"A STUDY TO ASSESS THE CORRELATION BETWEEN SCREEN VIEWING AND QUALITY OF SLEEP AMONG NURSING STUDENTS OF SELECTED NURSING COLLEGE, CHAUBEPUR KANPUR."

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Abstract: Screen viewing has become a crucial activity in the everyday life of adolescents. The increasing prevalence of screen-based activities is known to be associated with other lifestyle and health-related problems among adolescents. Screen view related to laptop, mobile phone, video game, television, tablet and computer/internet that adolescents can use anytime and anywhere.

Index Terms - Assess, Screen viewing, Quality of sleep, Students.

I. INTRODUCTION

BACKGROUND OF THE STUDY

Screen viewing has become a crucial activity in the everyday life of adolescents. The increasing prevalence of screen-based activities is known to be associated with other lifestyle and health-related problems among adolescents. Screen view related to mobile phone, video game, television, and computer/internet devices are multi-functional gadgets that adolescents can use anytime and anywhere. As a result, lifestyle patterns such as sleep may be compromised, which in turn may have harmful effects on adolescent health.

The World Health Organization recently decided to include the gaming disorder in the 11th revision of the International Classification of Diseases (WHO, 2018). Associations between screen time and poor health outcomes such as obesity and lack of exercise have been well-documented. However, research exploring associations between screen time and more psychological aspects of well-being among children and adolescents has been inconsistent. Some studies find significant associations between Screen time and low well-being.

OBJECTIVES OF THE STUDY

[1] To assess the screen viewing among nursing students.

[2] To assess the quality of sleep among nursing students.

[3] To correlate the screen viewing and quality of sleep among nursing college students.

[4] To find the association between the screen viewing and selected socio- demographic variables among nursing students.

[5] To find the association between the quality of sleep and selected socio-demographic variables among nursing students

RESEARCH DESIGN

The research design is the master plan specifying the methods and procedures for collecting and analyzing the information in a research study. In this study Non-Experimental descriptive research design was used to find out the correlation between screen viewing and quality of sleep among nursing students

RESEARCH SETTINGS

The research Study setting is the location in which the research is conducted. The setting for the present study was conducted in Saaii College of Medical Science and Technology Kanpur.

CONCEPTUAL FRAME WORK

The Health Belief Model (HBM) is a behavioral Health Theory used in professional nursing practice. The Health Belief Model is a psychological Model that model that attempts to explain and predixt health behaviors. This is done by focusing on the attitudes and belief of individuals. The HBM was first developed in 1950 By Social Psychologists Hocha Baum, Rosnstock and Kegels working in the U.S public health services.
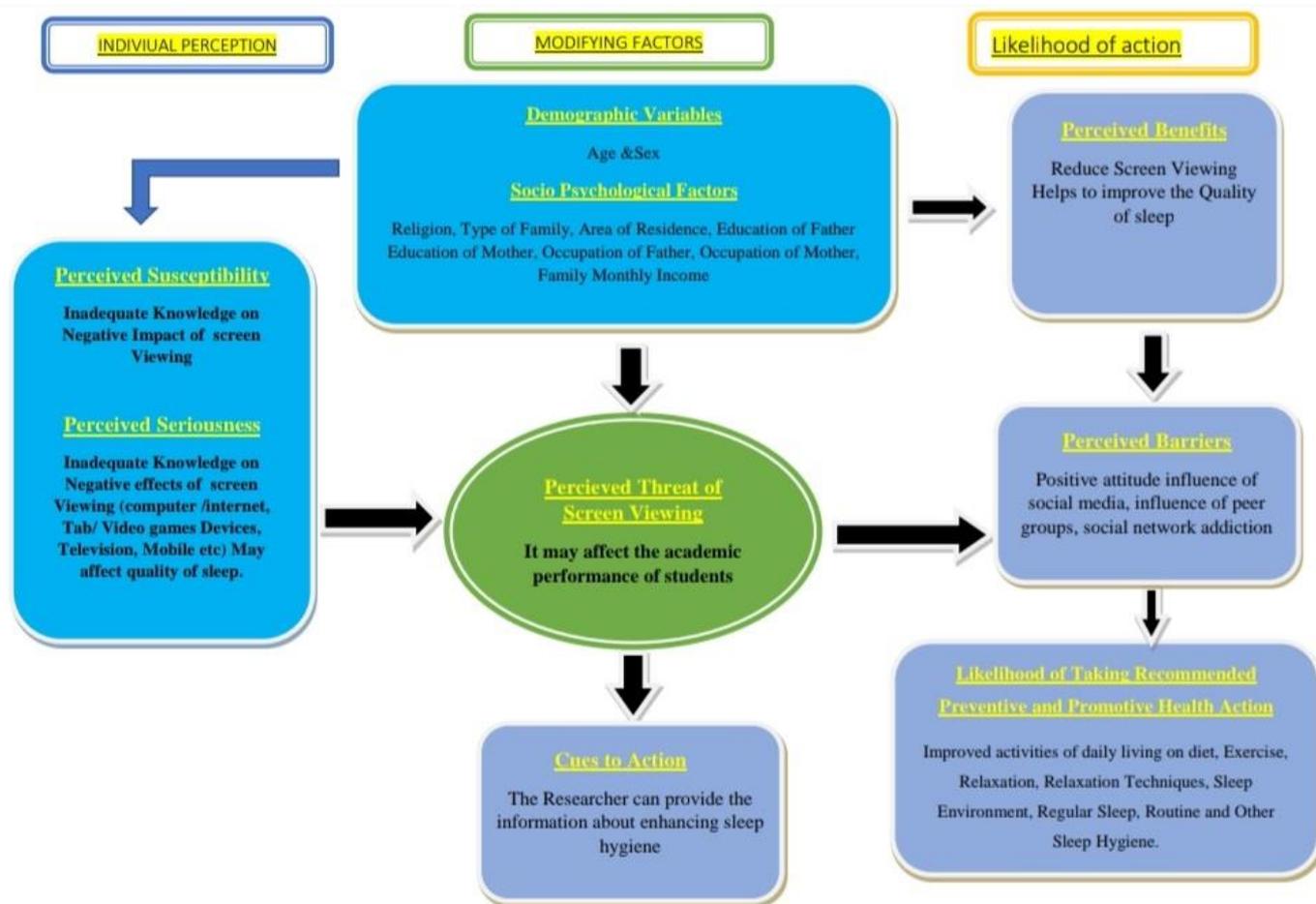

