



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON CONSEQUENCES OF INTERNET ADDICTION AND ITS PREVENTION AMONG ADOLESCENTS

Ms. Neetu Gilbert,

Asst Professor, T John College of Nursing, Bangalore

ABSTRACT

The present study is aimed at determining the effectiveness of structured teaching programme on consequences of internet addiction and its prevention among adolescents. Objectives were to, assess the severity of internet addiction among adolescents, assess the existing knowledge among adolescents regarding consequences of internet addiction and its prevention, assess the effectiveness of structured teaching programme on knowledge regarding consequences of internet addiction and its prevention among adolescents, find the association between knowledge score among adolescents and socio demographic variables and find the association between severity of internet addiction among adolescents and selected socio demographic variables. The research design adopted was pre experimental one group pre-test post-test design , the sampling technique was stratified random sampling for selecting schools and purposive sampling technique for selecting the sample. The tools used for the present study include tool for collecting socio demographic profile, Internet Addiction Test for assessing the severity of internet addiction and also for the selection of sample and a structured questionnaire to assess the knowledge regarding consequences of internet addiction and its prevention. The pre-test and the structured teaching programme was administered to all the participants and post-test was done for the selected sample on the same day. The calculated 't' value for teaching programme was 32.9 2 which was statistically significant at 0.05 level which shows that teaching programme was effective in improving knowledge. The study also identified that there was association between pre-test knowledge score among adolescents with gender, educational status of subject's father and there was also association between severity of internet addiction among adolescents with selected socio demographic variables like duration of using internet and place of using internet.

Keywords : adolescents; consequences; internet addiction disorder; structured teaching programme

INTRODUCTION

The internet is an exciting new medium that is evolving into an essential part of everyday life in modern world. The usage of internet has made the life easier through its numerous benefits which may include keeping in touch with friends, exploring the incredible wealth of information, raising

the efficiency and accuracy of work, online purchasing, entertainment and many more. Nevertheless, despite the high speed of information flow and potential educational value of the internet, there are several attributes of internet which may foster addictive behavior in a person. These attributes include easy and flexible access 24 hours a day; anonymity; provision of free and unlimited numbers of social networks as well as a mean to escape from emotional difficulties and problematic situations. For some internet users, usage of internet has become the central focus of their lives and a temptation that is hardest to resist. Thus with the increasing importance of internet and online usage, pathological internet use (internet addiction disorder) is becoming more common in society.

Internet addiction disorder (IAD) is a speculated mental disorder made and introduced by Ivan Goldberg M D, in 1995. Internet addiction disorder is characterized by poorly controlled internet use, and can lead to impulse-control disorders. Recently, internet addiction, especially among adolescents, has been recognized as an important social issue in various countries. Research findings have shown that excessive use of internet or internet addiction adversely affects one's physical health, family life, and academic performance. Besides, adolescent internet addicts often suffer from severe psychological distress, such as depression; anxiety; compulsivity; feeling of self-effacement; fear that life without internet would be boring, empty, and joyless; as well as feeling of loneliness and social isolation.²

Statement of the problem

A pre experimental study to assess the effectiveness of structured teaching programme on knowledge regarding consequences of internet addiction and its prevention among adolescents in selected schools at Thrissur.

Objectives

1. Assess the severity of internet addiction among adolescents.
2. Assess the existing knowledge among adolescents regarding consequences of internet addiction and its prevention.
3. Assess the effectiveness of structured teaching programme on knowledge regarding consequences of internet addiction and its prevention among adolescents.
4. Find the association between knowledge score among adolescents and socio demographic variable
5. Find the association between severity of internet addiction among adolescents and selected socio demographic variables.

Hypotheses

H₁: There will be significant difference in knowledge score among adolescents regarding consequences of internet addiction and its prevention before and after the administration of structured teaching programme.

H₂: There will be significant association between knowledge score among adolescents and socio demographic variables.

H₃: There will be significant association between severity of internet addiction among adolescents and selected socio demographic variables.

