

## A Comparative Study of Instagram Addiction among Students Pursuing Dental and Speech & Hearing courses

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### ABSTRACT

This study attempted to compare the extent of Instagram addiction among students pursuing dental and speech and hearing courses. The sample consisted of 207 students (97 students from dental and 110 students from speech and hearing courses) comprising of 43 male and 164 female students. The students completed Test for Instagram addiction (TIA) developed by D'Souza, Samyukta and Bivera (2018) in one session. Test for Instagram addiction measured addiction in 6 factors— Lack of control, Disengagement, Escapism, Health and interpersonal troubles, Excessive use and Obsession. Chi-square tests were applied to find out the association between levels of Instagram addiction and student groups, gender, domicile and stay. Results revealed of the selected sample, 1.9% of them were definitely addicts, 10.1% of them were prone for addiction, 31.4% of them were average users, 52.2% of them used on a low and remaining 4.3% of them had no/minimal addiction towards Instagram. Students pursuing dental courses were found to be more addicted to Instagram than students pursuing speech and hearing courses, whereas addiction proneness was found to be more for speech and hearing students. Gender, domicile and stay of the students studied did not have significant influence over extent of Instagram addiction. Students pursuing dental and speech and hearing courses did not differ in their extent of usage of Instagram during week days and weekends.

**Keywords:** *Instagram addiction, dental students, speech and hearing students*

Today, the word is becoming small due to digitalization. In this digital word, everybody is attracted towards internet and they are heavily rely upon internet for various reasons and utilities. There is no doubt that internet has its own advantages, but darker side too exists. The addiction towards internet leads to various psycho-social issues including physiological problems. Addiction-related sleep problems and addiction are prevalent, and contribute to an important size of issue in the psychological and neurological diseases in the current scenario (Fineberg et al., 2013). Around 20% of the adolescents have been reported to have addiction towards internet (Ko et al., 2005), and around 45% of school going students have been reported by their wards on the issue of having at least one type of sleep problem (Gau, 2006).

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Though, there are many advantages of internet being explored, there are several disadvantages too are emerging.

A recent study by D'Souza, Samyukta and Tejaswini (2018) revealed that as the internet addiction increased, sleep quality of the female students decreased linearly and significantly. 'Neglect work' and 'excessive use' of Internet were found to be the best predictors of sleep quality. In another study, it was found that peer stress factor of academic stress was found to be the major predictor of internet addiction (D'Souza, Manish & Raj, 2018). Mahadevaswamy and D'Souza (2017) in their study revealed that internet addiction negatively influences psychological wellbeing of adolescents. Even personality of an individual may also prone to Internet or Facebook addiction (D'Souza, Ravi, Lakshmeesh & Singh, 2018). Chen and Gau (2016); highlighted in their study the students who are addicted to internet have a greater chance of suffering from problems in their sleep.

As the internet community is growing in an alarming rate, there are several applications in the internet which attract the younger generation rapidly like Instagram, Tinder, TikTok, PUBG etc. Instagram, is one of the such applications has taken over many other such social networking applications. The app is launched in the year 2010, has more than one billion monthly active users worldwide as of June 2018. It has high levels of user engagement and one of the fastest growing social networking sites at present. This media provides a platform for sharing photographs videos and messages in private and public way. Sheldon and Bryant, (2016), found out that there is a positive relationship between using Instagram to be cool and for surveillance. Instagram addiction directly affects sleep quality of the user if used in excess, been revealed by few studies (D'Souza, Rekha & Sowmya, 2018; D'Souza & Meenakshi, 2018).

Today there are millions of students are pursuing their education medical and paramedical course like speech and hearing. Present study attempts find out the extent of Instagram addiction among students pursuing dental and speech and hearing courses. There are no studies found on comparison of extent of addiction to Instagram between students pursuing dental and speech and hearing courses. It is hypothesized that students pursuing dental and speech and hearing courses do differ in their level of Instagram addiction.

### **METHODOLOGY**

#### ***Sample***

Two hundred and seven students (43 male and 164 female) pursuing their courses in dental and speech and hearing were randomly selected from the city of Mysuru. A total of 97 students pursuing dental course and a total of 110 students pursuing their course in speech and hearing were selected randomly from few colleges.

