,11 and 12) recorded moderate level, and the overall mean score of this domain were mild (2.50±0.54).

Table (5): Association between Sleep disturbance and Online addiction

Parameters	R	Significance
Sleep disturbance	.672	.032
Online addiction		

Table (5): Positive correlation between sleep disturbance and online addiction with significance .032

Chapter Four

Discussion

Discussion

The overall purpose of this study was to assess the relationship between Internet using and Sleep disturbance among undergraduate students and to understand how both variables have an impact over each other.

4.1: Demographical characteristics related to study sample.

This table demonstrated the demographical characteristics of the study sample, The overall sample was (50.5%) female compared with study of (ASLAN, H., et al., 2022) done in tturkey found that (43.5%) of the sample were female, in this study, a correlation test was performed based on gender, and it was found that the results of the correlation test were that there was a positive correlation between variables of internet addiction and sleep quality in male and female subjects .averaging 20-25 years old (57.1%) this finding is similarity with study of (Islam, Z., et al. 2021) done in United States found that (45.3%) of the sample were (20-25) age group.

Related to marital status most of study sample (61.0%) were married, this finding is in the same line with study (Chauhan, N., et al., 2022) done in India found that (30.1%) of the sample were married, unconformity with study of (Chauhan, N., et al., 2022) done in India found that (83.0%) of the sample were single. The highest percentage (69.5%) of the sample were live in rural, this finding is conformity with study of (Mahmoud, O. A. A., 2022) done in Egypt found that (57 %) of the sample were live in rural.

The explanation that was given in the study the highest percentage (39.0%) of the sample were 1-3 hrs., this finding is similarity with study of

(Ayran, G., et al. 2022) done in turkey found that (29.2%) of the sample were 1-3 hrs. and similarity with studies of (Kumar G., et al. 2021) done in India found that (25.7%) and (Karki, K., et al. 2021) done in Australia found that (43.2%) of the sample were 1-3 hrs. Also show the high percentage (86.7%) were fourth stage, also the most of study sample were evening program (54.3%). this finding is conformity with study of (Ayran, G., et al. 2022) done in turkey found that (27.3 %) of the sample were fourth stage and evening program.

4.2: Distribution related to general information

Elicited in the study is the general information about the type of electronic communication used, prefer to follow when you use the Internet and period in which the Internet is always used of the study sample, the results recorded that the (37.1%) were used Tablet devices (iPad or tablet), (35.2.3%) were Movies and series, also (44.8%) were preferred After mid night. This finding is un agreement with study of (Ayran, G., et al. 2022) done in turkey found that (45.5%) of the sample were Mobile or mobile devices, games and night, (Kumar G., et al. 2021) done in India found that (67.4%) of the sample were Mobile or smartphone, games and night.

4.3: Distribution related to sleep disturbance

According to Sleep disturbance of the study most of the them were recorded mild level (Do you have problems staying asleep? Take something to help you sleep, Drink tea or coffee before bed, you have a condition that interferes with your sleep, have you lost your passion in your hobbies and activities? You feel sad, irritable, or have a sense of hopelessness, do you have strange behaviours during sleep while sleeping, do you snore while sleeping?

,It seemed to you that you were panting, talking, or choking during sleep and Do you find it difficult to stay awake during the day?), while remain items (I am having difficulty falling asleep, You feel stressed or anxious, Do you think there is something wrong with your body?, Do you have a work or shift watch that makes your sleep disturbed, or your sleep schedule is irregular, Do you have fatigue and pain in your legs that affect your sleep? and Do you move a basic clicker while you sleep?) Recorded moderate level, and the overall mean score of this domain were mild (2.28375±1.1085). This finding is in the same line with study (Ji A, Wang R., 2018) done in China, found that One of the most common factors affecting sleep quality among university students is internet use. Light and sound from the screens of devices such as computers, tablets and mobile phones can keep a person awake and affect the hormone secretions that are the means to sleep, disrupt an individual's sleep rhythm, delay the transition to sleep, reduce sleep time and reduce sleep quality by causing sleep breaks.

