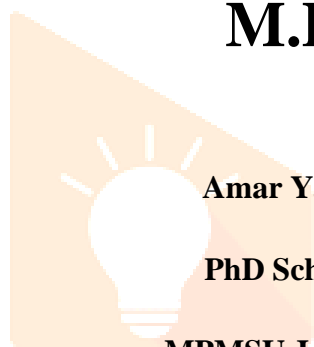




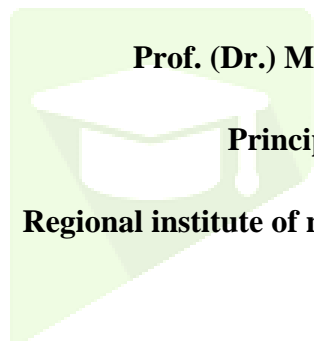
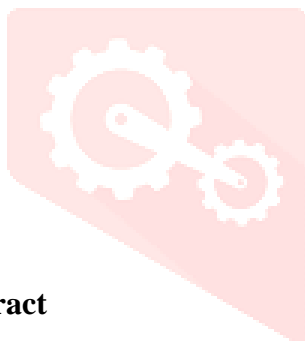
Impact Of Video Assisted Teaching On Psychosomatic Problems Related To Problematic Internet Use Among Adolescents In Selected Senior Secondary Schools At Mandsaur District, M.P.



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Abstract

Aim

To find out impact of video assisted teaching on psychosomatic problems related to problematic internet use among adolescents in selected senior secondary schools.

Methodology

Methodology: The sample size taken for the study was 480 with selected senior secondary school by non randomized convenient sampling technique. Sample was divided in to two groups; one is experimental and second is control group. The experimental group was treated by video assisted teaching whereas control group was not treated by any intervention. A standard semi structured questionnaire and a rating scale was used to assess the psychosomatic problems related to problematic internet use among adolescents. Data were analyzed with the help of SPSS 16.0 software. Results: In experimental group the mean pre-test

problematic internet use score is 55.200 and mean post-test problematic internet use score is 43.366. The estimated paired't value was (1.199), which is significant at $p < 0.05$. This reduction is statistically significant. The mean pre-test Depression related to problematic internet use score is 22.116 and mean post-test Depression related to problematic internet use score is 14.933. The estimated paired't value was (19.505), which is significant at $p < 0.05$. The mean pre-test Anxiety related to problematic internet use score is 20.633 and mean post-test Anxiety related to problematic internet use score is 10.766. The estimated paired't value was (18.509), which is significant at $p < 0.05$. The mean pre-test Stress related to problematic internet use score is 20.550 and mean post-test Stress related to problematic internet use score is 15.766. The estimated paired't value was (14.284), which is significant at $p < 0.05$. The mean pre-test Somatic problems related to problematic internet use score is 10.000 and mean post-test Somatic problems related to problematic internet use score is 7.733. The estimated paired't value was (12.632), which is significant at $p < 0.05$ in experimental group.

In control group the mean pre-test problematic internet use score is 52.425 and mean post-test problematic internet use score is 55.383. The estimated paired't value was (1.882), which is not significant at $p < 0.05$. But we can see that in experimental group the reduction is of 11.834 points which is higher than the reduction score (-2.958) of control group. The mean pre-test Depression related to problematic internet use score is 21.716 and mean post-test Depression related to problematic internet use score is 21.100. The estimated paired't value was (4.428), which is significant at $p < 0.05$. The mean pre-test Anxiety related to problematic internet use score is 20.350 and mean post-test Anxiety related to problematic internet use score is 19.400. The estimated paired't value was (4.558), which is significant at $p < 0.05$. The mean pre-test Stress related to problematic internet use score is 20.566 and mean post-test Stress related to problematic internet use score is 20.166. The estimated paired't value was (4.478), which is significant at $p < 0.05$. The mean pre-test Somatic problems related to problematic internet use score is 10.066 and mean post-test Somatic problems related to problematic internet use score is 9.683. The estimated paired't value was (4.834), which is significant at $p < 0.05$ in control group.

Conclusion: It is concluded that adolescents with psychosomatic problems related to problematic internet use show better improvement in their level of psychosomatic problems related to problematic internet use after administration of video assisted teaching compare to non administration of any intervention.

Key words

Impact, video assisted teaching. Psychosomatic problems, problematic internet use etc.

Introduction

The Internet is no longer merely an infrastructure; it has become an unlimited space for information exchange, social networking, and the development of cyber behaviors¹. It is a network of networks that consists of private, public, academic, business and government networks of local to global scope that is linked by a broad array of electronic and optical networking technologies. By the advent of the internet, our earth has reduced and has attained the form of a global village². It has brought people closer together by enabling various forms of interpersonal communication, notably e-mail, instant messaging, video conferencing, and social networking. In a very short period, it has become difficult for most of us to imagine a world without instant and continuous access to the internet³.

