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“A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ABOUT KNOWLEDGE REGARDING PSYCHOSOCIAL PROBLEMS RELATED TO EXCESSIVE USE OF SOCIAL MEDIA ADOLESCENT IN SELECTED COLLEGE.”

Nursing

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ABSTRACT

Objective: To study the effectiveness of planned teaching about knowledge regarding psychosocial problems related to excessive use of social media among adolescent in selected college. **Methodology:** Quantitative research approach with pre-experimental one group pre-test and post-test research design was adopted to conduct the study among 110 adolescent in selected college, dist wardha, Maharashtra. Through non probability convenient sampling technique. A structured questionnaire was used for assessing knowledge regarding psychosocial problems related to excessive use of social media. **Result:** The mean pre-test score was 11.30 with the standard deviation of 2.83, whereas in posttest it was 26.50 with the standard deviation of 1.11. The mean difference in pre-test and post test scores was 15.20. The calculated value is 51.78. It shows that the calculated „t value was much higher than the tabulated value. It shows that there was a significant improvement in the knowledge of college students after planned teaching. Thus the research hypothesis (H1), “There is a significant difference between pretest and post test knowledge score about Psychosocial problems related to excessive use of social media among adolescent after planned teaching among adolescent of selected college. Which is measured by structured questionnaire at $p < 0.05$ level of significance”, is accepted.

KEYWORDS

Effectiveness, Planned Teaching, Psychosocial Problems, Use Of Social Media.

INTRODUCTION

“Social media addiction is like suicide in daily Installments”
(Bharat Nain)

Psychological wellness is characterized as condition of prosperity in which each individual understands his own latent capacity, can adapt up to the ordinary worries of life, can work beneficially and gainfully and can make a pledge to her or his district.¹

In the 21 st century technology, students today interact with information differently than students did ten years ago. Mass media are having significant effect on the “how” of information literate behavior and practices. It is significant for instructors to see how understudies interface with data in their everyday lives to realize both what to educate and how to educate it. Some researchers have stated that students develop bad academic habits through social media use.²

Mental health conditions affect a large percentage of individuals each year .Traditional mental health studies have relied on information collected through contact with medical practitioners. There has been investigation on the utility of online networking for discouragement; however there have been constrained assessments of other psychological well-being conditions.³

The focal government told the Supreme Court that it was actually impractical to impede violet, pointless web based games .Instead, the court guided guardians and educators to keep a sharp eye on children for signs of depression which make them fall prey to such online games. Such kinds of online violent games draw loneliness, vulnerable youth to play self- destructiveness which may lead to the youth brain washed.⁴

MATERIALAND METHODS

“A pre-experimental study to assess the effectiveness of planned teaching about knowledge regarding psychosocial problems related to excessive use of social media adolescent in selected college.”

Objectives of The Study**Primary /General Objective**

1. To study the effectiveness of planned teaching about knowledge regarding psychosocial problems related to excessive use of social media among adolescent in selected college.

Secondary /Specific Objective

1. To assess the existing knowledge regarding psychosocial problems related to excessive use of social media among adolescent in selected college.

2. To assess the effectiveness of planned teaching on knowledge regarding psychosocial problems related to excessive use of social media among adolescent in selected college.

Other Objectives:

1. To determine the association between the pretest level knowledge regarding psychosocial problems related to excessive use of social media among adolescent with their selected demographic variables.

Hypothesis**Primary Hypothesis:-**

H0: There is no significant difference in pre-test and post-test knowledge score regarding psychosocial problems related to excessive use of social media among adolescent in selected college which is measured at $p < 0.05$ level of significance.

H1: There is significant difference in pre- test and post- test knowledge score regarding psychosocial problems related to excessive use of social media among adolescent in selected college which is measured at $p < 0.05$ level of significance.

Other Hypothesis:-

H01: There is no significant association between level of knowledge score regarding psychosocial problems related to excessive use of social media among adolescent in selected college which is measured at $p < 0.05$ level of significance.

H2: There is significant association between level of knowledge score regarding psychosocial problems related to excessive use of social media among adolescent in selected college which is measured at $p < 0.05$ level of significance.

METHODOLOGY:

A Quantitative research approach with pre-experimental one group pre-test and post-test research design was adopted to conduct the study among 110 adolescent in selected college, dist wardha, Maharashtra. Non probability convenient sampling technique was used for selecting the sample. The study was conducted in month of February 2021 among adolescent in selected college, dist wardha, Maharashtra. A structured questionnaire was used for assessing knowledge regarding psychosocial problems related to excessive use of social media.

Ethical Consideration

- Prior permission was obtained from the institutional ethical committee.
- Prior permission from selected college was also taken.

- Written informed consents from subjects were obtained.
- Anonymity and Confidentiality was maintained throughout the study by coding numbers.
- A non-prejudicial treatment of individual who declines to participate and withdraw from the study after agreeing to participate.

