

A Descriptive Study to Assess the Knowledge and Practice of Mothers Regarding the Effect of Smartphone Usage among Children Attending Paediatric OPD in a Tertiary Care Hospital at Bangalore

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Abstract

Objectives:

- To assess the knowledge of mothers regarding the effect of usage of smartphones on children.
- To assess the practice of mothers regarding the effect of usage of smartphones on children.
- To associate selected Socio-demographic variables with knowledge of mothers regarding the effect of usage of smartphones on children.

Methodology: Quantitative Nonexperimental research approach was used in the paediatric OPD setting at tertiary hospital at Lucknow and Non probability purposive sampling was used to collect data from 100 mothers of children aged 3-12 years.

Result: Out of 100 samples 6% of mothers have poor knowledge, 66% have average knowledge and 28% have good knowledge. Out of 100 mothers only 8% allowed for the independent ownership of smartphone by children. 62% of mothers had laid down rules for usage of smartphone by children and 48% mothers permit usage and under supervision, 88% of mothers had installed phone lock. 12% mothers allow phone usage while charging, 24% allows usage of phone in dim light, 26% allow usage of phone for 15 minutes before sleeping and 4% of the mothers allowed children to carry mobiles to school.

Conclusion: Smartphones have become part of daily life among all age groups and household. In spite of the rampant use of smartphones there is a lack of knowledge among mothers regarding the effects of smartphones on their children leading to harmful practices. So there is an urgent need to assess the knowledge and practice among the mothers so that appropriate steps can be taken to mitigate the harmful effects of smartphone usage by their children.

Although majority of mothers are graduated, residing in urban area and are working in private firm they have only average knowledge regarding the effect of smartphone usage by their children.

Keywords

knowledge and practice, mothers of children (3 to 12 years), usage of smartphone by children.

INTRODUCTION

The current generation of children is growing up at a time when smartphones are a common part of their daily communication, interaction, and use. Do parents have a problem with whether using a smartphone is good or bad for their children. They ask themselves if they have access to their children via a smartphone or not. And if not, why not. And if so, for how long. Examining mothers' knowledge of the impact of smartphone use on their children provides a dichotomy of positive and negative impact on children.

OBJECTIVES

- To assess the knowledge of mothers regarding the effect of usage of smartphones on children.
- To assess the practice of mothers regarding the effect of

usage of smartphones on children.

- To association selected Socio- demographic variables with knowledge of mothers regarding the effect of usage of smartphones on children.

METHODS AND MATERIALS

Quantitative research approach used for this present study. The **Study design** was Descriptive study. Non probability purposive sampling used. **Sample Size** was 100. **Research setting** was Paediatric OPD of Command Hospital Airforce Bangalore.

Tool: The tool used for the data collection consists of 3 sections.

- Section I : Socio demographic variables
- Section II : Semi Structured Knowledge Questionnaire

- Section III: Semi Structured practice Questionnaire assessing socio-demographic data, level of knowledge and practice.

DATA ANALYSIS

Frequency distribution, percentage, standard deviation for

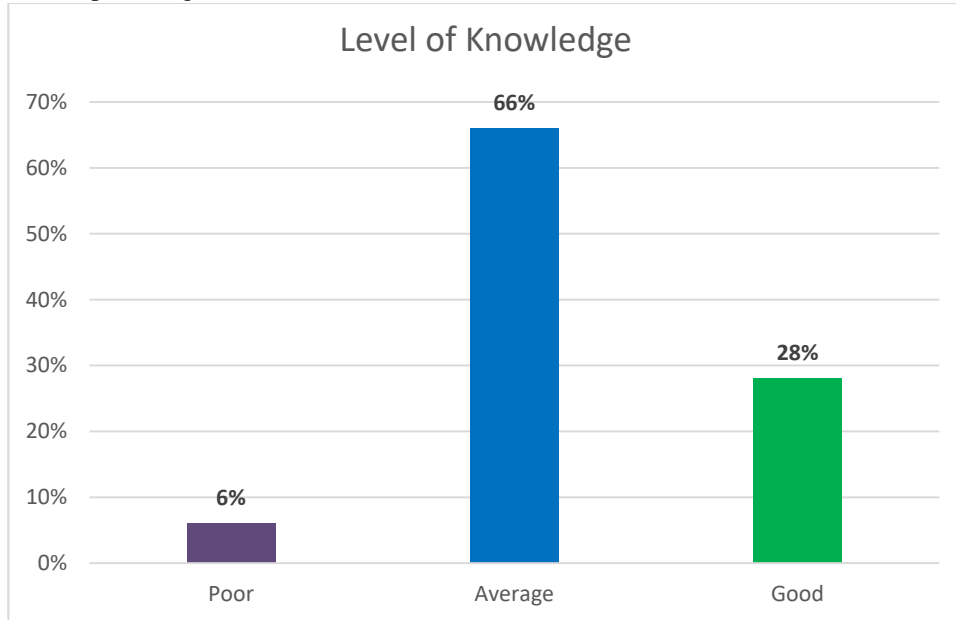


Figure1: shows level of knowledge among mothers of children (3-12 yrs) regarding the effects of smartphone usage on children

Fig 1 In the above graph 66% of mothers had average knowledge regarding the effects of smartphone usage on children, 28% had good Knowledge and only 6% had poor children

