



**ORIGINAL RESEARCH PAPER**

**Nursing**

**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE AND ATTITUDE REGARDING EFFECT OF SOCIAL MEDIA ON MENTAL HEALTH AMONG ADOLESCENTS IN A SELECTED HIGHER SECONDARY SCHOOL OF AIZAWL, MIZORAM**

**KEY WORDS:** Effectiveness, Knowledge and attitude, Social media, Mental health, Adolescents.

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**ABSTRACT**

**Introduction:** Today is the age of information and technology, in which social media became an integral part of adolescent's life. Social media have significant effects on the society especially on adolescents. **Title of the study:** A study to assess the effectiveness of structured teaching program on knowledge and attitude regarding effect of social media on mental health among young adolescents in a selected higher secondary school. **Objectives:** To assess the level of knowledge among adolescents' usage of social media impact regarding mental illness, to evaluate the effectiveness of planned teaching program on mental illness and to find out the association between the pre-test knowledge scores with a selected variables. **Methodology:** Pre-experimental one group pre-test post-test research design was adopted. 50 samples were selected using non-probability convenience sampling technique. **Result:** The estimated z score is -9.075 and -2.658 for knowledge and attitude respectively. The difference in knowledge and attitude score are significant at of 0.05 level of significance. Chi square ( $\chi^2$ ) value findings show no significant association between pre-test knowledge scores with selected variables. **Conclusion:** The study revealed that the structured teaching programme was effective.

**INTRODUCTION**

There is a strong emphasis on adolescent and professional perspective regarding the impression on a link between social media and mental health despite little research that underlies these beliefs. Social media uses among teenagers are associated with an increase in mental distress, self-harming behaviours, and suicidality, according to evidence from numerous cross-sectional, longitudinal, and empirical studies. Adolescents today, have unprecedented access to digital content via a variety of gadgets, including smartphones, tablets, laptops, desktop computers, and gaming systems.<sup>[1]</sup>

According to a study conducted by P.Mumurugeshwari and Dr. R. Neelakandan(2022), there is a significant relationship between social media and behavioural problems. The effect of social media on behavioural problems can be especially high during the adolescent period. Because of teens impulsive natures, teens who post content on social media are at risk of sharing intimate photos or highly personal stories. However, social media use their can also negatively affect teens, distracting and disrupting their sleep and exposing them to bullying, rumour spreading, unrealistic views of other people's lives and peer pressure. In Researcher's view point, social media use positive relationship to behavioural problems of an individual. More social media use produces the more behavioural problems of an individual.<sup>[2]</sup>

Despite rising evidence of the harmful impacts of social media on adolescent mental health, there is still a paucity of empirical research on how teenagers understand social media, notably as a body of wisdom, or how they can use the larger modern media discourses to voice an opinion. Adolescents use media in high numbers, which eventually results in chronic sleep deprivation, detrimental impact on cognitive ability, school performance, and socio-emotional functioning.<sup>[1]</sup>

In India, the number of Internet users was 680 million by January 2022, and there were 487 million active social media users (Basuray, 2022). According to Statista Research

Department (2022), in India, SM is dominated by two social media sites, i.e. YouTube and Facebook. YouTube has 467 million users followed by Facebook with 329 million users.<sup>[3]</sup> This study aims to assess impacts of mass media among youths towards their physical and mental health along with their educational performance, changes in their behavior, their social skills and their level of dependency upon mass media. We selected our topic in the interest of exploring more relevant study and hoping we could give more awareness against the effect of social media on mental health with the rising issues of mental illness in this present generation.

The potential benefits of conducting a study on the effects of mass media among youth are:

- To improve more effective use of mass media.
- To spread awareness on negative use of mass media.
- To improve knowledge on the effects of mass media towards both physical and mental health.

