Original Research Paper

Nursing

A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ABOUT KNOWLEDGE REGARDING INTERNET ADDICTION DISORDER AMONG COLLEGE STUDENTS IN SELECTED JUNIOR COLLEGE

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ABSTRACT **Aims:** The aim of present study were to assess the effectiveness of planned teaching about knowledge regarding internet addiction disorder among the college students in selected junior college at Wardha. **Material and Methods:** Non probability convenient sampling technique was used to select the sample. Quantitative research approach with pre-experimental one group pre-test post-test design. The data collected during the month of November among junior college students in selected junior college using socio demographic data sheet and structured knowledge questionnaire. **Results:** A total of 70 junior college students participated in the study, mostly were 15-17 years of age group in which male n = 47 and female n = 23, mostly 38 students were from rural area and 32 students were from urban area. On final scoring of tests in pre-test score, 50 were average, 17 were good and 3 were poor level of knowledge score. Post-test score, 43 were excellent, 26 were very good, 1 was good level of knowledge score. **Conclusions:** The study finds that the knowledge of target population was significantly improved after receiving information in the form of planned teaching regarding internet addiction disorder.

KEYWORDS : Effectiveness, Planned Teaching, Internet, Addiction, Junior College

INTRODUCTION:
There has been an explosive growth in the use of internet not only worldwide but in India also in the last decade. There were about 4,536,248,808 active internet users in India in 2019. The term "internet addiction" was proposed by Dr. Ivan Goldberg in 1995 for pathological compulsive internet use.[2] According to Griffith it is a subset of behavior addiction and any behavior that meets the 6 "core components" of addiction, i.e., mood modification, conflict, tolerance and withdrawal.[3]

BACKGROUND OF THE STUDY:
As this 21st century has opened new avenues and horizons of progress and development through advancement in technology, life style, and social relationship. The Internet is a global network. Moreover 100 countries that are linked into exchanges of data, news and opinions.

In India, use of internet is extensive, especially in the adolescents. Hence, it was found necessary to study pattern of internet usage in adults in Indian setting and its relationship with their mental and physical health. With this background, I undertook the present study to take close look on this issue.

NEED FOR THE STUDY:
According to Internet World Stats in June 30, 2019 there was an estimated 4,536,248,808 Internet users worldwide. This represents 58.8% of the world's population.[9]

A cross-sectional study was conducted between November 2017 and March 2018 to assess the level of internet addiction disorder among medical students in South India. The aim of the study was to assess the prevalence of internet addiction among medical students and its correlation with academic performance. The sample size of the study was 381, which was selected by random sampling technique, data was collected by using internet addiction questionnaire. The findings of the study showed that total of 381 students participated in the study. Out of them, females were 294 (71.9%) and males were 107 (28.1%). Prevalence of internet addiction was found to be 61.4%. Among them 149 students (63.7%) had mild, 83 had moderate (35.5%) and 2 (.8%) had severe addiction. Academic performance had a negative association with internet addiction. The conclusion of the study stated that prevalence of internet addiction was very high among Indian medical students .Internet Addiction had a negative impact on their academic performance. Early prevention from internet addiction should be emphasized, awareness is very much important to take up the issue at higher level and to implement measures for preventing it.[20]

In daily routine researcher has observed that there is massive use of internet, continuously spending hours on internet surfing, chatting, gaming, etc.

OBJECTIVE OF THE STUDY:
*   To assess the effectiveness of planned teaching about knowledge regarding internet addiction disorder among the college students in selected junior college
*   To assess the knowledge regarding internet addiction disorder among the college students in selected junior college before planned teaching.
*   To evaluate the effectiveness of planned teaching about knowledge regarding internet addiction disorder among the college students in selected junior college.
*   To associate the post-test knowledge score about internet addiction disorder among the college students in selected junior college with their demographic variables.

HYPOTHESIS
H0: There is no significant difference between pre and post-test knowledge scores
H1: There is significant difference between pre and post-test knowledge
H2: There is significant association between the post-test knowledge scores
H3: There is significant association between the knowledge scores with their selected stream of education.
H4: There is significant association between the knowledge scores with their selected residence.

ETHICAL ASPECTS
*   Prior permission had been obtained from the institutional ethical committee.
*   Prior permission had been obtained from the Principal of the junior college.
*   Informed written consent had been obtained from the study subject.

SAMPLING CRITERIA:
INCLUSIVE CRITERIA
*   Subjects present at the time of data collection.
*   Subjects willing to participate in the study.
*   Subjects who could read and write in English.

EXCLUSIVE CRITERIA:
*   Subjects not willing to participate in study.
*   Subjects who had under gone health education program regarding Internet Addiction Disorder.

METHODOLOGY:

Non probability convenient sampling technique was used to select the sample. Quantitative research approach with pre-experimental one group pre-test post-test research design. The data collected during the month of November 2019 among junior college students at Wardha. Total 70 samples were selected. After obtaining consent from the subjects, socio demographic and structured knowledge questionnaire were administered and data were collected.

TOOLS:

Socio demographic data sheet: It contains data regarding age, gender, stream of study, income of the family, area of residence, place of staying, availability of internet at place of residence, mode of using internet, expenses on internet recharge per month, duration of using internet per day, purpose of internet use.

Knowledge questions: This section contains 25 questions to assess the knowledge regarding internet addiction disorder.

STATISTICAL ANALYSIS:

The data was analysed, by using descriptive and inferential statistics on the basis of objectives and hypothesis of the study. Analysis of effectiveness of planned teaching done with the help of student paired-'t' test. Association between post-test knowledge scores and demographic variables were analysed by chi-square test.

Description of the tool
Section A – Demographic data

It includes age of students, gender of students, stream of education, year of study, income of the family members, area of residence of the students, place of staying of the students, availability of internet at place of residence, mode of using internet, expenses on internet recharge per month in rupees, duration of using internet per day, purpose of internet use.

Section B – A Structured Knowledge Questionnaire

There are multiple choice questions to evaluate the knowledge of college students regarding internet addiction disorder. Total 25 items were selected for the structured knowledge questionnaire. A blue print was prepared.

SCORING TECHNIQUE

Grading of knowledge score among subjects.

Level of knowledge score	Percentage of marks	Marks
Poor	20%	1-5
Average	21-40%	6-10
Good	41-60%	11-15
Very good	61-80%	16-20
Excellent	81-100%	21-25

RESULTS:

The finding of the study result showed that among all subjects, in pre-test score, 4.28% of the college students had poor level of knowledge score, 71.43% had average and 24.28% good level of knowledge score. Post–test score was, 61.43% excellent level of knowledge score, 37.14% had very good and 1.43% of the college students had good level of knowledge score.

Mean knowledge score of pre-test was 8.92 ± 2.28 and post-test was 20.92 ± 2.29. The study reported that the result regarding level of knowledge internet addiction disorder among the subjects in pre-test was less and after the implementation of the planned teaching post-test score was increased.

Evaluation of the effectiveness of planned teaching showed that in pre-test mean score 8.92. Post-test mean score 20.92. The calculated-'t' value i.e. 35.69 was much higher than the tabulated value at 5% level of significance for overall knowledge score of subject which was statistically acceptable level of significance. Hence, it was statistically interpreted that the planned teaching on knowledge regarding internet addiction disorder among subjects in selected area was effective.

CONCLUSION:

The investigator concludes that the knowledge of target population was significantly improved after receiving information in the form of planned teaching regarding internet addiction disorder.

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