4.4: Distribution related to online addiction

Concerning to items of the study most of the them related to Online addiction were recorded sever   level (The most important home actions to spend more time on the Internet. To I feel depressed, moody and nervous when I am not online and this feeling goes away when I come back online), expected remain items (I find myself going on as long as I decide, resorted to the Internet to overcome the anxiety that afflicts me, I find myself excited for the next time I will use the Internet   and I am afraid that life will be boring, empty and depressing without the Internet.) Recorded moderate level, and the overall mean score of this domain were mild (2.50±0.54), this finding is in the same line with study (Nagori N., et al. 2019) done in India. The Internet has become an important part of our daily life. The Internet, which is used for

entertainment, communication and education, despite its advantages, excessive use causes a problem known as "Internet addiction" or "problematic Internet use". In the past decade, the prevalence of Internet use among adolescents has increased dramatically, leading to adolescent addiction and excessive inappropriate use of the Internet.

4.5: Association between Sleep disturbance and online addiction

The study shows that there is significance relationship between Sleep disturbance and online addiction Internet using among Nursing College Students were distributed in P ≤ 0.05 this study compatible with study of (ASLAN, H., et al., 2022) done in turkey that showed Internet addiction affects sleep quality in the current model (P < 0.05). If the scores were increased by one unit, the risk of poor sleep quality would increase by 8.7% (OR = 1.087). Positive correlation between sleep disturbance and online addiction with significance .032, this founding in study of (ASLAN, H., et al., 2022) done in turkey that internet addiction variable is 0,000 (p <0.05) and Whereas for the sleep quality variable has a significant coefficient of 0.021 (p <0.05) anther study (Alinta. C Thomas, et al. 2021) showed the correlation coefficient and the significant value are 0.114 and 0.066 thus p >.05, there is no significant difference in internet addiction and sleep quality among students. it was noted that participants with poor sleep quality had higher internet addiction scores in comparison to participants with good sleep quality, and that there was a positive correlation between the severity of poor sleep quality and internet addiction.

We found a positive correlation between the SAS total score and the PSQI subcomponents (subjective SQ, sleep latency, sleep duration, sleep disturbances, use of sleep medication, and daytime dysfunction). With this result, the second hypothesis of our research was confirmed. SA and the habit

of using smartphones negatively affect SQ and cause poor SQ in adolescents (; Huang et al., 2020; Kang et al., 2020; Kurugodiyavar et al., 2018; Wang et al., 2019; Xie, Dong & Wang, 2018).and We agree with the literature that excessive use of the Internet and mobile phones negatively affects sleep (Kang et al., 2020; de Lima & Silva, 2018; Lin et al., 2019; Wang et al., 2021).

Chapter five

Conclusion & Recommendation

Conclusion & Recommendation

5.1. Conclusion:

In light of the results discussion and their interpretations, our study concludes that:

The aims of this study were to examine the risks of Internet use and sleep disturbance for undergraduate students. The use of the Internet depends on various factors such as awareness of harmful sites, Internet use and time spent. The Internet has both positive and negative aspects while using it. So, they should be aware about those facts. Therefore, the perception towards internet use should be analyzed. The pervasiveness of IA and its impact on the quality of sleep among medical students were found to be significant. The study concluded that young age, male gender, low academic performance, computer presence at home, Internet presence at home, using the Internet for chatting and gaming, and poor sleep quality are strong predictors of Internet addiction.

As seen in this review, most of the studies devoted to IA and sleep disturbances are restricted to young people. However, the results that are published to date are arguably alarming so that further study is needed on this modern phenomenon. Needless to say, the individuals most susceptible to IA appear to be children, teenagers, and young adults, a highly vulnerable segment of the population because most of them are still in their developing years. Clinically, this demonstrates that there is a very negative effect on sleep if adolescents and young adults with IA fail to engage in good sleep hygiene practice. Therefore, assisting young people in developing good sleep hygiene (e.g., not using the internet or their smartphone before bedtime or while in bed) should be relevant in clinical practice.

5.2. Recommendation:

Programs for increasing awareness of internet using and its effects on sleep are needed among university medical students.

