

A Study to Assess the Impact of Electronic Media On Health Among Adolescents in Selected Degree Colleges at Mangaluru

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Abstract- Electronic devices are an integral part of adolescent's lives in the twenty-first century. Adolescents, in particular, spend a significant amount of time viewing and interacting with electronic devices in the form of TV, mobile phones and computer. It can have a positive and negative influence on the adolescent health, behaviour; social development and educational outcomes. In addition, symptoms associated with using mobile phones most commonly include headaches, earache, and warmth sensations and sometimes perceived concentration difficulties as well as fatigue. **Aim:** To determine the impact of electronic media on health of the adolescents. **Settings and design:** Yenepoya Degree College, Mangaluru and a descriptive study design. **Method &Material:** Purposive sampling technique was used to select the samples for the study. A scale to assess impact of electronic media on health of adolescents was used to collect data. **Statistical analysis:** Collected data was analysed using descriptive statistics.

Result: Majority (71%) percentage of the adolescents had impact on mental health, 68% of them had impact on environmental health, 66% of them had impact on physical health and least (14%) percentage of them had impact on social health. The impact of electronic media on health of adolescents mean and standard deviation was 115.2±1.21

Conclusion: In this study majority of the samples had impact of electronic media on health. Study concluded that there is significance impact of electronic media on health.

Index Terms- Electronic media; adolescents;

I. INTRODUCTION

The electronic media like television, mobile phones, computer and videogames are the daily sources of communication and amusement for a majority of adolescents. Children and adolescents average over 21 hours of television viewing per week, adding estimates of video game and other media to this figure increase this to 35-55 hours per week¹. Pre-school children spend between 2 and 2.5 hours per day watching television while older children in primary school watch between 2 and 4.5 hours per day². The concern over the extent of media use by children and adolescents has made the American Academy of Paediatrics (AAP) issue a policy statement in February 2001 recommending that parents discourage television viewing for children less than 2 years old and limit children's media time to 1-2 hours per day for older children³. Media can have an impact on eating behaviour as there is increased risk of obesity for every hour spent daily using electronic media. Teenagers who use mobile phones or any of the electronic media will have less sleep. Children who watch violent programs or play violent videogames tend to be more aggressive, engage in fights with peers, confront with teachers and parents and also have decreased scholastic performances. A mixed research methodology was done in Dublin, Ireland by Keating (2011), on the effects of electronic media. The study revealed that electronic media is reducing the children to play traditional games and interact with other. The electronic media has both good and bad effects and it depends on the individual how to use or misuse it. Parental awareness and children education is an important measure in reducing ill effects on child's development⁴.

Tech devices and gaming may have positive effects on investigating skills, strategic thinking and creativity potential of the individuals. The digital behaviour of the youth makes them sit at one place for a long period of time and the eye, hand and mental co-ordination is maintained during that period. Furthermore, feelings of loneliness, isolation or boredom can be replaced with the pleasure of free flow of electronic delights. Internet use for online communication can, however, be helpful for maintaining existing relationships, particularly friendships⁵.

II. MATERIAL AND METHODS

Study design and sample

A Descriptive research design was selected for the study. Purposive sampling technique was used to select the students from Yenepoya Degree College, Mangaluru. The Screening test was administered for all the students (219) of the selected college by the investigator. 115 students were using electronic media for 10 hour or more per week, among them 100 students who were available on the day of data collection were selected.

Data collection and Study tools

Before data collection the investigators introduced themselves and about the purpose of the study. The confidentiality of their identity and responses was assured in order to ensure their co-operation.

Instruments used are 1. Screening test 2: Demographic proforma 3: A scale to assess impact of electronic media on health of adolescents. The screening test consisted of items to assess the total hours spent by using different types of electronic media. The variables measured by the demographic proforma were age, gender, class of study, type of family, place of stay, type of electronic media used, monthly pocket money received (in rupees), are the gadgets placed in bedroom, access to internet. The scale to assess the impact of electronic media on health of the adolescents had 53 items. The Items were categorized under physical health, mental health, social health and environmental health. Each items had ratings like always, usually, rarely and never. There were both positive and negative items.

III. RESULTS

Majority 20.54% of the sample were using computer more than 10 hours and majority 17.3% of the samples were watching television more than 10 hours and majority 52.51% of the samples were using mobile phones more than 10 hours. Around 115 were using electronic media more than 10 hours among them 100 were selected because the others were absent.

Majority (71%) percentage of them had impact on mental health, 68% of them had impact on environmental health, 66% of them had impact on physical health and least (14%) percentage of them had impact on social health. The impact of electronic media on health of adolescents mean and standard deviation was 115.2±1.21 so study concluded that majority of the samples had impact of electronic media on health.

N=100

Table	Variable	Items	f	%
1:	Age	a. 18-19	70	70
		b. 20-21	30	30
Demographic	Gender	a. Male	29	29
		b. Female	71	71
Data	Class of study	a. 1 st year degree	41	41
		b. 2 nd year degree	29	29
		c. 3 rd year degree	30	30
		d. Others		
Type of family	Type of family	a. Nuclear family	71	71
		b. Joint family	12	12
		c. Extended family	0	0
		d. Single parent family	17	17
Place of stay	Place of stay	a. Home	77	77
		b. Hostel	21	21
		c. Relatives home	1	1
		d. Others	1	1
Type of electronic media used	Type of electronic media used	a. Television	10	10
		b. Mobile phone	100	100
		c. Computer	3	3

ed that in future the adolescents are at greater risk of developing health problems.

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