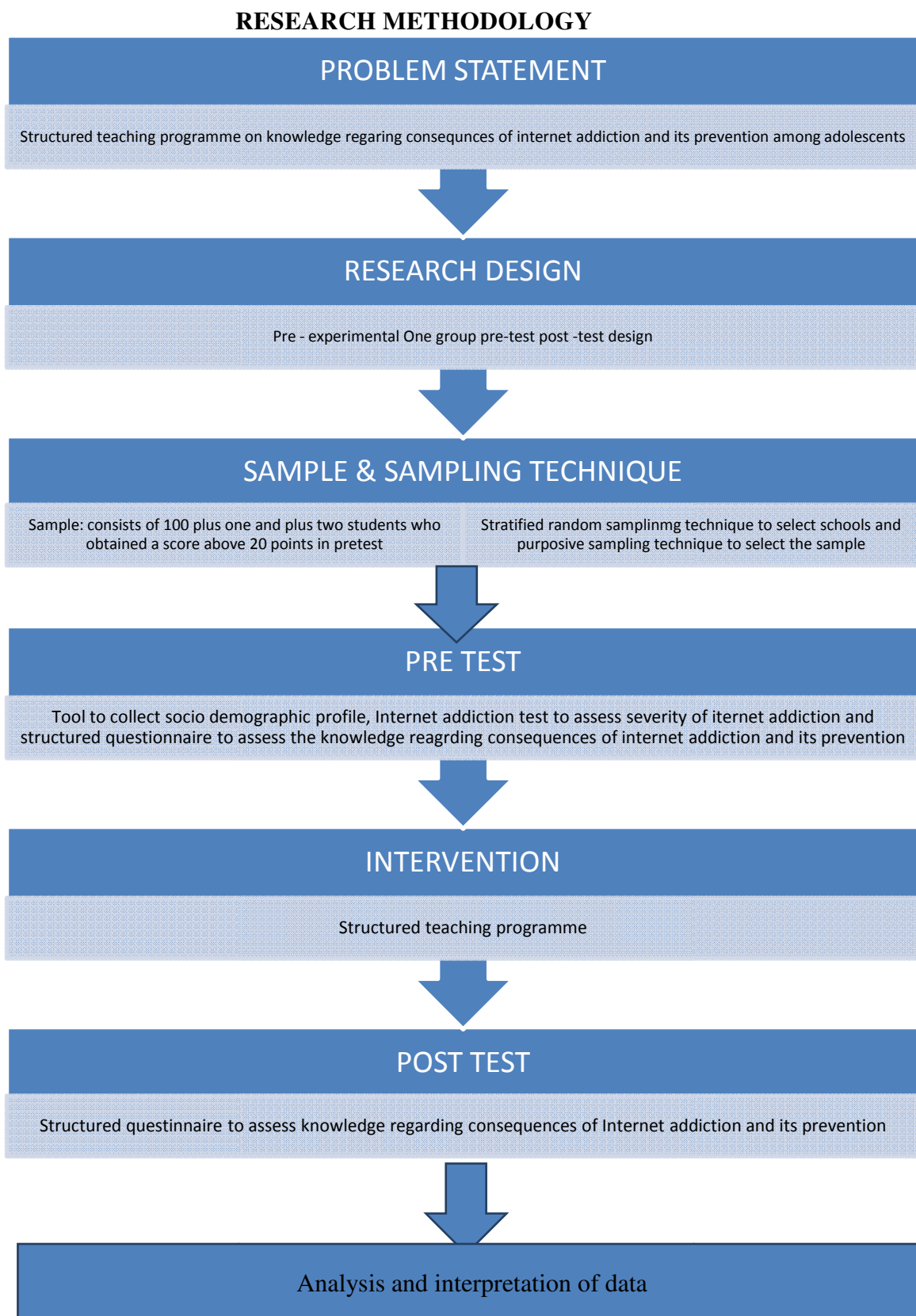


Fig.1: Schematic Representation of the study

Discussion

The purpose of the study was to assess the effectiveness of structured teaching programme on knowledge regarding consequences of internet addiction and its prevention among adolescents in selected schools at Thrissur. Findings related to distribution of socio demographic variables of adolescents The present study revealed that 53 % of adolescents studied belonged to 16 years of age which is in consistent with the study conducted by Goel D. The result of this study found out that the mean age of adolescents were 16.82.²⁸ The present study identified that 64% of subjects studied were males. These findings are comparable with study conducted by Aktepe E, Al Hantoushi , Muller W Kai, Xu Jian , and Goel D which identified that males had more internet addiction than females .¹⁵, In the present study 33% of adolescents used social network as their main browsing area. This result is in tune with the study conducted by Muller W which identified that the Preferential sites for internet addicts were social network.²² Findings related to severity of internet addiction among adolescents Study conducted by Seo M identified that, Using Korean version of Internet Addiction Test 80.9 % were general users, 16% were potential risk users and 3.1 % were high risk users.²⁴ Similarly study conducted by Ghamari found out that 8.2% had moderate addiction and 2.8% were having severe internet addiction.²⁵ Another study conducted by Goel D identified that 0.7% were addicts and 74.5 % were moderate or average online users. ²⁸ Study conducted by Chahoth also identified that 18.88 % were moderate and severe internet users and majority, 57.77% confirmed to mild internet addiction.²⁹ The above mentioned studies are in consistent with the present study which identified that 89% were average online users, 10% had occasional problems with internet usage and only 0.44% had significant problem with internet usage.