According to a report published on 30th June 2014, the world's Internet user was around 3 billion, in which approx. 1.4 billion users are from Asia. The higher Internet users, i.e., 45.7% are from Asian countries (Indians are the highest users in Asia). There has been an explosive growth of Internet usage worldwide and this is expected to continue with its use becoming an integral part of everyday life. The Internet provides tremendous educational benefits; however, excessive Internet use can lead to negative outcomes such as poor school performance and social isolation¹.

According to a report published on 1st January 2022, the world's Internet user was around 4.9 billion, or roughly 63 percent of world's population in which approx. 749 million users are from India. There has been an explosive growth of Internet usage worldwide and this is expected to continue with its use becoming an integral part of everyday life.

The concept of IA, which was first used by Goldberg in 1995, has recently turned out to be a phenomenon. This phenomenon is defined through various terms such as "net addiction", "online addiction", "IA disorder", "pathologic internet use" and "cyber disorder"². Young³ linked excessive internet use most closely to pathological gambling, a disorder of impulse control in Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and adapted the DSM-IV criteria to relate to internet use in the IA Test (IAT).

Review of literature

Dr. Kocher (2013)⁴ done cross sectional survey on knowledge and usage of internet among 735 different professional students (Dental, Engineering and Nursing) in India using a self-administered structured questionnaire. Study result was that overall 84% of the respondents could access and use the internet. Researcher found that males showed more score and among all professionals engineering students had higher level of knowledge and accessing to it ($p > 0.05$). It was observed that greater proportion of respondents used internet for social networking sites rather than study purposes Study found a significant relationship regarding internet usage between gender and among different professional students

Lavadi R (2021)⁵ conducted study on internet addiction among medical students in a tertiary care hospital in Bangalore, India. The objective of the study was to determine the prevalence of internet addiction and identify its contributing factors among medical students. 240 second and third year medical students completed the internet addiction test as well as the supplementary questionnaire at Vyedehi institute of medical sciences and research center. The assessment of addiction was performed using Dr. Kimberley Young's internet addiction test. It was found that 50.2% students were mildly addicted and 16.3% students were moderately addicted and 0.42% student was severely addicted. 66.9% of medical students had various levels of internet addiction from mild to severe. Researcher recommended that, behavior change communication is required to overcome addiction in these students.

Andrea Donitta .G, (2011)⁶ conducted a study to assess the effectiveness of video assisted teaching on knowledge regarding the ill effects of mobile phone usage among the adolescent and to educate the adolescents about the ill effects of mobile phone usage on health research design descriptive approach. Adolescents residing at Taramani in Chennai in 30 samples and non-probability convenient sampling technique structured interviewed guide was used to assess the knowledge regarding ill effects of mobile phone usage among adolescent. Result out of 30 samples 90.0% of the samples had inadequate knowledge 10.0% had moderate knowledge and no samples had adequate knowledge about the ill effects of mobile phone usage. The study concluded there is enormous increase in mobile phone usage throughout the world due to the advancement in technology. As technology advances the mortality and the morbidity rate also increases. As health care professionals, we play our own individual role in boosting the knowledge on ill effects of mobile phone usage and the adolescents need to be aware about the ill effects of mobile phone usage thus being responsible for their own health

Shri JJT (2020)⁷ conducted a Quantitative study on Correlation Between Internet Addiction and Academic Performance Among Nursing Students in Selected Nursing Colleges From Uttar Pradesh India. Non-Probability Purposive Sampling Technique Was Adapted to Select 80 Nursing Students A SELF-Structured Questionnaire and Grade Point of AVERAGE (GPA) Scale was Used to assess the level of internet addiction and academic perform data were analyzed using SPSS version 25. Result revealed that there is a negative correlation between internet addiction and academic performance among nursing students($r=-0.25$, $p=0.002$).there was an association found between the levels of internet addiction among nursing students with their place of residence ($p = 0.002$) and time (hours per day) of spending mobile ($p= 0.001$). the study is concluded that was a negative correlation between internet addiction and academic performance among nursing students.

