

“TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM [PTP] ON KNOWLEDGE REGARDING DIGITAL DETOXIFICATION AMONG STUDENTS IN SELECTED JUNIOR COLLEGES”.

Nursing

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ABSTRACT

Our day to day life has moulded immensely because of the introduction to technology. It has become faster, dynamic and more comfortable. It is difficult to imagine our life without the use of technology, the way we use our digital devices continuously, might disturbs our life balance that's why digital detox concept has arisen. Digital detox refers to a period of time when a person refrains from using tech devices such as smartphones, televisions, computers, tablets, and social media sites. Worse, than that constant connection can also take a toll on your quality of life and overload your senses. That's why taking a break from your numerous digital devices and having knowledge of digital detox could help be good for your mental and physical health. The objectives were to identify the knowledge regarding digital detoxification, to evaluate the effectiveness of planned teaching programme on knowledge regarding digital detoxification. And find out an association between pre-test knowledge scores regarding digital detoxification with selected socio demographic variable among students in selected junior colleges.

The research approach used for the study was quantitative evaluative survey approach, A Quasi-experimental, one group Pre-test Post-test design was used, which consisted a group of 60 samples who were selected by using Systematic sampling technique. Data was collected by using Socio Demographic Variables and Structured knowledge questionnaire regarding Digital Detoxification.

The result shows that in the pre-test majority of samples 46(76.67%) had poor knowledge, 16(32%) had average knowledge, 0(00%) had good knowledge score whereas in Post- test 41(68.33%) had good knowledge, 19 (31.67%) had average knowledge and 0(00%) had poor knowledge. There was a highly significant difference in the mean scores between pre-test knowledge score and post-test knowledge scores regarding digital detoxification. In this present study, there was significant association found between pre-test knowledge score with their socio demographic variables. The calculated values were higher than tabulated values like Father's education, Mother's education, Duration of using internet and Purpose of using internet, There was significant association between Pre-test knowledge score with their selected socio- demographic variable.

Interpretation And Conclusion: The study revealed that majority of students were having poor knowledge regarding digital detoxification and planned teaching program helped students to gain knowledge regarding digital detoxification and utilize that knowledge to be a healthy wellbeing.

KEYWORDS

Evaluate: Effectiveness: Planned teaching program [PTP]: Knowledge: Digital detoxification: Junior college student.

INTRODUCTION

Today's world is crammed with technology. Almost every family owns a computer, laptop, smartphone, tablet, television etc. All these make our lives easier. Originally created to serve faithfully to humanity, digital devices have also revealed their harmful impact on our lives. Many studies have come to the conclusion that our physical, social, and mental health suffers because of the excessive exposure to technology. Let's discover the negative effects of technology on different aspects of our lives.¹

There is a widespread use of digital technologies such as social media like Facebook, Twitter, Whatsapp, and mobile phones by adolescents. They are spending an average of 2-3 hours a day texting, gaming, and watching irrelevant videos. Due to this excessive use, it may lead to some health issues; it also helps to encourage the adolescents to improve their communication and knowledge. It thus follows that digital technology has both positive as well as negative effects on the young minds. However, there is no denying the fact that negative impact is much more vigorous than its positive repercussions. As far as the harmful effects of digital technology is concerned, social media and mobile devices may lead to psychological and physical issues. On the positive side, it empowers learning and communication. The need of the hour is to help and nurture our young minds in a way that they learn to focus on the positivity of the digital technology so that they can use it to the optimum and get benefitted in the best possible manner.²

Adolescents are intensely focused on social life during this time, and consequently have been eager and early adopters of internet applications that help them engage with their peers. In our first national survey of teenagers' internet use in 2000, we found that teens had embraced instant messaging and other online tools to play with and manage their online identities. In our second major study of teens in 2004, we noted that teenagers had taken to blogging and a wide array of content creation activities at a much higher rate than adults. Teens who adopted these tools were no longer only communicating with text, but they were also developing a fluency in expressing themselves through

multiple types of digital media – including photos, music and video³

Well today we are surrounded by every gadgets. Be it home or college or office, we are never without our screens. Although having these smart gadgets with us helps us in a lot of ways, it also causes unimaginable harm.⁴

