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A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME (PTP) ON KNOWLEDGE REGARDING THE HEALTH HAZARDS OF MOBILE PHONE USAGE AND ITS PREVENTION AMONG ADOLESCENT SCHOOL CHILDREN OF SELECTED SCHOOL OF BHOPAL, MADHYA PRADESH

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ABSTRACT

Worldwide technology and its changes play a major role in each individual's life. The current trend of society is to adopt every change in the field of communication technology. Mobile phones are the products of this century. A mobile phone is considered an important communication tool and has become an integral part of society. It is not only a communication device but also a necessary social accessory. People are increasingly using mobile phones rather than fixed telephones. It is estimated that around 4.5 billion people use cell phones worldwide. And it comes as no surprise that a huge chunk of this number consists of the youth. The cell phone is more of a necessity for them than a luxury.

KEYWORDS: Mobile Phone Usage, Health Hazards, Planned Teaching Programme, Knowledge, Prevention, Adolescent School Children, Effectiveness.

INTRODUCTON

Health is a common theme in most culture. In fact, all the communities have their concept of health as part of their culture. In some culture health and harmony are considered equivalent, harmony being defined as "being at peace with the self, the community, god and cosmos". The ancient Indians and Greeks shared this concept and attributed disease to disturbance in bodily equilibrium and what they called "humors". WHO has defined "Health is a state of complete physical and mental and social well-being and not merely an absence of disease or infirmity" In recent years we have acquired a new philosophy of health and it includes health as a fundamental human right of each individual which includes the children, the adolescent, the adults and the elderly of the society.

Learning is the addition of new knowledge and experience interpreted in the light of past knowledge and experience. Teaching and learning is an integral part of nursing. Nurses have the responsibility to educate patients related to various aspects and keep themselves

updated. Various teaching strategies are used to increase knowledge, such as lecturing, demonstration, discussion and self-education. These methods of self-education has an advantage over the others as the learner can educate himself at his own pace and it also stresses on rereading phone users in the world are expected to pass the five billion marks by 2019. In 2016, an estimated 62.9 percent of the population worldwide already owned a mobile phone. The mobile phone penetration is forecasted to continue to grow, rounding up to 67 percent by 2019. China was predicted tohavejustover1.4billion mobile connections in 2017, while India was forecast to reach over one billion. By 2019, China is expected to reach almost 1.5 billion mobile connections and India almost 1.1 billion. Most of the mobile market growth can be attributed to the increasing popularity of smartphones. By 2014, around 38 percent of all mobile users were smartphone users. By 2018, this number is expected to reach over 50 percent. The number of smartphone users worldwide is expected to grow by one billion in a time span of five years, which means the number of smartphone users in the world is expected to reach 2.7 billion by 2019. Samsung and Apple are leading smart phone vendors, with about 18 percent of the market share each.

Need for the study

Cell phones had started out as a gadget for adults, but they have now become a necessary item for the entire family. At present, India has 391 million cell phone users. By the end of 2010, this figure is estimated to rise to 500 million. The health ministry says talking for too long on a cell phone seriously affect your health. Quoting asmall-scale PGIChandigarhstudy, health ministerGhulam Nabi Azad had said that sensor neural deafness could occur in 30% of people using mobile phones for more than two hours a day over a two-year period.14

Theage groupof 25-34 is found to have thehighest Smartphone usagerate of 62%. 50% of Android Smartphone's and 43% of Apple iPhone users are youngerthan 34 years. 53% of Smartphone users are male and 47% are female. Indian teens are currently driving Smartphone's market in India The age group of 16-18 years using Smartphone's have shown a rapid rise from 5% in 2012-25% in early 2014.Recently in 2013, there were around “51 million” Smartphone users in Urban India and rate of rise from year 2012 was 90%.15

India’s telecommunication network is the second largest in the world basedon the total number of telephone users. India telecom industry underwenta high place of market liberalization and growth. Over 846 million subscribers in the year 2011, the total number of mobile subscribers has increased rapidly to over 929.37 million subscribers as of May 2012. It has the world’s third largest internet user base with over 137 million as of June 2012. A report says mobile phone usage by age categories14-17yearsofagegroupused 82%, 18-24 years of age groupused 94%, 25-39years ofage groupused91%,and40-54yearsofagegroupused 87%,morethan55 yearsofage groupused 66% .16