Problem statement

impact of video assisted teaching on psychosomatic problems related to problematic internet use among adolescents in selected senior secondary schools at Mandsaur District, M.P. A nonrandomized controlled trial

OBJECTIVES

1. To assess problematic internet use and related psychosomatic problems among adolescents in control and experimental group.
2. To find out the impact of video assisted teaching on psychosomatic problems related to problematic internet use among adolescents in experimental group.
3. To find out co-relationship between problematic internet use and related psychosomatic problems among adolescents in experimental group
4. To find out association between psychosomatic problems related to problematic internet with selected socio demographic variables

HYPOTHESES

- 1 **H1:** There will be mean post test scores regarding psychosomatic problems related problematic internet use significantly less than pre test scores in experimental group as measured by valid and reliable tool at 0.05 level of significance.
- 2 **H2:** There will be a significant relationship between problematic internet use and psychosomatic problems among adolescents in experimental and control group as measured by valid and reliable tool at 0.05 level of significance.
- 3 **H3:** There will be a significant association between psychosomatic problems related problematic internet use and demographic variables among adolescents in experimental group as measured by valid and reliable tool at 0.05 level of significance.

Material and methods:

Research Approach: The study utilized quantitative research approach.

Research Design: In this study quasi experimental, with pre-test post-test non-randomized control group research design was used

Variables: In this study following variables are present

Independent variable: Video assisted teaching and internet use.

Dependent variable: Level of depression, anxiety, stress and somatic problems are the independent variables.

Socio-demographic variables: Age, gender, class of Study, Using Internet Since, Place of residence, Source of Internet Use, Place of most frequent internet use, How much money do you use on internet recharge (Rs.) per month, How much time do you spend on internet use per day, What is main Purpose of internet use are included as demographic variables.

Setting: The present study was conducted at Government Higher Secondary School Era, Sitamau. Adarsh Higher Secondary School Sitamau Mandsour district.(MP)

Sample: In present study the adolescents are studding in the class 10th.11th and 12th std at Government Higher Secondary School Era, Sitamau and Adarsh Higher Secondary School Sitamau of Mandsour districts and who fulfilled the sample selection criteria were selected as study samples.

Sample Size: The sample size consists of 480 adolescents those who were studying in 10, 11 and 12 class. Among those, 240 participants were selected for experimental group and 240 for control group.

Sampling technique: Non-probability convenient sampling technique was used for sample selection.

Description of the Tool:- Semi structured rating scale was used for data collection. Tool consists of four sections.

Section-A: Socio-demographic variables in this study are Age, gender, class of Study, Using Internet Since, Place of residence, Source of Internet Use, Place of most frequent internet use, How much money do you use on internet recharge (Rs.) per month, How much time do you spend on internet use per day, What is main Purpose of internet use are included as demographic variables

Section-B: The Internet addiction test by Kimberly Young .It consists of 20 items. The scoring was described as follows. (Maximum score was 5 and minimum score was 0)

Rating Scale: Does not apply =0, Rarely =1, Occasionally =2, Frequently =3, Often =4 and Always =5

Grading of score: According to Young's Criteria- Total Score = 100

Level of internet addiction	score
Average (Complete Control of their Internet Use) :	20 – 49
Moderate (Over-users with frequent problems):	50 – 79
Severe (Internet Addicts with Significant problems):	80-100

Section-C: Depression, anxiety and stress scale by DASS -42. It consists of 42 items, The scoring was described as follows. (Maximum score was 3 and minimum score was 0)

Scoring key:-

0 - Did not apply to me at all. 1 - Applied to me to same degree or for some of the time.

2 - Applied to me to a considerable degree or for a good part of time .3 - Applied to me very much or most of the time.

Grading of score:

	Normal	Mild	Moderate	Severe	Very severe
Depression	0-9	10-13	14-20	21-27	28+
Anxiety	0-7	8-9	10-14	15-19	20+
Stress	0-14	15-18	19-25	26-33	34+

Section-D: Somatic complaints check list. It consists of 18 items the scoring was described as follows. (Maximum score was 1 and minimum score was 0)

Rating Scale:

0 = Absence of Symptoms 1 = Presence of Symptoms

Grading score of somatic complaints: Total Score = 18

Mild Complaints: 0 – 6 Moderate Complaints: 7 – 12 Severe Complaints: 13 - 18

Plan for Data Analysis:

Descriptive: Frequency and percentage distribution and Mean

Inferential: T-test, chi square test.

Results:

Details of Demographic Variable:

Distribution according to Age revealed that majority 68.8% in experimental and 55% in control group of respondents were from the age group of 14-16 years, 39.2% in experimental and 45% in control group respondents were in the age group 17-18 years of age.

Distribution according to Gender revealed that majority 55% in Experimental and 56.7% in Control group of respondents were male and 45% in Experimental and 43.3% in Control group the respondents were female.

Distribution according to class in studying revealed that majority 55% in Experimental and 50% in Control group of respondents were studying in class 11th, 28.3% in Experimental and 31.7% in Control group the respondents were studying in class 12th, and 16.7% in Experimental and 18.3% in Control group the respondents were studying in class 10th.

