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A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING IMPACT OF SMART PHONE ON CHILDREN AMONG MOTHERS AT SELECTED URBAN AREA MORADABAD, U.P. WITH A VIEW TO DEVELOP AND DISSEMINATE AN INFORMATION BOOKLET

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ABSTRACT

Introduction It was discovered that students used their phones extensively. The students' usage patterns of mobile phones may indicate the transition from habitual to compulsive phone use. Students' ability to concentrate, their psychological well-being, and their physical health are all negatively impacted by cell phone use, and these issues require attention. The issue is that students now use their phones on a regular basis. Studies reveal that students who use their phones in class exhibit different levels of academic performance and dedication than those who do not use them, are inattentive, and do not participate in class assignments or fieldwork. The results of a study show that medical students' daily lives are significantly impacted by their mobile phones. Consequently, its influence on psychological **Objectives:** To assess the level of knowledge of mothers of children regarding impact of smart phone on children. To find out the association between level of knowledge of mothers with their selected demographic variable. **Aims:** The main purpose of the study was to investigate mothers' level of awareness about the effects of smartphones on their kids. **Method:** This study was carried out in selected urban area Lajpat Nagar Moradabad, U.P. Cross sectional research design was used in this study. The sample consisted of 60 mothers. Samples were chosen by Non probability purposive sampling technique. Data was collected by administering the self-structured questionnaires. The collected data was organized in master data sheet and analyze dusing descriptive and inferential statistics as per objectives of the study, using SPSS version 20. **Results:** A Frequency and Percentage dispersion of the demographic characteristics. Marital status shows that 51.7% are married and 26.7% are divorced, 11.7% are widow, 10% are others. As per religion percentage that 40% are Hindu, 26.7% are Muslim, 11.7% are Christian, 10% are others. As per monthly income percentage that 10% are Below 10000, 18.3 % are 10001- 20000, 20% are 20001 -30000, 51.7% areAbove30000.As per Education percentage that 11.7% are no formal education, 15% are primary school, 11.7% are higher secondary, 61% are graduation. As per Occupation percentage that 41.7%are Homemaker, 11.7% are Business/self-employed, 18.3% are Private Job, 28.3% are Government job. As per Types of smartphone percentage that 40% are using Android phone, 48.3% are using I phone, 11.7% are using Keypad phone. As per types of family that 53.3% are Nuclear, 36.7% are Joint, 6.7% are others 3.3%.As per using internet facility that 95% mother are using internet and 5% are not using. As per using WI-FI that 90% mother are using Wi-Fi and 10% are not using. As per number of smart phones users in family that 1.7% are using Below 2 smart phone 18.3% are using 3-4 smart phone, 35.0% are using 5-6 smart phone and 45% are using More than 6smart phones. As per average times that 63.3% are 30minutes, 16.7% are 60minutes, 16.7% are 90Minutes, and 3.3% are above 120 minutes. The chi - square values were excess the table value so there was no significant association between knowledge score of mothers with their selected demographic variable hence Research hypothesisto reject and null hypothesis is accepted and inferred.

KEYWORDS: level of knowledge, Mother, smartphone, information booklet & Impact.

INTRODUCTION

Humans are social creatures, and in order to socialize with other people, we must exchange opinions, beliefs, feelings, and other information. Communication is the

process by which information passes from one person to another. It can take various forms. For example, it can be transmitted through sound, as in human speech, drumming, or even a bird's call. It can also be transmitted visually, as in writing, pictures, signals, gestures, and other forms that utilize other senses. Utilizing a mobile phone isjust one of the various ways you can connect with others and exchange messages. It can be used for business calls, which connect two or more people to communicate with one another. Colleagues, businessmen, and employers might use such conversations to conduct talks and business at anytime, anyplace.[1]A mobile phone is a compact, lightweight communication device that allows users to make and receive phone calls from anywhere at any time. An understanding of signal transmission is fundamental to a mobile phone. People can connect with one other without being restricted by time or place thanks to the convenience of mobile phones. A mobile phone is a device that can communicate in both directions. Technology began to have an impact on mobile phones in the middle of the 20th century.[2] American Dr. Martin Cooper came up with the idea for the mobile phone in April 1973 in New York during World War II. The desire for speedier and more flexible communication led to the invention of mobile phones.[3] Among many typical teenagers; a mobile phone is an essential item. Many people use their phones for talking, texting, or gaming for longer than six hours per day. We are becoming dependent on our cell phones due to their frequent use. Cell phones have certain disadvantages, much like any medication has adverse effects. The number of potential health concerns for mobile phone users has expanded due to their increased use.[4]

