



## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ILL EFFECTS OF PROLONGED SMARTPHONE USAGE IN CHILDREN AMONG MOTHERS OF TODDLERS AND PRESCHOOLERS

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### ABSTRACT

Children are the most vital population in the society. They are the precious assets to the family. Now a days the digital technology has advanced smart phone have become an indispensable part of the daily life of the children. The present study was aimed to assess the effectiveness of structured teaching programme on knowledge regarding ill effects of prolonged smart phone usage in children among mothers of toddler and preschoolers attending paediatric OPD of NIMS Medicity Neyyatinkara. The objectives of the study were to assess the level of knowledge regarding ill effects of prolonged smart phone usage in children among mothers of toddlers and preschoolers after structured teaching programme and to find out the association between the part test scores on level of knowledge regarding ill effects of prolonged usage in children among mothers of toddlers and preschoolers with their selected demographic variables. The nursing theory used was Health promotion model. The methodology selected was a quantitative approach which is experimental in nature. The sample selected for the present study was mothers of toddlers and preschoolers attending paediatric OPD of NIMS Medicity Neyyatinkara. The sample consist of 30 mothers of toddlers and preschoolers chosen by convenient sampling. The data was obtained by using structured questionnaire. This was analysed by using frequency, percentage, paired 't' tests and chi square value. The mean value of the test score is 17.4. The result of the study revealed that there is improvement in knowledge regarding ill effects of prolonged smart phone usage in children among mothers of toddlers and preschoolers after structured teaching programme. There is no significant association found between their demographical variables. The study concluded that there is significant knowledge regarding ill effects of prolonged smart phone usage in children among mothers of toddlers and preschoolers.

**KEYWORDS :** Effectiveness, structured teaching programme, knowledge, ill effect, smart phone, preschoolers, toddlers.

### INTRODUCTION

Smart phones are computer mediated tools that allow people or companies to create, share or exchange information, career, interests, ideas, pictures, and videos in virtual communities and network. The variety of standalone and built-in social media services currently available, introduce challenges of definition, however, there are some common features. There are many effects that stem from smart phone usage. At the same time, the total time spent on social media in the US across PC and mobile devices increased by 99 percent to 121 billion minutes in July 2012, compared to 66 billion minutes in July 2012. Smart phone influences do play part in shaping the toddlers and preschoolers behaviour. When your child aware of smart phone influence, she will be able to handle media pressure better. Smart phone influence can also be more indirect. An example of this might be the increasing socialization of content in advertising, magazines, television shows and music videos. The smart phone may influence violence. Seeing violent media content enough can make it more likely that someone will behave in an aggressive or violent ways, be less understanding of the other peoples need and feelings, and feel more afraid of their environment. Concerns continue to be raised about potential ill health impacts associated with the mobile phone use. This ranges from cancer and cognitive deficiencies to subjective effects. The parents need some knowledge regarding smart phone use. In this study we selected mothers of toddlers and preschoolers (1-6yrs) for our study. To assess the knowledge and to provide knowledge regarding ill effects of prolonged use of smart phone.

According to IAMAI, there are 500 million people in India are using any kind of mobile phone in 2018, now a days mobile phones especially smart phones are inevitable in everyone life. 45% of parents of children below 18 years are using mobile phones for wireless services 72% of children of these parents are also using for wireless services.

Today's children are tomorrows citizen. Thus the mothers of the growing children must know about the proper way to use smart phone. The children are the blooming buds, thus the

prolonged usage may result in poor academic performance and achievements. Thus, we selected to conduct a study to assess the effectiveness of structured teaching programmes regarding the ill effects of prolonged use of smart phone in children among mothers of toddlers and preschoolers.

