

A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BEHAVIOURAL CHANGES WHILE USING INTERNET AMONG CHILDRENS IN SELECTED PRIMARY SCHOOL OF SURAJPUR C.G.

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ABSTRACT

Studies indicate that primary school children, particularly those aged 7-12, frequently use internet-connected devices, often resulting in significant behavioural changes like increased aggression, reduced attention spans, and social withdrawal. Over 75% use devices for gaming, yet many show low awareness of associated risks. High screen time (>2 hours) correlates with poor sleep, decreased physical activity, and developmental delays. The influence of the internet is substantial in every walk of life. Internet's influence has even affected the life of children also. Child development, behaviour, learning and social interaction are now days affected by influence. The researcher has attempted to study the influence on the behavior of Children. It is also found in that change in behavior of children in the category of emotional adjustment is observed in the age younger age more as compared to older age children's.

Keywords: Knowledge, primary school children's , video assisted teaching programme.

INTRODUCTION

The Internet has become an important part of our daily lives, and both children and adults are experiencing the ubiquitous nature of the Internet. Various forms of digital technology surround children in their home, school, or public places, and they are using the Internet with increasing frequency at very young ages (starting in infancy) .At present in many countries, it is almost imperative that parents buy home computers or other digital devices and subscribe to the Internet in order to provide their children with tools that are necessary for educational engagement. However, children often engage with digital devices for other types of activity as well, such as social networking and playing video games. Thus, the increasing amount of time that children are engaged with digital devices raises questions about the impact of these activities on their psychological well-being.

The other physical issues-

- **Mental Health and Behavioural Issues:** Excessive screen time is linked to anxiety, depression, irritability, and lower self-esteem. It can result in decreased concentration, poor academic performance, and aggressive behaviour.
- **Physical Health Problems:** Prolonged, sedentary internet use contributes to obesity, poor eyesight, and musculoskeletal issues. It also disrupts sleep patterns due to blue light exposure and late-night, addictive usage.
- **Social Isolation and Development:** Over-dependence on the virtual world can lead to reduced real-world interaction, creating social isolation and hindering the development of essential social skills.
- **Safety and Content Risks:** Children are exposed to cyberbullying, online predators, and inappropriate content (such as sexual exploitation or violence).
- **Cognitive Impact:** High screen time is associated with decreased verbal intelligence and smaller increases in brain volume related to memory and attention

REVIEW OF LITERATURE

Section 1- Review of literature related to assess the knowledge regarding Behavioural changes while using internet among children's

Section 2- Review of literature related to effectiveness of video assisted teaching programme on knowledge regarding Behavioural changes while using internet among children's

OBJECTIVES OF THE STUDY

1. to assess the pre test and post test knowledge regarding Behavioural changes while using internet among children's in selected primary school of Surajpur C.G.
2. to assess the effectiveness of video assisted teaching programme on knowledge regarding

knowledge regarding Behavioural changes while using internet among children's in selected primary school of Surajpur C.G

3. to find out the association between pre test level of knowledge regarding knowledge regarding Behavioural changes while using internet among with selected socio demographic variables.

METHODOLOGY

The review of literature was undertaken in this study . The conceptual frame work was Imogene kings goal attainment theory . The research approach used will be quantative research approach in this study . the research design was pre experimental study. The sample of 80 children's in selected primary school of Surajpur C.G. Non-probability purposive sampling technique was used. The tool was include that the selected socio demographic data ,and self structured knowledge based questionnaire .

DEVELOPMENT & DESCRIPTION OF THE TOOL

Data collection tools are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem (Burns.N,Grove. K,2002).

After wide reading, the researcher developed the tool as per the following:-

SECTION-A: deal with socio demographic variables .

SECTION B: self structured knowledge based questionnaire

SCORING TECHNIQUE

SECTION A :- The demographic variables consists of 07 items were given coding.

SECTION B :- The knowledge questionnaire comprises of 30 multiple choice questions related to knowledge based . To interpret the level of knowledge, the score was attributed as follows:

There were 30 items pertaining to the knowledge regarding Behavioural changes while using internet among children's in selected primary school of Surajpur C.G.

