

A Study to Assess the Effectiveness of Self-Instructional Module on Knowledge Regarding Health Hazards of Mobile Phone Addiction and Its Prevention Among 2nd Year GNM Students in Selected College at Barabanki, Uttar Pradesh

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ABSTRACT

Present research aims to study the effectiveness of Self-Instructional Module on Knowledge Regarding Health Hazards of Mobile Phone Addiction and Its Prevention Among 2nd Year GNM Students. The study employed quasi-experimental research design with one-group pre-test-post-test design. Total 60 students studying in GNM nursing of Hind College of Nursing at Barabanki, (U.P) were selected by random sampling technique. Data collection tool used was structured knowledge questionnaire. Statistical measures used for data analysis was mean, median, standard deviation and chi-square. Result revealed that GNM 2nd year students had 37.5% in the pre-test and after the administration of information booklet, scored 70.83% in post-test hence they gained 88.88% knowledge score. This study concludes that self-instructional module (information booklet) plays a vital role on increasing the level of knowledge regarding health hazards of mobile phone addiction and its prevention among GNM 2nd year students.

KEYWORDS: *Self-Instructional Module, Mobile Phone Addiction, GNM*

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INTRODUCTION

Phone addiction is the obsessive use of a smart phone. The behavioural addition is often dubbed as “Nomophobia”, or the fear of being without a mobile device. People with a phone addiction may experience anxiety, agitation and disorientation if they are unable to use their smart phone.

Mobile phone addiction and withdrawal from mobile network may increase anger, tension, depression, irritability and restlessness which may alter the physiological behaviour and reduce work efficacy.

The World Health Organization has classified mobile phone addiction as a form of nonsubstance addiction. Excessive use of mobiles is an acquired compulsive behavioural pattern, consuming time and resources. Despite of the awareness of the consequences, there is persistent escalation of this behaviour. New disorders such as nomophobia or “no mobile phone” phobia and ringxiety have emerged from the excessive use of mobiles. Ringxiety is a “phantom” experience where a person hallucinates that his mobile is ringing or

vibrating, without actually receiving any call or message.

NEED FOR THE STUDY

Globally study states that compared to teens who only spend an hour on electronic devices daily, teens who spend 5 or more hours a day on electronic devices are 71% more likely to exhibit suicide risk factors. 47% of parents surveyed believe their child has a smartphone addiction. In the 18–29-year-old age category, 22% of smartphone using respondents admitted to checking their device every few minutes. 41% teenagers feel over whelmed by the quantity of notifications they receive on a daily basis. Rather than in – person interaction, 33% of teens spend more time socializing with close friends online. Recent studies have observed that smartphone over use has been associated with disturbance in sleep, day time activity and performance among students, which encompasses the domains of biorhythms. It has been estimated that smartphone addiction magnitude in India ranged from 39% to 44 % as per fixed effects calculated ($P < 0.0001$).¹⁰

Prevention of mobile phone addiction and its consequences among adolescent/ nursing student can be handled by making them aware of its factors, safety use and precautions. The above statistics shows that there is an increased prevalence of problems associated with cell phone use especially in adolescence. From all this information we (investigator) felt the importance of assessing the knowledge of nursing student on the problem related to mobile phone addiction and need to educate to them regarding the safe and appropriate of it.

Objectives

The objectives of the study were:

- To assess the level of knowledge regarding health hazards of mobile phone addiction and its prevention of mobile phone addiction among GNM second year students in selected college.
- To assess the effectiveness of Self-Instructional Module regarding health hazards of mobile phone addiction and its prevention among GNM second year students in selected college.
- To determine the association between the post-test knowledge scores of students with their selected demographic variables regarding health hazards of mobile phone addiction and its prevention among GNM second year students in selected college.

Hypothesis

- **H₁** - There will be significant difference between pre-test and post-test knowledge score regarding prevention of mobile addiction among GNM second year students.

- **H₂**- There will be significant association between the selected demographic variables and post-test knowledge scores of GNM second year students regarding health hazards of mobile phone addiction and its prevention.

METHDOLOGY

Sample:

Total 60 GNM 2nd year students studying in Hind College of Nursing at Barabanki (UP) were selected as the sample of the study. Sample was selected by random sampling method.

Tools:

Tool used for the research was structured knowledge questionnaire.

Statistical Analysis:

Mean, Median, standard deviation and chi-square were used to analyze the data.

ANALYSIS AND INTERPRETATION OF DATA

Hypothesis 1: There will be significant difference between pre-test and post-test knowledge score regarding prevention of mobile addiction among GNM second year students.

Table 1.1: frequency and percentage distribution of pre-test and post-test knowledge score.

N=60

Knowledge score	Pre-test		Post-test	
	F	%	F	%
Adequate (21-30)	00	00	37	61.66
Moderate (11-20)	33	55	23	38.33
Inadequate (0-10)	27	45	00	00.00

Maximum score=30

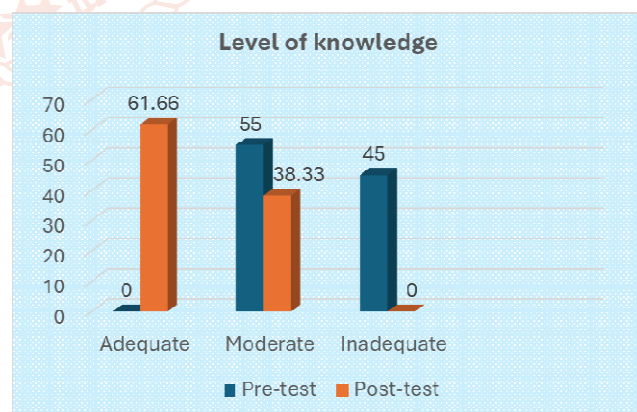


Fig.1 Bar diagram showing the pre & post-test knowledge score of samples

Data presented in the table 1.1 and figure 1 indicates the pre-test and post-test knowledge scores of GNM 2nd year students. In the pre-test majority 33 (55%) had moderate scores and 27 (45%) had inadequate scores where as in the post-test majority 37(61.66%) had adequate scores and 23(38.33%) had moderate scores.