### MATERIALS AND METHODS

The objective of the study is to assess the level of knowledge regarding ill effects of using smart phone among mothers of toddlers and preschoolers before structural teaching programme, to assess the level of knowledge regarding ill effects of using smart phone among mothers of toddlers and preschoolers after structural teaching programme and to find out the association on levels of knowledge regarding ill effects of smart phone among mothers of toddlers and preschoolers with the selected demographic variables. The study was based on The health promotion model proposed by Pender (1982, revised 1986) was designed to be complimentary counterpart to model of health promotion. The research approach used for the present study was quantitative evaluative approach. The research design selected for the present study was one group pretest and post-test design. The setting of the present study was paediatric OPD of NIMS Medicity, Neyyatinkara which is our parent institution. The population for the present study was mothers of toddlers and preschoolers. The sample selected for the present study where mothers of toddler and preschoolers child in paediatric OPD at NIMS Medicity, Neyyatinkara. The sample size selected for present study is 30. Sampling technique for the present study is convenient sampling technique. In the study a structured questionnaire in oral for identify the knowledge regarding ill effect of smart phone in children. It consists of 20 questions, each question carries score one, wrong answer carries zero score. Pretest conducted for the selected samples and provided structured teaching programme. Post-test conducted after 3 days. The collected data were analyzed using descriptive and inferential statistics.

### RESULTS

#### Section A:

- Majority of the samples children 50% belongs to the age group 4-6 years, 26.7% belongs to <3 years, 23.3% belongs

to 3-4years.

- Majority of the mothers education were 44% graduate, 30% were plus two, 16% have studied upto 10th, 10% are post graduates.
- Majority of mothers are house wives (76.7%), 13.4% have private job, 10% are Government employers.
- Majority of samples were from village is (76.7%), 23.3% from city.
- Majority of samples were nuclear family (63.4%), 36.6 % are joint family.
- Majority of samples children uses smart phone less than 1 hour (76.8%), 16.7% uses upto2 hours, 6.6% uses upto3 hours.

**Section B:**

- Majority of the samples have good knowledge on ill effects of smart phone 93.3%, 6.67% have average knowledge and minority of sample (0%) have poor knowledge after structured teaching program.

The mean value of the level of knowledge regarding ill effects of prolonged usage of smart phone is 17.4 and standard deviation is 1.868.

**Section C:**

Chi square test was employed to find out the association between level of knowledge regarding ill effects of prolonged usage of smart phone in mothers of toddlers and preschoolers with their selected demographic variables. Significant association found between post test scores of knowledge regarding ill effects of prolonged usage of smart phone with their demographic variables.

It reveals that there is significant level of knowledge regarding ill effects of prolonged usage of smart phone among mothers of toddlers and preschoolers. So the H1 is accepted. There is significant association between post-test scores knowledge regarding ill effects of prolonged usage of smart phone among mothers of toddlers and preschoolers with their demographic variables. The actual experience concluding the study was satisfying and enriching.

**Table 1:** Association between pre-test and post-test score

Scores	f	X2	Df	P value	't' value
Poor	30	9.76	29	0.05	2.05
Average					
Good					

**DISCUSSION**

The first objective was to assess the effectiveness of structured teaching programme on knowledge regarding ill effects of smart phone in mothers of toddlers and preschoolers among mothers' good knowledge 93.63% average knowledge 6.67% poor knowledge after structured teaching program. The result showed that structured teaching program increases the level of knowledge on ill effects of smart phones in toddlers and preschoolers.

The second objective was to fix out the association between knowledge regarding ill effects of smartphones in toddlers and preschoolers under selected demographic variables such as age, income, residence and amount of use the study result revealed that there is no significant association between knowledge and selected demographic variable except income and amount of uses.

The mean value of the level of knowledge regarding ill effects of smart phone 17.4 and Standard deviation is 1.868

Assessment of effectiveness of structured teaching program on level of knowledge regarding ill effects of smart phone in

mothers of toddlers and preschoolers exhibited that there is significant improvements in level of knowledge. After structured teaching program majority of sample 90% have adequate knowledge and 0% have poor knowledge after structured teaching program.

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