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MEDICAL STUDENTS AND THE INTERNET ADDICTION

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Introduction

The Internet has made life a lot easier by making information more accessible to all and creating connections with different people around the world. However, it has also led a lot of people to spend too much time surfing the Internet, so much that it becomes the center of their lives. This can lead to the Internet addiction. Studies show that the majority of the Internet addicts suffer from emotional problems such as depression, mood disorders, social disorders, and anxiety disorders. They tend to use the fantasy world of the Internet to psychologically escape unpleasant feelings or stressful situations. Research in this area also shows that Internet addiction can even change the volume of the brain. That is why it is very important to know if our students are addicted to the Internet.

Aim

The aim of the study was to find out how often and what for the students of Smolensk State Medical University (SSMU) use the Internet and how many of them suffer from the Internet addiction. We wanted to obtain our own statistics about the students of SSMU.

Material and methods

Theoretical — the analysis of the literature on the research topic. Practical — a questionnaire, observation and interviewing students. A study was conducted among first year students of the faculty of Dentistry. They were asked 5 questions about the amount of time they spend in the Internet and about their aim.

The questions were:

1. How much time do you usually spend surfing the Internet?
2. How much time can you spend without the Internet?
3. How often do you spend much more time in the Internet than you have planned?
4. What do you usually do in the Internet?
5. Do you think you are addicted to the Internet?

Results and discussion

There is a statistic for 2018 around the world:

1. The number of the Internet users in 2018 became very large: more than 4 billion people. This is 7% more than a year before.
2. As for 2018, 3.1 billion people — roughly one-third of the global population — use social media. On the whole, the number of social media users has grown by 13% (362 million) in the past year.
3. 47 % of Russian people are signed to different social media.

4. Studies suggest that 1 in 8 Americans suffer from problematic Internet use. Those estimates are higher in China, Taiwan, and Korea where 30 percent or more of the population may experience problematic Internet use.

5. Research showed that the Internet addiction is quite popular and common among young people, especially those who are only children. In fact, every fourth child is addicted to the Internet.

We decided to find out whether some of these data are true for the students of SSMU.

Here are the results of the research:

About 70 % of SSMU students spend more than 5 hours a day surfing the Net. And only 2 % of them spend less than 1 hour a day in the Net:

— 52 % of respondents are able to spend a few days without the Internet.

When the students were asked if they often spend more time in the Internet than they have planned, 55 % of them answered: «sometimes». And only 7 % said that they did not exceed the limit of time.

To the question: «What do you usually do in the Internet?» Students could choose 1 or more variants of answer:

— 83 % of students use the Internet for communication with friends;

— 73 % use the Internet only if they need to find necessary information;

More than 40 % surf the Net all the time.

The last question was, if they think they are addicted to the Internet. The majority of the students (it's about 60 %) don't think they are addicted. So they don't even realize that they are addicted.

Summarizing all the results, we can see that most of the students can't live without the Internet. The effects of the Internet addiction can be very serious. Scientists found out that all process/behavioral addictions change the brain. Specifically, the Internet creates new neural pathways in the brain that replace others, healthier neural pathways or completely blocks the formation of healthy neural pathways altogether. Internet addiction impacts all senses, which makes the addiction so strong. It is affecting the neurotransmitter called dopamine in the brain. Internet addiction shrinks the brain's gray and white matter fibers which results in changes to emotional processing and brain functioning. The brain will continue to negatively transform, as long as the addiction continues. There are some signs of the Internet addiction: feelings of guilt, anxiety, depression, dishonesty, inability to keep schedules, avoiding doing work, absence of time, isolation, agitation when one cannot get on the Internet.

Conclusions

Internet addiction is a great problem nowadays. Our research showed that about 70% of SSMU students spend more than 5 hours a day surfing the Net, and more than 40% surf the Net all the time. This is a real problem. Now we know that the Internet addiction does exist in our University. We should learn how to cope with this problem.

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АНГЛИЙСКИЕ ЗАИМСТВОВАННЫЕ СЛОВА В РУССКОМ ЯЗЫКЕ

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Введение

На сегодняшний день в русском языке употребляется множество английских заимствованных слов. Основными причинами заимствования являются потребность в