EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING INSTAGRAM ADDICTION AMONG BSC NURSING STUDENTS

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Abstract: The present study entitled "A study to evaluate the effectiveness of structured teaching programme on knowledge regarding Instagram addiction among BSC nursing students in selected colleges at Malappuram district" is based on following Objectives: Assess the existing knowledge on Instagram addiction among BSC nursing students ,find out the effectiveness of structured teaching programme on knowledge regarding Instagram addiction and determine the association between knowledge scores and selected demographic variables. Methodology: Quantitative approach was used for the study and Quasi experimental pre-test, post-test research design was selected. The study was conducted in Al shifa college of nursing, Perinthalmanna among BSC nursing students using simple non probability purposive sampling technique. In this study the investigator has used a structured questionnaire to assessing knowledge regarding Instagram addiction. Analysis: data were analysed by using descriptive and inferential statistics. Result: Among 67 samples in pretest 30 (44.72%) have good knowledge 33 (49.25%) have average knowledge and 4(5.9%) have poor knowledge and after structured teaching programme post test scores 38(56.7%) have good knowledge and 22(32.8%) students have average knowledge and 7(10.45) have poor knowledge and the demographic variable, number of siblings only have association between knowledge level. Conclusion: from the study it is evident that the structured teaching programme was effective in increasing the knowledge level among BSC nursing students. The investigator found that there was no association between the pretest knowledge score and demographic variables**.**

Key words: Structured teaching programme, Instagram addiction.

INTRODUCTION:

"*It takes discipline not to let social media steal your time*"

The communication platform through the internet and technologies came to mainstream facilities a few decades ago and now it has become a quiet essential part of our routine life[1] Instagram is a photo and video sharing social networking service owned by American company Meta platforms[1].This app allows users to upload media that can be edited with filters and organized by hashtags and geographical tagging's[2].While this can be a fun way to engage with loved ones, an Instagram addiction can occur after prolonged and obsessive use. Over time, this may lead to negative impacts on a person's self-esteem, relationships, and mental health.[2]

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of structured teaching programme on knowledge regarding

Instagram addiction among BSC nursing students in selected colleges at Malapuram District

OBJECTIVES OF THE STUDY

1. Asses the existing knowledge on Instagram addiction among BSC nursing students – find out the effectiveness of STP on knowledge regarding Instagram addiction among BSC nursing students

2. Determine the association between knowledge score of students regarding Instagram addiction with selected demographic variables.

OPERATIONAL DEFINITION

- **Evaluate**

It refers to the process to identify the effectiveness of STP on Instagram addiction among students studying nursing in Malappuram district with structured knowledge questionnaire

- **Effectiveness**

It refers to the changes in the level of knowledge regarding Instagram addiction among BSC nursing students measured after structured teaching programme

- **Structured teaching programme**

It refers to systematically planned, organized and executed teaching activity with specific objective designed for educating BSC nursing students regarding Instagram addiction with the help of AV aids for a duration of 45 minutes

- **Knowledge**

It refers to the awareness of students studying in BSC nursing regarding Instagram addiction. In current study level of knowledge is measured with self constructed question with 30 maximum and 0 minimum score . From the level of knowledge regarding Instagram addiction is classified into following 3 # inadequate knowledge 0-15 # moderate 16-22 #adequate 22 – 30

- **Instagram**

Instagram is a social media app used to share videos and photos and also which helps to keep in touch with family and friends.

- **Addiction**

It refers to the prolonged use of Instagram which causes physiological and psychological dependence causing inability to concentrate with daily activities and loss of direct communication with people.

HYPOTHESIS

H1- There is significant difference between pretest and post test level of knowledge scores of BSC nursing students regarding Instagram addiction.

H2- There is significant impact on stp on awareness of Instagram addiction among BSC nursing students

RESEARCH METHODOLOGY:

Research approach: **Quantitative approach**

Research Design: Quasi experimental one group pre- test, post-test research design

Variables

Dependent variable: Knowledge of BSC Nursing students regarding Instagram addiction.

Independent variable : Effectiveness of structured teaching program on Instagram addiction.

Socio-demographic variable : Age, gender, religion, type of family, number of siblings, educational status of mother, educational status of father.

Setting: BSC Nursing second semester students in Alshifa college of Nursing, Perinthalmanna**.**

Population: BSC Nursing students of third semester, Alshifa college of Nursing, Perinthalmanna

Sampling and sampling technique: The sampling technique used in this study was simple non probability purposive sampling technique. The sample size of main study consists of 75 samples among second semester, BSC Nursing students of Alshifa college of Nursing.

