



Evaluate The Effectiveness of Structured Teaching Program on Knowledge Regarding Impact of Social Network Addiction Among Adolescents

KEYWORDS

Adolescents ; structured teaching program; social network addiction .

Mrs. Sheetal Kadam

M. Sc Nursing Clinical Instructor,
Department- child health nursing
Krishna Institute of Nursing Sciences
Karad.

Mrs. Nitanjali V. Patil

M. Sc Nursing Clinical Instructor,
Department- Obstetrics and
Gynecological Nursing, Krishna
Institute of Nursing Sciences Karad

Mrs. Vandana Satwe

M. Sc Nursing Clinical Instructor,
Department- Obstetrics and
Gynecological Nursing, Krishna
Institute of Nursing Sciences Karad.

Prof. Mrs. Vaishali R. Mohite

Principal, Krishna Institute of
Nursing Sciences Department of
Medical Surgical Nursing

Mrs. Rajashree Karale

M. Sc Nursing Clinical Instructor,
Department- child health nursing
Krishna Institute of Nursing Sciences
Karad.

Mrs. Sushama Shete

M. Sc Nursing Clinical Instructor,
Department- child health nursing
Krishna Institute of Nursing Sciences
Karad.

ABSTRACT "A study to evaluate the effectiveness of structured teaching program on knowledge regarding impact of social network addiction among adolescents studying at KINS Karad "

Background : As social networking sites have risen in popularity over the past years, students are spending an excessive amount of time on the Internet This is where peers, teachers and parents need to play a major role by making the students aware.

OBJECTIVES:

- To assess pre-test level of knowledge on social network addiction among adolescents.
- To evaluate the effectiveness of STP on knowledge regarding social network addiction among adolescents. and To find the association between pre-test level of knowledge with selected demographical variables among adolescents.

METHODS AND MATERIALS:-

Evaluative approach was used on 50 1st year Basic BSc students of KINS Karad by using random sampling technique. Data were collected by using structured questionnaire. The data were tabulated and analysed in the terms of objectives of the study using descriptive and inferential statistics.

Result : paired 't' value ($t=13.109$) and $p < 0.0005$ Hence, H_1 is accepted. This indicates gain in knowledge score. Therefore, the STP was effective in improving the knowledge of students.

Conclusion :- The study concluded that a structured teaching program was effective in increasing the knowledge of subjects under study.

Introduction :-

Social network sites are web-based services that allow individuals to construct a public or semi-public profile within a bounded system, articulate a list of other users with whom they share a connection, and view and traverse their list of connections and those made by others within the system. The nature and nomenclature of these connections may vary from site to site.

Social network sites (SNSs) such as MySpace, Facebook, twitter, skype, Cyworld, Bebo have attracted millions of users, many of whom have integrated these sites into their daily practices. As of this writing, there are hundreds of SNSs, with various technological affordances, supporting a wide range of interests and practices. Most sites support the maintenance of pre-existing social networks, but others help strangers connect based on shared interests, political views, or activities.

Social Networking Addiction has become increasingly debated among experts and social network users. Addiction

to the internet has been treated and studied for well over a decade. With the introduction of formats that allow users to interact more often than they may have previously done, such as Twitter, Facebook, Hi5, and Friendster the ability to become addicted or attached to social networking sites has become more plausible. This ability to interact can be quite elevating to moods, and be more easily accelerated into addiction. Any behavior which causes the elevation of a persons mood can cause addiction

Recent studies show that social media is addictive by nature. In fact, according to a 2011 study by online security(webroot), 54% of those who use social media networking sires feel some sort of addiction towards sites like facebook, twitter.

Since the average South Korean high school student spends about 23 hours 1.2 million are believed to be at risk for addiction and to require basic counseling. In particular, therapists worry about the increasing number of individuals dropping out from school or work to spend time

on computers. As of June 2007, South Korea has trained 1,043 counselors in the treatment of Internet addiction and enlisted over 190 hospitals and treatment centers

OBJECTIVES OF THE STUDY:-

- To assess pre-test level of knowledge on social network addiction among adolescents.
- To evaluate the effectiveness of structured teaching program on knowledge regarding social network addiction among adolescents.
- To find the association between pre-test level of knowledge with selected demographical variables among adolescents.

METHODS AND MATERIALS:-

The research approach used for the study was the evaluative approach. The study was conducted on 50 1st year Basic BSc students of KINS Karad by using random sampling technique. The researcher obtained the permission from concern authority. The investigator introduced herself to subject and explained the purpose of study. Informed written consent was taken from the each subject. The review of literature and with the help of guide the structured questionnaires were prepared to assess the knowledge on social network addiction among the adolescents. Data were collected by using a structured questionnaire. Structured questionnaire was prepared on demographic data, for assess the knowledge on social network addiction among the adolescents. The data were tabulated and analysed in terms of objectives of the study, using descriptive and inferential statistics.

RESULTS :-

Table 1: Distribution of subjects according to socio-demographic variables.