The smartphone may be the greatest gadget ever produced for consumers. Over the past 15 years, the mobile phone which began as a large, cumbersome voice communication device—has evolved into svelte devices with an overwhelming number of functionality. Nonetheless, voice remains the primary function of the mobile phone for the more than a billion users globally. In modern times, mobile phone sare the most valuable. Every group of individuals, including children, adults, women, students, the elderly, and even children, needs this hand-sized product. It feels like you have the entire world with you when you hold a mobile device. In this cutthroat world, there are a wide variety of brands. The Internet and a mobile phone are combined into one device called a smartphone. In addition to the advantages that the Internet provides, smartphones provide qualitatively distinct services. Using their cell phones, young people watch videos, express themselves, chat with friends, and seek up information. Even older people engage in activity and make video calls to their distant children on their smartphones. It is feasible to use a smartphone anywhere, at any time, due to its portability and accessibility.[5]

According to the findings of a study carried out in New Delhi in 2018, India; it was found that around14% 63 percent of those surveyed use their smartphones for four to seven hours every day, compared to 3 hours or fewer for the majority of respondents. The amount of literature that has already been written about cell phone usage predicts that by 2020, there will be 690 million smartphone users in India. According to a news story from Trivandrum that was published on January 23, 2019, psychologists estimate that almost 70% of children have a smartphone addiction. Most of these kids are between the ages of 13 and 18. According to psychotherapist Prakash Chandra, "Smart phone addiction leads to personality disorders, severe cases of violence, and suicide attempts as well." In the modern world, smartphones are the most valuable device. Every group of individuals, including children, adults, women, students, the elderly, and even children, needs this hand-sized product. It feels like you have the entire world with you when you hold a mobile device. In this cutthroat world, there are a wide variety of brands. In the past decade, the communication and information landscape has seen a significant transformation due to the rapid development and adoption of new portable devices like smartphones and tablets that offer instantaneous internet access from any location. According to market data, the likelihood of owning a smartphone rises with age. In the UK, 83% of youngsters between the ages of 12 and 15 own a smartphone, while 59% own a tablet. 64% of kids between the ages of 12 and 15 own three or more gadgets. Multiple uses has grown along with ownership rates; a child's phone can now be used for social networking, online gaming, learning, applications, and internet browsing. Since mental health disorders are among the most common health issues affecting children and adolescents, the increasing usage of these technologies has sparked worries about how exposure patterns may impair their wellbeing. The secular trend of rising internalizing symptoms, declining wellbeing, and suicidal behaviors in adolescent populations has been attributed to rising digital gadget usage. Around 10% to 20% of kids and teenagers worldwide are said to have a mental health issue, and up to 50% of mental illnesses start before the age of 15. According to a recent meta-analysis, the prevalence of anxiety disorders in children and adolescents is 6.5% (95% CI 4.7–9.1), and the prevalence of depressive disorders is 2.6% (95% CI 1.7–3.9).[6]

According to recent research, children's and teenagers' use of mobile devices may be linked to behavioural issues, anxiety, and sadness. Poor mental health associations may be caused by specific smartphone-related behaviour patterns, often known as "problematic smartphone use." The physiological effects of exposure to mobile phones or wireless devices (MP/WD) that use radio frequency electro magnetic fields (RF-EMF) were the primary focus of early study. According to the Stewart Report, children and teenagers may be more vulnerable to exposure because of their growing

neurological systems, higher average levels of radiofrequency deposition in the brain than adults, and longer exposure lifetimes. Whether exposure to RF-EMF from MP/WD can impact a child's cognitive and emotional development is still unknown.[7]

