

# Awareness of screen dependency disorder among information technology professionals – A survey

K. Sarojini<sup>1</sup>, R. Gayathri<sup>2\*</sup>, V. Vishnu Priya<sup>2</sup>

## ABSTRACT

SDD is nothing but screen-related addictive behavior. SDD is closely related with internet addiction disorder, internet gaming disorder, some kind of social network site addiction, and many other internet addictions. Person who suffer from SDD tend to experience a variety of symptoms. The aim of this study is to determine the awareness of SDD among IT professionals.

**KEY WORDS:** Screen dependency disorder, Internet, Professionals

## INTRODUCTION

Screen dependency disorder (SDD) is becoming both a health and social problem among the general population with the spread of internet access. SDD is nothing but screen-related addictive behavior.<sup>[1-4]</sup> SDD is closely related with internet addiction disorder, internet gaming disorder, some kind of social network site addiction, and many other internet addictions.<sup>[5-7]</sup> Person who suffer from SDD tend to experience a variety of symptoms; some of the emotional symptoms of this disorder such as depression, dishonesty, feelings of guilt, anxiety, and isolation and physical symptoms such as backache, headaches, and insomnia poor nutrition (due to failing to eat or eating in excessively to avoid being away from the computer and phones).<sup>[8,9]</sup>

Various screen activities are reported to induce structural and functional brain plasticity in adults. Screen dependency disorder<sup>[10-12]</sup> is closely associated with internet addiction disorder. Nowadays, screen viewing begins in infancy with new research finding that the prevalence of screen viewing in children aged <2 years is high and appears to increase steadily across age groups. Even adults are addicted, and increased

usage of screen time is observed.<sup>[13-15]</sup>

Internet use increased with the prevalence of mobile devices and internet-based applications. Most people use the internet for studying, gaming, social networking, gambling, chatting, etc.<sup>[16,17]</sup> It is associated with poor physical health,<sup>[8]</sup> poor academic performance,<sup>[9]</sup> and interpersonal problems<sup>[10]</sup> even often begins during adolescence.<sup>[18,19]</sup> It is reasonable to consider as a type of problematic behavior.

The previous studies have reported that the prevalence of SDD is approximately 10% worldwide.<sup>[20]</sup> The aim of this study is to determine the awareness of SDD among IT professionals.

## MATERIALS AND METHODS

An online questionnaire was prepared and distributed among 100 IT employees. The questionnaire was given to them individually to keep away from false results. Each of them took 2–4 min to complete the survey. All data are composed and statistically analyzed. From the results obtained from the survey, the awareness about SDD was discussed.

## RESULTS AND DISCUSSION

The prevalence of SDD varies according to the screen activity, the diagnostic tool used, world region, and age of subjects. From the results obtained, 64% of

### Access this article online

Website: [jprsolutions.info](http://jprsolutions.info)

ISSN: 0975-7619

<sup>1</sup>Department of Biochemistry, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Saveetha University, Chennai, Tamil Nadu, India, <sup>2</sup>Department of Biochemistry, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Saveetha University, Chennai, Tamil Nadu, India

\*Corresponding author: R. Gayathri, Saveetha Dental College, Department of Biochemistry, Saveetha Institute of Medical and Technical Sciences, Saveetha University, 160, Poonamallee High Road, Chennai–600 077, Tamil Nadu, India. Phone: +91-9710680545. E-mail: [gayathri.jaisai@gmail.com](mailto:gayathri.jaisai@gmail.com)