Distribution according to using internet since majority equally 41.7% in Experimental and Control group of respondents were using internet since 2-3 years, equally 28.3% in Experimental and Control group of respondents were using internet since 1-2 years, and equally 16.7% in Experimental and Control group of respondents were using internet since over 3 years.

Distribution according to Place of residence revealed that majority 76.7% in Experimental and 72.5% in Control group of respondents were residence at Home and 23.3% in Experimental and 27.5% in Control group the respondents were residence at Hostel.

Distribution according to source of internet use majority 71.7% in Experimental and 75% in Control group of respondents were using internet source Mobile Phone, 21.7% in Experimental and 18.8% in Control group of respondents were using internet source Laptop, and 6.7% in Experimental and 6.2% in Control group of respondents were using internet source Computer.

Distribution according to Place of most frequent use of internet equally 100% in Experimental and Control group of respondents were using internets most frequent at Home/ Hostel.

Distribution according to using Rs. for internet use per month majority 65% in Experimental group and 68.3% in control group of respondents were using Rs. for internet use per month less than 200 rs, 30% in experimental group and 26.7% in Control group of respondents was using Rs. for internet use per month more than 400 rs. And equally 5% in Experimental and Control group of respondents were using Rs. for internet use per month 200-400rs.

Distribution according to spending time per day for internet use majority 45% in Experimental and 43.3% in Control group of respondents were spending time per day for internet use 2-3 hours, 30% in Experimental and 35% in Control group of respondents were spending time per day for internet use 3-4 hours, 16.7% in Experimental and 13.3% in Control group of respondents were spending time per day for internet use 0-2

hours and equally 8.3% in Experimental and Control group of respondents were spending time per day for internet use more than 4 hours.

Distribution according to Purpose of internet use majority 38.3% in Experimental and 36.7% Control group of respondents were Purpose of internet use for online gaming, 26.7% in Experimental and 31.7% in Control group of respondents were Purpose of internet use for social media, 28.3% in Experimental and 26.7% in Control group of respondents were Purpose of internet use for education and 6.7% in Experimental and 5% in Control group of respondents were Purpose of internet use for web surfing.

Section II: Comparison of mean score between pre-test and post-test of problematic internet use among adolescents in experimental and control group.

Table:-1 Mean difference for problematic Internet use in Experimental Group

Group	Mean	Mean difference	Standard Deviation	t-Value	df	p-Value	Remark
Pre-test (N=240)	55.200	11.834	24.409	1.199	239	.000	Significant
Post-test (N=240)	43.366		12.011				

Table:-1 According to Young's Criteria level of problematic internet use, mean 55.200 of Pre-test and 43.366 of post-test, mean difference was 11.834, Standard Deviation was 24.409 for pre-test and 12.011 for post-test, t-Value was 1.199 at 239 degree of freedom and p-value was .000 significant in experimental group. Results are showing that intervention was very effective among adolescents.

Table:-2 Mean difference for Problematic Internet use in Control group

Group	Mean	Mean difference	Standard Deviation	t-Value	df	p-Value	Remark
Pre-test (N=240)	52.425	-2.958	22.048	1.882	239	.061	Not Significant
Post-test (N=240)	55.383		24.077				

Table:-2 According to Young's Criteria level of problematic internet use, mean of Pre-test 52.425 and post-test 55.383, mean difference was -2.958, Standard Deviation was 22.048 for pre-test and 24.077 for post-test, t-Value was 1.882 at 239 degree of freedom and p-value was .000 significant in control group.

Level of Respiratory Condition

Section III: Comparison of mean score between pre-test and post-test of psychosomatic problems related problematic internet use among adolescents in experimental and control group

Table:-3 Mean differences for psychological problems related to problematic Internet use in experimental group

	Group	Mean	Mean difference	Standard Deviation	t-Value	df	p-Value	Remark
Depression	Pre-test (N=240)	22.116	7.183	8.854	19.505	239	.000	Significant
	Post-test (N=240)	14.933		5.196				
Anxiety	Pre-test (N=240)	20.633	9.866	9.319	18.509	239	.000	Significant
	Post-test (N=240)	10.766		3.572				
Stress	Pre-test (N=240)	20.550	4.783	8.488	14.284	239	.000	Significant
	Post-test (N=240)	15.766		4.971				

Table:-3 According to DASS-42 level of Depression mean 22.116 for Pre-test and 14.933 for post-test, mean difference was 7,183, Standard Deviation was 8,854 for pre-test and 5.196 for post-test, t-Value was 19.505 at 239 degree of freedom and p-value was .000 significant in experimental group.

