

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING INTERNET ADDICTION AMONG ADOLESCENTS IN SELECTED HIGHER-SECONDARY SCHOOLS OF SURAT DISTRICT, GUJARAT

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Internet addition is an impulse control disorder. Some internet users may develop an emotional attachment to on-line friends and activities they create on their computer screens.

Introduction

“Internet addiction is a slow poison to intellect”

Internet addition is an impulse control disorder. Some internet users may develop an emotional attachment to on-line friends and activities they create on their computer screens. Internet users may enjoy aspects of the Internet that allow them to meet, socialize, and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities." Other Internet users spend

endless hours researching topics of interest Online or "blogging".

The internet can provide access to some valuable tools, interesting stories, exciting games and informative content but, when used in excess, the internet has the ability to interfere with work, life, relationships, and daily routines. Internet addiction is a potentially dangerous condition that affects individuals who spend large amounts of time online socializing with friends, playing games, gambling or just surfing the web despite the negative consequences that result from

spending so much time online.

Need of the study

Current data shows India have second highest internet users 833.7M among all over world. According to the survey done by Internet and Mobile Association of India 1.6 million school children use the internet for about 322 minutes a week and about 3.4 million college students use the internet about 433 minutes a week.

A study conducted in India in 2018 to investigate the extent of internet addiction in school children between the age group 16-18 years found that internet dependents delayed their work to spend time online, lost sleep due to late-night logons, and felt life would be boring without the internet. The hours spent on the internet by dependents were greater than those of the non-dependents. On the loneliness measure significant differences were found between the two groups, with the dependents scoring higher than the non-dependents.

A research study on Level of internet addiction shows adolescents are more vulnerable to internet addiction. This addiction cause higher levels of stress, anxiety, depression, poor academic performance, ADHD and loneliness when compared to non-internet addicts. Awareness programs and education is required among adolescence to manage this raising problem.

Statement of the problem:

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED

TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING INTERNET ADDICTION AMONG ADOLESCENTS IN SELECTED HIGHER -SECONDARY SCHOOLS OF SURAT DISTRICT, GUJARAT.

Objectives of the study:

- To assess the knowledge regarding internet addiction among adolescents before and after administration of planned teaching programme.
- To assess the attitude regarding internet addiction among adolescents before and after administration of planned teaching programme.
- To compare the pre-test and post-test score of knowledge and attitude regarding internet addiction among adolescents.
- To correlate the pre-test and post-test knowledge and attitude score of adolescents regarding internet addiction.
- To find out the association between post-test knowledge and attitude score of internet addiction with selected demographic variables.

Hypothesis:

H1: There will be a significant difference in the pre-test and post-test knowledge scores on internet addiction among adolescents in selected higher secondary schools of Surat district, Gujarat.

H2: There will be a significant difference

in the pre-test and post-test attitude scores on internet addiction among adolescents in selected higher secondary Surat district, Gujarat.

H3: There will be a significant association between pre-test knowledge scores and the selected socio-demographic variables of adolescents in selected higher secondary schools of Surat district, Gujarat.

H4: There will be a significant association between pre-test attitude scores and the selected socio-demographic variables of adolescents in selected higher secondary schools of Surat district, Gujarat.

Review of literature

The research review of literature of the study is presented under the heading as follows:

- Reviews related to concept and prevalence of internet addiction.
- Reviews related to knowledge and attitude about internet addiction.

- Reviews related to effectiveness of planned teaching programme.

Research Methodology:

In the study quantitative approach was adopted. Pre-experimental one group pre-test post- test design was adopted. Convenient sampling is a type of non-probability sampling techniques was adopted for the selection of the samples. Total sample size was 60, a total of 60 higher secondary school students of vivek vidhyalya surat were selected for the study. Ethical consideration was taken from the college to conduct the study. Data was collected between 11-4- 2022 to 14-4-2022, by the tool which consist the selected socio-demographic variables, structured knowledge questionnaire and attitude scale regarding internet addiction. Pre-test and post-test conducted for the group, planned teaching programme given to group. Data analysis was done by descriptive and inferential statistics.

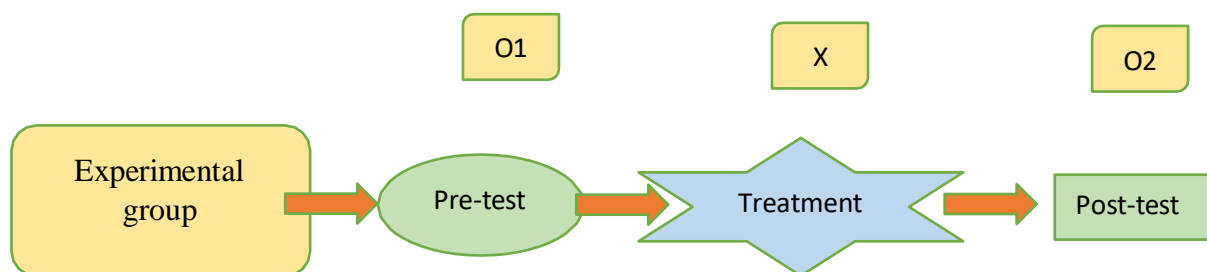


Figure. Schematic representation of research design

Results:

The study findings depicted that there was a significant difference between the pre-test

and post-test level of knowledge and attitude. The calculated paired 't' test value of knowledge score was 10.63 and attitude score was 11.41, which was greater than tabulated value. So, the given planned teaching programme was effective to enhance the knowledge and attitude of the

higher secondary school students. In association between post-test knowledge and attitude with selected socio-demographic data, occupation of mother and presently living with were found to be significant.

