

Title:

Effect of Communication Technology Usage on Sleep and Physical Activity Level in Nursing Students

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Session Title:

Research Poster Session 2

Slot (superslotted):

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RSC PST 2: Saturday, 29 July 2017: 2:45 PM-3:30 PM

Keywords:

communication technology , nursing students and sleep and physical activity

References:

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Abstract Summary:

Today, communication technologies that are widely used among university students are widely used among nursing students. The present study was conducted in order to examine effect of communication technology usage on sleep and physical activity level in nursing students.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to the effects of communication technology usage on sleep and physical activity level in nursing students.	The learner will be able to apply the measures to reduce the negative effects of communication technology on sleep and movement activity.
The learner will be able to to aware the negative effects of communication technology in nursing students.	The learner will be able to create awareness about the negative effects of using communication technology on the community.

Abstract Text:

Purpose:

Electric and magnetic fields (EMA) have an important place in the life of all living things in the natural structure of the world. At the same time, with the development of technology, the use of human-based EMA tools has become an integral part of human life, bringing together many problems. Today, communication technologies that are widely used among university students are widely used among nursing students. Nursing students who are studying in the field of health and who will serve patient individual after graduation constitute a special group among the university students. It is important for technological tools to be aware of their effects on the negative effects of sleep and movement, which are important elements in the developmental period, and to raise awareness and take appropriate precautions. The present study was conducted in order to examine effect of communication technology usage on sleep and physical activity level in nursing students.

Methods:

This descriptive and cross-sectional study was carried out with 215 nursing students in the Nursing Department of a Faculty of Health Sciences in Istanbul in the 2016-2017 academic year. 215 nursing students who agreed to participate in the study constituted the sample group. Approval of the institution and informed consent was obtained from patients before the start of the study. The data were collected by interviewing face-to-face using "Structured Question Form", "Pittsburgh Sleep Quality Index (PSQI)" and "International Physical Activity Inventory (IPAQ short form)". Data obtained by using data collection forms with validity of the research data gathered were analyzed in the program of SPSS 21.00 (Statistical Package for the Social Sciences). Data analysis was performed with frequency, percentage, arithmetic mean, standard deviation, median, minimum, maximum, Mann-Whitney U, Kruskal Wallis, Bonferroni Adjusted Mann-Whitney Spearman's rho correlation tests were used.

Results:

The data of the study were collected. The results are analyzed and interpreted.

Conclusion:

Results of the research will be presented at the congress.