According to DASS-42 level of Anxiety mean 20.633 for Pre-test and 10.766 for post-test, mean difference was 9.866, Standard Deviation was 9.319 for pre-test and 3.572 for post-test, t-Value was 18.509 at 239 degree of freedom and p-value was .000 significant in experimental group.

According to DASS-42 level of Stress mean 20.550 for Pre-test and 15.766 for post-test mean difference was 4.783, Standard Deviation was 8.488 for pre-test and 4.971 for post-test, t-Value was 14.284 at 239 degree of freedom and p-value was .000 significant in experimental group.

Table:-4 Mean differences for Somatic problems related to problematic Internet use in experimental group

Group	Mean	Mean difference	Standard Deviation	t-Value	df	p-Value	Remark
Pre-test (N=240)	10.000	2.266	3.356	12.632	239	.000	Significant
Post-test (N=240)	7.733		2.269				

Table:-4 Somatic problems mean 10.000 for Pre-test and 7.733 for post-test, mean difference was 2.266, Standard Deviation was 3.356 for pre-test and 2.269 for post-test, t-Value was 12.632 at 239 degree of freedom and p-value was .000 significant in experimental group.

Table:-5 Mean differences for psychological problems related to problematic Internet use in Control group

	Group	Mean	Mean difference	Standard Deviation	t-Value	df	p-Value	Remark
Depression	Pre-test (N=240)	21.716	.616	8.961	4.428	239	.000	Significant
	Post-test (N=240)	21.100		8.718				
Anxiety	Pre-test (N=240)	20.350	.950	9.562	4.558	239	.000	Significant
	Post-test (N=240)	19.400		9.368				
Stress	Pre-test (N=240)	20.566	.400	8.509	4.478	239	.000	Significant
	Post-test (N=240)	20.166		8.322				

Table:-5 According to DASS-42 level of Depression mean 21.716 for Pre-test and 21.100 for post-test, mean difference was .616, Standard Deviation was 8,961 for pre-test and 8.718for post-test, t-Value was 4.428 at 239 degree of freedom and p-value was .000 significant in control group.

According to DASS-42 level of Anxiety mean 20.350 for Pre-test and 19.400 for post-test, mean difference was .950, Standard Deviation was 9.562 for pre-test and 9.368 for post-test, t-Value was 4.558 at 239 degree of freedom and p-value was .000 significant in control group.

According to DASS-42 level of Stress mean 20.566 for Pre-test and 20.166 for post-test mean difference was .400, Standard Deviation was 8.509 for pre-test and 8.322 for post-test , t-Value was 4.478 at 239 degree of freedom and p-value was .000 significant in control group.

Table:-6 Mean differences for Somatic problems related to problematic Internet use in Control group

Group	Mean	Mean difference	Standard Deviation	t-Value	df	p-Value	Remark
Pre-test (N=240)	10.066	.383	3.282	4.834	239	.000	Significant
Post-test (N=240)	9.683		3.220				

Table:-6 Somatic problems mean 10.066 for Pre-test and 9.683 for post-test, mean difference was .383, Standard Deviation was 3.282 for pre-test and 3.220 for post-test , t-Value was 4.834 at 239 degree of freedom and p-value was .000 significant in control group.

Section IV: Comparison of the post-test score of problematic internet use and psychosomatic problems related problematic internet use between experimental group and control group.

Table:-7 Compression of Post-test mean score for problematic Internet use between experimental and control group

Group	Post-test Mean	Standard Deviation	t-Value	df	p-Value	Remark
Experimental N=240	43.367	12.011	6.919	478	.000	Significant
Control N=240	55.383	24.077				

Table:-7 Compression between Post-test mean score of problematic Internet use 43.367 in experimental and 55.383 in control group, Standard Deviation was 12.011 in experimental group and 24.077 in control group, t-Value was 6.919 at 478 degree of freedom and p-value was .000 significant.

Results are showing that mean post-test score of experimental group is less then to mean post-test score of control group so intervention (Video assister teaching) is very effective for the adolescents.

Table:-8 Compression of Post-test mean score for psychological problems related to problematic Internet use between experimental and control group

	Group	Post-test Mean	Standard Deviation	t-Value	df	p-Value	Remark
Depression	Experimental N=240	14.933	5.196	9.413	478	.000	Significant
	Control N=240	21.100	8.718				
Anxiety	Experimental N=240	10.766	3.572	13.339	478	.000	Significant
	Control N=240	19.400	9.368				
Stress	Experimental N=240	15.766	4.971	7.032	478	.000	Significant
	Control N=240	20.166	8.322				

Table:-8 Compression between Post-test mean score of experimental and control group according to DASS-42 score for depression 14.933 & 21.100 for anxiety 10.766 & 19.400 and for stress 15.766 & 20.166, Standard Deviation for depression 5.196 & 8.718 for anxiety 3.572 & 9.368 and for stress 4.971 & 8.322 in experimental and control group respectively. 12.667. t-Value for depression 9.413, for anxiety 13.339 and for stress 7.032 at 478 degree of freedom and p-value for .000 significant.

