

Instagram Addiction among Students Pursuing Medical and Dental Courses: A Comparative Study

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ABSTRACT

Instagram is reported one of the most fast growing social networking application, which is widely used by a majority of students pursuing various professional and non-professional courses. In the present study an attempt is made to compare the extent of Instagram addiction among students pursuing medical and dental courses. The sample consisted of 220 students (123 medical and 97 dental) aged between 17-25 years were selected randomly from medical and dental colleges from Mysuru and Mandya districts of Karnataka state. Students pursuing medical and dental courses completed the Test for Instagram addiction (TIA) developed by D'Souza, Samyukta and Bivera (2018). Test for Instagram addiction measured addiction in 6 factors– Lack of control, Disengagement, Escapism, Health and interpersonal troubles, Excessive use and Obsession. Two-way ANOVA was employed to find out the difference between course, gender and interaction effects. Results revealed that students pursuing medical courses had higher scores in two of the components-lack of control, health and interpersonal troubles and in total Instagram addiction than students pursuing dental courses. Male and female students did not differ significantly in their addiction towards Instagram. The interaction effects between type of course and gender were found to be non-significant for Instagram addiction.

Keywords: *Instagram Addiction, Medical and Dental Students*

Internet addiction is seen as an impulse control issue, which does not include usage of an intoxicating drug and is fundamentally the same as pathological gambling. Some individuals who access internet may build up an emotional connection to on-line friends and activities which they are accustomed on their computer or smartphone screens. Internet users may enjoy events that enable them to meet, socialize, and share thoughts using video-calling, social networking websites, or "virtual networks." Other types of internet addicts spend unhealthy hours on the internet surfing or "blogging". Blogging is a compression of the expression "Web log", in which an individual will post analyses and keep customary narrative of events and functions (Young, 2009).

Some experiencing Internet addiction may make on-line personas or profiles where they can change their personalities and put on a show to be somebody other than themselves. Those at

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Received: January 7, 2019; Revision Received: February 16, 2019; Accepted: February 24, 2019

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most astounding danger for production of a mystery life are the individuals who experience the ill effects of low-confidence sentiments of insufficiency, and dread of objection. Such negative self-ideas prompt clinical issues of discouragement and anxiety. Numerous people who attempt to decrease their Internet usage encounter withdrawal including: outrage, depression, mood swings, nervousness, fear, irritability, dejection, fatigue, lingering, and upset stomach. Being dependent on the Internet can likewise cause physical distress or medicinal issues, for example, Carpal Tunnel Syndrome, dry eyes, spinal pains, extreme migraines, eating inconsistencies, (for example, skipping dinners), inability to take care of individual cleanliness, and sleep disturbance (Goldberg, 1995).

Several social networking applications on the internet are easily attracting younger generations today. They are highly addictive and individuals who are absorbed in social networking sites have lost miserably in their life. Social networking sites like Instagram, Facebook, Tinder, Tiktok, PUBG etc., have their own negative effects if these applications are used more than expected. 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. Studies have revealed that addiction to Instagram has its own toll as it affects negatively sleep quality among medical students (D'Souza, & Meenakshi, 2018) and other ill effects. Instagram addiction was significantly correlated with depression (D'Souza & Hemamalini, 2018a)) anxiety (D'Souza & Hemamalini, 2018b) and shyness (D'Souza & Ranganatha, 2018) among college students.

At present, there are millions of students are pursuing their education in both in professional and non-professional courses. Present study attempts to find out the extent of Instagram addiction among students pursuing medical and dental courses. There are no studies found on comparison of extent of addiction to Instagram between students pursuing medical and dental courses on Instagram addiction. It is hypothesized that students pursuing medical and dental courses do differ in their level of Instagram addiction.

Sample:

Students pursuing their course in medical and dental education at undergraduate levels were selected for the purpose of the study. A total of 220 students were randomly selected from medical and dental colleges from Mysuru and Mandya districts of Karnataka state. Of the sample consisted of 220 students from 123 medical and 97 dental courses, aged between 17-25 years.

Tool employed

Test for Instagram Addiction (TIA). D'Souza, Samyukta and Bivera (2018)

To measure the 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 out the reliability, the Cronbach's reliability test was done and the alpha

Instagram Addiction among Students Pursuing Medical and Dental Courses: A Comparative Study

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 220 students. 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.