FIGURE: 1.1: **Conceptual framework based on Irwin** M. Rosenstock's (1974)- **Health Belief Model**

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RESEARCH METHODOLOGY

The methodology section outline the plan and method that how the study is conducted. This includes Universe of the study, sample of the study,Data and Sources of Data, study's variables and analytical framework. The detailsare as follows;

3.1Population and Sample

The population is all elements that meet certain criteria for inclusion in a study. The population of the study includes nursing student having age of 18 to 22.

Sample size refers to the number of samples included in the study. In this study the estimated sample size 240 students.

3.2 Data and Sources of Data

For this study primary data has been collected by the students studying in Saaii College of Medical Science and Technology Kanpur.

3.3 Theoretical framework

3.3.1Demographic variable: In this study Demographic variable represent the age, sex, religion, type of family, area of residence, educational of father, education of mother, occupation of father, occupation of mother, family monthly income.

3.3.2Research variable: These are the qualities; properties are characteristics that are observed or measured in a natural setting without manipulating and establishing cause and effect relationship. In this study represent the Screen viewing and Quality of sleep. Socio-demographic variables: these characteristic and attributes of the study subject are considered

3.4Statistical tools for data Collection
Type of tools
Part-I
*Socio-Demographic variables

*Socio-Demographic variables which give baseline information obtained from the student such as age, sex, religion, type of family, area of residence, educational of father, education of mother, occupation of father, occupation of mother, family monthly income.

Part-II
*Scale for Measuring Screen Viewing.

Part-III
*Scale for Measuring Quality of Sleep
        This section elaborates the proper statistical/econometric/financial models which are being used to forward the study from data towards inferences. The detail of methodology is given as follows.
3.5 Selection and development of tool
        The tool is the procedure or instruments used by the research to collect the data.
The tools were prepared on the basis of the objectives of the study. The following Steps were adopted in the development of the tool
3.6Review of research and non-research literature:
        Review of research and non-research literature, expert's opinion and suggestions were taken in determining the important areas to be included in the study.

*Personal experience of the investigator of working.

*Expert opinion from the mental health nursing department.

*Expert opinion and suggestions from the guide, co-guide, principal and all the lecturer from the other departments

3.7Description of tool
        Student researcher provides questions and Read each statement carefully and respond according to your own view. The statements refer to screen viewing you can think in terms specify by using mobile, tab, computer, television, video game devices. Thus, together, there were 30 items with a maximum total score of 90. This section includes the statement regarding the 3-point rating scale which includes-

NEVER	SOME DAYS	ALWAYS

Score
0-30= No screen view disturbance
30-50 Limited screen view
51-70= Moderate screen view
71-90= Excess screen view

Quality of Sleep scale will be provided to the students and Read each statement carefully and respond according to your own view. Thus, together, there were 24 items with a maximum total score of 72. This section includes the statement regarding the 3-Point rating scale which includes-

NEVER	OCCASIONALLY	FREQUENTLY

Scoring
0-24-No sleep disturbance
25-40- Good Sleep
41-56= Average Sleep
57-72= Poor Sleep

3.8 Method for data collection
The investigator approached the authorities and permission from the principal of the college. The data were collected from the study samples that are scheduled in Saaii College of Medical Science And Technology Kanpur. The purpose of the study explained to the subjects and consent was obtained. Samples were selected based on inclusion criteria using purposive sampling. On 04.08.2022 Around 240 students were selected in the data collection is scaled for measuring screen viewing and to assess the quality of sleep and each one of them took around 30 minutes in answering the questions. Confidentiality was assured.
Data about socio demographic variables, scale for measuring screen viewing and quality of sleep were administered to the students. Tools administered in English Language. Thanks to all students for their participation and co-operation.

