**Effectiveness of Structured Teaching Programme on Knowledge Regarding Health Hazards of Mobile   
Phone Usage Among Upper Primary Students in a Selected School at Pathanamthitta District**

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***Abstract***

*Young people watch video, express themselves, communicate with friends and search for information using smart phones. The use of mobile phones by young generation has increased resulting in physical, social and psychological impacts. Mobile phone addiction is most common in the age group between 12–18 years. The current study aimed to assess the pre-test level of knowledge regarding health hazards of mobile phone usage among upper primary school students, assess the effectiveness of structured teaching programme on knowledge regarding health hazards of mobile phone usage and to find the association between the existing level of knowledge regarding health hazards of mobile phone usage with selected sociodemographic variables. The research design selected for this study is preexperimental one group pre-test post-test design. The study was conducted in St. Mary‟s U.P School, Adoor, Pathanamthitta. By using purposive sampling technique 30 upper primary school students, who have met the inclusion criteria, were selected as samples. After identifying the knowledge regarding health hazards of mobile phone usage by structured knowledge questionnaire Students were given structured teaching programme on health hazards of mobile phone usage. Then the investigator conducted post-test by using the same tool. Majority of the study subjects were unaware of health hazards of mobile phone usage. The administration of structured teaching programme helped to improve level of knowledge among upper primary school students regarding health hazards of mobile phone usage. The study results revealed that p value was significant for five socio demographic variables namely occupation of father, occupation of mother, hobbies, type of play and duration of phone usage per day with their existing knowledge.*

**Keywords:** Assess, structured teaching programme, questionnaire, knowledge, upperprimary school students.

# INTRODUCTION

Mobile phones are most valuable one in today’s world. There were an estimated 500 million mobile phone users worldwide. This hand sized product is needed for every category of people like youngsters, adults, women, students, old people and even children also. The portability and accessibility of a smart phone make it possible to use it anywhere for any duration. New research has shown that excessive use of mobile phone leads to the development of dependence syndrome. It affects their sleep wake pattern with serious health risks as well as attention and cognitive problem. As per the results shown by a study conducted in the year 2018 in New Delhi, India, it was found that around 14% of those surveyed use smart phones for 3 hours or less in a day while, around 63% use smartphone for 4–7 hours daily1. A cross sectional study was conducted in the department of Pediatric OPD, at tertiary care teaching institute in Marathwada region of Maharashtra, India. All the children attending the department of Pediatric OPD, below the age of 15 years were included in the study during the period of January 2017-March 2017. Majority 194 (43.1%) of the children were using mobile for 1–3 hours followed by 130 (28.8%) children those who used mobile for more than 4 hours. Physical morbidities like decreased physical activity seen in 189 (45.8%) children, laziness in 143 (34.7%) children, pain in fingers and wrist in 76 (18.5%), and eye symptoms in 148 (35.7%) children, Mental issues faced were throwing tantrums if mobile not given in 184 (45.3%) children, not obeying parents 110 (26.6%) and reduced grades in school 89 (21.4%). The use of mobile phones by young generation has increased resulting in physical, social and psychological impacts. It is the role of family to regulate the use or, guide the children for proper usage of mobile phone2.

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## Significance of the Study

In India around 120 million people use internet. According to literature study on cellphone usage, the number of smartphone users in India is expected to reach 690 million by 2030. The usage of mobile phone affects people of every age group positively as well as negatively, but has a great impact on teenagers. There are many reasons for the acceptance of mobile phone in teenagers. A study was carried out in the University Of Malaysia where out of total students 36% students spend at least 10 hours on internet. The smart phone addiction results in personality disorders, physical and social impact. Understanding the basic information about health hazards of mobile phones, including its short term and long term effects, prevention and safe usage helps to control the use of mobile phones3. Children are not fully-grown yet, and they are just little adults, their growing minds and bodies make them uniquely vulnerable to the effects of the environment around them, including all types of radiations generated by mobile phones, iPads, tablets, smartphones and all other kinds of wireless devices. J.H. Park & Minjung Park (2021) conducted a study on smart phone use patterns and problematic smart phone use among preschool children and identified that 17% of them had frequent smart phone use for more than 2 hours to 4 hours a day.3 At this period it is essential to investigate the level of awareness of health hazards of mobile phone, as knowledge influence their day to day life. The need of the study is to evaluate the effectiveness of structured teaching programmes on knowledge regarding health hazards of mobile phone usage among upper primary students and help the students to use this knowledge effectively while using mobile phones.

