Effectiveness of Structured Teaching Programme on Knowledge Regarding Facebook Addiction among Students Studying in Selected Degree Colleges in Bangalore

Sarita Nepal[1], Binita Poudel[2], Tulasi Chaudhary[3]

1School of Nursing, Chitwan Medical College, Bharatpur, Chitwan, Nepal
2 Department of nursing, Narayani Samudayik Hospital Ltd.Collegeof Nursing,chitwan, Nepal
3Deparment of nursing, Shree Medical & Technical College, Bharatpur, Chitwan,Nepal
Corresponding auther; Sarita Nepal, lecturer ,School of nursing Chitwan medical College,Tribhuwan University, Nepal;

Abstract
Background: *Facebook addiction means spending an excessive amount of time on facebook. Typically, it involves a person's facebook use interfering with important activities in life, such as work, school or maintaining relationships with family and "real" friends. With 1.9 billion people with a profile and counting, the numbers are only going to get worse. As with every addiction, those who are addicted will also tend to be the first to deny their behaviours. Surfing facebook addiction does show abnormal symptoms among many teenagers such as depression, excessive aggression, abnormal anxiety or even normal anxiety, isolation etc. The aim of present study is to assess the level knowledge regarding facebook addiction among students studying in selected degree college, Bangalore.*
Material and Methods: *The research design for the study is a quantitative pre experiment method was use for this study. In this study, the researcher has administered self-constructed questionnaire among students to assess the level of knowledge regarding facebook addiction.*
Results: *In the pre test the subject had inadequate knowledge with mean of 40.5% and standard deviation of 5.4% whereas in post-test there was a significant gain in mean knowledge score of 76.9% with standard deviation of 7.A significant association was found between socio-demographic variables such as age, types of family, number of siblings, educational status of father, educational status of mother, time spend on mobile using facebook per day, leisure time activities and heard about facebook addiction at 0.05 levels of significance.*
Conclusion: *In the pre test, 98% of the subject had inadequate knowledge and 2 % had moderate knowledge whereas in the post test, 100% of the subject had gained adequate knowledge .Thus the study findings indicate that structured teaching program was effective in enhancing the knowledge of students regarding facebook addiction among students studying in selected degree colleges, Bangalore.*
Key Words: *facebook addiction, structured teaching programme, purposive sampling, preexperimental study, one group pre-test post test design.*

I.   Introduction

Social network sites are web based services that allow individuals to construct a public or semi –public profile within a bounded system, articulate a list of connections and those made by others within the system. The nature and nomenclature of these connections may vary from site to site.[1]

Facebook is defined as an online social networking website where people concrete profiles. Share information such as photos and quotes about themselves, and respond or link to the information posted by others.[2]

Facebook addiction means spending an excessive amount of time on Face book. Typically, it involves a person's facebook use interfering with important activities in life. Alcohol, tobacco, sleep and sex may all be easier to resist than Facebook. Facebook is becoming a major source of stress for users. More friend =more stress. 63% are stressed by delaying response to friend request.32% feel guilty for rejecting friend request.12% feel generally anxious about the site.10% dislike receiving friend's request. Sign of facebook addiction are: spend a lot of time thinking about facebook or planning how to use it, feel an urge to use facebook more and more, use facebook in order to forget about personal problems, have tried to cut down on the use of facebook without success, restless or troubled and use facebook so much that it has had a negative impact on job or studies[3]

Global statistic shows that 6% of the world's population is addicted to the internet. The world's population is roughly 7 billion people, so that makes for about 420 million people addicted to the internet.[4]

53% of Indians are connected to the internet every waking hour which is higher than the global average of 51% a new international study has found. "The continuous online connectivity is becoming a phenomenon in India with 53 per cent of respondents in the country saying they are connected to the internet every waking hour," said the study conducted by a leading global management consulting firm, the London-based at Kearney Global Research.[5]

II. Material and Methods:

Study design:. The research design used in this study was experimental one group pre test and post test design. In pre experimental design, the investigator selected the sample by non probability purposive sampling technique and introduced based measure before and after planned exposure which is depicted as O1 and O2 respectively. In this study the base measure was structure knowledge questionnaire used to assess the knowledge regarding facebook addiction among students studying in selected degree college in Bangalore. The administration of structured teaching program is depicted as X. **Study location:** The study was conducted among students studying in selected degree college in Bangalore

Study duration: 08-02-2019 to 30-02-2019

Sampling procedure

Non probability purposive sampling technique was used to draw the sample. Purposive sampling is in which subjects are selected because of their feasibility and proximity to the researcher.

Sample size

The sample of the study would comprise of 60 student of Faran College of management in Bangalore fulfilling inclusion criteria.

Inclusion criteria

The students, who are willing to participate in the study, who can speak, read and write English, Hindi and kanada and who are between 18-19 years age group.