**Objective Of The Study**

- To assess the level of knowledge among adolescents regarding the effect of social media usage on mental health pre and post structured teaching programme
- To assess the attitude among adolescents regarding the effect of social media usage on mental health pre and post structured teaching programme
- To assess the effectiveness of structured teaching program on the knowledge regarding the effect of social media usage on mental health among adolescents
- To assess the effectiveness of structured teaching program on the attitude regarding the effect of social media usage on mental health among adolescents
- To find out the association between the pre-test knowledge scores with the selected demographic variables

**Hypotheses**

Hypothesis were tested at 0.05 level of significance

**H<sub>1</sub>:** There is a significant difference in the level of knowledge regarding the effect of social media usage on mental health among adolescents prior to and post structured teaching

programme

**H<sub>2</sub>:** There is a significant difference in the attitude regarding the effect of social media usage on mental health among adolescents prior to and post structured teaching programme  
**H<sub>3</sub>:** There is a significant association between the pre-test knowledge scores regarding the effect of social media usage on mental health among adolescents and the selected demographic variables

**Methodology**

**Research approach:** Quantitative research approach

**Research design:** One group pretest post-test design

**Study setting:** Govt. Mizo Higher Secondary School, Chanmari, Aizawl, Mizoram

**Duration of the study:** One week

**Sample Size:** 50 young adolescents

**Sampling Technique:** Non-probability convenient sampling technique was used

**Development of tool:**

The tool consisted of 3 parts

**Part-a: Socio Demographic Data**

It consists of students gender, age, residence, languages, type of family, income per month, electronic device own, restriction of using particular social media platform, mental illness among family member, age of start of using social media and against of using social media from parents.

**Part-b: Knowledge On The Impact Of Mass Media**

It consists of 15 objectives type questions on knowledge regarding the impact of social media.

**Part-c Attitude Towards The Effect Of Social Media In Different Levels.**

It consists of 20 questions regarding the impact of social media on different levels, mental health, behavioural and academical performance.

**Data collection procedure**

- Formal permission was obtained from the concerned authorities of Govt. Mizo Higher Secondary School, Chanmari, Aizawl, Mizoram
- Informed written consents was obtained from all the participants to conduct the study
- The study was conducted for 2 days
- On the first day pre-test questionnaire to assess the knowledge and a 5 point likert scale to assess the attitude regarding the effect of social media usage on mental health was administered followed by education session using the structured teaching program
- On the second day post-test questionnaire to assess the knowledge and a 5 point likert scale to assess the attitude regarding the effect of social media usage on mental health was administered

**RESULTS**

**Part A: Determination of frequency and percentage distribution of demographic variables of the adolescents**

**Table 1: Frequency and percentage distribution of demographic variables of the adolescents, n= 50**

Variables	Group	f	%
Gender	a) Male	28	56%
	b) Female	22	44%
Age in years	a) 10 to 14 years	1	2%
	b) 15 to 20 years	49	98%
	c) 20 + years	-	-
Residence	a) Rural	6	12%
	b) Urban	44	88%
Type of Family	a) Nuclear	17	34%
	b) Joint	33	66%
	c) Extended	-	-
Family income	a) ≤ 2000	3	6%

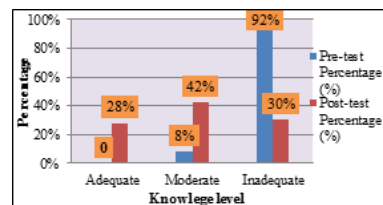
	b) 2000 - 3000	19	38%
	c) 3000 - 4000	11	22%
	d) ≥ 4000	17	34%
Device Owned	a) Mobile Phone	43	86%
	b) Laptop	2	4%
	c) Tablet	-	-
	d) Computer	1	2%
	e) All of the above	6	12%
	f) None	-	-
Restriction of Social Media	a) Yes	3	6%
	b) No	47	94%
Mental illness among family member	a) Yes	7	14%
	b) No	43	86%
First exposure to Social Media	a) 3 to 6 years	-	-
	b) 7 to 10 years	3	6%
	c) 11 to 18 years	47	94%
	d) 18+ years	-	-
Parents against using Social media	a) Yes	22	44%
	b) No	28	50%