# Operational Definition

## Assess

It refers to the organized, and systematic process of collecting and analyzing the data related to knowledge regarding health hazards of mobile phone usage among upper primary school students.

## Effectiveness

It refers to extent to which structured teaching has achieved the desired out come in terms of gaining the knowledge regarding health hazards of mobile phone usage among upper primary school students.

## Structured Teaching Programme

It refers to planned teaching programme prepared by the researcher to improve knowledge regarding health hazards of mobile phone usage among upper primary school students.

## Knowledge

In this study it refers to the level of understanding of upper primary school students regarding health hazards of mobile phone usage.

## Health Hazards

Harmful effects which is happening by over usage of mobile phone.

## Upper Primary School Students

Students who are studying in class 7.

# Aim of the Study

Assess the existing level of knowledge regarding health hazards of mobile phone usage among upper primary students.

Evaluate the effectiveness of structured teaching programme on knowledge regarding health hazards of mobile phone usage among upper primary students.

Find out the association between existing level of knowledge regarding health hazard of mobile phone usage among upper primary school students with selected socio demographic variables.

# Research Hypothesis

*H0:* There is no significant difference between pretest and post-test level of knowledge score regarding health hazards of mobile phone usage among upper primary school students.

*H1:* There is a significant difference between pretest and post-test level of knowledge score regarding health hazards of mobile phone usage among upper primary school students.

# METHODOLOGY

# Research Design

In this study, researchers have adopted pre experimental one group pretest post-test design.

# Setting

The present study was conducted in St. Mary‟s English Medium Upper Primary School, Adoor Pathanamthitta

# Variables

*Dependent variable:* In this study the dependent variable is the knowledge of upper primary school students on health hazards of mobile phone usage.

*Independent Variable:* In this study structured teaching programme on health hazards of mobile phone usage is the independent variable.

*Demographic Variables:* Demographic variables include the age, gender, educational status of father and mother, occupation of father and mother, and previous knowledge about the health hazards of mobile phone usage.

# Sample and Sample Size

In this study sample selected was the upper primary school students of St. Mary‟s English Medium Upper Primary School, Adoor Pathanamthitta. Purposive sample of 30 students participated in the study.

## Inclusion Criteria

* Students who are studying in 7th standard.
* Students who have given consent and attend all the sessions.
* Students who understand Malayalam.

## Exclusion Criteria

* Students who are not willing to participate in this study.
* Students who are not present at the time of data collection.

# Data Collection Tool

The tool used by researchers was structured knowledge questionnaire.

## Section A: Demographic Proforma

Demographic data consists of demographic variables like age, gender, education of father and mother, occupationof father and mother, previous knowledge regarding the health hazards of mobile phone usage.

## Section B: Structured Knowledge Questionnaire Regarding Health Hazards of Mobile Phone Usage

A structured knowledge questionnaire comprising of 30 questions which are used to assess the knowledge regarding the health hazards of mobile phone usage. Each right answer carries 1 mark and wrong answer carries 0 marks. The maximum score is 30.

# Score Ranking

Knowledge level will be classified based on score.

**Table 1.** Distribution of score and ranking

|  |  |
| --- | --- |
| **Score** | **Ranking** |
| 0–10 | Poor |
| 11–20 | Average |
| 21–30 | Good |

# Validity and Reliability

The tool reviewed by 5 experts in pediatric nursing and community health nursing to test the content validity of tool. The necessary modifications was made according to the corrections given by the experts on related topic.

# Pilot Study

After obtaining permission from the concerned authority, a pilot study was conducted among three upper primary school students studying in seventh standard of St. Mary‟s U.P. School. The obtained data was analyzed and study design was found to be feasible by the investigator.

# Data Collection Procedure

An official written permission was obtained from the principal of St. Mary‟s U.P school, Adoor. 30 students who fulfill the inclusion and exclusion criteria were selected by using purposive sampling technique. The purpose and nature of study was explained to subjects and consent was obtained. Pre-test was conducted by using structured knowledge questionnaire to assess existing knowledge regarding health hazards of mobile phone usage. Then structured teaching program which includes systematically developed teaching session aided with powerpoint and video demonstration was given for duration of 45 minutes. Post-test was conducted followed by structured teaching program with the same knowledge questionnaire after 3 days.

# Ethical Considerations

Written consent obtained from the upper primary students after complete description of the purpose and nature of the study. They were informed that participation in the study is voluntary. The researchers informed students about their rights to withdraw from the study at any time without giving any reason and without any effect on them and confidentiality assured to each one of them.

