A Descriptive Study To Assess The Knowledge Regarding Popcorn Brain Syndrome Among Primary School Teachers In Selected School Of Waidhan Singrauli M.P.

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Abstract

Digital addiction in children and adolescents leads to structural brain changes, including reduced grey and white matter volume in various regions involved in executive function, reward processing, and sensorimotor activities, impacting cognitive capabilities and contributing to problematic smartphone use, internet gaming disorder, and internet addiction.

The term "popcorn brain syndrome" is gaining attention among parents, educators, and psychologists across India. It refers to a mental state where constant digital stimulation-rapid videos, notifications, and endless scrolling-rewires the brain to expect instant excitement. The research aimed to study to assess the knowledge regarding popcorn brain syndrome in children. A total sample of 60 Primary school teachers in the age 21-35 years were collected. Self structured questionnaire to assess the knowledge only pre test group. The results found out that the students having poor knowledge about pop corn brain disease in children. Now a days day by day in 1 year to specially 5 year children's and all age group was addicted in internet, smart phone etc. The impact of children's of Internet addiction was found to be significantly negatively correlated with socialization.

Keyword: Knowledge, primary school teachers, view develop information booklet.

INTRODUCTION

Popcorn brain syndrome is an informal term for a modern, non-clinical mental state where excessive, fast-paced digital consumption—like constant social media, notifications, and short-form video—causes the brain to struggle with focusing on one thing, leading to scattered, rapid thoughts, reduced attention spans, increased anxiety, and constant, unproductive busyness.

In the age of information overload and rapid technological advancements, the human mind is subjected to unprecedented levels of stimulation, leading to what has been colloquially termed "popcorn brain." This phenomenon, characterized by shortened attention spans, constant multitasking, and a craving for instant gratification, has become increasingly prevalent among the youth of today's society. The internet and social media have had a profound impact on how we interact with one another, do business, and interact with the outside world. Understanding how excessive internet and social media use may damage this group's academic goals is critical for educators, parents, and legislators as the digital landscape changes.

REVIEW OF LITERATURE

Section 1- Review of literature related to prevalence rate of popcorn brain syndrome

Section 2- Review of literature related to assess the level of knowledge regarding popcorn brain syndrome

OBJECTIVES OF THE STUDY
1. to assess the knowledge regarding popcorn brain syndrome among primary school teachers in selected school of waidhan Singauli M.P.
2. to find out the association between pre test level of knowledge regarding popcorn brain syndrome with selected socio demographic variables.

METHODOLOGY

An extensive review of literature was undertaken. The conceptual frame work adopted this studies based on kings goal attainment theory . A quantative research approach was adopted for the study as the present study aim to assess knowledge regarding popcorn brain syndrome among primary school teachers in selected school of waidhan Singauli M.P. The research approach used will be quantative research approach is considered appropriate for the study . In the present study, descriptive study research design was used since it aided in information booklet. The study will be conducted in the selected primary school teachers .The sample of the present study comprised of 60 primary school teachers. Non-probability purposive sampling technique was used. The tool was include socio demographic data ,and self structured knowledge based questionnaire . The data tool collection is consist of self structured knowledge based questionnaire.

DEVELOPMENT & DESCRIPTION OF THE TOOL

Data collection tools are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem **(Burns.N,Grove. K,2002).**

After wide reading, the researcher developed the tool as per the following:-

SECTION-A: deal with socio demographic variables .

SECTION B: self structured knowledge based questionnaire

SCORING TECHNIQUE

SECTION A :- The demographic variables consists of 10 items were given coding.

SECTION B :- The knowledge questionnaire comprises of 30 multiple choice questions related to knowledge based . To interpret the level of knowledge, the score was attributed as follows:

There were 30 items pertaining to the knowledge of regarding popcorn brain syndrome among primary school teachers. For each item, a score of one (1) was assigned to a correct response and zero (0) assigned to each wrong answer. Total score to knowledge question was 0 – 30. The level of knowledge was categorized based on the percentage of score obtained.

S.NO.	CRITERIA	SCORE	PERCENTAGE
1.	POOR	0-10	0-35%
2.	AVERAGE	11-20	36-69%
3.	GOOD	21-30	70-100%

RELIABILITY

Reliability of an instrument is the degree of the consistency with which it measures the attribute it is suppose to be measuring. It refers to the accuracy and consistency of measuring the tool. The reliability of the closed ended knowledge questionnaire was established by using test pretest method.

In order to establish the reliability, the tool was administered to 10 samples, which fulfilled the inclusion criteria. These samples were excluded from the main study. The tool was found to be reliable by using split-Half method formula. 'r' value was found r= **0.84** which shows, the instrument is reliable for application.

PILOT STUDY

The pilot study is a smaller version of the proposed study, using similar subjects, settings, treatment, method of data collection and analysis technique as used in main study. Pilot study was done to check the clarity of the items in tool and the feasibility in conducting the study.

Pilot study was conducted on month of 01/10/25 to 10/ 10/2025 in selected school of waidhan Singrauli MP This was conducted after obtaining permission from the individuals. 10 samples that fulfilled the inclusion criteria were selected by Non probability sampling technique. At first complete instructions were given to the samples. On 1st day pre test was conducted using the self structured knowledge questionnaire. The completed questionnaire was collected after an average time of 15-20 minutes. The pilot study samples were excluded from the main study.

The objectives of the pilot study were to;

1. Find out the required time for completing the self structured knowledge questionnaire .
2. Find out the feasibility of the study.
3. Identify any major flaw in the study design.

PLAN FOR DATA ANALYSIS AND INTERPRETATION

- Data will be analyzed by using descriptive and inferential statistics.
- The main study was conducted in only one month
- Organization of data in master sheet.
- Calculate the frequency and percentage to show the distribution of subjects according to the baseline variables
- Calculate mean, mean percentage , standard deviation , chi square test of the domains of quality of life.
- Value to compare at p value 0.05 level of significant for corresponding degree of freedom
- Data will be expressed in table and figure for better clarification.

RESULT

Maximum of primary school teachers in the age group were21-22 year of age , majority of gender is female, mostly of peoples belongs to Hindu religion, type of diet is non vegetarian, maximum of primary school teachers are leave in nuclear family, mostly of primary school teachers education is B. EI.Ed , mostly of primary school teachers income was 10,001-15,000 Rs, previous knowledge about popcorn brain syndrome was No, If Source of information was not yet heard now. The data shows that the mean score was 7.26 and mean percentage is 7.26 % and SD value is 5.12 and critical value is 12.83. the association the type of religion , type of family, education , family monthly income in rupees , type of diet etc were **Non –signification** , and age in the years , previous knowledge , if yes source of information, is having **significant ,** at the level of p<0.005 .

CONCLUSION

Now a days day by day in 1 year to specially 5 year of children's and all age group was addicted in internet, smart phone etc. The impact of children's of Internet addiction was found to be significantly negatively correlated with socialization. Data shows that about the knowledge regarding popcorn brain syndrome in children's the primary school teachers having No knowledge about this disease. The lack of knowledge is impact of health in children's day by day and parents and care taker and teachers also important role of children's daily life. The parents is also responsible for addiction of smart phone or internet of children's.

RECOMMENDATIONS

1. The study may be replicated with randomization in selection of a large sample.

3. The study conducted the selected school of waidhan Singauli M.P.

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