Internet Addiction Behavior among Faculty of Public Health student at Tadulako University

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Article Info	Abstrak
	Sulawesi Tengah menduduki angka tertinggi di seluruh Indonesia gangguan kesehatan mental di umur 15 tahun keatas, yaitu 19,8 per 1000 rumah tangga, Remaja dan mahasiswa lebih rentan mengalami kecanduan internet disebabkan durasi serta aktivitas sehari-harinya menggunakan internet. Penelitian ini bertujuan untuk menganalisis perilaku kecanduan internet pada mahasiswa Fakultas Kesehatan Masyarakat Universitas Tadulako. Penelitian ini menggunakan metode mix method dengan model campuran sekuensial eksplanatori dimana peneliti melakukan pengumpulan data secara kuantitatif (univariat) terlebih dahulu kemudian melakukan wawancara kualitatif terhadap informan yang dipilih berdasarkan kriteria. Data menunjukkan bahwa dari 198 mahasiswa, memiliki tingkat kecanduan internet ringan (113 orang) sedang (80 orang), berat (1 orang) dan normal (4 orang). Perilaku kecanduan internet pada mahaiswa telah menunjukkan tanda-tanda penggunaan berlebih, memberikan efek kecemasan dan perilaku yang tidak sehat dalam kehidupan sehari-hari. Perilaku kecanduan internet pada mahasiswa kesehatan masyarakat sudah memberikan beberapa dampak bagi kesehatan maupun perilaku mahasiswa terutama dalam aspe emosional dan psikologi dan perilaku tidak sehat lainnya.

Abstract

Central Sulawesi ranked the highest mental emotional disorders at the age of> 15 years in all of Indonesia, which was 19.8 per 1000 households. Teens and students were more susceptible to internet addiction due to the duration and daily activities they used. This study aims to analyze internet addiction behavior among student in Faculty of Public Health, Tadulako University. This study used a mix method with an explanatory sequential mixed model where researchers conduct quantitative data collection (univariate) (n=198) first, then conduct qualitative (16) with informants selected based on criteria. The data showed that of 198 students, had a mild internet addiction rate (113) medium (80), heavy (1) and normal (4). Internet addiction behavior among students has shown signs of overuse, has an effect on depression, the raises other unhealthy behaviors in daily life. Internet addiction has had a negative impact for student such health and behavior. Health impacts especially for emotional or psychology and other unhealthy behavior.

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INTRODUCTION

The aspects of people's lives have been more or less influenced by the existence of the internet so that it has an impact on the emergence of unhealthy behavior and refers to diseases of psychology (Jaafar et al., 2022). Internet addiction is one of the health problems that arise due to the use of the internet. Internet addiction has become a serious issue for mental health in many countries, including China (16.4%), South Korea (20%), and other parts of Asia, such as Vietnam (21.2%) and Philippines (21%), and its prevalence is evolving in America and Western European countries. In Indonesia, the use of the internet has a variety of purposes, accessing social media is the main reason for using the internet, which is 95.10% (Moreno, Eickhoff, Zhao, Young, & Cox, 2019). The application chat most often used by internet users in Indonesia is Line (90.5%), Whatsapp 79.3%, BBM (33.1%) (Kominfo, 2017).

The low perceptions of vulnerability and student awareness of the health effects that will be caused when using the internet excessively, is a reinforcing factor for the emergence of internet addiction to students. Much research has been carried out that links the addiction of social media and internet use to students, such as the incidence of anxiety, depression, stress (Jaafar et al., 2022) (Duzenli, Ugur-Erdogmus, Korkmaz, & Cakir, 2023) decreased sleep quality (Sinadia & Sarajar, 2024).

Data related to mental health and depression in Indonesia, Central Sulawesi is 12.3 per 1000 households experiencing depression. This figure is the highest number in all of Indonesia. Other data show that for the prevalence of mental emotional disorders at the age of> 15 years from 2013-2018, Central Sulawesi also ranked the highest in all of Indonesia, which was 19.8 per 1000 households (Balitbangkes, 2018).

Based on the preliminary study conducted by researchers, 25 students of the Faculty of Public Health, University of Tadulako, 9 students were included in the category of mild addiction, 14 students in the medium addiction category and only 2 students in the normal category. Only a few students realized that their internet usage time was excessive and their interactions with those closest to them began to be disrupted. Therefore, researchers are interested in examining internet addiction behavior by analyzing the attitude of subjective norms and perceptions of student control FKM UNTAD related to the behavior of internet usage.

