ABSTRACT

An institutional based cross-sectional descriptive study was conducted to investigate the extent of internet use and its related unhealthy lifestyles among the students from University of Community Health, Magway. A total sample of 203 students was participated in this study. Required participants were selected by simple random sampling method. The pre-tested, semi-structured and self-administered questionnaire was used to obtain information on extent of internet use and its related unhealthy lifestyles. Demographics and Internet usage patterns were also collected. Internet addiction status was assessed by the 20-item Young Internet Addiction Test (YIAT). Data entry and data analysis were conducted by using SPSS software 16.0 version. The association between the internet addiction level and unhealthy lifestyles was analysed by Chi-square test. Among the 203 respondents, two third used internet less than 3 hour a day on weekdays (77.3%)but about halfof the respondents used 3 to 6 hour a day on weekends(52.7%). According to the time diary, the duration of internet usage in a week was different depending on the activity they used and most of the respondents used Facebook and played online games more longer than other activities. Nearly forty two percent of the respondents used the internet regularly since 2 year ago by personal data connection. The purposes of using the internet among most of the respondents were for getting information, followed by communication and entertainment. Most of them used the activities like communication with others and browsing via search engines. Facebook and Viber were the most popular applications among the respondents. Approximately ten percent of the respondents were PIU with moderate internet addiction level and 38% were mild internet users and the rest were normal users. As perunhealthy lifestyles, because of using the internet, two third of the respondents slept late and got irregular sleep hour (84.2% , 75.4%), nearly half of the respondents got insomnia and postponed the study time (41.4% , 46.8%), two third of respondents were awakened on midnight , unable to concentrate on studying and unable to do any physical activity (32.5%, 38.4%), nearly one fifth of them ate junk food , got hypersomnia , missed morning class and were unable to spend with friends (76.7% , 22.2% , 14.3%, 15.8%) and only few students skipped meal (9.9%). It was found that all the unhealthy lifestyles had statistically significant association with the internet addiction status and students with PIU were more likely to suffer its related unhealthy