



## A STUDY TO ASSESS THE EFFECT OF A PLANNED TEACHING PROGRAMME (PTP) ON KNOWLEDGE REGARDING INTERNET ADDICTION AND ITS CONSEQUENCES AMONG PRE-ADOLESCENTS STUDYING IN SELECTED SCHOOLS IN ERNAKULAM DISTRICT, KERALA

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### KEYWORDS :

#### Background Of The Problem

Children are an asset a nation. Children's early experiences are the bonds they form with their parents and their first learning experiences deeply affect their future physical, cognitive, emotional and social development. Optimizing the early years of children's life is the best investment that a society can make in ensuring their future success. The technological advancement around us has happened both quickly and imperceptibly. Computers and Internet is an inevitable part of today's culture, especially for children and youth, for whom schoolwork, online gaming, and social networking are the most popular activities. The time spent with on screen media dramatically increases from the toddler through preschool to school-age years. However, it has also led a lot of children to spend most of their time in front of the computer that it becomes the essential part of their life. This leads to an Internet or computer addiction.

Internet addiction also has risk Factors and consequences. A child who develops an Internet addiction often feel socially isolated and may have a difficult time creating and maintaining relationships with their peers. Children with other addictions such as alcohol, drugs, have a higher risk of developing internet addiction. Research suggests that people with (IAD) Internet Addiction Disorder are also at greater risk for mental health concerns such as depression, anxiety, Hostility, psychosis, social isolation, impulse control problems, A cross-sectional survey was conducted by Anusha P and et.al in Gujarat (2016) on factors associated with internet addiction among school going adolescents. The mean age of onset of internet use was 11.3 years. Participants who admitted to use internet for more than 4 h/day are 5.4%. Smartphone was owned by 60.6% and 27.9% kept a permanent log-in status.<sup>1</sup> from addiction and be vigilant about psychopathology.

In Kerala, many children in the age group of 13 to 17 years were addicted to mobile games and social media networks like Facebook. There had been an increase in the number of cases that came up for behavioral intervention in the hospital.<sup>2</sup>

A cross-sectional study was conducted by Shiny John and Dharwadkar to know the internet addiction and associated risk factors in Thrissur, Kerala, India (11-10-2017).

A questionnaire-based study was carried out among 726 students. Majority of the students were using internet for <1 hour (473, 65.4%). It was found that majority of the students were belonging to average Internet user category (682, 86.3%) followed by frequently problematic user (97, 12.3%) and significantly problematic user (11, 1.4%) categories.. However, the students need timely monitoring to prevent severe addiction.<sup>3</sup>

National Institute of Mental Health and Neurosciences, Bangalore conducted a study on internet addiction in various cities including Kochi (2014). It revealed that about 73% of the teenagers in the country have some sort of psychological problems because of Internet addiction.<sup>2</sup>

#### Statement Of The Problem

A study to assess the effect of a Planned Teaching Programme (PTP) on knowledge regarding Internet Addiction and its Consequences among pre-adolescents studying in selected schools in Ernakulum District, Kerala.

#### Objectives

Objectives of the study were to,

1. assess the pre test and posttest knowledge of pre-adolescents regarding Internet Addiction and its Consequences.
2. determine the effect of a Planned Teaching Programme on knowledge of pre-adolescent regarding Internet Addiction and its Consequences.
3. find the association of pre test knowledge level regarding internet addiction among pre-adolescents with the selected demographic variables.

#### Hypotheses

H1: The knowledge score of pre-adolescents regarding internet addiction and its consequences in the experimental group who receive Planned Teaching Programme is significantly higher than the knowledge score of the pre-adolescents in the control group.

H2: There is significant association between pre test knowledge level of pre-adolescents regarding internet addiction and the selected demographic variables.

#### Methodology

Research approach : Quantitative research approach

Research design : Quasi experimental research design.

Setting of the study : St. Mary's Public School Thamarachal and St. Antony's Public School Kizhakkambhaham, Ernakulum.

Population : Pre-adolescents studying in 7<sup>th</sup> standard in selected schools.

Sample : 90 pre-adolescents from selected schools who fulfilled the inclusion criteria.

Sampling technique : Non probability convenient sampling technique.

Data collection Instrument : Structured Knowledge Questionnaire

#### Data Collection Process

After obtaining approval of ethics committee and permission from the authority, data was collected. 45 sample for experimental and 45 sample for control group were selected by using non- probability convenient sampling technique. Researcher introducing self and purpose of the study, written consent was obtained for assuring maximum anonymity and confidentiality. Pretest was conducted to assess the knowledge of pre-adolescents regarding internet addiction and its consequences by using knowledge questionnaire in both groups. The planned teaching programme also conducted on the same day after pretest for about 45mts using power point presentation in experimental group. The posttest

was conducted to both groups using same questionnaire on 7 days after planned teaching programme.

