A study to assess the impact of selected digital apps on behavioral aspects of adolescents in selected schools

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ABSTRACT

Introduction: Using Digital Apps Web sites is among the most common activity of today's adolescents. Any Web site that allows social interaction is considered a Digital Apps, including social networking sites such as what's app, you tube, and; gaming sites and virtual worlds such as Club Penguin, Second Life, and the Sims; video sites such as YouTube; and blogs. Such sites offer Adolescent's a portal for entertainment and communication and have grown exponentially in recent years. For this reason, it is important that parents become aware of the nature of social media sites, given that not all of them are healthy environments for children and adolescents. Pediatricians are in a unique position to help families understand these sites and to encourage healthy use and urge parents to monitor for potential problems with cyber bullying, "Facebook depression," sexting, and exposure to inappropriate content. India is among the top three fastest growing internet markets in the world. The internet user base in the country is approximately 125 million. India is expected to have close to 165 million mobile internet users by March 2015, up from 87.1 million in December 2012 as more people are accessing the web through mobile devices and Dongles, a report by Internet and mobile association of India (IAMAI) and IMRB.The research examines the issues of the relation between Digital Apps (social media) and its impact on behavior aspects (change) of the Adolescent. Today, messages can reach audiences and target groups in real time and they can generate changes and tendencies. Crowds are becoming more powerful through technology, because technology has the ability to unite them.. **Material and Methods**:In present study, researcher adoptedDescriptive survey research design.Probability Systematic random sampling technique was adopted.It was carried out on 100 sample.The statistical analysis was done on the basis of objectives. The analysis was done by using the data of section-I and section-II and presents them in tables, graphs and figures and and association was done by Fisher's exact test with demographic variable. **Result**: impact of digital apps on behavioral aspect of adolescent shows that majority 98% of adolescent are hiving moderate impact on behaviour aspect and even 2 % are having severe impact on behaviour pattern. The mean score of impact was 50.48 with Standard deviation of 4.40. The fisher exact statistics is used to find association. There is no any association between impact of social media on behavioural pattern and demographic variables at the 0.05 level of significance. Usage of digital apps excess than normal and also affected the behavioral pattern of adolescents. Nurses can organize workshops and health talk for parents regarding harmful use of digital apps among adolescents. Students should be instructed to use computer for internet access rather than mobiles. **Conclusion**:Usage of digital apps excess than normal and also affected the behavioral pattern of individual namely sleep, dietary pattern, academic performance, daily activities and isolation.**Recommendation:**It is suggested that the study may be replicated using a larger population of undergraduate students, adolescents, school age students and employment.A study can be carried out to assess the effects of internet usages on psychological problems of internet user.

Keywords:(Assess Impact,,Adolescent,Digital apps,)

INTRODUCTION

Today's generation of adolescents are surrounded by and immersed in a digital environment. Traditional media, such as Digital Apps What's app, you tube, online games and periodicals, have been supplemented by new digital technologies that promote interactive and social engagement and allow Adolescent instant access to entertainment, information, and knowledge; social contact; and marketing. Traditional media also referred to as broadcast media, typically were created externally by an established production source, such as a film studio, TV network, or editorial staff and were provided either to individuals or to a broader audience for passive viewing or readingUsing Digital Apps Web sites is among the most common activity of today's adolescents. Any Web site that allows social interaction is considered a Digital Apps, including social networking sites such as what's app, you tube, and; gaming sites and virtual worlds such as Club Penguin, Second Life, and the Sims; video sites such as YouTube; and blogs. Such sites offer Adolescent's a portal for entertainment and communication and have grown exponentially in recent years. For this reason, it is important that parents become aware of the nature of social media sites, given that not all of them are healthy

environments for children and adolescents. Pediatricians are in a unique position to help families understand these sites and to encourage healthy use and urge parents to monitor for potential problems with cyber bullying, "Facebook depression," sexting, and exposure to inappropriate content India is among the top three fastest growing internet markets in the world. The internet user base in the country is approximately 125 million. India is expected to have close to 165 million mobile internet users by March 2015, up from 87.1 million in December 2012 as more people are accessing the web through mobile devices and Dongles, a report by Internet and mobile association of India (IAMAI) and IMRB.