For each item, a score of one (1) was assigned to a correct response and zero (0) assigned to each wrong answer. Total score to knowledge question was 0 – 30. The level of knowledge was categorized based on the percentage of score obtained.

S.NO.	CRITERIA	SCORE	PERCENTAGE
1.	POOR	0-10	0-35%
2.	AVERAGE	11-20	36-69%
3.	GOOD	21-30	70-100%

RELIABILITY

Reliability of an instrument is the degree of the consistency with which it measures the attribute it is suppose to be measuring. It refers to the accuracy and consistency of measuring the tool. The reliability of the closed ended knowledge questionnaire was established by using test pretest method.

In order to establish the reliability, the tool was administered to 10 samples, which fulfilled the inclusion criteria. These samples were excluded from the main study. The tool was found to be reliable by using Karls Pearson method formula. ‘r’ value was found $r = 0.97$ which shows, that the reliable is highly reliable.

PILOT STUDY

The pilot study is a smaller version of the proposed study, using similar subjects, settings, treatment, method of data collection and analysis technique as used in main study. Pilot study was done to check the clarity of the items in tool and the feasibility in conducting the study.

Pilot study was conducted on month of 07/09/25 to 14/ 09/2025 in selected primary school of Surajpur C.G. This was conducted after obtaining permission from the individuals. 10 samples that fulfilled the inclusion criteria were selected by Non probability sampling technique. At first complete instructions were given to the samples. On 1st day pre test was conducted using the self structured knowledge questionnaire. And the 7th day the post test was conducted . The completed questionnaire was collected after an average time of 20 -30 minutes. The pilot study samples were excluded from the main study.

PLAN FOR DATA ANALYSIS AND INTERPRETATION

- Data will be analyzed by using descriptive and inferential statistics.
- The main study was conducted in only one month
- Organization of data in master sheet.
- Calculate the frequency and percentage to show the distribution of subjects according to the baseline variables
- Calculate mean, mean percentage , standard deviation , chi square test of the domains of quality of life.
- Value to compare at p value 0.05 level of significant for corresponding degree of freedom
- Data will be expressed in table and figure for better clarification.

RESULT

Maximum of children's in the age group were 6-10 year of age , mostly of children's belongs to Hindu religion, maximum of children's are belongs in nuclear family, and live in urban area, mostly of parents are studied in 12th and graduation and occupation of parents was private job and house wife , the monthly income was under the 10,001-15,000Rs, previous knowledge was No, If Source of information was parents/ caretakers. Depict that analysis of pre-test knowledge scores on the basis of scoring criteria maximum of children's had poor knowledge 42 (70%), and 18(30%) had average knowledge and 0(0%) had good knowledge . Analysis of Post-test knowledge scores on the basis of scoring criteria maximum of children's 58(97%) had good knowledge, and 02 (3%) . the effectiveness of video assisted teaching programme on knowledge regarding the pre test mean score was 13 , mean percentage score was 22 % and SD was 3.61 , analysis of post test knowledge mean score was 25 , mean percentage 42% and SD was 14.6 , and standard error was 1.941, the Z test value was 0.0274 that was found to significant at 0.02 level. The data result shows that age in years, gender , area of residence , type of family, type of religion, previous knowledge, source of information was non significant at the level of $p=0.05$. and only In a daily how many spent times internet was significant at the level of $p=0.05$.

CONCLUSION

Social media use among children poses significant risks, including heightened anxiety, depression, body image issues, and low self-esteem due to constant peer comparison and unrealistic, curated content. The Internet may not necessarily change the way we think, but it certainly shapes and directs our thoughts by changing our behavior. Offline, we may be secretive, miserly, private, suspicious and self-centered. Online, we become philanthropic, generous, approachable, friendly, and dangerously unwary of strangers. awareness is more importance in daily life . the parents or teachers or caretaker is responsible for daily activity in children.

RECOMMENDATIONS

- The study may be replicated with randomization in selection of a large sample.
- The study conducted the selected primary school of Surajpur C.G.



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