

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Impact of Mobile Phone use on Health Status Among Students at a Selected Degree College of Rural Areas of Bagalkot District

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DOI: <https://doi.org/10.52403/ijshr.20220466>

ABSTRACT

Nowadays we people are living in a completely technically forwarded society, smart phones have become absolutely necessary for communication, especially for the new and young generation. In last 10 to 20 years of cell phone presence, mobile phone culture has been built up in which mobile phones are used for starting and even maintaining any relationships, exhibiting any individual's personal identity and self-belongingness, and even cell phones are used to claim membership in a social websites and groups like WhatsApp and Facebook and thus improving personal social status.¹

Aim: The aim of the study was to assess the effectiveness of structured teaching programme on knowledge regarding impact of mobile phone use on health status among students.

Materials and Methods: Pre-experimental, with one group pre-test, post-test design was used. Disproportionate stratified random sampling technique was used to select a sample of 60-degree college students. Data was collected by structured questionnaire prepared by researcher.

Results: The mean score in pretest was 11.48 ± 4.23 , whereas in post-test it increased to

19.12 ± 3.68 . The paired 't' test value = 24.33 at $\alpha = 5\%$, showed that there was a significant difference between pretest and post test scores before and after the administration of STP on knowledge regarding impact of mobile phone usage on health status.

Conclusion: Standard teaching programme is an effective measure to improve the knowledge of degree students regarding impact of mobile phone use on health status.

Key Words: Effectiveness, impact, Knowledge, mobile phone, Structured teaching program, students.

INTRODUCTION

Mobile phones not only provide a social outlet, but are a special source to engage someone in interesting works such as internet browsing, playing of games, carrying out the research activities and taking snaps and sharing the photos in social media. Mobile phones will give us more flexibility, features and comfort when we compare them to land telephones as they will not allow the users to take them out of home and remain connected. Mobile phones

also allow us to get help in emergency situation and help the parents to keep their “eye” on their kids or college going childrens.²

It has been notified that student are wasting very much time on smart phones. Many of the students can be seen holding a cell phone in their hand while even attending classes or while doing any other activity during the college hours. Most of the researchers have said that ‘smart phone addiction’ as ‘nomophobia and ringxiety’ This behaviour is compared to compulsive gambling and gaming which have mental withdrawal symptoms like anxiety, fatigue and irritation and physical stress problems such as headaches, ear pain, hot sensations, difficulty in concentration and fatigue have also been reported.³

Mobile phones are very important tools used by all specially among young. Without mobile phones, one feels incomplete Without mobile phones, and it has become the vital for our life. mobile phone has brought a lot of information resources within the palm of one’s hand and has removed the communication gap via social media sites like WhatsApp, Facebook and etc. People remain in touch and come to know every development in day-to-day life within very less time on social media. The impact of Smartphones is visible in all areas of life including health, marketing, social life business, education, etc. But the thing is it’s not out of place to specify here that every technology has its advantages and disadvantages within. Mobile phone also leads to many health problems and brought problems to people specially children which includes vision problems, Eye pain, Neck pain and back pain, Hypertension, etc.⁴

Students use this hand-held device for initiating and maintaining relationships as a facility of easy communication with the world. It provides endless opportunity for entertainment, exhibiting their personal and belongingness, getting membership of a social group and also emphasizing their status without interruption of their

movements and distances. The smart phone plays a role in students’ identity formation - fostering a sense of self-esteem, shows social connectedness, and providing a teenager with an independent means of communication. The impact of cell phones on today’s youth is immense. smartphones are becoming a common sight in educational institutions. smartphone turned from technological tool into a social tool.⁵

The India’s digital development is happy and joyful thing. The India is having the world’s second-largest internet user population and it is over 483 million of users using mobile in 2018. Among these, 390 million of users are accessing the internet in their smart phones. It is estimated that this number would cross over 500 million mobile phones by 2023.⁶

In India, Karnataka is having least mobile internet users in the country. As per the data given by many reports by the TRAI (Telecom Regulatory Authority of India), the Karnataka has only 9.3% of cell phone internet users in our country, which records the least percentage in the India. And with 33.67%, Maharashtra has become 1st state in which use the maximum number of users are using mobile internet, while Jammu and Kashmir will take second place at 26.53%.and very surprisingly, when it comes to broadband using, the Karnataka state is among the top four states in the country.⁷

Aim

A study to assess the effectiveness of structured teaching programme on knowledge regarding impact of mobile phone use on health status among students at a selected degree college of rural areas of Bagalkot District.

