

An Experimental Study to Assess the Effectiveness of Need Based on Digital Detox Program Regarding the Overuse of Social Media among B.Sc. Nursing Students at College of Nursing Dehradun

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Abstract: **Background:** Social media is a computer platform that allows users to exchange information with others worldwide via text, emails, photos, videos, and signs. Collaborations, exchange of content, and communication are its primary foci. Social media is crucial because it fosters a sense of community and supports people's real-world development in a variety of spheres, including business, relationships, and personal development. However, a huge portion of the population these days is addicted to social media, particularly college and high school students. This has an adverse effect on people's physical and mental health, which is why the goal of this digital detox program was to increase awareness of responsible usage and decrease the amount of overuse or addiction to social media. **Objectives:** To assess the effectiveness of digital detox program regarding overuse of social media among B.Sc. Nursing students. **Materials and Methods:** Pre-experimental study design, or a single group pre- and post-test design, was used for this topic. A probability simple random sampling methodology was used to choose a total of sixty samples, and the lottery method was employed in accordance with the selection criteria. A semi-structured scale was employed to evaluate the excessive usage of social media by Dehradun's nursing students. A pre-test was administered on the first day, and on the seventh day, a digital detox program was implemented. The efficacy of the program was assessed by comparing the knowledge scores from the pre- and post-tests using both descriptive and inferential statistics. **Results:** As per the results, there were five students in the 17–18 age group, forty-two in the 19–20 age group, and thirteen in the 21–22 age group. There were 60 pupils total, with 5 boys and 55 females. All sixty students reside in dorms. Of the sixty kids, forty-six had one digital device, ten had two, three had three, and one student had four or more digital devices. Of the sixty students, two use WhatsApp exclusively; two use WhatsApp and Instagram; seven use WhatsApp, Instagram, and SnapChat; forty-six use WhatsApp, Instagram alone. Of them, 0 utilize Snapchat, YouTube, Instagram, and WhatsApp, Students from LinkedIn and 02 utilize dating apps in addition to WhatsApp, Instagram, Snapchat, YouTube, and LinkedIn. Based on pre-test results, zero percent of pupils use digital media in a healthy way, twenty percent have mild toxicity, sixty-five percent have moderate toxicity, and fifteen percent have severe toxicity. The post-test results show that 75% of students use digital media in a mildly toxic way, 25% use it in a moderately toxic way, and 0% use it in a severely hazardous way. The outcome shows that the pre-test knowledge score had a mean value of 74.93333, which was higher than the post-test knowledge score of 56.15. It demonstrates the efficacy of the digital detox program in reducing excessive social media use among B.Sc. Nursing students. The demographic variables, namely age, gender, place of residence, number of digital devices, type of digital apps used, duration of social media use, and kind of digital device, have a Chi square value of 0.2519 less than the tabulated value at 0.05 level of significance; mothers' education is 1.7236, fathers' education is 2.43661; mothers' occupation is 0.07374, and fathers' occupation is 1.32. **Conclusion:** The majority of students were utilizing digital media extensively and for extended periods of time. Students learn about the negative consequences of using digital media and how to cut back on their usage after implementing this program for digital detoxification.

Keywords: Effectiveness, Overuse, Digital detox, Nursing students, Social media

1. Introduction

Social media is a computer platform that allows users to exchange information with others worldwide via text, emails, photos, videos, and signs. Collaborations, exchange of content, and communication are its primary foci. Social media is crucial because it fosters a sense of community and supports people's real-world development in a variety of spheres, including business, relationships, and personal development. Social media is essential to today's world because it keeps people connected in the modern world. The potential to gain popularity is what matters most to those in the content and digital marketing industries, and social media platforms give this group of people exactly the enhanced visibility they seek. The idea of a "digital detox" is very new; it first surfaced on websites around 2010. "A period of time during which a person refrains from using

electronic devices, such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world" is how the Oxford Dictionary defines the idea as of 2013. As an illustration, "eschew electronics and embark on a digital fast."⁵ When it comes to refraining from using electronic gadgets, the scientific community and the general population have distinct terminology. Typically, phrases like unplugging, timeout, detox, break, and abstinence are employed. The key similarity between these words is that they all refer to a time when using digital devices—like tablets—is prohibited. We combined all these keywords into one evaluation by using the general term "digital detox." As a means of lowering stress levels or concentrating on in-person social connection, digital detoxification is described as a "period of time during which a person refrains from using their electronic devices, such as smartphones." According to this description, a digital detox involves temporarily giving up electronic

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gadgets in order to purify oneself, much like fasting. Therefore, digital detox is not the same as detoxification programs that involve quitting alcohol or illegal narcotics permanently. Additionally, this definition emphasizes a distinction in comparison to abstinence from watching TV, which was promoted in the early 2000s and 1990s. While giving up TV was advocated because of negative assessments of the medium and its content, digital detox places emphasis on efforts to increase self-optimization and create awareness of excessive use as a means of reducing stress.

