Relationship Between Instagram Addiction and Academic Procrastination in Nursing Students of Gonabad University of Medical Sciences in 2022

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ABSTRACT

Introduction: The Internet is an essential tool for interactions and entertainment. Today, we are witnessing the formation of a new generation of internet tools called social networks. Addiction to these networks can lead to harmful behaviors, such as reducing study time and disrupting the education process for users who use them excessively. Instagram is one of the most used social networks among young people. Due to the lack of a study under this title in Iran, the present study investigated the relationship between Instagram addiction and academic procrastination in nursing students.

Methods and Materials: This descriptive-analytical study was conducted on 209 undergraduate nursing students of Gonabad University of Medical Sciences (Razavi Khorasan Province, Iran) in 1401. The sampling method was a census, and the data was collected through a demographic information questionnaire, the Solomon and Roth-Bloom academic procrastination scale, and an Instagram addiction questionnaire. The data were analyzed using SPSS version 23 software, as well as descriptive statistics and the Pearson correlation coefficient test.

Results: The results showed that most of the research units were formed by men (52.6%). The average score for Instagram addiction was 47.10 ± 27.83, and that of academic procrastination was 52.5 ± 39.25. Also, the highest average academic procrastination related to exam preparation was 22.3 ± 08.06. There was a positive and significant relationship between Instagram addiction and academic procrastination ($p < 0.05$).

Conclusion and Discussion: The findings of the present study demonstrate a positive relationship between Instagram addiction and academic procrastination; with increasing the use of Instagram, academic procrastination also increases. Considering the importance and role of nursing students in maintaining the health of society, it is necessary to pay more attention to the educational status of these people. Therefore, this phenomenon can be mitigated by implementing educational programs that emphasize the significance of this issue to students. Managers and experts can use the findings of this research to strategize in this area.

Keywords: Internet addiction, Nursing students, Procrastination

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