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A Study to Assess the Effectiveness of Structure Teaching Programme on Knowledge Regarding Online Social Media on Physical and Mental Health among Teenagers of Selected School at Jabalpur

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Abstract

A study to assess the effectiveness of structure teaching programme on knowledge regarding online social media on physical and mental health among teenagers of selected school at Jabalpur.

Objective:

- To assess the effect of online social media on physical health among teenagers of selected school of Jabalpur.
- To assess the effect of online social media on mental health among teenagers of selected school of Jabalpur.
- To associate the effect of online social media on physical health among teenagers of selected school of Jabalpur with their socio demographic variables.
- To associate the effect of online social media on mental health among teenagers of selected school of Jabalpur with their socio demographic variables.

Methodology: The research design selected for this study was quasi experimental one group pre-test, post-test research design.

Result: In this our study the effect of online social media score regarding physical health assessed and 33% of teenagers have positive effect, 10% have no effect, and 57% have negative effect and the effect of online social media score regarding mental health assessed and 41% have positive effect, 09% have no effect, and 50% have negative effect.

Discussion: The effect of online social media score regarding physical health assessed and 33% of teenagers have positive effect, 10% have no effect, and 57% have negative effect. The effect of online social media score regarding mental health assessed and 41% have positive effect, 09% have no effect, and 50% have negative effect.

Conclusion: In conclusion, social media is and will continue to be harmful, unless something is done about it. The power it has over people is dangerous and often goes unnoticed. People should care because if not addressed, or taken care of social media could cause national and international problems. Social media stunts interpersonal growth and increases narcissism in many internet users.

Keywords: Structure teaching programme, social media, physical and mental health

Introduction

Background of Study: According to report published by the "Pew Research Center" (2015), adolescent are avid users of online social networking sites with approximately 71% of them using more than 1 online social networking sites (14). According to the survey 59% of the people say the data reflected their real life interests, while 27% percentage say it's not very or not at all accurate. Around half of the people in the survey had been assigned a political affinity. And while 73% say it's accurate, 27% say otherwise. Only about a fifth (5th) of people had a multicultural affinity. A sizable 60% say their affinity is strong to the group they had been assigned to while 37% say otherwise. A mostly positive effect of online social media in adolescent is 31%, negative effect is 31% and other neither positive nor negative effect is 38%.

Need for the Study

Teenagers are the more vulnerable group for effect of social as they are the largest users group of online social media. To provide awareness of teenagers about online social media, learn more about what social media is, understand why teenagers uses social media or what they are doing on there, understand the risks and benefits of teens using social media, it is necessary to know the effect of social media on them. Online social media affects people of all ages, specially the teenagers, so the aim is to provide awareness to teenagers about online social Medias. It is necessary to find out the effect of online social media on physical and mental health of them. So the Researcher decided to assess the effect of online social media on physical and mental health.

Material and Methods

This study was quasi experimental one group pre-test, post-test research design to observe the effectiveness of structure teaching programme on knowledge regarding online social media on physical and mental health among teenagers among. It include manipulation, no randomization and without control group so this can be represented as-01 X 02.

Result and Discussion

Result In this our study the effect of online social media score regarding physical health assessed and 33% of teenagers have positive effect, 10% have no effect, and 57% have negative effect and the effect of online social media score regarding mental health assessed and 41% have positive effect, 09% have no effect, and 50% have negative effect. Discussions The effect of online social media score regarding physical health assessed and 33% of teenagers have positive effect, 10% have no effect, and 57% have negative effect. The effect of online social media score regarding mental health assessed and 41% have positive effect, 09% have no effect, and 50% have negative effect.

Major Finding of the Study

Sociodemographic Data

Age: Represents that out of 100 teenagers 0% belong to age group of 13-14 years, 20% belongs to age group of 15-16 years, 80% belongs to age group of 17-19 years.

Sex: Represents that out of 100 teenagers 58%them are males and 42% are females.

Type of Family: Represents that out of 100 teenagers 37% are nuclear family and 63% joint family.

Type of Phone: Represents that out of 100 teenagers use 0% are basic phone with internet pack and 100% are smart phone.

Number of Mobile Owned: Represents that out of 100 teenagers are use 30% one mobile with single SIM, 5% two mobile with single-single SIM and 65% one mobile with dual SIM.

Internet Pack Use: Represents that out of 100 teenagers use internet pack are 100% yes and 0% no.