Sampling criteria
   1. **Inclusion criteria:**

BSC Nursing, second semester students in Alshifa college of Nursing, who were available during

data collection and those who have Instagram account.

   2. **Exclusion criteria :**

BSC Nursing, second semester students who are not willing to participate in the study and who

don't have Instagram account.

RESULTS**:**

Results were categorized under three sections: Section A- Distribution of demographic characteristics of BSC nursing students

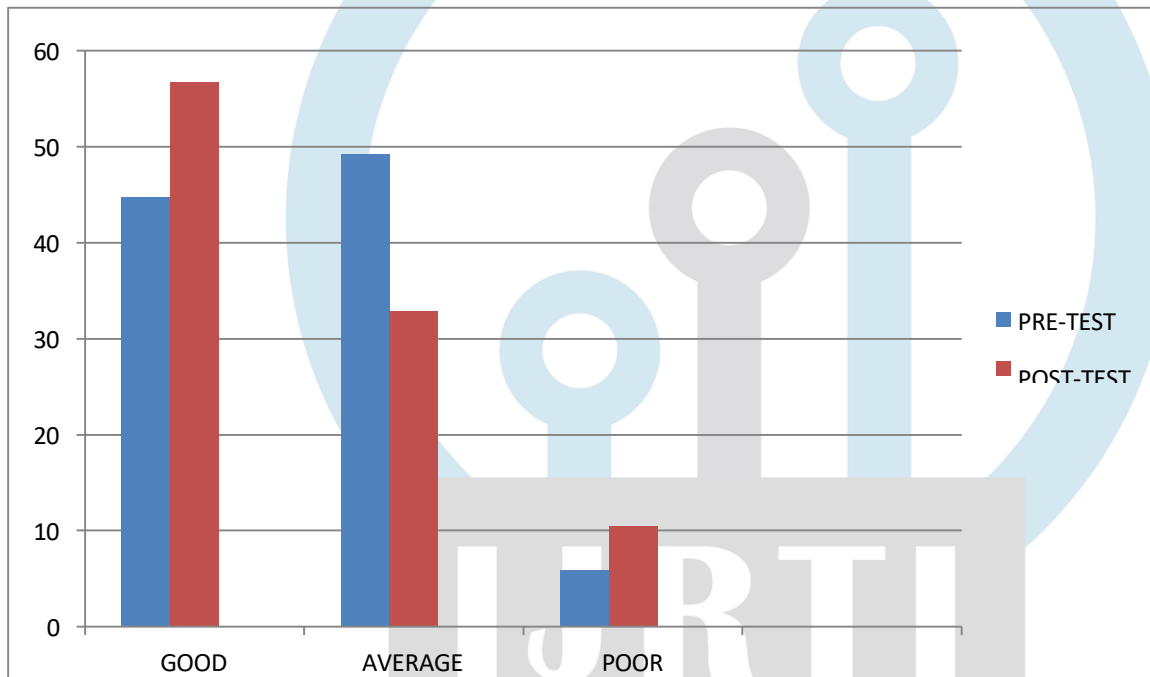Section B- Assessment of knowledge on instagram addiction

Section C- Association between knowledge score of students regarding instagram addiction with selected demographic variables

Regarding distribution of demographic characteristics of BSC nursing students majority of BSC nursing students (71.6%) belongs to the age group of 16 - 20, 28.3% belongs to 20 - 24 . 8.95% students are male. 77.6% students belongs to the muslim religion ,19.4% students are hindu, 2.98% students are Christians . 88.05% students belongs to nuclear family ,11.9% students belongs to joint family. 49.25% students having 2 siblings, 25.3% students are having 1 sibling, 19.4 % students are having more than 2 siblings ,5.97% students are not having any siblings. Educational status of mother of 47.76% students are secondary education, 26.86% students are higher secondary education, 13.4% students are primary education, 11.9% students are graduation

/diploma. Educational status of father of 41.79% students are secondary education, 26.86% students are primary education, 17.9% students are higher secondary education, 13.4% are graduation /diploma. leisure time activity of 64.1% students are spending time on phone or television ,26.86% students spend time on other activities, 5.97% students on cooking, 2.98% students on drawing .82.08% students have heard about instagram addiction and 17.9% not heard about instagram addiction.

Section B:

Frequency and percentage distribution of BSC Nursing students in relation to pre-test and post-test knowledge score

SECTION C : Association of selected socio demographic variables with pre-test knowledge score regarding Instagram addiction

The results reveals that there is significant association between knowledge regarding Instagram addiction and socio-demographic variables such as number of siblings and no association between knowledge regarding Instagram addiction and socio-demographic variables such as age, gender, religion, educational status of mother and father, leisure time activities and previous knowledge.

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