Table:-9 Compression of Post-test mean score for Somatic problems related to problematic Internet use between experimental and control group

Group	Post-test Mean	Standard Deviation	t-Value	df	p-Value	Remark
Experimental N=240	7.733	2.269	7.654	478	.000	Significant
Control N=240	9.683	3.229				

Table:-9 Compression between Post-test mean score of experimental and control group for Somatic problems related to problematic internet use mean 7.733 & 9.683, Standard Deviation 2.269 & 3.229 for experimental and control group respectively, t-Value 7.654 at 478 degree of freedom and p-value was .000 significant.

Section V: Correlation of the pre-test score of problematic internet use and psychosomatic problems related problematic internet use in experimental group

Table-10 Correlation between problematic internet use and psychological (Depression, Anxiety and stress) problems in experimental group

N=240	Correlations			
	Problematic Internet Use	Depression	Anxiety	Stress
Problematic Internet Use	1	.734**	.712**	.615**
Depression	.734**	1	.965**	.862**
Anxiety	.712**	.965**	1	.842**
Stress	.615**	.862**	.842**	1
**. Correlation Is Significant At The 0.01 Level (2-Tailed).				

Table 10 shows the means, standard deviations, inter-correlations, and internal consistency Coefficients of the variables used.

When Table 10 is examined, it is seen that there are significant correlations between problematic internet use and depression, anxiety, and stress. Problematic internet use related positively to Depression ($r=.73$, $p<.01$), anxiety ($r=.71$, $p<.01$), and stress ($r=.62$, $p<.01$).

Table 11 Correlation between problematic internet use and selected Somatic problems in experimental group

N=240	Problematic internet use	Headache	Blurred vision	Neck Pain	Backache	Bad dreams
Problematic internet use	1	.191**	.576**	.389**	-.136*	.653**
Headache	.191**	1	.314**	.137*	-.350**	.327**
Blurred vision	.576**	.314**	1	.515**	-.110	.708**
Neck Pain	.389**	.137*	.515**	1	.482**	.413**
Backache	-.136*	-.350**	-.110	.482**	1	-.231**
Bad dreams	.653**	.327**	.708**	.413**	-.231**	1

Table 11 shows the means, standard deviations, inter-correlations, and internal consistency

Coefficients of the variables used. When Table 11 is examined, it is seen that there are significant correlations between problematic internet use and Problematic internet use Headache, Blurred vision, Neck Pain, Backache and Bad dreams. Problematic internet use related positively to Headache ($r=.20$, $p<.01$), Blurred vision ($r=.58$, $p<.01$), Neck Pain ($r=.40$, $p<.01$), Bad dreams ($r=.65$, $p<.01$) and negatively to Backache ($r= -.20$, $p<.01$).

Section VI: Association the pre-test score of problematic internet use and psychosomatic problems related problematic internet use with selected demographic variables among experimental group.

Table No: 12 Association between Level of Problematic Internet Use and selected demographic variable among experimental group

Socio demographic Variables		Level of Problematic Internet Use			Chi-square			Remark
		Below Median <50	Above Median >50	Total	χ^2	df	P Value	
		f	f	f				
Age of child	14-16 Years	88	58	146	1.975	1	.160	Not Significant
	17-18 Years	48	46	94				
	Total	136	104	240				
Gender	Male	80	52	132	1.854	1	.173	Not Significant
	Female	56	52	108				
	Total	136	104	240				
Class of Study	10 th	16	24	40	7.521	2	0.023	Significant
	11 th	84	48	132				
	12 th	36	32	68				
	Total	136	104	240				
Using Internet Since	6 Month to 1 Year	20	12	32	5.914	3	.116	Not Significant
	1 to 2 Year	32	36	68				
	2 to 3 Year	64	36	100				
	More than 3 Year	20	20	40				
	Total	136	104	240				
Source of Internet Use	Mobile	84	88	172	15.173	2	.001	Significant
	Desktop	12	4	16				
	Laptop	40	12	52				
	Total	136	104	240				
Time Spend on Internet use per day	0-2 Hours	36	4	40	1.409	3	.000	Significant
	2-3 Hours	80	28	108				
	3-4 Hours	0	72	72				
	More than 4 Hours	20	0	20				

	Total	136	104	240				
Main Purpose of Internet Use	Web Surfing	8	8	16	17.672	3	.001	Significant
	Online Gaming	40	52	92				
	Social Media	36	28	64				
	Educational Purpose	52	16	68				
	Total	136	104	240				

Table no 12 depicts the association between demographic variables and their level of pre-test score of problematic internet use in experimental group. Chi-square value is not significant in all of the cases which projects those demographics variables of adolescents such as age of child, gender, studying in class, using internet since, source of internet use, per day time spend on internet use and main purpose of internet use.