**Data Analysis**

The data were analyzed, interpreted and organized under the following headings.

**Section 1 :** Description of socio-demographic profoma of pre-adolescents

**Section 2 :** Knowledge of pre-adolescents regarding internet addiction and its consequences

**Section 3 :** Effect of a Planned Teaching Programme on knowledge of pre-adolescents regarding internet addiction and its consequences.

**Section 4 :** Associate pre-adolescent's pretest knowledge level with selected demographic variables.

**Section 1: Description Of The Sample Characteristics**

**Table 1: Socio Demographic Characteristics**

| Demographic variables      | Category               | f       |              | %       |              |
|----------------------------|------------------------|---------|--------------|---------|--------------|
|                            |                        | Control | Experimental | Control | Experimental |
| Gender                     | Male                   | 16      | 35.55        | 20      | 44.44        |
|                            | Female                 | 29      | 64.44        | 25      | 55.55        |
| Monthly income             | <Rs 10000              | 9       | 20           | 12      | 26.66        |
|                            | Rs10000-20000/         | 25      | 55.55        | 16      | 35.55        |
|                            | >Rs 20000/             | 11      | 24.44        | 17      | 37.77        |
| Type of family             | Joint family           | 17      | 37.77        | 17      | 37.77        |
|                            | Nuclear family         | 28      | 62.22        | 28      | 62.22        |
|                            | Extended family        | 0       | 0            | 0       | 0            |
| Area of residence          | Rural                  | 31      | 68.88        | 25      | 55.55        |
|                            | Urban                  | 14      | 31.11        | 20      | 44.44        |
| Education                  | < higher secondary     | 6       | 13.33        |         | 24.44        |
|                            | Graduate/ diploma      | 19      | 42.22        | 11      | 42.22        |
|                            | Post -graduate & above | 20      | 44.44        | 19      | 33.33        |
| Occupation of father       | Employed               | 44      | 97.77        | 39      | 86.66        |
|                            | Unemployed             | 1       | 2.17         | 6       | 13.33        |
| Occupation of mother       | Employed               | 28      | 62.22        | 22      | 48.88        |
|                            | Unemployed             | 17      | 37.77        | 23      | 51.11        |
| Previous information       | Yes                    | 6       | 13.33        | 3       | 6.66         |
|                            | No                     | 39      | 86.66        | 42      | 93.33        |
| Computer available at Home | Yes                    | 28      | 62.22        | 26      | 57.77        |
|                            | No                     | 17      | 37.77        | 19      | 42.22        |

Table 1 reveals that, the majority of the samples in both groups were females. The majority of sample in control group 25 (55.55%) have the monthly income of Rs 10,000- 20000/ whereas, in experimental group, the highest proportions have 17 (37.77%) above Rs 20000. The major samples in both groups belong to nuclear family. Out of 45 sample, 31 (68.88%) were living in rural area in control group and 25 (55.55%) in experimental group. The educational status of the sample fathers, about 20 (44.44%) of them have post-graduate and above in control group whereas in experimental group, the majority was have graduate/diploma.

The most of the sample fathers are employed in both groups. However, the most of the sample's mothers were unemployed. The majority of samples in both groups have no exposure of previous information regarding internet addiction and its consequences. Whereas the most of the samples in experimental and control group have computer at home.

**Section 2: Knowledge Of Pre-adolescents Regarding Internet Addiction And Its Consequences**

**Table 2: Mean And Percentage Of Knowledge Of Pre-adolescents Regarding Internet Addiction And Its Consequences. (N=90)**

| Group        | Max possible score | Pretest |            | Posttest |            |
|--------------|--------------------|---------|------------|----------|------------|
|              |                    | Mean    | Percentage | Mean     | Percentage |
| Experimental | 32                 | 16.711  | 52.22%     | 23.844   | 74.5%      |
| Control      | 32                 | 15.75   | 49.21%     | 15.866   | 49.58%     |

This table shows that the mean pretest knowledge score (16.7) and mean percentage (52.2%) of experimental group was higher than that of the mean pretest knowledge score (15.7) and mean percentage (49.2%) of control group. The mean post test knowledge score - 23.84 and mean percentage -74.5% of experimental group was also higher than of the mean post test knowledge score (15.86) and mean percentage (49.58%) of control group.