Findings related to effectiveness of structured teaching programme on knowledge regarding consequences of internet addiction and its prevention among adolescents. The present study proved that the mean pre-test was 8.⁶⁹ with standard deviation 2.⁵³ and the mean post-test mean was 18.3 with standard deviation 2.¹⁹. The calculated 't' value 32.⁹² is found to be highly significant at 0.05 level which confirms that structured teaching programme was effective in improving knowledge of adolescents. Study conducted by Kaneez S supports that cognitive behavioural therapy when used alone or in combination with counselling and other methods like motivational interview is found to be effective in improving IAD symptoms and other underlying issues.⁶ This study supports that the teaching programme as an initial step would be beneficial for adolescents in preventing the development of consequences of internet addiction and thereby making them aware about the preventive measures to be adopted.

Findings related to association between knowledge score among adolescents and socio demographic variables The present study identified that there was association between knowledge score among adolescents and socio demographic variables like gender and educational qualification of subject's father. There were no similar studies that suggest association of knowledge score among adolescents and socio demographic variables. Findings related to association between severity of internet addiction among adolescents and selected socio demographic variables The present study identified that there was association between severity of internet addiction and duration of using internet with P value 0.01. This is in accordance with the study conducted by Wang H which concluded that the students who spent more time on- line are more likely to problematic internet use or internet addiction disorder.¹⁹ Another study which supports this finding was conducted by Seo M, result which showed that there was positive correlation between internet addiction and hours spent playing online games.²⁴ In the present study there was association between place of using internet with severity of internet addiction with p value 0.02. This is consistent with the study

conducted by Wang H, which revealed that problematic internet use is increased with risk factors like people who are accessing internet from home and at school .¹⁹

Summary

In the present study, the researcher investigated the effectiveness of structured teaching programme on knowledge regarding consequences of internet addiction and its prevention among adolescents in selected schools. The researcher found that there was a significant improvement in knowledge score among adolescents after the structured teaching programme. It was also identified that there was association between knowledge score among adolescents with socio demographic variables like gender and educational qualification of subject's father. In addition to it, there was association between severity of internet addiction with variables like duration of using internet and place of using internet.

CONCLUSION

The structured teaching programme was a successful endeavour in improving the knowledge of adolescents regarding consequences of internet addiction and its prevention. Based on the findings of present study, it is concluded that prevalence of internet addiction among adolescents are on the rise which demands the need for an intervention like teaching programme. There was a significant improvement in knowledge score among adolescents regarding consequences of internet addiction and its prevention after teaching programme.

REFERENCES

[1] Prof. Daniel T L , Dr Rachel C F , Yu L. Internet addiction. *Neuroscience in 21st century*:spring reference.[internet].No date [Cited **2012** Nov]; 1(2):[2775-2811]. Available from : <http://www.springerreference.com/docs/html/chapterdbid/333019.html>

[2] Kim Yeonsoo, Park Y J, Kim B S, Jung K I, Lim S Y. The effects of internet addiction on lifestyle and dietary behaviour of Korean adolescents. *Nursing research and practice*. [Internet]. **2010** Feb [Cited 2010 Feb 24]; 4(1):[51-57].

Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2830415/>

[3] Alavi S A , Maracy R M , Fereshte J , Eslami M. The effect of psychiatric symptoms on the internet addiction disorder in Isfahan's University student . *Journal of research in medical sciences*. [Internet]. No date [Cited **2011** June]; 16(6):[793-800].

Available from : <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3214398/>

[4] Young B . A study on the effect of the internet use and social capital on the academic performance Development and society. [Internet]. No date [Cited **2006** June]; 35(1):[107-123]. Available from : <http://www.isdpr.org/isdpr/publication/journal/35-1/06BaeYoung.pdf>