

A Pre-Experimental Study to Evaluate the Effectiveness of Structure Teaching Programme on Knowledge Regarding Side Effect of Mobile Addiction among B.Sc Nursing Students of Alwar Nursing College at Alwar

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Abstract: Aim: The study aims to evaluate the effectiveness of structured teaching program (STP) on knowledge regarding side effect of mobile addiction among B.sc nursing students of Alwar nursing college at Alwar. Methodology: A pre experimental one group pre-test- post-test research design and quantitative research approach were used in the study. The sample consisted of 60 students of B.Sc. nursing students. Objectives of the study: To assess the pre-test knowledge, To assess the post-test knowledge, compare pre test & post test, To determine the association between post-test knowledge regarding side effects of mobile addiction among B.Sc. nursing student of Alwar Nursing College, Alwar with their selected socio-demographic variables. Result: The overall mean knowledge score obtained in the pre-test was 11.16 % and 41.13% in the post-test. The statistical Paired-‘t’ test indicates that enhancement in the mean knowledge scores were found to be significant at 0.02 percent level for all the aspects under the study. The association between mean percentage knowledge score and demographic variables were computed by using Chi-square test. There was no significant association between demographic variables and the mean knowledge scores. However, there was significant association between source of information regarding mobile addiction and its management and the pre-test mean percentage knowledge scores.

Keywords: STP Structured Teaching Programme, X² Chi-square, H Hypothesis, SD Standard deviation, P Probability, D f Degree of freedom, n Sample size, M Mean, S Significant, NS Not significant

1. Introduction

Technological inventions have been carried out by modern people in easing their life to be more flexibility and reasonable in order to be able to overcome upcoming challenges and compatible to the globe. Such mobile phones have become such a massive part of our lives. And it has become a distinctively personal item.

Mobile phone addiction can have adverse effects on a person's health as well as his/her social life. And the fact that it is a phobia makes it bad anyway. With the massive worldwide growth in mobile connections, it has made us dependent on the usage of mobile phones to stay in contact with our near and dear ones 24x7.

In the last 20 years, worldwide mobile phone subscriptions have grown from 12.4 million to over 5.6 billion, penetrating about 70% of the global population. Its usage has also become an important public health problem as there have been reports of plenty of health hazards, both mental and physical, in people of all age groups, On 31 May 2011 the World Health Organization confirmed that cell phone use indeed represents a health means, and classified mobile phone radiation as a carcinogenic hazard, possibly carcinogenic to humans.

Mobile addiction is the fear of being out of mobile phone contact. If a person is in an area of no network, has run out

of balance or even worse run out of battery, the persons gets anxious, which adversely affects the concentration level of the person. In recent times there seems to have been a transformation of the cell phone from a status symbol to a necessity because of the countless perks that a mobile phone provides like personal diary, email dispatcher, calculator, video game player, camera and music player.

Young cell phone users have fallen into Mobile addiction type of cell phone addiction, Which is acquiring an unstoppable habit of e-mailing or texting friends, playing games, downloading pictures and music.

Mobile phone addiction is a kind of phobia or fear of losing mobile phone, fear refers to an emotion which is felt by both animals and people as an instinctual response to potential danger. In this context, people simply feel fear and insecure when they could not find their mobile phones is because they feel potential danger is threatening their life.

Hought, 2012 side effect of mobile addiction usually happens among the younger group of age range 18 to 24. Younger group whom age range 18 to 24 also refers to college students in which they fall into this age categories. Side effect of mobile phone addiction is affecting college students as they want to be in contact with their family members and friends on a 24- hour basis. This group of people has strong need of attachment on socialization which result them in exposing to a wider possibility of getting side effect of mobile phone addiction Like researcher, it has

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concluded that, 77% of people whom aged between 18 to 24 are suffering from side effect of mobile addiction.

Garcia-Montes 2012 The use of mobile phones has invaded to the teenagers' life probably college students age 18 to 24 who owns at least a mobile phone, 80 percent of those who aged 15 to 24 used mobile phones regularly in Europe countries. Just because mobile phones had been designed in a sophisticated way through the increment in their functions, it indeed becomes so much convenient and friendly-user to the consumers. Mobile phones today are more approachable especially to the college students or youngsters in every aspect such as creativity, security, entertainment, lifestyle, health, education, productivity and usage like calls and text messaging (**McGregor, 2009**). Thus, college students and the youngsters have relied so much on their phone in staying contact with the latest trend and their friends and family. Besides, they tend to play games that provided in their mobile phones to kill their boredom.

2. Methodology

Statement of the Problem:-

A Pre-Experimental Study to Evaluate the Effectiveness of Structure Teaching Programme on Knowledge Regarding Side Effect of Mobile Addiction among B.Sc Nursing Students At Alwar Nursing College, Alwar

Objectives of the study:

- 1) To assess the pre-test knowledge regarding side effects of mobile addiction
- 2) To plan & Implement structured teaching program on knowledge regarding side effect of mobile addiction.
- 3) To assess the post-test knowledge regarding side effects of mobile addiction
- 4) To determine the association between post-test knowledge regarding side effects of mobile addiction among B.Sc. nursing student of Alwar Nursing College, Alwar with their selected socio-demographic variables

Hypothesis:-

H1: There will not be a statistically significant difference between pre-test. And post- test knowledge scores on mobile addiction among B.Sc. nursing students of Alwar Nursing College, Alwar.