In contrast, newer digital media, which include social and interactive media, are a form of media in which users can both consume and actively create content. Examples include applications (apps), multiplayer video games, YouTube videos For Adolescent today, this evolving integration of passively viewed and interactive media is seamless and natural; the distinctions and boundaries between traditional/broadcast and Digital Apps/social media have become blurred or imperceptible. Digital Apps allow information sharing across a variety of media formats, including text, photographs,video, and audio. Today's video games, for example, often represent a merging of both traditional and social media, as users can virtually "inhabit"impressively produced worlds and interact with other users in remote locations. Video game participants can even work collaboratively to concrete virtual worlds. Thus, digital media can provide an engaging experience in which the media experiences of Adolescent become highly personalized

NEED FOR THE STUDY

There are various multimedia excitement of the web and Electronic mail (email) is the most frequently used application of the Internet. Many people, who have access to the Internet at school, home and at work place use the Internet for no other purpose than to send and to receive the mail. It's not just friends and co-workers that are receiving email. Wherever you look, the web is providing email addresses. This has made communication between the strangers easier than ever. Chatting is one of the more popular activities on the Internet- people can talk to anyone across the world. A news article in times of India in Nov 2018 by Zeenia Baria on addicted to social media? Studs say that the average person logs on to social media sites at least 12 to 36 times a day, and spends anything from an hour to three hours on it. Research says that being addicted to social media may help people feel connected but also increase levels of anxiety, loneliness, depression and narcissism. Statistics say that there are over two billion Facebook users worldwide, 500 million tweets are uploaded daily, 95 million images are uploaded to Instagram daily and over 400 hours of video are uploaded per minute on a video sharing site every day. There are other things that you can do to help curb your addiction.

A cross-sectional study by Deepak Goel et all on sample comprising of 987 students of various faculties across the city of Mumbai. Subjects were classified into moderate users, possible addicts, and addicts for comparison. Of the 987 adolescents who took part in the study, 681 (68.9%) were female and 306 (31.1%) were males. The mean age of adolescents was 16.82 years. Of the total, about 74.5% were moderate (average) users. Using Young's original criteria, 0.7% were found to be addicts. Those with excessive use internet had high scores on anxiety, depression, and anxiety depression. In the emerging era of internet use, we must learn to differentiate excessive internet use from addiction and be vigilant about psychopathol

OBJECTIVES OF THIS STUDY

To determine the impact of Digital Apps on behavioral aspect of adolescent in selected schools.

To find out an association between the impact of digital apps on behavioral aspects with selected demographic variables.

REVIEW OF LITERATURE

Many studies have been carried out onthe impact of selected digital apps.Review of the relevant studies was carried out from the textbooks, journals of preventive social medicine, review of litrare under following heading.

Review of literature related to impact of Digital Apps

Craig A. Anderson, Department of psychology was conducted study on (209) video games, and music reveals unequivocal evidence that media violence increases that likelihood of aggressive and violent behavior in both immediate and long- term contexts. The effects appear larger for milder than for more severe forms of aggression, but the effects on severe forms of violence are also substantial (r=.13 to . 32) when compared with effects of other violence risk factors or medical effects demand important by the medical community (e.g., effect of aspirin on heart attacks). The research base is large; diverse in methods, samples, and media genres; and consistent in overall findings. The evidence is clearest within the most extensively researched domain, television and film violence. The growing body of video game research yields essentially the same conclusions. Certain characteristics of viewers (e.g., identification with aggressive characters), social enviourments (e.g., parental influences), and media content (e.g., attractiveness of the perpetrator) can influence the degree to which media violence affects aggression, but there are some inconsistencies in research results. This research also suggests some avenues for preventive intervention (e.g., parental supervision interpretation, and control of children's media use.) However, extant research on moderators suggests that no

one is wholly immune to the effects of media violence. Resent surveys reveal and extensive presence of violence in modern media. Furthermore, many children and youth spend an inordinate amount of time consuming violent media. Although is it clear that reducing exposure to media violence will reduce aggression and violence, it is less clear what sorts of interventions will produce a reduction in exposure. The sparse research literature suggest that counter attitudinal and parental- mediation intervention are likely to yield beneficial effects, but that media literacy interventions by themselves are unsuccessful.20

