

**ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE CONSEQUENCES OF EXCESSIVE USE OF ELECTRONIC MEDIA AMONG ADOLESCENCE**

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**ABSTRACT**

The aim of the study is to evaluate the effectiveness of Structured Teaching Programme on knowledge regarding the consequences of excessive use of electronic media among adolescents in a selected school at Kollam district. The objectives of the study were to assess the knowledge regarding the consequences of excessive use of electronic media among adolescence, to evaluate the effectiveness of structured teaching programme on knowledge regarding the consequences of excessive use of electronic media among adolescence, to find out the association between pretest knowledge scores with the socio demographic variables. The study was undertaken with 30 samples. Convenience sampling was used. The research design was one group pre-test post-test design. Structured knowledge questionnaire was used for collecting data. Pretest was administered followed by structured teaching programme and post test was done. The data was analyzed using descriptive and inferential statistics. The study findings shows that in the pretest 50% of adolescence are having poor level of knowledge, 40% of adolescence having average level of knowledge and 6.6% are having good level of knowledge regarding consequences of excessive use of electronic media. After the structured teaching programme, in the posttest 40% of adolescence has very good level of knowledge, 60% having good level of knowledge and none of them have poor level knowledge regarding consequences of excessive use of electronic media. The calculated t value (14.9) is higher than tabulated t value ( $t_{29}=2.05$ ) at 0.05 level of significance. So the hypothesis (H1) was accepted. Hence it can be concluded that there is significant difference in the knowledge level of adolescence regarding the consequences of excessive use of electronic media. It is inferred that structured teaching programme was effective in increasing the knowledge score of adolescence regarding the consequences of excessive use of electronic media. It was concluded that there was a significant improvement in posttest score when compare to the pretest score, so the structured teaching was effective. There was no significant association between pretest knowledge scores and the selected socio demographic variables.

**Key words:** Effectiveness, Structured teaching programme, Consequences, Electronic Media, Adolescence.

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**INTRODUCTION:**

Electronic media has become a part of day to day life. The electronic media are tools for the transfer of information, concepts and ideas to audience. This includes Television, Radio, Computer, Newspapers and Magazines.

They have both positive and negative impact on everyone, especially adolescence. Adolescent period is the transitional phase from childhood to adolescence. It is a

period of curiosity. The social networking sites curb drastically the leisure time of adolescence. They are also exposed to variety of facts which are need for their age.

**OBJECTIVES OF THE STUDY**

1. To assess the knowledge regarding the consequences of excessive use of electronic media among adolescence.



2. To evaluate the effectiveness of a structured teaching programme on knowledge regarding the consequence of excessive use of electronic media among adolescence.
3. To find out the association between the pretest knowledge scores with selected socio demographic variables

### HYPOTHESIS

- There will be statistically significant difference in the pretest and post test knowledge scores regarding the consequences of excessive use of electronic media.
- There will be statistically significant association between the pretest knowledge scores regarding the consequences of excessive use of electronic media with selected socio demographic variables.

### METHODOLOGY

**Research Approach:** Quantitative approach

**Research Design:** One group pre test post test design

**Research Setting:** The present study was conducted in a selected school at Kollam.

**Population:** High school students from age 13-15 yrs

**Sample:** High school students from age 13-15 yrs at Kollam District.

**Sample size:** 30 high school children

**Sampling technique:** Convenience sampling

**Tools:** Baseline proforma and self-administering questionnaire

**Part 1:** Baseline Performa of the adolescents consist of age, sex, Education of parents, occupation of parents, previous knowledge regarding consequences of excessive use of electronic media.

**Part 2:** It is named “structured knowledge questionnaire on consequences of excessive use of electronic media.” It consists of 30 multiple choice questions.

### METHOD OF DATA COLLECTION

1. The investigators enquired on the working days of the school with permission to conduct study.
2. Based on the available time the investigators went to the selected school
3. Selected the students as per the sampling criteria. Investigators self introduction given. The tool was given to the school students and thus pretest was conducted.
4. Immediately after the pretest structured teaching programme was administered.
5. After 5 days post test was conducted.
6. The data thus collected was set to statistical analysis.

