



Impact of Enriching Programme On Knowledge and Perception Among Parents of School Children Regarding Ill Effects of Smart Phone Use On Health in Selected Community Area of Bangalore.

SHILPA Y.M
JJTU PHD SCHOLAR
JJTU

ABSTRACT: Technology has advanced to make life simpler for people today. These days, everyone is aware of these technologies and their applications, regardless of their age. Technological advancements in mobile phones have made it possible to utilize them for communication and online shopping. Living in the modern world without a mobile device is challenging. In terms of current technology, cell phones have reached a significant milestone where they are now useful for everyone and do the majority of tasks in a single location. The youngsters of today who are in school are sometimes referred to as the "Internet Generation." They are the initial generation to grow up in a technologically advanced planet. Information exchange and an engaging, highly individualized digital environment are made possible by interactive media. Youngsters utilize their mobile devices for apps, communication, gaming, watching movies, and taking photos. Hence study was conducted with the objective enriching programme on knowledge and perception among parents of school children regarding ill effects of smart phone use on health in selected community area. A Quantitative research approach with Quasi experimental design where Pre and post-test with equivalent control group design was used to carry out the study. Parents of school children from selected community area of Bangalore district those who were fulfilling the inclusion criteria were selected by using non probability purposive sampling technique. Structure knowledge questionnaire and Opinniare - Likert scale was prepared to assess the knowledge and perception of parents regarding ill effects of smart phone use on health. The reliability of structured knowledge questionnaire Cronbach's Alpha value 0.67 (good enough) and attitude tool Cronbach's Alpha value 0.98 is excellent. This indicates that tool were reliable. Data was analyzed by descriptive and inferential statistics. The study findings revealed that the knowledge level of parents of school children regarding ill effects of smart phone use on health majority 389 (97.25%) were had Inadequate Knowledge and 11 (2.75%) had Moderate Knowledge and none of the participants had adequate Knowledge. The overall awareness score of parents of school children concerning ill effects of smart phone use on health was 34.33 with 17.85 mean score and 3.417 standard deviation and pre-existing pretest perception score of parents of children regarding ill effects of smart phone use on health, majority 400 (100.0%) were had Unfavorable perception and none of participants had moderately favorable perception and Favorable perception. The overall perception score of parents of school children concerning ill effects of smart phone use on health was 31.56 with 45.44 mean score and 8.186 standard deviation. The mean pretest knowledge score was 17.85 with SD 3.417 and the mean posttest knowledge score was 24.92 with SD of 6.337, the obtained "t" value 20.2 is better than the table value at 0.05 level of implication. The mean pretest perception score was 45.44 with SD 8.186 and the mean posttest perception score was 63.47 with SD of 15.26, the obtained "t" value 20.905 is better than the table value at 0.05 level of implication. Hence, "t" value is found to be significant. It means there is increase in perception level of parents of school children. This supports that enriching programme on regarding ill effects of smart phone use on health is successful in raising the perception on of parents of school children. The results showed the positive impact of the enriching programme on regarding ill effects of smart

phone use on health of parents. This demonstrates that an enriching programme developed ill effects of smart phone use on health is effective in boosting parent's knowledge and perception.

Key words: Enriching programme, knowledge, perception, ill effects of smart phone use, health.

INTRODUCTION:

Technology has advanced to make life simpler for people today. These days, everyone is aware of these technologies and their applications, regardless of their age. Technological advancements in mobile phones have made it possible to utilize them for communication and online shopping. Living in the modern world without a mobile device is challenging. In terms of current technology, cell phones have reached a significant milestone where they are now useful for everyone and do the majority of tasks in a single location. Technology has advanced to make life simpler for people today. These days, everyone is aware of these technologies and their applications, regardless of their age. Living in the modern world without a mobile device is challenging. In terms of current technology, cell phones have reached a significant milestone where they are now useful for everyone and do the majority of tasks in a single location.

NEED FOR THE STUDY:

The most frequent ages at which 15 and 16-year-olds were polled to obtain their first mobile phone were 10 and 12 years old. Compared against their European counterparts, Japanese youngsters receive them at longer ages—the majority at 15 years old. kids who use a phone, two out of every three have a smartphone. Of the kids questioned, 34% use tablets. Japan has one of the low percentages (18%), while Denmark has the greatest percentage at 60%. Of all the youngsters questioned, 71% use their mobile phones to access the internet. When examining youngsters who use cellphones solely, this rises to 95%. Compared to just 26% of Japanese children, almost 50% of European children polled at age 12 use mobile internet access. Watching videos (88%), followed by studying (77%), are the two most common applications of mobile internet. However, compared to the European countries polled, just 24% of children in Japan utilize the internet for academic purposes. Of youngsters who use mobile phones, 40% send and receive messages with parents or guardians almost every day, and 54% talk to them on the phone practically daily. Compared to European children, Japanese youngsters message and phone their parents at substantially lower rates (11% and 7%, respectively).

RESEARCH OBJECTIVES

General objectives

At the end of research study, the parents of school children will be enriched with the adequate information regarding ill effects of smart phone use on health

Specific Objectives

- 1] To assess the preexisting knowledge of parents of school children regarding ill effects of smart phone use on health selected community area of Bangalore
- 2] To find out the preexisting perception level of parents of school children regarding ill effects of smart phone use on health in selected community area of Bangalore

DATA COLLECTION PROCESS

- Prior to the data collection, the research scholar obtained permission from the ethical committee of the institution and authority.
- Then samples were selected as per inclusion criteria.
- Adolescent girls from selected educational institutes were selected for the study.
- Research scholar selected the samples through Purposive sampling techniques.
- Written assents were taken from the samples.
- Pre- test assessment for knowledge and perception intervention execution of enriching program was done following a week of Pretest. Post Test is conduct on seventh day through with unchanged tool. This process continued until the researcher obtained the required sample size of 400 samples.

RESULTS AND DISCUSSION

To first goal assess the preexisting knowledge of parents of school children regarding ill effects of smart phone use on health selected community area of Bangalore

Regarding the detrimental impacts of smart phone usage on health, 389 parents of school-age children (97.25%) had inadequate information, 11 parents (2.75%) had moderate awareness, and none of the people surveyed showed adequate knowledge. Parents of school-age children's total awareness score of the negative health impacts caused by smart phone use was 34.33, with a mean score of 17.85 and a standard deviation of 3.417.