H2: - There will be no significant association between knowledge score of B.Sc. nursing students with their selected demographic variables.

Setting of the study: This study was conducted in Alwar Nursing College at Alwar. from 3 January 2024 to 10

January 2024.

Sample size: The sample size includes BSc nursing 60 students who fulfilled the inclusion criteria.

Sampling technique: In the present study students were selected by Simple random sampling technique by the investigator.

Description of the Tool:

Section-A: deals with demographic data consist of 10 Items used to collect the sample characteristics, which comprises of age, sex, religion, marital status, type of family, habitat, how far long they using mobile phone, money spending for recharging phone in a month, speaking hours in a mobile phone, monthly income.

Section-B: consists of 30 items, which has the knowledge questions about the knowledge of mobile addiction using multiple choice questions.

There were 30 statements covering knowledge questions items with 4 options out of which one is the correct response. For every correct response a score of "one" and for every wrong response a "zero" was awarded. There were 30 knowledge questions with a maximum score is 30 and minimum score is zero.

Reliability of the Tool: Using test re-test method the item score were analyzed and by Split Half method, reliability coefficient was found out. The reliability coefficient was found to be 0.76. It was statistically significant *and thus highly reliable*.

Pilot Study: The pilot study is a small preliminary investigation of the same general character as the major study. The main aim is to assess the feasibility, practicability and assessment of measurement.

3. Result

Table 1: Frequency and percentage distribution of respondents on the basis of pre and post-test knowledge score

Categories	Pre-Test Score		Post- Test Score	
	Frequency	%	Frequency	%
Adequate	01	1.6 %	57	95.0 %
Moderate	05	8.3 %	3	5.0 %
Inadequate	54	90 %	0	0.0 %
Total	60	100.0 %	60	100.0 %

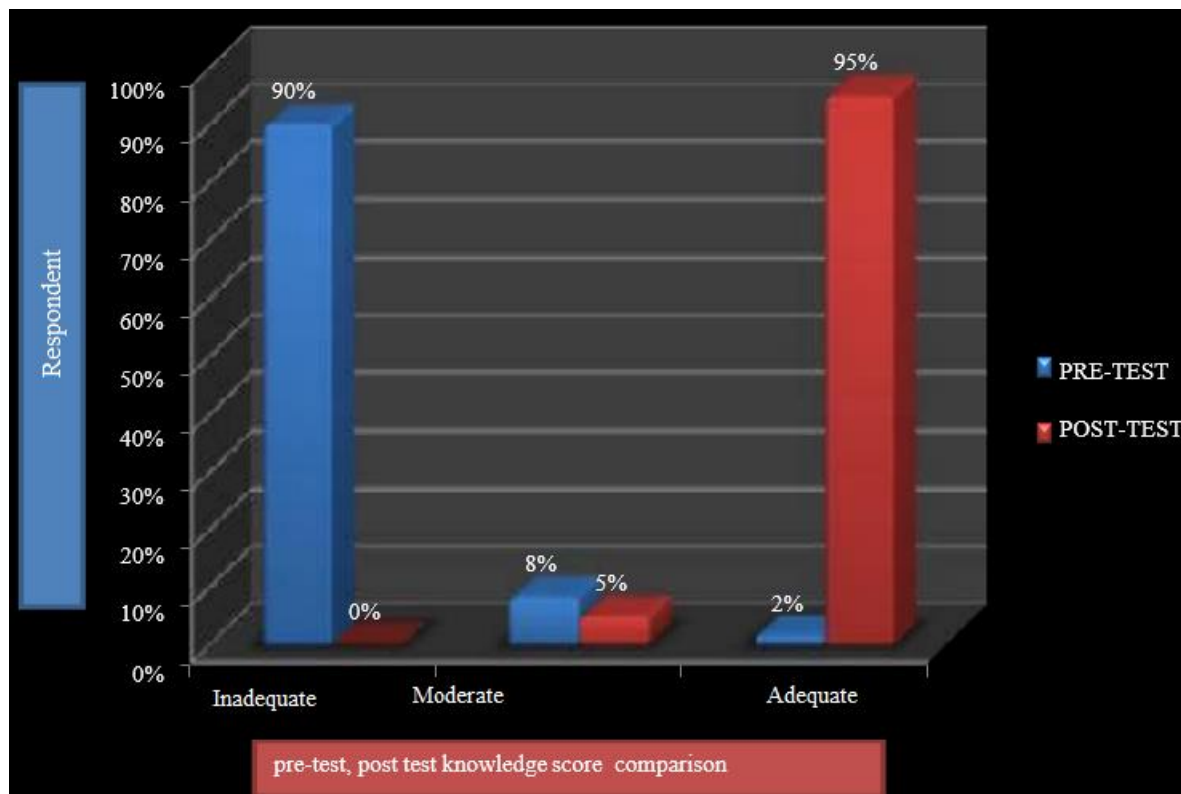


Figure: Frequency and percentage distribution of respondents on the basis of pre and post-test knowledge score

Table- and Fig- shows that at the pre-test and post-test based on knowledge. On the pre- test among the 60 students pre-test 54(90%) was Inadequate mobile addiction, 05(8.3%) was in moderate mobile addiction. 1(1.6%) was in the adequate level of mobile addiction. In the post-test 57(95.0%) was in mild level and 3 (5.0%) moderate level of mobile addiction and none of them in severe level of mobile addiction.

