Original Research Paper

Nursing

ASSESSMENT OF THE EFFECTIVENESS OF STRUCTURED INSTRUCTIONAL MODULE REGARDING KNOWLEDGE ON INTERNET ADDICTION AMONG GNM STUDENTS IN SELECTED SCHOOLS OF NURSING.

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ABSTRACT **Objective:** This study was planned with an objective to assess the effectiveness of structured instructional module regarding knowledge on internet addiction among GNM students.
Methodology: Sample comprised of 60 GNM students. sample selection was done by simple random sampling technique. The data collection tool consisted of Demographic variables, structured knowledge questionnaires regarding internet addiction.
Results: Data shows that, in pre test majority of 53.33% of GNM students in pre test have poor knowledge score (0-10), 45% of GNM students in pre test have average score (11-15) and 1.67% of GNM students in pre-test have good knowledge score (16-20). In post test Majority of 74.66% of GNM students in post test have good knowledge score (16-20), 23.33% of GNM students in post test have Average score (11-15) and 3.33% of GNM students in post test have poor knowledge score (0-10). Majority of 53.33% of GNM students in pre test had poor knowledge score; after introducing structured instructional module majority of 74.66% of GNM students in post test had good knowledge score.
Conclusion: The structured instructional module significantly brought out improvement in the knowledge of GNM student regarding internet addiction.

KEYWORDS : Structured instructional module, Internet addiction, GNM students, effectiveness, knowledge, Association

INTRODUCTION

Internet is being integrated as a part of day-to-day life because the usage of the Internet has been growing explosively worldwide. There have been growing concerns worldwide for what has been labeled as "Internet Addiction," which was originally proposed as a disorder by Goldberg [1] Griffith considered it a subset of behavioral addiction that meets the six "core components" of addiction, i.e., salience, mood modification, tolerance, withdrawal, conflict, and relapse. Increasing research has been conducted on IA [2, 3]. With regard to IA, it has been questioned whether people become addicted to the platform or to the content of the Internet [4]. Based on a growing research base, the American Psychiatric Association vision is to include Internet use disorder in the appendix of the fifth edition of the Diagnostic and Statistical Manual for Mental Disorders [5] for the first time, acknowledging the problems arising from this type of addictive disorder. [6-8].

As India is the 3th largest internet using country, with most the schools and institution providing facilities of Wifi, internet browsing and pathological use of internet by students, it is very important to conduct research on internet addiction among Indian students. Objectives of the study are to determine the level of knowledge regarding internet addiction among GNM students. To evaluate the effectiveness of structured instructional module regarding knowledge on internet addiction among GNM students. To find association between post test knowledge score and selected demographic variables.

Development And Description Of The Tool

In the present study structured knowledge questionnaires was prepared to assess the knowledge of GNM students regarding internet addiction. A structured knowledge questionnaires was used to get complete information from the GNM students. The tool consists of 2 sections Demographical data and structured knowledge questionnaires regarding internet addiction respectively.

Scoring

A score of '1' was given for each correct answer and the score of '0' was given for every wrong answer. The total score was 20. No negative scoring was done.

Table I: Grading of knowledge score

Grade	Score	Percentage
Poor	0-10	<40%
Average	11-15	40-60.5%
Good	16-20	>60.5%

RESULTS

1. Analyses And Interpretation Of Pre-test Knowledge Score

Table 1 shows Mean, mean percentage and standard deviation for the pre-test knowledge of GNM students on internet addiction (n=60).

Knowledge on	No. Of question	Min-max score	Mean	SD	% of mean score
Knowledge of internet addiction	21	0-21	6.93	3.01	33
Management of internet addiction	9	0-9	3.01	1.62	33.44
Overall	30	0-30	9.95	4.45	33.16%

The table 1 shows the assessment of knowledge of GNM students before administration of SIM among different aspects of internet addiction. Students shows the least knowledge level of 33% in the area of knowledge of internet addiction and highest knowledge level 33.44% in the area of management of internet addiction And they are having 33.16% of overall pre-test knowledge score before the administration of SIM.

Table II: Distribution Of Gnm Students According To Pre-test Level Of Knowledge Score.

Sr. No.	Knowledge Grade	Frequency	Percentage %	Marks
1	Poor	32	53.33%	0-10
2	Average	27	45%	11-15
3	Good	1	1.67%	16-20

2. Analysis Of Data Related To Knowledge Of Gnm Students After Administration Of Self- Instructional Module.

Table III: Mean Percentage And Standard Deviation For The Post Test Knowledge Of Gnm Students On Internet Addiction (n=60).

Knowledge on	No. of question	Min-max score	Mean	SD	% of mean score
Knowledge of internet addiction	21	0-21	14.55	3.42	69.28
Management of internet addiction	9	0-9	7.71	1.78	85.66
Overall	30	0-30	22.4	4.72	74.66

The above table shows the assessment of knowledge of GNM students after administration of SIM among different aspects of internet addiction. Students shows the least knowledge level of 69.28% in the area of knowledge of internet addiction and highest knowledge level 85.66% in the area of management of internet addiction And they are having 74.66% of overall post-test knowledge score before the administration of SIM.

Table IV: Distribution Of Post-test Knowledge Score In Frequency And Percentage Obtain From Gnm Students.

SR. NO	KNOWLEDGE GRADE	POST TEST	
		Freq	Percentage %
1	Poor (score 0-10)	2	3.33%
2	Average (score 11-15)	14	23.33%
3	Good (score 16-20)	44	74.66%

III SECTION:
ANALYSIS OF DATA RELATED TO THE EFFECT OF THE SELF INSTRUCTIONAL ON THE KNOWLEDGE SCORE BASED ON CORRECT ANSWERS IN STUDY GROUP.

