



## “Evaluate the effectiveness of structured teaching programme on awareness regarding selfi addiction among students of selected college”

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### RESEARCH ABSTRACT:

**Background:** Selfie is a self-generated, self-selected picture to communicate the transitory message about oneself at a particular moment in time taken to be immediately distributed to others via social media networks. **Aim:** Assess the effectiveness of training programme on awareness regarding selfie addiction among students in B.Sc Nursing 1<sup>st</sup> year.

**Objective:** To assess the pre test score regarding awareness of selfie addiction among students of selected colleges in Indore.2)To evaluate the effectiveness of structured teaching programme on awareness of selfie addiction among students of selected colleges in Indore.3)To find the significant association posttest knowledge with selected demographic variable among students of selected colleges in Indore. **Research Methodology:** Pre experimental design within one group pretest and posttest. A non convenient probability sample of 50 students of above 17year to below 29year was drawn from the subject population who were taken from selected college from Indore (MP). **Result:** The mean score for the pre test was 6.66.Wheres as in post test 48(96%) of students of selfie addiction were having good knowledge, 2(4%) were having average level of knowledge score. The minimum score in post test 10 and the maximum score was 14; the mean score for the post test was 12.28.The levels of knowledge during pretest and posttest knowledge are compared to prove the effectiveness of structured teaching programme. There was no association between knowledge score with selected demographic variables. Thus the H1 is accepted.

**Keyword:** - . Structured teaching programme, awareness of selfie addiction

## INTRODUCTION:

Selfi is a self-generated, self selected picture to communicate the transitory message about self at a particular moment in time taken to be immediately to others via social india networks.for adolescents selfie become an online tool to explore and discover their identity throughout identity formation phase. Selfie is a self generated and self-selected documentation to communicate the transitory message about onselfat particular moment in time, typically taken with the use of smart phones and web cams for the purpose of immediate distribution to others via social media networks.

According research 91% of photos posted by teenagers are selfies an increase compared to 79% in the same finding also reveals that a research on other, social networking site a photo sharing online application, retrieves over 23 million photos uploaded with selfie. Taking a picture of our self without the help of others hasnt been that big of a deal until selfies same into existence. In the past three years, a great number of individuals practiced the trend of taking and posting selfies. Selfies become a very interesting topic for researchers to study and examine because since 2012, the rate of usage of selfie reportedly increased by 17,000%.

Researchers found that people with low self esteem tend to be more involved with the trend of taking selfies, as well as the use of social media to mediate their interpersonal interaction in order to fulfill their self-esteem needs.

## NEED OF THE STUDY:

Selfi is the one of the leading addiction among the students, on the basis of amount of time it was proposed that more than 5 minutes per selfi or more than 30 minute per day may considered as disease.

Students where in detail sensitized about the pros and cons of taking selfies. They were further motivated to be watchful of their action so that they do not end up themselves in any regret.before this addiction spreads like an epidemic amongst the people and ruins the present and the future of the india, it is necessary to curb it. Too much selfies can also cause psychological effect on adolescent. It can cause narcissism, depression, low self esteem and addiction. Selfies are harming ways to identify with a generation for parents its awkward to make a compelling case to students about why selfie are bad they are invited to connect with other social networking sites.

Smartphone has intruded in our daily life so much that without which we cannot survive. Many of today generation smartphone are equipped with high resolution camera, we call it “selfie” camera. Though people were found of taking photographs of their own and others since many decades with selfie camera it has lead to an extreme effect. It is coupled with posting the selfie photographs on social networking sites for comments of friends and others. This has lead to chain of reactions leading to a complex addiction disorder which we many easily call as selfie addiction disorder. Oxford english dictionary had described selfie as word of the year in 2013.

## PROBLEM STATEMENT:

“A pre-experimental study to evaluate the effectiveness of structured teaching programme on awarness regarding selfie addiction among the students of selected college in Indore”

## OBJECTIVES:

1. To assess the pre-test score regarding awarness of selfi addiction among students of selected college in indore.
2. To evaluate the effectiveness of structured teaching programme on awarness of selfie addiction among students of selected college in indore.
3. To find the association posttest knowledge score with socio demographic variables of selected college students in indore.

## HYPOTHESIS:

H1: There is significant difference between the mean pre-test knowledge and the mean post-test knowledge regarding selfie addiction among the students of selected college.

H2: There is significant association with selected social demographic variable regarding selfie addiction among students of selected college.

### Assumptions:

- The structured teaching programme is an effective strategy for improving the knowledge of students.
- The students are interested to participate and will give reliable information needed for the study.
- The knowledge of student regarding the awareness of selfie addiction varies according to the socio demographic variables.

### Delimitations:

The study is delimited to the:-

1. The study is limited to those students at age of above 17 years.
2. Students who are above 17 years and below age of 29 years.
3. This study is limited only for students those who are studying in the college.