Validity And Reliability

The reliability was established by the parallel form method. The reliability coefficient correlation for structured knowledge questionnaire was $r = 0.9631$. It is reliable to the instrument. To obtain the content validity of the tool, the prepared tool with the synopsis, planned teaching on psychosocial problems related to excessive use of social media, evaluator's response sheet and content validity certificate were submitted to 10 experts in the field of Mental Health nursing. All validated tools were received back from the experts with their valuable suggestions and comments.

Method of Data Collection

Data collection technique used was self reporting. The investigator personally approached subjects on date 04-02-2021 to 13-02-2021 and explained the purposes of the study and how it would be beneficial for them, and confirmed their willingness to participate in the study, written consent was obtained from the study subjects and confidentiality of their response was maintained. The investigator collected a group of subjects which comprised of 110 subjects, made them comfortable by maintaining all the governmental norms for covid-19 prevention, protocols were strictly followed and oriented them to the study and administered questionnaire to them, instructed them not to interact with each other and their doubts were clarified. Once the questionnaire was 67 completed, investigator collected them back. The subjects required mean time of 45 minutes to complete the structured questionnaire. After the pre-test planned teaching was conducted on the same day to enhance their knowledge. Post-test was conducted on the 7 th day with the same questionnaire. The collection of data was performed within the stipulated time. After the data gathering process the investigator thanked all the study subjects as well as the authorities for their co-operation.

RESULT

The analysis and interpretation of the observations are given in the following section:

- Section A: Distribution of subjects in relation to their demographic variables.
- Section B: Assessment of pre-test and post-test knowledge regarding psychosocial problems related to excessive use of social media among subjects in selected college.
- Section C: Analysis of effectiveness of planned teaching on knowledge regarding psychosocial problems related to excessive use of social media among subjects in selected college.
- Section D: Association of pre test knowledge score regarding psychosocial problems related to excessive use of social media among subjects with their selected

Section A:

Distribution of Subjects In Relation To Their Demographic Variables.

Table 1: Distribution of Subjects in relation to their demographic variables. n=110

Demographic variable	Frequency (f)	Percentage (%)
Age (yrs)		
16 yrs	43	39.10
17 yrs	54	49.10
18 yrs	11	10.0
19yrs	2	1.8
Gender		
Male	35	31.8
Female	75	68.2
Transgender	0	0
Birth order of the child		
1st	64	58.20
2nd	38	34.50
3rd	3	2.70
More than three	5	4.50
Monthly family income		

10000-15000 Rs	44	40
15001-20000 Rs	15	13.60
20001-25000 Rs	14	12.70
25001-30000 Rs	15	13.60
31000 and more	22	20
Type of social media used		
Facebook	1	0.90
What up	62	56.40
Instagram	5	4.50
All the above	42	38.20
Type of family		
Nuclear	72	65.50
Joint	35	31.80
Extended	3	2.70
Area of residence		
Rural	67	60.90
Urban	43	39.10

Frequency and distribution of subjects according to their age, gender, birth order ,area of residence, family income ,type of family, area of residence. Majority of subjects out of 110 subjects with regards to age, 49.10% of subjects were of 17years, 39.10% of them were of 16 years of age. 10% of them were of 18 years and 1.80% of them were of 19 years of age. Majority of subjects out of 110 subjects with regards to gender, 68.20% of subjects were females and 31.80% of them were males. Majority of subjects out of 110 subjects with regards to birth order of child, 58.20% of subjects were of first order, 34.50% of them were of second order and 2.70% of them were of third birth order. Majority of subjects out of 110 subjects with regards to monthly family income, 40% of subjects were having monthly family income of 10000-15000 Rs, and 20% of them had monthly family income of 30001 Rs and above, each 13.60% had between 15001-20000 Rs and 25001-30000 Rs, 12.70% had between 20001-25000 Rs Majority of subjects out of 110 subjects with regards to type of social media used, 56.40% of subjects were using Whatsapp, 38.20% of the subjects were using all the types of social media 4.50% of them were using Instagram Majority of subjects out of 110 subjects with regards to type of family, 65.50% of subjects were from nuclear families, 31.80% of them were from joint and 2.70% of them were from extended families. Majority of subjects out of 110 subjects with regards to area of residence, 60.90% of subjects were from rural area and 39.10% of them were from urban area.

Section B

Assessment of Level of Pre-test And Post-test Knowledge Regarding Psychological Problems Related To Excessive Use of Social Media Among Subjects

The 5.5% of the subjects had poor level of knowledge score, 52.7% had average and 41.8% of them had good level of knowledge score. Minimum knowledge score in pretest was 1 and maximum knowledge score in pretest was 15. Mean knowledge score in pretest was 11.27 ± 2.86 and mean percentage of knowledge score in pre test was 37.57 ± 9.54 .

Section C

Analysis of Effectiveness of Planned Teaching About Knowledge Regarding Psycho-social Problems Related To Excessive Use of Social Media Among Subjects.