S.No	Socio-Demographic Variables	Frequency (F)	Percentage %
1	Age in years		
	18-19	45	90%
	20 & above	10	10%
2	Gender		
	Male	15	30%
	Female	35	70%
3	Religion		
	Hindu	27	54%
	Muslim	5	10%
	Christian	18	36%
	Others	0	0%
4	Marital status		
	a) Unmarried	49	98%
	b) Married	1	2%
5	Education		
	a) Under graduate	50	100%
	b) Post graduate	0	0%

Majority of the subject (90%) are having age in between 18-19yrs, majority of the subjects (70%) are female, major-

TABLE 2: Association between knowledge and regarding social networking, its impacts selected demographic variables.

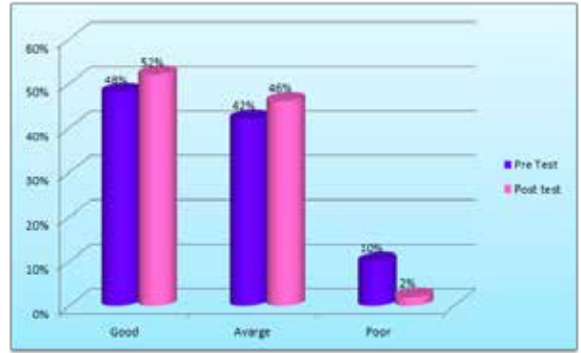
Variables	Level of knowledge						Total	x ²	df	p Value
	Good		Average		Poor					
	Frequency	%	Frequency	%	Frequency	%				
Age in years										
18-19	7	14	35	70	3	6	45	0.06614	1	0.7970
20 & Above	1	2	3	6	1	2	5			

ity of the subject (54%) are from Hindu religion, majority of the subjects (98%) are unmarried, and majority of the subjects (100%) are having their education under-graduate

Knowledge of subjects regarding social networking

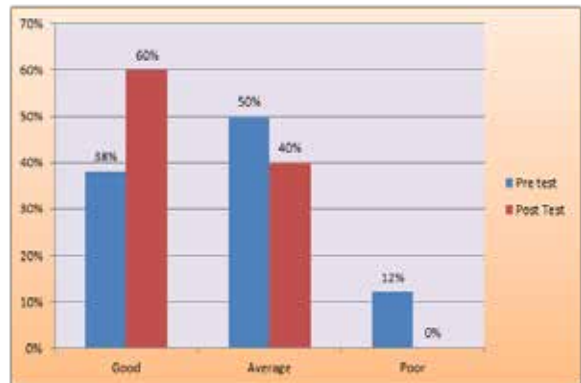
Graph 1 : Area wise distribution of subjects according to knowledge pretest post test scores regarding knowledge of social networking

N=50



Graph shows that in pretest 48% subjects are having good knowledge (42%)average and 10% are having poor knowledge regarding impacts of social networking sites & its addiction and in post test the 52% subjects are having good knowledge (46%) are having average and 2% are having poor knowledge regarding impacts of social networking sites & its addiction

Graph 2;- Area wise distribution of subjects according to knowledge pre test post test scores regarding impacts of social networking sites & its addiction



Graph shows that in pretest 38% subjects are having good knowledge (50%)average and 12% are having poor knowledge regarding impacts of social networking sites & its addiction. In post test the 60% subjects are having good knowledge (40%) are having average and 0% are having poor knowledge regarding impacts of social networking sites & its addiction

Variables	Level of knowledge						Total	χ^2	df	p Value
	Good		Average		Poor					
	Frequency	%	Frequency	%	Frequency	%				
Sex										
Male	3	6	11	22	1	2	15	0.2551	1	0.6135
Female	5	10	27	52	3	6	35			
Religion										
Hindu	5	10	21	42	1	2	27	0.2770	1	0.5987
Muslim	0	0	3	6	2	4	5			
Christian	3	6	14	28	1	2	18			
Marital status										
Unmarried	8	16	37	74	4	8	49	1.058	1	0.3036
Married	0	0	1	2	0	0	1			

Calculated value of χ^2 value shows that there was statistically no significant association between age($p = 0.7970$) and sex of subjects($p = 0.6135$) , religion ($p = 0.5987$) whereas marital status ($p = 0.3036$) with knowledge regarding social networking & its impact.

Therefore there is no significant association between socio demographic variables and knowledge regarding social networking & its impact. Because there is no relation between socio demographic variables and social networking

DISCUSSION;

In This Study Majority of the subject (90%) are having age in between 18-19yrs, majority of the subjects (70%) are female, and majority of the subjects (100%) are having their education undergraduate

An Similar study was conducted by Pelling El , White Km (2009) to predict risk for developing social network sites addiction. Data were collected from 233 undergraduate university students (64% females, mean age = 19 +-2 by survey method

Conclusion.

The study concluded that adolescents are influenced to a great extent by the social media negatively because attention there is focused on chatting and music while their academic activities are neglected and left to suffer.

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