



A Pre-Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Health Hazards of Smartphone Addiction among B.Sc. Nursing 3rd Semester Students in Selected Colleges of Pulwama

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ABSTRACT

Smartphone addiction is a growing concern with significant impacts on physical and mental health, particularly among youth. In particular, excessive smart phone use, which often extends beyond six hours daily, can result in problems such as anxiety, eyestrain, poor concentration, sleep disorders, and depression. Nursing students are highly vulnerable due to academic and social pressures, making it crucial to address this issue.

Material and Method: A pre-experimental study design was adopted, involving 60 students selected through convenience sampling. Data was collected using a self-structured questionnaire, validated by experts, and tested for reliability (Cronbach's Alpha : pre-test 0.79, posttest 0.91). A structured teaching programme was delivered, and knowledge levels were assessed before and after the intervention.

Results: Pre-test findings showed 16.67% of students had inadequate knowledge, and 83.33% had moderately adequate knowledge, while none had adequate knowledge. Post-test results revealed 78.33% of students had adequate knowledge, and 21.67% had moderately adequate knowledge. No significant association was found between. Pre-test knowledge levels and socio-demographic variables.

Conclusion: The results revealed that the structured teaching programme significantly improved the students' knowledge, highlighting the importance of educational interventions to address smart phone addiction.

Keywords: Smartphone addiction, nursing students, structured teaching programme, health hazards.

INTRODUCTION

Mobile phone has become indispensable tools, particularly for younger generation providing access to vast information resources and facilitating communication through social media platforms like WhatsApp, Facebook, and Instagram. Snapchat, twitter etc. However along with their benefits, mobile phones also pose health risks including vision problems, neck and back pain and hypertension, anger, memory problem etc. Everyone is carrying a cell phone, rich or poor, a shopkeeper, rickshaw driver, student, or anyone else caught up in the global mobile addiction. Many people use their phones for talking, gaming, and other activities for longer than six hours per day. We are becoming dependent on our phones due to our frequent use of them. Every medication has side effects, and cell phones are no different. The amount of potential health danger among mobile phone users has increased with usage

OBJECTIVES

- To assess the pre-test knowledge level regarding the health hazards of smartphone addiction among B.Sc.. Nursing 3rd Semester students.
- To assess the post-test knowledge level regarding the health hazards of smartphone addiction among B.Sc.. Nursing 3rd Semester students.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding health hazards of smartphone addiction among B.Sc.. Nursing 3rd Semester students.

- To find out association between pre-test knowledge level on health hazards of smartphone addiction with selected demographic variables among B. Sc. nursing 3rd semester students.

METHODOLOGY

Research Approach In the present study, quantitative research approach was used.

Research Design This study's the research design was pre experimental study.

Research setting The research setting for the study is selected nursing colleges of Pulwama.

Target Population: In the present study target population were B.Sc. nursing 3rd Semester students Of Ramzaan College of Nursing Galander Pampore, Pulwama,

Sample Size: Sample size was 60 B.Sc. nursing 3rd Semester students at selected colleges of Pulwama.

Sampling Technique: In the present study, Convenience Sampling technique is used.

VARIABLES:

Independent Variable:- The independent variable in this study is Structured Teaching Program regarding Health Hazards of Smartphone Addiction.

Dependent Variable: The dependent variable in this study is Knowledge regarding health hazards of smartphone addiction.

Description of the tool

The researcher used self-structured knowledge questionnaire as tool in this study. There are two sections in the tool.

Section A: Socio-demographic information schedule

This was developed by the researchers and consists of six items

- i. Age
- ii. Gender
- iii. Parental occupation
- iv. Source of information
- v. Type of family
- vi. Area of residence

Section B: Comprises of self-structured knowledge questionnaire

DATA ANALYSIS AND INTERPRETATION

Descriptive And Inferential Data Analysis

SECTION I: Description of demographic variables of study subjects.

Table 1: Frequency and Percentage distribution of study subjects according to their demographic variables.

N=60

Characteristics	Frequency and Percentage distribution of Socio-demographic Variables		
	Content	Frequency	Percentage
Age(in years)	18-20	29	48.3
	21-23	29	48.3
	24-26	1	1.7
	Above 26	1	1.7
Gender	Male	16	26.7

	Female	44	73.3
Parental occupation	Govt employee	19	31.7
	Private employee	5	8.3
	Businessman	13	21.7
	Farmer	23	38.3
Source of information	Mass media	22	36.7
	Health professional	16	26.7
	Books and Journals	18	30
	Peer group	4	6.7
Type of family	Nuclear	51	85
	Joint	9	15
Area of residence	Urban	12	20
	Suburban	6	10
	Rural	42	70

Major findings of the study

Age :Maximum of students i.e. 29 are of 18-20 years of age, comprising 48.3%, similarly again 29 students are of 21-23 years of age,

Gender: Majority i.e. 44 students are females comprising 73.3%

Parental Occupation: Among the sample majority 23(38.3%) students have parents working as farmers,

Source of Information:22(36.7%) students are getting information from mass media,

Type of Family: Majority of students 51 were from nuclear family, comprising 85% of the sample

Area of residence: 42 students comprising 70% of the sample were from rural areas

- In pre-test it was found that 16.67% were having inadequate knowledge, 83.33% were having moderately adequate knowledge and 0% were having adequate knowledge.
- The results revealed that mean and SD of pretest level of knowledge in reducing health hazards of mobile phone among adolescents was (8.83?2.50), which reveals that adolescents under the study had inadequate knowledge in reducing health hazards of mobile phone during pretest.
- The results of the study revealed that out of 60 subjects 47(78.33%) were having adequate knowledge and 13(21.67%) were having moderately adequate knowledge and no subject belonged to inadequate knowledge.
- The study revealed that majority of B.Sc. nursing 3rd semester students (78.33%) gained adequate knowledge about the health hazards of smartphone addiction after participating in structured teaching programme.
- The findings also revealed that there is no significant association between socio demographic variables such as age and gender with the knowledge levels regarding smartphone addiction hazards.

Conclusion

The findings of the study revealed that the structured teaching program was highly effective in improving the knowledge of B.Sc. Nursing 3rd Semester students regarding the health hazards of smartphone addiction. Before the intervention, 83.33% of students demonstrated moderately adequate knowledge, while 16.67% had inadequate knowledge. After the intervention, 78.33% of students achieved adequate knowledge, and none remained in the inadequate category, highlighting the program's success in addressing knowledge gaps.

The study emphasizes the critical role of structured teaching programs in addressing modern health concerns like smartphone addiction, particularly among nursing students who will play a pivotal role in promoting health awareness in the community. The findings highlight the need for integrating similar interventions into nursing curricula to equip students with the knowledge and skills required to manage technology-related health risks both personally and professionally.

Furthermore, the study underscores the importance of continuous educational initiatives and periodic evaluations to ensure sustained knowledge and awareness.

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