Table: Significance of mean difference between pre-test and post-test knowledge score of higher secondary school students.

n=60

Knowledge score				Mean difference	SD Difference	Calculated t-value	Significance
Pre-test		Post-test					
Mean	SD	Mean	SD				
15.7	3.4	19.9	2.5	4.32	0.91	10.63	S

df = 59, p = 0.05 significance

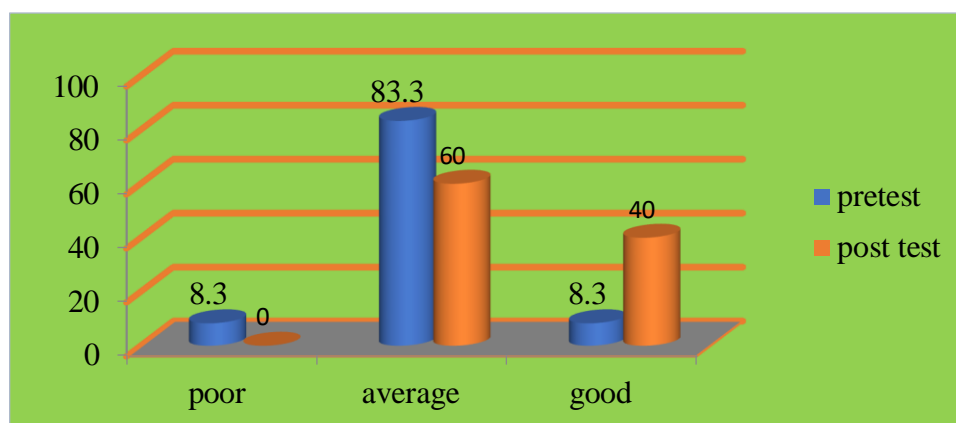


Figure: classification of overall knowledge gain of higher secondary school students.

Table: Significance of mean difference between Pre-test and Post-test attitude score of higher secondary school students.

n=60

Attitude score				Mean difference	SD Difference	Calculated t-value	Significance
Pre-test		Post-test					
Mean	SD	Mean	SD				
72.16	4.98	78.70	3.22	8.53	1.76	11.41	S

df = 59, p = 0.05 significance

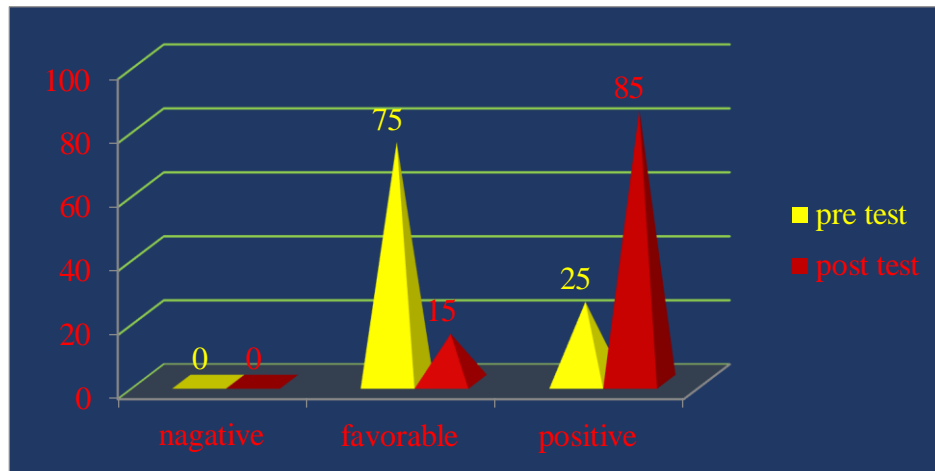


Figure: Classification of overall attitude of higher secondary school students

Table: Correlation of knowledge and attitude of higher secondary school students regarding internet addiction.

n=60

Knowledge Vs. attitude score	Knowledge mean	Attitude mean	Correlation Coefficient (r)
Pre-test	15.63	72.16	0.006
Post-test	19.95	78.70	0.1924

Above table shows that, there is moderately positive correlation ($r = 0.1924$) is seen between post-test knowledge and attitude. Therefore, it can be stated that, PTP was effective in improving knowledge and attitude.

Limitations & Recommendations:

Following limitations of the present study are identified by the researcher.

- Sample size was limited to 60.
 - The study is limited to higher secondary school students.
- Recommendations

On the basis of the present study the following recommendations have been made for further study.

- The study can be replicated in larger samples for better generalization.
- Similar study can be conducted in different groups and also different settings.
- A comparative study can be carried out in different community to find out significant difference
- A study can be conducted to assess the effectiveness of seminar on internet addiction.
- Planned teaching programme on internet addiction can be compared with other teaching strategies.
- Similar study can be done by using various teaching methods.

Discussion summary and Conclusion

So, this study concluded that

planned teaching programme regarding internet addiction enhanced the knowledge and improved attitude towards internet addiction among higher secondary school students. In pre-test there was lack of adequate knowledge and positive attitude of higher secondary school students regarding internet addiction, but after the planned teaching programme there was significant improvement in knowledge and attitude of higher secondary school students. So, it can be concluded that planned teaching programme is found to be an effective and feasible method of teaching strategy to improve knowledge and attitude of higher secondary school students. In association between post-test knowledge and attitude with selected socio-demographic data, occupation of mother and presently living with were found to be significant which depicts that occupation and living condition effect on internet use.

As internet addiction becomes an evident public health problem, carrying out public awareness campaigns may be a fruitful strategy to decrease its prevalence and effect. It is important to develop other trendy, adaptive, and sustainable countermeasures.

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