

# THE ROLE OF NEW MEDIA IN HEALTH EDUCATION FIELD STUDY OF A SAMPLE OF STUDENTS IN THE DEPARTMENT OF SOCIOLOGY AND DEMOGRAPHY OF THE UNIVERSITY OF LAGHOUAT

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## Summary of the study:

This study aims at finding the relationship between the Internet and health education at the university student, to achieve these goals, the descriptive approach was adopted, and a questionnaire tool was employed to collect the study's data, which includes three main axes which are as follows:

**The first axis:** sociodemographic data.

**The second axis:** Students follow-up of health programs on the Internet.

**The third axis:** Purposes of students' use of the Internet for health education.

The questionnaire was distributed to the students of the Department of Sociology and Demography at Ammar Thlidji University in Laghouat, where the study sample consisted of 300 students, they were selected by a simple random method, and the study reached many results, the most important of which are:

**First:** There is a relationship between socio-demographic variables and the use of the Internet in health education.

**Second:** The Follow-up of health contents on the Internet contributes to educating the university student about health.

**Third:** The university student has health purposes in choosing health contents on the Internet.

**Keywords:** The Internet, The process of health education, the university students.

## Introduction:

The association of health with members of society has made scientists create so-called medical sociology, and they insist on studying this science for its importance to society's public health<sup>1</sup>.

Maintaining health is imperative for everyone in society, but for the Government to enforce adherence to healthy behaviour within populations<sup>2</sup>.

If the individual is the treasure of societies, his or her health is the mirror that reflects the social and cultural potential of the environment, and the preservation of the individual's health does not mean more material possibilities than the work to restore social conditions for individuals and governments.

As Allah Almighty said in the Holy Koran: In the name of Allah, the Most Gracious, the Most Merciful (By the fig, and the olive. By mount Sinai. By this city of security. Verily, we created man in the best stature...) <sup>3</sup>.

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<sup>1</sup> Ahmed Mohammed Badah, and others: Health Culture, Dar al-Masirah, Amman, Jordan, Without a Year, p 13.

<sup>2</sup> Mohammed Bashir Shorim: Health Culture, Jordanian Family Library, Oman, Jordan, 2012, p. 6.

<sup>3</sup> Verses 1 to 4, Surah At-Tin.

That is, in the full health of the organs, in the full physical, physical, psychological and mental health, the opposite of health is a disease that is detracting from health. And to prevent diseases, individuals have to guard against the process of health education, which is an educational process consisting of giving valid information that impacts an individual or a group of individuals. It's accepted and persuaded, and reflected on habits and behaviour. And contribute to raising the standard of health by creating a strong motivation for prevention or treatment where necessary, using appropriate educational methods such as the media.

In the era in which we live, the most important media is the Internet, which is the best way to search for information in all its forms.

For this reason, the proliferation of modern technology and the Internet as a global network, these new developments have opened vast doors to expand the public knowledge space. Rapid scientific progress in various fields has been characterized by the empowerment of human beings to have near full control over many aspects affecting their lives, thanks to their considerable mental capacity. It is this ability that allowed him to innovate, discover, analyse, and plan for the future, without exposure to the random factors and conditions that come without interference from him, which may affect the quality of life that he aspires to<sup>1</sup>.

The information available on Internet sites helps patients to understand their health status and provide them with quick health information that enables them to discuss their health status with health professionals or with health experience.

They are also able to choose between one treatment method and another to make a therapeutic decision appropriate to their condition.

The development of the Internet has contributed to the development of several areas. One of the most important areas that the Internet has contributed to its development and expansion is health education. The Internet has become the best means of health education.

By informing the researcher of many foreign, Arab and local studies and literature related to the variables of the current study, as a study: Regan and Collins in 1987 entitled: "Sources of Health Care Information in U.S.A. ". The study "Ahmed Ryan Barian" in 2005/2006, entitled "The role of the media in health education for Saudi women in Riyadh", and the study "Ben Mansour Ramadan" in 2019/2020, entitled "The role of websites in health education from cancer diseases", the researcher realized the need to conduct a study on internet and health education.

I had the idea of studying the relationship between the Internet and health education, especially with the spread of diseases and epidemics, such as the COVID-19 pandemic that has killed so many human beings around the world. We also devoted the study within the university environment to all communities of society and help to conduct the study without trouble and restrictions. Our study with the university student was as follows :

\* To what extent does the Internet contribute to the university student's health education process?

