A Descriptive Study to Assess the Health Impacts of Prolonged Mobile Social Media use, among Staff Nurses in Selected Hospitals, Patna, Bihar

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Abstract:-

➢ *Background:* **The global social media usage rate is rising in these years. According to Global Digital Report (2018); the number of internet, social media and mobile phone users is increasing 4-13 percent year by year. Few other studies show that, when the usage rate inflates from the limit levels that leads to mental, physical and social problems in a person. Objectives: (1) To assess the intensity of physical health problems due to prolonged social media use in mobile phones among staff nurses. (2) To assess the intensity of psychological health problems due to prolonged social media use in mobile phones among staff nurses. (3) To assess the intensity of social health problems due to prolonged social media use in mobile phones among staff nurses. (4) To associate the findings with demographic variables.**

➢ *Methodology:* **The Quantitative Research Approach, in which Non-Experimental Descriptive Research Design with Convenience Sampling technique was used on 70 staff nurses of selected hospitals of Patna district of Bihar. Tool was the Likert scale for impact assessment. The collected data is analyzed using Descriptive and Inferential statistics.**

➢ *Major Findings:* **In this study, 20 % of the samples were having minimal health impacts, 77.15 % had moderate health impacts; where 2.85% had serious impact and no one were having very serious impacts. While associating the obtained impact score with the demographic variables, only *'the hours of social media use'* became Significant and all the other demographic components became Non- Significant.**

➢ *Conclusion:* **The findings of the study showed that, nurses are under less threat than other population. This is because of their hectic working hours; they are getting very less time to spend on social media. Even though social media use has bad effects, complete abstinence of social media is also not good. And the most notable feature of the study is, majority of the sample set is having moderate health impacts. This can be considered as a sign of hope in one sense and in another sense, an indicating factor of the possibility of occurrence of complex health issues.**

Keywords:- *Social Media, Staff Nurses, Health Impacts.*

I. INTRODUCTION

Social networks are one of the fastest growing industries in the world. Social media nowadays become a powerful tool for communication and marketing. That is a "virtual place" where people go, share, and follow their idols and favorite brands. If we open any social media site, we are have instantly served multiple scenes from various parts of the world. It has gained massive traction and growth in the past decade. This growth and power will increase in future.

In this situation, let us think in depth about the possible health impacts of prolonged mobile social media use. According to some reports three billion people, around 40% of the world's population, use online social media. People are spending an average of 2 hours every day sharing, liking, tweeting, and updating on these platforms. The New influencers' study on the effect of social media on human behavior has expressed certain behavioral alterations by the prolonged social media use. Researches from Baber – Bolyai university in Romania reviewed existing research on the relationship between social anxiety and social networking in 2016 and said the results were mixed. They concluded that more researches need to be done.

A study of National Centre of Biotechnology (NCBI) on *online social networking and mental health* described certain details. During the past decade, online social networking has caused profound changes in the way people communicate and interact. It is unclear, however, whether some of these changes may affect certain normal aspects of human behavior and cause psychiatric disorders. Several studies have indicated that the prolonged use of social networking sites (SNS), such as Facebook, may be related to signs and symptoms of depression. In addition, some authors described that certain SNS activities might be associated with low self-esteem, especially in children and adolescents. Depression anxiety, Distress, emotional instability etc. Impacts on physical health include, Carpel Tunnel Syndrome, Eye problems, Fatigue, etc . The pattern of occurrence of health problem is psychological problems come at first, following physical problems, then social problems & economic problems.

II.   NEED OF THE STUDY

In the light of the obtained findings of popular studies on 'social media use', we can assume that certain unfocused, unconsidered portion of working population also may have been affected from the health impacts of prolonged social media use. Nurses are the integral part of health care system. So, their health and well-being has to keep important as one of the primary social concerns. There are 19.3 million nurses and midwives according to the World Health Organization's World Health Statistics Report, 2011. And, as of 2014 INC data, particularly there are 1.79 million Registered Nurses/Midwives and 786,796 Auxiliary Nurse Midwives in India. Since social media- health impacts are increasing, as such no large numbers of studies have been conducted on staff nurses' social media usage rather than on other selected populations. This is the main reason ,staff nurses are considered as the samples.

