

## A Study to assess the Behavioural Changes Related to Continuous Use of Mobile Phone Uses Observed by Parents of Preschool Children in Paediatric OPD SAIMS Hospital

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### Abstract

Good health is wealth, but majority of us undermine our personal health, and become more careless about our children's mental and physical state day-by-day, caused by the excessive usage of cell phones. A recent survey found that 92% of world population has mobile phones today. Among which 31% admit that they never turn off their mobile phones. More than 90% of parents provide their kids cell phones in world, so they can easily keep in touch whenever they want to. All of this gives sufficient ground to talk about a cell phone addiction, especially about the possible dangers of cell phones on children's health.

**Objectives:** To assess the behavioral changes related to Continuous mobile phone using observed by parents of preschool children. To find out association with selected demographic variables and behavior changes.

**Methodology:** The research approach was descriptive approach and research design is a one group. The study was conducted on preschool children at OPD SAIMS Hospital Indore. Non-probability convenience sampling techniques adopted. Number of sample size is 30 who using the mobile phone frequently. Data collection was done by the researcher. Data was analyzed with descriptive and inferential statistics came up with the following findings.

**Result:** The result shows of the study in their 30 sample (10%) day preschool were having mild behavior change, (85.45%) preschool were having moderate behavior change and (5.55%) preschool were having severe behavior change. Due to continuous time spent on the phone. Found that those participants who spent more time with phone lead to more behavior changes. Statistically there is no any significant association was found.

**Recommendation:** The findings of the present study can be used as a guide of future research. Interventional study can be undertaken to reduce the behavior change. A study can be conducted in preventing aspect of stress. To make the recommendation to the government to arrange compulsory medical check-up on the yearly basis for the nursing personnel.

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**Conclusion:** The present study was aimed at assessing the level behavior change among preschool children. This shows that these variables had influence level of behavior change in the study.

**Keywords:** Preschool Children; Behavior Changes; Physical Health; mental Health.

## INTRODUCTION

In today's globalized digital world, the usage of mobile is rapidly increasing. This does not mean only adults, but also includes children of all ages. Children all around the globe have started using mobile for various purposes. Whether for talking to their friends and relatives on video calls or playing games, or on social media or even for online education. We now have more reason for concern over the excessive use of technology among the youngest of the young, as little children' Mobile usage has risen dramatically, according to many studies. Though most parents would have tried to limit their children's screen time before the covid, we all saw those time limits explode once the lockdown began.

We believe that if parents properly guide and manage our child's usage of mobile phones, it can be greatly beneficial for them, but without proper guidance, the drawbacks of mobile and its negative impact on children's development, health, and studies is a matter of concern. Therefore, we will look into the negative effects of mobile on the development of our children in this blog. Excessive use of Mobile phone they effect eye discomfort and damaged eyesight, risk of tumors, disturbed sleep pattern, effect of behavior, risk of mental disorder.

## PROBLEM STATEMENT

A Study to assess the Behavioral Changes Related to continuous Mobile Phone using Observed by Parents of pre School Children in pediatric OPD SAIMS hospital Indore M.P.

### Objectives

- To assess the behavioral changes related to continuous mobile phone using observed by parents of Preschool children.
- To find out association with selected demographic variables and behavior changes continuous mobile phone using observed by parent of preschool children.

## MATERIALS AND METHODS

**Research Approach:** The research approach was qualitative research approach.

- **Research Design:** Research design is descriptive research design.

- **Sampling Technique:** Non-probability convenience sampling techniques adopt.
- **Target Population:** Pre School children those using mobile phone.
- **Sample Size:** Number of sample size is 30.
- **Inclusion Criteria:** Pre School children who using continuous mobile phone.
- **Exclusion Criteria:** Parents of Preschool children those not willing to participate in this study.

### Major Findings of the Study

The study did not find significant association between age of the student. The chi square test did not establish any significant association between respondents of gender, age, education current academic performance, region time uses of mobile in a day. The association between behavior changes and selected demographic variables was found to be nonsignificant by chi square the obtain 0.824 which is higher than the value at 0.05. The reveals that the majority study sample (6%) is mild changes in behavior of the preschool, (73.23%) preschool children were having moderate behavior change (7.67%) preschool children were having severe behavior change. Level of behavior changes among parents of preschool children.

## CONCLUSION

The present study is to find out the behavior change and Preschool going children's consequences in order to achieve the objective, A descriptive approach was adopted and non-probability purposive sampling was use to select the samples. The data was collected from 30 samples by using self-structured questionnaire. The findings of the study have been discussed based on objectives. Majority of sample (6%) preschool were having mild behavior change, (73.23%) preschool were having moderate behavior change and (7.67%) preschool were having severe behavior change. Due to more time spent on the phone. The study did not find significant association between age of the preschool. The chi square test establish significant association between respondents of gender, age, parent education, parents occupation, family income, region, how many hours time uses of mobile in a day. The association between behavior change and Selected Demographic Variables was found to be significant by chi square the obtain 0.824 which is higher than the table value at 0.05.

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