A Descriptive Study to Assess the Knowledge and Attitude Regarding the Psychological Impact of Overindulgence in Mobile Phone among Adolescence of Selected College of Nursing in Lucknow with a View to Develop an Information Booklet

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ABSTRACT

Smartphones have become undoubtedly paramount part of adolescence life. It is a gadget which can facilitate management of daily life more efficiently. Despite its benefits the psychological impact induced by it on its users cannot be ignored. The excessive usage of smartphones is raising serious concerns among health and educational authorities due to its negative effect on adolescents.

In this study a descriptive research design was used to assess the knowledge and attitude regarding the psychological impact of overindulgence in mobile phone among adolescence of selected college of nursing in lucknow with a view to develop an information booklet.

Results revealed that in the total no of 50 subjects, majority of the subjects had average knowledge i.e. 60%, 38% had good knowledge and 2% had poor knowledge regarding the psychological impact of overindulgence in mobile phone. Majority of the subjects 38(76%) belonged to the age group of 18-20 years, followed by 10(20%) of the subjects belonging to the age group of 21-22 years and 2(4%) belonged to the age group of 23-24 years of age. In this study 10(20%) were males and 40(80%) were females. The mean of knowledge score is 6.98 with SD 1.56. The chi square test depicts only type of place being associated with knowledge score, whereas no other demographic variable shows any significant association with knowledge score. In attitude score majority of the subjects (58%) belonged to the attitude score of 22-42 had average attitude, 34% subjects belonged to the attitude score of 43-64 had good attitude and 8% subjects belonged to the attitude score of (1-21) had poor attitude regarding the psychological impact of overindulgence in mobile phone.

The results obtained concluded that the majority of adolescence had an average knowledge and attitude regarding the psychological impact of overindulgence in mobile phone. This study presents a significant association between the type of place and knowledge score of adolescents and a significant association between the age and gender and the attitude score of adolescents, whereas there has been no significant association being indicated between the other demographic variables in association with knowledge and attitude score. Therefore a deeper understanding of the psychological impact induced by overindulgence in mobile phone would be helpful for developing effective therapies and preventing programs according to the needs of adolescents.

KEYWORDS: knowledge, attitude, information booklet, psychological impact, overindulgence, adolescence

INTRODUCTION

HEALTH; is a state of complete physical mental and social well - being and not merely the absence of disease or infirmity [1].

MENTAL HEALTH; a state of wellbeing in which the individual realize, his or her own abilities can cope with normal stress of life [2].

ADOLESCENCE: is a transitional stage of physical and psychological development that generally occurs during the period from puberty to adulthood. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later [3]

The first handle phone was demonstrated by John F. Mitchell and Dr. Martin Cooper of Motorola, almost four decades ago in 1973, since then the mobile phone subscriptions have grown from 12.4million to over 5.6 billion penetrating about 70 percent of the global population [4].

The mobile phone today has become lifeline for many. It is estimated that around 4.5 billion people use mobile phone worldwide .And it comes as no surprise that huge portion of this quantity consist of the youth. The mobile phone is more of a necessity for them than a luxury. Various services conducted on the youth worldwide have presented a picture where mobile phone is being considered as an integral part of survival where as some youngsters have gone to such an extent of saying that they would rather go without a food for a day than without their mobile phones [5].

The increase in mobile phone usage is most significant in adolescent as compared to other developmental stages as its attributes and characteristics makes it especially attractive to them and encourage its use among members of this group. However, despite of being an extraordinary useful tool, the excessive use of mobile phones interferes with other activities in daily life, alters the rules for interpersonal relationship and can affect the user's wellbeing [6].

Not surprising then, this addiction of human's to mobile phones has even led to a new term being coined –NOMOPHOBIA (the fear of being out of mobile phone contact!) Where a study in Britain found that 58% of male and 48% of females suffer from this phobia, and an additional 9% feels stressed when their mobile phones are off [7].