BACKGROUNDOFTHESTUDY

It has been revealed that kids use their phones excessively. The students' usage patterns of mobile phones may indicate the transition from habitual to compulsive phone use. The negative effects of smartphone use on students' ability to focus, their psychological and physical health, and their overall well-being are areas that require attention. The issue is that students now use their phones on a regular basis. Studies reveal that students who use their phones in class exhibit different levels of academic performance and dedication than those who do not use them, are inattentive, and do not participate in class assignments or fieldwork.

The outcomes of a study show that medical students' daily lives are significantly impacted by their mobile phones. Thus, in order to stop the negative impacts of mobile phone use, students should be informed about its impact on their psychological and physical well-being. The purpose of this research project is to evaluate how undergraduate students' use of mobile phones affects their behaviour and to determine whether this impact is related to the demographic variable that was chosen. Supplies and Procedures: In this study, a descriptive research design was adopted. For this study, 100 the participants' information was gathered using an online questionnaire that they self-administered. To analyse the data, descriptive and inferential statistics were applied. Results showed that 1% of undergraduate students had a light impact from their phones, 94% reported a moderate impact, and the remaining 5% indicated a severe impact on their behavior.

OBJECTIVES

- To assess the level of knowledge of mothers of children regarding impact of smart phone on children.
- To find out the association between knowledges core of mothers with their selected demographic variable.

OPERATIONALDEFINITION

2. **Knowledge:** In this study knowledge refers to responses given by the mother through questionnaire regarding impact of smart phone among mothers of children.
3. **Mother:** In this study mother sare the selected mothers in the urban are a who will be participating in this study
4. **Mobile:** In this study mobile defined as a device which children carry around with them and used for calling, texting, games and are addicted off.
5. **Impact**: In this study impact is defined as an effector impression on chidren.

ASSUMPTION

- Mothers may have knowledge regarding smartphone impact on children.
- Mothers may not have knowledge regarding smartphone impact on children.

CRITERIAFORSAMPLESELECTIONINCLUSION CRITERIA

Inclusion criteria

- Mother who willing to participate in the study
- Mother who can understand Hindi and English.
- Mothers who are old up to 40 years age.
- Mothers with children age is up to 50 years.

Exclusion criteria

- Mother who will not be present at the time of data collection
- Mother who don't have smart phone
- Mother who has any major mental physical illness

PLAN FOR DATA ANALYSIS

DESCRIPTION ON TOOL USED IN STUDY: Tools was developed by researcher to assess the level of knowledge regarding impact of mobile phone among mothers of children at selected urban area Moradabad, UP.at are as followers-

ORGANIZATION OF DATA ANALYSIS

Analysis of data is presented in following section

Section A: Frequency and Percentage distribution of the demographic characteristics.

Section B: To Find out the level of knowledge with their selected Demographic Variables.

SECTION A

Frequency and Percentage Distribution of Demographic Characteristics of Mothers

It dealt with demographic data which consists of 11 items to collect the sample characteristics, which comprises marital status, religion, family monthly income, education, occupation, types of smart phone are used by family members, typesof family, internet facility availability on mobile device, using Wi-Fi on mobile device, smartphone is used in family, average time child spends with smart phone.