A study was conducted by J Angelin Chitra et all on social media usage has increased. As of October 2011,one of the most well-known social media sites is Facebook (Facebook, 2011). This site currently boasts 800 million active users, and over 50% of active users log on to the site every day (Facebook, 2011). Members are able to connect with friends on the site, and the average user maintains approximately 130 friends (Facebook, 2011). Further, more Than 350 million of these users access the site through a mobile device (Facebook, 2011). According to Eldon (2011), 51.2% of users are male, whereas 48.8% are female. Interms of age, 20.6% of users are between the ages of 13 and 17; 25.8% are between the ages of 18 and 25; 26.1% are between the ages of 26-34; and 27.5% are over the age of 35 (Eldon, 2011).21

In 2011, Smock, Ellison, Lampe, and Wohn applied the uses and gratification approach to analyze why individuals use What Apps in general, as well as why they use certain functions on the website. The researchers found that users who update their status are motivated chiefly by a desire for expressive information sharing, whereas individuals who post comments do so for relaxing entertainment, companionship, and social interaction. However, individuals who posted on friends' walls did so for professional advancement, social interaction, and habitual pass time. Two motives, professional advancement and social interaction, were discovered as underlying reasons why users sent private messages. Smock et al. also found social interaction was the only significant motive discovered in the usage of Facebook's and Whats Apps chat feature. Finally, the usage of groups on the site was positively influenced by expressive information sharing, and negatively by social interaction.22

Anand Y. Kenchakkanavar and Dr.Gururaj S. Hadagali (2015), conducted a study in Karnatak University, Dharwad made a study on "Use of watsapp among the Research Scholars of". The main objective of the study is to examine the use of Watsapp by the social science research scholars of the Karnatak University, Dharwad. A structure questionnaire was designed for the purpose and distributed to 145 regular research scholars, out of which, 139 duly filled in questionnaires were received back with a response rate of 95.86 percent. The collected data were analysed using satistical methods like simple percentage. The results of the study show that a majority of the research scholars are aware of SNSs especially Facebook, Google+ and You Tube and use these SNSs to stay in touch with their friends. It can be indicated from the study that majority, i.e.96.87% research scholars use Watsapp to participate in group discussion on their research work and to share photos and information on workshops/seminars/conferences23

Review of literature related to impact of Digital Apps on behavioral changes of selected schools.

Dr. Sankar Kumar Chakraborty conducted study in 2015 to carried out a study entitled, "Impact of Social Media / Social Networks on Education and life of Undergraduate level students of Karimganj town-A survey Sudipta Deb Roy". The main objectives of the study are to find out the positive impact of social media on Education of undergraduate level students. The study was conducted through descriptive survey method of research. The study was conducted on sample of 60 undergraduate students. Simple statistical methods were applied to investigate and analysis the collected data. Simple percentage method was employed to arrive at the results and findings of the data analysis which is graphically shown by Bar Graph and Pie Chart. The Study reveals that, Facebook is the most popular sites among the youths. It provides individuals with a way of maintaining and strengthening social ties which can be beneficial to both social and academic settings.28

A study by Saleh Ibrahim Alsanie in 2015 to study focused, "Social Media (Facebook, Twitter, WhatsApp) Used, and its Relationship with the University Students Contact with their Families in Saudi Arabia". The aim of the research to study the relationship of the use of social media the following social media: WatsApp, Twitter and Facebook, continuing university students with their families. Total sample 658 students. The tools used in this study are ANNOVA and correlation. The study recommends the inclusion of these means in a curriculum that is taught to students and explain how to take advantage of them positive, especially in the educational process, and how to avoid Alsalbeh effects associated with their use