Smartphone's addiction produces a wide range of psychological impact on adolescence causing depression, anxiety, loss of appetite, lack of attention, prolonged stress and sleep disturbance. Parents are bothered that youngsters are drowning in messages about sex, smoking, drinking and are becoming the host of the products that threaten their mental wellbeing. The innovation displayed through the revolution in information and technology is restating the outline of human existence at physical, social and psychological planes. Accompanied by the competitive pressures due to the rapidly changing world; has produced daunting challenges and high risk particularly for the Indian adolescence struggling for day to day self-image and self- esteem . The greater use of mobile phone has led to an increase in individual level psychopathology such as loneliness, attention-deficits, disruptions in family functioning; unrealistic aspiration and value for materialistic objects are often seen dominating their lives [8].

The effects of excessive use of mobile phones are raising serious concerns among health and education authorities due to its negative effects on adolescences. It can be associated with difficulties in cognitive – emotion regulation, impulsivity, impaired cognitive function, addiction to social networking, shyness and low self- esteem [9].

Media technology has become most important part of today's life style in the twenty-first century .It become the integral part of children's lives. Teenagers have previously lagged behind adults in there owner ship of cell phone last several years of data collected by the Pew Internet and American life project shows that those ages 12-17 are closing the gap in cell phones ownership 45% of teens had a cell phones, in 2006 in -65% and then 71% in early 2008 [10].

Shangliao Sun, (sep 3,2021) Published a statistical data on number of smart phone users in India in 2010 to 2020 .The country had the world second largest internet population at over 748 million users in 2020, with the number of smart phone users worldwide forecasted to exceed to billion users in 2040 [11].

Shangliao Sun conducted the survey by the Mobile Ecosystem Forum from November to December 2019, which showed that the highest penetration rate among smart phone uses in INDIA was in the age groups of 16 -24 years, with 37% [12].

According to Global Consumer survey in 2017.US Edition. By age group, smart phones penetration is the highest among age 18-24 years old at a staggering 93% Source-US edition, Delaitte Global mobile consumer survey BASE – Smart phones owners 2014-2015 [13].

According to Telecom regularity authority of India New Delhi, 28January 2001 A survey state that in Up (E) –total population of cell phone users are 87.58%-

351008(people) Up (w)-total population of cell phone users are 87%-238220(people) [14].

The total number of internet subscribers increases to 780.27 million in May 2021 in India [15]. According to above given data it was reveal that the Indian teenagers are too much involve with their cell phones, hence it may affect their mental health and they become more dependent to the internet sources rather than books and environment. This type of dependency May also lead to antisocial behaviour among children's and develops introvert personality.

Material and methods
Design
The research design used in this study was non-experimental Descriptive study design.

Sample
A total of 50 adolescence were selected through convenient sampling technique who met inclusion criteria. Subjects who were not willing to participate in study or with any known psychiatric illness were excluded from the study.

Tools
Various tools used to collect the data were:

Self- structured questionnaire regarding knowledge and attitude
Total numbers of questions were 25.

Data collection schedule and procedure
Ethical permission
Permission to conduct the study was taken from the Principal of Dr. Achal Singh Yadav Institute of Nursing and Paramedical science Lucknow.

Procedure of data collection
A separate class room was allotted to the researcher for making the atmosphere conducive for interviewing the participants. Participants were fulfilling the inclusion criteria were enrolled in the study. Participants were informed about the purpose of the study, possible risks, benefits and confidentiality of their information before conducting interview. Written informed consent was obtained from the study participants. After making participants comfortable, they were interviewed by using various tools i.e. socio-demographic profile, and Self-Structured Questionnaire.

Data analysis
Analysis of data was done in accordance with the objectives laid down for the study using descriptive and inferential statistics in SPSS software version 20.0, chi square test for association, and Cronbach's Alpha (a) correlation, split half methods were used for assess the reliability of tools and analyze the data.

