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# EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CONSEQUENCES OF EXCESSIVE COMPUTER USE AMONG ADOLESCENTS

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### ABSTRACT

The excessive or compulsive use of the computer which persists despite serious negative consequences for personal, social, or occupational function. Another clear conceptualization is made by Block, who stated that "Conceptually, the diagnosis is a compulsive-impulsive spectrum disorder that involves online and/or offline computer usage and consists of at least three subtypes: excessive gaming, sexual preoccupations, and e-mail/text messaging". While it was expected that this new type of addiction would find a place under the compulsive disorders in the DSM-5, the current edition of the Diagnostic and Statistical Manual of Mental Disorders, it is still counted as an unofficial disorder. Experimental study was conducted in Jodhpur. Among adolescents, total sample size N=60. Knowledge regarding consequences of excessive computer use among adolescent scale was constructed by the investigators and was validated by the experts. A written permission was obtained from the ethical committees and concerned authorities. Obtain assent from the adolescent. Administered pre-test for 60 adolescent and subjects were divided into experimental and control group by using stratified random sampling technique. The structure teaching program was given to experimental group. The mean of the pre-test of experimental and control group is 9.5 and 10.9 respectively. Post-test mean of the experimental group and control group is 20 and 11.17 respectively. The calculated paired 't' value of experimental group is 9.335 which found to be statistically significant when compared to table value  $df_{(29)} = 2.04$ ,  $p < 0.05$  level of significance. The calculated paired 't' value of control group is 0.27 which found to be statistically not significant when compared to table value  $df_{(29)} = 2.04$ ,  $p < 0.05$  level of significance. The study finding reveals that the majority of adolescents had below average level of knowledge regarding consequences of excessive computer use among adolescent. Structured teaching programme was effective in increase the level of knowledge.

### INTRODUCTION

Technological innovation has become a common phenomenon and is frequently taken for granted by

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community. In everyday life technology plays an ever increasing role, innovation such as computers, laptops and electronic gadgets. Today millions of children use computer on a daily basis at school and home for studying, communicating, entertainment, and searching information. The excessive computer use interferes with daily life, its affect the social interaction, mood,

Research Article



personality, relationships, thought process and sleep deprivation.

In India 42% children spend 1-2 hours, 46% spend 2-10 hours online at every day and 80% had a personal computer. Bangalore ranks second among ten cities. 42% of children don't share what they are doing in the computer and 20% of children were not happy with parents advising them how to use computer of India [1]. Doctors are seeing younger children with refractive errors in their eyes from excessive use of computer and mobile phone [2]. Excessive computer use can lead to negative outcome like social isolation, insomnia, obesity and depression especially among teenagers [3].

### Statement of the problem

A study to assess the effectiveness of structured teaching programme on knowledge regarding consequences of excessive computer use among adolescents in selected a school at Bangalore [4, 5].

### Objectives

- To assess the pretest knowledge level regarding consequences of excessive computer use among adolescents.
- To determine the effectiveness of structured teaching programme on knowledge regarding consequences of excessive computer use by comparing pretest and post test scores of experimental group.
- To assess the effectiveness of structured teaching programme on knowledge regarding consequences of excessive computer use by comparing post test scores of experimental and control groups.
- To find association between the pre-test level of knowledge and selected socio demographic variables.

### Operational Definitions

#### Effectiveness

It refers to a significant increase in the level of knowledge regarding consequences of excessive computer use among adolescents after the structured teaching programme which is measured by difference in pre and post test knowledge scores.

### Structured teaching programme

It refers to organized and systematic group teaching programme for an hour using lecture cum discussion method to impart knowledge regarding consequences of excessive computer use which include physical, social, psychological consequences and poor academic performance.

### Adolescent

it refers to a person in developmental stage that occurs between the ages from 13 to 16 years studying in

the selected school.

### Knowledge regarding consequences of excessive computer use

It refers to the information and understanding of the physical, social, psychological, and academic performance problems of adolescents as a result of excessive computer use in terms of their response to structured knowledge questionnaire.

### Selected school

Molana School, Pal link Nagar, Jodhpur.

### Assumptions

- Adolescents may not have adequate knowledge regarding consequences of excessive computer use
- Adolescents may will to express their views regarding consequences of excessive computer use.

### Hypotheses

H<sub>1</sub> - there is statistically significant difference between pre test and post test knowledge scores in experimental group.

H<sub>2</sub> - there is statistically significant difference in the post test scores between experimental and control groups.

H<sub>3</sub> - there is statistically significant association between pretest level of knowledge and selected socio demographic variables.

### Delimitation

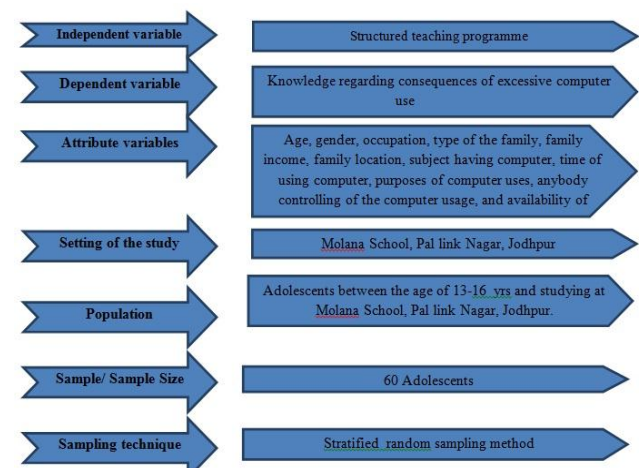
Adolescents studying only in the selected school.

One-month duration of data collection.

### Methodology

Research approach: Evaluative approach.

Research design : pre-test, post-test control group design.



