



Assess the effectiveness of structured teaching programme on knowledge regarding facebook addiction and its negative impact among second year BSc nursing students in nursing college, Bangalore

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Abstract

Background

Facebook addiction is characterized by an excessive and compulsive usage of Facebook that seriously interferes with everyday life and obligations. Individuals with this addiction often experience a preoccupation with Facebook, withdrawal symptoms when not using it, the effects of Facebook addiction involve physical effects, such as burning eyes, disturbed sleep, headache, and musculoskeletal problems, while psychological effects are perceived stress, anxiety, depression, eating disorders, and loneliness. Short-term effects include increased distraction and reduced productivity, while long-term effects are obesity due to a sedentary lifestyle, as well as persistent anxiety, depression, and low self-esteem and an inability to control their usage despite negative consequences.

Objectives of the study

1. To assess the existing level of knowledge on prevention and management of Facebook Addiction among 2nd year Nursing students.
2. To Prepare a Structured Teaching programme
3. To implement a Structured Teaching Programme
4. To evaluate the effectiveness of a structured teaching program on the level of knowledge regarding prevention and management of Facebook Addiction among 2nd year BSc nursing students by comparing pre-test and post-test scores.
5. To find out the association between pre-test knowledge scores regarding the prevention and management of Facebook addiction with their selected Socio-Demographic variables.

Methods

The study was conducted in the Kamala Krishna Royal College of Nursing, OTC Road Cotton Pete Bangalore. The populations were 2nd year BSc nursing students. Non probability convenient sampling technique was used. Sample size was 40. Structured questionnaire was used to collect the data. Based on the statement of the study and the objectives, to assess the knowledge regarding facebook addiction and its negative impact among 2nd year BSc nursing students a descriptive research design was adopted for the present study. Data was analyzed by using descriptive and inferential statistics.

Results

The χ^2 value computed between the pre-test levels of knowledge with selected socio-demographic variables. Variables of religion ($\chi^2=6.589$) Type of Residence ($\chi^2=3.750$), were found to be non-significant at 0.05 level. Variables of age ($\chi^2=1.051$), gender ($\chi^2=0.176$), religion ($\chi^2=1.689$), types of family ($\chi^2=0.102$), Monthly Income of the family (Rs) ($\chi^2=3.873$), Experience as Teacher ($\chi^2=1.963$) was found non-significant at 0.05 level.

The findings of this study support the need for conducting an awareness programme on Facebook addiction and its negative impact among 2nd year nursing students. The study proved that majority of the 2nd year BSc nursing students had inadequate knowledge.

Conclusion

The focus of the study to assess the effectiveness of structured teaching programme on knowledge regarding Facebook addiction and its negative impact among 2nd-year BSc nursing students in nursing college, Bangalore” a descriptive research design was used in the study.

Keywords: Knowledge, effectiveness, nursing students, facebook addiction

Introduction

In a medical context, addiction is defined as an extreme craving for and commitment to something, either physically or psychologically. In the current era, internet addiction is the main emerging technology addiction. Serving as ways of connection among people, addiction to the internet and social media has become a pandemic globally.^[1]

Among available social media, Facebook has become the chief means of interaction, especially among university students. Despite its usage as the bridge of connection, it is considered an emerging challenge in different aspects, especially among the young generation and university students, partly because of its heavy and aimless usage. As its users are currently increasing, controlling the detrimental

effects of Facebook is becoming more challenging, specifically in developing countries with unconfirmed regulatory policies.^[2]

Extended use of Facebook has led to poor academic performance, bullying activities, decreased face-to-face contact, sleep disruptions, and mental health disturbances. Log-in-related distractions such as uploading, commenting, and chatting with friends are leading to procrastination in learning activities and sinking academic success among university students currently.^[3]

The previous study revealed that too much use of Facebook was related to a lower grade point average (GPA) and disturbances in daily routine activities. It has been reported that students who are more addicted to Facebook have poor study habits and lower academic achievements. Similarly, those adolescents who were addicted to Facebook demonstrated poor study habits, which resulted in deprived academic performances. Another study has shown that students with high Facebook addiction had disturbed social interactions and relationships that could affect their future careers.^[4]

Nowadays, the extensive use of social media could cause substantial disruptions in the academic achievements of university students. Hence, knowing the magnitudes of Facebook addiction and highlighting its predictors is so vibrant in forwarding the ways to challenge this problem. However, no study had examined Facebook addiction and its correlates in Bengaluru as far as we could reach, and this study was considered a pioneer in Bengaluru. Therefore, the main aim of this study was to evaluate the extent of Facebook addiction and its relation to the academic performances of regular undergraduate university students^[5].

In the current study, multiple variables were assessed by standardized tools, which makes its findings sounder. In

different previous studies, various variables were evaluated in relation to Facebook addiction. The combination of these different variables in the current study makes it unique^[6].