Received on: 14-11-2018; Revised on: 26-12-2018; Accepted on: 29-01-2019

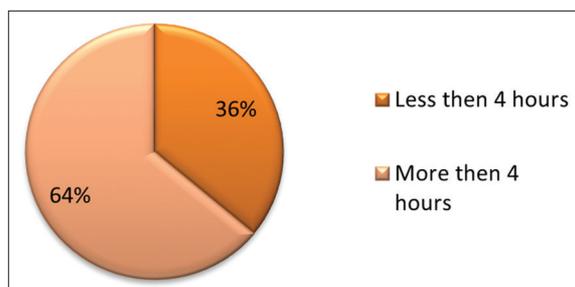


Figure 1: Usage of gadgets

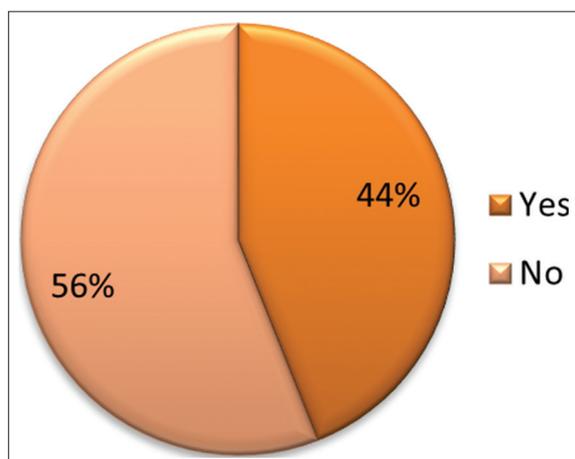


Figure 2: Eyesight problems

employees are using gadgets for >4 h [Figure 1]. The present study indicated that majority of the people believe that their major reason for long hours screen exposure is their profession. About 42% of them have a habit of using social media for a long time, especially during night, 63% of them have a habit of checking social media very often. In that 63%, about 40% of IT employees feeling neglected if they do not get message for a long time. The present study determined that due to overexposure of screen time, 44% of them experiencing eyesight problems [Figure 2] and 46% of them facing lack of concentration, irritation, and headache. Due to increased screen time, their sleep-wake pattern also altered.

The results of this study revealed that SDD affects normal daily activities [Figure 3], and main reason for developing many neurological problems affecting the behavioral change of a person. Contrary to the hypothesis, the present study find significant predictive effects of eating problems, risk-taking behaviors, substance abuse, and aggression for the incidence of SDD among the IT employees [Figure 4].

A similar study investigated the prevalence of SDD among employed adults. The study reported a higher prevalence of addiction in comparison with the results of the present study which may be due to differences in age of the participant between the study.<sup>[5]</sup>

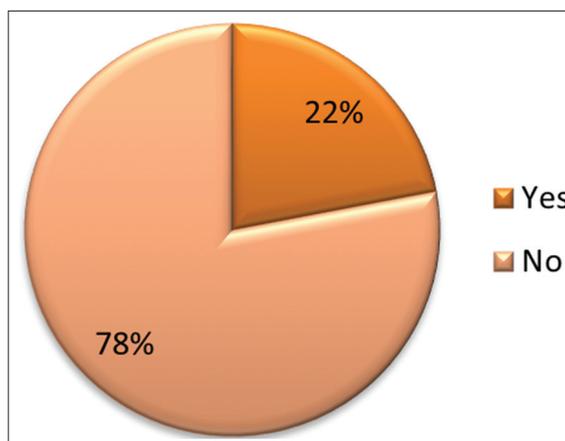


Figure 3: Do you think you are affected by screen dependency disorder

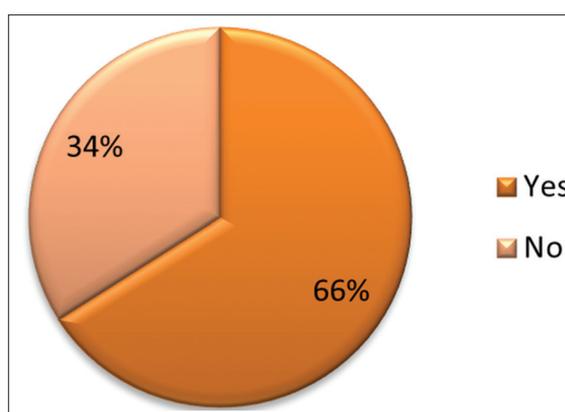


Figure 4: Awareness

## CONCLUSION

This study showed that around 78% of them are aware about SDD. Moreover, majority of the people are at risk of screen addiction. The results also suggest that employed adults should be instructed to use the internet properly.