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Appendix

Appendix: A

Ethical Approval

University of Babylon
College of Nursing
Associate Dean for Scientific affairs
& Postgraduate Studies

جامعة بابــل
كلية التمريـض
معاون العميد للشؤون العلمية والدراسات العليا

العدد: ١١٧
التاريخ: ٤ / ١ / ٢٠٢٢

مذكرة داخلية

الى / الفروع العلمية كافة
م / تسهيل مهمة

تحية طيبة

يطيب لنا حسن التواصل معكم ونرجى تفضلكم بتسهيل مهمة طلبة كليتنا المدرجة اسماؤهم ادناه لغرض جمع العينة لبحث التخرج من طلبة كليتنا الموسوم

(sleep disorder and internet addiction among undergraduate students)

(اضطرابات النوم وادمان الانترنيت بين طلبة البكلوريوس الغير متخرجين

١- ايلاف رضا غازي
٢- باقر عماد احيزه
٣- ايمان قاسم علي
٤- براء جبار جودي

شاكرين تعاونكم معنا ... مع الاحترام ...

... مع الاحترام ...

م. العميد للشؤون العلمية والدراسات العليا
٢٠٢٢/١٢/٩

نسخة منه الى //
- مكتب السيد المعاون العلمي المحترم .
- الصادرة الداخلي.

نسخة ١٢/٤

Appendix: B

استمارة بحث

عزيزي الطالب (ـة) :-

نعـرض عليـك مجموعـة مـن العبـارات التـي تعبـر عـن وجهـة نظـرك و المطلـوب منـك إبـداء رأيـك بوضـع عمليـة (صـح) (أمـام كـل عبـارة مـن عبـارات المقيـاس، وذلـك تحـت الاسـتجابة المختـارة و التـي تعبر بدقـة عـن رأيكـم لهـا علمـا بـأن كـل عبـارة توجـد أمامهـا ثـلاث اسـتجابات او اكثـر، لا توجـد إجابـة صـحيحة أو خاطئـة، و المطلـوب منـك الصـدق فـي الإجابـة، ونحـن نضـمن لـك سـرية المعلومـات علمـا أن المعلومات لا تستخدم الا لأغراض الدراسة و البحث العلمي فقط.

شكرا لحسن تعاونكم.

عنـوان البحـث:-(العلاقـة بـين اضـطرابات النـوم واسـتخدام الإنترنـت بـين طـلاب كليـة التمـريض فـي جامعة بابل)

(Relationship between Sleep Disturbance and Internet using among Nursing college Students at university of Babylon)

اسماء طلبة البحث المرحلة الرابعة مسائي/كلية التمريض/ جامعة بابل

١.ايلاف رضا غازي

٢.باقر عماد احميزة

٣.ايمان قاسم علي

٤.براء جبار جودي

الجزء الاول:- المعلومات الديموغرافية

- الجنس: ذكر ☐ أنثى ☐

- العمر : ☐ سنة

- الحالة الاجتماعية: متزوج ☐ اعزب ☐ منفصل ☐ ارمل ☐

- السكن: ريف ☐ مدينة ☐

- كم تستغرق من الوقت على الانترنت : ☐ ساعة

- المرحلة الدراسية :   اسم الكلية:

