Shivanshu Kumar
B.sc Nursing, Gopal narayan
Singh University, Narayan
Nursing College, Jamuhar,
Sasaram, Rohtas, Bihar, India

Nidhi Kumari
B.sc Nursing, Gopal narayan
Singh University, Narayan
Nursing College, Jamuhar,
Sasaram, Rohtas, Bihar, India

Shakiluddin Anshari
B.sc Nursing, Gopal narayan
Singh University, Narayan
Nursing, College, Jamuhar,
Sasaram, Rohtas, Bihar, India

A study to assess the behavioral changes related to mobile phone usage observed by parents of school going children in selected areas of Sasaram

Shivanshu Kumar, Nidhi Kumari and Shakiluddin Anshari

Abstract
A mobile phone is a wireless handheld device that allows users to make and receive calls. While the earliest generation of mobile phones could only make and receive calls, today's mobile phones do a lot more, accommodating web browsers, games, cameras, video players and navigational systems. While mobile phones used to be mainly known as "cell phones" or cellular phones, today's mobile phones are more commonly called "smartphones" because of all of the extra voice and data services that they offer.

Objectives: To assess the behavioral changes related to mobile phone usage observed by parents of school going children. To find out association with selected demographic variables and behaviour changes. And the total sample of the research is 60.

Methodology: The research approach was descriptive approach and research design is a one group. The study was conduct on school going children at selected areas of Sasaram. Non-probability convenience sampling techniques adopt. Number of sample size is 60 who played the video games frequently. Data collection was done by the survey by the researcher. Data was analyzed with descriptive and inferential statistics came up with the following findings.

Result: The result show of the study in there 60 sample (8%) day students were having mild behaviour change, (83.33%) students were having moderate behaviour change and (8.67%) students were having severe behavior change. Due to excessive time spent on the phone. Found that those participants who spent more time with phone lead to more behaviour changes. Statically there is no any significant association was found.

Recommendation: The findings of the present study can be used as a guide of future research. Interventional study can be undertaken to reduce the behaviour change. A study can be conducted in preventing aspect of stress. To make the recommendation to the government to arrange compulsory medical check-up on the yearly basis for the nursing personnel.

Conclusion: The present study was aimed at assessing the level behaviour change among school going student and its consequences.
This show that these variables had influence level of behaviour change in the study.

Keywords: School going children, behaviour change, physical health

Introduction

A mobile phone is a wireless handheld device that allows users to make and receive calls. While the earliest generation of mobile phones could only make and receive calls, today's mobile phones do a lot more, accommodating web browsers, games, cameras, video players and navigational systems. While mobile phones used to be mainly known as "cell phones" or cellular phones, today's mobile phones are more commonly called "smartphones" because of all of the extra voice and data services that they offer.

Children's mobile device access and ownership has grown substantially in the past decade. Concerns exist regarding excessive use and the impact of frequent consumption of mobile media on children's well-being. Prior reviews of the literature have investigated the potential impact of problematic smartphone use on mental health outcomes anxiety Hall and the benefits of mobile phones for improved health outcomes Heretofore, most literature reviews on the physical health correlates of excessive use of mobile media have focused on sleep to date, the literature on other domains of physical health potentially adversely impacted by mobile device use has not been considered in child and adolescent populations.

Worldwide, smartphones were used by 1.85 billion people in 2014. This number is expected to be 2.32 billion in 2017 and 2.87 billion in 2020 (Statista, 2017). In 2015, a median of 54 percent across 21 emerging and developing countries such as Malaysia

Corresponding Author:
Shivanshu Kumar
B.sc Nursing, Gopal narayan
Singh University, Narayan
Nursing College, Jamuhar,
Sasaram, Rohtas, Bihar, India

Brazil, and China reported using the Internet at least occasionally or owning a smartphone. In comparison, a median of 87 percent reported the same across 11 advanced economies, including the United States and Canada, major Western European nations, developed Pacific nations (Australia, Japan, and South Korea), and Israel (Pew Research Centre, 2016). In the findings of a survey conducted in 40 nations, South Korea showed the highest rate of smartphone ownership (88%) followed by Australia (77%), and the United States (72%). In a survey on Korean smartphone use in 2016, 83.6 percent of Koreans aged over 3 years were found to use a smartphone. Among them, 86.7 percent of males and 80.6 percent of females reported using a smartphone, and 95.9 percent of teenagers were found to use a smartphone (Korea Internet and Security Agency, 2017). Indeed, smartphone users are increasing across the world.

Problem statement
A study to assess the behavioral changes related to mobile phone usage observed by parents of school going children in selected areas of Sasaram.

Objectives
- To assess the behavioral changes related to mobile phone usage observed by parents of school going children.
- To find out association with selected demographic variables and behaviour changes.

Material and Methods
- **Research Approach**
The research approach was qualitative research approach.

- **Research Design**
Research design is descriptive research design.

- **Sampling Technique**
Non-probability convenience sampling techniques adopt.

- **Target population**
School going children those using mobile phone.

- **Sample Size**
Number of sample size is 60.

- **Inclusion criteria**
School going children who using mobile phone.

- **Exclusion criteria**
School dropout children, Non-school going children.