The following sub-questions are included in this general question:

Does monitoring health content on the Internet contribute to a student's health education?

What factors lead a university student to choose health content on the Internet?

From these questions comes the general and partial hypothesis:

Study hypotheses:

**General hypothesis:**

\* The Internet contributes to the university student's health education process.

**Partial hypotheses:**

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<sup>1</sup> Mohammed Bashir Shorim: op. cit., p. 5.

- Follow-up of health content on the Internet contributes to the university student's health education.
- A university student has healthy purposes in choosing health content on the Internet.

**The first topic: The Theoretical Framework of the Study:**

**The first requirement: the importance and objectives of the study:**

**First: The importance of the study:**

Any study has its orientations, uses and objectives, because the scientific study must be exploited in the best possible way, because it has a shortage or problem emanating from within society and attempts to find appropriate solutions to it.

In this study, we dealt with a very important and sensitive topic, and in many people it is considered the topic of the day with the spread of epidemics and diseases, namely health education and its relationship with the Internet, that is to quote health information on the Internet, and hence the idea of studying such a topic.

The importance of our study is:

- \* Enabling a university student to enjoy a sound scientific view that helps him to explain health phenomena and make him able to look for the causes of diseases and their illnesses so that he can avoid them and prevent them.
- \* The Internet is a knowledge asset that benefits the student by employing him or her at the time of need to make correct health decisions about the health problems he or she encounters.
- \* It drew attention to the subject of health education and the dissemination of health awareness within the community through studies and websites that publish these subjects such as our study.
- \* The current study is a complement to previous scientific efforts and a scientific reference that will be enriched by university libraries in the future.

**Second: Objectives of the study:**

The objective of any scientific study is not without measurement, comparison, knowledge of a variable effect on another variable, and the emergence of results that can be circulated to members of society and predicted in the future. These are the objectives of scientific research that must serve members of society.

Because health education has become coupled with the abundance of health information, it was worth knowing the role of the Internet in health education and comparing it with other media, including the importance of conducting this scientific research as a field survey study to achieve the following objectives:

- \* Knowledge of the relationship between socio-demographic variables and the use of the Internet in university student health education.
- \* Identify the extent to which the Internet is used for health education.
- \* Identify the health content of the Internet and the extent to which it contributes to raising the level of health awareness of the university student.
- \* Know the extent to which health content on the Internet contributes to the university student's health education process.
- \* Knowledge of the motives for university student's use of the Internet in health education.

**The second requirement: Concepts of the study:**

"Concepts serve as a link between theory and research, each with theoretical determinants surrounding them and procedural dimensions and variables affecting them. Therefore, the process of defining concepts is very important in any social research, especially since dispensing with them is a systematic failure that must be avoided"<sup>1</sup>.

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<sup>1</sup> Garbi Ali: Importance of concepts in social research between theoretical frameworks and factual determinants, Journal of Humanities, Institute of Sociology, University of Mentouri, Constantine-Algiers, No. 11, 1999, p 97.

Francis Bacon also believes: "The first function of the concepts is to guide the researcher by identifying the perspective and assigning it to the starting point"<sup>1</sup>.

## **1- The Internet:**

### **1-1- Language:**

The Internet is a two-part word:

"inter" is an abbreviation of the word "interconnection" and means linking things with each other.

"net" is an abbreviation of the word "networks". The network and the Internet mean several labels:

"The Net", "World Net", "The Web", "Electronique huper high way", "The New Media"<sup>2</sup>.

### **1-2- Terminologically:**

The Internet is a global network that exchanges information among the world's countries", where there are fibre-optic cables crossing the oceans connecting these States, There are cables within each country that connect users with each other, and the Internet center is in large computers that carry basic information used by all users of the network and are called server devices and used by individuals called users' devices<sup>3</sup>.

#### **1-2-1- Definition of the Internet media encyclopedia:**

"It is a giant network representing the present and the future together, shortening time, It disseminates science, culture, information, ideas, opinions and news, and participates in the reformulation of human life and the life of society and even the lives of societies and nations. And it allows computers all over the world to communicate with each other in order to exchange information and even participate in making it, Thus, the Internet has become a wide window from which we view the world via a computer screen that does not stop working"<sup>4</sup>.

