



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE REGARDING ADVERSE EFFECTS OF EXCESSIVE USE OF MOBILE PHONES AMONG SCHOOL GOING CHILDREN (14-16 YEARS) OF SELECTED SCHOOLS OF KASHMIR.

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Abstract

The mobile phone could be the most incredible device ever made in the consumer world. The mobile phone which started as a bulky device for voice communication has in the last 15 years, morphed into lean models with a bewildering array of features. However, among the two billion plus consumers worldwide, the prime utility of the mobile phone remains voice. The ongoing technological revolution in telephone gains momentum with the rapid diffusion of cellular phones worldwide. Wireless technology expands telephone applications by empowering people to use it anywhere and anytime. In this study the non-experimental descriptive research design. The research variable of the study is Knowledge and practice of school going children regarding adverse effects of excessive use of mobile phones and extraneous variable. The pilot study was conducted to find the feasibility of the study 22nd of February 2021 to 28th of February 2021 among School children. The main study was conducted from 21-04-2021 to 30-04-2021. Among 60 subjects; the subject was selected by convenient sampling technique and data was analysed and interpreted using descriptive and inferential statistics. The Overall knowledge on adverse effects of excessive mobile phone usage. The mean score is 20.62 with a mean percentage of 58.91 with a standard deviation of 2.525 and attitude scores of schools going children of adverse effects on mobile phone use were found to be 58.2% with standard deviation 1.501.

Introduction

We live in a world in which we are surrounded by discussions and representation of new information and communication technology is the key to the future holding out the promise of alleviating the drudgery of work, of overcrowding the problems of lengthy classes, and demoralized teachers, of allowing access to up-to-date global information, news and of providing ever new forms of entertainment and leisure. Through new distance learning technologies, digital libraries, electronic voting, e-mail, video conferencing, on-line chatting, video on demand, mobile telephone and Tele-shopping.

We are invited to increase our knowledge, enhance our pleasure, and increase our personal fulfilment, re-establish our lost communities and achieve our liberation. Information technology includes all matters concerned with the furtherance of computer science and technology and with the design, development, installation and implementation of information systems and applications, (San Diego State University). Information architecture is an integrated framework for acquiring and involving important technology to achieve strategic goals. It has both logical and technical components.

Objectives of the study:

1. To assess the level of knowledge on adverse effects of excessive mobile phone usage among school going children.
2. To assess the level of practice on adverse effects of excessive mobile phone usage among school going children.
3. To find out the co-relation between level of knowledge and practice regarding adverse effects of excessive mobile phones use.
4. To find out the association between level of knowledge and practice regarding adverse effects of excessive mobile phones use with selected socio-demographic variables.

Methodology:

In the present study Non-experimental descriptive research design was used. This study is conducted in Noorani educational institute, Kashmir. The population in the present study included 60 school going children who are studying in Noorani educational institute, Kashmir were drawn by Non Probable Convenient sampling technique. The data was collected by a structured demographic sheet and self-structured questionnaire. Data has been collected through forms within 10 days' time period of the month of July 2021.

Findings of the Study: Major Findings are:

Table 1 Assessment of Knowledge and Practice of School Going Children on Adverse Effects of Excessive Mobile Phones Use.

Sr. No.	Knowledge aspects	No. of Items	Mean	SD	Mean %
1	General concept.	5	7.5	1.347	62.5
2	Mobile phone and Health.	8	3.62	0.958	51.71
3	Effects of Mobile phone radiation.	6	4.62	1.136	66
4	Adverse effects of mobile phone use.	11	4.88	1.462	54.22

Table 1. Level of Knowledge describes that the assessment of knowledge among school going children in terms of pre test scores regarding causes and consequences of sleep deprivation. In General concept the mean score is 7.5 with a mean percentage of 62.5% and a standard deviation of 1.347. In the aspect of Mobile phone and Health the mean score is 3.62 with a mean percentage of 51.71% and a standard deviation of 0.958. In Effects of Mobile phone radiation aspect, the mean score is 4.62 with a mean percentage of 66% and a standard deviation of 1.136. In the last aspect of Adverse effects of mobile phone use the mean score is 4.88 with a mean percentage of 54.22% and a standard deviation of 1.462.

Table 2 Assessment of Practice level of school going children on adverse effects on mobile phone use.

PRACTICE LEVEL	FREQUENCY	PERCENTAGE
Poor Practice	22	36.6
Moderately Good Practice	38	63.3
Good practice	0	0.0
Total	60	100

Table 2 shows that the description about distribution of school going children according to their practice level. From the above table it is evident that majority (63.3%) had Moderately Good Practice and (36.6%) had Poor Practice and no participant had Good mobile phone use.

Table 3 Correlation of knowledge and practice regarding adverse effects of excessive mobile phones use among school going children.

Sr. No.	Data	Mean	S D	r Value	Inference
1	Knowledge	20.48	4.881	0.536	Moderate positive correlation
2	Practice	8.73	1.501		

Table 3 shows that table give description of correlation between knowledge and practice from above table it is evident that the obtained 'r' value is 0.536 that there is Moderate positive correlation between the knowledge and practice of school going children regarding adverse effects of excessive mobile phones use.

The association between knowledge and practice regarding adverse effects of excessive mobile phones use with selected socio-demographic variables.

The association between socio-demographic variables and the level of knowledge regarding adverse effects of excessive mobile phone usage. All the selected demographic variables are not significantly associated with the knowledge scores. The association was determined by using Pearson chi square test.

The Association of practice scores of schools going children with selected demographic variables.

The association between socio-demographic variables and the practice scores regarding adverse effects of excessive mobile phones use. Association with Mother's education (chi square=15.224, P=0.002), Sleeping pattern (Chi Square= 17.507, P=0.000), are significantly associated with the practice scores. The association was determined by using Pearson chi square test.

LIMITATION OF STUDY

- ❖ Study was conducted in specific geographic area imposes limits on generalization.
- ❖ The findings could be generalized only to the population which fulfilled the criteria in the study.
- ❖ The study limited to assessment of knowledge and practice
- ❖ The sample was limited to 60 only
- ❖ Long-term follow-up could not be carried out due to time constraints.

CONCLUSION

The present study was to assess the knowledge and practice regarding adverse effects of excessive use of mobile phones among school going children had moderate knowledge and moderately Good Practice adverse effects of excessive use of mobile phones.

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