Materials and methods

1. Study setting: The study was conducted in Kamala Krishna Royal College of Nursing, OTC Road Cotton Pete Bangalore from January 2024 to Feb 2024.

2. Study design: A clinical based descriptive approach was conducted using pre tested structured questionnaire was used.

3. Sampling Design: Non -probability convenient sampling technique was used.

4. Participants: 2nd Year BSc Nursing students of Kamala Krishna Royal College of Nursing Bangalore

5. Variables

1. Independent variables: Structured teaching program on regarding Facebook addiction and its negative impact.

2. Dependent variables: Knowledge of student nurses regarding Facebook addiction and its negative impact.

3. Demographic variable: age, gender, religion, type of family, types of residence, family monthly income and source of information.

6. Sampling size: Sample size was 40

7. Statistical methods: Data was analyzed by using descriptive and inferential statistics

Results

Table 1: Frequency and percentage distribution of the socio-demographic variables. n=40

Socio-demographic Variables	Frequency	Percentage
Age in Years		
20 to 21 Years	13	32.50%
21 to 23Years	19	47.50%
23 Years and above	08	20%
Gender		
Male	07	17.50%
Female	33	82.50%
Religion		
Hindu	16	40%
Muslim	10	25%
Christian	07	17.50%
Others	07	17.50%
Type of the Family		
Nuclear Family	23	57.50%
Joint Family	17	42.50%
Extended Family	00	00%
Type of Residence		
Rural	24	60%
Urban	16	40%
Monthly Income of the family (Rs)		
Less Than Rs 20000	06	15%
Rs 20001 to 30000	21	52.50%
Rs 30001 to 40000	04	10%
Rs 40001 or above	09	22.50%
Source of Information regarding Conduct Disorder		
New paper/magazines	13	32.50%
Mass Media	19	47.50%
Friends and relatives	08	20%
Health Personal	00	00%

In the present research, pertaining to the demographic characteristics of second-year Bachelor of Science in Nursing students, the majority, comprising 19 individuals (47.50%), fell within the age bracket of 21 to 23 years, while 13 individuals (32.50%) were aged between 20 and 21 years, and 8 individuals (20%) were aged 23 years and above. With respect to their gender distribution, 33 individuals (82.50%) were identified as female second-year Bachelor of Science in Nursing students, whereas 7 individuals (17.50%) were categorized as male second-year Bachelor of Science in Nursing students. In terms of religious affiliation, 16 individuals (40.0%) identified as Hindus, 10 individuals (25.0%) as Muslims, 7 individuals (17.50%) as Christians, and an additional 7 individuals

(5.0%) identified with other religions. Regarding familial structure, 23 individuals (57.50%) reported belonging to nuclear families, 17 individuals (42.50%) were part of joint families, and no individuals (0.0%) reported being from extended families. In terms of residential location, 24 individuals (60.0%) resided in rural areas, whereas 16 individuals (40.0%) lived in urban settings. When their monthly family income was expressed in rupees, 21 (52.50%) fell between Rs 20001 and Rs 30000, 09 (25.50%) fell between Rs 40001 and above, 06 (15.0%) fell between Rs Less Than Rs 20000, and 04 (10.0%) fell between Less Rs 30001 and 40000. Taking into account the sources of their information, 19 (47.50%) came from the mass media, 13 (32.50%) from newspapers and magazines, 08 (20.0%)

Table 2: Classification of Respondent based on level of Knowledge

Level of Knowledge	Categories	Classification of respondents			
		Pre-Test		Post Test	
		Number	Percentage	Number	Percentage
Poor Knowledge	0 to 10	05	12.50%	00	00%
Average Knowledge	11 to 20	35	87.50%	17	42.50%
Excellent Knowledge	21 to 30	00	00%	23	57.50%

The above table shows the pre-test level of knowledge of 2nd year BSc nursing students, in which 05 (12.50%) were had poor knowledge, 35 (87.50%) were had average knowledge, and 00 (00.0%) were had excellent knowledge regarding Facebook addiction and its negative impact.

The above table shows the post-test level of knowledge of 2nd year BSc nursing students, in which 23(57.50%) were had excellent knowledge, 17 (42.50%) were had average knowledge, and 00(0.0%) were had poor knowledge regarding Facebook addiction and its negative impact.

Table 3: Pre-Test Mean, Median, Mode Standard Deviation, Range. (n=40)

Aspects	Max Score	knowledge of Respondents				
		Mean	Median	Mode	Range	Standard Deviation
Knowledge regarding Facebook addiction and its negative impact.	30	14.25	14	17	9 to 19	3.14398

This study shows the maximum pre-test score is 30, range score is 9 to 19, mean is 14.25, standard deviation is 3.14398, median is 14 and mode is 17 in aspects of

knowledge regarding Facebook addiction and its negative impact.