### **1-3- Procedural definition of the Internet:**

It is a versatile media that has an important role in connecting and communicating with all those who own the Internet. information available throughout the day, facilitating the process of education and learning, It also allows us to connect to the global network of millions of computers connected to each other and in turn allows students to access any location and take any information they want.

## **2- Health:**

### **2-1- Language:**

"The thing is healthy: it is free of every defect or doubt, the sick person is healthy."

"The patient became healthy: he was healed and freed from his illness. The opposite was an illness that claimed his health"<sup>5</sup>.

### **2-2- Terminologically:**

#### **2-2-1- Medical dictionary definition:**

The medical dictionary defines it as "the condition of the normal functioning of the body in the absence of disease"<sup>6</sup>.

#### **2-2-2- Definition of health in the "Concise Dictionary of the Arabic Language":**

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<sup>1</sup> Mohammad Ali Mohammad: Introduction to Social Research, Arab Renaissance Printing and Publishing House, Beirut-Lebanon, 1983, p 51.

<sup>2</sup> Farida Ben Amrouche: Uses of the Internet in scientific research, doctoral thesis in information and communication, University of Algiers 3, 2014/2015, p 30.

<sup>3</sup> Ibid., p. 31.

<sup>4</sup> Mohammed Monir Hijab: Media Encyclopedia, vol. IV, Dar al-Fajr Publishing and Distribution, 2003, pp. 1464, 1465.

<sup>5</sup> Al-Razi Mohammad bin Abi Bakr bin Abdul kadir: Mokhtar Al-Sihah, Dar Al-Risala, Kuwait, 1884, p 521.

<sup>6</sup> Arabic Language Complex: Brief Dictionary in Arabic, Egypt, vol. 1, 1989, p 145.

"Health is every innocent of every defect or doubt and is all true of all defects and diseases"<sup>1</sup>.

### **2-2-3- United Nations definition:**

"It's a state of both physical and mental and social, and it's not just the absence of disease"<sup>2</sup>.

### **2-2-4- Definition of the World Health Organization (W.H.O):**

"Health is not only free of disease, it is a state of physical, psychological and social balance that enables the individual to live a comfortable life economically and socially"<sup>3</sup>.

### **3- Health education:**

#### **3-1- Terminologically:**

"Health education is an effective means of improving the level of health of the individual and society. It is the process of guiding society to protect itself from epidemics, infectious diseases and environmental problems for the purpose of improving the health of the individual and society"<sup>4</sup>.

Health education: "It is an effective means and a key tool in improving the level of health of society. The process of health education is based on scientific grounds because it plays an important role in raising the level of public health in society by acquiring information commensurate with the individual's level of thinking. so that he can understand and realize the beneficial health conditions and to make it fit in with health issues"<sup>5</sup>.

#### **3-2- Procedurally:**

It is a health strategy in which several programs are implemented to promote health for all members of society or increase the level of health culture of the individual or prevent diseases and epidemics. This is by using the Internet by university students to change their health behavior from an unequal health behavior to a healthy behavior and by acquiring the health information they need.

#### **The second topic: The field framework of the study:**

#### **The first requirement: methodological procedures for the study:**

##### **First: Study methodology:**

Our current study belongs to "descriptive research". The nature of this topic compels us to use the descriptive curriculum, where "It aims to detect reality, accurately describe phenomena and quantify their characteristics, and it tries to reveal the previous state of phenomena and how they have reached their current image, and it tries to predict what they will be in the future. In short, it cares about the past, present and future of phenomena"<sup>6</sup> And so there are generalizable outcomes for that society, not for the whole society.

In our study, we endeavored to collect all data and data about the Internet and its relationship with health education in the university student, relying on a social survey curriculum that relies on the collection and analysis of data on research tools such as interview, questionnaire and observation in order to obtain information about the research community.

Through this approach we will employ two types of analysis:

##### **1- Quantitative analysis:**

We have digitized and coded data, calculated duplicates and distributions, and placed them in simple and composite statistical tables.

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<sup>1</sup> Amira Mansour Youcef: Social Entrance to Medical and Psychological Health Fields, University House of Knowledge, Alexandria-Egypt, 1997, p 16.

