



## Assessment of knowledge regarding ill effects of excessive usage of mobile phones among B.Sc. Nursing students of College of Nursing, GMCH-32, Chandigarh

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### Abstract

The title of the project states “Assessment of knowledge regarding ill effects of excessive usage of mobile phones among B.Sc. Nursing students of College of Nursing”. The objectives of the project was to assess knowledge regarding ill effects of excessive usage of mobile phones and to find out association between knowledge score and selected socio-demographic variables. A cross-sectional research design was utilised to achieve the objectives. Convenient sampling technique was used to select 100 students from College of Nursing, GMCH-32, Chandigarh. Data was collected from the study subjects by tool made by researchers consisting of Part-A to collect the socio-demographic data and Part-B to assess the knowledge about ill effects of excessive usage of mobile phones. Research findings have shown that majority (52%) of students were between the age group of 18-20 years and about 48% of the students were above 20 years and none of them were below the age of 18 years. Out of 100 B.Sc. Nursing students about 66% females and 34% males had participated in the study. In the research study majority (51%) of students had the family income of >30,000 rupees, have smartphone (100%), majority (36%) of student’s father work in govt. service and about 67% of student’s mother were unemployed. Finding shown that the majority (43%) of students had 8-9 hours of sleeping time limitation and had no limitation set by their parents regarding phone uses time(47%). The knowledge score findings had shown that about 42% of B.Sc. Nursing students had the average knowledge, 38% had poor knowledge, about 19% of students had good knowledge, following 1% of students were having excellent knowledge and no students had very good knowledge regarding ill-effects of excessive usage of mobile phones. So the findings of the research study concluded that more students had average knowledge rather than good and excellent knowledge regarding ill-effects of excessive usage of mobile phones.

### Keywords:

- 1) **Assessment:** refers to the evaluation of knowledge regarding ill effects of excessive usage of mobile phone by using self-structured questionnaire.
- 2) **Knowledge:** refers to the level of awareness about ill effects of mobile phones among B.Sc. Nursing students.
- 3) **Ill-effects:** refers to a bad outcome of excessive use of mobile phones.
- 4) **Excessive usage:** refers to use of mobile phones continuously for more than two hours.
- 5) **Mobile phones:** refers to a device which is used for communication, texts, and many more.

## Background Of The Study:

In the era of modernisation, it is nearly impossible to visualize our daily life without a mobile phone. There were almost 6 billion cell phone end users universally, with roughly 86 widgets per 100 persons [1]. Mobile phone is one of the most successful creations of the twentieth century and has become an attainable mode of communication. But, lately the rate of utilization of smart phone is moderately increasing in abundance. Now, more and more individuals are using smart phones because of the introduction of inexpensive phone in the markets which are 50% lower in cost than the actual price of comparatively better quality cell phone. However, other than the utilization more distinguishable changes are seen among individuals, mainly in children the rate of addiction of mobiles have increased even before school going age from 3.6% to 4.3%, previous year [2]. There is nothing unusual about this reality; these present day citizens need mobiles relatively in all domains of their professional and personal lives. But, we don't observe how much time we invest on mobile phones and this causes their disproportionate usage by individuals. According to experts, adults should limit the screen time when they are away from work to less than two hours a day [3]. Any time spent on screens in surplus by an individual would normally bespentengaging in physical activities. Excessive use of mobile phones can leads to a variety of health problems, including an increased risk of cancer, headache, fatigue, memory problems, insomnia along with deafness [4]. World Health Organisation validated that mobiles usage is actually dangerous to one's health, classifying mobile phone radiation as a carcinogenic hazard, potentially carcinogenic to masses [5]. It is estimated that the human brain receives from 220 to 400 magnetic radiations half a second, which are not inherently perilous but do influence the brain condition on extended exposure [6]. Mobiles also cause significant effects on the reproductive health of men; those males who carry cell phones close to their inguinal region may have reproductive rates decreased by nearly 30% [7]. Despite the understanding of negative health effects, cell phone usage has risen substantially, particularly since they became more affordable and widely available around the world [8]. In India too, the plot is similar with people from both pastoral and civic areas, and those belonging to

different generations all are now relying on phones. The scaring fact is that numerous of these gadgets reach the market without any safety checking on their radiations [9]. Moment's world may be one of technology and inventions, there are a plethora of widgets that essential make our lives easy. Although mobile phones play a pivotal part in globalisation, but their overuse have serious consequences. To lessen the troubles, remember that phone is a companion, not a master. Therefore, individuals should not use it excessively.

