

Summary

Electronic media play an integral role in the lives of all people. Over the years, the rapid growth of technology in broad forms has obviously affected on people lives and interaction. Televisions, record players, computers, laptops, and VCRs (videocassette recorder) changed how people learned, were entertained, stayed connected, and explored. In the past two decades, these devices have been joined or replaced by cellular phones, I-Pods, MP3 players, DVDs, and PDAs (personal digital assistants).

Nowadays, university students are highly relay on the electronic media and internet to seek for information, SNS, entertainment, online shopping, and online gaming, among others. Students, especially the undergraduates aged between 19 and 24 years old are deemed to be more susceptible to electronic media abuse which may be characterized by emotional instability and low academic performance. The use of technologies such as social media networks and the Internet is one of the most important factors that can influence educational performance of students positively or adversely.

The negative effects of electronic media abuse include anxiety, depression, physical health problems, school absenteeism, lying, fatigue, and social isolation. The excessiveness of the electronic media also may lead to low self-esteem, depression, boredom, and attention-deficit hyperactive disorder. Using mobile phones also associated with symptoms of headaches, earache, concentration difficulties, and fatigue as well as musculoskeletal symptoms.

Aim of study:

The aim of this study is to assess effect of electronic media abuse on health among university students through:-

- 1) Assessing the effects of electronic media abuse on the physical condition of the university students.
- 2) Assessing the effects of electronic media abuse on the psychological condition of the university students.
- 3) Assessing the effects of electronic media abuse on the social condition of the university students.
- 4) Assessing the effects of electronic media abuse on the Academic achievement of the university students.

Research question:

1. Which electronic media types are the university students mostly exposed to?
2. What are the effects of electronic media abuse on the physical condition of the university students?
3. What are the effects of electronic media abuse on the psychological condition of the university students?
4. What are the effects of electronic media abuse on the social condition of the university students?
5. There are relationship between electronic media abuse and academic achievement of the university students?

Research Setting:

This study was conducted in 4 faculties at Beni-suef university; faculty of nursing, faculty of Physiotherapy, faculty of social work, faculty of mass communication.

Subjects of study:

Multistage sample was selected. The subjects of the current study included 298 students of 18-24 years old using electronic media.

Tools of data collection:-

The data for this study were collected by using tools:

Tool I: - structured interviewing questionnaire designed by investigator consisted of 4 parts as follows:

Part one: Designed to assess demographic characteristic and electronic media used by university students.

Part two: university students' opinions about electronic media abuse impacts and factors attract student to use electronic media.

Part three: Designed to collect data on academic achievement and electronic media use among university students.

Part four: Designed to collect data about effects of electronic media abuse on health among university students physical, psychological and social.

■ An analysis of socio-demographic characteristic showed that the mean \pm SD age is 20 ± 1.6 years with average age of 21 years old. 65.8 % of university students. 55% of them were female.

■ An analysis of the effect of electronic media abuse on physical health of university students showed that one third of university students have sleep problems, one-third of them have lack of concentration, more than half of them feel headaches after using electronic media, one-third of them have eye pain and more than half of them have overweight.

■ An analysis of the effect of electronic media abuse on psychological health of university students showed that two fifth of university students believe that they are electronics addict, half of them have desire when they close their computer back to it shortly, more than half of them check their phone is the first thing they do when getting up, the last thing they do before sleeping and all

university students put their mobile in the bedroom during night (nomophobia).

■ An analysis of the effect of electronic media abuse on social health of university students showed that more than two thirds of university students feel that their social relations with their brothers have become weak, less than two third feel that their social relations with their friends, relatives and parents have become weak and two thirds of university students prefer chatting friends online than interviewing them and half of them thought negative behavior from using social networking sites and internet.

■ An analysis of the effect of electronic media abuse on academic achievement illustrated that there was highly significant association between academic achievement and total hours use of social media in which ($p= 0.0001$).

Conclusion:

After conducted of the current study, it was found the following:

University students spend too much time using electronic media such as smartphone, internet and social networking sites especially facebook for chatting with friends and entertainment. As result of electronic media abuse by university students, there are negative effects on physical, psychological, social health and academic achievement. Most common symptoms reported by students are Neck pain, eye pain, weight gain, headache, nomophobia, depression, social isolation, weak social relationship with brothers and their parents. There is highly significant relation between hours of electronic media using and social health. There are negative relationship of electronic media abuse and academic achievement.

In the light of these findings it was recommended that:

- 🎬 Encourage students' knowledge regarding adverse electronic media effects on human body in the form of course training and in curriculum at college.
- 🎬 Engage student's in-college students' activities rather than spending too much time using electronic media.

Further research about:

Awareness programs about the importance of face-to-face interaction and how to conduct a proper communication.