

Abstract

Background: With the development of technology and increasing access to the Internet and cyberspace, we are witnessing a new type of addiction and its impact on health. Internet addiction is an emerging phenomenon that results from easy access to computers and online information and over-dependence that can have multiple effects on people. The purpose of this study was to determine the relationship between internet addiction and sleep quality and anxiety among students of Ardabil University of Medical Sciences.

Materials and Methods: This descriptive-correlational study was performed on 376 students of Ardabil University of Medical Sciences in 1397. Samples were selected by stratified random sampling from each faculty. Data were collected using demographic questionnaires, Young's Internet Addiction Questionnaire, Petersburg Sleep Quality, and Beck Anxiety Inventory. Data were analyzed by SPSS software (version 24) and descriptive statistics (mean frequency and standard deviation) and analytical statistics (chi-square, univariate regression and Pearson correlation coefficient).

Results: The results showed that 38% of students had internet addiction, 77.9% had poor sleep quality and 46.3% had abnormal anxiety. Pearson's correlation coefficient showed that Internet addiction had a negative and inverse relationship with sleep quality and a significant positive relationship with anxiety ($p < 0.001$). When examining the relationship between anxiety and sleep quality with internet addiction, addiction predicts sleep quality ($R^2 = 0.06$). A separate study of addiction predicts both. The results of Chi-square test showed that the average anxiety level of female students was higher than boys and there was a significant positive relationship between internet addiction and educational level ($p < 0.001$).

Conclusion: The findings of this study showed the prevalence of internet addiction and its effect on the quality of sleep and anxiety in students. Given the increasing prevalence of Internet use, it is suggested that measures be taken to promote awareness of the impact of internet addiction on health, as well as self-care and prevention of complications among students.

KEYWORDS: Internet addiction, Sleep quality, Anxiety, Student