Frequency and Percentage distribution of Mother's Marital Status
Table1:1 Showed Percentage That 51.7% are Married and 26.7% are Divorced, 11.7% are Widow, 10% are Others.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
1	Maritalstatus	**Married**	**31**	51.7%
		Divorced	**16**	26.7%
		Widow	**7**	11.7%
		Others	**6**	10 %
	Total		60	100%

Frequency and Percentage distribution of The Mother's Religion
Table 1: 2 Depicted Percentage That 40% are Hindu 26.7% are Muslim 11.7% are Christian, 10% are Others.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
2	Religion	Hindu	24	40%
		Muslim	11	26.7%
		Christian	14	11.7%
		Others	11	10.%
	Total		60	100%

Frequency and Percentage Distribution of Family Monthly Income
Table1: 3 Showed Percentage That 10% are Below 10000, 18.3% are 10001- 20000, 20% are 20001 -30000, 51.7% are above 3000.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
3	family monthly income	**Below10000**	6	10%
		10001-20000	11	18.3%
		20001-30000	12	20%
		Above-30000	31	51.7%
	Total		**60**	**100%**

Frequency and Percentage Distribution of Mother's According to Their Education.
Table 1: 4 Showed Percentage That 11.7% Haven of or male education, 15% with primary school, 11.7 with higher secondary, 61% with graduation.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
4	Education	**Noformaleducation**	7	11.7%
		Primaryschool	9	15.0%
		Highersecondary	7	11.7%
		Graduationorabove	37	61.7%
	Total		**60**	**100%**

Frequency and Percentage Distribution of Mothers According to their Occupation
Table 1: 5 Showed percentage that 41.7,% are Homemaker, 11.7% are Business/self-employed,18.3% are Private Job, 28.3 are Government Job.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
5	Total Experience	**Homemaker**	25	41.7%
		Business/self Employed	7	11.7%
		Private job	11	18.3%
		Government job	17	28.3%
	Total		**60**	**100%**

Frequency and Percentage Distribution of Types of Smart Phones According to Family
Table 1:6 Showed Percentage That 40% are Android Phone,48.3% are Iphone, 11.7% are Keypad Phone.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
6	Types of smart phones	Android phone	24	40%
		Iphone	29	48%
		Keypad phone	7	11.7%
	Total		**60**	**100%**

Frequency and Percentage Distribution of Types of Family According of Mothers
Table 1:7 Showed Percentage That 53.3% are Nuclear, 36.7% are Joint, and3.3% are Others.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
7	**Types of family**	Nuclear	32	53.3%
		Joint	22	36.7%
		Others	4	3.3%
	Total		58	100%

Frequency and Percentage Distribution of Internet Facility According to Mothers
Table 1:8 Showed Percentage That 95% Mother are Using Internet and 5% are Not Using.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
8	**Internet facility**	Yes	57	95%
		No	3	5.%
	Total		60	100%

Frequency and Percentage Distribution of Using Wi-Fi According to Mothers
Table1:9 Showed Percentage That 90% Mother are Using Wi-Fi and 10% are Not Using.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
9	**Using Wi-Fi**	Yes	54	90%
		No	6	10%
	Total		60	100%

Frequency and Percentage Distribution of How Many Smartphones in Family According to Mothers
Table1:10 Percentage as Per Number of Smart Users in Family that are Using Smart Phone 1.7% are Below 2, 18.3% are 3-4, 35.0% are 5-6, 45% are More than 6.

S.NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
10	**How many smartphone**	Below2	1	1.7%
		3-4	11	18.3%
		5-6	21	35.0%
		Morethan6	27	45.0%
	Total		60	100%

Frequency and Percentage Distribution of Average Time Using Smartphones According to Mothers.
Table1:11 Percentage That 63.3% are30 Minutes,1 6 . 7 % are 60 minutes, 16.7% are90 minutes, 3.3% are Above120 minutes.

S. NO.	DEMOGRPHIC VARIABLE	CATEGORIZATION	FREQUENCY (f)	PERCENTAGE (%)
11	**Average time**	30 minutes	38	63.3%
	Using smart phones	60 minutes	10	16.7%
		90 minutes	10	16.7%
		Above120minutes	2	3.3%
	Total		60	100%

Section–B

To find out the association between knowledge score of mothers with their selected demographic variable

Table 2: Showed association between knowledge score of mothers with their selected demographic variable.