A digital detox refers to a period of time during which a person refrains from using electronic devices connected to the Internet, such as smartphones and computers. Moreover, a digital detox is an opportunity to reduce stress and focus more on interaction with others. And it can also help prevent addiction to tech devices. In addition, a digital detox provides time to experience nature, get physical exercise, and practice mindfulness. Unplugging on a regular basis helps us maintain a healthy balance between IRL (“in real life”) activities and the digital world ultimately, a digital detox is a way to disconnect to reconnect. Regarded as an opportunity to reduce stress or focus on social interaction in the physical world”. Despite the advantages of technology, it seems we are now aware of the negative impact it can have on our lives - take for instance social media and its ability to distract and consume us - which we are increasingly being told how we need to escape it and give ourselves time away so we can disconnect. Call its digital detox or an escape from the online world; scientists say our brains benefit from down time⁵

METHODS AND DATA COLLECTION

After an extensive review of literature; referring the books and journal as well as discussion with the guide and expert, the tool that is socio –demographic data and structured knowledge questionnaire on knowledge regarding digital detoxification were developed to evaluate the effectiveness of planned teaching program [PTP] on knowledge regarding digital detoxification among students in selected junior colleges at Kolhapur.

Selected Socio-Demographical data comprised of 09 items seeking information on demographical variables like. Age in years, Gender,

Stream of education, Monthly family income, Type of family, Fathers education, Mothers education, Duration of using internet, and Purpose of using internet. And Structured Knowledge Questionnaire on digital detoxification tool was used for the data collection. A tool consisted of 35 statements, which are based on multiple choice questions (MCQ).

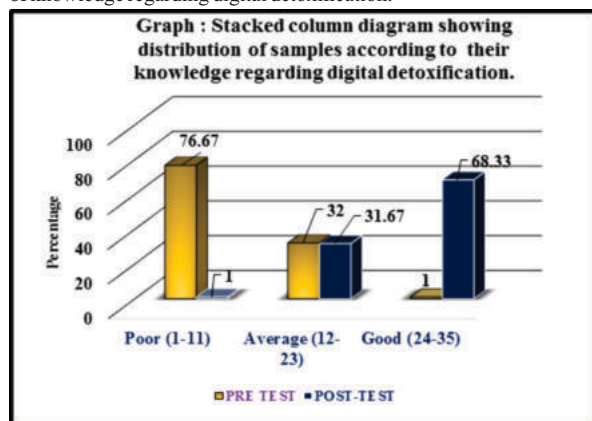
A formal permission was obtained from the principal of junior college was and then main study was conducted at Swami Vivekananda College Kolhapur. From 03/03/2022 to 11/03/2020. The investigator introduced himself to the samples and explained objectives of the study. 60 samples were selected by using Systematic sampling technique for the study. The investigator after explaining the purpose of the study, informed consent was obtained from each subject. Then study participants were assessed for the level of knowledge by using structured knowledge questionnaire on digital detoxification as a pre-test. After that 60 samples were gathered. And then planned teaching program [PTP] was administered at first day after pre-test, post - test was conducted on 8th day by using same tool.

RESULT

The result of this study shows that.

In **pre-test** majority of samples 46(76.67%) had poor knowledge, 16(32%) had average knowledge, 0(00%) had good knowledge score whereas in **post- test** 41(68.33%) had good knowledge, 19 (31.67%) had average knowledge and 0(00%) had poor knowledge.

Findings related to distribution of samples according to their level of knowledge regarding digital detoxification.



In this study calculated value ($\chi^2_{cal} = 21.9$) was greater than tabulated paired 't' value ($\chi^2_{tab} = 2.00$) which indicated that plan teaching program [PTP] was statistically significant at $p < 0.05$ level. Hence, H_{01} is rejected and H_{11} is accepted.

In this present study, it was found that there is significant association between Pre-test knowledge score with their selected socio-demographic variables like Father's education, Mother's education, Duration of using internet and Purpose of using internet. Where the calculated values are higher than tabulated values. Hence, H_{02} is rejected and H_{12} is accepted.

DISCUSSION

The present study had been undertaken to evaluate the effectiveness of planned teaching program [PTP] on knowledge regarding digital detoxification among students in selected junior colleges at Kolhapur.