Result:
Findings of the study revealed that-

Majority of the adolescent nursing students in this study 38(78%) belong to the age group of 18-20years, followed 10(20%)belong to the age group of 21-22 And 2(4%) belong to the age group of 23-24years.

Majority of the adolescent nursing students Female 40(80%) and remaining 10(20%) were male.

The study shows majority of the adolescent students 32(64%) were belongs to rural and remaining students 18(36%) were belong to urban.

Majority of Adolescent's Father 30(60%) were having Graduate, 7(10%) were Post –Graduate, 6(12%) were having primary education, 5(10%) were having Secondary education and 2(4%) were having No formal education.

- Majority of the adolescent's Mother 20(40%) having Graduate, 10(20%) were having Primary Education,9(18%)were having Secondary Education, 6(12%) were having Post – Graduate, 5(10%) were having no formal education.

The study shows that Majority of Adolescent's 29(58%) were from nuclear family, 21(42%) were from joint family and 0% from broken family .

Majority of the students 20(40%) were having previous Knowledge through Teacher, 19(38%) were having previous knowledge through Parents, 11(11%) had previous knowledge through Media .

DISCUSSION AND CONCLUSION
Nursing can be described as both an art and science: a heart and mind. At its heart, lies a fundamental respect for human dignity and an intuition for a patient's need. This is supported by the mind, in the form of rigorous core learning. The present study was conducted **to assess the knowledge and attitude regarding the psychological impact of overindulgence in mobile phone among adolescence of selected college of nursing in Lucknow with a view to develop an information booklet**, following conclusion was drawn from the present study.

This section discusses the findings of the study derived from the statistical analysis. The study was "A descriptive study to assess the knowledge and attitude regarding the psychological impact of overindulgence in mobile phone among adolescence of selected college of Nursing in Lucknow with a view to develop an information booklet." The discussion is based on the objectives and hypothesis specified in the study.

Study shows the majority of the knowledge score of Adolescence of selected college of nursing students regarding overindulgence in mobile phone was good knowledge i.e 38%, 60% of the students having average knowledge and 2% students had poor knowledge. The minimum score of the knowledge was 3 and maximum score was 10. In attitude score 58% of the student had average attitude regarding overindulgence in mobile phone and 34% had good attitude and 8%had poor attitude regarding overindulgence in mobile phone . The minimum score of the attitude was 17and maximum score was 64.A similar finding has been reported.

Table no.1. Frequency and percentage distribution of socio demographic characteristics of adolescence nursing students.

N=50

S.NO	DEMOGRAPHIC VARIABLE		FREQUENCY (f)	PERCENTAGE (%)
1	AGE	18-20	38	76
		21-22	10	20
		23-24	2	4
2	GENDER	Male	10	20
		Female	40	80
3	TYPE OF FAMILY	Nuclear	29	58
		Joint	21	42
		Broken	0	0
4	AREA OF RESIDENT	Rural	32	64
		Urban	18	36
5	FATHER EDUCATION	No-formal education formal	2	4
		primary	6	12
		secondary	5	10
		graduate	30	60
		post graduate	7	14
6	MOTHER EDUCATION	No-formal education formal	5	10
		primary	10	20
		secondary	9	19
		graduate	20	40
		post graduate	6	12
7	SOURCE OF INFORMATION	Teacher	20	40
		Parents	19	38
		Media	11	22

Table no.2 Frequency and percentage distribution of knowledge score.

N=50

Level ofknowledge	Frequency	Percentage %
Good (8-10)	19	38%
Average (4-7)	30	60%
Poor (1-3)	1	2%

The above table shows the frequency and percentage distribution of knowledge score of adolescence regarding psychological impact of overindulgence in mobile phone. The table depicts that 19(38%) of adolescents had good knowledge, 30(60%) had average knowledge whereas 1(2%) had poor knowledge regarding the psychological impact induced by overindulgence in mobilephone.