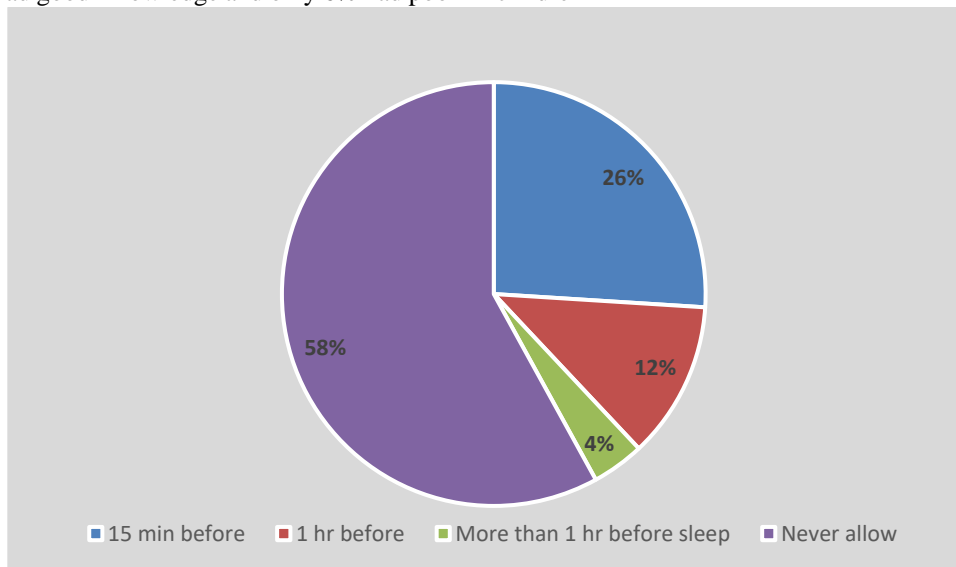


Figure 2: Depicts the duration of smartphone usage by children before sleep

Fig.2: Fig shows that out of which 26% of parents allow their children to use smartphone 15 min before sleep, 12 % of parents allow to use smartphone 1 hour before sleep, 4 % of parents allow to use smartphone for more than one hour and 58% of parents never allow their children to use smartphone before sleep.

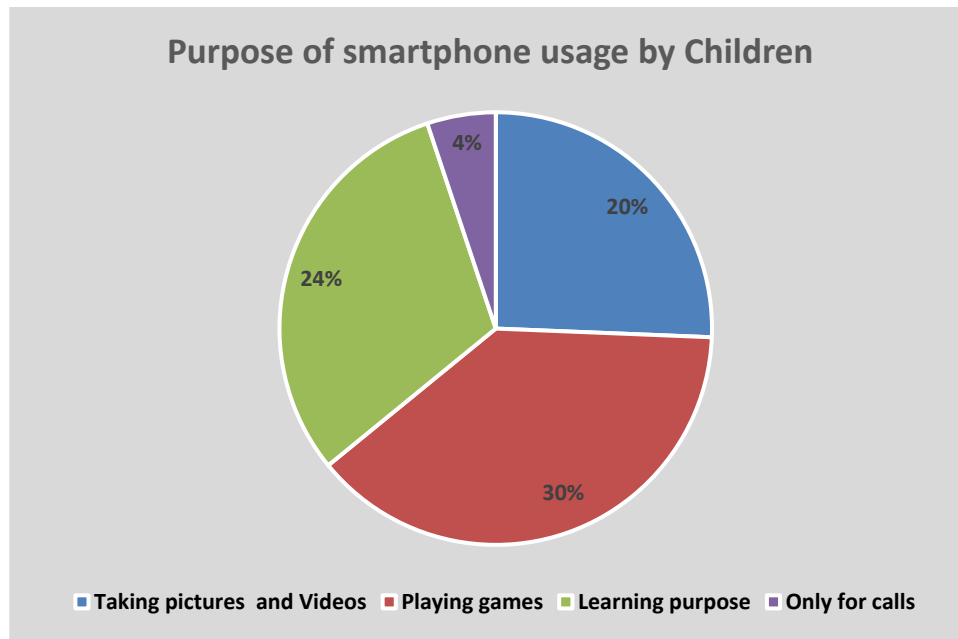


Figure 3: Depicts the Purpose of smartphone usage by children

Fig 3 Depicts the purpose of smartphone usage by children, out of which 30% of children uses for playing games , 24% for learning purpose, 20% for taking pictures and videos,4% only for making calls and 22% for all of the above.

RESULTS

Out of a total sample of 100, it was found that 28% of mothers have good knowledge, 66% have average knowledge and 6% have poor knowledge about the effects of using smartphones on mothers of children (3-12 years)

Out of 100 mothers, only 8% are allowed to own their children's smartphones. The rules for using a smartphone for children are set by 62% of mothers and 48% of mothers allow the use and 88% of mothers have a phone lock installed under supervision. 12% of mothers allowed telephony while charging, 24% allowed telephony in low light, 26% allowed telephony 15 minutes before bedtime and 4% of mothers allowed children to carry mobile phones to school.

CONCLUSION

Smartphones have become a part of everyday life for all ages and households. Despite the widespread use of smartphones among mothers, there is a lack of knowledge about the effects of smartphones on their children that lead to harmful behavior. There is therefore an urgent need to assess mothers' knowledge and practice in order to take appropriate measures to reduce the harmful effects of using smartphones on their children.

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