METHODOLOGY

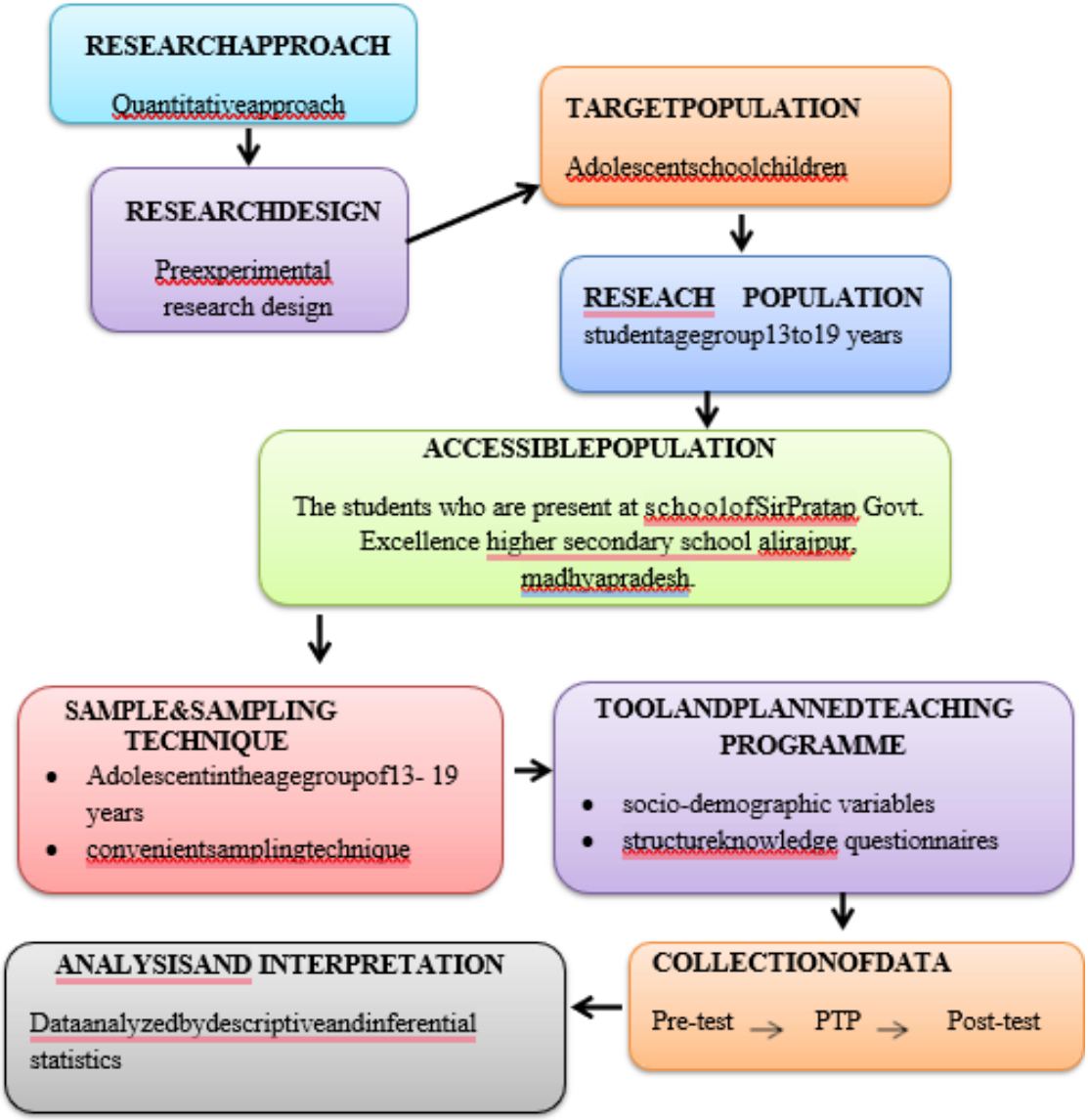
This chapter dealt with the description of the research methodology adopted by the investigator to study and analyze the outcome of **“a study to assess the effectiveness of administered to planned teaching programme (PTP) on knowledge regarding the health hazards of mobile phone usage and its prevention among adolescent school children at school of alirajpur madhyapradesh”.**Research methodology indicates the patterns of

organizing the procedure for gathering the valid and reliable data for the problem under investigation.