**Pretest Knowledge Level Of Pre-adolescents**

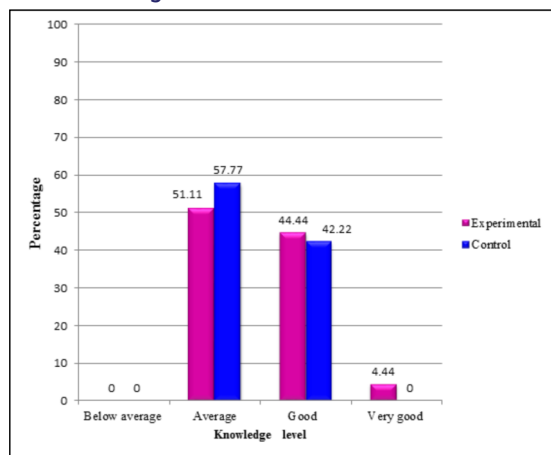


Figure 1: The bar diagram shows that in the pretest, 51.11% of sample in the experimental group have average knowledge, 44.44% have good knowledge, 4.44% have very good knowledge. In the control group 57.77% of sample have average knowledge, 42.22% of them have good knowledge and none of them have very good knowledge.

**Post Test Knowledge Score Of Pre-adolescents**

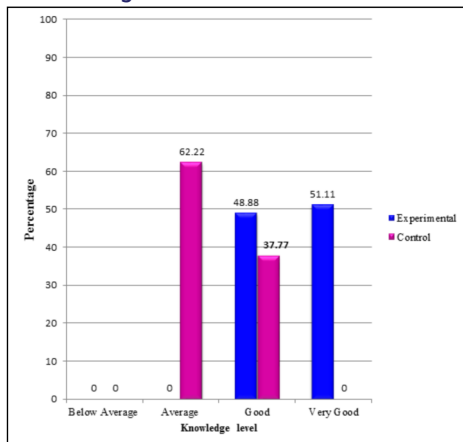


Figure 2: The bar diagram shows that in the post test, the majority (57.7 %) of sample in the experimental group have very good knowledge, followed by 48.8 8% of sample have good knowledge. Whereas in the control group 62.22% of sample have an average knowledge, 37.77% showed good knowledge and none of them have very good knowledge.

**Table 3: Comparison Of The Pretest Knowledge Score And Posttest Knowledge Score Of Pre-adolescents Between Control And Experimental Groups (N = 90)**

| Group        | Pre-test mean  | Mean difference | SD   | t (cal) | t (tab) |
|--------------|----------------|-----------------|------|---------|---------|
| Control      | 15.75          | 0.96            | 3.4  | 1.22    | 1.9873  |
| Experimental | 16.71          |                 | 3.9  |         |         |
| Control      | Post-test mean |                 |      |         |         |
|              | 15.86          | 7.98            | 3.5  | 9.63    | 3.4046  |
| Control      | 23.84          |                 | 4.06 |         |         |

Medical Sciences, Thrissur, Kerala, India, 2Department of Biochemistry, Amala Institute - Google Search [Internet]. [cited 2019 Jun 6]. Available from: <https://www.google.com/search?client=firefox->

Significance level at 0.05

The mean pretest knowledge score (15.75) of control group was lower than the mean pretest score (16.71) of experimental group. The calculated 't' value of pretest mean is less than the table value, which indicates that there is no significant difference between both the mean. That is both the experimental and control group are homogenous.

### Section 3: Effect of a Planned Teaching Programme on knowledge of pre-adolescents regarding internet addiction and its consequences in both experimental and control group.

\*\*\* Significant at 0.001 level

The mean post test knowledge score (15.86) of control group was lower than the mean post test score (23.84) of experimental group. The calculated 't' value ( $t = 9.63$ ) is greater than the table value ( $t = 3.4046$ ). Hence, the null hypothesis ( $H_0$ ) at 0.001 level of significance is rejected and the research hypothesis ( $H_1$ ) is accepted. This shows that there is a significant improvement in the knowledge score of pre-adolescents after administration of Planned Teaching Programme.

### Section 4: Associate pre-adolescent's pretest knowledge level with selected demographic variables

There is no significant association between demographic variables and pretest knowledge level of pre-adolescent. The calculated chi square value is less than the table value. So the null hypothesis ( $H_{02}$ ) is accepted and research ( $H_2$ ) hypothesis is rejected.

## CONCLUSION

The incidence of internet addiction and its consequences among children is higher than the general population. The negative effects of internet addiction may spoil the future of the children. Adequate health education regarding the ill effects of internet use in early childhood itself and early identification of sign and symptoms of internet addiction and appropriate intervention for reduce the complications of ill effects of internet. Nurses have to outreach their help to parents in taking preventive actions against internet addiction and taking necessary rehabilitative measures for addicted children.

## Recommendation

On the basis of the study the following recommendations are being made

- Replication of study can be conducted in different setting.
- Similar study can be conducted with large sample and different population for generalising the findings.
- True experimental study can be conducted on the same topic for the same population.

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