



INTERNATIONAL JOURNAL OF TRENDS IN EMERGING RESEARCH AND DEVELOPMENT

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Volume 4; Issue 3; 2026; Page No. 39-43

Received: 03-02-2026
Accepted: 14-04-2026
Published: 25-05-2026

A study to assess the effectiveness of structured teaching programme on knowledge regarding the consequences of excessive use of electronic media among adolescence in selected school at Bilaspur Chhattisgarh

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DOI: <https://doi.org/10.5281/zenodo.20674450>

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Abstract

Electronic media is the media that one can share on any electronic device for the audiences, viewing. In Chhattisgarh, social media is a fast-growing phenomenon especially youth, are getting connected with smart phones and internet. The 21st century is a mechanical world, regardless of whether it's a telephone, tablet or a workstation. Social Media has turned into a basic piece of our everyday life so, researcher felt there is a need to conduct the study. "A study to assess the effectiveness of structured teaching programme on knowledge regarding the consequences of excessive use of electronic media among adolescence in selected school, at Bilaspur, Chhattisgarh." Study was undertaken as a partial fulfillment of requirement for the degree of Master of science in Child Health Nursing. It was done by Ms. Amar Jyoti Tirkey from Pt. Deendayal Upadhyay Memorial Health Science and Ayush University of Chhattisgarh, Raipur Chhattisgarh.

Objective

1. To assess the pretest and post test knowledge regarding the consequences of excessive use of electronic media among adolescence.
2. To evaluate the effectiveness of a structured teaching programme on knowledge regarding the consequence of excessive use of electronic media among adolescence.
3. To find out the association between the pretest knowledge scores with their selected socio demographic variables.

Conclusion: A research design was pre-experimental one group pre-test and post-test design. After taking institutional ethical clearance and informed consent of the participants, Karl Pearson correlation coefficient formula was used for testing reliability of tool. conduct the study Swami Aatamanand Govt. High. Sec. School Tifra Bilaspur, Chhattisgarh. The sample size was 60, The comparison of pre-test and post-test knowledge, The findings revealed the post-test mean percentage (90.11%) is grater than pre-test mean percentage (53%). The 'Z' test value was 11.5 which is grater than 2 in the tabulation value and hence, rejected at all level of significance and there significance difference between pre-test and post-test knowledge. Hence H₁ and H₂ was accepted.

This study concluded that the structured teaching programme is effective in reducing the level of consequences of excessive use of electronic media among adolescence.

Keywords: Assess, Effectiveness, Consequences, Knowledge, Electronic Media, Adolescent

Introduction

Electronic media is omnipresent, and Today, no one can imagine living without it, especially adolescents. Electronic media is the media that uses electronics or electromechanical means for audience to access the content.

These include radio, television, film, internet, mobile or cell phones, social networking sites, and video or online games. In the last decade, electronic media usage in the world and India has seen dramatic and exponential increase. Children and adolescents are spending more time on screens

and electronic media than ever before, with 95% of teens in the United States having access to a smartphone. While global inequalities in technology use certainly exist in 71 out of 195 countries globally, less than half the population has access to the internet it is undeniable that average global technology use is on the rise, especially among youth. With the rise in media use, one might ask whether screen time the amount of time one spends on electronic media, usually viewing electronic screens is harming youth. Adolescence is a critical developmental period during which important aspects of health and well-being are easily influenced. As electronic media use among adolescents climbs, screens are increasingly incorporated into adolescents development and therefore, potential relationships between screen time and adolescent well-being are of interest. Among the most important markers of adolescent well-being are internalizing and externalizing disorders, academic performance, sleep and peer relationships.

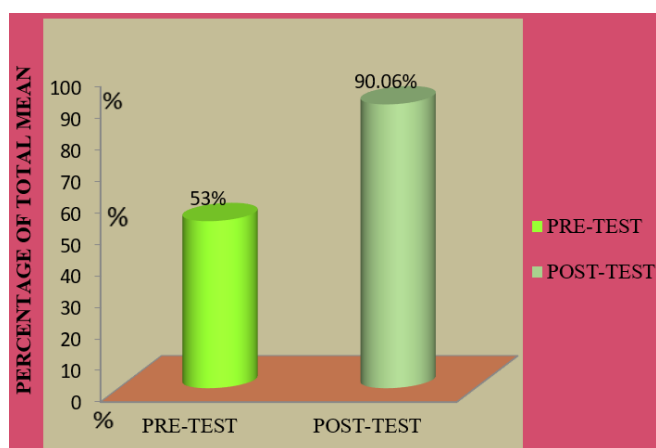


Fig 1: Mean Percentage

Need of the study

According to a recent survey by TCS, “Smart phones are the digital Swiss knife for urban teens. Social media is often referred to as a lifeline for ‘socializing’ amongst youth. Youth are much more dependent on social media apps, as the first and the last thing they do while they are awake is to check for messages on social media. Social media has been the important part of one’s life from shopping to electronic mails, education and business tool. It is observed that, over utilization of social media, refrain from participating in real life activities, young people lives mostly in the virtual than in real life.

