



A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING NOMOPHOBIA (MOBILE PHOBE ADDICTION) AND ITS PREVENTION AMONG COLLEGE STUDENTS OF SELECTED COLLEGE IN VISNAGAR

MS. Vibha Thakor¹, Dr. Siva Subramanian²

Final M.sc Nursing student, Nootan College Of Nursing, Sakalchand Patel University, Visnagar, Gujarat.
Professor, Nootan College of Nursing, Sakalchand Patel University Visnagar, Gujarat

ABSTRACT

INTRODUCTION: College students should become aware of positive influence healthy life style and mood. This effect would give them better results in studying by using computer. The number of adolescence joining social networking websites like facebook and whatsapp. Teens can download violent videos, sent sexual text messages or explicit self photographs to their friends. Electronic.**METHOD AND MATERIAL:** An experimental research design was used for the study and data was collected for 60 Adult by convenient sampling method, through self-structured questionnaire. Data was analysed by using descriptive and inferential statistics such as mean, standard deviation and chi square test. **RESULT:** After the given of informational booklet majority of 18.33% of the college students had adequate knowledge, 60% of the elderly had moderate adequate knowledge. In data analysis the mean of pre-test score was 18.25 and mean of post-test score was 24.3. The mean difference was 6.05. Post-test mean was more than pre-test mean, which indicates the effectiveness of nomophobia and its prevention among college students. The standard deviation of pre-test knowledge score was 5.33 and post-test knowledge score was 3.95. The calculated 't' value is 15.47, the DF value was 60 and p value was 3.49 and that is significant. Calculated chi square value was significant with religion and type of family.**CONCLUSION:**This study findings concluded that Informational booklet was effective in improving knowledge regarding NOMOPHOBIA among college students.

KEY WORDS: Assess, effectiveness, video, knowledge, NOMOPHOBIA, college students.

NEED FOR THE STUDY

Teenagers who excessively use their cell phone are more prone to disrupted sleep, restlessness, stress and fatigue. 58% of Asians, which includes Indians, have comprised to use mobile phones when traveling by air. According to the survey they have also found that Indians are the "most social" with 69% most likely to use their phones in cinema halls/ movie theaters, 21% use it in a place of worship, and 79% while attending a wedding ceremony. 25% of users across the markets surveyed have said they used mobile phones in the meetings, 80% of Asians use a mobile phone while eating. With so many utility applications being made available on mobile phones, be it to surf the internet or to pay bills, this dependency on mobile phones is escalating at a greater pace.

OBJECTIVE OF THE STUDY

1. To assess the existing knowledge regarding Nomophobia and its prevention among college students.
2. To evaluate the effectiveness of structured teaching programme on knowledge regarding Nomophobia and its prevention among college students.
3. To find the association between post test knowledge score of the college students and their selected demographic variable

HYPOTHESIS

H1: There will be significant difference between mean pretest and post-test Knowledge scores of college students.

H2: There will be significant association between level of knowledge of college students and their selected demographic variables.

RESEARCH AND CONCLUSION:

This study findings concluded that Informational booklet was effective in improving knowledge regarding NOMOPHOBIA among college students. After the given of informational booklet majority of 18.33% of the college students had adequate knowledge, 60% of the elderly had moderate adequate knowledge. In data analysis the mean of pre-test score was 18.25 and mean of post-test score was 24.3. The mean difference was 6.05. Post-test mean was more than pre-test mean, which indicates the effectiveness of nomophobia and its prevention among college students. The standard deviation of pre-test knowledge score was 5.33 and post-test knowledge score was 3.95.

The calculated 't' value is 15.47, the DF value was 60 and p value was 3.49 and that insignificant. Calculated chi square value was significant with religion and type of family.

Frequency and percentage distribution of the Pre test and the post-test level of knowledge of Nomophobia and its prevention Among college student of selected college in Visnagar

(N=60)

Sr. No	Level of Knowledge	Pretest		Post –test	
		Fr	%	Fr	%
1.	Adequate knowledge	11	18.33	42	70.00
2.	Moderately adequate knowledge	36	60.00	11	18.33
3.	Inadequate knowledge	13	21.67	07	11.67

Depicts the frequency and percentage distribution of the Pre test and the post-test level of knowledge of Nomophobia and its prevention Among college student of selected college in Visnagar. As per Pre test knowledge score, 18.33% (11) of college students had inadequate knowledge, 60.00% (36) of college students had moderately adequate knowledge, whereas 21.67% (13) of college students had adequate knowledge. Post-test knowledge score reveals, 70.00% (42) of college students had adequate knowledge, 18.33% (11) of college students had moderately adequate knowledge and only 11.67% (07) college students had inadequate knowledge. The numerals shows, most of college students gained adequate knowledge in post-test.

A study to assess the effectiveness of video assisted teaching on knowledge regarding nomophobia (mobile phone addiction) and its prevention among college students of selected college in visnagar.

Comparison of mean and standard deviation of pre test and post-test level knowledge score on of Nomophobia and its prevention Among college student of selected college in Visnagar (N=60)

LEVEL OF KNOWLEDGE	MEAN SCORE	MEAN DIFFERENCE	SD	„t“ VALUE
Pre test level of knowledge	18.25	6.05	3.11	t= 15.47*** df=60
Post-test level of knowledge	24.3		5.33	p= 3.49 (p<0.001)

Key: Significant at $p<0.001$ level ***, Significant at $p<0.01$ level **, Significant at $p<0.05$ level *, Ns- Not significant

Significant at $P<0.001$ level.

Portrays that, the difference between the Pre test and post-test level of knowledge regarding Nomophobia (no mobile phone) and it's prevention Among college student of selected college in Visnagar., the mean score of Pre test level of knowledge is 18.25 and SD value is 3.11. The mean score of post-test level of knowledge is 24.3 and SD value is 5.33. Mean difference is 6.05. The obtained t" value is $t= 15.47$ which is statistically highly significant at $p<0.001$ level (df = 60 : table value is $p = 3.49$)

RECOMMENDATION

This study can be conducted

1. A health education can be to see the effectiveness of video assisted teaching on knowledge regarding nomophobia and its prevention among college students of selected college in Visnagar.
2. On larger sample to generalize the result.
3. A comparative study can be carried out among urban and rural area college students.
4. In different setting with similar facilities
5. This study can be done on a larger sample to generalize the result of the study.
6. A similar study can be done as descriptive study.

7. A study to assess the effectiveness of video assisted teaching on knowledge regarding nomophobia and its prevention among college students of selected college in visnagar.

REFERENCE

1. Chandak.P, Singh. D. Exploratory study of nomophobia in post graduate. [Internet] 2017 [cited 2018 April 07];4(3): 2349-3429.
2. Dixit. S, Shukla. S. Mobile phone dependence.[Internet] 2011[cited 2018 Feb08];35(2):339-341
3. Purvi. N. Impact of Mobile phone addiction [Internet]. 2015 [cited 2016Sep2016].Available from:doi:10.15740/HAS/ARJSS/7.1/111-115
4. Sharma. N, Sharma. P. Rising concern of nomophobia among Indian medical students. [Internet] 2015 [cited 2018 Feb 24];3(3):705-707.
5. SzpakowA,StryzhakA, Prokopowicz W. Evaluation of threat of mobile phone. [Internet]. 2011[CitedJuly6];1(2):96-101