Data presented in Table 1 reveals that, in terms of gender, majority 28(56%) were male. In terms of age, majority 49(98%) were 15-20 years. With regards to place of residence, majority 44(88%) resided in urban area. With regards to type of family, majority 33(66%) are from joint family. In terms of family income, majority 19(38%) had income ranging between Rs.2000 – 3000. In terms of device owned majority 43(86%) owned mobile phones. In terms of restriction of social media, majority 47(94%) had no restrictions. With regards to mental illness among family members, majority 43(86%) has no mental illness among family members. In terms of first exposure to social media, majority 47(94%) were exposed between 11 to 18 years. In terms of parents against using social media, majority 28(50%) of parents were not against using social media.

**Part B: Assessment of the level of knowledge and attitude among adolescence regarding the effect of social media usage on mental health**

**Table 2: Frequency and percentage distribution of the level of knowledge among adolescents regarding the effect of social media usage on mental health pre and post structured teaching programme, n=50**

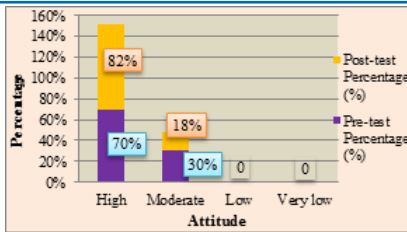
Knowledge	Pre-test		Post-test	
	f	%	f	%
Adequate	-	-	14	28%
Moderate	4	8%	21	42%
Inadequate	46	92%	15	30%



**Figure 1:** Percentage distribution of the level of knowledge among adolescents regarding the effect of social media usage on mental health pre and post structured teaching programme

**Table 3: Frequency and percentage distribution of the attitude among adolescents regarding the effect of social media usage on mental health pre and post structured teaching programme, n=50**

Attitude	Pre-test		Post-test	
	f	%	f	%
High	35	70%	41	82%
Moderate	15	30%	9	18%
Low	-	-	-	-
Very Low	-	-	-	-



**Figure 2:** Percentage distribution of the attitude among adolescents regarding the effect of social media usage on mental health pre and post structured teaching programme

**Part C: Assessment of effectiveness of structured teaching program on the knowledge regarding the effect of social media usage on mental health among adolescents**

**Table 4: Effectiveness of structured teaching program on the knowledge regarding the effect of social media usage on mental health among adolescents, n=50**

Knowledge level	Mean	SD	Improvement mean	SD mean	z score	p value	Remarks
Pre-test	5.84	1.92	4.06	0.39	-9.075	0.000	S*
Post-test	9.9	2.31					

\*P < 0.05 significance S-Significant

Table 4 shows that an Improvement Mean is 4.06 and Mean Standard Deviation is 0.39. The calculated p value (0.000) for the z score (-9.075) is statistically significant at 0.05 level of significance as it is lesser than 0.05. Thus, there is a significant difference between the pre-test and post-test knowledge score. Hence, the hypothesis H<sub>1</sub>, which states that there is a significant difference in the level of knowledge regarding the effect of social media on mental health among adolescents prior to and post structured teaching programme is accepted.

**Part D: Assessment of the effectiveness of structured teaching program on the attitude regarding the effect of social media usage on mental health among adolescence**

**Table 5: Effectiveness of structured teaching program on the attitude regarding the effect of social media usage on mental health among adolescence, n=50**

Attitude	Mean	SD	Improvement mean	SD mean	z score	p value	Remarks
Pre-test	77.16	5.93	3.16	0.01	-2.658	0.007	S*
Post-test	80.32	5.95					

\*P < 0.05 significance S-Significant

Table 5 shows that the Improvement Mean is 3.16 and Mean Standard Deviation is 0.01. The calculated p value (0.007) for the z score (-2.658) is statistically significant at 0.05 level of significance as it is lesser than 0.05. Thus, there is a significant difference between the pre-test and post-test attitude score. Hence, the hypothesis H<sub>1</sub>, which states that there is a significant difference in the attitude regarding the effect of social media usage on mental health among adolescents prior to and post structured teaching programme is accepted.

