



“A Study to Assess the ill Effects of Mobile Addiction on Health Among School Going Children in Selected Community Area at Meerut, U.P”

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Abstract:- Smartphone addiction sometimes colloquially known as “Nomophobia” (fear of being without a mobile phone) and recent studies shows that pre-school children and young adults are at highest risk for smartphone related addictive behaviour. Objective:-• To assess the ill effect of mobile addiction on health among school going children (10-16 years) in selected community area. • To find the association between ill effect on health with their selected demographic variables. Methodology: A Quantitative research approach and descriptive research design was used in this study. Sample size comprised of 60 school going children and the sample was selected by convenient sampling technique. Standardized checklist is used to collect the data. The gathered data was analyzed using descriptive and inferential statistics. Result: The results show that out of total 60 samples 1(1.6%) were having mild addiction, 39(65%) were having moderate addiction, 20(33.3%) were having severe addiction. The chi- square test shows that there was a significant association between the hours of using mobile phones with their socio demographic variable on ill effects of mobile addiction on health among school going children. Conclusion: The study revealed that school going students was having moderate addiction on health among school going children. There was a significant association between the hours of using mobile phones with their socio demographic variable on ill effects of mobile addiction on health among school going children

INTRODUCTION:-

Cell phones have become necessity in all age groups in current scenario. The rate of its use is continuously increasing and is affecting the most energetic group of population. Example – school going children. India has highest mobile phone users in the world after Korea. In India, among 143 million social media user 12% are school children. Data related to the use of cell phone in school going children is still meagre and need to be explored in India.

Parents and children are spending more time on various screens at home which is seriously affecting their health and a new study reveals that students are making excessive use of their mobile phones during the lockdown in COVID-19 pandemic.

NEED OF THE STUDY

The rise of smartphones and digital devices is affecting students in many ways which is why it becomes important to focus of the ill effects it leaves on the students.

- **LOWER CONCENTRATION** - Having your phone out whilst doing homework or revision can make students perform 20% worst.
- **FOMO** - Adolescent often experience Fear of Missing Out (FOMO). This is made worst with mobile phones and the rise of social media, driving the compulsive need to know what others are doing.
- **REDUCES MEMORY** - Phone messages and notifications are distracting and disrupt tasks, such as studying, causing goals of tasks to be forgotten.
- **WRAPS VIEW ON REALITY** – social media presents a destroyed vie on reality. No one is as happy and wise as they seem on social media.
- **ADDICTION & ANXIETY** - Excessive use of phones is bad for psychological health. Constant over use pf mobile phones leads to increase of anxiety, feeling of loneliness and lower self-esteem.

- **MAKES YOUR SLEEP WORSE** - Phone use every day and for longer than 20 minutes at a time will lead to poor sleep quality and duration.
- **RELATIONSHIP WITH PARENTS/OTHERS** – Mobile phone addiction is affecting the relationship between the children and their parents/friends as it leads to low interaction between them.

STATEMENT OF THE PROBLEM

A Study to assess the ill effects of mobile addiction on health among school children in selected community area at Meerut.

OBJECTIVES OF THE STUDY

1. To assess the ill effects of mobile addiction on health among school children in selected community area.
2. To find the association between ill effects on health with their selected demographic variables.

OPERATIONAL DEFINATIONS

ILLEFFECTS - Ill effects are the bad result of using mobile phone during online classes on children.

MOBILE PHONE - It is an electronic device which is used by every individual for interacting with others and for entertainment.

ADDICTION – Addiction is repeated involvement with a substance or activity.

SCHOOL GOING CHILDREN - It is referring to the child those are going school between the age group of 10-16 years.

RESEARCH HYPOTHESIS

- H1 – There would be ill effects of mobile addiction on health among school going children.
H2 – There would be a significant association between ill effects of mobile addiction on health with their selected demographic variable.

ASSUMPTIONS:-

1. The school going children may have ill effects on their health due to mobile addiction.
2. The study participants will give true response.
3. Sample will be true representative of population.

DELIMITATIONS OF THE STUDY

The study will be delimited to –

- School going children (10-16 years who was having mobile addiction).

REVIEW OF LITERATURE

“A literature review is a compilation of resources that provide the ground work for future study”.

The literature reviewed has been presented under the following headings.

1. Literature related the ill effect of mobile addiction among school going children.
2. Literature related prevention of ill effect of mobile addiction among school going children.

Pierpaolo Limone and Giusi Antonia Toto, 25 August 2021 This study was conducted in “Psychological and emotional effect of digital technology on children in COVID-19 pandemic “. The overall documented percentage increase of technology usage in children was about 15%, of which smartphone usage has 61.7% of prevalence. Disturbance in brain functioning is suggested to be originated by compromise of neuroplasticity of the nerves. Despite being a threat for developing mental illness, video games are proven to reduce depression and anxiety, and increase creativity, skills, and cognition in children. The increased usage of technology can have a positive and negative impact on the mental development of adolescents and children depending on the trends in the usage. However, parents should be monitoring their children’s mental health and behavior in these difficult times of pandemic.

IMPLICATIONS OF THE STUDY: - The findings of the study can be used in the following areas:

Nursing Education

- Nursing education can conduct workshop/seminars to update the ill effects of mobile addiction and its health consequences to promote the level of knowledge regarding mobile addiction
- Nurse is an educator can introduce new teaching methods in informing the knowledge level regarding mobile addiction
- Nurse educator can conduct mass health education programs to create awareness regarding mobile addiction

NURSING PRACTICE:

- The study finding can be utilized as health impact factor.
- Nurse can organize program such as workshops, seminars to make school going children aware about the health consequences and level of addiction regarding mobile addiction.

NURSING ADMINISTRATION:

- The nurse administration can organize program to create awareness related to health consequences and addiction level of school going children.
- Nurse administrator can organize continuing education program regarding addiction level of school going children.
- Nurse administrator can prepare and distribute information booklet about mobile addiction.

NURSING RESEARCH

- The study findings can be effectively utilized by emerging research to conduct further students.
- The study findings can be a base line for further studies to build upon for imposing the body of knowledge in research

RECOMMENDATIONS

On the basis of findings, the following are recommended:

1. A similar study can be replicated on large sample to generalized finding.
2. A comparative study can be conducts to find health consequences and addiction level regarding mobile addiction.
3. A study can be done to assess the addiction level regarding mobile addiction among school going children

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