Material and method:

In present study, researcher adoptedDescriptive survey research design.Probability Systematic random sampling technique was adopted.It was carried out on 100 sample.The statistical analysis was done on the basis of objectives. The analysis was done by using the data of section-I and section-II and presents them in tables, graphs and figures and and association was done by Fisher's exact test with demographic variable

Description of Tool

SECTION I: Demographic variable consist of age, education, type of family, use of Digital Apps.

SECTION II: Modified Buss-Perry's rating scale to assess impact of selected Digital Apps.

Plan for Data Analysis

Analysis of data was done using inferential and descriptive statistics based on objectives of study.

The analysis was done by using the data of section-I and section-II and presents them in tables, graphs and figures and and association was done by Fisher's exact test with demographic variable

RESULT AND DISCUSSION

Analysis and interpretation of the data are based on data collected from 100 adolescent

Section I: Distribution of subjects based on demographic Data.

Sr. no	Demographic	f	%
1	**AGE**		
	13-14	36	36
	14-15	45	45
	15-16	19	19
2	**GENDER**		
	Male	60	60
	Female	40	40
3	**class in study**		
	7th	21	21
	8th	38	38
	9th	22	22
	10th	19	19
4	**type of family**		
	Joint family	52	52
	Nuclear family	23	23
	Extended family	18	18
	Blended family	7	7
5	**age at digital app used first**		
	Below 8years	79	79
	8-10years	9	9
	10-12 years	5	5
	Above 12 years	7	7
6	**which apps you used to first**		
	Whatsapp	1	1
	Facebook	5	5
	You tube	42	42
	Online video games	52	52
7	**which app do you use maximum**		
	Whatsapp	1	1
	Facebook	4	4
	You tube	64	64
	Online video games	31	31
8	**how many hours use of digital app**		
	1 to 2 hours	29	29
	2 to 4 hours	21	21
	4 to 6 hours	31	31
	More time	19	19

Table Shows that 45% of samples belong to 14-15 years of the age, 60% were male, and 38% were studying in 8th standard along with 52% from joint family among them 79% of samples used digital app first time below 8 years,52% of samples first time used online video games and 64% of samples used YouTube maximum and maximum 31% of samples used digital app 4 to 6 hrs.

SECTION-II

Distribution of frequency and percentage of impact of digital apps on behavioral aspect of adolescent in selected schools.

n=100

Impact	Score	frequency distribution	frequency %	mean	SD
mild	0-33	0	0	50.48	4.40
moderate	34-66	98	98		
severe	67-100	2	2		

Table -2 Shows that majority of 98 % of children are hiving moderate impact and only 2% are having severe impact. The mean

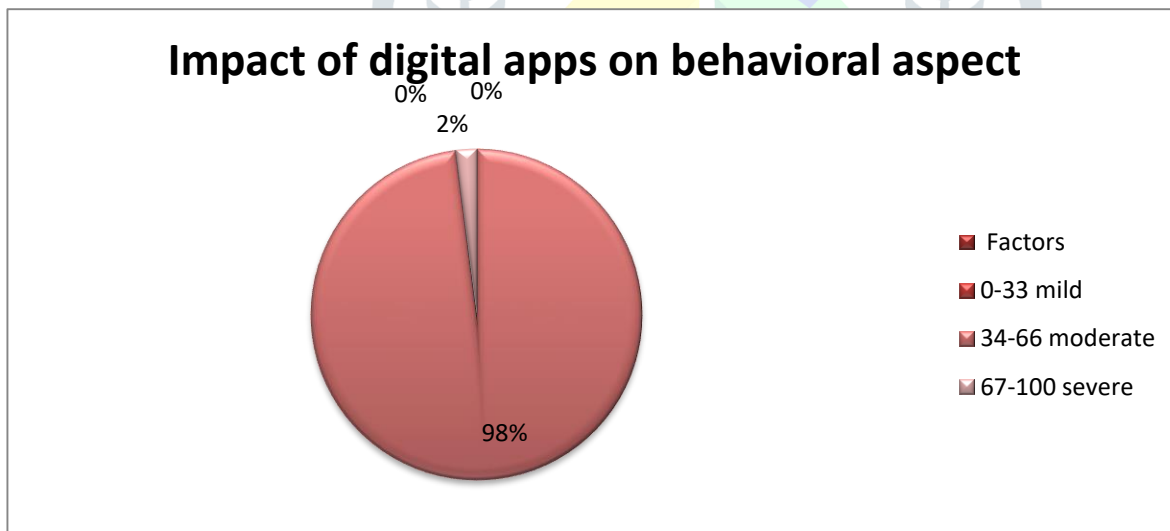score of impact was 50.48 with Standard deviation of 4.40.