Table 2: Significance of difference between knowledge score in pre and post test of subjects. n=110

SR. NO	OVERAL L	MEAN	SD	MEAN DIFFERENCE	P -VALUE	P -VALUE
1	Pre-test	11.30	2.83	15.20 $\pm$ 3.08	51.78	0.0001
2	Post-test	26.50	1.11			S _p <0.05

Pretest and post test knowledge scores of adolescent regarding psychological problems related to excessive use of social media. Mean, standard deviation and mean difference values are compared and student's paired't' test is applied at 5% level of significance. The tabulated value for $n=110-1$ i.e. 109 degrees of freedom was 1.97.

The calculated 't' value i.e. 51.78 are much higher than the tabulated value at 5% level of significance for overall knowledge score of adolescent which was statistically acceptable level of significance. Hence it was statistically interpreted that the planned teaching on knowledge regarding psychological problems related to excessive use

of social media among subjects in selected college was effective. Thus the H1 was accepted.

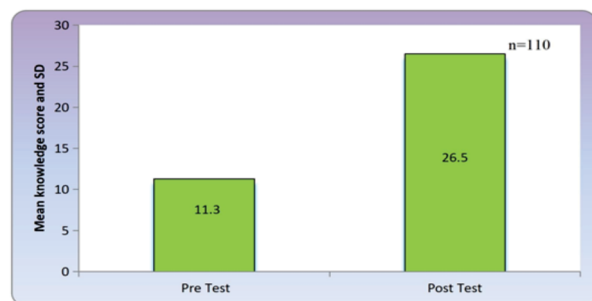


Figure 1 : Significance of difference between knowledge score in pre and post test of Subjects.

Section D

Association of Level of Pre Test Knowledge Score Regarding Psychological Problems Related To Excessive Use of Social Media Among Subjects In Relation To Demographic Variables.

The association of knowledge scores with area of residence of subjects regarding psychological problems related to excessive use of social media among subjects in selected college. The tabulated ' χ^2 ' value was 5.99 (df=2) which was much less than the calculated ' χ^2 ' i.e. 6.83 at 5% level of significance. Also the calculated ' p '=0.033 was much less than the acceptable level of significance i.e. ' p '=0.05. Hence was interpreted that area of residence of subjects was statistically associated with their pre test knowledge score.

Comparison of post-test knowledge scores of subjects regarding psychosocial problems related to excessive use of social media. Mean standard deviation and mean difference values are compared and z-test for difference between two means was applied at 5.08% level of significance.

DISCUSSION

The findings of the study were discussed with reference to the objectives stated in chapter I and with the findings of the other sections. The present study was undertaken as, "A pre-experimental study to assess the effectiveness of planned teaching about knowledge regarding psychosocial problems related to excessive use of social media among adolescent in selected college."

Demographic variables of the present study shows, out of the 110 subjects 43 (39.1%) subjects were of 16 years, 54 (49.1%) were of 17 years, (10.0%) were of 18 years. 02 (01.8%) subjects were of 19 years. 35 (31.8%) subjects were Male, 75 (68.2%) subjects were Females, 0(0%) subjects were Transgender. 64 (58.2%) subjects were 1st child, 38 (34.5%) subjects were 2nd child .3 (2.7%) subjects were 3rd child, 05 (4.5%) subjects were more than three children of family, 44 (40.0%) subjects had 10000-15000 Rs monthly income, 15(13.6%) subjects were having 15,001-20000 Rs month family income , 14 (12.7%) subjects were having 20,001 – 25,000 Rs month family income, 15 (13.6%) subjects were having 25,001-30,000Rs month family income, 22 (20.0%) subjects were having 30,001Rs and above monthly family income. 01 (0.9%) subjects were using facebook , 62 (56.4%) subjects were using whatsapp , 05(4.5%) subjects were using instagram. 42 (38.2%) subjects were using all social media . 72 (65.5%) subjects had Nuclear family, 35 (31.8%) subjects had joint family, 3(2.7%) subjects had extended family. 67 (60.9%) subjects were rural resident, 43(39.1%) subjects were urban residence.

A survey was conducted in 2019 on assessing the prevalence of a predisposition to Smartphone use disorder in university students. The study aimed to investigate the associations between the intensity of mobile phone use and several variables. The sample were 150 students from 2 selected universities in Timisoara.

Students were requested to answer questionnaires under heading like mobile phone dependence questionnaire and International Stress Management Association Questionnaire. The study revealed that more number of students with a predisposition to Smartphone use disorder, with significant correlations between indicators of Smartphone addiction and stress scores. Also, significant correlations were obtained between mobile phone dependence questionnaire scores and

student's age, period of mobile phone use and International Stress Management Association Questionnaire.⁵

Conclusion And Recommendation

Planned teaching on psychosocial problems related to excessive use of social media was found to be effective in improving the knowledge of adolescent. Adolescent had a significant gain in knowledge regarding psychosocial problems related to excessive use of social media.

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