S.N O	Socio demographic variables	In-adequate Knowledge (0-9)	Moderate Knowledge (10-16)	Adequate Knowledge (17-20)	Total	Df	Chi-square Pvalue	Inferencep value
1.	**Marital status**							
	Married divorced Widow Others	8 8 1 3	21 8 6 3	2 0 0 0	31 16 7 6	6	**P=6.259 L=7.02 9**	**P=.395 L=.318 Significant**
2.	**RELIGION**							
	Hindu Muslim Christian Others	5 7 5 3	19 4 8 20	0 0 1 1	19 4 8 7	6	P=9.469 L=9.831	**P=.149 L=.132 Significant**
3.	**MONTHLY INCOME**							
	Below10000 10001-20000 20001-30000 Above30000	3 4 5 8	0 1 0 1	0 1 0 1	3 6 7 22	6	P=3.637 L=3.852	**P=.726 L=.697 Significant**
4.	**EDUCATION**							
	No formal education Primary school Higher secondary Graduation	4 7 3 6	3 2 4 29	0 0 0 2	7 9 7 37	6	P=15.4 40 L=15.9 76	**P=.017 L=.014 Non Significant**
5	**OCCUPATION**							
	Homemaker Business/self- employed Private job Government job	5 4 7	19 2 4	1 1 0	25 7 11	6	P=13.2 26 L=12.9 52	**P=.040 L=.044 Non Significant**
		4	13	0	13			
6	**TYPES OF SMART PHONE**							
	Android phone I phone Keypad phone	8 8 4	16 19 3	0 2 0	24 29 7	6	P=4.143 L=4.77 9	**P=.387 L=.311 Significant**
7.	**TYPES OF FAMILY**							
	Nuclear Joint Other	8 8 3	22 14 1	2 0 0	32 22 4	6	P=5.860 L=6.393	**P=.439 L=.381 Significant**
8.	**INTERNET FACILITY**							
	YES NO	17 3	38 0	2 0	57 3	6	P=6.316 L=6.913	**P=043 L=032 Non-significant**
9.	**USING WI-FI SMART DEVICE**							
	Yes No	16 4	36 2	2 0	54 6	6	P=3.392 L=3.32 3	**P=.183 L=.190 Significant**
10.	**HOW MANY SMARTPHONE**							

	Below2 3-4 5-6 Morethan6	1 8 4 7	0 3 15 20	0 0 2 0	1 11 21 27	6	P=4.143 L=4.779	**P=.183** **L=.190** **Non Significant**
11.	**AVERAGE TIME**							
	30 minutes 60 minutes 90 minutes Above120 minutes	5 8 5 2	31 2 5 0	2 0 0 0	38 10 10 2	6	P=22.341 L=23. 710	**P=.017** **L=.015** **Non significant**

Above cited Table number 2 showed that the calculated values (χ^2) of demographic variables were less than the table value at 0.05 level of significant. Hence H01 failed to reject and inferred that there was no significant association between knowledge score of mothers with their a11 selected demographic variable.

FINDINGS AND DISCUSSIONS OF THE STUDY

The study findings are explained in the context of objectives and a contrast with results from previous studies was also done.

Section A: A Frequency that 51.7% are married, 26.7% are divorced, 11.7% are widow, 10% are others.

- As per religion that 40% are Hindu, 26.7% are Muslim, 11.7% are Christian, 10% are others.
- As per monthly income that10% are Below 10000,18.3% are10001-20000, 20% are20001 30000, 51.7% are above 30000.
- As per Education that 11.7% have no formal education,15% are with primary school,11.7 % are with higher secondary, 61% are with graduation.
- As per Occupation that 41.7% are Homemaker, 11.7% are Business /self-employed**,** 18.3% are Private job, 28.3% are Government job. As per Types of smart phone using in family that 40% are Android phone, 48.3% are I phone, 11.7% are Keypad phone.
- As per types of family that 53.3% are Nuclear, 36.7% are Joint, 3.3%.are others.
- As per using internet facility that 95% mother are using internet and 5% are not using
- As per using WI-FI that 90% mother are using Wi-Fi and 10% are not using.
- As per number of smart phones uses in family that are using 1.7% Below 2, 18.3% are 3-4, 35.0% are 5-6, 45% are More than 6.
- As per average times of using smartphone in family that 63.3% are using 30minutes, 16.7% are using 60minutes, 16.7% are using 90minutes, 3.3% are using above 120 minutes,

Section B: To find out the level of knowledge regarding impact of smartphone on children among mothers at selected urban area Lajpat Nagar Moradabad, U.P

DISCUSSION OF THE FINDINGS

The study finding is explained in context of objective and contrast with results from previous studies was also done.