3.9Plan For Data Analysis
Data analysis is a systematic organization and synthesis of research data and testing the research hypothesis using those data. The obtained data are analyzed by using both descriptive and inferential statistics based on the objectives and hypothesis of the study.

3.9.1 Descriptive statistics:

(i)Frequency & percentage wise distribution of nursing students according to their socio-demographic variables

(ii)Frequency & percentage wise distribution on level of screen viewing among nursing students.

(iii)Frequency & percentage wise distribution on level of quality of sleep among nursing students.

(iv)Mean, Standard Deviation and mean percentage of screen viewing and quality of sleep nursing college students

3.9.2 Inferential statistics:

(i)Association between the level of screen viewing and selected socio-demographic variables

(ii)Association between the level of quality of sleep and selected socio-demographic variables

(iii)Correlation between screen viewing and quality of sleep among nursing students

IV. RESULTS AND DISCUSSION

4.1 Results of Descriptive Statics of Study Variables

Table.: Mean, Standard Deviation, mean percentage and correlation between screen viewing and quality of sleep among nursing students

S. No	Variables	Maximum Score	Mean	Standard Deviation	Mean %	'r'value
1	Screen Viewing	90	51.8	9.89	57%	**0.339**
2	Quality of Sleep	70	39.9	6.87	55%	

Figures
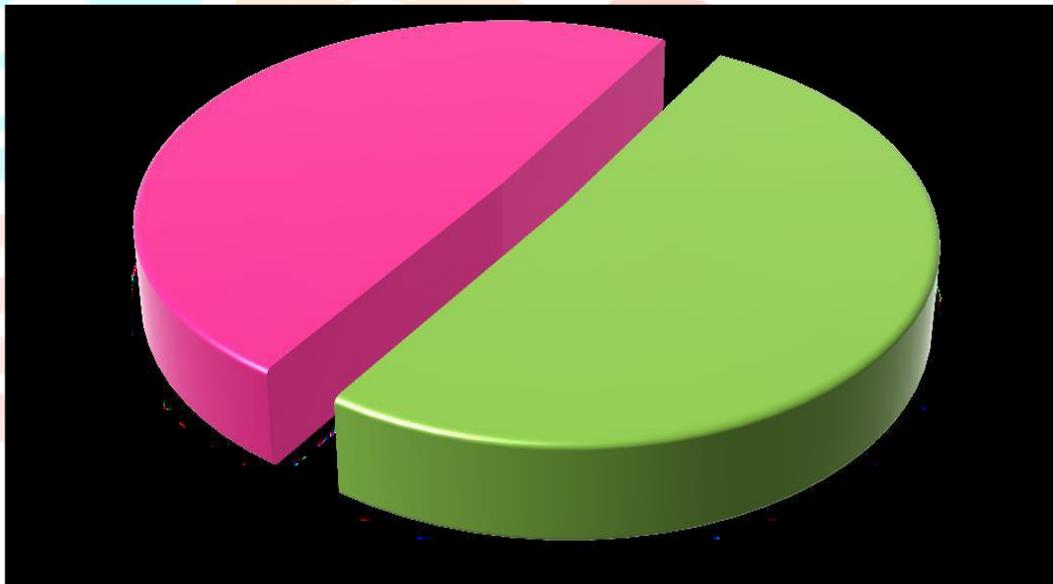
Figure showing correlation between screen viewing and quality of sleep where green color is showing screen viewing and pink color represents quality of sleep

Hypotheses

[1] H_1: There is a significant correlation between level of screen viewing and quality of sleep at 0.05 level of significance.

[2] H_2: There is a significant association between screen viewing and selected socio-demographic variables at 0.05 level of significance

[3] H3: There is a significant association between quality of sleep and the selected socio-demographic variables at 0.05 level of significance

Conclusion

Conclusion of the study was drawn from the findings of data collection is monitored as below as:

In present study researcher identified that the level of screen viewing mean score of the student is 51.08 and standard deviation is 9.89 overall mean percentage is 57% and the quality of sleep mean score of the student is 39.9 and standard deviation is 6.87. Overall mean percentage is 55%. The correlation between screen viewing and quality of sleep among college students which was analysed by using Karl Pearson's formula. Screen viewing and quality of sleep very highly correlation (r=0.339,0.001; P<0.001). Hence the research hypothesis is accepted.

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