



EFFECT OF INFORMATION BOOKLET (I B) ON KNOWLEDGE OF INTERNET ADDICTION AND ITS IMPACT ON LIFE STYLE AMONG UNDERGRADUATES

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ABSTRACT Social networking sites have risen in popularity over the past years. Students are spending an excessive amount of time on the internet and prone to internet addiction. Pre experimental study was conducted on internet addiction and its impacts on lifestyle among undergraduates at selected college, West Bengal. The study objectives were to develop and validate an information booklet on internet addiction and its impact, to determine the knowledge on internet addiction and its impact, to evaluate the effect of information booklet and to find out the association between the knowledge and demographic variables. Conceptual framework adopted for the study was based on Health Belief Model. One group pre-test post-test research design was adopted. Sixty students was selected by systematic random sampling technique. Validated and pre tested knowledge questionnaire and information booklets were used for data collection. Findings revealed that the mean post test knowledge score (23.88) higher than mean pre-test knowledge score (14.91) with a mean difference of 8.79. Further result revealed that computed "t" value was highly significance (14.17, 59 df) at 0.05 level of significance. The study concluded that majority students had poor knowledge in pre-test and markedly improved in post-test which indicates information booklet was effective .

KEYWORDS :

STATEMENT OF THE PROBLEM

Effect of information booklet (I B) on knowledge of internet addiction and its impact on life style among undergraduates of selected colleges, West Bengal.

Need and significance of study

In the new generation, the Internet has become an important tool for education, entertainment, communication, and information-sharing. College students are especially vulnerable to developing dependence on the Internet, more than most other segments of the society. This can be attributed to several factors including the availability of time; ease of use; unlimited access to the Internet; the psychological and developmental characteristics of young adulthood; limited or no parental supervision; all of which make Internet overuse and risk for internet addiction.

OBJECTIVES OF THE STUDY

1. To develop and validate I.B on internet addiction and its impact on life style.
2. To assess the knowledge of undergraduates before and after administration of information booklet.
3. To evaluate the effect of information booklet in terms of changes in knowledge scores.
4. To find out the association between knowledge of undergraduates and selected demographic variables.

METHODOLOGY

Research Approach: Pre-experimental research approach was selected for the present study to accomplish the objectives of the study.

SETTING

Setting is the most specific place where data collection takes place. Nature of setting influence the observation of the study. The present study was conducted at Bijoy Krishna Girls College 5/3 M. G. Road, Howrah, West Bengal.

Population

In the present study population comprised of all College students studying in B.Sc. course pass (science) of West Bengal.

Sample and sampling techniques

Sample comprised of College students who were studying in the B.Sc. course (science) of Bijoy Krishna Girls College 5/3 M. G. Road, Howrah, West Bengal. The sampling technique adopted for the present study was systematic random sampling. Sample size was 60 students.

Development and data collection of tools

Tool I : The semi structured demographic questionnaire for collecting

demographic data like age, type of family, house hold location. Money spent on internet, internet use in a day(per hrs).

Tool II : The structured knowledge questionnaire was prepared to assess the knowledge of undergraduates students attending selected colleges, West Bengal.

Data collection : The Researcher met the students and self-introduction given. Purpose and procedure of the study explained. Written consent obtained from the each students. Prepared semi structured demographic questionnaire, structured knowledge questionnaire were administered. Information booklet distributed and next date of the post test was informed. Post test was taken on 8th day of distribution of information booklet with the same structured knowledge questionnaire.

Hypotheses : (level of significance $\alpha < 0.05$)

H₀, There is no significant difference between mean post-test and mean pre-test knowledge score among undergraduates after receiving information booklet on internet addiction and its impact on life style as measured by structured knowledge questionnaire at 0.05 level of significance.

H₁, The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score among undergraduates after exposure to information booklet on internet addiction and its impact on life style as measured by structured knowledge questionnaire at 0.05 level of significance.

RESULTS

Section I Findings related to the demographic characteristics of the samples.

This section dealt with the Frequency and percentage distribution of participants according to their age , type of family, house hold location..

n=60

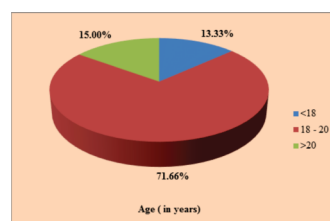


Figure 1 Pie chart showing age of the college students

Figure 1 shows that 8 (13.33%) students were in the age group of <18 years, 43 (71.66%) of them belonged to the age group 18-20 years and only 09 (15%) students had >20 years of age.

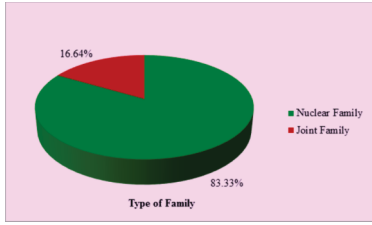


Figure 2 Pie chart showing type of the family among under graduates

Figure 2 shows that 50 (83.33%) students belonged from nuclear family whereas only 10(16.66%) belonged to joint family.

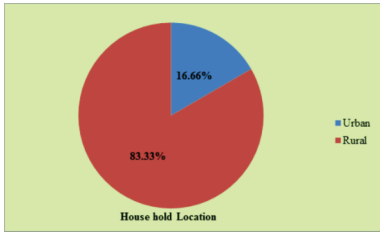


Figure 3 Pie chart showing house hold location of the students.