III.   OBJECTIVES OF THE STUDY

- To assess the intensity of Physical Health Problems due to prolonged social media use in mobile phones among staff nurses.
- To assess the intensity of Psychological Health Problems due to prolonged social media use in mobile phones among staff nurses.
- To assess the intensity of Social & Economical Health Problems due to prolonged social media use in mobile phones among staff nurses.
- To associate the findings with demographic variables.

IV.   HYPOTHESES

H_0- There is no significant impact of prolonged social media use on general health of staff nurses of selected hospitals.
H_1- There is a significant impact of prolonged social media use on general health of staff nurses of selected hospitals.

V.   RESEARCH METHODOLOGY

- *Research Approach:* Quantitative Research Approach
- *Research Design*: Non- Experimental Descriptive Research Design.
- *Population*: Staff Nurses.
- *Sample:* Staff Nurses working in the selected hospitals of Bihar.
- *Sample Size:* 70
- *Sampling Technique:* Convenience Sampling
- *Materials and Methods:* The tool consists of two sections. Section A contains socio demographic Performa of staff nurses working in selected hospitals of Bihar state. Section B, a 4 - point Likert scale includes 50 negative statements based on certain selected aspects of health impacts of prolonged mobile social media use. Those selected aspects were the social health impacts, the psychological health impacts, the physical health impacts and the economical health impacts. The responses are 'No', 'Seldom' 'Sometimes' and 'Always'. Maximum score is 150, where

the minimum score is 0. The data analyzed by inferential and differential statistics.

VI.   ANALYSIS AND INFERENCES

> *Demographic findings*

N=70

Demographic Variables	Frequency	Percentage (%)
1.Age(yrs)		
22-27	33	46%
28-33	24	35%
34-39	8	12%
40-45	5	7%
2.Gender		
Male	3	4%
Female	67	96%
3.Educational Status		
GNM	16	23%
B Sc (N)/ P C B Sc (N)	50	71%
M Sc (N) and above	4	6%
4.Marital Status		
Married	19	27.14%
Unmarried	48	68.58%
Divorced/ Separated	1	1.43%
Widowed	2	2.85%
5.Socio Economic Status (family income in rupees)		
Below 10000	7	10%
10001-20000	45	64.30%
20001- 30000	9	12.85%
Above 30000	9	12.85%
6.Type of family		
Nuclear	50	71.45%
Joint	16	22.85%
Extended	2	2.85%
Single Parent	2	2.85%
7.Daily social media use in mobile phones		
Less than 1 hour	22	31.42%
1-2 hours	6	8.57%
2-3hours	19	27.16%
4 or more	23	32.85%
8.Operating system available in the mobile		
Android	65	92.86%
iOS	1	1.42%
Windows	0	0%
Other	4	5.72%
9.Hours of sleep in a day		
Less than 4 hours	9	12.86%
4-6 hours	28	40%
6-8 hours	30	42.85%
More than 8 hours	3	4.29%
10.Frequently using social media sites are		
Facebook	9	12.8%
Twitter/ Instagram	2	2.86%

Whatsapp	55	78.57%
Others	4	5.77%
11.Number of years since using mobile social medias:-		
0-2 years	12	17.14 %
3 years ,1 month – 4 years	11	15.71 %
2 years,1 month- 3 years	4	5.72%
More than 4 years	43	61.43%
12.Are you suffering from any chronic illness ?		
Yes	3	4.28%
No	67	95.72%
13.Any unhealthy habits		
Smoking / chewing tobacco (Regular/ occasional)	0	0
Drinking alcohol (Regular / occasional)	0	0
Taking drugs (Regular / occasional)	0	0
No habits	70	100%
14.Relaxation strategies usually use,		
Walking	3	4.24%
Listening music or T.V	50	71.46%
Recreational activities	7	10
Others, specify:-	10	14.30
15.Usual type of mobile cellular network in the phone		
2 G	11	15.72%
3G,	15	21.43%
4G/LTE	44	62.85%

Table 1. Percentage wise distribution of Staff Nurses

When reviewing the demographic data, the majority of the study samples were young female nurses with either Post B Sc Nursing or Basic B Sc Nursing degree. A good percentage of those selected samples were unmarried ones. 64.30 % of the sample set were earning between 10000-20000, monthly. Common Operating system among them was android. Listening music and watching T.V were the two relaxation techniques they were using mostly. 71.45 % were belonging to nuclear family. 32.85% study samples were spending 4 or more hours per day for mobile social media use. No other bad habits reported by the samples. Whatsapp was the most commonly using social media site among the samples, then comes facebook and other social sites. Study showed, 4G was the common network they used.