Exclusion criteria

All students who are not available during the period of study and Students who had been already selected in similar research study

Operational definitions

Facebook addiction: facebook addiction means spending an excessive amount of time on facebook

Structured teaching programme: It refers to a sequential and organized educational activity that inform regarding the facebook addiction among students studying in Degree College

Effectiveness: It refers to outcome of structured teaching programme identified with the help of structured knowledge questionnaire

Evaluate: In this study it refers to the process to identify the effectiveness of structured teaching program (STP) on facebook addiction among students studying in Degree College in Bangalore, with structured knowledge questionnaire

Knowledge: It refers to awareness of students studying in Degree College regarding facebook addiction

In current study, level of knowledge regarding through self-constructed questionnaire. . With 30 maximum and 0 minimum score from the questionnaire, level of knowledge regarding facebook addiction classified into following 3 categories as shown in the table below:

Inadequate knowledge: 0-15 Score

Moderate: 16-22 Score

Adequate: 23-30 Score

Ethical clearance

The research proposal was approved by Faran College of Nursing ethical review board. Prior permission was obtained from the Block Education Officer and headmasters of respective schools keeping in mind the ethical aspect of the research. Data were collected after obtaining informed consent from the respondents and were assured of the anonymity and confidentiality of the information provided by them.

Descriptive statistics are useful for summarizing empirical information. Inferential statistics which are based on laws of probability provide a means of drawing conclusions about the population from which data was obtained. Data will be analyzed by following steps:

☐ Data was entered and analysed trough IBM SPSS V. 20

☐ Frequency and percentage, mean was calculated for describing the socio-demographic variable.

☐ Chi-square test was used to find the association between with socio-demographic variable selected baseline variables.

III. Result

Table no. 1**:** shows that majority 75% of the respondents of 18 years, 25% of the respondents of 19 years. similarly majority 58% of respondents are male and 42 % of respondents are female. And 50 % of the respondents are Joint family, 33% are Nuclear family and   remaining 10%   are Extended family and last majority 58% of respondents are use mobile two hour or more for face book, 20 % are use half an hour, 17% are use one hour and remaining 5% are no use.

Table 1 Distribution of respondents according to Socio-demographic variables

Characteristics		Frequency	Percentage (%)
Age in years	18	45	75
	19	15	25
gender	Male	35	58
	Female	25	42
Types of family	Nuclear	20	33
	Joint	30	50
	Extended	10	17
Time spend on mobile using for facebook per day.	No use	3	5
	Half an hour	12	20
	One hour	10	17
	Two or more	35	58
Leisure time activities	Mental activities Chess, drawing painting etc.	10	17
	Physical activities Football, volleyball Crickets etc.	2	3
	Recreational activities watching TV ,using mobile et	48	80

Table 2: Over all mean pre test and post test knowledge scores of responding knowledge regarding face book addiction

Overall Pre Test and Post Test Knowledge Scores					
Aspects	Max Score	Knowledge Score			
		Mean	SD	Mean%	SD%
Pre Test	30	12.2	1.6	40.5	5.4
Post Test	30	23.1	2.1	76.9	7.0
Enhancement	30	10.9	2.9	36.4	9.6

Above table shows the distribution of respondents based on their mean pre-test and post test knowledge score. It is found that the mean pre-test knowledge score was 40.5% (SD=5.4%). Whereas the mean post test knowledge score was found 76.9% (SD=7%) the enhancement of mean knowledge was 36.4% (SD= 9.6%

Table 3.Comparison Aspect wise mean pre test post test knowledge scores in face book addiction

NO	Knowledge Aspects	Respondents Knowledge (%)						Paired 'T' Test
		Pre Test		Post Test		Enhancement		
		Mean	SD	Mean	SD	Mean	SD	
1	General information regarding face book Addiction	14.9	2.6	20.6	2	5.7	3.3	13
2	Causes, sign and negative effect	13.3	2.5	29.2	4.1	15.9	4.7	26

3	Overcome, prevention and therapies	12.2	2.4	27.3	3.3	15.1	4.6	26
4	Combined	40.5	5.4	76.9	7	36.4	9.6	29

* Significant at 5% level,   t (0.05, 59df) = 1.671

The data depicted in the above table shows the aspect wise comparisons of the pre-test and post-test mean knowledge score of the respondents regarding face book addiction. A paired't' test was done to compare the mean pre-test and post-test on each aspects. For general information on face book addiction the obtained't' value was 13 which is found to be significant at 0.05 level (t=1.671). Regarding question of causes, sign& negative effect obtained't' value was 26.which is found to be significant at 0.05 level (t=1.671).In the knowledge question of overcome, preventions &therapies the obtained't' value was 26 which is found to be significant at 0.05 level (t=1.671) and the overall combined knowledge aspect the obtained 't' value was 29 which is found to be significant at 0.05 level (t=1.671). From the above statistical information, it is evident that the structured teaching program was effective in enhancing the knowledge of the degree students in all aspects regarding face book addiction.