<sup>2</sup> Ben Mansour Ramadan: The role of websites in health education against cancer diseases, doctoral thesis in social communication science, University of Laghouat-Algiers, 2019/2020, p13.

<sup>3</sup> Samir Ahmed Abu al-Laayoune: Health Culture, First Edition, Dar al-Masirah, Amman-Jordan, 2013, p 19.

<sup>4</sup> Samir Ahmed Abu Laayoune: op. cit, p 22.

<sup>5</sup> Ahmed Mohamed Badah, and others: op. cit., p. 14, 15.

<sup>6</sup> Ali Abdul Ma'aty Mohammed, Mohammed Al-Seryakusi: Methods of Scientific Research, Al-Falah Publishing and Distribution Library, Kuwait, 1988, p.133.

## **2- Qualitative analysis:**

Qualitative analysis analyses the sociological analysis, reading statistical figures and linking them to the social reality of the pension and the compatibility with the social theories interpreted for the studied phenomenon, and knowing the relationship between independent variables and subordinate variables and the impact of their interaction.

### **Second: Data collection tools:**

There are many tools for collecting data on the phenomenon to be studied in social sciences and understanding the nature of these phenomena and their variables and their different connections This is desirable because it achieves a kind of scientific accuracy and avoids many errors, such as bias, chance, etc<sup>1</sup>.

In our study, we relied on the collection of information and data related to the study on the questionnaire technique, using social observation as an auxiliary tool.

#### **1- Social observation:**

The researcher used social observation in partnership, which means that the researcher engages students in their behaviors and opinions on the uses of the Internet. And asking them questions indirectly to see how they react to it. And knowing questions that didn't understand and that weren't drafted correctly and accurately, Some observations were recorded on the study sample that helped us to build questionnaire questions. and generally our use of the observation as a complementary tool for collecting secondary data for study.

#### **2- Questionnaire:**

The questionnaire form is one of the most used tools for collecting data and facts in survey studies because it has a great advantage among other tools. The questionnaire form is the list of questions carefully attended by the researcher on a particular topic that is placed in a form sent to the concerned people via the Internet "Google Drive" or delivered by hand in preparation for the answers to the questions contained therein.

As the researcher: "Francis Ball", defines it as the tool that can provide us with more rich and accurate information than the interview<sup>2</sup>, and the questionnaire in the scientific research community is known under many names: survey, referendum, questionnaire, questionnaire and translated into French: question and sondage<sup>3</sup>.

### **Third: Psychometric measures:**

#### **1- Validity of the tool:**

Based on the verification ratio of the scale in the current study, we applied the veracity of the test by the following means, knowing that the authenticity of the tool is one of the conditions to be provided in the measurement tools, and known as "ANASTASI": "The authenticity of the test means what the test measures, how the measurement is correct, and accepts the authenticity based on the correlations it refers"<sup>4</sup>.

##### **1-1- Logical honesty (honesty of arbitrators):**

The study tool was presented to experts and arbitrators for the purpose of the arbitration process to measure its prima facie honesty, and the content and content were validated and presented to a group of professors specializing in social sciences at the University of Laghouat who recognized the competence of these tests to measure what they were put in place for them after some modifications.

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<sup>1</sup> Masouda Kannouna: Observations on the field use of certain sociological research techniques (foundations of methodology in social sciences), publications of the University of Mentori, Constantine, Algeria, 1999, p 185.

<sup>2</sup> Fracisball : *media et société*, 9eme edition, montchrestien, paris, 1999, p575.

<sup>3</sup> Ahmed Benmorsli: Scientific Research Curricula in Media and Communication Sciences, 3rd Edition, University Publications Office, Algeria, 2007, p 227.

<sup>4</sup> Mohamed Nasreddin Radwan: Entrance to Measurement in Education and Psychology, Book Publishing Center, Cairo-Egypt, 2006, p 183.

## 1-2- Statistical validity:

**Self-validity:** equal to the square root of the reliability coefficient.

Self-validity= $\sqrt{\text{reliability coefficient}}$

Self-honesty coefficient for the degree of students' answers to questions on the Internet questionnaire and the health education process among university students:  $r=\sqrt{0.85}=0.91$ .

## 2- Stability of the study tool:

### Method of re-application of the same test:

This method is reapplied to the same sample individuals twice or more under as similar conditions as possible, and then calculates the correlation coefficient between the application results both times, and refers to the instrument's binding coefficient and this is called the stability coefficient.