Table 4: Post Test Mean, Median, Mode Standard Deviation knowledge

Aspects	Max Score	knowledge of Respondents				
		Mean	Median	Mode	Range	Standard Deviation
Knowledge regarding Facebook addiction and its negative impact.	30	30.4250	21	15	12 to 27	3.98644

This study shows the maximum post-test score is 30, range score is 12 to 27, mean is 30.4250, standard deviation is 3.98644, median is 21 and mode is 15 in aspects of

knowledge regarding Facebook addiction and its negative impact.

Table 5: Analysis of association between the pre-test levels of knowledge with selected socio-demographic variables. n=40

Socio-demographic Variables	Frequency	Less than Median (14)	Equal and More than Median (14)	Chi Square Test
Age in Years				X ² =1.051 df =2 N S
20 to 21 Years	13	07	06	
21 to 23Years	19	08	11	
23 Years and above	08	05	03	
Gender				X ² =0.176 df =1 NS
Male	07	03	04	
Female	33	17	16	
Religion				X ² =6.589 df =3 S
Hindu	16	11	05	
Muslim	10	03	07	
Christian	07	03	04	
Others	07	03	04	
Type of the Family				X ² =0.102 df =1 NS
Nuclear Family	23	11	12	
Joint Family	17	09	07	

Extended Family	00	00	00	X ² =3.750 df =1 S
Type of Residence				
Rural	24	15	09	
Urban	16	05	11	
Monthly Income of the family (Rs)				X ² =3.873 df =3 NS
Less Than Rs 20000	06	04	02	
Rs 20001 to 30000	21	12	09	
Rs 30001 to 40000	04	02	02	
Rs 40001 or above	09	02	07	
Source of Information regarding Conduct Disorder				X ² =1.051 df =2 NS
New paper/magazines	13	06	07	
Mass Media	19	11	08	
Friends and relatives	08	03	05	
Health Personal	00	00	00	

The above table shows the association between selected socio-demographic variables of 2nd year BSc nursing students. In relation to age of 2nd year BSc nursing students. Chi-square value obtained was X² =1.051, df=2 which showed not significance at p<0.05 level. In relation to Gender chi-square value obtained was X²=0.176, df=1 which showed not significance at p<0.05 level.

In relation to religion chi-square value obtained was X² =6.589, df= 3 which showed significance at p<0.50 level. In relation to Type of Family chi-square value obtained was X² =0.102, df= 1 which showed not significance at p<0.50 level. In relation to Type of Residence chi-square value obtained was X² =3.750, df= 1 which showed not significance at p<0.50 level. In relation to Family Monthly Income the chi-square value obtained was X² =3.873, df=3 which showed not significance at p<0.50 level. In relation to Source of Information regarding Conduct disorder the chi-square value obtained was X² =1.051, df=2 which showed not significance at p<0.50 level. Paired t Test Value is 7.381, df is 39, Hence calculated value is more than table value so null hypothesis is rejected and research hypothesis are accepted.

Discussion

The purpose of this study was to evaluate how well second-year BSc Nursing students understood Facebook addiction and its detrimental effects using an organized teaching approach. Based on the pre-test results, the findings show that most students had just average understanding before the intervention. But when the planned teaching program was put into place, pupils' knowledge significantly improved—57.5% of them showed good understanding on the post-test. This change in knowledge from mediocre to superior strongly points to the beneficial effects of the planned educational intervention.

In line with previous literature, Facebook addiction among students is linked to poor academic performance, disrupted social interactions, and mental health challenges. The present study corroborates findings from studies by Kuss and Griffiths, which emphasize that social media addiction, particularly to platforms like Facebook, can have detrimental effects on academic performance and social well-being [6].

The increase in knowledge post-intervention highlights the potential of educational programs in mitigating the risks associated with Facebook addiction. The findings of this study align with similar interventions conducted in other contexts. For instance, Akin and Iskender, highlighted that awareness and structured guidance could significantly

reduce problematic social media use among university students. By empowering students with knowledge about the negative effects of Facebook addiction, institutions can foster a more balanced use of social media among the youth [7].

Age, gender, and family structure did not significantly correlate with pre-test knowledge scores, but religion and place of residence did. These findings are consistent with research by Smahel *et al.* that suggests social media habits and knowledge may be influenced by cultural and environmental factors [8].

Conclusion

There will be a significant difference between pre-test and post-test knowledge scores of 2nd year nursing students on the prevention and management of Facebook addiction after administering the teaching programme. There will be a significant association between the pre-test knowledge score of 2nd year BSc nursing students regarding the prevention and management of Facebook addiction with the selected Socio-Demographic variables.

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