- البرنامج: صباحي ☐ مسائي ☐

الجزء الثاني:- معلومات عامة

- ما نوع وسيلة التواصل الالكتروني التي تستخدمها:-

١- الاجهزة المكتبية (اللابتوب - الكمبيوتر) ☐

٢ - الاجهزة اللوحية (الاياد او التابلت) ☐

٣- الاجهزة النقالة او المتحركة (الموبايل) ☐

- ماذا تفضل متابعته عند استخدامك للانترنت؟

١- الافلام والمسلسلات ☐

٢- مواقع التواصل الاجتماعي ☐

٣- اليوتيوب وتصفح الانترنت ☐

٤ - الالعاب ☐

٥- الدراسة ☐

- ماهي الفترة المستخدم فيها الانترنت دائما :   الصباح ☐

- المساء ☐   - بعد منتصف الليل ☐

الجزء الثالث: مقياس اضطرابات النوم

رقم الفقرة	الفقرة	ابدا	نادرا	احيانا	غالبا	دائما
١	اواجه صعوبات في الدخول الى النوم					
٢	لدي مشاكل في البقاء نائما (لا تنام بشكل مستمرفي الليل)					
٣	اخذ شي ما لمساعدتي على النوم					
٤	اشرب الشاي اوالقهوة رغبتة مني في عدم النوم					
٥	اعاني من حالة مرضية تعيق نومي					
٦	هل فقدت شغفك في هواياتك وانشطتك					
٧	تشعر بانك حزين او سريع الانفعال او لديك الشعور بالياس					
٨	اشعر بالتوتر و القلق وذلك يؤثر على نومي					
٩	عندك خفارة عمل او مناوبة تجعل نومك مضطرب ام ان جدول نومك غير منتظم					
١٠	هل لديك تعب والم في ساقيك توثر على نومك					
١١	هل قيل لك انك تتحرك كثيرا وتركل ساقك اثناء النوم					
١٢	هل لديك سلوكيات او حركات غريبة مثل المشي اثناء النوم					
١٣	هل تشخر اثناء النوم					
١٤	قيل لك انك تلهث او تتكلم او تختنق اثناء النوم					
١٥	هل تجد صعوبة في البقاء مستيقظا اثناء النهار					
١٦	هل تاخذ كفايتك من النوم أي تنام ضمن المدة الطبيعية ٨ ساعات في اليوم					

الجزء الرابع: مقياس الادمان على الانترنت

	ابدا	احيانا	دائما	الفقرات
١.				اجد نفسي مستمرا على الإنترنت مدة أطول مما قررت.
٢.				أهمل ألواجبات المنزل لتمضية وقت أطول على الإنترنت.
٣.				افضل الإنترنت على العلاقات مع الأصدقاءاو الشريك.
٤.				اقيم علاقات صداقة مع اشخاص من مستخدمي الإنترنت
٥.				عائلتي يشتكون من المدة التي اقضيها على الانترنت .
٦.				تأثر مستواي الدراسي بسبب المدة التي اقضيها على الانترنت.
٧.				اراجع بريدي الإلكتروني او موقع التواصل الاجتماعي قبل اي عمل اقوم به صباحا .
٨.				ادائي وانتاجيتي في العمل تأثر بسبب الانترنت.
٩.				اتكتم وادافع بشدة عندما يسالني شخص عما افعله على الانترنت.
١٠.				الجأ الى الانترنت للتغلب على القلق الذي يصيبني.
١١.				اجد نفسي متحمسا للمرة التالية التي سأستخدم فيها الانترنت
١٢.				اخشى ان تكون الحياة مملة وفارغة وكئيبة بدون الانترنت.
١٣.				اتضايق وارد بعنف عندما يزعجني احد وانا على الانترنت.
١٤.				اعاني من اضطرابات في النوم بسبب الاتصال الدائم بالإنترنت.
١٥.				افكر بالإنترنيت وانا اعمل او ادرس او اقضي وقتا مع اهلي.
١٦.				اكثر من مرة اقول لنفسي دقائق قليلة واترك الانترنت وافشل.
١٧.				احاول ان اقلل من المدة التي اقضيها على الانترنت وافشل.
١٨.				عندما اكون على الانترنيت اجد صعوبة بالتوقف حتى لو شعرت بالتعب و النعاس.
١٩.				افضل قضاء المزيد من الوقت على الانترنت على الخروج مع الاخرين.
٢٠.				اشعر بانني مكتئب ومتقلب المزاج وعصبي عندما لا اكون على الانترنت وهذا الشعور يختفي عندما اعود للإنترنت.

Dear student (a): We show you a set of statements that express your point of view, and you are required to express your opinion by placing a (correct) operation (in front of each statement of the scale, under the chosen response that accurately expresses your opinion of it, noting that each statement has three or more responses in front of it, There is no right or wrong answer, and you are required to be honest in the answer, and we guarantee you the confidentiality of the information, knowing that the information is only used for the purposes of study and scientific research only.

Thank you for your cooperation.

Research title: - (The relationship between sleep disturbance and Internet use among students of the Faculty of Nursing at the University of Babylon).

The first part: demographic information

- Gender: Male   Female

Age: one year

Marital status: Married   ngle   arated   ed

 Residence: rural   ty

- How long does it take to be online: an hour

Academic stage: College name:

Program: morning   vening

Part two: general information

What type of electronic communication do you use:

 1- Office equipment (laptop - computer)

2- Tablet devices (iPad or tablet)

3- Mobile or mobile devices

- What do you prefer to follow when you use the Internet?