Figure- Distribution Of Frequency And Percentage Of Impact Of Digital Apps On Behavioral Aspect Of Adolescent.

SECTION III

Association of impact of digital apps with selected demographic variables

Association of impact with selected demographic variables is calculated using Fisher's exact test / Chi square test. For ascertain the

Sr. no	Variables	fisher exact	p value	P-Value	Remark
1	Age	1.05	0.9	>0.05	NA
2	Gender	1.86	0.39	>0.05	NA
3	class in study	2.08	0.91	>0.05	NA
4	type of family	0.65	0.99	>0.05	NA
5	age at digital app used first	0.12	0.99	>0.05	NA
6	which app you used first	0.03	0.99	>0.05	NA
7	which app do you use maximum	0.42	0.99	>0.05	NA
8	how many hours use of digital app	6.09	0.41	>0.05	NA

significance of association investigator has decided 0.05 level of significance.

Table shows that there is no any association between impact of social media and demographic variables at the 0.05 level of significance.

Discussion

The present study was undertaken to assessthe impact of selected digital apps on behavioral aspects of adolescents in selected schools.An exploratory study looked at the effect of internet usage on behaviour pattern among undergraduate students from Pune city by Suresh Sharma in 2014. Findings show that 78.67% students are under average internet user, 16.67% under moderate user & 4.66% students are severely addicted. Due to the internet usage, 64.33% student's behaviour pattern is averagely affected, 32.33% are under moderate level & 4% are severely affected behavioral pattern. Finding shows that around equally as 4% students showing severely disturbances in all considered behaviour pattern as sleep, dietary pattern, academic performance, daily activities and isolation that indicate undergraduate students on high risk to develop severely behaviour problems, while most of the students sleep pattern is moderately disturbed then other behaviour patterns that indicate students are more prone to sleep disorders. There is moderately positive correlation between level of internet usage and behaviour pattern of students as the r= 0.57. The study reveals excess internet usage is disturbed the behaviour pattern of internet users and they are more prone to get behaviour problems.

Conclusion

The present study to assessassessthe impact of selected digital apps on behavioral aspects of adolescents in selected schools. association was done by Fisher's exact test with demographic variable

Findings related toimpact of digital apps on behavioral aspect of adolescent shows that majority 98% of adolescent are hiving moderate impact on behaviour aspect and even 2 % are having severe impact on behaviour pattern. The mean score of impact was 50.48 with Standard deviation of 4.40. The fisher exact statistics is used to find association. There is no any association between impact of social media on behavioural pattern and demographic variables at the 0.05 level of significance. Usage of digital apps excess than normal and also affected the behavioral pattern of individual namely sleep, dietary pattern, academic performance, daily activities and isolation.

IMPLICATIONS

The findings of the study have implication for nursing practice, nursing education nursing administration and nursing research.

Nursing Practice

   Health is a state of complete physical, mental, social and spiritual well being and not merely an absence of disease or infirmity. (W.H.O. Definition) It has been emphasized in the definition of health by World Health Organization, that health is treated as a whole and not as a fragmented element. Hence, for health of every individual as nurse needs to pay attention to all the comprehensive aspects of health. Nurses can organize workshops and health talk for parents regarding harmful use of digital apps among adolescents. Students should be instructed to use computer for internet access rather than mobiles.

