

Effectiveness of Video Assisted Teaching Module on Knowledge and Attitude Regarding Health Effects of Internet Addiction Disorders among Adolescents

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Abstract:- Internet addiction can be found at any age and in any social condition, but most of the research major attention has been focuses on any adolescents because adolescent seem to be a critical period of addiction vulnerability. Internet, the abuse of this is getting progressively obvious among teenagers. Studies report that teenagers get to sex entertainment, despise and psychological warfare related locales, and they are helpless against sexual sales and predation, digital tormenting, and badgering. As of late, contemplates have detailed neurotic use or Internet fixation among grown-ups and teenagers. The research approach used was evaluative approach. The research design selected for this study was pre-experimental design one-group pretest posttest design without control group. The study conducted at high school Bagalkot. The sample included 50 adolescents and selected by using simple random sampling technique the video assisted teaching module regarding IAD and its prevention was prepared. The pilot study was conducted with 5 adolescents. The reliability of the tool was established by split half method and the reliability coefficient was calculated and T value was 0.7 which indicated the tool was reliable. The findings of the study showed that the mean post test knowledge scores of the subjects was 77.4% which was higher than the mean pre-post score i.e. 48.53%. It was found to be significant with a calculated value of 5.42, $P < 0.05$ which was higher than the critical value, showing that the improvement in knowledge score was significant. The chi-square test at 5% level of significance was applied to check the association of demographic variables with knowledge score. There was no significant association between all selected variables. The study concluded that adolescents have limited knowledge regarding adverse effects of internet addiction and video assisted teaching module was effective in improving the knowledge regarding internet Addiction Disorders among Adolescents.

I. INTRODUCTION

The computer usage and Internet access throughout worldwide have become part and parcel of our daily lives. The prevalence of Internet addiction has increased rapidly, due to internet has animated into businesses, internet cafe, schools, and homes. Internet addiction is described as badly controlled Internet use and can lead to impulse-control disorders. Adolescents are more addicted to internet usage and led to low grades in school education, antisocial activities and isolation.

❖ *Need for study:*

Dangers in the Internet has been characterized as "one goes past the typical utilization of the Internet and goes out on a limb which may compromise one's self-awareness, wellbeing and relational connections." Internet user individuals have increased from 360 million in December 2011 to 2.4 billion in June 2012 worldwide; this illiterate's that worldwide Internet penetration is 34.3% of the population. In Asia, it has increased from 114 million Internet users in December 2012 to 1.07 billion In June 2012; this show's that internet breakthrough in Asia is 27.5% of its total population. Internet addiction widely varies through international estimates. Many studies illustrate that the prevalence of adolescent's Internet addiction was reported between 7.99% and 22.8 % as December 31, 2012, there were 145 million Internet users aged 6 to 19 years.

❖ *The main objectives of the present study were,*

- To assess the knowledge and attitude regarding internet addiction disorder among the adolescents studying in higher secondary schools Bagalkot.
- To assess the effectiveness video assisted teaching module on knowledge and attitude regarding internet addiction disorders among the adolescents in selected higher secondary schools Bagalkot.
- To find out the association between the posttest levels of knowledge scores on internet addiction disorder among the

students studying in selected higher secondary schools Bagalkot.

- To find out the association between the posttest levels of Attitude scores on internet addiction disorder among the students studying in selected higher secondary schools Bagalkot.
- To assess correlation between knowledge and attitude on internet addiction disorder among the students studying in selected higher secondary school Bagalkot.

❖ *Hypothesis:*

H₁ - The family members will be having some knowledge about care and prevention of hypertension.

H₂ -There will be significant association between the knowledge about hypertension with their selected socio demographic variables.

II. METHODS

The research approach used was evaluative approach. The research design selected for the study was pre-experimental design one-group pretest posttest design without control group. The study conducted at high school Bagalkot. The sample included 50 adolescents and selected by using simple random sampling technique the video assisted teaching module regarding IAD and its prevention was prepared. The pilot study was conducted with 5 adolescents. The reliability of the tool was established by split half method and the reliability coefficient was calculated and T value was 0.7 which indicated the tool was reliable.

III. VARIABLES OF THE STUDY

➤ *Independent Variable:*

Video assisted teaching model regarding internet addiction disorder among adolescents.

➤ *Dependent Variable:*

Knowledge and attitude of adolescents regarding internet addiction disorder among adolescents.

➤ *Socio-Demographic Variable-*

Socio demographic variables of adolescents include age, sex, type of family, father educational status, mother educational status, father occupation, mother occupations,

family monthly income and area of residents and history of internet addiction.

➤ *Setting of The Study:*

The study was conducted at B.V.V. high school Bagalkot.