We distributed the form to a student 20 with the name and surname written in each form. The students answered all questionnaire questions. After about 20 days, the test was re-tested on the same students and the link coefficient was calculated Pearson, after which we extracted the values and compensated them in the Pearson equation:

**Table No. (01) shows the stability of the tool in the way of reinstating the same test.**

Questionnaire topics	Pearson coefficient	Significance level
second axis	0,797	moral
third axis	0,88	moral
Overall reliability of the questionnaire	0.852	moral

## Fourth: Fields of study:

### 1- Spatial field:

Department of Sociology and Demography, Faculty of Social Sciences, Ammar Thlidji University, Laghouat.

### 2- The human field:

Students of the Department of Sociology and Demography B: Faculty of Social Sciences.

### 3- Time domain:

Our study lasted approximately seven months, from October 2022 until April 2023. "Note that some questionnaires were divided and retrieved via the Internet".

## Fifth: The study population and sample and its specifications:

### 1- Study population:

The study population is "all the items that the researcher is interested in studying, whether human or material, provided that they share a set of characteristics and are determined according to the nature and purposes of the research with the aim of generalizing the results to them"<sup>1</sup>. The population of the current study is all the students of the Department of Sociology and Demography in the bachelor's and Master's degree, and therefore the total number of students registered in the department is 1,365 male and female students, as shown in the following table:

**Table No. (02) shows the number of members of the study population.**

<sup>1</sup> Nadia Ashour and others: Methodology of Scientific Research in Social Sciences, Hussein Ras al-Jabal Publishing and Distribution Foundation, Algeria, 2017, p 265.

Level	Number	Percentage
Bachelor of Sociology	697	51,06%
Master of Sociology	668	48,94%
<b>Total</b>	<b>1365</b>	<b>100%</b>

The sample must be representative of all elements of the research community. To provide this requirement, the random class sample has been selected and is one of the probable samples characterized by its accuracy in expressing the features and characteristics of the original community<sup>1</sup>. as well as providing us with a specific degree of confidence in the results of this study when disseminated to the indigenous community which is based on the division of the study community into classes according to variables determined by the researcher, It works to represent each of the sample categories according to their percentage presence in the research community and since the available society of study is heterogeneous in terms of the variable stages of study, It has been stratified according to this variable, where the sample vocabulary has been selected according to the following steps:

### 3- Study sample:

The use of samples is normal in the field of research and scientific studies, whether social or natural, and the sample is a partial group of individuals, sightings or phenomena that make up the original society of study<sup>2</sup>.

To calculate the sample correctly and accurately, we turned to the world equation of Stephen Thampson<sup>3</sup>:

**Table No. 03 shows the number of subjects of the society and sample study**

population and sample	the number	The ratio
Study population	1365	100%
The study sample	300	21,98%

Through Table No. (07), the number of study society is 1365 and 100%, the number of sample vocabulary is 300 and 21,98%. This percentage is considered representative of the total study community.

### 2-1- Sample calculation method:

$$n = \frac{N \times p(1 - p)}{(N - 1) \times (d^2 \div z^2) + p(1 - p)}$$

$$n = \frac{1365 \times 0,5(1 - 0,5)}{(1365 - 1) \times ((0,05)^2 \div (1,96)^2) + 0,5(1 - 0,5)}$$

n = 300

**Where:**

**n:** Sample size.

**N:** Size of the study community.

**z:** Standard grade corresponding to the level of trust:

Confidence level = 95% = 1,96.

**d:** Acceptable error level: at confidence level = 95%= 0.05.

<sup>1</sup> Sharif Darwish al-Labban, Hisham Attiyah Abdel-Maksoud: Introduction to Scientific Research Curricula, First Edition, Arab Publishing and Distribution House, Egypt, 2008, p 67.

<sup>2</sup> Mohammed Obaidat and others: Scientific Research (Concept, Tools, Methods), Magdalawi Publishing and Distribution House, Amman, Jordan, without a year, pp 83.

<sup>3</sup> Steven k.thompson: **sampling**, third Edition, 2012, p: 59-60.

**p:** Factor of difference between the community's vocabulary (probability value) = 0.5.

Sample size by equation is: 300 singles.