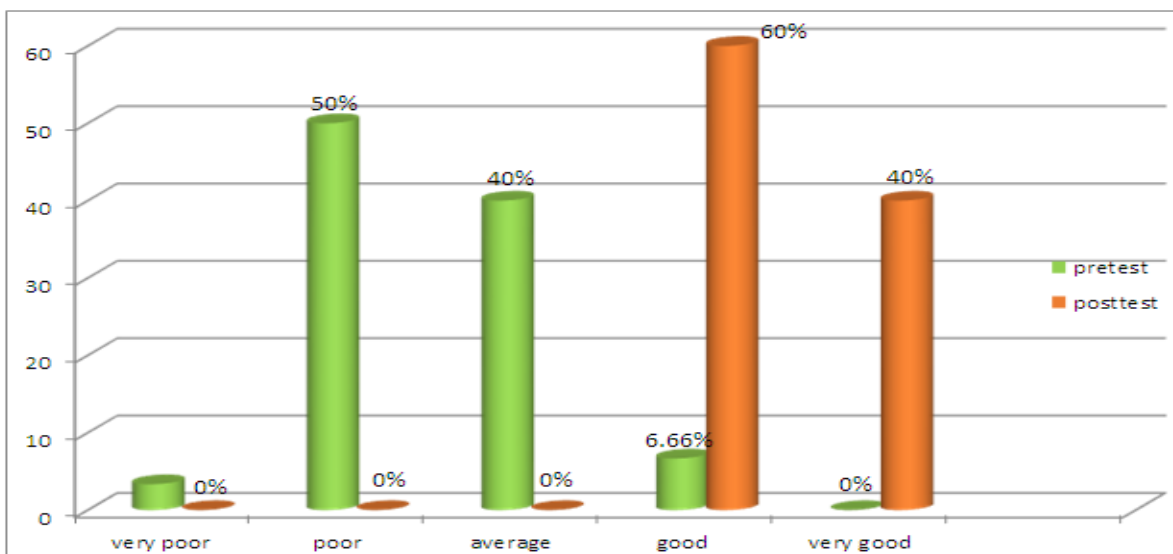
### Data analysis

- Descriptive: frequency, percentage, mean and standard deviation
- Inferential: Paired t test and chi square.

### RESULTS

Data collected were tabulated, analyzed and interpreted. Paired t test was used to test the effect of structured teaching programme, and the t value 14.887 was found to be significant at 0.01 levels (29 degree of freedom). The mean percentage of post test knowledge scores (23.63 %) was significantly higher than the mean percentage of pretest knowledge scores (14.5%). In the pre test children had average level knowledge, which was changed to very good level in the post test. Hence the structured teaching programme was effective. There was significant increase in the knowledge among high School children.

**Figure 1: Shows the Pretest and Post Test Level of Knowledge Score**



**Table 1: shows the effectiveness of structured teaching programme**

Aspects	Mean	SD	t value	P value
Pretest	14.5	2.32		
posttest	23.63	3.360	14.887	<b>0.00*</b>

t29= \*Significant at 0.01 level.

## DISCUSSION

In the present study the first hypothesis (H1) was accepted, because the t value was 14.887, and that was significant at  $p < 0.01$ . Also the mean percentage of post test knowledge scores (23.63%) was significantly higher than the mean percentage of pretest knowledge scores (14.5%) of the high school children. Thus it was interpreted that the intervention was effective in improving the knowledge level of the high school children.

## NURSING IMPLICATIONS

### Nursing service

The nurse has different role within the school settings, she can support the high school children to learn the consequences of excessive use of electronic media. Public health nurse can conduct the awareness programme regarding the consequences of excessive use of electronic media in children in the community settings.

### Nursing Education

Nurse educators can prepare nursing students to educate the children, nursing personnel and peripheral health workers regarding the consequences of excessive use of electronic media.

### Nursing administration

Nurse administrators have added opportunities in providing continuing education programme for pediatric nurses regarding the consequences of excessive use of electronic media in children.

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## Nursing Research

Further research for assessing the knowledge regarding the consequences of excessive use of electronic media among school children and the comparison of children between the urban and rural areas.

## LIMITATIONS

1. The study was limited to one school.
2. Generalization of the findings was difficult because of small sample size.
3. The tool used was not a standardized one. The investigator prepared the tool.

## RECOMMENDATIONS

A similar study can be conducted using different sampling technique with a larger sample size and different age groups. Also it can be conducted in the community settings with the parents of children.

## CONCLUSION

The present study aimed to assess the level of knowledge of high school children regarding the consequences of excessive use of electronic media, provide and assess the effect of structured teaching programme regarding the consequences of excessive use of electronic media, so that the children can follow proper usage of electronic media throughout their life. In order to test the effect of structured teaching programme, paired t test was used and the value was statistically significant at 0.01 levels. The mean post test score was much higher than the mean pretest score, and so the structured teaching programme on consequences of excessive use of electronic media among high school children was effective.

