

Cyberloafing Behavior among Nurses in Shimla District, Himachal Pradesh

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Abstract: The misuse of Internet-enabled devices while at work, known as cyberloafing, has emerged as a problem in healthcare environments where it can cause distractions, affect workflow and compromise patient care. This study investigated the prevalence of cyberloafing among nurses working in Shimla district, HP and its correlation with workload, stress, and internet use. This was a descriptive cross sectional design and 200 registered nurses were selected for the study, and the data were obtained by a structured questionnaire. Results showed that cyberloafing was moderate in nature with minor cyberloafing being more common than serious cyberloafing. An increase in workload, stress, and internet use for more than 6 hours a day were correlated with increased cyberloafing. The findings correspond with the previous nursing research that identified stressors, internet addictions, and work environment as factors affecting cyberloafing (Alqahtani et al., 2022; Chen et al., 2023; Kemer and Özcan, 2021). The study recommends that hospitals put in place a clear policy on digital use, in addition to supportive interventions in the workplace, rather than implementing a blanket ban.

Keywords: Cyberloafing, Workplace Behaviour, Internet Use, Nursing Staff

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