World As of July 2024, there were 5.45 billion internet users worldwide,

India there were 751.5 million internet user in India at the start of 2024.

Chhattisgarh Overall 3.8 trillion hours were spent using mobile apps during 2024.

I found that many of the adolescence, after use of electronic media long time suffered from Physical health Impaired Cognitive Function, Depression, anxiety, Medical Complications-Sleep, Physical Fitness, Eyesight, Migraine and Pain Academic Issues Aggressive Behaviour, Academic grades can be negatively affected, Impulsive behaviour. The researcher also noticed that most of the adolescence have Medical Complications, Academic Issues. So, I felt there is

a need to conduct the study regarding the consequences of excessive use of electronic media among adolescence.

“A study to assess the effectiveness of structured teaching programme on knowledge regarding the consequences of excessive use of electronic media among adolescence in selected school at Bilaspur, Chhattisgarh.”

Objective

1. To assess the knowledge regarding the consequences of excessive use of electronic media among adolescence.
2. To evaluate the effectiveness of a structured teaching programme on knowledge regarding the consequence of excessive use of electronic media among adolescence.
3. To find out the association between the pretest knowledge scores with selected socio demographic variables

Hypothesis

H₁: There will be statistically significant difference in the pretest and post test knowledge scores regarding the consequences of excessive use of electronic media.

H₂: There will be statistically significant association between the pretest knowledge scores regarding the consequences of excessive use of electronic media with selected socio demographic variables.

Operational definition

Assess: In the study it refers to evaluate the knowledge regarding consequences of excessive use of electronic media among adolescent.

Effectiveness: In this study it is the significant gained level of knowledge as determined by significant difference between pre-test knowledge regarding consequences of excessive use of electronic media among adolescent.

Structural teaching programme: In this study it refers to systematic organized information to create awareness and spread knowledge regarding consequences of excessive use of electronic media among adolescent.

Knowledge: In this study it refers to the information gained by adolescent regarding consequences of excessive use of electronic media among adolescent.

Electronic Media: On my study electronic media refers to any type of electronic device like television, computers, video games, tablets and mobile phones which are accessible to the adolescent

Adolescent: Adolescence is the period of life between childhood and adult hood, and is generally defined as the ages 10 to 19.

Inclusive criteria

The samples were selected with the following criteria

- Students who are in the age group of 13-18 years.
- Students who are willing to participate in the study.
- Students who are usage electronic media.
- Students who are available at the time of data collection.

Exclusion criteria**This study limited to**

- Absent during data collection period.
- Not physically and mentally health.

Research Design

In this study the research design used was pre-experimental one group pretest post test research design.

“The research design is the planned, structure and strategy of investigation of answering the research question is the overall plan or blue print the researcher selects to carry out study”.

Setting of The Study

The present study was conducted in Swami Atamanand govt. high sec school Tifra Bilaspur, Chhattisgarh. The criterion for selecting this setting was feasibility for conducting the study, availability of the samples and familiarity of the research investigator with the setting.

Population of The Study

In this study population is the entire population in which the researchers are interested and to which they would like to generalize the research findings. In this study the target population includes adolescence (13-18 years).

Development of Instrument

The tool was used under two sections.

Section-A: Socio-demographic variables

The structured interview schedule was used to collect sociodemographic variables such as Age group, Gender, Elder or younger, Education, Subject, Types of school, Place of residence, Number of siblings, Occupation status of mother, Occupation status of father, Monthly income, Type of family, Do you use any of electronic gadgets on daily basis.

Section-B:

Self-structured knowledge questionnaire to assess the knowledge regarding the consequences of excessive use of electronic media among adolescence.

Scoring Criteria**Criteria measure used in this study as follows**

- Scoring for section B:
- Right Answer - 1
- Wrong Answer - 0
- Maximum possible score - 30
- Minimum possible score - 15

Table 1: Schematic presentation of scoring and interpretation

S. No.	Knowledge	Score	Percentage
1.	Excellent	1-10	33.33%
2.	Good	11-20	33.33%
3.	Average	21-30	33.33%

Data Collection Method

Researcher introduce himself to the respondents, to the

subject and establish good rapport with them and explain the purpose of the study.

Purposive sampling technique was used for data collection. Self-structured multiple-choice questionnaire related to consequences of excessive use of electronic media.

They were assured that their responses would be kept confidential for research purpose.

