

Digital Sustainability Awareness and Practices among Nursing Students in Gampaha District

KAP Rasanjana¹, KHE Fernando¹, and L Lagoshan^{1#}

¹International Institute of Health Sciences, Sri Lanka

[#]lakshika@iihsciences.edu.lk

The healthcare practices should be transformed to a technological revamp, in order to contribute to efficient patient-care goals. Current study aimed to understand the awareness and practices of digital sustainability among nursing students in the Gampaha district. In this cross-sectional descriptive study, the data were collected from 357 nursing students studying in the nursing schools of Gampaha district through a structured, online, self-administered questionnaire. The Cronbach's alpha for every variable used in this study was higher than 0.7. The response rates below 50% were interpreted as low, as they indicated less engagement. The participants were selected via simple random sampling method, and they aged from 18 to 25 years old (79.8%, n=285), with a female majority (89.4%, n=319) and single (96.6%, n=345). Most respondents were diploma students (54.9%, n=196) at either government (54.3%, n=194) or private institutions (45.7%, n=163), revealing that 70.3% (n=251) had prior knowledge of digital sustainability. Despite this, detailed understanding was limited, with only 0.6% (n=2) extremely aware and 47.3% (n=169) moderately aware. Sustainable practices engagement varies: 26.9% (n=96) ranging from digital document sharing to e-waste recycling and it was notably low 2.8% (n=10). More than half of the students (57.4%, n=205), rated that they have a 'good' understanding of the environmental impact of digital technologies. However, a small fraction informed about institutional sustainability initiatives (4.5%, n=16). Out of the participants, 84.3% (n=301) found digital tool usage, as clear and logical, and 61.1% (n=218) use them independently. Daily digital device usage was most common, with 50.4% (n=180) of participants using devices for 3-4 hours. The main obstacles to adopting sustainable practices were a lack of motivation (19.3%, n=69) and financial limitations (19.0%, n=68). Implementing sustainable digital practices impacted student engagement, with 44.5% (n=159) reporting a decline in these practices. This study highlights the presence of a profound basic awareness on digital sustainability among the participants, with a moderate level of its practice in day today life.

Keywords: *sustainability, nursing education, tech in healthcare, environmental impact, educational reform*