# Statistical Analysis

The Statistical package for social studies, version 20 was used. The collected data tabulated, summarised, computerised and analysed using appropriate descriptive and inferential statistical testsDemographic data was computed with the help of descriptive statistics. Analysis of the knowledge score is done with the help of frequency, percentage, mean, standard deviations and paired t test. The association between pre-test knowledge score and demographic variables were computed with the help of chi-square statistics. Level of significance at p <0.05 was used as the cut off value for statistical significance.

# RESULT

The collected information were organized and presented under four sections:

*Section 1*: Distribution of frequency and percentage of demographic variables of students on knowledge regarding health hazards of mobile phone usage.

*Section 2:* Frequency and percentage distribution of level of knowledge of upper primary school students regarding health hazards of mobile phone usage.

*Section 3:* Effectiveness of structured teaching programme on knowledge regarding health hazards of mobile phone usage.

*Section 4:* Association between the existing level of knowledge of upper primary school students regarding health hazards of mobile phone usage with selected sociodemographic variables.

# Section 1: Demographic Variables

This table shows that 5 (16.66%) were males and 25 (83.33%) were females.

This histogram shows that 3.3% attained upper primary education, 36.33% studied upto SSLC, 30% upto pre-degree and 30% up to degree.

**Table 2.** Distribution of frequency and percentage of samples based on gender

n = 30

|  |  |  |
| --- | --- | --- |
| **Gender** | **Frequency (f)** | **Percentage (%)** |
| Male | 5 | 16.66 |
| Female | 25 | 83.33 |
| Others | 0 | 0 |

n = 30

**Figure 1.** Distribution of frequency and percentage of samples based on education of father.

**Figure 2.** Distribution of frequency and percentage of samples based on education of mother.

This pie diagram shows that 3% of mother attained primary education, 30% studied up to SSLC, 40% up to pre-degree and 26.6% till degree.

**Table 3.** Distributuion of frequency and percentage of samples based on occupation of father.

n = 30

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable** | **Characteristics** | **Frequency** | **Percentage** |
| Occupation of Father | Self Employee  Private Sector  Government Employees  Unemployed | 10  4  16  0 | 33.3%  13.33%  53.33%  0% |

This table shows that out of 30 samples 10 (33.3%) were self-employed, 4 (13.33%) were working in private sector, 16 (53.3%) were government employees.

n = 30

**Figure 3.** Distribution of frequency and percentage of samples based on occupation of mother.

This bar diagram illustrates that out of 30 samples 4 (13.33%) were self-employed, 4 (13.33%) were working in private sector, 9 (30%) were government employees, and 13 (43.33%) were unemployed.

n = 30

**Figure 4.** Distribution of frequency and percentage of samples based on hobbies.

This figure shows that in 29 (96.66%) hobbies are present and in 1 (3.33%) hobbies are absent.

n = 30

**Figure 5.** Distribution of frequency and percentage of samples based on type of play.

This diagram shows that out of 30 samples 5 (16.66%) play outdoor games and 25 (83.3) prefer indoor games.

This figure illustrates that 18 (60%) have knowledge about health hazards of social media and 11 (39.9%) do not have knowledge about health hazards of social media.

n= 30

**Figure 6.** Distribution of frequency and percentage of samples based on knowledge about health hazards of social media.

n = 30

**Figure 7.** Distribution of frequency and percentage of samples based on commonly used social media.

This figure shows that 1 (3.3%) use newspaper, 5 (16.6%) use internet and 24 (80%) use television.

n = 30

**Figure 8.** Distribution of frequency and percentage of samples based on commonly used social media app

This figure shows that 21 (52.5%) use you tube, 14 (35%) use whatsapp, 3 (7.5%) use free fire and 2 (5%) instagram.

n = 30

**Figure 9.** Distribution of frequency and percentage of samples based on parental control over mobile phone usage.

This diagram shows that 30 (100%) have parental control over mobile phone usage.

**Table 4.** Distribution of frequency and percentage of samples based on duration of phone usage per day

n =30

|  |  |  |
| --- | --- | --- |
| **Duration of phone usage per day** | **Frequency** | **Percentage** |
| 2 Hours | 4 | 13.3% |
| Continuous | 0 | 0% |
| 8 Hours | 0 | 0% |
| 1 Hour | 26 | 86.6% |

This table indicates that 4 (13.33%) use phone 2 hours per day and 26 (86.65%) use 1 hour per day.