Data Analysis

The plan of data analysis was worked out with the expert in the field of statistics and nursing.

The Steps for Analysis

- The data will be organize in master sheet and tabulated.
- Data will be analyzed using descriptive and inferential statistics.
- Using window excel sheet data were obtain.
- Frequency and percentage distribution of adolescent to their selected socio-demographic variables.
- Mean, mean percentage, standard deviation were used to analyse pre-test on knowledge regarding consequences of excessive use of electronic media among adolescence.
- Mean, mean percentage, standard deviation and mean difference were used to analyse post-test on knowledge regarding consequences of excessive use of electronic media among adolescence.

Section A: Description of socio demographic variables offer among adolescence in selected school at Bilaspur Chhattisgarh

Section B

Part I: Analysis of sample according to knowledge regarding consequences of excessive use of electronic media among adolescence in selected school at Bilaspur, Chhattisgarh, before and after structured teaching programme.

Part II: Analysis of effectiveness of structure teaching programme by mean, standard deviation and mean difference in the level of knowledge regarding the consequences of excessive use of electronic media among adolescence in selected school at Bilaspur, Chhattisgarh, before and after structured teaching programme.

Section C: Chi square analysis carried out among adolescence in selected school at Bilaspur (Chhattisgarh) to find out the association between pre-test knowledge scores with their selected socio demographic variables.

Section A

Table 2: Distribution of Subject According to Age in Year N-60

S. No.	Age In Years	Frequency	Percentage
1	13-14 Years	10	16.67%%
2	15-16years	12	20%
3	17-18 Years	38	63.33%
Total		60	100%

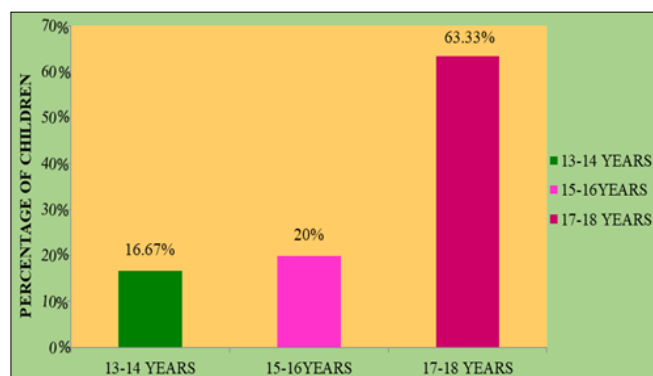


Fig 2: Age of Years

Table 3: Distribution of Frequency and Percentage of Gender of Children N=60

S. N.	Gender	Frequency	Percentage
1	Male	25	41.67%
2	Female	35	58.33%
Total		60	100%

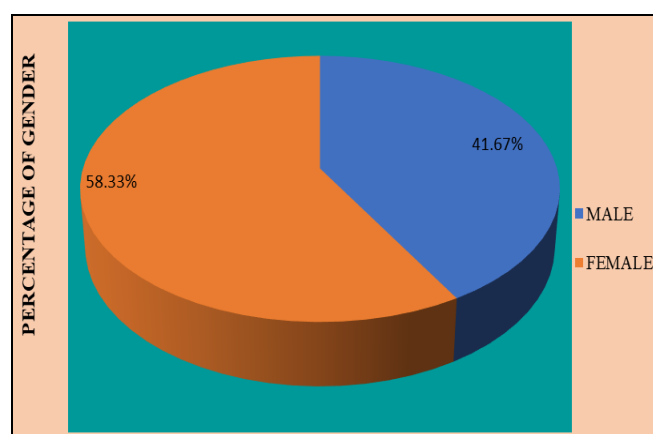


Fig 3: Gender

Table 4: Distribution of frequency and percentage of daily usage of electronic gadget N=60

S. No.	Daily Usage of Electronic Gadget	Frequency	Percentage
1	YES	60	100%
2	NO	0	0%
Total		60	100%

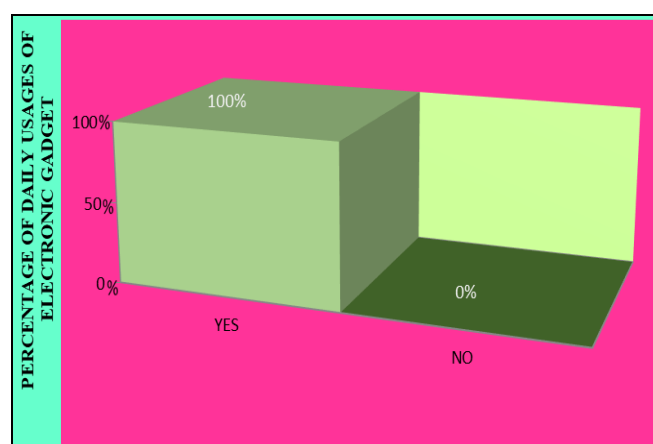


Fig 4: Usage of Electronic Gadget

Section-II: Analysis of Pre-Test and Post-Test Knowledge Score

Table 5: Comparison of knowledge score between pre-test and post-test knowledge mean, Mean Percentage, Mean Difference and Standard Deviation