**Tool consists of****Section A:** socio demographic data**Section B:** structured knowledge questionnaire.

Every right answer was awarded a score “1” and every wrong answer was awarded a score of “0”. The score was interpreted as.

Below average  $\leq 50\%$  (0-15)

Average 51 - 75 % (16- 22)

Above average  $\geq 76\%$  (23- 30)**METHODS OF DATA COLLECTION**

A written permission was obtained from the ethical committees and concerned authorities. Obtain assent from the adolescent. Administered pre-test for 60 adolescent. Divided into experimental and control group

by using Stratified random sampling technique. Delivered the STP to experimental group.

**Content validity of the tool / structured teaching programme****Content validity**

The content validity was obtained from 13 experts. 9 were from the field of mental health nursing speciality; one psychiatrist; two psychiatric social workers and one educator.

**Reliability**

Done by split- half method the score is  $r = 0.751$  Pilot study: The study was found practicable and feasible.

**RESULTS**

**Table 1. Assess the level of knowledge regarding excessive computer use among adolescents in pre test and post test N=60 (30+30)**

Sl. No.	Score range	Pre test				Post test			
		Experimental		control		Experimental		Control	
		f	%	f	%	f	%	f	%
1.	Below average (Below 50 % )	25	83	26	87	2	7	26	87
2.	Average (51-75 %)	5	17	4	13	25	83	4	13
3.	Above average. Above 76 %	0	0	0	0	3	10	0	0

In pre test score of experimental groups 83.3% of subjects had below average knowledge, 16.7% had average knowledge and in control group 86.7% adolescent having below average, 13.3% had average knowledge and nobody have above average knowledge in both groups of knowledge regarding consequences of excessive computer use.

**Table 2. Comparison of pre-test and post-test knowledge scores of adolescents N= 60 (30+30)**

GROUP	Pre test		Post test		Mean difference	't' Value	Remark
	M	SD	M	SD			
Experimental	9.5	3.821	20	2.704	10.5	9.335	S
Control	10.9	3.726	11.17	3.975	0.27	0.993	NS

$t_{59} = 2.05$  at  $p < 0.05$  S-Significant, NS- Not Significant

Mean of the pre-test of experimental and control group subjects is 9.5 and 10.9 respectively. Post-test mean of the experimental group and control group subjects mean is 20 and 11.17 respectively. The calculated paired 't' value of experimental group is 9.335 which found to be statistically significant when compared to table value  $df_{(29)} = 2.04$ ,  $p < 0.05$  level of significance. The calculated paired 't' value of control group is 0.27 which found to be statistically not significant when compared to table value  $df_{(29)} = 2.04$ ,  $p < 0.05$  level of significance.

**Table 3. Comparison of posttest knowledge level of experimental and control group N= 60 (30+30)**

Knowledge score	Mean	Standard deviation	't' Value	Remark
Experimental	20	2.704	9.939	S
Control	11.17	3.975		

$t_{58} = 2.00$  at  $p < 0.05$  S-Significant

There is a significant difference between the post test score of experimental and control group with student t value 9.939 which was statistically significant when compared to table value  $df_{(58)} = 2.00$   $p < 0.05$  level of significance.



## DISCUSSION

In pre-test score of experimental groups 83.3% of subjects had below average knowledge, 16.7% had average knowledge and in control group 86.7% adolescent having below average, 13.3% have average knowledge and nobody have above average knowledge in both groups of knowledge regarding consequences of excessive computer use.

This study was supported by The finding of the study supported by a survey was conducted to assess how the use of computers, the internet, and mobile phone, playing digital game and viewing television in 8810 Finns adolescents (14, 16 and 18 year old) in 2003. As the result shows that 70% of adolescent hasn't how use computer effectively.

Mean of the pre-test of experimental and control group subjects is 9.5 and 10.9 respectively. Post-test mean of the experimental group and control group subjects is 20 and 11.17 respectively. The calculated paired 't' value of experimental group is 9.335 which found to be statistically significant when compared to table value  $df_{(29)} = 2.04$   $p < 0.05$  level of significance. The calculated paired 't' value of control group is 0.27 which found to be statistically not significant when compared to table value  $df_{(29)} = 2.04$   $p < 0.05$  level of significance.

The finding of the study supported by unpublished thesis on evaluate the effectiveness of an awareness programme on knowledge regarding consequences of internet addiction and its prevention among adolescents in selected pre-university colleges of dakshinakannada district (2010). The finding shows that awareness programme is effective with paired t value 42.718 at  $p < 0.05$  level

There is a significant difference between the post test score of experimental and control group with student t value 9.939 which was statistically significant when compared to table value  $df_{(58)} = 2.00$   $p < 0.05$  level of significance

The finding shows that the calculated  $\chi^2$  (6.005)

value of availability of computer access which is statistically significant when compared with table value  $df_{(2)} = 4.303$ , at  $p < 0.05$  level of significance and there is no association between the pre test level of knowledge and other socio-demographic variables like age, gender, occupation, type of the family, family income, family located at, having computer, time of using computer, purposes of computer uses, controlling of the computer uses.

A survey conducted to assess the excessive recreational computer use and specific food consumption behaviour among 4029 California's adolescents aged 12-17, in 2010. The result shows that there is statistically significant association between gender, age, and family income, time spend on computer and availability of computer services and food consumption behavior.

## RECOMMENDATIONS

A comparative study among rural and urban population on consequences of excessive computer use could be done.

An experimental study can done to the effectiveness of teaching programme on practice of adolescent.

## LIMITATIONS

Since experimental and control group was the same setting there was a chance of contamination.

## CONCLUSION

The study finding reveals that the majority of adolescents had below average knowledge regarding consequences of excessive computer use. Structured teaching

## ACKNOWLEDGMENT

Nil

## CONFLICT OF INTEREST

No interest

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