Table 1.2. Range Mean, Median, Standard deviation of pre-test and post-test knowledge scores.**N=60**

Knowledge score		Mean	Median	Standard deviation
Area	Range			
Pre- test	4-19	11.26	11	3.20
Post-test	19-26	21.25	21	2.75

The data presented in the table 1.2 shows the comparison between pre-test and post-test knowledge

score of GNM 2nd year students of experimental group. The post-test knowledge scores ranged between 19-26, which is higher than their pre-test knowledge scores 4-19. The mean post-test knowledge score was 21.25 for experimental group which is higher than the mean pre-test knowledge scored i.e. 11.26.

This suggests that SIM/Information booklet was positively significant and effective in increasing the knowledge of GNM 2nd students.

Hypothesis 2: There will be significant association between the selected demographic variables and post-test knowledge scores of GNM second year students. Regarding health hazards of mobile phone addiction and its prevention.

Table.2 Association between post-test knowledge scores and demographical variable.

S. No.	Demographical variable		Inadequate		Moderate		Adequate		Degree of freedom	Chi square
			F	%	F	%	F	%		
1	Age (in yrs)	17-20	00	00	16	26.6	27	45.0	2	0.0808
		20-24	00	00	07	11.6	10	16.6		
		Above 24	00	00	00	00.0	00	00.0		
2	Gender	Male	00	00	04	06.6	05	08.3	1	0.1665
		Female	00	00	19	31.6	32	53.3		
3	Religion	Hindu	00	00	20	33.3	36	60.0	3	0.331
		Muslim	00	00	02	03.3	02	03.3		
		Sikh	00	00	00	00.0	00	00.0		
		Christian	00	00	00	00.0	00	00.0		
4	Father's education	Illiterate	00	00	08	13.3	07	11.6	3	3.516
		Under graduation	00	00	06	10.0	08	13.3		
		Graduation	00	00	08	13.3	16	26.6		
		Post graduation	00	00	01	01.6	06	10.0		
5	Mother's education	Illiterate	00	00	07	11.6	08	13.3	3	1.406
		Under graduation	00	00	08	13.3	11	18.3		
		Graduation	00	00	06	10.0	15	25.0		
		Post graduation	00	00	02	03.3	03	05.0		
6	Father's occupation	Farmer	00	00	21	35.0	28	46.6	3	3.481
		Private sector	00	00	00	00.0	01	01.6		
		Government sector	00	00	01	01.6	03	05.0		
		Business	00	00	01	01.6	05	08.3		
7	Mother's occupation	Housewife	00	00	19	31.6	35	58.3	3	7.616
		Private sector	00	00	01	01.6	01	01.6		
		Government sector	00	00	03	05.0	01	01.6		
		Business	00	00	00	00.0	00	00.0		
8	Family income	10,000-20,000	00	00	13	21.6	29	48.3	2	2.924
		20,000-30,000	00	00	05	08.3	03	05.0		
		Above 30,000	00	00	04	06.6	06	10.0		
9.	Source of learning	Books	00	00	15	25.0	26	43.3	3	5.725
		News paper	00	00	02	03.3	00	00.0		
		Google	00	00	02	03.3	08	13.3		
		You tube	00	00	04	06.6	03	05.0		
10.	Living area	Rural	00	00	19	31.6	32	53.3	1	0.1671
		Urban	00	00	04	06.6	05	08.3		

Significant at 0.05 level of significance
(df = 24) (*t= 2.06)

The above table 2 show that chi-square is computed between levels of knowledge of GNM 2nd year students with their selected demographical variable. It shows that there is no significant association between post-test knowledge score of GNM 2nd year students with their selected demographical variable of experimental group at (0.05) level of significance.

FINDINGS AND DISCUSSION

The research findings reveals that the pre-test knowledge score of GNM 2nd year students was (37.5%) and after implementation of SIM/information booklet they scored (70.83%). The difference is (33.33%).

This (33.33%) difference knowledge is the effects of SIM/information booklet. Students gained (88.88%) of more knowledge due to information booklet. This reveals that information booklet was positively significant and effective in increasing the knowledge of GNM 2nd year students.

CONCLUSION

This chapter deals with the analysis and interpretation of the data obtained from 60 students studying in GNM 2nd year on the basis of objectives of the study on the effectiveness of Self-Instructional Module on knowledge regarding health hazards of mobile phone addiction and its prevention. The collected data was checked for completeness and then organized. The obtained data was analysed according to objectives of the study by using descriptive and inferential statistics and presented in terms of frequency, percentage. The association between dependent and independent variable was tested by chi-square test. Analysed data presented in the following tables in order to facilitate interpretation. Based on the findings of the study, it can be concluded that Knowledge of students regarding mobile phone addiction was increase after the administration of SIM/information booklet on health hazards on mobile phone addiction & its prevention. Planned information booklet was effective in increasing the knowledge of students towards health hazards of mobile phone addiction & its prevention. There was no significant association of post-test level of knowledge on health hazards of mobile phone addiction and its prevention with demographical variables.

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Conflict of interest

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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