Characteristics of internet use as a means of perceived stress reduction in health care students

# Details

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## Authors

Hinic D.;Jovic J.;Ignjatovic-Ristic D.

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Wellbeing

## Sample

The total of 231 health care students from the University of Kragujevac were recruited for this part of the study, 34% males and 66% females, with the age range of 19-30 (M=22.44; SD=2.09).

## Implications For Parents About

## Implications For Educators About

Other

## Implications For Policy Makers About

Other

## Other PolicyMaker Implication

Prevention and intervention programs

## Implications For Stakeholders About

Healthcare

# Abstract

Previous studies suggest that people use media for instrumental needs, entertainment/leisure or for social gratification. The aim of this
study is to identify specific characteristics of Internet use in health care students who use the Internet as a means of perceived stress reduction.
The sample included 231 students (m=34%; f=66%), aged (M=22.44; SD=2.09), who were subsequently categorised into two groups according to whether they consciously use the Internet to alleviate the consequences of stressful experiences.
The individuals reporting the Internet as a means of perceived stress reduction spend considerably more time online than other Internet users. They also use contents related to entertainment, culture and sex more frequently, as well as social applications and networks. In comparison to others, these participants meet new people and potential partners more often via the Internet, spend more time on their friends’ profiles, while using different entertainment
applications, most commonly games.
The Internet may play a significant role in reducing negative reactions to stressful events; therefore, we may regard cyberspace as a fertile ground for educational, preventive and counselling services. The main limitation to the current study is the sample (only health care students). Future studies should include assessment of
perceived stress levels and their relation to study variables.

# Outcome

"Individuals who report the Internet as a means of stress reduction spend considerably more time online than other
Internet users (F(229)=4.233, p