Table 4.Association between Demographic Variable and pre-test knowledge level of respondent on Knowledge regarding face book addiction

N=60

Demographic Variable	category	Sample	responders knowledge			χ2 Value	P Value
			Adequate	Moderate	Inadequate		
Age	18 Yrs	45	2	27	16	7.279*	2
	19 Yrs	15	1	3	11		
Gender	male	35	3	8	24	2.4NS	2
	female	25	2	2	21		
Religion	hindu	20	2	3	15	0.665 NS	4
	muslim	15	2	2	11		
	christian	25	3	2	20		
	others	0	0	0	0		
Types of family	nuclear	20	1	6	13	9.564*	4
	joint	30	2	1	27		
	extended	10	2	1	7		
	single parent	0	0	0	0		
Number of siblings	none	0	0	0	0	10.191*	4
	single	10	1	3	6		
	two	35	2	21	12		
	three or more	15	2	2	11		
Educational status of Father	uneducated	5	0	0	5	18.169*	8
	primary	10	1	1	8		
	secondary	20	1	12	7		
	high school	10	2	2	6		
	puc above	15	3	2	10		
Educational status of Mother	uneducated	10	0	1	9	17.505*	8
	primary	15	1	8	6		
	secondary	15	1	10	4		
	highschool	15	1	2	12		
	puc above	5	1	2	2		
time spend on mobile using face bookper day	no use	3	0	1	2	19.953*	6
	half hour use	12	2	6	4		
	one hour use	10	1	2	7		
	two or more	35	1	1	33		
leisure time activities	mental activities	10	1	1	8	11.66*	4
	physical activities	2	0	1	1		
	recreational activity	48	1	1	46		
	others	0	0	0	0		
have you heard about face book addiction	yes					21.429*	2
	health care	0	0	0	0		
	teacher	0	0	0	0		

	family	5	0	2	3		
	internet	5	0	2	3		
	No	50	0	0	50		

*Significant at 5% level,   NS: Non significant

From the above table -17, it is evident that with regard age group the obtained chi square (x^2) value 7.279 is more than table value (5.991, 2df,p<0.05) at 5 % level of significant based on this research hypothesises accepted and null hypothesis is rejected therefore there is significant association between age group and knowledge level on face book addiction.

With regard types of family the obtained chi square (x^2) value 9.549 is more than table value (9.49, 4df, p<0.05) at 5 % level of significant based on this research hypothesises accepted and null hypothesis is rejected therefore there is significant association between type of family and knowledge level on face book addiction.

With regard number of siblings the obtained chi square (x^2) value 10.191 is more than table value (9.49, 4df, p<0.05) at 5 % level of significant based on this research hypothesises accepted and null hypothesis is rejected therefore there is significant association between number of siblings and knowledge level of face book addiction.

Regarding educational status of father the obtained chi square (x^2) value 18.619 is more than table value (15.51, 8df, p<0.05) at 5 % level of significant based on this research hypothesises accepted and null hypothesis is rejected therefore there is significant association between educational status of father and knowledge level of face book addiction.

Regarding educational status of mother the obtained chi square (x^2) value 17.505 is more than table value (15.51, 8df, p<0.05) at 5 % level of significant based on this research hypothesises accepted and null hypothesis is rejected therefore there is significant association between educational status of mother and knowledge level of face book addiction

Time spend on mobile using face book per day the obtained chi square (x^2) value 19.953 is more than table value (12.59, 6df, p> 0.05) at 5% level of significance based on the research hypothesis is accepted and null hypothesis is rejected therefore there is significance association between time spend on mobile using face book per day and knowledge level of degree students on face book addiction.

Regarding leisure time activities the obtained chi square (x^2) value 11.66 is more than table value (9.49, 4df, p> 0.05) at 5% level of significance based on this research hypothesis is accepted and null hypothesise is rejected therefore there is significance association between leisure time activities and knowledge level of among degree students on face book addiction.

Regarding heard about face book addiction variable the obtained chi square (x^2) value 21.429 is more than table value (5.99, 2df, p> 0.05) at 5% level of significance based on this research hypothesis is accepted and null hypothesise is rejected therefore there is significance association between heard about face book addiction and knowledge level of degree students on face book addiction

IV. Discussion

In the present study it is observed that the majority of the samples 59 (98%) had inadequate knowledge and 1 (2%) of them moderately adequate knowledge and none of the respondents who participated in the study had adequate knowledge in pre test regarding facebook addiction. it is observed that after the admission of STP, the all sample 100% had adequate knowledge.