1. Findings Related To Distribution Of Selected Socio-demographic Variables Of Participants.

In the present study, out of 60 students majority of the participants 46(76.7) were in the age group of 16-17 years where as minor 14(23.3%) belonged to the age group of 18-19 years.

A similar study was conducted on Characteristics of social media detoxification, which shows that most of the participants 56(82.3%) belonged to age group (under 21).⁶

In the present study, out of 60 students people majority of the students 43(71.7%) were females and 17 (28.3%) were male.

A contradictory study was conducted on Characteristics of social

media detoxification, which shows majority of the students 37(54.4) were males and 31(45%) were females.³⁷

In the present study, out of 60 students majority of the participants, had 28(46.7) Science stream and 15(25.0) had arts stream.

A similar study was conducted Characteristics of social media detoxification, which shows majority 27(39.7) had science and arts student out of 68 students.³⁷

In the present study, out of 60 students in terms of monthly family income, majority of the participants 15(25.0%) income between Rs 10000-20000 and minor 10(16.7%) had income between Rs 21000-30000.

A similar study was conducted on Characteristics of social media detoxification, which shows that, in terms of monthly family income, majority of the participants 153(44.0%) income between Rs 10000-15000, minor 18(5.2%) had income below 5000.⁶

In the present study, majority of the students 21(35.0%) uses internet for 1 to 4 hour, whereas 15(25.0%) uses internet for less than 1 hour, 09(15.0%) uses internet for 5to 8 hours and 15(25%) uses internet for more than 8 hours.

A similar study was conducted on Characteristics of social media detoxification, which shows, majority of the students 25(36.8%) internet uses for 2 to 4 hour, 19(27.9%) internet uses for 1-2 hour, 16(23.5%) internet uses for 4-6 hours whereas minor 2(2.9%) internet uses for more than 6 hours.⁶

2. Findings related to association between the level of knowledge with their selected socio-demographic variables among students

In this present study, there was significant association between the level of knowledge with their selected socio-demographic variable like Age in years, Gender, Stream of education, Monthly family income, Type of family, Fathers education, Mothers education, Duration of using internet, and Purpose of using internet.

A similar study was conducted by Joseph et al. Which revealed that there was association found between gender, duration of using internet.

IMPLICATIONS

Implications of the Study The findings of the study have several implications in different areas which are discussed in following area Nursing Education, Nursing Practice, Nursing Administration, Nursing Research.

NURSING PRACTICE

- Plan teaching program on knowledge regarding digital detoxification can be carried out in rehabilitation centres.
- Nurses can providing knowledge to the parents and their children's regarding digital detoxification that will helps them to improve mental health and quality of life.
- This study finding can help the nurses to educate the patient regarding usage of digital devices.

NURSING EDUCATION

- Digital detoxification and its management should be made as an integral part of nursing curriculum.
- In-service education can be conducted to improve knowledge of health professionals regarding digital detoxification and its management.

NURSING ADMINISTRATION

- The findings of the study will help nurse administrators to prepare the protocols and necessary policies about digital devices usage in the hospital area.
- Nurse administrators must organize continuing nursing education program to the nurse's working in hospital and community to enable them to keep abreast with current knowledge regarding Digital detoxification and Safety usage of digital devices.

NURSING RESEARCH

- The study findings will provide baseline for conducting other research studies.
- The study will be a motivation for budding researchers to conduct

similar studies on a large scale.

- The present study conducted by the investigator can be source of review of literature for other who are attending to conduct studies on digital detox among students
- The evidence based practice improve the quality of life and this study focus on preventing heavy linkage with digital devices and improves quality of life.

LIMITATIONS

No broad generalization could be made up to the small sample size and it was limited only to junior college student in selected area of Kolhapur

RECOMMENDATIONS

- A similar study on a large setting with more samples for a longer period of time would be more pertinent in making broad generalizations.
- A comparative study can be conducted to evaluate the effectiveness of plan teaching program on knowledge regarding digital detoxification.
- A similar study can be conducted at different settings.
- A Phenomenological study can be conducted by using a qualitative approach.
- A similar study can be conducted with experimental research design having experimental group and control group.
- The study will be a motivation for budding researchers to conduct similar studies on a large scale in different sector.

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