Since the study community is divided into bachelor's and master's students, we selected the class sample to divide the sample vocabulary between them, where the results were as follows:

Master students: 668 students.

1365  $\longrightarrow$  100%  
 668  $\longrightarrow$  x, x=49%

**2-1-1- Calculating the sample of master's students:**

$$\frac{49 \times 300}{100} = x, x = 147$$

Bachelor's degree students: 697 students.

1365  $\longrightarrow$  100%  
 697  $\longrightarrow$  x, x=51%

**-1-2- Calculating the sample of bachelor's students:**

$$\frac{51 \times 300}{100} = x, x = 153$$

The researcher then divided the forms in a simple random manner on the two-phase students depending on the number of samples each phase.

**Sixth: Statistical means used:**

\* **Calculation of percentages and repetitions:** to identify the most important results, in the context of describing the percentage of repetitions of responses in the study sample.

\* **Linear correlation coefficient Pearson r:** to calculate the persistence coefficient.

\* After unloading the data of relevant and responsive forms in the computer we used the statistical program **SPSS** to calculate the relationships and statistical laws used in the study.

**Second requirement: Presentation and analysis of study results:**

**Table No. (04) represents the enquiry about medical information via the Internet.**

Inquiry about medical information via the Internet	Repetition	percentage%
Specialists	206	43,83
Health educated	180	38,29
friends	60	12,77
Members of the Society	24	5,11
the total	470	100

The table concludes that most members of the sample inquire about medical information from specialists and health educators via Internet sites. This is normal for anyone to trust the information provided via Internet sites only specialized, and this justifies the level of health culture of the sample individuals.

The topics of health and medication are very sensitive and should not be derided. They undergo pre-examinations and then prescribe the necessary medication, and not taking medication or imitating anyone else who is just as cured on the Internet. This is very dangerous, and there are those who relied on this information but ultimately lost a lot, and there are even those who lost their lives.

**Table No. (05) represents the verification of the health information the student finds on the Internet.**

Verifying the health information that the student finds on the Internet	Repetition	percentage%
Yes	212	70,66
no	88	29,33
the total	300	100

From the table, 70,66% check the health information they find on the Internet. And this is normal because health matters are not a game and everyone talks about it like on social media, Health information must be reliable and certified. and that any error in this information has serious health and legal consequences If a physician or medical practitioner misses a professional error, he or she shall be legally punished; Article 413 of the Algerian Health Code stipulates that<sup>1</sup>: "Except for justified medical necessity, in accordance with the provisions of articles 288, 289 and 442 (para. 2) of the Penal Code, all health professionals shall be punished for any failure or professional error that has been established, committed in the exercise or on the occasion of the performance of his duties, which damages the physical integrity or health of a person, causes permanent disability, endangers his life or causes his death."

**Table No. (06): Represents the extent of students' trust in health information via social networking sites.**

Students' confidence in health information via social media sites	Repetition	percentage %
Yes	168	56
no	132	44
the total	300	100

We conclude from the table that health information on social media sites is trusted and responsive by researchers And it's proof that there's an advance study of the target audience, Because successful health education pages on social media sites require the study of the target audience By identifying audiences and knowing their trends, the product can use the best methods to influence its thoughts, trends and behaviors And the topics are more attractive to audiences because they are linked to society's health problems, Because it meets their health needs, it opens the way to benefit to raise their health level.

**Table No. (07) represents the benefit of the Internet in the field of health education compared to other media.**

Benefiting from the Internet in the field of health education compared to other media	The Internet		Medical journals		TV		Radio	
	T	%	T	%	T	%	T	%
very helpful	154	51,33	110	36,67	54	18	32	10,67

<sup>1</sup> Act No. 18-11 of 18 Shawwal of 1439 of 2 July 2018, on health, Official Gazette No. 46 of 29 July 2018.

<b>Useful</b>	102	34	143	47,67	96	32	74	24,67
<b>Rather useful</b>	44	14,67	36	12	133	44,33	154	51,33
<b>not useful</b>	-	-	11	3,67	17	5,67	40	13,33
<b>the total</b>	300	100	300	100	300	100	300	100

Researchers disagree on the use of their preferred media methods, due to the fact that they have this means and provide great advantages in it. This is what the theory of uses and satiety stated: the media compete with each other to achieve the needs of individuals and satisfy their desires.

