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A study to assess the effectiveness of information booklet for enhancing awareness regarding prevention of hazardous effects of smartphones, among the smartphone users of selected colleges of Indore city

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Abstract

Background: A research was conducted among Smartphone Users of selected colleges of Indore city. Total 60 Smartphone Users were selected using simple random sampling (lottery method). Pre-experimental one group pre-test and one group post-test design was used for the study. Total mean score secured by the Smartphone Users in pre-test was 14.31 on a scale of 1-60. The mean post-test awareness score was 20.31, which was higher than mean pre-test awareness score. Thus the findings depicted that Smartphone Users had lack of awareness regarding prevention of hazardous effects of Smartphone. The study involved preparation of Information Booklet regarding prevention of hazardous effects of smartphone. Information Booklet is an effective way of delivering awareness to Smartphone Users. The fastest spread of Smartphone usage is a subject of several polemics in terms of adverse health effects such as headaches and memory loss.

Aim: Attracting public attention towards hazardous effects of smartphones and increasing awareness in prevention of hazardous effects of Smartphone.

Research design: Pre-experimental one group pre-test post-test research design.

Samples and sample size: 60 Smartphone Users of selected colleges of Indore city.

Result: The total mean score secured by the Smartphone Users in pre-test was 14.31 on a scale of 1-60. The mean post-test awareness score was 20.31, which was higher than mean pre-test awareness score. The statistical paired 't' test computed was $t_{59} = 9.53$ which is highly significant at $P \leq 0.001$ at degree of freedom 59.

Conclusion: After the detailed analysis, this study leads to the following conclusions:

The overall mean of pre-test scores on awareness of prevention of hazardous effects of smartphone was found to be 14.31, which indicates that the Smartphone Users had lack of awareness regarding prevention of hazardous effects of Smartphone. The above results clearly indicate that the proposed Null Hypothesis H_0 is rejected and research hypothesis H_1 is accepted.

Keywords: Awareness, smartphone, hazardous effects, smartphone users and prevention

Introduction

Addiction today refers not only to drug or substance abuse, but also to gambling, the Internet, games or even smartphones. These are also covered by the behavioral addiction category. The term addiction is used when a person is obsessed with an activity that disturbs his or her daily activities and shows a similar pattern to substance abuse. In addition, as the internet becomes more accessible via smartphone, the smartphone-related addiction pattern has been shown more routinely and the phenomenon-related concerns have increased. Overuse of smartphones is a syndrome of dependency seen by smartphone users. Users show problem behaviors, adverse relationship effects, and anxiety when separated from a smartphone or sufficient signal. Overuse of smartphone also leads to long-term physical problems.

Methodology

A quantitative research design was used in the study. 60 Smartphone Users of selected colleges of Indore city, were selected by using simple random sampling technique (lottery method) who are willing to participate in study. Data was collected by using socio demographic and pre-test awareness score and analyzed through descriptive and inferential ('t' test and chi-square test).

Result

The total mean score secured by the Smartphone Users in pre-test was 14.31 on a scale of 1-60. The mean post-test awareness score was 20.31, which was higher than mean pre-test awareness score. The statistical paired 't' test computed was $t_{59} = 9.53$ which is highly significant at $P \leq 0.001$ at degree of freedom 59.

Table 1: Frequency and percentage distribution of socio-demographic variables. (N=60)

S. No	Selected Socio Demographic Variables	Frequency (F)	Percentage (%)
1)	Gender:		
	Male	20	33%
	Female	40	67%
2)	Type of Family:		
	Nuclear family	41	68%
	Joint Family	19	32%
3)	Monthly income of parents (in rupees):		
	10,000-15,000	14	23%
	15,001-20,000	5	8%
	20,001- 25,000	17	29%
	>25,000	24	40%
4)	Residing Status of the students:		
	At home	52	86%
	At hostel	4	7%
	Paying guest	0	0%
	Rented sharing room	4	7%
5)	Average time spend in a day on your smartphone:		
	2-4 hrs.	25	42%
	4-6 hrs.	22	37%
	6-8 hrs.	10	16%
	>8 hrs.	3	5%
6)	Awareness regarding hazardous effects of smartphone:		
	Yes	52	87%
	No	8	13%

The above table depicts frequency and percentage distribution of the demographic variables of Smartphone Users of selected colleges of Indore city, who were taken as

research sample to assess the effectiveness of information booklet in enhancing awareness regarding prevention of hazardous effects of smartphone.

Table 2: Comparison between Mean, Standard deviation and paired 't' value of Pre-test and Post-test awareness score of Smartphone Users, (N=60)

Awareness Score	Mean	Standard Deviation σ	Mean Difference	Degree of freedom (df)	Paired 't' value
Pre-test	14.31	2.67	6	59	9.53***
Post-test	20.31	4.45			

't₅₉' = 3.234 P ≤ 0.001 *** Highly Significant

Interpretation

The above table shows that the mean post-test awareness score (20.31) is apparently higher than the mean pre-test awareness score (14.31).

The dispersion of pre-test scores (SD±2.67) is more than that of post-test scores (SD ± 4.45) and the computed paired 't' value shows there was a significant difference between pre-test and post-test mean awareness score.

(t₅₉ = 9.53, P ≤ 0.001 level), calculated value is 9.53 more than the tabulated value, that is 3.234. Thus null hypothesis H₀ is rejected and research hypothesis H₁ is accepted. Hence, Information Booklet was effective for enhancing awareness scores of Smartphone Users.

Conclusion

After the detailed analysis, this study leads to the following conclusions:

The overall mean of pre-test scores on awareness of prevention of hazardous effects of smartphone was found to be 14.31, which indicates that the Smartphone Users had lack of awareness regarding prevention of hazardous effects of Smartphone. The above results clearly indicate that the proposed Null Hypothesis H₀ is rejected and research hypothesis H₁ is accepted.

The overall mean of post-test scores was found to be 20.31 which indicate that there is enhancement in awareness regarding prevention of hazardous effects of smartphone among smartphone users. Hence it is concluded that information booklet was effective in enhancing awareness regarding prevention of hazardous effects of smartphone among smartphone users.

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