RESULTS

Course and Instagram addiction: Out of 6 components of TIA, students pursuing medical and dental courses differed significantly in two of the components-lack of control ($F=11.58$; $p=.001$) and health and interpersonal troubles ($F=4.30$; $p=.039$), where we find that students pursuing medical course had significantly higher scores than students pursuing dental courses. When total Instagram addiction scores were analyzed, students pursuing medical course had significantly ($F=5.84$; $p=.017$) higher scores than students pursuing dental courses. However, in rest of the components-disengagement, escapism, excessive use and obsession, students pursuing medical and dental courses had statistically similar scores, as the F values failed to reach the significance level criterion of .05 level.

Gender and Instagram addiction: ANOVA revealed non-significant differences between male and female students in their mean Instagram addiction in various components as well as in total Instagram addiction scores. In other words, male and female students had statistically similar scores on various components and total Instagram addiction scores, confirming that gender did not have significance influence over Instagram addiction.

Course, gender and Instagram addiction: The interaction effects between course and gender were found to be non-significant for all the individual components and total Instagram addiction scores. In other words, the pattern of Instagram addiction was same for male and female students irrespective of the course they were pursuing.

Table 1: Mean scores of male and female students pursuing medical and dental courses and results of 2-way ANOVA

| Group | Gender | Components of TIA | | | | | | | |
|---------|--------|-------------------|------|---------------|------|----------|------|---------------------------------|------|
| | | Lack of control | | Disengagement | | Escapism | | Health & Interpersonal troubles | |
| | | Mean | S.D | Mean | S.D | Mean | S.D | Mean | S.D |
| Medical | Male | 11.51 | 5.27 | 13.63 | 6.00 | 13.17 | 5.02 | 6.56 | 4.05 |
| | Female | 12.48 | 5.29 | 12.75 | 6.28 | 14.33 | 5.30 | 6.44 | 3.90 |
| | Total | 11.92 | 5.28 | 13.26 | 6.11 | 13.66 | 5.15 | 6.51 | 3.97 |
| Dental | Male | 9.56 | 4.14 | 11.92 | 5.42 | 12.28 | 5.50 | 5.44 | 3.65 |
| | Female | 9.50 | 4.45 | 11.71 | 5.05 | 12.36 | 5.20 | 5.31 | 3.13 |
| | Total | 9.52 | 4.35 | 11.76 | 5.12 | 12.34 | 5.25 | 5.34 | 3.26 |
| Total | Male | 11.00 | 5.06 | 13.19 | 5.88 | 12.94 | 5.13 | 6.27 | 3.96 |
| | Female | 10.75 | 5.02 | 12.15 | 5.60 | 13.19 | 5.31 | 5.78 | 3.51 |
| | Total | 10.86 | 5.03 | 12.60 | 5.73 | 13.08 | 5.22 | 6.00 | 3.71 |

Instagram Addiction among Students Pursuing Medical and Dental Courses: A Comparative Study

| Group | Gender | Components of TIA | | | | | | | |
|-----------------------------------|--------|-------------------|------|------------------|------|------------------|-------|---------------------------------|-----|
| | | Lack of control | | Disengagement | | Escapism | | Health & Interpersonal troubles | |
| | | Mean | S.D | Mean | S.D | Mean | S.D | Mean | S.D |
| F (Groups) _{1, 216} | | F= 11.58 ; p=.001 | | F= 2.67 ; p=.104 | | F= 3.46 ; p=.064 | | F= 4.30 ; p=.039 | |
| F (Gender) _{1, 216} | | F=0.40 ; p=.529 | | F=0.42 ; p=.517 | | F=0.65 ; p=.421 | | F=0.06 ; p=.815 | |
| F (Interaction) _{1, 216} | | F=0.51 ; p=.476 | | F= 0.16; p=.691 | | F= 0.49 ; p=.484 | | F= 0.0; p=.990 | |
| Group | Gender | Components of TIA | | | | | | Total TIA scores | |
| | | Excessive use | | Obsession | | Total TIA scores | | | |
| | | Mean | S.D | Mean | S.D | Mean | S.D | Mean | S.D |
| Medical | Male | 3.90 | 2.47 | 9.69 | 5.09 | 58.46 | 23.21 | | |
| | Female | 3.37 | 2.24 | 8.67 | 4.44 | 58.04 | 23.11 | | |
| | Total | 3.67 | 2.38 | 9.26 | 4.83 | 58.28 | 23.08 | | |
| Dental | Male | 3.20 | 2.16 | 8.04 | 4.30 | 50.44 | 21.13 | | |
| | Female | 3.03 | 1.81 | 8.65 | 4.04 | 50.56 | 19.27 | | |
| | Total | 3.07 | 1.89 | 8.49 | 4.10 | 50.53 | 19.65 | | |
| Total | Male | 3.72 | 2.40 | 9.26 | 4.93 | 56.38 | 22.86 | | |
| | Female | 3.17 | 2.00 | 8.66 | 4.20 | 53.69 | 21.20 | | |
| | Total | 3.41 | 2.20 | 8.92 | 4.53 | 54.86 | 21.93 | | |
| F (Groups) _{1, 216} | | F= 2.61 ; p=.108 | | F= 1.56 ; p=.212 | | F= 5.84; p=.017 | | | |
| F (Gender) _{1, 216} | | F=1.21 ; p=.272 | | F=0.09 ; p=.762 | | F=0.02 ; p=.961 | | | |
| F (Interaction) _{1, 216} | | F= 319; p=.573 | | F=1.49 ; p=.224 | | F=0.01 ; p=.933 | | | |