## REFERENCES

1. Sigman A. Screen Dependency Disorders; 2017. Available from: [https://www.researchgate.net/publication/317045692\\_Screen\\_Dependency\\_Disorders\\_a\\_new\\_challenge\\_for\\_child\\_neurology](https://www.researchgate.net/publication/317045692_Screen_Dependency_Disorders_a_new_challenge_for_child_neurology)
2. Sigman A. Time for a view on screen time. *Arch Dis Child* 2012;97:935-42.
3. Goh SN, Teh LH, Tay WR, Anantharaman S, van Dam RM, Tan CS, et al. Sociodemographic, home environment and parental influences on total and device-specific screen viewing in children aged 2 years and below: An observational study. *BMJ Open* 2016;6:e009113.
4. Kuss DJ, van Rooij AJ, Shorter GW, Griffiths MD, van de Mheen D. Internet addiction in adolescents: Prevalence and risk factors. *Comput Human Behav* 2013;29:1987-96.
5. Sato T. Internet addiction among students: Prevalence and psychological problems in Japan. *Japan Med Assoc J* 2006;49:279-83.
6. Spada MM. An overview of problematic internet use. *Addict Behav* 2014;39:3-6.

7. Tran BX, Huong LT, Hinh ND, Nguyen LH, Le BN, Nong VM, *et al.* A study on the influence of internet addiction and online interpersonal influences on health-related quality of life in young Vietnamese. *BMC Public Health* 2017;17:138.
8. Fragkos CC, Fragkos CC, Kiohos AP. Internet addiction among Greek university students: Demographic associations with the phenomenon, using the Greek version of young's internet addiction test. *Int J Econ Sci Appl Res* 2010;3:49-74.
9. Seo M, Kang HS, Yom YH. Internet addiction and interpersonal problems in Korean adolescents. *Comput Inform Nurs* 2009;27:226-33.
10. Cimino S, Cerniglia L. A longitudinal study for the empirical validation of an etiopathogenetic model of internet addiction in adolescence based on early emotion regulation. *Biomed Res Int* 2018;2018:4038541.
11. Chou, WJ Chang, YP, Yen, CF. Boredom proneness and its correlation with internet addiction and internet activities in adolescents with attention-deficit/hyperactivity disorder. *Kaohsiung J Med Sci* 2018;34:467-74.
12. Chou WP, Yen CF, Liu TL. Predicting effects of psychological inflexibility/Experiential avoidance and stress coping strategies for internet addiction, significant depression, and suicidality in college students: A prospective study. *Int J Environ Res Public Health* 2018;15. pii: E788.
13. Ehret C. Proliterate rhythms of screen time and homework. *Reading Teacher* 2019;72:533-8.
14. Griffiths M. Does Internet and computer "addiction" exist? Some case study evidence. *Cyber Psychol Behav* 2000;3:211-8.
15. Hsieh KY, Hsiao RC, Yang YH, Liu TL, Yen CF. Predictive effects of sex, age, depression, and problematic behaviors on the incidence and remission of internet addiction in college students: A prospective study. *Int J Environ Res Public Health* 2018;15. pii: E2861.
16. Madhav KC, Sherchand SP, Sherchan S. Association between screen time and depression among US adults. *Prev Med Rep* 2017;8:67-71.
17. Neverkovich SD, Bubnova IS, Kosarenko NN, Sakhieva RG, Sizova ZH, Zakharova VL, *et al.* Students' internet addiction: Study and prevention. *Eurasia J Math Sci Technol Educ* 2018;14:1483-95.
18. Sigman A. Virtually addicted: Why general practice must now confront screen dependency. *Br J Gen Pract* 2014;64:610-1.
19. Simó-Sanz C, Ballestar-Tarín ML, Martínez-Sabater A. Smartphone addiction inventory (SPAI): Translation, adaptation and validation of the tool in Spanish adult population. *PLoS One* 2018;13:e0205389.
20. Tsumura H, Kanda H, Sugaya N, Tsuboi S, Takahashi K. Prevalence and risk factors of internet addiction among employed adults in Japan. *J Epidemiol* 2018;28:202-6.

Source of support: Nil; Conflict of interest: None Declared