A similar study conducted by **Chacko H , Abraham JAP** among students the majority (67%) of the sample had moderately adequate knowledge regarding ill effects of internet addiction. Majority (77%) of the sample showed favourable attitude towards ill effects of internet addiction. The results showed that there was a significant association between knowledge and selected demographic variables.[6]

A similar study supported by **Ramesh Masthi NR** was conducted on facebook addiction among Health University in Bangalore city covering six colleges attached to a heath university using convenient sampling from May 2013 to July 2013.400 students had enrolled for the study. It was observed that the burden of addiction was 7.25% and high risk was 24.75% in the study subjects. 61 (31.12%) males and 38 (18.62%) females were categorized as high-risk behaviour subjects. 12 (6.12%) males and 17 (8.33%) females were categorized as having facebook addiction. 64% of study subjects used facebook daily. 32% of the subjects felt strain in the eye, 11% watering of the eye, 20% felt frustrated and 17% were anxious when they did not have access to facebook. The study concluded that, burden of facebook addiction and high-risk behaviour was observed in one-third of the subjects.[7]

The result shows that mean pre test knowledge scores were 40.5% as compared to the mean post test knowledge score were 76.9% with an enhancement of knowledge being 36.4% when a paired t test was applied, the value of 29.455 was found to be significant at 0.05 level, hence the research hypothesis (H $_1$) is accepted

which says that there is a significant difference between the mean pre test and post test knowledge score knowledge regarding facebook addiction.

A significant association was found between pre test knowledge level of respondents regarding facebook addiction and their socio demographic variables such as age (x^2= 7.279),types of family as (x^2= 9.564),number of siblings (x^2=10.191), educational status of father (x^2=18.619), educational status of mother (x^2=17.505),time spend on mobile using facebook per day (x^2=19.953), leisure time activities (x^2=11.66), heard about facebook addiction (x^2=21.429) at 0.05 level of significant.

V. Conclusion

The study findings revels that, in pre-test knowledge score, 59 (98%) had inadequate knowledge, 1(2%) had moderate knowledge and none of the respondent had adequate knowledge. Whereas, in post-test 100% had adequate knowledge regarding facebook addiction. This shows that effectiveness of structured teaching program on knowledge regarding facebook addiction. The structured teaching program was effective in increasing the knowledge of degree student in all aspect of objectives The study paved the path to gain knowledge regarding facebook addiction among degree student.

Nursing Implications

The result of the study shows that the students studying in selected degree colleges had inadequate knowledge regarding facebook addiction. The study also proved that structured teaching program is an effective teaching strategy in improving their knowledge. Thus the study has several implications in the daily practice, education, administration and research.

Implications for nursing practice

Nurses are the key persons of the health team, who play a major role in health promotion and maintenances, the teaching program, can be conducted by the nursing personnel in the hospitals which will improve the knowledge on nurses on facebook addiction. As a nursing adviser see can conduct individual counselling and group counselling for facebook addiction. Structure teaching program can be given degree college program in relation to knowledge regarding facebook addiction

Implications for nursing education

Nursing curriculum should adequately equip the nursing student with the knowledge of facebook addiction, causes ,sign and symptoms ,effects and prevention and treatment, hence nurse educators can educative the care givers of client suffering from facebook addiction. So that they can forther educate the family member, other care givers and public and will raise awareness regarding facebook addiction. Continuing nursing education should be conducted for more awareness, more use of effective teaching materials as to express the contain clearly.

Implication for nursing administration

Nursing administrator and educator like special endeavours to develop the knowledge regarding facebook addiction. Nursing administrator and educator have to organize special seminar, workshop and awareness programs for students studying in degree colleges, medical and Para medical staff in order to upgrade the knowledge of the public regarding facebook addiction. Nurse administrator needs to take initiative in parting information regarding facebook addiction. Also should take up keen interest in developing awareness among staff nurses.

Popularity of information could be disseminated like newspaper, magazines posters, pamphlet, video, television and internet. Necessary administrative support may be provided to conduct such activities.

Limitation:
❖   Only 60 degree students from selected college were selected as sample.
❖   Study was conducted only in selected college at Bangalore. Hence, generalization is possible only selected setting.
❖   The study has design constraints in the form of threats to internal validity such as effects of history, maturation and instrumentation.
❖   Using non probability purposive sampling technique.
❖   Study is limited to assessment of knowledge of the student studying in selected degree colleges, Bangalore. Regarding facebook addiction.
Recommendation:
❖   The study can be replicated on a large sample; thereby findings can be generalized for larger populations.

❖   A comparative study can be done between effectiveness of structured teaching program versus self instructional module.

❖   A longitudinal study can be conducted to evaluate the long term knowledge regarding facebook addiction.

❖   Educational programme can be conducted in college regarding facebook addiction.

❖   A video assisted teaching programme can be prepared to enhance the knowledge regarding facebook addiction

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