#### ***Tools employed***

**Test for Instagram Addiction (TIA): D'Souza, Samyukta and Bivera (2018)** To measure extent of Instagram addiction, TIA, developed by D'Souza, Samyukta and Bivera in the year 2018 was employed, consisting of 26 statements. TIA measures Instagram addiction of the individual in 6 components, which included components like Lack of control, Disengagement, Escapism, Health and interpersonal troubles, Excessive use and Obsession. TIA has to be answered in 5 point Likert scale, like all the time to rarely/never. The scores range from 5 to 1, assigned like -All the time (5), most of the time (4), sometime (3), once in a while (2), and rarely/never (1). To find

## A Comparative Study of Instagram Addiction among Students Pursuing Dental and Speech & Hearing courses

out the reliability, the Cronbach's reliability test was done and the alpha value obtained for the total inventory was 0.931 and for various components varied from 0.680 to 0.863. Further, when item to total scores correlations were performed; all the correlation coefficients obtained through Pearson's product moment correlation techniques were found to be highly significant, indicating that the TIA has high reliability and validity. Even the correlation coefficients obtained between components were found to be highly significant. High scores on the TIA indicate higher addiction to Instagram.

### **Procedure**

After taking the permission from the respective authorities, Test for Instagram addiction was administered to a total of 97 students pursuing dental and 110 students pursuing speech and hearing courses. Before administering the questionnaire, they were assured of confidentiality. They were asked to answer all the questions. The instructions were read out and each item in the questionnaire was explained in case of difficulty in understanding the item/s, in order to get good response. Once the data were collected, they were scored and fed to the computer. The data obtained thus were analysed using both descriptive and inferential statistics. Descriptive statistics included frequency and percentages. Independent samples 't' tests were applied to find out the significance of mean difference in Instagram usage hours during weekdays and weekends between students pursuing dental and speech and hearing courses. Chi-square tests were applied to find out the association between frequencies of extent of Instagram addiction and groups, gender, domicile and stay. Table 1 presents mean usage of Instagram by students pursuing dental and speech and hearing courses, during weekdays and weekends with test statistics. Table 2 presents the extent of Instagram addiction by groups, gender, domicile and stay and results of chi-square tests.

### **RESULTS**

**Table 1 Mean Instagram usage of students pursuing dental and speech and hearing courses during weekdays and weekends and results of Independent samples 't' test**

Variable	Course	Mean	Std. Deviation	't' value	P value
Weekdays	Dental	2.65	2.49	.974	.331
	Speech and hearing	2.95	2.05		
Weekend	Dental	4.55	4.73	.175	.845
	Speech and hearing	4.44	3.39		

Note:  $df= 205$

**Table 2 Distribution of the selected sample by education, gender, area, and stay by levels of Instagram addiction and results of Chi-square tests.**

Variable			Levels of Instagram addiction					Test statistics
			Nil/minimal	Low	Average	Addict prone	Definitely addict	
Overall		F	9	108	65	21	4	$X^2=189.78$ ; $p=.001$
		%	4.3%	52.2%	31.4%	10.1%	1.9%	
Course	Dental	F	7	53	29	5	3	$X^2=9.552$ ; $p=.049$
		%	7.2%	54.6%	29.9%	5.2%	3.1%	
	Speech and hearing	F	2	55	36	16	1	
		%	1.8%	50.0%	32.7%	14.5%	0.9%	
Gender	Male	F	2	26	13	1	1	$X^2=4.065$ ; $p=.397$
		%	4.7%	60.5%	30.2%	2.3%	2.3%	
	Female	F	7	82	52	20	3	
		%	7.2%	77.8%	48.8%	17.6%	3.1%	

## A Comparative Study of Instagram Addiction among Students Pursuing Dental and Speech & Hearing courses

Variable			Levels of Instagram addiction					Test statistics
			Nil/minimal	Low	Average	Addict prone	Definitely addict	
		%	4.3%	50.0%	31.7%	12.2%	1.8%	
Domicile	Urban	F	8	85	49	19	4	X <sup>2</sup> =5.517; p=.701
		%	4.8%	51.5%	29.7%	11.5%	2.4%	
	Rural	F	1	7	4	1	0	
		%	7.7%	53.8%	30.8%	7.7%	0.0%	
	Semi-urban	F	0	16	12	1	0	
%		0.0%	55.2%	41.4%	3.4%	0.0%		
Stay	Home	F	2	46	34	9	1	X <sup>2</sup> =8.672; p=.731
		%	2.2%	50.0%	37.0%	9.8%	1.1%	
	Hostel	F	7	51	24	10	3	
		%	7.4%	53.7%	25.3%	10.5%	3.2%	
	Paying guest	F	0	8	6	2	0	
		%	0.0%	50.0%	37.5%	12.5%	0.0%	
	Others	F	0	3	1	0	0	
		%	0.0%	75.0%	25.0%	0.0%	0.0%	

### ***Overall Instagram addiction***

On the whole, it was found that among the selected sample of dental and speech and hearing courses, 1.9% of them were definitely addicts, 10.1% of them were prone for addiction, 31.4% of them were average users, 52.2% of them used on a low and remaining 4.3% of them had no/minimal addiction towards Instagram. Chi-square test revealed a significant difference between these groups of frequencies (X<sup>2</sup>=189.78; p=.001) having the frequencies of low and average usage high.