Table No: 13 Association between Level of Depression and selected demographic variable among experimental group

Socio demographic Variables		Level of Depression			Chi-square			Remark
		Below Median <24.5	Above Median >24.5	Total	χ^2	df	p Value	
		f	f	f				
Age of child	14-16 Years	75	71	146	.280	1	.597	Not Significant
	17-18 Years	45	49	94				
	Total	120	120	240				
Gender	Male	68	64	132	.269	1	.604	Not Significant
	Female	52	56	108				
	Total	120	120	240				
Class of Study	10 th	12	28	40	7.726	2	.021	Significant
	11 th	72	60	132				
	12 th	36	32	68				
	Total	120	120	240				
Using Internet Since	6 Month to 1 Year	16	16	32	3.558	3	.313	Not Significant
	1 to 2 Year	28	40	68				

	2 to 3 Year	56	44	100				
	More than 3 Year	20	20	40				
	Total	120	120	240				
Source of Internet Use	Mobile	72	100	172	16.250	2	.000	Significant
	Desktop	12	4	16				
	Laptop	36	16	52				
	Total	120	120	240				
Time Spend on Internet use per day	0-2 Hours	36	4	40	1.121	3	.000	Significant
	2-3 Hours	68	40	108				
	3-4 Hours	0	72	72				
	More than 4 Hours	16	4	20				
	Total	120	120	240				
Main Purpose of Internet Use	Web Surfing	4	12	16	19.877	3	.000	Significant
	Online Gaming	36	56	92				
	Social Media	32	32	64				
	Educational Purpose	48	20	68				
	Total	120	120	240				

Table no 13 depicts the association between demographic variables and their level of pre-test score of level of depression related to problematic internet use among adolescents in experimental group. Chi-square value is not significant in all of the cases which projects those demographics variables of adolescents such as age of child, gender, studying in class, using internet since, source of internet use, per day time spend on internet use and main purpose of internet use.

Table No: 14 Association between Level of Anxiety and selected demographic variable among experimental group

Socio demographic Variables		Level of Anxiety			Chi-square			Remark
		Below Median <22.5	Above Median >22.5	Total	χ^2	df	p Value	
		f	f	f				
Age of child	14-16 Years	79	67	146	2.518	1	.113	Not Significant
	17-18 Years	41	53	94				
	Total	120	120	240				
Gender	Male	68	64	132	.269	1	.604	Not Significant
	Female	52	56	108				
	Total	120	120	240				
Class of Study	10 th	12	28	40	9.666	2	.008	Not Significant
	11 th	76	56	132				
	12 th	32	36	68				
	Total	120	120	240				
Using Internet Since	6 Month to 1 Year	16	16	32	.395	3	.941	Not Significant
	1 to 2 Year	32	36	68				
	2 to 3 Year	52	48	100				
	More than 3 Year	20	20	40				
	Total	120	120	240				
Source of Internet Use	Mobile	72	100	172	16.250	2	.000	Significant
	Desktop	12	4	16				
	Laptop	36	16	52				
	Total	120	120	240				
Time Spend on Internet use per day	0-2 Hours	36	4	40	93.393	3	.000	Significant
	2-3 Hours	64	44	108				
	3-4 Hours	4	68	72				
	More than 4 Hours	16	4	20				
	Total	120	120	240				
Main	Web Surfing	4	12	16	19.877	3	.000	Significant

Purpose of Internet Use	Online Gaming	36	56	92				
	Social Media	32	32	64				
	Educational Purpose	48	20	68				
	Total	120	120	240				

Table no 14 depicts the association between demographic variables and their level of pre-test score of level of anxiety related to problematic internet use among adolescents in experimental group. Chi-square value is not significant in all of the cases which projects those demographics variables of adolescents such as age of child, gender, studying in class, using internet since, source of internet use, per day time spend on internet use and main purpose of internet use.

