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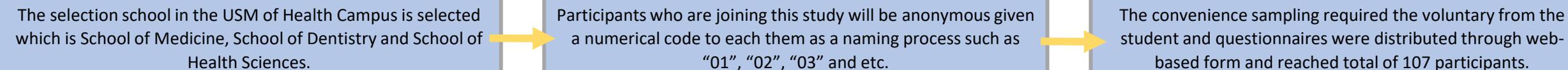
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Introduction

- A variety of studies have identified psychological factors such as depression, anxiety, aggression, impulsivity, and low self-esteem among the people who encounters internet addiction.
- The increase in snacking, unhealthy food intakes and sources together with the low physical activity is the benefactors towards the high Body Mass Index (BMI) and also contributing towards the overweight and obesity among adults.
- Interference in the sleep quality such as consumption of caffeine, alcohol, poor mental health such as depression and stress and also chronic health conditions such as asthma, all of this will lead to the poor quality of sleep in an individual.

Methodology

Sampling method: Convenience Sampling Method



Inclusion & Exclusion Criteria	Inclusion Criteria	Undergraduate students from USM Health Campus of Kubang Kerian, Kelantan. Adult age 18 until 30. Have gadgets and smartphone. Students that have internet connection. All races
	Exclusion Criteria	Postgraduate students. Refusal to give informed consent. International students
Study Parameters	Internet Addiction	Internet Addiction Test (IAT) (20 items) [1]
	Eating Behavior	Dutch Eating Behavior Questionnaires (DEBQ) (30 items) [2]
	Sleep Quality	Pittsburgh Sleep Quality Index (PSQI) (19 items) [3]
Statistical Analysis	Statistical significance at $p < 0.05$	Independent t-test, Pearson Chi-Square test, Mann Whitney test and Kruskal Wallis test.

RESULT & DISCUSSION:

- Finding showed that the highest domain that are categorized by students is mild domain with percentage of 54.2%, second highest is moderate domain with percentage 34.6%. This result was consistent with a study that was conducted in Universiti Malaysia Sarawak, which also found that 52% of the students had mild internet addiction[4]
- From eating behavior data obtained, showed that male students came out with the high mean(SD) in both emotional and restrained eating behavior, meanwhile external eating behavior lead by female students
- For the global sleep quality score, most of the students (59.8%) had poor quality of sleep. Severe internet addiction was significantly associated with emotional eating behavior. However, no association were found between internet addiction and sleep quality and the association between eating behavior and sleep quality.
- In a study among students in university of Kuantan showed that their students were mostly categorized as external and restrained eater due to perception of having ideal body weight and good body image were the factors that lead to restrained food intake among students[5]. Meanwhile, in a study among undergraduate students in Malaysian Public University showed that one of the factors that cause a student to be poor sleeper is due to staying in the dormitories and frequent use of gadgets[6].

Conclusion

- It was found that majority of the students suffered from mild internet addiction, having poor sleep quality and were emotional eater. There was no significant association between internet addiction and sleep quality, and between eating behavior and sleep quality. On the other hand, significance association were found between internet addiction and eating behavior.

References:

[1] Ooi et al., 2020., [2] Kavitha et al., 2017., [3] Rezaei et al., 2018., [4] Talwar et al., 2019., [5] Maisarah et al., 2020., [6] Nurismadiana, I., Lee, 2018.