MATERIALS AND METHODS

The population for the study were the students studying at various degree colleges of Rural areas of Bagalkot District. The research design used for the study was pre-experimental one group pre-test post-test.

The sample was selected from Nayak degree college Kudalasangama, rural area of Bagalkot District. The sample was selected by Disproportionate stratified random sampling technique with 20 students selected from each year of study. The sample included 60 students out of which 20 were from 1st year, 20 from 2nd year and 20 from 3rd year respectively.

The data was collected by Structured questionnaire prepared by researcher. It included two parts A and B. Part -A included 15 items to assess Socio demographic characteristics of sample. Part – B consisted 30 items to assess knowledge regarding impact of mobile phone usage on health status.

Intervention of the study was Structured teaching programme which included introduction, ill effects of mobile phone,

advantages and disadvantages of mobile phone, SAR, and preventive measures from ill effects of mobile phone on health. Pretest was conducted and all the 60 students attained a intervention: structured teaching programme implemented by researcher himself. After 7 days a post test was conducted for the students with same questionnaires used in pre-test.

The effectiveness of structured teaching programme was assessed by Paired t test. The data was presented using descriptive statistical measures like Arithmetic mean, range, standard deviation. The association between knowledge regarding impact of mobile phone usage on health status and their socio demographic factors was determined by chi square test and Fisher's exact probability test.

RESULT

Table No 1: Level of knowledge of students regarding impact of mobile phone use on health status among students. N=60

Level of knowledge	Range of scores	Number of respondents	Percentage (%)
Poor	0-10	34	56.7
Average	11-20	25	41.7
Good	21-30	1	1.7
Total		60	100.0

Before intervention majority (56.7%) of the students had a poor knowledge, 41.7% of them had average knowledge and there were

1.7% of students who had a good knowledge on impact of mobile phone use on health status.

Table no 2: Comparison of level of knowledge of adolescents in pre-test and post-test. N=60

Level of knowledge	Pre test		Post test	
	No.of respondents	Percentage	No.of respondents	Percentage
Poor	34	56.7	2	3.3
Average	25	41.7	40	66.7
Good	1	1.7	18	30.0
Total	60	100.0	60	100.0

In post-test number of respondents with average knowledge increased from 41.7% (in pre-test) to 66.7%. In pe-test only 1.7%

respondents had good knowledge whereas it increased to 30% in post-test.

Table No 3: Significance of the difference between the pre-test and post-test knowledge scores of the students. N=60

Knowledge area	Test	Mean	SD	Mean Diff.	SD Diff.	Paired t-value	Table value
Knowledge regarding impact of mobile phone on health status and prevention of ill effects of mobile phone.	Pre test	11.88	4.231	7.23	2.302	24.336*	1.96
	Post test	19.12	3.687				

* $\alpha = 0.05$

The calculated paired 't' value was much higher than table value (1.96) at $\alpha = 5\%$. Findings reveal that the difference between mean pre-test (11.88 ± 4.23) and post-test (19.12 ± 3.68) knowledge scores of students found to be statistically significant at 0.05 level of significance [$t = 24.336, p < 0.05$].

A significant association between pre-test knowledge scores of the students and socio demographic variables such as Gender ($P < 0.012$), Purpose of using mobile phone ($P < 0.031$), Maximum features used in phone ($P < 0.001$)

No significant association was found between Age, Academic year, Place of residence, Type of mobile phone, Duration of usage of mobile phone in day, if yes source of information, Calls made in day, Calls received in day, messages sent in day, messages received in day and awareness about impact of mobile phone on health.

CONCLUSION

Mobile phone is one among the most basic requirements in today's life. Mobile phone is very useful device but it also portrays a high risk to physiological and mental health of the user. Degree colleges students have poor knowledge regarding ill effects of mobile phone usage on health. Standard teaching programme is an effective measure to improve the knowledge of degree students and develop awareness regarding prevention of harmful effects of mobile phone usage on health among them

Acknowledgement: None

Conflict of Interest: None

Source of Funding: None

Ethical Approval: Approved

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How to cite this article: Jagadish M Hiremath, Praveen Siddappa Pateel, Deelip S Natekar et.al. A study to assess the effectiveness of structured teaching programme on knowledge regarding impact of mobile phone use on health status among students at a selected degree college of rural areas of Bagalkot district. *International Journal of Science & Healthcare Research*. 2022; 7(2): 472-476. DOI: <https://doi.org/10.52403/ijshr.20220466>