Major findings of the study
Fig: 1. The study did not find significant association between age of the student. The chi square test did not establish any significant association between respondents of gender, age, education current academic performance, region time uses of mobile in a day. The association between behaviour changes and selected demographic variables was found to be non- significant by chi square the obtain 0.93737 which is higher than the value at 0.05.
The revels that the majority study sample (8%) is mild changes in behaviour of the student, (83.33%) students were having moderate behaviour change (8.67%) students were having severe behaviour change.
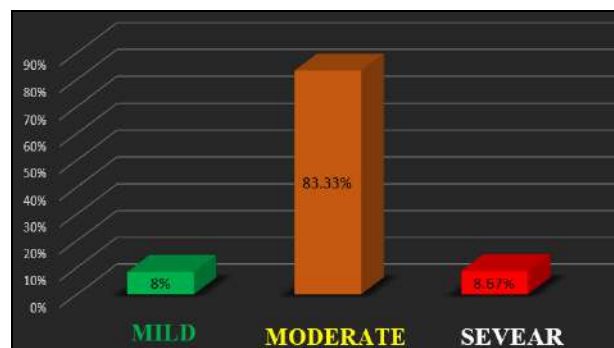

Fig 1: Level of behaviour changes among school going children. (N-60)

Table 1: Chi Square Analysis Association between behavior change and Selected Demographic Variables. (N-60)

Demographical data	Mild (0-5)		Moderate (6-15)		Severe (16-20)		X²	Df & p value	inference
	No	%	No	%	No	%			
Q1. Gender									
		7.89		81.5		10.5			
Male	3		31			4	0.660287	Df – 4 P – 0.8825	NS
		%		8%		3%			
Female	2	9.09%	19	86.36%	1	4.55%			
Other	0	0.00%	0	0.00%	0	0.00			
Q2. Children Age									
05 – 06 year		20.0		70.00%		10.0			
	2	0%	7		1	0%		Df - 6	
07-08 year	2	11.11%	15	83.33%	1	5.56%	5.121302		NS
09-10 years	1	7.69%	11	84.62%	1	7.69%			
Above 10 years	0	0.00%	17	89.47%	2	10.5		P – 0.9109	

Q3. Education

Class 3 to class 5	3	18.75%	12	75.00%	1	6.25%	4.791429	Df – 6		NS
Class 6 to class 8	1	4.76%	18	85.71%	2	9.52%				
Class 9 to class 10	1	6.67%	12	80.00%	2	13.33%		p-0.8520		
Class 11 to class 12	0	0.00%	8	100.00%	0	0.00				

Q4. Current academic performance

35 % or under	0	0.00%	5	71.43%	2	28.57%	12.60899	Df-6	NS
36% - 55%	3	23.08%	8	61.54%	2	15.3			
56% - 75%	1	3.03%	31	93.94%	1	3.03%			
Above 75 %	1	14.29%	6	85.71%	0	0.00		P-0.1811	

Q5. Region

Rural	2	6.45%	26	83.87%	3	9.68	0.413793	Df – 2 P – 0.9373	NS
Urban	3	10.34%	24	82.76%	2	6.90%			

Q6. Time use of mobile in a day?

Less than 1 hours	1	33.33%	2	66.67%	0	0.00%	11.27571	Df-6	NS
1 to 2 hours	3	25.00%	9	75.00%	0	0.00%			
2 to 3 hours	1	3.85%	23	88.46%	2	7.69%		P-0.2572	
More than 3 hours	0	0.00%	16	84.21%	3	15.7			

To find out and test the significance association of behavioral change with selected demographical variable following research hypothesis and null hypothesis are tested.

H01: There is no significant association between behavioral change of the student with demographic variable.

H1: There is significant association between behavioral change of the student with demographic variable.

Table no 2. Shows that the research hypothesis H01 is accepted for behavioral change of the student and null hypothesis is accepted for the age, gender, education, academic performance, and region and time duration use of mobile. It represents the chi squire association of behavioral change statistically non-significant.

Implication for nursing education
- Nursing curriculum should the nurse for imparting health information regarding management of behaviour change.
- Nurse educator should educate the student nurses about how to cope up with behavioral changes.
- Nurse educator should educate the student nurses how to carry out the behaviour.

Implication of nursing research
- Many more research studies could be done to assist the behaviour level of highly feasible and less expensive therapy in various other conditions and settings.

- Nurses are encouraged to conduct the interventional study regarding behaviour change.

Conclusion
The present study is an effort to find out the behaviour change and school going children's consequences in order to achieve the objective, A descriptive approach was adopted and non-probability purposive sampling was use to select the samples. The data was collected from 60 sample by using self-structured questionnaire. The findings of the study have been discussed based on objectives. Majority of sample (8%) students were having mild behaviour change, (83.33%) students were having moderate behaviour change and (8.67%) students were having severe behavior change. Due to excessive time spent on the phone. Found that those participants who spent more time with phone lead to more behaviour changes. The study did not find significant association between age of the students. The chi square test did not establish any significant association between respondents of gender, age, education, current academic performance, region, time uses of mobile in a day. The association between behaviour change and Selected Demographic Variables was found to be non-significant by chi square the obtain 0.93737 which is higher than the table value at 0.05.

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