2. Material and Methods

The pre-experimental "one group pre-test and post-test design" research design was chosen for this study because it is the most appropriate for evaluating the efficacy of the digital detox program with regard to excessive social media use among B.Sc. students in the second and fourth semesters at SGRRU College of Nursing, Dehradun. Students in their second and fourth semesters of the B.Sc. Nursing program at SGRRU College of Nursing in Dehradun make up the study's population. Sixty samples, representing the second and fourth semesters of B.Sc. nursing students at SGRRU College of Nursing in Dehradun, participated in the current study. In the study, the sample was chosen using basic random procedures.

3. Instruments/ Tools

A close ended semi structured questionnaire scale was developed to fulfill the objectives of the study a careful search of literature. Such as books, journals, electronic

media, where carryout material was obtained to frame item in various area such as the level of social media addiction including questions. the tool was prepared with suggestions given by 5 experts from Mental Health Nursing department in different college. Tool was modified and tested after for content validity and reliability and final tool was prepared. The semi structured questionnaire scale consists of two parts.

Section -I consist of Socio demographic variables which consist 11 items seeking information on demographic characteristics of the students with their Age, Gender, place of living, digital devices you have, digital apps using, duration of using social media apps per day, kind of digital devices, mothers' education, father education, mothers' occupation, fathers' occupation and Section-II consist 30 Semi structured questionnaire scale regarding social media addiction. Each option carries different marks-

- 4- point for every A
- 3- point for every B
- 2- point for every C
- 1-point for every D

The response of students was categorized into four categories, healthy use, mild addiction, moderate addiction, severe addiction, Maximum score is 120 and minimum score is 30.

4. Statistical Analysis

Frequency and percentage distribution were used to analyse the demographic variables and the mean and standard deviation were calculated. Independent t' test was done for comparison of pre-test and post-test values.

Table 1: Frequency and percentage distribution of B.Sc. Nursing 1st semester and 4th semester students according to socio demographic variables, N=60

SL.NO.	Sample characteristics	Frequency (f)	Percentage (%)
1	AGE (in years)		
	• 17-18years	5	8.33
	• 19-20 years	42	70
	• 21-22 years	13	21.66
	• More than 22 years	0	0
2	GENDER		
	• Male	5	8.33
	• Female	55	91.66
3	PLACE OF LIVING		
	• Home	0	0
	• Hostel	60	100
4	No. OF DIGITAL DEVICES YOU HAVE		
	• 1	46	76.66
	• 2	10	16.66
	• 3	3	5
	• 4 or more	1	1.66
5	TYPE OF DIGITAL APPS YOU ARE USING		
	• WhatsApp only	2	3.33
	• WhatsApp and Instagram	2	3.33
	• WhatsApp,Instagram and Snapchat	7	11.66
	• WhatsApp, Instagram Snapchat YouTube	46	76.66
	• WhatsApp, Instagram, Snapchat YouTube LinkedIn	1	1.66
	• WhatsApp,Instagram, Snapchat YouTube,LinkedIn, Dating app	2	3.33
6	DURATION OF USING SOCIAL MEDIA APPS PER DAY		
	• 60-120min	16	26.66
	• 121-180min	24	40

	• 181-240 min	5	8.33
	• More than 240 min	15	25
7	KIND OF DIGITAL DEVICES YOU HAVE		
	• Mobile	48	80
	• Mobile, Laptop	10	16.66
	• Mobile, Laptop and Tablet	2	3.33
8	MOTHER'S EDUCATION		
	• No formal education	4	6.66
	• Secondary education	11	18.33
	• Higher Sec. Education	10	16.66
	• Graduate	26	43.33
	• Post graduate	9	15
9	FATHER'S EDUCATION		
	• No formal education	3	5
	• Secondary education	9	15
	• Higher Sec. Education	6	10
	• Graduate	32	53.33
	• Post graduate	10	16.66
10	MOTHER'S OCCUPATION		
	• Homemaker	47	78.33
	• Salaried	0	0
	• Government Job	8	13.33
	• Private job	5	8.33
11	FATHER'S OCCUPATION		
	• Unemployment	3	5
	• Government job	26	43.33
	• Private job	31	51.66

Table 2: Frequency and percentage distribution Of level of overuse of social media among B.Sc nursing students in pre- test and post –test, N=60

Level of overuse of social media	Score Range	Pre test		Post test	
		Frequency	Percentage (%)	Frequency	Percentage (%)
Healthy use	0-30	00	00%	00	00%
Mild toxicity	31-60	12	20%	45	75%
Moderate toxicity	61-90	39	65%	15	25%
Severe toxicity	91-120	9	15%	00	00%

Maximum score -120

Table 3: Mean and S.D of pre -test and post test score regarding on effectiveness of digital detox program regarding overuse of social media among B.Sc. Nursing students, N=60

Level of overuse social media	Mean	Mean Difference	Standard deviation	Degree of freedom	Calculate "t" value	Table value	Level of significance (0.05)
Pre test	74.93	18.783	14.162	59	9.898	2.0010	Significant
Post test	56.15		12.360				

Table 4: Association between post test score and their selected socio-demographical variables, N=60