Table no. 3. Frequency distribution of mean and standard deviation of knowledge score regarding psychological impact of overindulgence in mobile phone.

N=50

Knowledge score	Min score	Max score	Mean	SD
Knowledge regarding psychological impact of overindulgence in mobile Phone.	3	10	6.98	1.56

This table shows that the mean and SD distribution of knowledge score regarding the psychological impact of overindulgence in mobile phone. This table reveals that theminimum score of the adolescent was 3 and maximum score was 10 whereas the mean of knowledge score is 6.98 with SD 1.56.

Table no-4:- Association of knowledge score regarding the psychological impact of overindulgence in mobile phone with their socio demographic variable

s.no	Demographic variable	Good	Average	Poor	Calculated value	Table value	DF	Significance Level
1.	**Age in years** 18-20 21-22 23-24	11 1 1	24 8 1	3 1 0	2.1825	9.49	4	NS
2.	**Gender** Male Female	3 10	7 26	0 4	1.016	5.99	2	NS
3.	**Education status of father** No formal education Primary Secondary Graduate Post graduate	0 1 1 9 2	2 5 3 18 5	0 0 1 3 0	4.085	15.51	8	NS
4.	**Education status of mother** No formal education Primary Secondary Graduate Post graduate	2 2 3 4 2	4 9 6 10 4	0 1 1 3 0	2.480	15.51	8	NS
5.	**Type ofplace** Urban Rural	8 5	10 23	0 4	6.375	5.99	2	Significant
6.	**Type offamily** Nuclear Joint Broken	11 2 0	18 15 0	1 3 0	4.948	9.49	4	NS
7.	**Source of knowledge** Teacher Parents Media	6 4 3	12 13 8	2 2 0	1.638	9.49	4	NS

Table no-5:- Frequency and percentage distribution of attitude score.

N=50

Attitude	Frequency	Percentage%
Good (43-64)	17	34%
Average (22-42)	29	58%
Poor (1-21)	4	8%

The above table shows the frequency and percentage distribution of attitude score of adolescence regarding psychological impact of overindulgence in mobile phone. This table depicts that 17(34%) had good attitude, 29(58%) had average attitude and 4(8%) had poor attitude regarding the psychological impact induced by overindulgence in mobile phone.

Table no. 6- Frequency distribution of mean and standard deviation of attitude score regarding the psychological impact of overindulgence in mobile phone.

N=50

Attitude score	Min score	Max score	Mean	SD
Attitude regarding psychological impact of overindulgence in mobile phone.	17	64	40.3	10.77

This table shows that the mean and SD distribution of attitude score regarding psychological impact of overindulgence in mobile phone. This table reveals that minimum score of the adolescents was 17 and maximum score was 64 whereas the mean of attitude score is 40.3 with SD 10.77.

Table no-7:- Association of attitude score regarding the psychological impact of overindulgence in mobile phone with their socio demographic variables.

S.no	Demographic variable	Good	Average	Poor	Calculated value	Table value	DF	Significance level
1.	**Age in years** 18-20 21-22 23-24	17 1 0	20 7 1	1 2 1	11.473	9.49	4	Significant
2.	**Gender** Male Female	2 20	8 16	0 4	7.458	5.99	2	Significant
3.	**Education status of father** No formal education Primary Secondary Graduate Post graduate	0 3 3 12 1	2 2 3 15 5	0 1 0 2 1	5.624	15.51	8	NS
4.	**Education status of mother** No formal education Primary Secondary Graduate Post graduate	1 4 5 7 4	5 6 5 8 1	0 2 0 2 0	8.374	15.51	8	NS
5.	**Type ofplace** Urban Rural	6 12	10 18	2 2	0.3954	5.99	2	NS
6.	**Type offamily** Nuclear Joint Broken	9 9 0	19 9 0	2 2 0	1.636	9.49	4	NS
7.	**Source of knowledge** Teacher Parents Media	6 8 4	9 12 7	4 0 0	9.393	9.49	4	NS

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