

A STUDY TO ASSESS THE EFFECTIVENESS OF INSTRUCTIONAL MODULE REGARDING EFFECTS OF ELECTRONIC GADGETS ON BEHAVIOUR AMONG SCHOOL AGE CHILDREN IN SELECTED SCHOOL AT JAIPUR RAJASTHAN

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Abstract

Health is an essential factor for a happy contended life. If children are healthy then future generation will be healthy resulting in healthy nation. Health care of the under five children can contribute to the overall health status of the country.² A quantitative approach was used for the present study. Research design with **One group pre test post test research design** which belongs to **quasi-experimental design** was used to assess the knowledge of school age children. The study was conducted at Tagore Public School Jaipur. The present study was conducted among 300 school going children at Tagore Public School Jaipur. The mean of post test knowledge score is significantly higher than the mean of pre test knowledge score (at $p < 0.05$ level) and there was no significant association between post test knowledge score with their selected demographic variables as the analysis showed that the chi-square calculated value was less than the chi-square table value except class of child. The study findings showed that none of school age children had adequate knowledge on effects of electronic gadgets on behaviour. Although they had gained knowledge in all areas of affects of electronic gadgets, there is still much more possibility for improving their knowledge, especially in the area of common effects of electronic gadgets, management of ill effects of gadgets on children.

Keywords: Electronic Gadgets, Behaviour, School age children, School.

INTRODUCTION

The term health and wellness are used interchangeably. Health is often described as absence of illness. Whereas wellness is often given a more positive connotation, suggesting that it involves more than absence of illness. The term illness refers to deviation from the normal health. A large number of life changes may cause illness. These days, millions of children use computer systems on a everyday foundation. Large viewing of the laptop display screen can result in eye discomfort, fatigue, blurred vision and headaches, dry eyes and different signs and symptoms of eyestrain. Those signs can be resulting from negative lighting, glare and wrong work station set-up, vision problems of which the individual was now not previously conscious, or a combination of those elements.

STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of instructional module regarding effects of electronic gadgets on behaviour among school age children in selected school at Jaipur city.”

OBJECTIVES OF THE STUDY

1. To assess the existing level of knowledge regarding effects of Electronic gadgets on behaviour among school age children.
2. To determine the effectiveness of structured teaching programme regarding effects of Electronic gadgets behaviour among school age children.
3. To find the association between post test knowledge level regarding effects of Electronic gadgets on behaviour among school age children with their selected demographic variables.

RESEARCH HYPOTHESES

A hypothesis is an assumption statement about the relationship between two or more variables that suggest and answer to the research questions. ¹¹⁴

The study attempted to examine the following hypotheses:-

H₀: There will be no significant difference between the pre and post test knowledge score of school age children regarding effects of Electronic gadgets on behaviour.

H₁: There will be a significant difference between the pre and post test knowledge score of school age children regarding effects of Electronic gadgets on behaviour.

H₂: There will be significant association between post knowledge score among school age children regarding effects of Electronic gadgets on behaviour with their selected demographic variables.

METHODOLOGY

The conceptual frame work selected for the study was based on “**General System Theory**”. It was proposed by **Ludwig Von Bertalanffy in (1968)**. The conceptual frame work of the theory includes input, throughput and output.

In view of the nature of the problem selected and objective to be accomplished, Quasi-experimental design was selected; one group pre test post test design was considered most suitable for the study, “**A study to assess the effectiveness of instructional module regarding effects of electronic gadgets on behaviour among school age children in selected school**”. Simple random sampling technique was used and 300 school age children were assessed from selected in Tagore Public School at Jaipur. The method used for the data collection is interview schedule by using structured knowledge questionnaire to assess the knowledge regarding effects of Electronic gadgets on behaviour. Instructional Module on effects of Electronic gadgets on behaviour was developed.

A pre test was conducted by administering interview schedule with structured knowledge questionnaire to the samples after obtaining consent; on the same day Instructional Module was administered and the post-test was conducted by using the same structured knowledge questionnaire after the 10th day of administration of Instructional Module.

RESULTS

The measured findings indicated that school age children had inadequate knowledge in various aspects of prevention of ill effects of electronic gadgets on behaviour. IM was proved to be a very effective means of providing information regarding effects of electronic gadgets on behaviour. The mean of post test knowledge score is significantly higher than the mean of pre test knowledge score (at $p < 0.05$ level) and there was no significant association between post test knowledge score with their selected demographic variables as the analysis showed that the chi-square calculated value was less than the chi-square table value except class of child.

INTERPRETATION AND CONCLUSION

The study concluded that IM on effects of electronic gadgets on behaviour among school age children was an effective method to improve their knowledge and help them to adapt to preventive measure of ill effects of electronic gadgets on behaviour and enable them to live a better quality of life.

On the basis of findings, it is recommended that a similar study may be done adolescence. It is recommended that the other method of teaching along with frequent reinforcement can be implemented for improving the knowledge regarding prevention of ill effects of electronic gadgets on behavior among school age children.

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