➤ Bivariate analysis

A. *Level of Health Impacts of Prolonged Mobile Social Media Use, among Staff Nurses of selected hospitals.*
    The findings showed that 15% had minimal health impacts, 53 % were at the Moderate level of health impacts and 2% have Serious health impacts and no one were having Very Serious health impacts. The minimum impact score obtained was 13 and the maximum impact score obtained was

94. The findings of the study show Mean and Standard Deviation was 51.38 and 15.75 respectively. So it is concluded that staff nurses are **not in threat** of developing any serious complications.

N=70

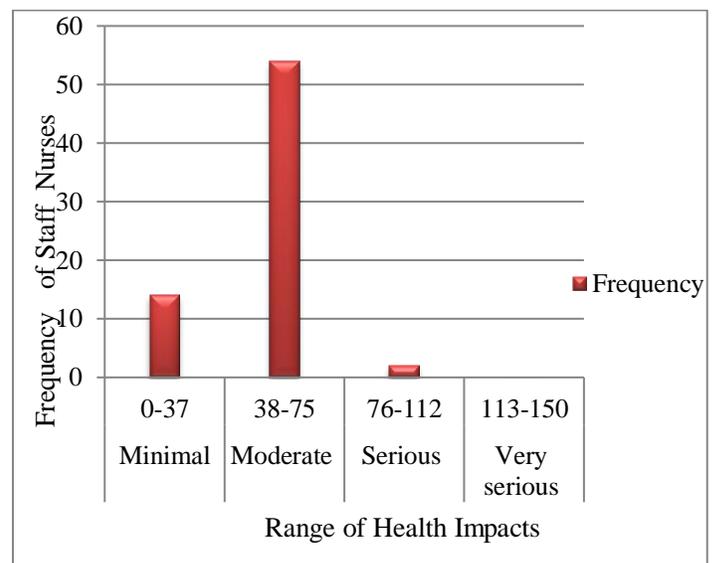| Level of Health Impacts	Score range	Percentage score	Health Impact Score	
			Frequency	Percentage
Minimal	0-37	0%-24%	15	20%
Moderate	38-75	25%-50%	53	77.15%
Serious	76-112	51%-75%	2	2.85%
Very serious	113-150	76%-100%	0	0%
Minimum score			13	
Maximum score			94	
Mean score			51.38 *SD* -15.75	
Percentage of mean score			34.25%	

Table 2. Level of Health Impacts due to Prolonged Mobile Social Media Use.

Graphical Representation 1. The score range of Health Impacts

B. *Association of Impacts Score with Demographic Variables:*
    While assessing the association of Section B-findings with the demographic variables, it has found that, only the *hours of social media use in mobile phones* became *Significant* according to Pearson's Chi- Square test for estimating the variance in a normal population. The obtained *'r'* value from the number of hours using social media in mobile phones is 3.494 and the *'p'* value 0.0326, which is less than the predetermined level of significance 0.05, so the *Null hypothesis (H_O) is rejected and Research Hypothesis (H_1) is accepted.* No association was found with other demographic variables.

VII. DISCUSSION

After analyzing the data, it has found the result brings good outcome than the other population. The obtained findings spread light into the following facts.

- The chance of occurrence of serious complication among staff nurses is comparatively low than other study population. A similar study conducted by Amity University, on the impact of social networking sites on the youth, brought the result as how adversely and positively is the youth affected by the usage of these sites.

- It has to think, why such finding has occurred. One possibility is, because of their hectic work schedule, they do not get sufficient time to update themselves in the social media. Another possibility is their level of interest. They are motivated enough for the healthy usage of social-media.

VIII. CONCLUSION AND RECOMMENDATIONS

As mentioned earlier, only a few studies have been conducted on staff nurses on such a topic or similar topics. The finding obtained from the study is quiet a ray of hope. Nevertheless, a time to time updating of existing professional knowledge is essential. According to an NCBI report on social media use among staff nurses, they have pointed out the need of promoting the social media use and popularizing it in nursing field. As a coin has two sides, social media has also good aspects and bad sides. Encouraging the use , should be based on this view or perception of possibility of occurrence of health impacts due to prolonged use. A similar study with modified problem statement can be conducted on student nurses, young nurses etc.

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