Table V: Comparison Of Pre-test Score With Post Test Score Of Knowledge, Regarding Internet Addiction (n=60)

Test	Pre test		Post test		Students Paired t-test
	Mean	SD	Mean	SD	
Knowledge regarding internet addiction.	6.93	3.01	14.55	3.42	t= 15.66
Knowledge questionnaires on management of internet addiction	3.01	1.62	7.71	1.78	T=47.62
Over all	9.95	4.45	22.4	4.72	T=15

t >t 0.05 level of significance. So, research hypothesis is accepted.

Researcher applied paired t test to compare difference between average scoring of before and after self instructional module. Researcher concluded at 5% level of significance and 59 degrees of freedom that the above data gives sufficient evidence to conclude that GNM students after receiving self instructional module regarding internet addiction had higher mean knowledge scores in post-test than in pre-test. Hence, we reject null hypothesis and accept research hypothesis. It can be concluded that, the self-instructional module in GNM students is proved to be effective in delivering the knowledge.

Table No.VI: Comparison Of Overall Knowledge Score

	No.of GNM student	MEAN +SD	STUDENTS PAIRED T TEST
PRE TEST	60	9.95+4.45	t= 15 p= 0.05*
POST TEST	60	22.4+4.72	

*Significant at p≤0.05 , df=59

The above table shows comparison of overall mean knowledge score before and after administration SIM. The difference between pre and post test knowledge scores are tested by using paired 't' test (15) and found highly significant in all aspects.

Section Iv- Association Between Post Test Knowledge And Selected Demographic Variables Of Gnm Stduents.

Table VII : Chi square tets showing the association between post test knowledge and demographical variables.

Demographic variable		Poor		Average		Good		Total	Chi-square test
		N	%	N	%	n	%		
Age	17-18 years	1	5	6	30	13	65	20	$x2=5.48$ df= 4 NS
	19-20 years	1	4.34	7	30.43	15	65.21	23	
	21years and above	0	0	1	5.88	16	94.11	17	
Gender	Male	1	33.33	0	0	2	66.66	3	$x2=2.68$ df=2 NS
	Female	1	1.75	14	24.56	42	73.68	57	
Family Income	Below 100001	0	0	8	57.14	6	75	14	$x2=17.07$ df=6 S
	100001-200000	0	0	1	5.88	16	94.11	17	
	200001-300000	1	5	3	15	16	80	20	
	300001 &above	1	11.11	2	22.22	6	66.66	9	
Total number of children in family	1	0	0	9	64.28	5	35.71	14	$x2=23.08$ df= 6 s
	2	1	2.85	3	8.57	31	88.57	35	
	3	1	10	1	10	8	80	10	
	4	0	0	1	100	0	0	1	
Where did you spend most of your life	Village	0	0	4	36.36	7	63.63	11	$x2=2.55$ df=6 NS
	Small town	1	7.69	3	23.07	9	69.23	13	
	City	1	2.85	7	20	27	77.14	35	
	Other	0	0	0	0	1	100	1	
Previous knowledge of internet addiction	No	2	3.57	12	21.42	22	39.28	56	x2=1.57 df= 4 NS
	Yes	0	0	2	50	2	50	4	
If yes, source of information	Mass media	0	0	1	50	1	50	2	$x2=0.8$ df= 4 NS
	Health professionals	0	0	0	0	1	100	1	
	Friends	0	0	0	0	1	100	1	

NS- Non Significant   S- Significant

Since the p value (0.05) for demographic variable of Age, gender, where did you spend most of your life, and previous knowledge of internet addiction, has no significance association in post test knowledge score. But the demographic variable Family Income and Total numbers of children in family has Chi-square calculated value is greater than chi-square table value; hence Family Income and Total numbers of children in family has effect on post test knowledge score.

Table VIII: Each Domain Wise Percentage Of Knowledge Gain (n=60)

Domains	Pre-test %	Post-test %	%of knowledge gain
Knowledge regarding internet addiction.	33	69.28	36.28
Knowledge questionnaires on management of internet addiction	33.44	85.66	52.22
Over all	33.16	74.66	41.5

The above table shows each domain wise knowledge gain after administration of SIM. The overall 41.5% of knowledge gain was observed by comparing pre-test (33.16) and post-test (74.66%) score percentage.

Table Ix: Effectiveness Of Self-instructional Module

	% of pre test knowledge	% of post test knowledge	% of knowledge gain
Knowledge	33.16	74.66	41.5

The above table shows effectiveness of self-instructional module comparing pre test and post test knowledge score which shows 41.5% of knowledge gain

Table X: Comparison Of Pre Test And Post Test Level Of Knowledge

level of knowledge	Pre test		Post test		Chi-square test
	No. of student	%	No. of students	%	
Poor	32	53.33	2	3.33	**71.66**
Average	27	45	14	23.33	**df =2**
Good	1	1.66	44	73.33	**Significant**

The above table comparison of pre and post test knowledge level tested by chi square (71.66) which reveals that there is significant increase in knowledge level after administration of SIM

CONCLUSION

The self-instructional module significantly brought out improvement in the knowledge of GNM students regarding internet addiction. Analysis of data showed that there was significant difference between pre-test and post-test knowledge score. This study could help in bringing awareness among students about internet addiction.

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