4. Discussion

The first objective was to assess the level of dependence of mobile phones among the B.Sc. nursing students of Alwar Nursing College at Alwar

The assessment of the level of dependence of using the mobile phone among the B.Sc nursing students On the pre-test among the 60 student's. Pre- test 54 (90%) was inadequate Knowledge on mobile addiction, 05(8.3%) was in moderate Knowledge. 1(1.6%) was in the adequate Knowledge. Assessment of pre-test mean value 6.7 with standard deviation of 52.008 and standard error mean was 6.708 It reveals that, students' needs STP to improve their level of knowledge for reducing the mobile addiction.

The second objective was to evaluate the effectiveness of STP on reduction in level of mobile addiction among the B.Sc. nursing students of Alwar Nursing College at Alwar. Shows that, in the post-test based on knowledge questionnaire.57 (95.00%) was having adequate Knowledge and 3 (5.00%) moderate level of Knowledge.

Post-test mean value 24.68 and standard deviation 189.583 and standard error mean 24.47. Table reveals that the mean standard deviation of improvement of score for effectiveness of STP measures selected among selected 60 students. The

improvement of score of mean value was 17.98 with the standard deviation of 137.575 and the 't' test values was 132.45. Which was statistically significant and it was concluded that the STP by the investigator was effective for the students with mobile addiction.

The third objective was to compare pre-test and post-test reduction level of mobile addiction among the B.Sc. nursing students of Alwar Nursing College at Alwar.

It shows that at the pre-test and post-test based on knowledge questionnaire. On the pre-test among the 60 students pre-test 54 (90%) was inadequate mobile addiction, 5(8.3%) was in moderate mobile addiction. 1(1.6%) was in the adequate level of mobile addiction. In the post-test 57(95.00%) was in adequate level of mobile addiction and 3 (5.00%) moderate level of mobile addiction and none of them in inadequate level of mobile addiction. The mean standard deviation of improvement of score for effectiveness of STP measures selected among selected 60 students. The improvement of score of mean value was 17.98 with the standard deviation of 137.57 and the 't' test values was 132.45 Which was statistically no significant. ($p > 0.02$)

The fourth objective to associate the effectiveness of STP on reduction in level of mobile addiction with their selected demographic variables. there is association between the effectiveness of STP in reducing level of mobile addiction among 60 students with selected demographic variables of students such as age, sex, habitat, marital status, family system, religion, how far long using mobile phone, money spending for recharging phone in a month, speaking hours in a mobile phone, monthly income family.

5. Conclusion

The present study evaluates the effectiveness of structured teaching programme on knowledge regarding mobile addiction among B.Sc. nursing students of Alwar Nursing College, at Alwar. From the findings of the study, it is concluded that after giving intervention adequate knowledge was 95% and moderate knowledge was 5% out of total 60 samples.

Implication of the study

The findings of the study have implications for nursing education, nursing practice, nursing administration and nursing research.

6. Summary

The present study was conducted to assess the effectiveness of STP on reduction in level of mobile addiction among the B.Sc. nursing students of Alwar Nursing College at Alwar. 60 students who met inclusion criteria had been selected by using random sampling technique. The investigator first introduced him to the students and developed a rapport with them.

The pre- test was conducted among the students with the knowledge questionnaire regarding of mobile addiction. Then the STP was given. Seven days after the post- test was conducted by using same evaluation tool. The data collected was grouped and analyzed by using descriptive statistics and inferential statistics.

The pilot and main study conducted in the month of February 2024. The review of literature enables the investigator to develop the methodology and conceptual framework for the study and plan for data analysis. The conceptual framework adopted was based on general system theory. Sample consist of 40 students and data collection procedure was structured questionnaire. The analysis of the data was done using descriptive statistics like number, percentage, mean standard deviation, percentage mean and inferential statistics method such as 't' test.

The significant findings of the study are as follows: -

- 90 % of the selected subjects were having inadequate knowledge, 8.3% were having moderate knowledge & 1.6 have adequate knowledge regarding SIDE EFFECT OF MOBILE Addiction in pre - test.
- 0% of the selected subjects were having inadequate knowledge, 5% were having moderate knowledge & have 95% adequate knowledge regarding SIDE EFFECT OF MOBILE Addiction in post - test.
- The 't' value was found to be 13.45
- First and foremost I thank God Almighty for the copious grace and blessings that He had

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