DISCUSSION

Major findings of the study

- Students pursuing medical courses had higher scores in two of the components-lack of control, health and interpersonal troubles and in total Instagram addiction than students pursuing dental courses
- Male and female students did not differ significantly in their addiction towards Instagram.
- The interaction effects between type of course and gender were found to be non-significant for Instagram addiction.

It is clear that the students pursuing medical courses had higher addiction or addiction proneness towards Instagram than students pursuing dental courses. Medical students had significantly higher scores in lack of control, health and interpersonal troubles. The role of gender did not have a significant effect on the addiction towards Instagram. There were no studies directly available on Instagram addiction among medical students elsewhere. However, studies on internet addiction among medical students by Ganesh et al (2017), found that prevalence of internet addiction was outnumbered by medical 112 (91.10%) students among all the other medical and paramedical specialties.

A survey conducted by Chathoth, et al (2013).in Mangalore city on medical professionals found that there were no severe addicts whereas in present study there are significantly more respondents with severe addicts. This difference in prevalence rates shows internet addiction is gradually increasing and the probable reason might be due to advanced technologies available like smart phones, digital watches etc. A study was investigated by Chaudhari, et. al (2015) on the problem of internet addiction among medical students. They found that 58.87% of the medical students had internet addiction. About 51.42% of the students were mildly addicted while 7.45% of the students were moderately addicted to the internet. The finding is comparable with the prevalence of 56.6% as reported by Duraimurugan et al.(2015) in a

Instagram Addiction among Students Pursuing Medical and Dental Courses: A Comparative Study

study among college students from South India. They found 41.3% to be mild addicts while 15.2% to be moderate addicts. In another study, Sharma et al.(2014) reported 42.7% prevalence of internet addiction, 35% was mild, 7.4% moderate, and 0.3% severe addict professional college students in India.

However, some studies have also shown lower prevalence of internet addiction. A study on Turkish college students by Canan et. al. (2012) showed prevalence of internet addiction to be 9.7% while in a study among Iranian medical students by Ghamariet. al. (2011) the prevalence was 10.8%. The variation in prevalence can be attributed to heterogeneity of study samples and different diagnostic tools used.

Addiction to Instagram has become a problem among students pursuing not only professional courses, even among students pursuing non-professional courses. The addiction to Instagram has its own toll on bio-psycho-social development of an Individual. There is an immediate need to develop strategies to come out of this menace to underpin the ill effects of Instagram addiction and save students who are trapped in the silent prisons of Instagram addiction.

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Instagram Addiction among Students Pursuing Medical and Dental Courses: A Comparative Study

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Acknowledgements

The authors profoundly appreciate all the people who have successfully contributed in ensuring this paper is in place. Their contributions are acknowledged however their names cannot be able to be mentioned.

Conflict of Interest

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

How to cite this article: D'Souza, L(2019).Instagram Addiction among Students Pursuing Medical and Dental Courses: A Comparative Study.*International Journal of Indian Psychology*, 7(1), 443-448. DIP:18.01.049/20190701, DOI:10.25215/0701.049