



A CORRELATION STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE TOWARDS MOBILE PHONE ADDICTION AMONG SCHOOLCHILDREN IN SELECTED GOVERNMENT SCHOOL, JALANDHAR, PUNJAB, INDIA.

Nursing

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ABSTRACT

Globally, schoolchildren are using mobile phones at alarming rates, which has a negative impact on their mental, emotional, and physical health. A correlation study was conducted to assess the knowledge and attitude towards mobile phone addiction among schoolchildren in selected government school, Jalandhar, Punjab, India. **Methodology:** A quantitative research approach with correlation descriptive research design was used in this study. Research setting was Government middle school, Subhana, Jalandhar, Punjab, India. Total 100 samples were selected with non-probability purposive sampling technique. Verbal consent was taken from the students. Self-structured tool was used to assess the knowledge and attitude towards mobile phone addiction among schoolchildren. **Results And Conclusion:** Knowledge among school children, mean and SD of was 76.15 and +12.26 respectively and attitude among school children, mean and SD was 66.73 and +7.77. The correlational between knowledge and attitude was found strongly positive and was statistically significant at $p < 0.05$ in level. Study finding have shown that, there is a relationship between knowledge and attitude and also significant association between knowledge of adolescents with age, family income and occupation of mother. **Recommendation:** The study can be done on large sample in different research setting. It can be conducted to assess the effectiveness of structure teaching programme on knowledge regarding addiction of mobile phone competency among schoolchildren.

KEYWORDS

Knowledge, addiction, mobile phone, attitude, schoolchildren.

INTRODUCTION:-

The prevalence of mobile phone use among school-age children has sparked worries about the possible risks of excessive mobile phone use. Children are at risk for physical, psychological, and social dangers as mobile phones grow more and more ingrained in daily life. It is essential to comprehend school-age children's attitudes and knowledge regarding the dangerous usage of mobile phones in order to create interventions that effectively encourage responsible and safe mobile phone use.⁽¹⁾

This study aims to investigate the correlation between knowledge and attitude towards hazardous use of mobile phones among school-age children. By understanding the relationship between knowledge and attitude, this study can inform the development of targeted interventions to promote safe and responsible mobile phone use among children. The findings of this study can also contribute to the existing body of literature on mobile phone use among children and provide insights for parents, educators, and policymakers.

Statistics And Studies

- Over 80% of Indian teenagers know how to use smartphones, but only 57% use them for educational purposes, according to the Annual Status of Education Report (ASER) 2024.⁽²⁾
- A survey of 6,229 parents in rural India found that 49.3% of students have access to cell phones, with 76.7% using them primarily for video games and 56.6% for watching films.⁽³⁾
- Excessive mobile phone usage can lead to negative behavioral changes, such as irritability, temper, and restlessness, as well as reduced academic performance.
- A study by the Department of Women and Child Development found that over 15,000 children in Kerala received treatment for issues related to excessive mobile phone use between 2023 and 2024.⁽²⁾
- According to a survey by vivo, 64% of children feel addicted to their smartphones, spending most of their time on social media and entertainment activities.⁽²⁾
- The Kids Rights Index 2025 reports that over 14% of children worldwide struggle with mental health issues, exacerbated by unchecked digital exposure.⁽³⁾

METHOD AND MATERIALS:-

Research Approach:

Quantitative research approach.

Research Design:

Non-experimental, correlational research design.

Research Setting:

Government middle School, Subhana, Jalandhar, Punjab, India.

Target Population:

Schoolchildren of age group 11-16 years

Sample And Sampling Technique:

Sample size was comprised of 100 schoolchildren at Government middle school, Subhana, Jalandhar, Punjab, India. Sample selection was done based on inclusion and exclusion criteria⁽⁴⁾. Under Non-probability method, purposive sampling technique⁽⁵⁾ was adopted to select sample.

Selection And Development Of Tool:

The Tool Was Developed In The Following Ways:-

Part A: This part includes socio-demographic variables of schoolchildren.

Part B: Self-structure tool (Likert scale) was prepared to assess the knowledge among schoolchildren.

Part C: Self-structure tool was prepared to assess the attitude towards mobile phone addiction.

Reliability Of Tool:

The reliability of the part B was 0.77 and part C was 0.97. Hence, the tool found to be reliable and feasible for the purpose of the study.

Analysis And Interpretation Of Data:

The data collected was entered in master sheet, tabulated, analyzed and interpreted by using descriptive and inferential statistics. The data is being represented under following:

Section I: Description of sociodemographic variables by using frequency and presentation.

Majority i.e. 90 (90%) of schoolchildren were 13-14 years of age, 64 (64%) school children are male, 67 (67%) early adults were belonging to rural area, 76 (76%) school children were living at home, 63 (63%) schoolchildren were having nuclear family, 37 (37%) schoolchildren whom fathers were working, 78 (78%) schoolchildren whom mothers were home-maker, 50 (50%) schoolchildren fathers were graduate, 46(46%) schoolchildren mothers were not graduate and 96 (96%) schoolchildren having mobile phones.

Section II: Assessment of Knowledge among the schoolchildren regarding mobile phone addiction.

Section III: Relationship of knowledge and attitude towards mobile phone addiction among Schoolchildren.

Section IV: Association of Knowledge and attitude towards mobile phone addiction among Schoolchildren with their selected socio-demographic variables by using Chi-Square test.⁽⁶⁾

Table I: Mean, Mean Percentage And Standard Deviation Of Knowledge And Attitude Towards Mobile Phone Addiction Among Schoolchildren.

Schoolchildren	Mean	Standard deviation	Mean percentage (%)
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Knowledge	76.15	+12.26	76.15
Attitude	66.73	+7.77	66.73

Minimum Score = 20

Maximum Score = 100

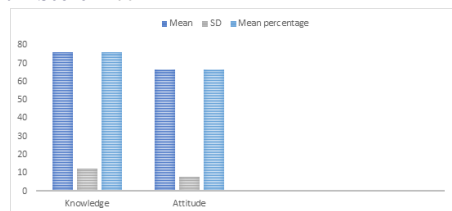


Figure 1: Depicting about the mean, mean percentage and SD of knowledge and attitude towards mobile phone addiction among schoolchildren.

Table II: Correlation Between Knowledge And Attitude Towards Mobile Phone Addiction Among Schoolchildren.

Variable	Correlation(r)
Knowledge	0.902*
Attitude	

Df(98) *=significant at 0.05 level

RESULT:

Knowledge among schoolchildren, mean and SD of was 76.15 and +12.26 respectively and attitude among schoolchildren, mean and SD was 66.73 and +7.77. The correlational between knowledge and attitude was found strongly positive and was statistically significant at $p < 0.05$ in level.

CONCLUSION:

The outcome of the study is positive as the schoolchildren have higher knowledge about hazards associated with increased awareness and cautious attitude.

Benefits For School-Age Children

- 1. Healthier Phone Use Habits:** The study helped school-age children develop healthier phone use habits, reducing the risk of mobile phone addiction⁽⁷⁾
- 2. Improved Academic Performance:** By promoting responsible mobile phone use, the study helped children stay focused on their studies and improve their academic performance⁽⁸⁾
- 3. Better Time Management:** The study-helped children develop better time management skills, enabling them to balance phone use with other activities⁽⁹⁾

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