Original Research Paper

Nursing

"EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON INTERNET ADDICTION DISORDER AMONG SENIOR SECONDARY STUDENTS IN SELECTED SCHOOL AT JAIPUR."

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ABSTRACT

BACKGROUND: In the 21st century, the computers and mobiles are the uninvited member of the family rather than the television. Most of the people are spending more time on- line, and less time with their family members and friends. People are increasingly depending on the computers and mobiles not only to get our work done, but also for entertainment, fun and even to sustain ourselves.

MATERIAL AND METHODS: The present study was of Pre-experimental one group pre-test, post- test research design. A structured knowledge questionnaire was used to collect data. 100 students were selected from senior secondary School by using Non- probability convenient sampling technique. Planned teaching programme on internet addiction disorder was prepared for senior secondary students.

RESULTS: The result showed students (77%) have Average internet addiction, students (23%) have Moderate internet addiction, and none of students have severe internet addiction, while in post-test the result showed students (98%) have Average internet addiction, students (02%) have Moderate internet addiction and none of students have severe internet addiction.

CONCLUSION: Finding of the present study indicates that planned teaching programme used by the investigator was effective in improving the knowledge regarding internet addiction disorder among students

KEYWORDS : Effectiveness, knowledge, planned teaching programme, internet addiction disorder and senior secondary School.

INTRODUCTION:

The Internet was established in the early 1960s and subsequently became a mainstream communication vehicle. Since that time, there has been remarkable growth in the Internets functionality, capacity, accessibility and convenience. These improvements have encouraged more people to use it more often and it has become a powerful application in modern society. The Internet is a massive, computer-linked network system used globally to access and convey information, either by personal or business computers and mobiles users. It is also used for communication, research, entertainment, education and business transactions.

There are many benefits associated with Internet use such as access to needed information, worldwide access to news and events and interpersonal communication through email. However, along with the phenomenal growth of the Internet and its use, there has been a growing concern worldwide regarding the risks associated with Internet overuse Internet addiction can be a significant threat to one's health and social well-being in that it enforces antisocial behaviour. Repetitive Internet use leading to abnormal behaviour which causes negative consequences to its users or others in the community in any way, such as psychological, physiological, behavioural, sociological or other important functional impairments.

In the new generation, the Internet has become an important tool for education, entertainment, communication, and information-sharing. Easy access and social networking are two of the several aspects of the Internet fostering addictive behaviour. In addition, addicts often have problems such as skipping meals, repetitive stress injuries, backaches, dry eyes, headaches and loss of sleep. The above truth, computer addiction is warranted so many ill effects on both physical as well as psychological health.

OBJECTIVES OF THE STUDY

1. To assess the internet addiction disorder among students in selected senior secondary school through pre-test.
2. To assess the internet addiction disorder among students in selected senior secondary school through post-test.
3. To evaluate the effectiveness of planned teaching programme on internet addiction disorder among students.
4. To find out the association between post-test knowledge score and selected demographic variable of students in selected senior secondary school.

Hypothesis

H_1- There will be a significant relationship between selected demographic variables and post-test knowledge score of internet addiction disorder among students in selected senior secondary school.

H_2- There will be a significant improvement in the knowledge regarding internet addiction disorder among students in selected senior secondary school after planned teaching programme.

Research Variables

*   **Independent variables** - In the present study, the independent variables are the planned teaching programme regarding internet addiction disorder.
*   **Dependent variables** –In the present study, the dependent variables are the knowledge of senior secondary school students regarding internet use.

INCLUSION CRITERIA

*   Age group between15 to18 years.
*   Those students, who can read, understand and speak English & Hindi.
*   Students who are willing to participate in the study.
*   Students who can follow the instructions.

EXCLUSION CRITERIA

*   The students who are not studying in senior secondary class.
*   The Students who are not available at the time of data collection.
*   The Students who are not willing to participate in the study.

MATERIAL AND METHODS:

The present study was of Pre-experimental one group pre-test,

post- test research design, which was carried out in senior secondary school, Jaipur. 100 students were selected from senior secondary School by using Non- probability convenient sampling technique. The tool comprises of two sections that is Socio-demographic and Structured knowledge questionnaire on internet addiction disorder among the students. Data was collected after obtaining permission from the concerned authority to conduct pre-test, administer planned teaching programme and post-test. The data was analyzed by using descriptive and statistics analysis. Frequency and percentage was used to analyze the demographic variables of the students. Mean, median and standard deviation and mean percentage were used to describe the area wise test knowledge score of the respondents and Chi-square test was used to analyses the association between knowledge score of the respondents and certain demographic variables.

RESULTS:

students of selected senior secondary school fulfilled the inclusive criteria were taken in the present study. Results shows that Majority 40 students (40 %) were belongs to age group of 15-16 years, (56%) 56,were females, 44 students (44%) were belongs to Joint family. 75 students (75%) were belongs to Urban. The result showed that students (77%) have Average internet addiction, students (23%) have Moderate internet addiction and none of students have severe internet addiction. while in post-test the result showed students (98%) have Average internet addiction, students (02%) have Moderate internet addiction, and none of students have severe internet addiction.

DISCUSSION:

The comparison between the mean pre-test and post-test knowledge score of students. The data reveals that the mean and median of post-test knowledge score are lower than the mean and median of pre-test knowledge. The mean post-test knowledge score (31.32) is lower than the mean pre-test knowledge score (45.24) This indicates that who were given the planned teaching programme on Internet addiction disorder have lower post-test than pre-test knowledge score. The standard deviation of post-test knowledge score (4.2611) is lower than the standard deviation of pre-test knowledge (5.7794) indicating that the group has become more homogenous after the administration of the planned teaching programme. The result shows that mean post-test knowledge score (31.32) of students is lower than mean pre-test knowledge (45.24) with a mean difference of -13.32is found to be statistically significant as evident from the obtained 't' value of   -19.28859 which is more The value of p .The result is significant at $p \leq 0.05$.

LIMITATIONS:

*   The present study was limited to students.
*   Random sampling technique can be used to select the sample.
*   Study limited to specific geographic area may limit the generalization.

RECOMMENDATIONS:

*   A similar study can be replicated on a large sample form wider generalization
*   A study can be done to assess the knowledge of community people on internet addiction disorder.
*   A similar study may be conducted to assess the knowledge and practice on internet addiction disorder among working women.

CONCLUSION:

Finding of the present study indicates that planned teaching programme used by the investigator was effective in improving the knowledge regarding internet addiction disorder among students

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