Figure 3 shows that 50 (83.33%) respondents lived in urban area whereas only 10 (16.66%) lived in rural area.

Section II Findings related to the knowledge score of participants on internet and its impact of life style.

Table 1 Frequency percentage distribution of the participants according to their knowledge score in per test and post test regarding internet addiction and its impact on life style.

Knowledge level	Range of score	Pre test Frequencypercentage (%)		Post-test Frequencypercentage (%)	
		Excellent	29-35 (81-100%)	Nil	-
Very Good	22-28 (61-80%)	11	18.33	37	61.66
Good	15-21 (41-60%)	23	38.33	11	18.33
Poor	>14 (>40%)	26	43.33	Nil	-

Maximum score= 35

The data presented in the table 5 shows that none of the respondents had excellent knowledge in their pre test whereas 18.33% students had very good knowledge ,38.33 % students had good knowledge and 43.33% students had poor knowledge regarding internet addiction and its impact before administration of information booklet.

The data also reveals that in post test 20.00% students had excellent level of knowledge and majority 61.66% of the participants had very good knowledge whereas only 18.33% students had good level of knowledge and non of the students shows poor knowledge regarding internet addiction and its impact.

Section III Findings related to effect of information booklet in terms of change in knowledge score in post test.

Table 2 Mean,Median,Mean difference, Standard deviation, and “t” value of pre-test and post-test knowledge score of participants.

Knowledge Score	Mean	Median	Mean Difference	Standard Deviation	“t”
Pre test	14.91	15		4.71	
			8.79		14.17***
Post-test	23.88	24		3.54	

“t”=3.23 df(59),*** p<0.001 level of significance.

The data presented in the table 7 shows that the mean post test knowledge score (23.88) of participants was significantly higher than their mean pre-test knowledge score (14.91) with a mean difference of 8.79.

The data also shows that the median of post test knowledge score (24) was higher than the median of pre-test knowledge score(15).

The data also pointed out that the standard deviation of pre-test knowledge score (4.71) was higher than the standard deviation of post-test knowledge score (3.54) which means variation in the knowledge score were more in pre test than in post test, also score in the post test were homogeneous than the pre test scores obtained.

The 't' value computed in the given data (14.17) which was statistically significant 't' at 0.001 level of significance, this shows that the obtained difference was a true difference and not by chance. Hence, the null hypothesis (H0) is rejected and the research hypothesis (H1) is accepted.

So it can be concluded that the information booklet on internet addiction and its impact on life style was effective in increasing the knowledge level among undergraduates.

Section IV Findings related to association between pre-test knowledge score of participants and selected demographic variables.

Table 3 Chi-square value showing association between pre-test knowledge score of participants with their type of family,House hold location and Age in (years).

Selected demographic variables	Knowledge Score		Chai- square Total (x ²)
	Below median	At and above	
Type of family			
Joint family	06	04	2.29
Nuclear family	20	30	10
House hold location			
Urban	19	31	2.66
Rural	06	04	10
Age in (years)			
≤ 20	26	25	3.43
>20	01	08	09

X²at df(1)=3.84,p>0.05

The data presented in the table 8 shows that out of 50 participants who belonged from joint family, the knowledge score of 20 students were below median and 30 students were at and above median. Similarly out of 10 students who had belonged nuclear family, 6 scored below median and 04 scored at and above median.

The Chi square computed between the family of family and the knowledge score was 2.29 which is not statistically significant at 0.05 level of significance.

So it can be said that there is no significant association between type of family and their knowledge regarding internet addiction and its impact.

It also shows that out of 50 participants who lived urban area , the knowledge score of 19 students were below median and 31 students were at and above median. Similarly out of 10 students who had lived rural area, 06 scored below median and 04 scored at and above median.

The Chi square computed between the location of house hold and thepre test knowledge score was 2.66 which is not statistically significant at 0.05 level of significance.

So it can be said that there is no significant association between and their locality and knowledge regarding internet addiction and its impact.

It also shows that out of 51 participants who had ≤ 20 years age group,

the knowledge score of 26 students were below median and 25 students were at and above median. Similarly out of 09 students who had >20 years age group, 01 scored below median and 08 scored at and above median.

The Chi square computed between the age group and the pre test knowledge score was 3.43 which is not statistically significant at 0.05 level of significance.

So it can be said that there is no significant association between and their age and knowledge regarding internet addiction and its impact.

IMPLICATION

Nursing Administration

Nurse administrator should ensure for the availability of the material like pamphlets, posters, charts, modules, guidelines related to prevention of internet addiction. There should be policy for supervision of staffs and adequate supply of the equipment to reduce addiction.

Nursing Education

- Nurse educators can develop health education materials like informational booklet, pamphlet for students which will help to understand the need for recognizing the problem and take up measures to prevent the internet addiction related issue in nursing students.

Nursing Practices

Nursing practices is mainly based on the health education. A nurse should educate the students about the impact of internet usage and its addiction on their physical health, academic performance and psycho social health.

CONCLUSION

On the basis of the finding of the study the following conclusion are drawn The knowledge regarding internet addiction and its impact was ranging from good to poor before administration of information booklet, after administration of post test scores ranges from very good to excellent. No student scored in poor. So information booklet is effective to increasing the knowledge of student regarding no internet addiction and its impact.

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