METHOD

The type of research used is a mix method with an explanatory sequential mixed model, researchers conducted quantitative data collection first then conducted qualitative interviews with informants selected based on criteria determined by the researcher. Qualitative interviews were carried out as a follow-up step from the quantitative results previously obtained. The design of the explanatory sequential mixture method is as follows.

This study used the total sampling method in the quantitative method with a total subject size (sample size) of 203 FKM UNTAD Public Health students from 6 classes and given Internet Addiction Test questionnaire. There were 5 informants who were not willing to become respondents so the number of subjects in this study was 198 people. Quantitative data collection was

carried out by filling out the IAT questionnaire consisting of 17 question items.

Informants for qualitative methods in this study selected at least 8 students and 8 student parents for in-depth interviews. Informants in the study were selected using purposive sampling several criteria: 1) Status as an active student 2018, 2) Willing to be a research respondent without coercion by agreeing to informed consent, 3) having moderate-heavy addiction based on IAT test results.

RESULT AND DISCUSSION

Results show that on the excessive use dimension, 18.18% of respondents always check chat/email before doing other activities. As many as 25.25% of respondents very often make the internet an escape when having problems. These results indicate that some respondents have experienced difficulty in managing their internet usage time which has an impact on loss of control and indifference to things and activities that are more important than just being online.

Table 1. Result excessive use dimension

Question	Scale*				
	1	2	3	4	5
How often do you neglect household chores to spend more time online?	25.76	44.44	24.24	**5.05**	0.51
How often do you check your email before something else that you need to do?	3.54	19.70	40.91	17.68	**18.18**
How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?	13.13	21.21	26.26	**25.25**	14.14
How often do you prefer the excitement of the Internet to	33.33	34.85	22.22	**7.07**	2.53

intimacy with your partner?

*1= rarely, 2=occasionally, 3= frequently, 4=often, 5=always

On the dimension of the withdrawal effect, the results show that 18.18% of respondents very often feel fear that they feel their lives are bored, empty and unpleasant if they don't use the internet. These results indicate that there are some psychological and emotional effects that arise and are felt by some respondents when not using the internet. The emotion that arises is the fear of a hollow life when not using the internet, feeling depressed and always wanting to use the internet.

Table 2. Result withdrawal effect dimension

Question	Scale*				
	1	2	3	4	5
How often do you fear that life without the Internet would be boring, empty, and joyless?	13.64	32.83	24.24	**18.18**	11.11
How often do you find yourself anticipating when you will go online again?	21.72	36.36	27.78	**8.59**	5.56
How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?	33.33	26.77	23.23	**10.10**	6.57

*1= rarely, 2=occasionally, 3= frequently, 4=often, 5=always

In dimension tolerance, the results of the analysis show that as many as 18.69% of respondents very often use the internet beyond the intended duration. As many as 14, 65% of respondents very often plan to go back online, and 13.64% of respondents often add to their internet usage time. This percentage shows that there is an increase in the needs of online respondents to fulfill their satisfaction using the internet.

Table 3. Result tolerance dimension

Question	Scale*

	1	2	3	4	5
How often do you find that you stay online longer than you intended?	3.54	28.79	42.93	18.69	6.06
How often do others in your life complain to you about the amount of time you spend online?	37.88	35.35	16.67	7.07	3.03
How often do you plan to return online?	5.56	22.22	43.43	14.65	14.14
How often do you find yourself saying "just a few more minutes" when online?	13.64	35.35	28.79	13.64	8.59

*1= rarely, 2=occasionally, 3= frequently, 4=often, 5=always

In dimension negative repositories, 19.70% of respondents admitted that their internet usage behavior often reduces or even loses sleep time. There are behavioral changes such as frequent lying, individual social isolation, physical fatigue, and lack of concentration spent on use of lectures.