This is contrary to the findings of the student study "Rayan Barian" under the heading "The role of the media in health education for Saudi women in Riyadh", the results of which are as follows:

- \*Medical journals are the most useful media in the field of health education.
- \*Television is the second largest beneficiary of health education.
- \*The press is ranked third in terms of access to health education.
- \*Radio and the Internet rank fourth and fifth respectively in terms of utilizing the media in health education.

The reason for the difference may be due to the spatial and temporal dimension, which led to cultural and intellectual differences, and thus the results were different between the two studies.

**Table No. (08) shows the relationship between the possibility of a student falling ill and his follow-up to health programs on the Internet.**

Student illness Follow programs Health On the internet	YES		NO		The total	
	T	%	T	%	T	%
<b>Always</b>	8	16.7	42	16.7	50	16.7
<b>Sometimes</b>	40	83.3	184	73	224	74.7
<b>Scarcely</b>	-	-	26	10.3	26	8.7
<b>The total</b>	48	100	252	100	300	100

We conclude from the table that health programs are received by researchers in their different health conditions. And as an explanation of the previous findings, it can be said that the need is motivated, That is, the deteriorating state of health is often motivated by the follow-up of health programs on Internet sites This may be to provide great and distinctive features in these sites that others do not have as mentioned above, It is also natural that the category of patients is the most careful and interested in pursuing programs of a health nature because it is the highly targeted group and so that they can deal with the disease especially recently where the diseases spread rapidly.

This is what usage theory and fingerprinting have suggested that the main role of the media's recipient audience is in meeting their needs for these means, linking the satisfaction of their needs to the means they need.

This is consistent with the study of the student "Ben Mansour Ramadan" under the heading: "The role of websites in health education from cancers", where it is stated that the Internet is one of the sources of health education, as well as a study. "Nadia Moustafa Al-Eidarous, entitled: "The effectiveness of means of health education in broadcasting and disseminating health information to build Sudan's health knowledge society", states that the Internet is one of the sources of health education.

**Table No. (09) shows the relationship between the possibility of a student becoming ill and the adequacy of the number of health websites on the Internet.**

Student illness Adequacy of Health Sites on the internet	YES		NO		The total	
	T	%	T	%	T	%
Enough	8	16.7	66	26.2	74	24.7
Fairly adequate	40	83.3	142	56.3	182	60.7
not enough	-	-	44	17.5	44	14.7
<b>The total</b>	48	100	252	100	300	100

The results of the table show that the health programmes offered on the Internet are sufficient to a limited extent in the different health status of researchers. And, as an explanation of the previous findings, there could be differences in the state of health of the researchers. It is natural that the category of patients who are more careful and interested in the follow-up of programmes of a health nature that they see as inadequate at times on the one hand. And some see it as enough, because too much insight into the same field can lead to routine and boredom.

**Table No. (10) shows the relationship between the student's illness and the extent to which monitoring of health sites reflects health behaviors.**

Student illness The reflection of Monitoring health sites on Health behaviors	YES		NO		The total	
	T	%	T	%	T	%
YES	48	100	216	85.7	264	88
NO	-	-	36	14.3	36	12
<b>THE TOTAL</b>	48	100	252	100	300	100

We conclude from the table that the follow-up of health sites on the Internet receives a great response from researchers in all their health conditions. health education pages, since it is normal for patients to be affected by health education pages, Because those pages are aimed primarily at patients, because they raise issues that are relevant to all kinds of pathological conditions, With illumination on negative actions in their health system, it is a set of habits that they inherit without thinking about their health and harmful repercussions.

A non-sick group that they pursue to promote their health and prevent disease and potential epidemics, changes their health behaviors to health behaviors together.

**Table No. (11) represents the reasons for relying on the Internet to collect health information.**

Reasons for relying on the Internet to collect health information	Repetition	percentage %
Diagnosis of the disease	118	29,95
Disease prevention	150	38,07
Health promotion	80	20,30
Learn about medical developments	46	11,68

<b>The Total</b>	*394	100
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It is clear from the results of the table that most researchers follow the highly preventive health information, as the information provided by the preventive health programs has a strong impact on the recipient, and this is evidence that the health programs strive to reflect "The principle of prevention is better than treatment", with the aim of improving the conditions of the environment in which individuals live, and eliminating health problems affecting them, by taking care of all aspects of human health and warning of the risks that cause illness.