Research approach: Quantitative approach

It is the most significant part of any research. The appropriate choice or research approach depends upon the purpose of research study which has been undertaken. Quantitative research is a research study which aim to observe, describe and document aspects of situation as it naturally occurs. In a view of the research problem formulated and objectives to be achieved, an evaluative approach was adopted by the investigation for present study. A research approach tells the research to know what data to collect and how to analysis the data.

In this study, the quantitative research approach is used. In view of accomplishing the objective of developing and evaluating the PTP, this approach was considered most appropriate.



Schematic representation of research design

RESULTS

4.1 Results of the Study

A pre-experimental one-group pre-test and post-test research design was adopted. The study included 60 adolescent school children. Data were collected using a structured knowledge questionnaire before and after the administration of the Planned Teaching Programme.

4.2 Socio-Demographic Findings

The major socio-demographic findings were as follows:

1. **Age:** The majority of the adolescents, 56 (93.3%), were aged 14 years and above, while 4 (6.7%) were aged 13 years.
2. **Gender:** A total of 37 (61.7%) adolescents were male and 23 (38.3%) were female.
3. **Religion:** All 60 (100%) adolescents belonged to the Hindu religion.
4. **Father's education:** The highest proportion, 18 (30%), had fathers with higher secondary education.
5. **Mother's education:** The majority, 33 (55%), had illiterate mothers.
6. **Family income:** The largest group, 22 (36.7%), belonged to families with a monthly income of ₹10,001–₹20,000.
7. **Type of family:** A total of 35 (58.3%) adolescents belonged to joint families, while 25 (41.7%) belonged to nuclear families.
8. **Mobile phone ownership:** All 60 (100%) adolescents were reported as not having their own mobile phones.
9. **Disturbance during studies:** A total of 36 (60%) adolescents reported always experiencing disturbance from mobile phones during studies, 18 (30%) reported disturbance sometimes, and 6 (10%) reported never experiencing such disturbance.
10. **Previous knowledge:** All 60 (100%) adolescents reported having no previous knowledge regarding the health hazards of mobile phone usage and its prevention.

CONCLUSION

Based on the findings of the study, the conclusion to be noted that:

- The overall of pre-test knowledge score was poor and post- test knowledge score was good.
- Tool prepared by investigator is reliable and as it is field tested, hence it can be used by other researcher to conduct their studies which is similar of it.
- The planned teaching programme was effective as the knowledgescoreof sample were

increased in post-test good knowledge, as compare to the pre-test results score the no one having good knowledge.

- Education of mother, type of family and incomeof family are association with the pre-test knowledge score and remaining no association between socio- demographic variable and pre-test knowledge score.
- The study results revealed that the majority of the socio-demographic variables did not have the association between knowledge regarding the health hazards of mobile phone usage and its prevention.

DISCUSSION

This chapter dealt with analysing the present study findings in the context of established earlier findings of other similar studies. The present pre-experimental study was assess the effectiveness of planned teaching programme (PTP) on knowledge regarding the health hazards of mobile phone usage and its prevention among adolescent. The overall experience was a satisfying one. The investigator found that planned teaching programme is effective teaching strategy to improve the health hazards of mobile phone usage and its prevention of the adolescent.

The discussion on the findings of the present study with reference to the findings of other similar studies is organized under the following headings:

Section-1: Methodology

Section-2: Socio-Demographic Variables

Section-3: Knowledge of adolescent regarding health hazards of mobile phone usage and its prevention

Section-4: EffectivenessofPlannedTeachingProgramme

Section-5: Association between pre-test knowledge score with their socio Demographic Variable

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