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Anjaliben Pravinbhai Vankar
Student of MSC, Department
of Nursing, Ratna Prabha
Nursing College, Vadnagar,
Hemchandracharya North
Gujarat University, Gujarat,
India

Surendar Kumar J

H.O.D. of Mental Health,
Department of Nursing, Ratna
Prabha Nursing College,
Vadnagar, Hemchandracharya
North Gujarat University,
Gujarat, India

Nima Patel

Lecturer, Department of
Mental Health Nursing, Ratna
Prabha Nursing College,
Vadnagar, Gujarat, India

Corresponding Author:

Anjaliben Pravinbhai Vankar
Student of MSC, Department
of Nursing, Ratna Prabha
Nursing College, Vadnagar,
Hemchandracharya North
Gujarat University, Gujarat,
India

A study to assess the effectiveness of structured teaching programme on knowledge regarding smart phone addiction (nomophobia) and its prevention among adolescent in a selected Shri B.N. High school at Vadnagar

Anjaliben Pravinbhai Vankar, Surendar Kumar J and Nima Patel

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Abstract

Technology, a word which has become the talk of the nation, is dominating people's life today. Over last 15 years there has been tremendous growth in use of mobile phone because of usefulness in communication and interaction and the sphere of work and private life, beside communication mobile phone, have been used for other purpose like playing game and listening song and using internet for social network its helps to reduce the loneliness and making new friends and resultantly mobile phone have parcel part of life mobile phone users.

Background: Nomo phobia can have adverse effects on a person's health as well as his/her social life. And the fact that it is a phobia makes it bad anyway. With the massive worldwide growth in mobile connections, it has made us dependent on the usage of mobile phones to stay in contact with our near and dear ones 24x7.

Objective: To assess the pre-test level of knowledge regarding Smart Phone Addiction (Nomo phobia) and its prevention among adolescent.

To evaluate the effectiveness of structured teaching program on knowledge regarding Smart Phone Addiction (Nomo phobia) and its prevention among adolescent.

To find out the association between post-test knowledge score with their selected demographic variables.

Methods: Pre-experimental research design was used to determine the effectiveness of structured teaching programme on knowledge regarding Smart Phone Addiction (Nomo phobia) and its prevention among adolescent. The tool used in this study consisted of two sections. Section A was demographic variables and Section B was modified question to assess the knowledge regarding smartphone addiction. Convenience sampling technique was used select sample and data was collected from 60 adolescence students in selected school of Vadnagar city.

Results: Knowledge score shows that 45 (75%) adolescent score between 0-10 which shows inadequate knowledge toward smartphone addiction and its prevention. 15(25%) adolescents score between 11-20 which shows adequate knowledge toward Smartphone addiction and its prevention, 0(0%) adolescents of score between 21-30 which shows no one having adequate knowledge toward Smartphone addiction and its prevention. In data analysis the mean of pre-test score was 8.41 and mean of post-test score was 22.56. The mean difference was 14.15. The standard deviation of pre-test knowledge score was 5.16 and post- test knowledge score was 3.95. The Calculated 't' value is 21.54, the DF value was 59 and p value was 1.671 and the NS level of significant.

Conclusion: This study finding concluded that structured teaching programme on smart phone addiction (nomophobia) and its prevention was effective in improving the knowledge among adolescent.

Keywords: Effectiveness, structured teaching programme, knowledge, nomophobia, prevention and adolescent

Introduction

Technology, a word which has become the talk of the nation, is dominating people's life today. Technological inventions have been carried out by modern people in easing their life to be more flexibility and reasonable in order to be able to overcome upcoming challenges and compatible to the globe, such mobile phones have become such a massive part of our lives. And it has become a distinctively personal item.

Over last 15 years there has been tremendous growth in use of mobile phone because of usefulness in communication and interaction and the sphere of work and private life, beside communication mobile phone, have been used for other purpose like playing game and listening song and using internet for social network its helps to reduce the loneliness and making new friends and resultantly mobile phone have parcel part of life mobile phone users.

Mobile phone be-cause of the ever-availability and its mobility application has created a dramatic interest for youth in comparison with other communication technologies and has also provided the communication status from everywhere or in every time and people can also be online all the time, responsive and available with (short message system), while chatting needs facilities like computer, inter-net connection and interaction of two persons that one may not be online at the same time. Addiction to inter-net and new communicational tools as a health problem has recently been considered as a mental disorder. Gulberg for the first time used "Internet addiction disorder" term to identify the characteristics of individuals who use the Internet and show some problems of themselves.

The adolescents and children are more attracted for the mobile phones; they are more addicted and crazy for these mobile phones. The tissues of children's are tender and they are likely to more affect by use of mobile phones. Children below 16 years should be discouraged from using mobile phones. The adolescents between 14-18 teens 96% of them have at least one mobile and 22% of them own multiple mobile phones. They all use mobile all the day a third makes call over 6 minutes long, half is poorly informed about their potential health risks related to electromagnetic pollution. They perceive its noxious but only 23% holds it far from the body, very small percent uses hand free kit.

In the last 20 years, worldwide mobile phone subscriptions have grown from 12.4 million to over 5.6 billion, penetrating about 70% of the global population. Its usage has also become an important public health problem as there have been reports of plenty of health hazards, both mental and physical, in people of all age groups, On 31 May 2011 the World Health Organization confirmed that cell phone use indeed represents a health means, and classified mobile phone radiation as a carcinogenic hazard, possibly carcinogenic to humans.

Nomo phobia literally means no mobile phone that is the fear of being out of mobile phone contact. If a person is in an area of no network, has run out of balance or even worse run out of battery, the persons gets anxious, which adversely affects the concentration level of the person. In recent times there seems to have been a transformation of the cell phone from a status symbol to a necessity because of the countless perks that a mobile phone provides like personal diary, email dispatcher, calculator, video game player, camera and music player.

Concussion

The ubiquitous presence of mobile phones has revolutionized communication and lifestyle, offering unparalleled convenience and connectivity. However, concerns about health risks and addictive behaviors, especially among adolescents, highlight the need for caution. With over 5.6 billion subscriptions globally, the classification of mobile phone radiation as a potential

carcinogenic hazard by the WHO underscores the gravity of these concerns. The phenomenon of nomophobia, fear of being without a mobile phone, further emphasizes the profound psychological impact of these devices. Despite these challenges, the evolving functionalities of mobile phones continue to shape modern existence, necessitating a mindful balance between utility and well-being.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

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