Table 4. Result negative repositories dimension

Question	Scale*				
	1	2	3	4	5
How often do you choose to spend more time online over going out with others?	17,17	30,30	**43,94**	6,06	2,53
How often do your grades or school work suffer because of the amount of time you spend online?	**50,51**	31,82	13,64	4,04	0
How often does your job performance or productivity suffer because of the Internet?	19,19	**52,02**	22,73	5,56	0,51
How often do you become defensive or secretive when anyone asks you what you do online?	35,35	**37,37**	22,22	3,54	1,52
How often do you lose sleep due to being online?	13,13	29,29	**29,80**	19,70	8,08
How often do you try to hide how long you've been online?	26,77	**36,36**	26,26	6,57	4,04

*1= rarely, 2=occasionally, 3= frequently, 4=often, 5=always

Informants see the internet as something very important in supporting their daily activities, communicating, completing college assignments, and making the internet a means to eliminate loneliness and boredom when they have no activities. As stated in a number of statements as follows:

> "It is very important, Sis, because it is used to look for assignments, eliminate boredom if you don't know what you want to do, check your cellphone, chat, find the latest info" (AP)

Almost the same statement was also conveyed by some parents who conveyed the importance of the internet that supports their learning activities, such as the statement conveyed by the following informant:

> "Yes, if I was important for learning materials for children, it would be easier to find material for assignments."(MC)

From the statement shows that the informant was very considering the benefits obtained from the internet to help his activities and the feeling of pleasure felt by informants when using the internet.

The results of the interviews showed that of the 8 informants 7 of whom realized that the internet usage was excessive. This was stated by the informant when asked to give an assessment of excessive internet usage or not. The informant also tried to define the normal duration to use the internet in a day then compare with the duration of internet usage.

> "Excessive, if in terms of time of use, I usually use

more than 8 hours a day using the internet, using a cellphone. In my opinion the normal one per day might be enough for 3 hours. "(MAA)

The statement shows that the informant realized that his internet usage was excessive. Although most addicted informants feel that internet usage is excessive, informants do not consider this a problem and still behave like that.

On the other hand, the presence of wifi at home makes internet access easier and faster so that informants spend a lot of time online. In addition, some parents did not supervise internet usage at home by giving informants the freedom to use the internet.

"No, I just give freedom, just how wise children use the internet, use it as needed" *(RS)*

From the statement above, although there are some parents who give their children the freedom to access the internet at home. All informants are very fond and often spend their time on the internet. The internet is seen as something very important and cannot be removed from their daily activities. From the results of the study, informants used the internet to search for assignments, communicate, play social media, play *online games* and other recreational activities. The majority of teenagers aged 15-19 years use the internet to seek pleasure, find friends, look for material for school assignments or find information (22.7%), entertain themselves (19%), play *games* (3.4%) and get support from people around them. In contrast to the research conducted by Liu (2017), specifically for health students, getting additional knowledge and social communication is the main goal for

accessing the internet not specifically intended for entertainment. In general, however, someone accesses the internet to seek entertainment. Fun and leisure are the main reasons for someone to use the internet to cause addiction.

The results of interviews showed that the family and friends of the informants had an influence on the behavior of excessive internet use by informants. Families and friends of the informants also have confidence that the internet provides many benefits to someone if accessed. Family, friends and even informants also believe and are aware that their internet usage behavior is excessive, but because they see the behavior of the informant's reference group, family and friends, not much different from the behavior of their internet usage, informants do not consider their behavior a problem (Sun, 2023).

Interaction with classmates is reduced because each of them is busy with *gadgets* when conducting discussions in class. From this statement, it can be seen that not only the informants themselves have excessive internet usage behavior, but those around them also do the same. Many say that the effects of intrusion addiction are a lack of interaction with surrounding people including families (Monteiro, Simões, & Relva, 2023). Motivation that forms subjective norms is called *autonomous motivation,* namely the arising of one's intention to behave as *self-chosen* and originating from within concerned.

The results of the study showed that informants were aware of the importance of limiting the use of the internet so that it did not reach the stage of addiction. However, in practice both informants who were students and parents did not provide maximum control over internet usage. The parental supervision carried out was

recognized less by the student infomans. This raises the behavior of students' internet use. One reason parents give freedom to access the internet is that parents assume that informants are mature enough to distinguish between good and bad behavior. These results are supported by several studies that look at the role of families in internet addiction. Broadly speaking, it shows the results that lack of supervision and giving freedom to family members to access the internet is a factor that can lead to internet addiction (Monteiro et al., 2023)

CONCLUSION

The age of the respondents ranged from 18 to 19 years, the majority experienced mild addicton 113, the addiction was 80 people and experienced addiction weighing 1 person. The many benefits obtained from the internet that help in the daily activities of informants, make informants like the internet and this attitude has an influence on the informant's intention to use the internet. Family and informant friends become informants 'references to behave in internet use, but autonomous motivation is the most powerful reason for determining the behavior of informants' internet usage. Efforts made to control the use of the internet from both the parents and the personal information of addicted informants have not been effective enough to reduce activities online the excessive of the informants.

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