➤ *Sample-*

The sample for the present study composed of 50 adolescents studying in BVVS high school Bagalkot

➤ *Sampling Technique:*

The simple random sampling technique by use lottery method to select both area and sample for the present study.

➤ *Development and Description of the Tool:*

A Structured open ended knowledge questionnaire.

The tool contains 2 main sections. They are,

1. Section 1: Demographic variables
2. Section 2: Knowledge Questionnaire regarding internet Addiction Disorders and its prevention.
3. Section 3: Attitude Questionnaire regarding internet Addiction Disorders and its prevention.

➤ *Presentation of Data*

To begin with, data was entered in a master-sheet, for tabulation and statistical processing the finding was presented under the following headings.

Section 1: Description according to demographic variable of adolescent's higher secondary school Bagalkot

Section II: Assessment of level of knowledge of adolescent's higher secondary school regarding IAD and its prevention

Section III: Area wise Mean, Mean percentage and standard deviation for the knowledge of adolescents higher secondary school regarding adolescents higher secondary school in pre Test.

Section IV: Area wise Mean, Mean percentage and standard deviation for the knowledge of adolescent's higher secondary school in post-test.

Section V: Comparison in pre-test and post-test knowledge of adolescent's higher secondary school regarding IAD and its prevention.

Section VI: Association of the demographic variables of adolescents with the pre-test knowledge scores.

IV. RESULTS

➤ *Section-1: Description according to the demographic variables*

Characteristics		Frequency	Percentage (%)
Age	10-12 yrs.	12	70
	13-15 yrs.	25	30
	16-18 yrs.	9	0
Gender	Male	27	48
	Female	29	52
Religion	Hindu	4	70
	Muslim	48	20
	Others	2	15
Place of residency	Rural	0	24
	Urban	0	76
Type of family	Nuclear	38	72
	Joint	12	28
Family income	Below 5000	35	20
	5000-10000	15	20
	10000-20000	30	40
	Above 20	11	20
Fathers Educational status	Primary education	6	30
	Secondary education	3	30
	Diploma	35	10
	Graduation and above	10	30
	Govt. employee	5	52
	Private employee	0	8
	Agriculture	10	20
Mothers educational status	Primary	6	30
	Secondary	3	30
	Diploma	35	10
	Graduated above	10	30
Do you like to use internet?	Yes	6	50
	No	4	50

Table 1:- Description according to the demographic variables.

➤ *Section II: Assessment of level of knowledge of adolescent's higher secondary school regarding IAD and its prevention.*

The finding showed that the mean post test knowledge score of the subjects was 77.4% which was higher than the mean pre-post score i.e. 48.53%. It was found to be significant with a calculated value of 5.42, $P < 0.05$ which was higher than the critical value, showing that the improvement in knowledge

score was significant. The chi-square test at 5% level of significance was applied to check the association of demographic variables with knowledge score. There was no association between all selected variables, with the knowledge score of the respondents since the calculated chi-square value was less than critical chi-square value at 59% level of significance.

Range of score	Attitude	Percentage %
41-50	Highly Negative	5
31-40	Slightly Negative	75.6
21-30	Neutral	15.6
11-20	Slightly Positive	3.8
0-10	Highly Positive	0

Table 2: shows percentage wise distribution of study subjects according to attitude score in pre test Level of Attitude

➤ *Section-III Assessment of attitude score of adolescents regarding IAD in pretest*

Percentage distribution of study adolescents in pretest reveals that out of 50 adolescents highest percentage (82.6%) adolescents were slightly negative attitude , (10%) adolescents were neutral attitude , followed by lowest percentage (5.2%) having highly negative attitude,(2.2%) were having highly positive attitude towards IAD. It reveals that majority of adolescents had negative attitude.

Range of score	Attitude	Percentage %
41-50	Highly negative	10
31-40	Slightly negative	82.6
21-30	Neutral	5.2
11-20	Slightly positive	2.2
0-10	Highly positive	0

Table 3: shows percentage wise distribution of study subjects according to attitude score in post test Level of attitude

Percentage distribution of study adolescents in pretest reveals that out of 50 adolescents highest percentage (82.6%) adolescents were slightly negative attitude ,(10%) adolescents were neutral attitude , followed by lowest percentage (5.2%) having highly negative attitude,(2.2%) were having highly positive attitude towards IAD . it reveals that majority of adolescents had negative attitude

V. CONCLUSION

There are numerous impacts of internet addiction found from the previous research. The negative impacts of internet addiction include Impact, on interpersonal relationship, Behavioral problem, Physical problem, Psychological problem. Work problems, Interpersonal problem are recurrent difficulties. It could be argued that interpersonal problems are the problem people react differently in a situation where other peoples in that situation expecting other ways. The interpersonal aspect was important for the internet users

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