



**ORIGINAL RESEARCH PAPER**

**Nursing**

**A STUDY TO EVALUATE THE EFFECTIVENESS OF PAMPHLET REGARDING KNOWLEDGE ON ILL EFFECTS OF MOBILE PHONES AMONG MOTHERS OF SCHOOL GOING CHILDREN IN SELECTED URBAN AREA OF BHOPAL(M.P.).**

**KEYWORD:**

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**ABSTRACT**

A study to evaluate the effectiveness of pamphlet regarding knowledge on ill effects of mobile phones among mothers of school going children in selected urban area of Bhopal". 60 Mothers of school going children were selected by non-probability convenient sampling .Data was collected by using socio demographic and self structured questionnaire on ill effects of mobile phones among mothers of school going children.The finding revealed that mean post test score 82 is higher then mean pre-test score 41.6 and calculated 't' test value t=31.49 was statistically significant at 0.05 level of significance. Thus it is established that difference obtained in the mean knowledge score before and after giving pamphlet was good and giving pamphlet was effective and increasing the knowledge the knowledge level of mothers of school going children regarding ill effect of mobile phone.

**INTRODUCTION**

*"It is easier to prevent bad habits than to break them"- Benjamin Franklin*

The main difference concerning the use of mobile phones (MPs) between today's children and adults is the longer lifetime exposure of children when they grow older, due to starting to use MPs at an early age. Additionally, recent trends lead to a higher frequency of use among children, including higher popularity of MPs and features specifically designed to attract children. The prevalence of MP users is already very high and reaches >90% among adolescents in some countries. In a German study, 6% of 9-10 years old children used a MP for making calls daily; 35% owned their own MP. For children, MPs are dominant sources of radio wave exposures and relevant sources of extremely low frequency magnetic fields. For very young children, however, environmental exposure to radio waves may be of concern. In conclusion, children will have a much higher cumulative exposure to radio waves than today's adults when they are at the same age. Radio wave exposure of children may be estimated more easily, because the variety of exposure sources is smaller than for adults. As long as adverse health effects cannot be ruled out with some degree of certainty, it appears to be appropriate to instruct children and their parents about a prudent use of Mps.

Agreeing to this survey of **Medical Doctor's** the **disease cause by mobile phone devices** are Brain Tumor 74%, Male Infertility 37%, Heart **Disease** 45%, and **Effect** on Fetus 21%, Ear Hearing Function 80%, Alzheimer's **disease** 11% and Parkinson's **disease** 3%.

**STATEMENT OF PROBLEM:**

*A study to evaluate the effectiveness of pamphlet regarding knowledge on ill effects of mobile phones among mothers of school going children in selected urban area of Bhopal".*

**OBJECTIVES:**

1. To determine the pre- test knowledge regarding the ill effect of mobile phones among the mothers of school going children.
2. To develop the pamphlet regarding ill effect of mobile phones among the mothers of school going children.
3. To determine the post- test knowledge regarding the ill effect of mobile phones among the mothers of school going children.
4. To find out the effectiveness of pamphlet on knowledge regarding the ill effects of mobile phones among the mothers of school going children.
5. To find out the association between pre-test knowledge score of the mothers with their selected demographic variables.

**METHODOLOGY**

In this present study pre-experimental (one group pre-test

post-test) design was used to evaluate the effectiveness of pamphlet regarding knowledge on ill effect of mobile phones among mothers of school going children were selected by non- probability sampling was used to gather information from chosen population .Data was collected by using socio demographic and self structured questionnaire on ill effects of mobile phones among mothers of school going children.

**RESULTS:**

In this present study total 60 subject was enrolled. The socio demographic variables revealed that High 36.6%(22) mothers were belong to 26-30 years. It Reveals that majority 56.6%(34) mothers were graduate. Reveals that majority 51.66%(31)mothers are from joint family. Show that high 60%(36) of mothers were home maker and majority 26.7%.Shows that highest 36.6%(22)of mothers have family income of Rs.20001-30000. Shows higher 55% (33)of mothers were having previous knowledge regarding ill effect of mobile phone, however 45%(27) mother were not having much knowledge respectively. Reveals that majority of mothers family 46.6% (28) of were using more then 4 mobile it reveals higher 61.6%(37) were allow to use mobile phone less than 1 hours.

**CONCLUSION:**

This study Reveals that, after implementation of the pamphlets highest 81.6%(49) of mothers of school going children had very good level of knowledge, followed by 18.4%(11) of mothers of school going children had good level of knowledge. Mean score of level of knowledge score of mothers of school going children before distributing pamphlet was 41.6 and post-test 82 with the pretest mean score and SD was 41.6±6.2561 and post test mean score and SD was 82±6.024 mean difference of 40.4Thus it is established that difference obtained in the mean knowledge score before and after the giving pamphlet was good and giving pamphlet was effective and increasing the knowledge level of mothers of school going children regarding ill effect of mobile phone . Hence research hypothesis **H<sub>1</sub>** was accepted.

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