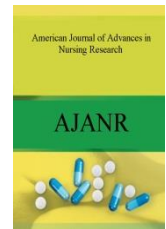




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INFLUENCES OF EXCESSIVE USE OF ELECTRONIC GADGETS ON ACADEMIC PERFORMANCE AMONG ADOLESCENTS IN SELECTED COLLEGE THIRUNELVELI DISTRICT

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ABSTRACT

Use of electronic gadgets has rapidly been increasing among adolescents, which may result in health issues and electronic gadgets addiction. The aim of the study is to assess the influence of excessive use of electronic gadgets on academic performance among adolescent using descriptive correlation design. The study consists of 50 samples selected using consecutive sampling technique. The influence was assessed using electronic gadgets excessive use Screening tool and Academic Performance Rating Scale. Results: The Study result shows that the mean score of level of electronic gadget use 41.26 with standard deviation 3.70 and the mean score of level of academic performance 29.18 with standard deviation of 0.66. The correlation coefficient value between the level of electronic gadgets use and level of academic performance was 0.7439. The study finding shows that there is positive co-relation between level of electronic gadget use and level of academic performance Conclusion: Hence the study concluded that excessive use of electronic gadgets influences the academic performance among the adolescent

INTRODUCTION

“Electronic gadgets have become specialized electronic devices that require a form of electric power to operate. Examples of these gadgets are video games, television, computers, PSP games, phone apps and mobile phones. Adolescent are tending to active consumers and users of most electronic devices. Some of these devices play a vital role in adolescence such as education fields, enhancing the skills and knowledge of students¹. It can impact the mental health of children in all age groups. The effect of adolescent lead to delayed speech, hyperactivity, aggression, violence, desire for instant gratification, fear of missing out, fear of being left out, cyber bullying, drug use,

self-harm, anxiety, and depression. This is not only the excessive screen exposure impact the mental health but it indirectly also impacts the physical wellbeing.

Some of the ill effects on physical effects observed are obesity, sedentary lifestyle, disturbed sleep, eye strain, neck, back and wrist pain. Reduced socialization, social anxiety and decreased academic performance are some additional ill effects of prolonged screen exposure seen on adolescent Social interaction is a vital for a child's healthy development. Online platforms are used by children and adolescents to connect with friends and family, to share media content². Adolescents who had spent significant time on devices may have difficulty in learning and concentrating on their studies results in poor academic performance. The more time they spend with electronic gadgets, the less time they spend in reading has develop negative effects on learning and addictive towards the digital media³

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Statement of the Problem

A study to assess the influence of excessive use of electronic gadgets on academic performance among adolescents in selected college, at Thirunelveli district

Objectives

1. To assess the level of excessive use of electronic gadgets among adolescent.
2. To evaluate the influence of excessive use of electronic gadgets on academic performance among adolescent.
3. To find out the relationship between excessive use of electronic gadgets and academic performance among adolescent.
4. To find out the association between the level of excessive use of electronic gadgets with their selected socio demographic variables such as age ,gender, accommodation, education of parents, occupation of parents, income of parents, hobbies, duration of gadgets use.

Hypotheses

H1- There is significant relationship between excessive use of electronic gadgets and academic performance.

H2- There is significant association between excessive use of electronic gadgets and socio demographic variables, such as age, gender, accommodation, education of parents, occupation of parents, income of parents, hobbies, duration of gadgets use.

Research Methodology

The research approach used for this study was descriptive correlation research study under the quantitative research. Sample Size of 50 students were

obtained for the study by using consecutive sampling techniques. The samples were selected and consent was obtained from all the study participants. After the establishment of rapport with the study participants, the investigator explained the purpose of filling the rating scale. The demographic data was collected by using questionnaire method. The level of electronic gadget use and level of academic performance was assessed by using rating scale. The data were collected from the 50 participants. The duration given for filling the rating scale to assess level of use of electronic gadgets was 30 minutes. Then the students one week of academic performance was collected from the class co-ordinator by using rating scale. The responds was co-operative and the researcher thanked them for their co-operation and participation in the study.

Results and Discussion

The first objective of the study was to assess the level of excessive use of electronic gadgets among adolescents in a selected nursing college

The second objectives was to evaluate the influence of excessive use of electronic gadgets on academic performance among adolescent

The calculated 'r' value was 0.7439 between level of electronic gadgets use and level of academic performance. It shows that there is positive co-relation between level of electronic gadget use and level of academic performance.

The third objective was to find out the association between the level of excessive use of electronic gadgets with their selected socio demographic variable

The study revealed that there was no association between the level of academic performance and level of gadgets used among adolescent with their selected demographic variables.

Table.1.1 inferred that, majority (54%) of the samples were using electronic gadgets moderately, (42%) of them were using excessively, whereas only (4%) of the samples were using averagely. N=50

Level of electronic gadgets use	Frequency (F)	Percentage (%)
Average use	2	4%
Moderate use	27	54%
Excessive use	21	42%

Conclusion

Adolescent need information for their growth and development in good health, including age- appropriate comprehensive education opportunities to develop life skills, health services that are acceptable, equitable, appropriate and effective and safe and supportive environments Adolescent electronic devices may help to stimulate the senses and imagination. Some use may help to promote listening ability, learning sounds, and speech. The present study assessed the influence of excessive use of

electronic gadgets on academic performance among adolescent in Selected College Tirunelveli district. The result of the study concluded that excessive use of electronic gadgets influence the academic performance among the adolescent.

Conflict of interest:

There is no conflict of interest



Source of fund: Self**Ethical Clearance:**

The proposed study was conducted after the approval of the ethical committee. Assurance was given to

the study participants regarding confidentiality of the data collection.

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