**Part E: Determination of association between the pre-test knowledge score regarding the effect of social media usage on mental health among adolescence and the selected demographic variables**

**Table 6: Association between the pre-test knowledge score regarding the effect of social media usage on mental health among adolescents and the selected demographic variables, n=50**

Demographic Variables	Group	Adequacy of practice			df	2	Tab val	p val	Remarks
		Mod	Ina	Total					

Gender	a) Male	18	10	28	1	0.1	3.84	0.7	NS*
	b) Female	9	13	22	1	1	3.84	4	
Age in years	a) 10 to 14 years	1	0	1	1	0.5	3.84	0.4	NS*
	b) 15 to 20 years	31	18	49		713		4	
	c) 20 + years	-	-	-					
Residence	a) Rural	2	4	6	1	2.3	3.84	0.1	NS*
	b) Urban	29	15	44	5	5	3.84	25	
Type of Family	a) Nuclear	18	15	33	1	2.2	3.84	0.1	NS*
	b) Joint	13	4	17	7	7		31	
	c) Extended	-	-	-					
Family income	a) ≤ 2000	0	3	3	3	4.8	7.81	0.1	NS*
	b) 2000 - 3000	12	7	19		15		85	
	c) 3000 - 4000	8	3	11					
	d) ≥ 4000	11	6	17					
Device Owned	a) Mobile Phone	27	17	44	1	0.0	3.84	0.8	NS*
	b) Laptop	-	-	-		3		62	
	c) Tablet	-	-	-					
	d) Computer	4	2	6					
	e) All the above	-	-	-					
	f) None								
Restriction of Social Media	a) Yes	4	2	6	1	1.6	3.84	0.1	NS*
	b) No	27	17	44		7		96	
Mental illness among family member	a) Yes	5	4	9	1	0.1	3.84	0.6	NS*
	b) No	26	15	41		92		61	
First exposure to Social Media	a) 3 to 6 years	-	-	-	1	0.0	3.84	0.8	NS*
	b) 7 to 10 years	2	1	3		58		09	
	c) 11 to 18 years	28	19	47					
	d) 18+ years	-	-	-					
Parents against using Social media	a) Yes	15	7	22	1	0.6	3.84	0.4	NS*
	b) No	16	12	28		2		31	

\*P > 0.05 significance NS-Non-Significant

The data presented in Table 6 revealed that the computed 2 values with regards to all the demographic variables were found to be lesser than the tabulated value at 0.05 level of significance. Thereby the H<sub>0</sub>, which states that there is a significant association between the pre-test knowledge scores regarding the effect of social media usage on mental health among adolescents and the selected demographic variables was rejected.

**DISCUSSION**

The assessment of knowledge regarding effect of social media on mental health revealed that, in the pre-test 8% had moderate knowledge and 92% had inadequate knowledge. The post test result revealed that 28% developed adequate knowledge, 42% had moderate knowledge and 30% had inadequate knowledge regarding effect of social media on mental health.

From the result of evaluating the attitude of the students, in the pre-test, 70% of the students have high attitude, 30% have low attitude regarding effect of social media on mental health. In

the post-test results 82% of the students have high attitude and 18% have low attitude regarding effect of social media on mental health.

### RECOMMENDATIONS

Based on the present study findings, the following recommendations were made:

- The similar study can be conducted by using large samples
- A study can be conducted to assess the level of knowledge of different students on knowledge and attitude towards mental illness regarding effect of social media among young adults in a selected Higher Secondary School.
- Ministry of education should bring about special policies to provide resources and awareness on the impact of social media upon attitude and mental health among young adults.

### CONCLUSION

The result of the study shows that there is a significant change in knowledge and attitude regarding effect of social media on mental health among adolescents. The study reveals that adolescents require education regarding the impact of social media on mental health.

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