## REVIEW OF LITERATURE:

1.1 **MATHEW WOODS's et.al (2016)** conducted a research study and found that selfie trend is just growing more and more; this is a phenomenon which will be around for some time. It is an increasingly popular way to share our lives and connect with friends and family and, dare I say it, the entire digital world. When the regular selfie-takers were asked how they felt about their appearance and relationships, only a shocking 13% said they felt "confident in my own skin", with 60% having "low self-esteem. The reasons why any of the subjects posted selfies ranged from capturing the moment when they look their best to communicating their mood instead of updating their profile status but most common was to get attention from likes and comments. Equally, for the selfie addicts, it is important to make sure that they don't base all their self-esteem on a few comments or likes on a picture there's a lot more to a person than their selfie.

## RESEARCH METHODOLOGY:

**Research approach;** Quantitative research approach was used for this study.

**Research Design:** The research design used for the study was pre experimental design with pre test and post test control group was selected to evaluate the effectiveness of structured teaching programme

## VARIABLES

Variables are characters that can have more than 1 value. The categories of variables discussed in the present study are:

- **Independent variable**

The variable that is believed to care and influence the behaviour and ideas. In this present study the independent variable was structure teaching programme

- **Dependent variable**

The dependent variable is the researcher is interested in understanding, explaining and proceeding. In this present study the dependent variable was knowledge of selfie addiction among students programme on awareness of selfie addiction in student.

## RESEARCH SETTING

Research setting is specific place in a research where data collection is to be made. The selection of setting was done on the basis of the feasibility of conducting study, availability of subject and permission of authority. The present study was conducted in to two colleges in the city i.e. Bombay Hospital College of Nursing and Shri Gujarati Samaj Innovative college.

## POPULATION

The entire population in which the researchers are interested and which they would like to generalize the research finding. The target populations for this study were selfie addicted students age between above 17 years to 29 years.

## SAMPLE:

A sample is the small portion the population that has been selected to represent the population of interest. The samples for the present study were selfie addiction student with age group of above 17 to 30 years who were residing at hosteller or non hosteller in Indore.

## SAMPLE SIZE

Sample size is normally decided by nature of the study, nature of the population type of sampling technique, total variable, statistical test adopted for data analysis. The total sample size was 50.

## SAMPLING TECHNIQUE

Sampling is the process of selecting a portion of the population who represent the entire population. In these present study, Non probability convenient sampling technique used to select selfie addiction student with age group of above 17 to 30 years during the time of data collection.

## Inclusion criteria

Selfie addiction students who were

- Willing to participate in study
- Age above 17 to 30 years
- Present during data collection

## Exclusion criteria

Selfie addiction students who

- Not available at the time of data collection
- Those students who are not willing to participate in study

## DATA COLLECTION PROCESS

The main study was gathered from Shri Gujarati Samaj Innovative College Indore. Permission was obtained from the higher authorities of the college. Before giving the questionnaire self introduction was done by the investigator and the purpose of the study mentioned. Consent of the sample was taken. The pre-test questionnaire were distributed to the samples and collected back after 30 minutes. After collecting the pre-test score, the investigator administered the treatment (Structured teaching programme). After the class post-test was taken.



**RESULTS****Section:I Description of socio demographic variables****Table-.1: Percentage wise distribution of students according to their demographic characteristics.****n=50**

<b>Demographic variables</b>	<b>Frequency</b>	<b>Percentage (%)</b>
<b>Age</b>		
a) Above17-20 year	45	90%
b) 21-23 years	5	10%
c) 24-26 years	0	0%
d) 27-29 years	0	0%
<b>Gender</b>		
a) Male	25	50%
b) Female	25	50%
<b>Religion</b>		
a) Hindu	47	94%
b) Muslim	1	2%
c) Christian	0	0%
d) Others	2	4%
<b>Course</b>		
a) Diploma	0	0%
b) Under graduation	44	88%
c) Post graduation	0	0%
d) Present course	6	12%
<b>Residential</b>		
a) Hostler	6	12%
b) Non hostler	44	88%
<b>Mobile device used</b>		
a) I phone	1	2%
b) Windows	1	2%
c) Android	43	86%
d) Others	5	10%
<b>Social network account</b>		

a) Facebook	4	8%
b) Instagram	0	0%
c) Whatsapp	7	14%
d) All of the above	39	78%
<b>Financial class</b>		
a) Upper class	1	2%
b) Middle class	47	94%
c) Lower class	2	4%
d) Others	0	0%

- The data shows that out of distribution of students on awareness of selfie addiction in relation to their age shows that 90% of them are belonging to the age of above 17-20 years, 10% in 21-23 years, 0% in 24-26 years and 0% in 27-29 years respectively. their gender reveals that 50% of them were males and 50% were females. their religion shows that 94% were belonging to Hindu religion, 2% in Muslim religion, 0% in Christian and 4% in others religion respectively. that 0% of them were in diploma course, 88% were in under graduation, 0% in post graduation and 12% were in present course respectively. 12% of them were hosteller and 88% of them were non-hosteller. 2% of them were using I phone, 2% were them using windows phone, 86% were using Android and 10% were using others phone. 8% were using of them having Facebook account, 0% were having Instagram account, 14% were having Whatsapp and 78% were having others account
- SECTION-B This section deals with the assessment of pre test knowledge score regarding awareness of selfie addiction among college students.**

