

Use of Electronic Communication and Entertainment Devices: A Survey of Arabian Gulf University Medical Students

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Objective: To evaluate the use of electronic communication and entertainment devices by Arabian Gulf University (AGU) medical students.

Setting: Arabian Gulf University, Kingdom of Bahrain.

Design: Cross sectional study.

Method: Years 1 to 4 medical students who were enrolled in the 2008-2009 academic year were included in the study. A self-administered anonymous questionnaire was used, which included enquiries on personal characteristics and the use of electronic communication and entertainment devices.

Result: Four hundred forty-three students responded. The study showed different habits according to gender and accommodation. Hundred and thirty (42%) female students used their mobile phones for more than 2 hours per day compared to 95 (31.3%) watched television (TV)/DVD and 203 (66.1%) used computers. The corresponding numbers and percentages for male students were 30 (24%), 49 (39.2%) and 79 (63.2%) respectively.

Conclusion: The AGU medical students do not appear to adopt healthy habits for using electronic communication and entertainment devices. Moreover, these habits are seen among students based on gender and accommodation. Urgent interventions are needed at AGU on promoting the appropriate use of the devices among medical students.

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