



A study to assess effectiveness of video teaching on knowledge regarding health hazards of electronic devices among adolescence in selected schools of Gandhinagar city Gujrat state

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Abstract

Adolescence is a period of transition to adult life. It is a unique phase of life during which a One fifth of the world's population is represented by them. Twenty first century has witnessed technological advancement and rapid changes in mass media. The traditional mass media like radio and print material etc are losing their importance. Nowadays, whereas the newer one such as computer, mobile phone, video games, I-pods, laptop and television etc, are gaining more importance among teens and children. Children begin to learn computer even when they are very young as it is one of the subjects taught in many school even from first standard. Mass media are especially influential in imparting knowledge to the young people and socializing them to particular aspiration, values and attitudes. During the transition period from adolescence to young adults; youth learn how to behave from their peers and increasingly from the mass media. In today's world youth are mostly using internet as a media and mobile phone becomes essential part of their daily life and also they play an inevitable role today in the life of young children. Adolescence does not know the health hazards of electronic devices like poor bad posture, headache, stress, physical fatigue, obesity, eye strain, social isolation and long term effects like carpal tunnel syndrome, electromagnetic hypersensitivity, decreased hip bone density and fertility problem in male and females.

Keywords: assess, knowledge, adolescence, video teaching, electronic devices, health hazards, schools

Introduction

Electronic devices is an integral part of adolescence's life in the twenty first century. The world of electronic devices however is changing dramatically. Television which dominated the media world through the mid-1990s, now competes in an area crowded with cell phones, computers, iPods, video games, instant messaging, interactive multiplayer video games, virtual reality sites, Web social networks, and e-mail (Gentile, et.al., 2004). The period between childhood and adulthood that is 12 – 19 years is known as adolescence. According to the census of 2010, out of the total world's population, one in every five people is an adolescent. In India, the adolescent comprises of more than one fifth of the total population. This period is encompassed by alterations in physical, psychological, and social development. During this developmental stage, more time is spent with peers and adults to face the variant social environment where more conflicts arise. The psychosocial development of children and the youth today is embedded in a media society.

Professionals are in an excellent position to advocate on behalf of adolescence and their careers to encourage them to take into consideration the rate of change of these technologies. The core task of this statement is to highlight the underlying issues of how both current and future technologies, and the content they deliver, impact on their health and behaviors. So, nurses should be capable to fulfill their duties and examine links between use of electronic and its harmful effect (Woodard and Gridina., 2000).

Objectives

1. To assess the level of knowledge before and after administration of video teaching on adolescence regarding health hazards of electronic devices in selected schools of Gandhinagar.
2. To evaluate the effectiveness of video teaching on level of knowledge regarding health hazards of electronic devices among adolescence in selected schools of Gandhinagar.
3. To find out the association between the level of knowledge regarding health hazards of electronic devices with selected demographic variables among adolescence in selected schools of Gandhinagar

Material and Methods

In this study quasi-experimental research approach (one group pre-test post-test design) is used. For selecting the sample for the present study, Probability simple random sampling technique is used. A total of 60 adolescence of the age group between 12-17 years students were selected according to fulfilled the inclusion and exclusion

criteria for the present study from the selected schools of Gandhinagar city Gujarat state. Data were collected using structured questionnaire in 2 parts. Part A includes the questions regarding demographic variables & Part B includes the knowledge questionnaire regarding Health hazards of Electronic devices.

Results

The major findings of the study include

1. With regard to demographic variables majority of the adolescence were belongs to urban area, most of the parents were doing job and had family income between 15,000 to 50,000 per year and most of adolescence have their own mobile phone.
2. The mean knowledge pre-test score was 13.66 and mean knowledge post-test score is 23.2 regarding health hazards of electronic devices. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge score with the mean difference of 9.54 and Calculated 't' value ($t= 16.95$) was greater than tabulated 't' value ($t= 2.00$) which was statistically proved at 0.05 level of significance. Therefore, the null hypothesis H_0 was rejected and research hypothesis H_{01} was accepted and it revealed that the video was effective in increasing knowledge among adolescence.
3. There was not significant association between the Age of students, Gender, Education of Father, Education of mother, occupation of father, Occupation of mother, monthly income, Area of recedency, Do you have your own mobile phone, Daily usage of electronic devices with the pre- test score of the adolescence.

Conclusion

The main conclusion from the study is that there is poor knowledge of adolescence regarding Health hazards of Electronic devices.

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