S. No.	Knowl edge	Total Knowledge Score	Total Mean	Total Mean Percentage	Mean Difference	Standard Deviation
1	Pre-Test	954/1800	15.95	53.00	6.88	2
2	Post-Test	1621/1800	22.83	90.06		6.36

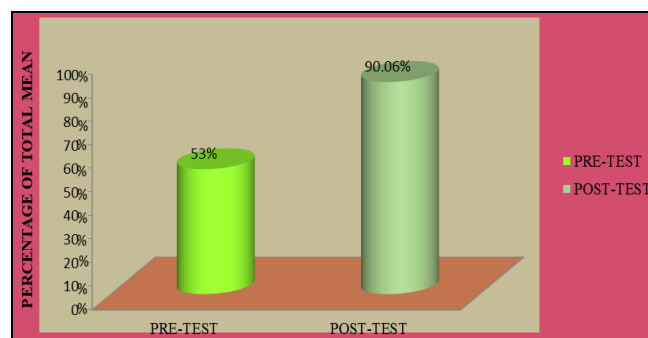


Fig 5: Mean Percentage

Section-III

Comparing pretest and posttest knowledge scores regarding the consequences of excessive use of electronic media among adolescence in selected school at Bilaspur Chhattisgarh by paired 'z' test

Shows that comparison of pre-test and post-test knowledge scores on consequences of excessive use of electronic media among adolescence. The findings revealed the mean of pre test knowledge scores was 15.90, mean percentage 53% with SD 2 and mean of post-test knowledge score was 27.02, mean percentage 90.11% and SD 6.36.

The post-test mean percentage (90.11%) is greater than pre-test mean percentage (53%)

The 'Z' test value was 11.5 which is greater than 2 in the tabulation value and hence, rejected at all level of significance and their significance difference between pre-test and post-test knowledge regarding consequences of excessive use of electronic media among adolescence in selected school at Bilaspur Chhattisgarh.

The above table shows that the obtained 'Z' value is 11.5 which was greater than table value 2 at 0.05 level of significant, so it is represent that there was highly significant ($p < 0.05$). Hence H1 is accepted. It can be concluded that the knowledge regarding consequences of excessive use of electronic media among adolescence in selected school at Bilaspur (Chhattisgarh).

Section IV

The association between pre-test knowledge scores on consequences of excessive use of electronic media among adolescence with their selected socio-demographic variable by Chi Square test

Finding related to age in year adolescence this present study shows that there was no significant association between pre test knowledge scores among adolescence and their age for

which the chi square calculated value was 6.22 which was less than the table value (9.49) at 0.05 level of significance. Finding related to education of adolescence this present study shows that there was significant association between pre test knowledge scores among adolescence and their education for which the chi square calculated value was 13.5 which was more than the table value (12.6) at 0.05 level of significance.

Finding related to siblings this present study shows that there was no significant association between pre test knowledge scores among adolescence and their siblings for which the chi square calculated value was 2.85 which was less than the table value (12.6) at 0.05 level of significance.

Finding related to monthly income this present study shows that there was significant association between pre-test knowledge scores among adolescence and their family monthly income for which the chi square calculated value was 16 which was more than the table value (9.49) at 0.05 level of significance.

Finding related to type of the family this present study shows that there was no significant association between pre-test knowledge scores among adolescence and their type of family for which the chi square calculated value was 2.3 which was less than the table value (9.49) at 0.05 level of significance. Hence, Hypothesis H_2 was accepted

Conclusion

The findings revealed the mean of pre test knowledge scores was 15.90, mean percentage 53% with SD 2 and mean of post test knowledge score was 27.02, mean percentage 90.11% and SD 6.36. The 'Z' test value was 11.5 which is greater than 2 in the tabulation value. age for which the chi square calculated value was 6.22 which was less than the table value (9.49) at 0.05 level of significance. education for which the chi square calculated value was 13.5 which was more than the table value (12.6) at 0.05 level of significance.

siblings for which the chi square calculated value was 2.85 which was less than the table value (12.6) at 0.05 level of significance. family monthly income for which the chi square calculated value was 16 which was more than the table value (9.49) at 0.05 level of significance.

type of family for which the chi square calculated value was 2.3 which was less than the table value (9.49) at 0.05 level of significance. Hence H_2 was accepted.

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