**Table 5.** Comparison between pre-test and post-test knowledge of students regarding health hazards of mobile phone usage.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **S.N.** | **Knowledge**  **Score** | **Pre-test**  **Frequency** | **Pre-test**  **Percentage** | **Post-test**  **Frequency** | **Post-test**  **Percentage** |
| 1 | Good | 0 | 0 | 30 | 100% |
| 2 | Average | 27 | 90% | 0 | 0 |
| 3 | Poor | 3 | 10% | 0 | 0 |

Data presented in this table indicates that out of 30 students, 27 had average knowledge and 3 had poor knowledge during pre-test, whereas in post-test, all of them attained good knowledge regarding health hazards of mobile phone usage.

**Table 6.** Mean, standard deviation, mean difference and calculated 't' value to compare pre-test and post-test knowledge score regarding health hazards of mobile phone usage among upper primary school students.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Knowledge score** | **Mean** | **Mean Difference** | **Standard**  **Deviation** | **Standard Deviation**  **difference** | **Degree of freedom** | **‘t’ value** |
| Pre-test  Post-test | 12.9  28.16 | 15.26 | 2.35  1.20 | 1.15 | 29 | 37.1 |

The mean pre-test score was 12.9 (SD=2.35) which was significantly lower than the mean post-test score 28.16 (SD=1.20) 't' table value was 37%. Since calculated value is greater than the table value, test is significant statistically. Hence null hypothesis (H0) was rejected and the research hypothesis (H1) was accepted. There is a significant difference noted before and after the administration of structured teaching programme from this it is revealed that the structured teaching programme was effective in increasing the knowledge level of students regarding health hazards of mobile phone usage.

**Table 7.** Association between the existing level of knowledge of students regarding the health hazards of mobile phone usage with selected socio demographic variables.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **S.N.** | **Demographic Variables** | **X2** | **Degree of Freedom** | **Table Value** | **Inference** |
| 1  2  3  4  5  6  7  8  9  10  11  12 | Gender  Education of Father  Education of Mother  Occupation of Father  Occupation of Mother  Hobbies  Types of Play  Knowledge About Health Hazards of Mobile Phone Usage  Commonly Used Social Media  Commonly Used Social Media App  Parentral Control Over Mobile Phone  Duration Of Phone Usage Per Day | 0.66  4.585  5.71  20.96  10.43  7.5  6  2.403  0.82  0.454  0  7.31 | 1  3  3  3  3  1  1  2  2  3  0  1 | 3.84  7.82  7.82  7.82  7.82  3.84  3.84  5.99  5.99  7.82  0  3.84 | Not Significant  Not Significant  Not Significant  Significant  Significant  Significant  Significant  Not Significant  Not Significant  Not Significant  Not Significant  Significant |

There is a significant association between occupation of father, occupation of mother, hobbies, and types of play and duration of phone usage per day.