## Need Of The Study:

The numbers of mobile phone users have grown encyclopaedically because of great technological progress. This all is due to the reality that today's cell phones can perform a wide range of functions. As a result, youth spend more of their free time on their phones which cause the youth to become addicted to them. This can also have a detrimental impact on their health and harm their relationship with their family members and also their studies. Despite the fact that smartphones appear to be the ideal gadget for convenience and connectivity; internal health risks such as eye strains, brain tumours, low sperm count, insomnia and their addiction, and lack of control of tone in keeping a mobile phone are all negative outcomes of mobile phones on youth. Many studies on the consequences of uncontrolled mobile phone use in the general population [10, 11] have been conducted, but hardly any on teenagers, the younger generation, or college students [12]. Youth who spend majority of their time with cell phones are more venerable for stress, anxiety and depression [13]. The knowledge regarding side effects of excessive usage of mobile phones among youngsters plays a remarkable role in preventing the prevalence of disabilities, and most importantly providing awareness about harmful effects of excessive use of mobile phones. Hence, it is important to evaluate the knowledge related to excessive usage of mobile phones and its ill-effects among students of B.Sc. Nursing, College of Nursing, GMCH-32.

## Problem Statement:

“Assessment of knowledge regarding ill effects of excessive usage of mobile phones among B.Sc. Nursing students of College of Nursing, GMCH-32, Chandigarh.”

**Objectives:**

1. To assess knowledge regarding ill effects of excessive usage of mobile phones among B.Sc. Nursing students.
2. To find out the association between knowledge score and selected socio-demographic variables.

**Materials And Methods:**

**Research Approach And Design:** Non-experimental research approach and cross-sectional research design.

**Research Design:** College of Nursing, GMCH-32, Chandigarh.

**Sample Size And Technique:** All B.Sc. Nursing students were chosen as subjects and approximately 100 B.Sc. Nursing students participated in the research study. Study samples were selected by convenient sampling technique.

**Tool For Data Collection:** The tool developed on the basis of:

- Review of literature
- Consultation with the experts in the field

The tool had following parts:

- PART A- Socio demographic data sheet(Variables- age, gender, year of study, family income, type of mobile, father’s and mother’s occupation, limitations on sleeping and phone time set by parents and students have their own room or not)
- PART B- Self-structured knowledge questionnaire regarding ill effects of excessive usage of mobile phones. It consists the total number of questions is 21. The total score is 24. The scoring board includes excellent (>80%), very good (71-80%), good (61-70%), average (51-60%) and poor (< 50%) which helps in the analysis of data collected.

**Result:**

**Objective I:** To assess knowledge regarding ill effects of excessive usage of mobile phones among B.Sc. Nursing students.

The knowledge score revealed that about 42% of the students had average knowledge, 38% had poor knowledge followed by 19% having good knowledge and only 1% among the 100 students had the excellent knowledge regarding the ill-effects of excessive usage of mobile phones.

**TABLE 1: Frequency and percentage distribution of students according to their knowledge**

N= 100

LEVEL OF KNOWLEDGE	KNOWLEDGE SCORE		
	SCORE	FREQUENCY (n)	PERCENTAGE
EXCELLENT	>19	1	1%
VERY GOOD	17-19	-	NIL
GOOD	14-16	19	19%
AVERAGE	12-15	42	42%
POOR	<12	38	38%

**Objective ii:** To find out association between knowledge score and selected socio-demographic variables.

This study finding showed that there was no significant association present between knowledge score of the students according to their age group, gender, year of study, family income, type of mobile phone used by students, father's occupation, mother's occupation, limitations set by parents regarding sleeping and phone usage time along with the type of room they use.

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