Table II

Level of knowledge Score	Score range	Percentage	Pre test	
			Frequency	Percentage
Poor	0-5	0-25%	32	64%
Average	6-10	20-39%	16	32%
Good	11-15	40-59%	2	4%
Very Good	16-20	60-79%	0	0%
Minimum score	2			
Maximum score	11			
Mean score	6.66			
Mean percentage	13.32%			

The pre test the mean of the knowledge score obtained by the subject was 32(64%) poor knowledge, 16(32%) of students of selfie addiction were having average knowledge, 2(4%) had were having good level of knowledge score. The minimum score in pre test 2 and the maximum score was 11, the mean score for the pre test was 6.66.

- **SECTION-C Description of the post test knowledge of awareness of selfie addiction among college students:**

**Table III:** This section deals with the assessment of post test knowledge regarding awareness of selfie addiction among students of selected colleges in Indore.

Level of knowledge	Score range	Percentage score	Post Test	
			Frequency	Percentage
Poor	1-5	0-19%	0	0%
Average	6-10	20-39%	2	4%
Good	11-15	40-59%	48	96%
Very good	16-20	60-79%	0	0%
Minimum score	10			
Maximum score	14			
Mean score	12.28			
Mean percentage	24.56%			

The above table shows that in post test 48(96%) of students of selfie addiction were having good knowledge, 2(4%) were having average level of knowledge score. The minimum score in post test 10 and the maximum score was 14, the mean score for the post test was 12.28.



## SECTION-D Effectiveness of structured teaching programme on knowledge regarding awareness of selfie addiction among college students.

**Table IV: Assessment of effectiveness of structured teaching programme knowledge scores regarding awareness of selfie addiction among college students.**

n=50

Overall	Mean	SD	Mean Percentage	t-value	p-value
Pre test	6.66	2.22	13.32%	T=0.146	p>0.05
Post test	12.28	0.9	24.56%		

The levels of knowledge during the pre test and post test are compared to prove the effectiveness of structured teaching programme. Significance of difference at 5% level of significance is tested with students paired 't' test and tabulated 't' value is compared with calculated 't' value. Also the calculated 'p' values are compared with acceptable 'p' value i.e. 0.05

It reveals that in pre test 32 (64%) poor knowledge, 16(32%) of students of selfie addiction were having average knowledge, 2(4%) had were having good level of knowledge score. The minimum score in pre test 2 and the maximum score was 11, the mean score for the pre test was 6.66 where has in post test 48(96%) of students of selfie addiction were having good knowledge, 2(4%) were having average level of knowledge score.

**Table IV: Assessment of effectiveness of structured teaching programme knowledge scores regarding awareness of selfie addiction among college students.**

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Pre test	6.66	2.22	13.32%	T=0.146	p>0.05
Post test	12.28	0.9	24.56%		

This table shows the comparison of pre test and post test knowledge score regarding awareness of selfie addiction among college students. Mean standard deviation and mean percentage score values are compared and students paired test is applied at 5% level of significance. The tabulated value for n=50 the calculated values were respectively for the knowledge regarding selfie addiction. The calculated' value are much higher than the tabulated

value at 5% level of significance which is statistically acceptable level of significance. In addition the calculated 'p' values for knowledge regarding selfie addiction  $p > 0.05$ . Hence it is statistically interpreted that the structured teaching programme regarding awareness of selfie addiction was effective. Thus the H1 is accepted.

## NURSING IMPLICATION

The finding of the study has implication for nursing practice, nursing education nursing administration and nursing research.

- The findings of the present study have implications in the field of nursing may use the information obtained to integrate selfie addiction as well as training programme
- In service and continuing education programmes can be organized for the purposes of prevention and control of selfie addiction and also need to be planned and implemented for the students in school, college and communities.
- More and more research can be carried out on the students knowledge on selfie addiction awareness to save the life of students.

### Recommendations:

1. A similar study can be done on a large sample so that the findings can be generalized

## CONCLUSION:

After the detailed analysis, this study leads to the following conclusion:

The students do not have 100% knowledge regarding awareness of selfie addiction. There was a significant increase in the knowledge of the subjects after the introduction of structured teaching programme. To find the effectiveness of structured teaching programme 't' test was applied and t value was calculated, post test score was significantly higher at 0.05 level than that of pre test score. Thus it was concluded that structured teaching programme on awareness of selfie addiction was found effective as a teaching strategy. Hence, based on the above cited findings, it was concluded undoubtedly that the written prepared material by the investigator in the form of structured teaching programme helped the students to improve their knowledge on awareness of selfie addiction.

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