Table No: 15 Association between Level of Stress and selected demographic variable among experimental group

Socio demographic Variables		Level of Stress			Chi-square			Remark
		Below Median <17	Above Median >17	Total	χ^2	df	p Value	
		f	f	f				
Age of child	14-16 Years	79	67	146	2.518	1	.113	Not Significant
	17-18 Years	41	53	94				
	Total	120	120	240				
Gender	Male	68	64	132	.269	1	.604	Not Significant
	Female	52	56	108				
	Total	120	120	240				
Class of Study	10 th	12	28	40	9.666	2	.008	Not Significant
	11 th	76	56	132				
	12 th	32	36	68				
	Total	120	120	240				
Using Internet Since	6 Month to 1 Year	20	12	32	4.278	3	.233	Not Significant
	1 to 2 Year	28	40	68				
	2 to 3 Year	52	48	100				
	More than 3 Year	20	20	40				
	Total	120	120	240				

Source of Internet Use	Mobile	72	100	172	16.250	2	.000	Significant
	Desktop	12	4	16				
	Laptop	36	16	52				
	Total	120	120	240				
Time Spend on Internet use per day	0-2 Hours	36	4	40	1.121	3	.000	Significant
	2-3 Hours	68	40	108				
	3-4 Hours	0	72	72				
	More than 4 Hours	16	4	20				
	Total	120	120	240				
Main Purpose of Internet Use	Web Surfing	4	12	16	19.877	3	.000	Significant
	Online Gaming	36	56	92				
	Social Media	32	32	64				
	Educational Purpose	48	20	68				
	Total	120	120	240				

Table no 15 depicts the association between demographic variables and their level of pre-test score of level of stress related to problematic internet use among adolescents in experimental group. Chi-square value is not significant in all of the cases which projects those demographics variables of adolescents such as age of child, gender, studying in class, using internet since, source of internet use, per day time spend on internet use and main purpose of internet use.

Table No: 16 Association between Level of Somatic problems and selected demographic variable among experimental group

Socio demographic Variables		Level of Somatic problems			Chi-square			Remark
		Below Median <10.5	Above Median >10.5	Total	χ^2	df	p Value	
		f	f	f				
Age of child	14-16 Years	76	70	146	.630	1	.428	Not Significant
	17-18 Years	44	50	94				
	Total	120	120	240				
Gender	Male	72	60	132	2.424	1	.119	Not Significant
	Female	48	60	108				
	Total	120	120	240				

Class of Study	10 th	16	24	40	2.926	2	.232	Not Significant
	11 th	72	60	132				
	12 th	32	36	68				
	Total	120	120	240				
Using Internet Since	6 Month to 1 Year	16	16	32	1.995	3	.573	Not Significant
	1 to 2 Year	32	36	68				
	2 to 3 Year	68	52	100				
	More than 3 Year	24	16	40				
	Total	120	120	240				
Source of Internet Use	Mobile	76	96	172	9.095	2	.011	Not Significant
	Desktop	12	4	16				
	Laptop	32	20	52				
	Total	120	120	240				
Time Spend on Internet use per day	0-2 Hours	36	4	40	93.393	3	.000	Significant
	2-3 Hours	64	44	108				
	3-4 Hours	4	68	72				
	More than 4 Hours	16	4	20				
	Total	120	120	240				
Main Purpose of Internet Use	Web Surfing	4	12	16	15.230	3	.002	Significant
	Online Gaming	36	56	92				
	Social Media	36	28	64				
	Educational Purpose	44	24	68				
	Total	120	120	240				

Table no 16 depicts the association between demographic variables and their level of pre-test score of level of somatic problems related to problematic internet use among adolescents in experimental group. Chi-square value is not significant in all of the cases which projects those demographics variables of adolescents such as age of child, gender, studying in class, using internet since, source of internet use, per day time spend on internet use and main purpose of internet use.

Conclusion:

Results shows that reduction of psychosomatic problems related to problematic internet use level is higher in experimental than control group. So we can say video assisted teaching among adolescents is effective. It can be seen that in experimental group the reduction, which is higher than the reduction score of control group. Thus it is evident that adolescents with psychosomatic problems related to problematic internet use, show better improvement in their level of psychosomatic problems related to problematic internet use after administration of video assisted teaching. So we can say null hypothesis is rejected and alternative hypothesis is accepted.

In experimental and control group chi-square value is not significant in all of the cases which projects that demographics variables of adolescents such as Using Internet Since, Place of residence Place of most frequent internet use, How much money do you use on internet recharge (Rs.) per month have no significant impact on their level of post-test psychosomatic problems related to problematic internet use level so we can say null hypothesis is accepted and alternative hypothesis is rejected.

Limitation:

The following points were beyond the control of the investigator.

- Sample was selected only from few areas of Mandsaur district. The study was confined to 480 subjects, which resulted in reduced power in statistical analysis.

Recommendation:

The investigator recommend the nurses and administrator to provide pamphlets and information booklet the psychosomatic problems related to problematic internet use among adolescents in community, School health programme.

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