### ***Course and Instagram addiction***

From the table 2 it is clear that the addiction to Instagram was found to be more for students pursuing dental courses than students pursuing speech hearing courses. In addiction proneness, we find more students from speech and hearing courses than dental students. Chi-square test revealed a significant association between course and levels of Instagram addiction (X<sup>2</sup>=9.552; p=.049)

### ***Gender and Instagram addiction***

A non-significant association was observed between gender and Instagram addiction (X<sup>2</sup>=4.065; p=.397), revealing that pattern of Instagram addiction was same for male and female students studied.

### ***Domicile and Instagram addiction***

Domicile of the students did not have significant influence over their extent of Instagram addiction. Chi-square value of 5.517 was found to be non-significant (p=.701). From the table it is clear that pattern of Instagram usage was same for students hailing from urban, rural and semi-urban areas.

### ***Stay and Instagram addiction***

A non-significant association was observed between stay and levels of Instagram addiction, (X<sup>2</sup>= 8.672; p=.731), revealing that the pattern of internet addiction was same for respondents staying in home, hostel, paying guest facilities and other places.

## **DISCUSSION**

### *Major findings of the study*

1. Of the selected sample, 1.9% of them were definitely addicts, 10.1% of them were prone for addiction, 31.4% of them were average users, 52.2% of them used on a low and remaining 4.3% of them had no/minimal addiction towards Instagram
2. Students pursuing dental courses were found to be more addicted to Instagram than students pursuing speech and hearing courses, whereas addiction proneness was found to be more for speech and hearing students.
3. Gender, domicile and stay of the students studied did not have significant influence over extent of Instagram addiction.
4. Students pursuing dental and speech and hearing courses did not differ in their extent of usage of Instagram during week days and weekends.

From the results it is clear that only about 12% the students selected had proneness to definite addiction towards Instagram. Compared to other studies on students studying other courses, this prevalence is definitely low. This estimate is significantly low with the an estimate done by Kircaburun and Griffith (2018), on university students, where 26.5% of the selected sample was mildly addicted, 6.1% were moderately addicted, 0.9% were severely addicted to Instagram and overall, 33.5% of the participants were risky Instagram users. D'Souza (2018) in his study on college students who were pursuing non-professional courses found that 58.6% of the sample selected was addict prone to addicts, and there were 3.9% of the sample definitely addicts. Among medical students, it was found that 5.7% of the students were definitely addicted towards Instagram and 13.0% of them were prone to addiction (D'Souza, Rekha & Sowmya, 2018).

Studies done on international level revealed that Instagram is the worst social media network for mental health and wellbeing, based on a research on almost 1500 individuals aged between 14 to 24 years ([time.com/4793331/instagram-social-media-mental-health/2018](http://time.com/4793331/instagram-social-media-mental-health/2018)). Further, it was found that Instagram addiction is associated with high levels of depression, anxiety, bullying and fear of missing out phenomenon (FOMO). Studies by D'Souza & Hemamalini (2018a, 2018b) brought out the fact that anxiety and depression were positively related to Instagram usage and there were definite predictors for them.

Present study also revealed that Students pursuing dental courses were found to be more addicted to Instagram than students pursuing speech and hearing courses, whereas addiction proneness was found to be more for speech and hearing students. However, there are no studies to substantiate the findings. There were no gender observed in Instagram addiction in the present, which is quite contrary to the findings of D'Souza (2018), where female students addiction towards Instagram was more than male students.

Instagram addiction has its own ill effects as it affects sleep quality too (D'Souza, & Meenakshi, 2018) and other negative effects. If social media applications are not being used in a proper way there could be serious health and psychological consequences in the future. As such completely avoiding these addictive applications like Instagram, TikTok, Facebook, Tinder, PUBG etc., is not possible. Educationists, psychologists and policy makers have to bring out a strategies to reduce the over usage of these applications to make the students to live better and focus academically more.

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***Conflict of Interest***

The authors colorfully declare this paper to bear not conflict of interests

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