Usage of Phone/Laptop: Represents that out of 100 teenagers usage of mobile phone/laptop 1-3 hrs./day 70%, 4-7 hrs./day 18% and above 7 hrs./day 12%.

Use of Data per Day: Represents that out of 100 teenagers are use of data per day 1GB 64%, 1.5GB 26%, 2GB 5% and above 3-4 GB 5%.

Limitations

- This study is delimited to 100 sample only
- This study is delimited to a data collection period of 6 days.
- This study is delimited in teenagers only

Table 1: Distribution of respondents according to the effects of online social media on physical health.

S.no.	Effect Level	Category	Frequency	Percentage	Mean	S.D
A.	61-80	Positive Effect	33	33%	45.7	18.35
B.	41-60	No effect	10	10%		
C.	21-40	Negative Effective	57	57%		

Data represented in the table and figure reveals and majority of the respondents 57% have negative effect, 33% have positive effect and only 10% have no effect regarding online social media on physical health among teenagers.

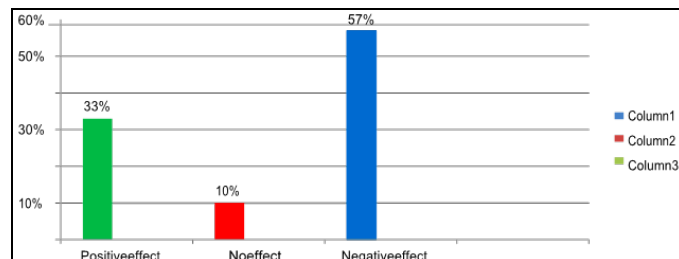


Fig 1: Distribution of respondents according to the effects of online social media on physical health

Table 2: Distribution of respondents according to the effects of online social media on mental health.

S.no.	Effect Level	Category	Frequency	Percentage	Mean	S.D
A.	61-80	Positive Effect	41	3341%	48.7	18.92
B.	41-60	No effect	9	9%		
C.	21-40	Negative Effective	50	50%		

Data represented in the table and figure reveals and majority of the respondents 50% have negative effect, 09% have positive effect and only 41% have no effect regarding online social media on mental health among teenagers.

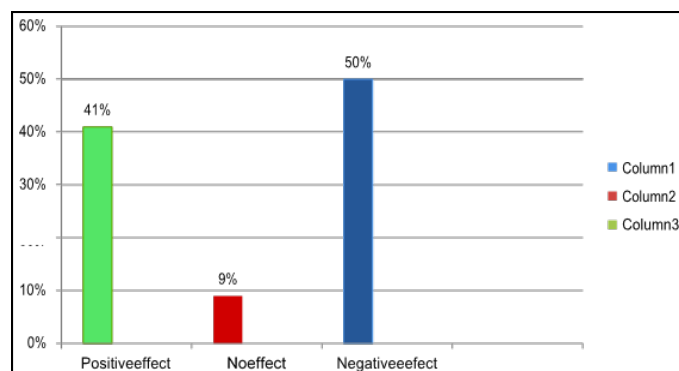


Fig 2: Grade wise distribution of the teenagers accords to their effect of online social media on mental health among teenagers.

Table 3: Association between effects of online social Medias on physical health among teenagers with their selected socio-demographic variables

S.no	Variable s	Effect of online social media			Total	Significance
		Positive Effect	No Effect	Negative Effect		
1.	Age					
	13-14 year	0	0	0	0	x ² = 104.1 P < 9.49 Most significant at 4 degree of freedom (d.f.)
	15-16year	8	2	10	20	
17-19year	30	20	30	80		
2.	Sex					
	Male	20	5	33	58	x ² =2.56 P<5.99 Non-Significant at 2 degree of freedom (d.f.)
Female	24	6	12	42		
3.	Type of Family					
	Nuclear family	12	5	20	37	x ² =6.76 P <5.99 Significant at 2 degree of freedom (d.f.)
Joint family	22	6	35	63		

Conclusion

Social media is really convenient and important communicate network for all the people nowadays. In this our study the effect of online social media score regarding physical health assessed and 33% of teenagers have positive effect, 10% have no effect, and 57% have negative effect and the effect of online social media score regarding mental health assessed and 41% have positive effect, 09% have no effect, and 50% have negative effect. So the majority of the negative effect of social media outweigh the positive. In conclusion, social media is and will continue to be harmful, unless something is done about it

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