1- Movies and series

2- Social networking sites

3- YouTube and surf the internet

4- Games

5- Study

- What is the period in which the Internet is always used:

-morning

- Evening

 - after midnight

Part III: Sleep Disorders Scale

Paragraph number	Paragraph	never	Scarcely	sometimes	mostly	always
1	I am having difficulty falling asleep					
2	I have problems staying asleep (don't sleep continuously at night).					
3	Get something to help me sleep.					
4	I drink tea or coffee, not wanting to sleep.					
5	I suffer from a medical condition that interferes with my sleep.					
6	Have you lost your passion in your hobbies and activities ?					
7	You feel sad, irritable, or have a					

	sense of hopelessness.					
8	I feel stressed and anxious and it affects my sleep.					
9	Do you have a work or shift watch that makes your sleep restless, or is your sleep schedule irregular?					
10	Do you have fatigue and pain in your legs that affect your sleep ?					
11	Have you been told that you move a lot and kick your leg while you sleep ?					
12	Do you have strange behaviors or movements such as sleepwalking .					
13	Do you snore while sleeping ?					
14	Do you have strange behaviors or movements such as sleepwalking .					
15	Do you snore while sleeping ?					
16	You have been told that you are panting, talking or choking while sleeping.					

Part IV: Internet Addiction Scale

Part IV: Internet Addiction Scale	always	sometimes	Never
1. I find myself staying online longer than I decided.			
2. Skip homework to spend more time online.			
3. I prefer the Internet for relationships with friends or partners.			
4. Establish friendships with people who use the Internet			
5. My family complains about the time I spend on the Internet.			

6. My academic level has been affected by the time I spend on the Internet.			
7. I check my email or social networking site before any work I do in the morning.			
8. My work performance and productivity have been affected by the Internet.			
9. I hide and defend strongly when someone asks me what I do on the Internet.			
10. I resort to the Internet to overcome my anxiety.			
11. I find myself excited about the next time I go online			
12. I am afraid that life will be boring, empty and depressing without the Internet.			
13. I get violently annoyed when someone annoys me while I'm on the Internet.			
14. I suffer from sleep disturbances due to the constant internet connection.			
15. I think of the Internet while I am working, studying, or spending time with my family.			
16. More than once I say to myself a few minutes and leave the Internet and fail.			
17. I try to reduce the time I spend on the Internet and fail.			
18. When I'm on the Internet, I find it difficult to stop even if I feel tired and sleepy.			
19. I'd rather spend more time online than go out with others.			
20. I feel depressed, moody and nervous when I am not online and this feeling disappears when I come back online.			

Appendix: c Table of Experts

الاختصاص الدقيق	مكان العمل	الدرجة العلمية	الاسم	ت
تمريض صحة الأسرة والمجتمع	جامعة بابل/ كلية التمريض	استاذ	ا.د سلمى كاظم جهاد	١.
تمريض بالغين	جامعة بابل / كلية التمريض	استاذ	ا.د سحر ادهم علي	٢.
تمريض صحة الام والوليد	جامعة بابل / كلية التمريض	استاذ مساعد	ا.م.د وفاء احمد امين	٣.
تمريض الصحة النفسية والعقلية	جامعة بابل / كلية التمريض	مدرس	م.د علي احمد كاظم	٤.
تمريض الصحة النفسية والعقلية	جامعة بابل/ كلية التمريض	مدرس	م.د امير صلاح الدين عبدالرزاق	٥.
تمريض الصحة الطفل والمراهق	جامعة بابل / كلية التمريض	مدرس	م.د محمد طالب عبد حمادي	٦.
تمريض صحة الام والوليد	جامعة بابل/ كلية التمريض	مدرس	م.د مريم عبد الكريم لعيبي	٧.
تمريض بالغين	جامعة بابل/كلية التمريض	مدرس	م. امنه عبدالحسن	٨.
تمريض صحة الطفل والمراهق	جامعة بابل/ كلية التمريض	مدرس مساعد	م.م مها احمد كاظم	٩.
تمريض بالغين	جامعة بابل / كلية التمريض	مدرس مساعد	م.م حسنين يحيى شمران	١٠.