Satish 2017., Department of Paediatrics OPD at tertiary care teaching institute in order to assess the pattern of mobile use and reasons behind the mobile use along with the various effects of mobile amongst the rural children belonging to Marathwada region of Maharashtra, India. All the children attending the department of Pediatrics OPD below the age of 15 years were included in the study during the period of Jan.2017to March2017.Atotal of 450 children were enrolled in the study. In the present study, 277 (61.5%) participants were boys and 173 (38.5%) were girls'child. 414(92.1%) parents were using mobile phones and 350 (77.8%) parents had smart phones. Majority 194 (43.1%) of the children were using mobiles for 1-3 hours followed by 130 (28.8%) children those who used mobile for more than 4 hours. Physical Morbidities decreased physical activity in 189 (45.8%) children, laziness in 143 (34.7%) children, pain in fingers and wrist in 76 (18.5%) and eyes symptoms in 148 (35.7%) children. While mental issues faced were, throwing tantrums if mobile not given in 187 (45.3%) children, no to beying parents 110 (26.6%), reduced grades in school 89 (21.4%).

CONCLUSION

This study concluded that A descriptive study regarding impact of using the smart phones among mothers of children was for educating the mothers regarding impact of using smart phone by children. A descriptive study checked the level of knowledge regarding impact of using excessive smart phone among mothers of children and enhancing the knowledge regarding impact of using the smart phone among mothers of children by reading the information booklet which students have distributed to mothers during the data collection.

IMPLICATIONSOFTHESTUDY

Nursing Practice

- Nurses are the backbone of the health care system and have a major responsibility to give patients better, more appropriate care.
- Nurses should apply their expert iseto provide patients with high-quality care that is tailored to their needs.

Nursing Education

- A sanurseeducator, there are many options for teaching nursing students about the implication son kids using smartphones.
- Studies emphasize the value of continuous education programs form om sand the impact they have on their children's use of smartphones.

Nursing administration

- The work of the nurse administrator is crucial in enhancing the knowledge of nurses and other members of the healthcare team about the effects of children using smartphones.
- The results of the study may be used by nurse administrators to raise the standard of knowledge. Theideaofanincreasedrolefornursesgivesnurseadministratorsthechance to learn more about the effects of children's smartphone use.

Nursing Research

- There haven't been many descriptive studies done on the effects of kids' smartphone use. Every level of this subject is subject to the availability of new evidence-based knowledge. It is crucial that student researchers stay up to date on the latest finding sand be prepared to review and modify their methods in light of newly released data.
- The results of this study will support future research by nursing professionals and students to evaluate the efficacy of various methods for teaching descriptive studies and evidence-based practices to improve mothers' understanding of the effects of their children's smart phone use.

THERESEARCHWASLIMITEDTO

1. 60 samples.
2. Selected urban area Lajpat Nagar{Moradabad}
3. A descriptive study about impact using of smart phone of the children.

RECOMMENDATIONS

The following suggestions were offered in regards of study findings:

1. A similar study with a bigger sample size can beduplicated, allowing the findings to be generalized to a larger population.
2. A similar investigation can be conducted to assess the level of knowledge about impact of using the smart phone among mothers of children
3. An observational study can be conducted about the impact of using the smart phone among mothers of children

SUMMARY

This chapter deals on the basis of a short-term summary of the research survey, a discussion of the research outcome, implications, nursing practice, nursing education, nursing research, nursing administration, nursing research and recommendations.

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