

A31 Internet addiction, eating behaviour and sleep quality among undergraduate students in Universiti Sains Malaysia

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Internet addiction is one of the major issues among university students due to the high usage of gadgets and the need of internet for completing the chores. Thus, sleep quality and eating behavior may also be affected. The aim of this study is to investigate the association between internet addiction, eating behavior and sleep quality among undergraduate students Universiti Sains Malaysia. A cross-sectional study was conducted among 107 students and three types of questionnaires were distributed namely the Malay version of Internet Addiction Test (IAT), Dutch Eating Behavior Questionnaire (DEBQ) and Pittsburgh Sleep Quality Index (PSQI). Statistical analysis was done using Pearson-Chi Square test, Kruskal-Wallis test and Mann-Whitney test. Findings revealed that 54.2% of students had mild internet addiction, 59.8% suffered from poor sleep quality and mostly were emotional eaters. Severe internet addiction was significantly associated with emotional eating behavior with the median (IQR) value of 41.0(37.0) with ($p<0.05$). However, no association were found between internet addiction and sleep quality and the association between eating behavior and sleep quality. In conclusion, Internet addiction affects eating habits of university students and thus proper strategies must be taken to manage Internet addiction among university students. Awareness programs are essential to tackle disordered eating behaviours among university students.