الخلاصة:-

المقدمة:- النوم حالة متكررة بشكل طبيعي للعقل والجسم ، تتميز بتغير الوعي ، والنشاط الحسي المثبط نسبيًا ، وانخفاض نشاط العضلات وتثبيط جميع العضلات الإرادية تقريبًا أثناءها. النوم حاجة أساسية للإنسانية ، وهو مهم لنوعية الحياة والصحة في جميع الأعمار. ارتبط النوم الجيد بعوامل متعددة بما في ذلك العوامل البيئية والحياة الاجتماعية والحالة الصحية العامة. اليوم ، أصبح الإنترنت عنصرًا مهمًا في حياة الناس. يتم استخدامه للترفيه والتواصل والتعليم. على الرغم من مزاياها ، إلا أن الآثار الجانبية للاستخدام المفرط للإنترنت ظهرت تدريجياً. يرتبط الاستخدام الكثيف للإنترنت بالعديد من الارتباطات ، مثل الاكتئاب وسوء جودة النوم وتغيرات الحالة المزاجية والنتائج الصحية السيئة مثل السمنة وتدني احترام الذات. يوصف إدمان الإنترنت بأنه مخاوف أو سلوكيات مفرطة أو سيئة التحكم فيما يتعلق بالوصول إلى الإنترنت ، مما يؤدي إلى الضيق أو الضعف.

الأهداف:- الغرض من هذه الدراسة هو تقييم اضطراب النوم واستخدام الإنترنت بين طلاب التمريض ومعرفة العلاقة بين اضطراب النوم واستخدام الإنترنت بين طلاب التمريض.

المنهجية:- تم تنفيذ تصميم دراسة وصفية لتقييم اضطرابات النوم واستخدام الإنترنت بين طلاب كلية التمريض من الفترة من ٢٠ أكتوبر ٢٠٢٢ إلى ٢ مايو ٢٠٢٣ ، وكان العينة المستهدفة من طلاب التمريض في جامعة بابل. تم تضمين عينة ملائمة من (106 = N) من الطلاب الموافقين في هذه الدراسة. الاستبيان الذي تم استخدامه في هذه الدراسة يتكون من أربعة أجزاء. يتضمن الجزء الأول المعلومات الديموغرافية للطلاب. الجزء الثاني معلومات عامة للطلاب. الجزء الثالث هو مقياس اضطراب النوم يحتوي على ١٦ عنصرًا تم تسجيلها وتصنيفها على خمسة مستويات من مقياس ليكرت ؛ ١ = أبدًا ؛ ٢ = نادرًا ؛ ٣ = من حين لآخر ؛ ٤ = معظم الليالي / الأيام ؛ ٥ـ دائما.
والجزء الرابع هو الإنترنت باستخدام مقياس يحتوي على ٢٠ عنصرًا إجمالي العناصر سجل وتصنيف على ثلاثة مستويات مقياس ليكرت ؛ "١ = دائمًا ؛ ٢ = من حين لآخر ؛ ٣ = ابدا

النتائج:- تشير نتائج الدراسة إلى أن مستويات اضطراب النوم تراوحت بين بسيط إلى متوسط بين المشاركين في الدراسة بينما تراوحت مستويات استخدام الإنترنت بين متوسط إلى شديد بين الطلاب وكذلك هناك علاقة وثيقة بينهم.

الاستنتاجات:- تهدف الدراسة الأخيرة إلى قياس ظاهرة استخدامات الإنترنت على أساس المجمل ، وكشفت النتائج الحالية أن غالبية الطلاب هم يستخدمون الانتريت وكذلك تهدف الدراسة لتقييم اضطراب النوم بين الطلاب.

توصيات:- هناك حاجة إلى برامج لزيادة الوعي باستخدام الإنترنت وآثاره على النوم بين طلاب المجموعة الطبية في الجامعة.

العلاقة بين اضطرابات النوم واستخدام الانترنت لدى طلبة كلية التمريض في جامعة بابل

رسالة مقدّمة الى
مجلـــس كلية التمريـــض في جامعة بابل
جزء من متطلبات نيل درجة البكالوريوس علوم في التمريض

تقـدّمت بها الطالبة

براء جبار جودي

باقر عماد احميزه

ايمان قاسم علي

ايلاف رضا غازي

بإشراف م.م. زمن احمد حريفش