

A STUDY TO ASSESS EFFECTIVENESS OF THE PLANNED TEACHING PROGRAMME REGARDING THE IMPACT OF OVER USE OF MOBILE PHONES AMONG HIGH SCHOOL CHILDREN IN SELECTED SCHOOLS AT JAIPUR (RAJ.)

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Abstract:

Introduction: A high level of mobile telephone use is associated with lower levels of self-rated health, higher BMI, and engaging in health-compromising behaviours. Mobile phone usage and SMS presents a prime delivery channel for health behaviour change interventions because it has high penetration in populations of lower socio-demographic position and populations with poorer health.

Methods: An evaluative research approach, pre- experimental one group pre-test and post-test research design was adopted. Convenient sampling technique was used to select 60 samples from selected schools.

Results: Assessment of the level of pre-test knowledge score among high school children depicts that, majority 40 (67%) of respondents had average knowledge scores and 15(25%) of them had poor knowledge scores and none of the respondents had very poor 5(8%) possessed very poor, good and very good knowledge score category.

Conclusion: The study concluded that there was a significant increase in knowledge after the planned teaching programme. Hence it showed that PTP was effective.

Keywords: Attitude; Over use; Knowledge; Mobile phone

Introduction

The mobile phone is the latest invention of the 21st century. It is still a new device in many countries. People do not leave their homes without their mobile phones. For many people, it's a convenient way to communicate. Many parents provide their children with mobile phones for safety reasons. Cellular phones have impacted society. They have left an ever-lasting impression on our culture. Adolescents are the majority of mobile phone users in the world. An extensive use of mobile phone by teenagers gives rise to many serious diseases at early age. Adolescent constitute 21.8% of the Indian population. Adolescent belongs to the stage of life with great energy, creativity and enthusiasm. If given right degree of support and opportunity, they are great resource for the present and future of all societies.¹

When the first mobile phones were introduced, their only function was to make and receive calls, and they were

so bulky it was impossible to carry them in a pocket. Later, mobile phones belonging to the Global System for Mobile Communications (GSM) network became capable of sending and receiving text messages. As these devices evolved, they became smaller and more features were added, such as multimedia messaging service (MMS), which allowed users to send and receive images. Most of these MMS-capable devices were also equipped with cameras, which allowed users to capture photos, add captions, and send them to friends and relatives who also had MMS-capable phones.²

Reading is one of the oldest habits of human civilization. It has been the passion of the greatest personalities of all times. One of the first documentary sources for reading was manuscript. The arrival of the Gutenberg printing press ended such discrimination by making the printed word available to all, by bringing the drastic changes to the fundamentally oral society of the day. It was certainly a great jump in the humanity's onward march to the society. The emergence of the Internet has created an extraordinary change in reading culture. It has made its existence, fully or partially, in the behaviour of the people. The revolution in the mass media, telecommunication and social networking with the emerging advancement in science & technology has made the drastic change in access and browse of the online information from the whole web using terminal at home.³

Mobile phones and message services from them have become and integrated aspects of society. Mobile phones most likely have become a primary means of communication. Its highest level of use is among adolescents, younger adults, socioeconomically disadvantaged populations, less educated young adults. A high level of mobile telephone use is associated with lower levels of self-rated health, higher BMI, and engaging in health-compromising behaviours. Mobile phone usage and SMS presents a prime delivery channel for health behaviour change interventions because it has high penetration in populations of lower socio-

Objectives :-

1. To assess the existing knowledge of high school children regarding the impact of over use of mobile phones.
2. To develop & implement planned teaching programme on the impact of over use of mobile phone among high school children.
3. To evaluate the effectiveness of planned teaching programme on impact of over use of mobile phones.

Hypothesis :-

- ❖ **H₁:** There will be significant difference between pre-test and post-test knowledge scores of high school children regarding the impact of over use of mobile phones.
- ❖ **H₂:** There will be a significant association between the pre-test knowledge score of high school children regarding the impact of over use of mobile phones with selected socio demographic variables.

Methodology :-

Design: The research design selected for this study was pre experimental one group pre-test - post-test design. The research was carried out on school students at Ganpati vidhya Bhawan Sr Sec School in Jaipur, India. The independent variable was planned teaching programme regarding the impact of over use of mobile phones. The dependent variable refers to the knowledge regarding the impact of over use of mobile phones among high school children. The extraneous variables could be the age, gender, educational level of student, education level of father, education level of mother, income per month and previous knowledge.

Sample A pre- experimental one group pre-test and post-test research design was adopted. Convenient sampling technique was used to select 60 samples for this investigation. All School students studying at the

GanpatiVidhyaBhawan School in Jaipur, India, and those willing to participate, met the study's inclusion criteria. Those who were unable to collect data were excluded.

Validity and Reliability: Furthermore, the reliability of the knowledge tool was analyzed by the Spearman-Brown Prophecy formula and chi-square test was used. The results showed excellent reliability ($r=0.95$).

Results and Discussion: Assessment of the level of pre-test knowledge score among high school children depicts that, majority 40 (67%) of respondents had average knowledge scores and 15(25%) of them had poor knowledge scores and none of the respondents had very poor 5(8%) possessed very poor, good and very good knowledge score category. This might be due to lack of updating their knowledge. The finding of the study has revealed that there is an urgent need to educate the high school children regarding the impact of over use of mobile phones. The mean post-test knowledge score (71.76%) was higher than the mean pre-test knowledge score (30.16%), with a mean difference of (41.06%). The calculated 't' value 22.22 was greater than the table value 1.6766 at 0.05 level of significance. This was proved and accepted the formulated hypothesis.

The results of the study depicts that the Planned teaching programme was very effective in improving the knowledge of the high school children regarding the impact of over use of mobile phones. Association of demographic variables with pre test scores was computed using chi-square test. Analysis has shown that, there was association between the pre-test knowledge score and demographic knowledge. Thus, the finding indicates that there is lack of knowledge among high school children regarding the impact of over use of mobile phones and information through various means like planned teaching programme is a useful source for improving the knowledge.

Conclusion

The study concluded that there was a significant increase in knowledge after the planned teaching programme. Hence it showed that PTP was effective. May be possible to prevention of Side effect of the mobile phones, advantages of mobile phone. It is handy in dialing, talking, making video film, e-mailing, sending pictures.

Recommendations

- ❖ A similar study can be conducted on a larger sample which may help to draw more definite conclusions and make generalizations.
- ❖ An experimental study can be undertaken with a control group.
- ❖ A follow-up study of the planned teaching programme can be carried out to find the effectiveness in terms of retention of knowledge.
- ❖ A study can be conducted at private and government settings and the results of the study may be compared to find out the knowledge on the impact of over use of mobile phone.

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