        Nurse can assess the Digital apps usage of individual and find out the disturbances of them behavior pattern. Nurses can found out the causes of excess Digital apps usage. Parents can be educate about restrict usage of mobile and digital apps. As the future role of nurses develops towards more clinical nurse specialists, nurses may wish to expand their skills base, adding some of these complementary therapies. Research shows that Digital apps addiction results disturbances in sleep, dietary pattern, academic performance, daily activities and isolation Because Digital apps addicts by definition will have difficulty moderating their use on their own, therapy techniques can be employed to help them to become more motivated to reduce their use, and to become more conscious of how they get into trouble with the Digital apps. For this reason, nurses can established Therapy centers to identify and treat Digital apps addiction. Parents need to be aware of the signs of the Digital apps addiction to help their children. For families, nurses should organize such seminars as the symptoms of Digital apps addiction, communication techniques, and how to take a proactive stance. The nurses need to educate themselves with the holistic approach of health care and guide the Digital apps users and the families to adopt the complementary therapies to support their physical, emotional, spiritual and psychological aspects of health and to change the perception for healthy coping. This will enable a better communication and good inter-personal relation between a nurse and the society. At a time of change and growth for nursing, it is important that nurses be open to new ways, and even new roles, in order to improve and enhance the care provided. Yet it is necessary that nurses subject all new trends, practices or theories, to a careful analysis and evaluation.

Nursing Education

Nursing education is developing fast in India. We are training nurses to achieve an international standard. To achieve high level of educational standards nursing education needs to be raised to a greater height. This is achieved if all the aspects of health needs are considered as a whole.The Education curriculum must include all technical aspect which can disturb behavior of individual. In this era of globalization we are using Digital apps as a assistive tool in nursing education but we should also learn about the various dangerous aspect of excessive Digital apps use. The need for nursing colleges to consider is given to awareness and promotion of health in all aspect of social problem. The role of nurse teachers implementing Digital apps assessment technique in the education setting involves monitoring, integrating and defragmentation of the information given to the students. This can be achieved through careful curriculum planning, classroom teaching and clinical involvement. Additional advantages could be the narrowing of the theory, practice, gap and research involvement within the clinical field. If implemented correctly such a specialist nurse teacher will be seen as a crucial member in meeting the public demands for a safe and caring profession. Hence, Digital apps addiction can be included in the nursing education curriculum.

Nursing Administration

As a part of administration, nurse administrator plays a vital role in the education of staff nurses. In-Service education or continuing nursing education should be emphasized more and more. As an administrator, the nurse should motivate her staff to participate in learning new trend in nursing field. Learning to communicate, develop good Intra-personal relationship and to practice the new trends in the nursing field. Nurse administrator should interact with health care professionals and related health care organizations and health care systems for the advancement of preventive aspects of Digital apps addiction. Support nurses to engage in self-care practices.

Nursing Research

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of nursing Knowledge. In the current scenario, various nursing researches have been conducted on different aspect Digital apps, social media, social networking data, social computing etc. All these researches shown Digital apps is affected the various behaviour aspects of individuals. These all researches are showing that how we can prevent the side effect of excess Digital apps usage and use it as a effective way to upgrade our knowledge.

LIMITATIONS

Sample size is limited and not covering to the entire city.
Analysis of the study purely based on the basis of responses given by the subjects.
The study was limited to the experience level of the researches.
Data collection period was only for 4weeks.

RECOMMENDATIONS

It is suggested that the study may be replicated using a larger population of undergraduate students, adolescents, school age students and employment.

A study can be carried out to assess the effects of internet usages on psychological problems of internet users.

A study can be done to assess the effect of social media on violence and aggression.

Similar study can be done to assess the effects of social networking site on behavioral problems of adolescent.

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