This is as the World Health Organization (WHO) noted in its annual report mentioned above in the theoretical chapter: Universal health coverage, with its full availability of high-quality services to promote health, prevention, treatment and financial risk protection, cannot be achieved without the use of research data. Research has the potential to address a wide range of questions about how to achieve universal coverage, as it provides answers to improve human health, well-being and development<sup>1</sup>.

**Table No. (12) represents the development of health awareness through following health programs on the Internet.**

<b>Developing health awareness by following programs on the Internet</b>	<b>Repetition</b>	<b>percentage %</b>
<b>Yes</b>	280	93,3
<b>No</b>	20	6,7
<b>The Total</b>	300	100

The results of the table show that research and follow-up of health websites contribute to enriching knowledge and spreading health awareness among students. As research or listener increases more exposure to health programs, health awareness increases and vice versa. This is known to researchers and media professionals. The more the public is exposed to the media, the more responsive it is.

From the theoretical point of view, health media as that kind of accurate media aimed at spreading health culture, has an important role to play in shaping health awareness. Health media enables individuals to learn about the right information and facts about health diseases they may experience throughout their lives and how to prevent them, which contributes to influencing their attitudes.

This is consistent with the master's study of the student "Ahmed Ryan Baryan" under the heading "The role of the media in health education for Saudi women in Riyadh", where he says that the media is very important in terms of health awareness.

**Conclusion:**

Our study began with a major objective centred on knowledge of the relationship between the Internet and health education at the University Student Department of Sociology and Demography at Ammar Thaligi University in Laghouat. in which we were able to highlight all aspects of theoretical and field research, By presenting all the concepts of the study, clarifying the relationship between the Internet and health education and what the implications of health site browsers on this wide web, Health education is one of the key to

\*.Sample inflation is due to the possibility of choosing more than one choice

<sup>1</sup> Report on World Health: ibid, p 11.

contributing to raising the patient's health awareness and degree of self-control of chronic and other diseases to reduce complications and living with the disease. s health and follow-up assessment, which is reflected in the quality of life with a view to promoting the concept of self-health care among members of society.

Health education is an informative process through the multiple media, the most important of which is the Internet. One of its objectives is to encourage individuals to adopt healthy lifestyle and behavioral practices in order to raise the individual's and community's health level and reduce the spread of diseases, where it is through the possession of information to the targets and then to urge them to healthy practices that promote their health.

Health education is also the most essential component of health care, because it leaves individuals feeling responsible for healthy community health, and also makes patients and their families able to identify their problems and health needs.

In order to reach the objectives of the study, three partial hypotheses were proposed, divided into dimensions and indicators, to determine the impact of independent and subordinate variables on each other and the results derived therefrom, and then circulated to the overall study society, among the most important findings:

There is a correlation between socio-demographic variables and the use of the Internet for health education, as each variable is divided into sub-variables, each of which has its own nature and features, which make for a difference in usage and results obtained.

We have also found that the follow-up of health content on the Internet contributes to the health education of the university student, through which we learn about the habits and patterns of browsing health websites and their implications. Most students always browse these websites, whether healthy or sick, and also see them as useful for health education and affecting health behaviors.

Finally, we found that there are health purposes for a student in choosing health content on the Internet. We asked about diseases and discussing them on the Internet and knowing how dangerous they are and how to prevent them. The Internet is one of the most effective media in health education and changing health behaviors into healthy behaviors. health information at all times, thus satisfying the student's needs and fulfilling his wishes.

Government and private bodies are required to open websites to disseminate health awareness among members of the community. and the development of health education programmes supervised by all institutions, including schools, universities, institutes, hospitals, government centres and other institutions directly related to individuals; That will help raise their level of health awareness, and ways of preventing diseases and epidemics.

After this study, we found that we could do other studies relevant to our study, as follows:

1. Conducting studies on chronic diseases each disease individually, knowing how to obtain health information, what their means are, and what deficiencies they seek in these means.
2. Conducting studies on the role of the Internet in health education among secondary students, being an important segment of society and prone to chronic diseases.
3. Conducting studies on the obstacles facing government and private institutions in opening health websites.
4. Conduct studies on parents and the means they use to raise their health culture, especially with regard to infant and child diseases.

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