



IMPACT OF MOBILE PHONE USE ON VARIOUS DIMENSION OF STUDENTS LIFE AMONG STUDENT SRM COLLEGE OF NURSING, KATTANKULKATHUR, CHENGALPATTU DISTRICT

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Abstract

Most health scholars agree that wellness is a multidimensional construct. Despite disagreement regarding the optimal number of dimensions – ranging from three to twelve – there is a general consensus around the following: (1) physical, (2) social, (3) psychological, (4) psychological and (5) education, . With regard to these five dimensions of wellness, the purpose of this study was to conduct a naturalistic inquiry among graduating health education majors to evaluate which particular dimension of wellness was most influenced or impacted, by their college life experience. Participants were recruited via email and google forms of the 100 students who were eligible to participate in this study at the time of recruitment, 98% indicated interest. When determining which specific dimension of wellness was most impacted or influenced by the college life experience. However, when trying to compile all 98% narratives to identify which dimension was most impacted, collectively, I concluded that all dimensions were impacted, and due to the dimensions' interconnectedness, no one particular dimension could be singled out as most impacted. The five dimensions of wellness interact continually and synergistically. For Example, the need for stress management and stress reduction is linked mostly obviously with education wellness; however, should one practice yoga for stress relief, he/she is impacting their physical, social, and psychological health as well. Segmenting students' Narratives about their college life experiences into discrete domains represented a challenge – one that reflects how activities that support wellness cannot easily be segmented into discrete domains, either.

Objectives

1. To assess the impact of mobile phone use on various dimensions among the students.
2. To find out the impact of mobile phones use on various dimensions among the students.
3. To associate the impact of mobile phones use on various dimensions of students among nursing students with their demographic variables.

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1. INTRODUCTION

Global technology and its evolution play a significant impact in each persons life. The present societal trend is to embrace any advancement in communication technological marvel of the twenty- first century. The mobile phone has evolved into an important communication and tool, as well as an integral part of society. It is not a communication device but it also vital social accessory.

We live in a world where new knowledge is always being discussed and represented, and communication technology is the key to the future, promising to alleviate the drudgery of labour, as well as the difficulties of overcrowding and long commutes

Allowing access to up-to-date global knowledge to classes and demoralised teachers, News, as well as delivering new types of entertainment and recreation. Digital libraries electronic voting, email and video conferencing, online chatting, video of demand, mobile phones, and Tele-shopping are all examples of remote learning technologies

Background of the Study

The finding of this investigation, uncovered that cell phone use fundamentally impact scholastic execution among male and female undergrads. The outcomes showed that there is no huge connection between use time and recurrence of login facebook with understudy GPA Grade Point Average)(10). Santhi Venkatapathy (January 2020) et al... Smartphone, which are multi- purpose mobile computer devices with multimedia capabilities as well as voice and text 4 messaging, have become an indispensable component of human life. According to a 2014 research ,

1.85billion individuals used smart phones. Among the world's inhabitants this figure is projected to rise. In 2017, there were 2.32 billion users, and by 2020 ,it is predicted to reach 3.2 billion . The number is mobile phone users in India is increasing. As of 2013, the population was 524.9 million. The number is 813.2 million. Young people are interested in new technologies. I was the first to be introduced to it.Smart phones are becoming increasingly popular. Peoples altering how they communicate with one another as well as it has significant impact. Smart phones have becomes crucial to teenagers' identities, and they are vital communication tool for young people in their peer groups and as member of those groups and as members of those groups. Their peer connection has been changed into really networked society.Nowadays, having a smartphones is a prestige symbol. Many young people see it as a symbol. The phones look, their phones features and personalised accessories attested to its quality. 60 percent of teens wanted to improve their social position cellular phone.It also seen as a fashion accessory by the younger generation that address the urge for individualization in young individuals selecting a mobile phone, wallpaper and ringtones.

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2. METHODOLOGY

The examination of literature allowed the investigator to create a structured questionnaire that allowed him to define the study's methodology and prepare for data analysis in the most efficient way possible. The study was conducted using a quantitative methodology and an experimental research design. At SRM college of Nursing in Kattankulathur, Chengalpattu district, the study was done among Nursing students. The study involved 100 students who were studying in SRM college of Nursing Kattankulathur, Chengalpattu district. The samples were chosen using a Purposive sampling approach. Descriptive approaches were used to analyze the information based on the objectives. The data was collected over the course of a week. Part A It consists of demographic variables such as age, sex, religion, educational status, occupation of father, monthly income of father. Part B It deals with structured questionnaire to assess the physical dimensions of mobile phone. Part: C It deals with structured questionnaire to assess the psychological dimensions of mobile phone. Part:D It deals with structured questionnaire to assess the educational dimensions of mobile phone

ETHICAL APPROVAL

Before beginning data collecting, the research committee of the project was approved by SRM college of nursing, SRM institute of science and technology, kattankulathur, Chengalpattu district. The Dean of the SRM College of Nursing granted permission, and each participant gave informed consent. The subjects were assured that their identity would be preserved and that they may withdraw from the research at any moment.

3. RESULT AND DISCUSSION

The study was conducted among Nursing students in SRM college of Nursing, Chengalpattu district, using an Experimental attitude test. It was chosen to perform the study with 100 students. In this study the demographic characteristics were as follows that most of the students, 72(72%) were aged between 19 to 20 years, 75(75%) were female, 96(96%) were studying B.Sc. Nursing, 54(54%) were studying B.Sc. Nursing 3rd year, 24(24%) of mothers had higher school certificate and high school certificate respectively, 23(23%) of fathers had higher school certificate, 42(42%) of mothers were unemployed, 26(26%) of father were skilled worker, 82(82%) belonged to nuclear family, 65(65%) were Hindus, 25(25%) had family monthly income of Rs.17.756 to Rs.23.673, 72(72%) had monthly pocket money of Rs.500, 61(61%) spent Rs.200 as monthly expenditure of mobile phone. that among students 61(61%) had good attitude, 37(37%) had adequate attitude and 2(2%) had poor attitude on impact of mobile phone on various dimensions of student's life. 3 depicts that the mean score of attitude on impact of mobile phone on various dimensions of student's life was 53.82 ± 13.89 with minimum score of 14.0 and maximum score of 80.0. that one of the demographic variables had shown statistically significant association with level of attitude on impact of mobile phone on various dimensions of student's life among students. The standardised teaching programme on impact of mobile phone on various dimension mn was found to be successful for student life, resulting in an increase in their level of awareness.

4. CONCLUSION

The main aim of the study was focused to assess the impact of mobile phone use on various dimensions of students among Nursing students at SRM CON. Thus, it was concluded that the structured teaching was effective in enhancing knowledge regarding impact of mobile use among students.

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