# DISCUSSION

Sarvjeet Kaur, preeti Bhatt, sudipa gurung, inda rai deung, Susan Varghese conducted a cross sectional study to assess the effect of smart phone usage on health and education of school students conducted in a selected school of urban community, Alambagh, Lucknow. In this a total of 80 students of classes 9 -12 randomly selected, it was revealed that excessive use of smart phone had ill effects on mental and physical health of users. Out of 8 respondents 47(59%) were having high usage of smartphone and 33(41%) having low usage of smart phone and 39(49%) were having no ill effects on health, 40(50%) were having moderate ill effects and 1(1%) were having poor health due to smartphone usage such as depression, pain in neck, headache, rhythm of ringing, finger pain etc4. The present study was focused on the effectiveness of structured teaching programme on knowledge regarding health hazards of mobile phone usage among upper primary school students in selected school at Pathanamthitta district. In the present study, assessment of the existing knowledge level shows that 10% had poor knowledge and 90% had average level of knowledge. The findings where supported by a study conducted by Mrs. Amala Thomas, Mrs. Archana S Nair, Mrs. Blessy Vargherse, Ms. Josna Joseph and Ms. Melvi Thomas conducted to assess the level of knowledge regarding the computer vision syndrome among engineering students in a selected college at Kottayam. This study findings revealed that the majority (70%) of the students were having good knowledge regarding computer vision syndrome5. In the present study, the effect of structured teaching programme on knowledge regarding health hazards of using mobile phone among upper primary school students in selected school at Pathanamthitta district shows that mean pretest knowledge score was 12.9 which was significantly lower than the mean post-test knowledge score 28.16 with a mean difference of 15.26. The calculated „t‟ value (37.1) was more than the table value (2.05) at 0.05 level of significance at 29 degree of freedom. So there was a significant increase in the post-test knowledge regarding health hazards of mobile phone usage. Hence null hypothesis (H0) was rejected and the research hypothesis (H1) was accepted. From this, it can be said that the structured teaching programme was effective in improving knowledge of upper primary school students regarding health hazards of mobile phone. The findings were supported by a study conducted by Tejeshwari B V in 2021 to assess the effectiveness of video assisted teaching programme on knowledge regarding impact of mobile phone use on health status among nursing students of selected colleges Bangalore. Data was analyzed by using descriptive and inferential statistics, out of 50 nursing students revealed that 16 (32%) participants has inadequate knowledge, 34 (68%) participants has moderate knowledge in pretest. Post-test result shows that 48 ( 96%) has good knowledge and 2 (4%) participants has moderate knowledge6. Archana conducted a study to assess the efficacy of video assisted teaching programme on internet addiction among students in selected commerce college at Rajkot. A quantitative research approach was used in study to assess the efficacy of this study. The study was conducted at SMT. MT. Damasania Commerce College Rajkot. In this study sample size was s 100. The mean pretest knowledge score of subject was 10.16 with mean percentage of 63.33 whereas mean post-test knowledge score of subject was 20.09 with mean percentage of 83.89. The mean post-test knowledge score was found to be significantly higher than pretest knowledge score at 0.05 level of significance.7 In the present study, assessment of association between pretest knowledge of upper primary school students with selected demographic variables (gender, education of father and mother, occupation of father and mother, hobbies, type of play preferred, knowledge about health hazards of mobile phone usage, commonly used social media app, parental control over mobile phone duration of phone usage per day) shows that the calculated chi-square value was more than the table value at 0.05 level of significance for five socio demographic variables namely occupation of father, occupation of mother, hobbies, type of play, and duration of phone usage per day. Research hypothesis (H1) was rejected for all socio demographic variables except occupation of father, occupation of mother, hobbies, type of play, and duration of phone usage per day. Therefore knowledge of upper primary school students was influenced by occupation of father, occupation of mother, hobbies, type of play, and duration of phone usage per day. The findings were supported by a study conducted by Fancy Paul K, Jeeva Poulose, Jemily Augustin, Jeasmi Joseph, Jini Johnson, and Jinu C V in 2021 to assess the attitude and dependency on online social network usage among B.Sc. nursing students in Mala College of Nursing, Thrissur. The results revealed that 86.7%of students have positive attitude towards online social network usage, 4.4% of students have high dependency on online social network and there is a significant association between duration of online social network usage per day and dependency of subjects towards online social network usage8. A descriptive study to assess the knowledge of mothers regarding mobile phone use and mobile phone addiction among middle school children at Kollam, Kerala by Nithya Sara, Princy S et al. showed that there was significant association with selected sociodemographic variables such as gender of child, education of mother, monthly family income and type of family on knowledge of mothers regarding mobile phone use and mobile phone addiction among middle school children.9

# CONCLUSION

Over the last decades psychologists, educators and parents have expressed a great deal of concern about the influence of mobile phone on child’s behavior and health. The parental regulation of smart phone usage on their children will minimise effects on their health Children and teenagers need to know how to use mobile phones and wireless devices safely10. The present study aimed at evaluating the effectiveness of structured teaching programme on knowledge regarding health hazards of using mobile phone among upper primary school students. 30 students who fulfill the inclusion and exclusion criteria were selected by using purposive sampling technique. The purpose and nature of study was explained to subjects and consent was obtained. Pre-test was conducted by using structured knowledge questionnaire to assess existing knowledge regarding health hazards of mobile phone usage. Then structured teaching program which includes systematically developed teaching session aided with powerpoint and video demonstration was given for duration of 45 minutes. Post-test was conducted followed by structured teaching program with the same knowledge questionnaire after 3 days. Out of 30 students, 27 had average knowledge and 3 had poor knowledge during pre-test, whereas in post-test, all of them attained good knowledge regarding health hazards of mobile phone usage. The result showed a significant improvement in knowledge level of upper primary school students after structured teaching programme and the knowledge of upper primary school students regarding health hazards of using mobile phone was influenced by occupation of father, occupation of mother, hobbies, type of play, and duration of phone usage per day.

# Recommendations

* A similar study can be done with a control group and using a large population in the community.
* A study can be replicated in similar and different setting with large number of sample to validate and to make generalizations.

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