



**TEHRAN UNIVERSITY OF MEDICAL SCIENCES**

**International Campus**

**School of Nursing and Midwifery**

**M.Sc. Thesis**

**Title:**

**The relationship between internet addiction, sleep quality and  
psycho-social problems among secondary school students in Erbil,  
2023-2024**

Submitted in partial fulfillment of the Requirement for a Master of Science Degree in

Psychiatric Nursing

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## Abstract:

**Background:** Internet addiction (IA) disorder is characterized by compulsive and excessive internet use, frequently resulting in adverse outcomes such as poor academic performance, social isolation, and mental health issues. In addition, one of the negative impacts of internet addiction seems to be poor sleep quality. However, sleep disturbances, which can manifest as psycho-social problems, depression, or anxiety-phobic illnesses, might precede and contribute to the development of IA. Moreover, all complaints such as decreased self-esteem, impaired interpersonal relationships, increased loneliness, mood swings, and decreased productivity, that are not purely medical or somatic fall under the broad category of psycho-social difficulties. Despite mounting evidence of the harmful effects of internet addiction, there is insufficient research on the relationship between internet addiction, sleep quality, and psycho-social issues among secondary school students. Therefore, the main aim of this study is to find out the relationship between internet addiction and sleep quality and also psycho-social problems among secondary school students in Erbil city, 2023-202

**Methodology:** In this cross-sectional study, 557 students from 4 schools in Erbil City, Iraq, were recruited through multi-stage cluster sampling. After obtaining permission to conduct research and controlling the inclusion and exclusion criteria, the researcher collected data using several questionnaires in English. These included the Demographic Information Questionnaire, the

Internet Addiction Test (IAT), the Pittsburgh Sleep Quality Index (PSQI), and the Pediatric Symptom Checklist-Youth (PSC-Y) to assess the students. The collected data were entered into SPSS software version 26 and analyzed using descriptive and inferential statistics at a significance level of 0.001.

**Results:** The results demonstrated that the average age of the students was 16.10 years, with males constituting 51.2% of the sample. Students displayed a mild internet addiction, averaging a score of  $42.9 \pm 19.17$ . The average sleep quality (PSQI) score stood at  $8.9497 \pm 2.74864$ , while the mean score for psycho-social problems was  $27.78 \pm 13.29$ . Notably, there was a significant positive relationship between internet addiction and psycho-social problems, with a correlation of 0.33 ( $p < 0.001$ ). The data also revealed a correlation coefficient of 0.26 ( $p < 0.001$ ) between internet addiction and sleep quality. Furthermore, psycho-social problems and sleep quality were intricately linked, showing a correlation of 0.33 ( $p < 0.001$ ), emphasizing that students with increased psycho-social challenges tended to experience reduced sleep quality.

**Conclusion and recommendation:** Given the presence of internet addiction and its associated relationship with sleep quality and psychosocial problems among secondary school students in Erbil, health policymakers and nursing managers need to prioritize interventions targeting these issues. It's essential to develop comprehensive awareness campaigns and educational programs aimed at both students and their families. Additionally, incorporating digital well-being and mental health modules into school curricula can offer proactive solutions to counteract the negative consequences of excessive internet usage.

## Key Words:

**Internet addiction, sleep quality, psycho-social problems, secondary school students / teenager**