Demographic Variables	Healthy use		Mild toxicity		Moderate toxicity		Severe toxicity		Df	Chi square	Table value	Level of significance
	f	%	f	%	f	%	f	%				
Age												
• 17-18years	0	0	4	6.66	2	3.33	0	0	9	0.2519	16.919	N.S
• 19-20 years	0	0	32	53.3	10	16.66	0	0				
• 21-22 years	0	0	9	15	3	5	0	0				
• More than 22 years	0	0	0	0	0	0	0	0				
Gender												
• Male	0	0	4	6.66	1	1.66	0	0	3	0.0726	7.815	N.S
• Female	0	0	41	68.33	14	23.33	0	0				
Place of Living												
• Home	0	0	0	0	0	0	0	0	3	35	7.815	S
• Hostel	0	0	45	75	15	25	0	0				
No. of Digital Devices You Have												
• 1	0	0	34	56.66	12	20	0	0	9	5.3522	16.919	N.S
• 2	0	0	8	13.33	2	3.33	0	0				
• 3	0	0	3	5	0	0	0	0				

• 4 or more	0	0	0	0	1	1.66	0	0				
Type of Digital Apps You Are Using												
• WhatsApp only	0	0	1	1.66	1	1.66	0	0	15	2.7881	24.99	N.S
• WhatsApp and Instagram	0	0	2	3.33	0	0	0	0				
• WhatsApp, Instagram and Snapchat	0	0	6	10	1	1.66	0	0				
• WhatsApp, Instagram Snapchat YouTube	0	0	34	56.66	12	20	0	0				
• WhatsApp, Instagram, Snapchat YouTube LinkedIn	0	0	1	1.66	0	0	0	0				
• WhatsApp, Instagram, Snapchat YouTube, LinkedIn, Dating app	0	0	1	1.66	1	1.66	0	0				
Duration of Using Social Media Apps Per Day												
• 60-120min	0	0	11	18.33	5	8.33	0	0	9	1.8709	16.919	N.S
• 121-180min	0	0	18	30	6	10	0	0				
• 181-240 min	0	0	5	8.33	0	0	0	0				
• More than 240 min	0	0	11	18.33	4	6.66	0	0				
Kind of Digital Devices You Have												
• Mobile	0	0	35	58.33	13	21.66	0	0	6	0.9106	12.59	N.S
• Mobile, Laptop	0	0	8	13.33	2	3.33	0	0				
• Mobile, Laptop and Tablet	0	0	2	3.33	0	0	0	0				
Mother's Education												
• No formal education	0	0	2	3.33	2	3.33	0	0	12	1.7236	21.03	N.S
• Secondary education	0	0	9	15	2	3.33	0	0				
• Higher sec. Education	0	0	9	15	1	1.66	0	0				
• Graduate	0	0	18	30	8	13.33	0	0				
• Post graduate	0	0	7	11.66	2	3.33	0	0				
Father's Education												
• No formal education	0	0	3	5	0	0	0	0	12	2.4366 1	21.03	N.S
• Secondary education	0	0	8	13.33	1	1.66	0	0				
• Higher sec. Education	0	0	5	8.33	2	3.33	0	0				
• Graduate	0	0	22	36.66	9	15	0	0				
• Post graduate	0	0	7	11.66	3	5	0	0				
Mother's Occupation												
• Homemaker	0	0	35	58.33	12	20	0	0	9	0.0737 4	16.92	N.S
• Salaried	0	0	0	0	0	0	0	0				
• Government Job	0	0	6	10	2	3.33	0	0				
• Private job	0	0	4	6.66	1	1.66	0	0				
Father's Occupation												
• Unemployment	0	0	3	5	0	0	0	0	6	1.32	12.59	N.S
• Government job	0	0	20	33.33	6	10	0	0				
• Private job	0	0	22	36.66	9	15	0	0				

5. Discussion

This study showed that the mean post-test of level of joint pain scores in experimental group 10.52(SD+ 2.84) was significantly lower than the mean post-test level of joint pain scores in control group 13.16 (SD + 2.66) and mean difference is 2.64. The Independent 't' value was 3.39 which was significant at P < 0.05 level. And the mean post-test of level of stiffness scores in experimental group 4.08(SD+ 1.35) was significantly lower than the mean post-test level of stiffness score in control group 6.88(SD + 1.142) and mean difference is 2.8. The Independent 't' value was 7.93 which was significant at P < 0.05 level. And the mean post-test of level of difficulty in physical function scores in experimental group 26.24(SD+ 8.006) was significantly lower than the mean post-test level of difficulty in physical function scores in control group 47.96 (SD + 5.98) and mean difference is 21.45. The Independent 't' value was 10.91 which was significant at P < 0.05 level. Therefore, it can be said that the hot water application with Epsom salt was found to be effective in reducing the level of joint pain, stiffness and physical function among women suffer from joint pain.

6. Ethical Consideration

The study was accepted and recommended by a research committee and formal permission was obtained from the principal of Shri Guru Ram Rai University, College of Nursing, Patel Nagar, Dehradun. Confidentiality was assured to all subjects to get their cooperation. Informed consent of each subject was obtained before administering research tools to them and subjects were informed that their participation was voluntary and had the freedom to withdraw from the study.

Conflict of Interest

None declared

Financial Support

Nil

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