

A Study to Assess Effectiveness of Planned Health Teaching Programme on Knowledge regarding Impact of Social Networking Sites on Mental Health of Second Year Nursing Students at Selected Nursing Colleges and Schools of Nursing in Nashik City

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Abstract: *Objective of study-To assess pre-test impact of social networking sites on mental health of second year nursing students at selected nursing colleges and schools of nursing in Nashik city.-To find the effectiveness of the planned health teaching programme on impact of social networking sites on mental health of second year nursing colleges students at selected nursing colleges in Nashik city.-To find out association between pre-test and post-test on impact score of social networking sites on mental health of second year nursing colleges students with their selected demographic variables. Material and methods-A quasi experimental research design was used; stratified random sampling technique was used.30 samples were selected and a structured questionnaire was used to assess the knowledge of samples. The data are processed and analysed using inferential and descriptive statistics. Result-In pre-test 6.66% students had not affected on social networking sites, 26.66% students had mild affected on social networking sites, 56.66% students had moderately affected on social networking sites, and 10%students had sever affected on social networking sites. The mean score of pre-test 41.3 and mean percentage was 137.66% with SD of 6.08.In post-test 76.66% students had not affected on social networking sites, 23.66% students had mild affected on social networking sites, the mean score of post-test was 29.2 and mean percentage was 97.3% with SD of 3.57. Post-test impact score is less than their pre-test impact score. In pre-test percentage was 51%of students was addicted to social networking sites where post-test percentage was 35%students was addicted to social networking site. The calculated t-value (13.27) at ($p < 0.05$) is greater than tabulated t- value (2.05) hence the research hypothesis H_0 is rejected.*

Keywords: Social networking sites, mental health, nursing students, impact

1. Statement of the problem

A study to assess effectiveness of planned health teaching programme on knowledge regarding impact of social networking sites on mental health of second year nursing students at selected colleges and schools of nursing in Nashik city.

2. Objective of Study

- To assess pre-test impact of social networking sites on mental health of second year nursing students at selected nursing colleges and schools of nursing in Nashik city.
- To find the effectiveness of the planned health teaching programme on impact of social networking sites on mental health of second year nursing college students at selected Nursing colleges in Nashik city.
- To find out association between pre-test and post-test on impact score of social networking sites on mental health of second year nursing college students with their selected demographic variables.

3. Materials and Methods

A Quasi Experimental research design was used, stratified random sampling technique was used.30 samples were selected and a structured questionnaire was used to assess the knowledge of samples. The data are processed and analysed using inferential and descriptive statistics.

4. Result

The findings of the study on impact of social networking sites on mental health of nursing students, where the demographic data shows that All 30 (100%) students were of 18-22 years of age. Maximum 21 (70%) student were of female, 09 (30%) students were male. Maximum 14 (46%) student's family income is more than Rs 20, 000, (07) 24% students family income is 10, 001 to 20, 000, 06 (20%) students family income is 5001 to 10, 000, 03 (10%) students family income is less than 5000. Maximum 27 (90%) student's got there first smart phones at the age of 15-20 years, were 02 (7%) students got there first smart phones at the age of 20-25 years, 01 (3%) students got there first smart phones at the age of 10-15 years.

In pre-test 6.66% students had not affected on social networking sites, 26.66% students had mild affected on social networking sites, 56.66% students had moderately affected on social networking sites, and 10% students had sever affected on social networking sites.

The mean score of pre-test 41.3 and mean percentage was 137.66% with SD of 6.08. In post-test 76.66% students had not affected on social networking sites, 23.66% students had mild affected on social networking sites, The mean score of post-test was 29.2 and mean percentage was 97.3% with SD of 3.57. Post-test Impact score is less than their pre-test Impact score. In pre-test percentage was 51% of student's was addicted to social networking sites where Post-test

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percentage was 35% student's was addicted to social networking site.

The mean and standard deviation of pre-test was 41.3 ± 6.08 where as post-test 29.2 ± 3.57 respectively. The calculated t-value (13.27) at ($p < 0.05$) is greater than tabulated t-value (2.05) hence, the research hypothesis H_0 is rejected. All the demographic variables of the study are not significantly associated with the addiction score on impact of social networking sites among second year nursing college students, hence the H_1 is rejected.

Which indicates post-test score is less than pre-test score. In this represent that planned health teaching was effective.

5. Conclusion

It could be concluded that the planned health teaching programme on impact of social networking sites on mental health among nursing college student and they get proper knowledge about impact of social networking sites on mental health.

6. Recommendations

The researcher recommends that,

- 1) A study can be conducted to assess impact of social networking sites on mental health.
- 2) Quantitative Research approach can be used to study the mental health of college students.
- 3) Quasi experimental studies can be carried out to understand the life pattern of college students.
- 4) Comparison study can be made between the pre-test and post-test study.
- 5) Other aspects of mental health can be studied to get in-depth knowledge.
- 6) Programmed interventions like, planned health teaching programme may reduce problems of college students and add quality of life to their grey years.

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