



A STUDY TO FIND THE EFFECT OF STRUCTURED TEACHING PROGRAM REGARDING KNOWLEDGE ON SAFE USE OF SMART PHONE AMONG STUDENTS IN A SELECTED SCHOOL OF BERHAMPORE, MURSHIDABAD.

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ABSTRACT

Background – The growing digitalized word exposing people with newer technological devices like smart phone which attract all group of people for its multifunction and customization. The prevalence of mobile phone addiction was ranged from 33% to 85.4% among adolescence in India and number of physical, psychological and social health problems identified including poor academic performance that evident in a study where academic performance was decreased from 60 to 80%. School students were not aware about safe use of smartphone.

Objective

- To assess pretest and posttest level of knowledge regarding safe use of smart phone among students.
- To find the effect of structured teaching program on knowledge regarding safe use of smart phone among students.
- To find the association between knowledge regarding safe use of smart phone with selected sociodemographic variable.

Method: A pre-experimental, one group pre and posttest design was adopted to conduct the study among 11th and 12th standard students in a secondary school of Berhampore, Murshidabad. Total 104 subject in the age group of 16 to 18 years were selected by simple random sampling techniques. Self-reporting method used for data collection. **Result:** Among the participants 54.8% were female and 45.2% were male; 78.83% participates in extracurricular activities; 67.91% have no restriction of smartphone use; 73.26% starts to use smartphone after 10 years of age and majority (92.43%) have own smartphone. The study findings showed that the mean pretest knowledge score about safe use of smart phone was 11.70 and in posttest knowledge score was 12.25. Calculated t-value (2.06) is greater than table value (1.983) at 0.05 level of significance. So, the findings indicate that the structure teaching program was effective in improving students' knowledge regarding safe use of smart phone. There was significant association between pretest knowledge and parents' occupation, type of family and community. Participant's Age, gender and religion was not associated with their knowledge. **Conclusion:** Majority of participants were the owner of smartphone and uses their phone without restriction but knowledge regarding safe use of smart phone was limited among school children. The structure teaching program was found effective to enhance their knowledge. Therefore, awareness program can be repeated. By improving their understanding and promoting responsible behavior, children can use smartphone as a powerful tool for learning and personal growth rather than a source of harm.

KEYWORDS : Knowledge on Safe use, Structured Teaching Program.