

## A STUDY TO ASSESS THE SMARTPHONE USAGE ADDICTION WITH TEXT NECK SYNDROME OCCURRENCE AMONG ADOLESCENTS

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### Abstract

The study was carried out to assess the practical skills of fourth year B.Sc Nursing students on breastfeeding assistance among postnatal mothers. The aim of the study was to assess the practical skills of fourth year B.Sc. Nursing students on breastfeeding assistance. Descriptive Non-experimental design was adopted for this study and the sample size of the present study comprised of thirty fourth year B.Sc. nursing students studying in RV College of Nursing, Bengaluru. The samples were selected by convenient sampling. The practical skills of the students were assessed using standardised observation checklist by Indian Nursing Council. The results revealed that majority 17 (56.66%) of respondents had average level of practice on breastfeeding assistance, 7 (23.33%) respondents had good level of practice and 6 (20%) respondents had poor level of practice on breastfeeding assistance. There was significant association of practice and selected demographic variables such as age, religion and no significant association of practice with gender, previous knowledge at 5% ( $P < 0.05$ ) level of significance.

**Key words:** Breast feeding, practical skills, nursing students

### Introduction: -

Breastfeeding plays an important role in baby's health, growth and development which also benefits the mother. A woman needs help to successfully feed her baby. Learning how to breastfeed the baby requires support and reassurance.<sup>1</sup>Breastfeeding is considered the most important means of reducing child mortality and ensuring optimal nutrition for child growth and development.<sup>2</sup>More than 15% of 24 Lakhs child deaths could be prevented in India with optimal breastfeeding practices.<sup>3</sup>

During pregnancy and after child birth, it is important to discuss with mothers the importance of exclusive breastfeeding for six months. Involve the partner and other family members and try to explain all about the benefits, the process of breastfeeding, the timing and the duration of breastfeeding to mothers and baby.<sup>1</sup> Improper breastfeeding practices are all over the world. Breastfeeding in particular is estimated to be suboptimal. Non-exclusive breastfeeding during first 6 months of

life causes 1.4 million deaths and 10% of the disease burden children less than 5 years old.<sup>4</sup>The key to successful breastfeeding is information, education and communication (IEC) strategies that implies a change in behavior. Very few women in India have access to counseling services regarding infant and young child nutrition.<sup>5</sup>

The postpartum nurses support continued breastfeeding by providing frequent mother infant contact during the mother's hospital stay. The pediatric nurse supports breastfeeding without giving any other fluid.

The nurse's role in supporting breastfeeding varies on the time and place the patient is cared for. However, in all situation's nurses play an important role in supporting mothers to initiate and enjoy breastfeeding, while providing infants with optimal nutrition for early growth and development.<sup>6</sup>Nursing students require training that includes basic breastfeeding knowledge skills to promote and support infant breastfeeding during clinical placements and during their career as registered nurses.

To educate nursing students with effective pedagogies, it is important to understand what kind of knowledge and skills the nursing students must require and what resources are used to develop that knowledge and skills is important. New ways to balance informal sources of information and formal education on breastfeeding for students, with a focus on supporting women in decision making about the practical aspects of breastfeeding, including the required challenges is vital.<sup>7</sup>

### Objectives:

1. To assess the practical skills of fourth year B.Sc. nursing students on breastfeeding assistance.
2. To find the association between practical skills and selected demographic variables.
3. To educate the fourth year B.Sc. nursing students on breastfeeding.

### Material and Methods

**Source of Data:** The data was collected from fourth year B.Sc. nursing Students.

**Research design and approach:** Quantitative, Descriptive Non-experimental design was adopted for this study

**Research Setting:** The study was conducted in Banashankari Referral Hospital, Bengaluru.

**Sample:** Fourth year B.Sc. nursing Students posted in Banashankari referral hospital for clinical postings.

**Sampling technique:** Convenient Sampling

**Sample Size:** The sample size is 30 fourth year B.Sc. nursing students.

#### Inclusion criteria:

- Samples willing to participate in the research study.

#### Exclusion criteria:

- Those who are not available at the time of study.

#### Instrument intended to be used:

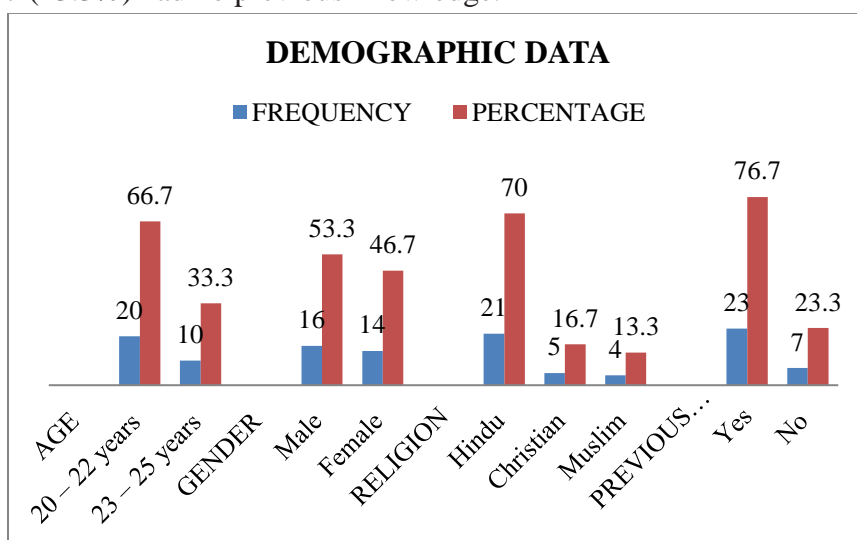
**Section A:** Questionnaire to collect the Demographic data.

**Section B:** Standardized observation checklist by Indian Nursing Council on breast feeding assistance.

**Section 1: Demographic variables of fourth year B.Sc. Nursing Students**

Table 1.1 Frequency and percentage distribution selected demographic variables of fourth year B.Sc. Nursing Students N = 30			
Sl. No	Demographic variables	Frequency	Percentage
1.	Age in years		
	a. 20 – 22 years	20	66.7
	b. 23 – 25 years	10	33.3
2.	Gender		
	a. Male	16	53.3
	b. Female	14	46.7
3.	Religion		
	a. Hindu	21	70
	b. Christian	5	16.7
	c. Muslim	4	13.3
4.	Previous Knowledge		
	a. Yes	23	76.7
	b. No	7	23.3

The above table shows majority, that is 20 (66.7%) respondents belong to the age group of 20 – 22 years and 10 (33.3%) belong to 23 – 25 years. Most of the respondents are males 16 (53.3%) and females were only 14 (46.7%). 21 (70%) respondents were Hindus, 5 (16.7%) respondents were Christians and 4 (13.3%) are Muslims. 23 (76.7%) respondents had previous knowledge and 7 (23.3%) had no previous knowledge.

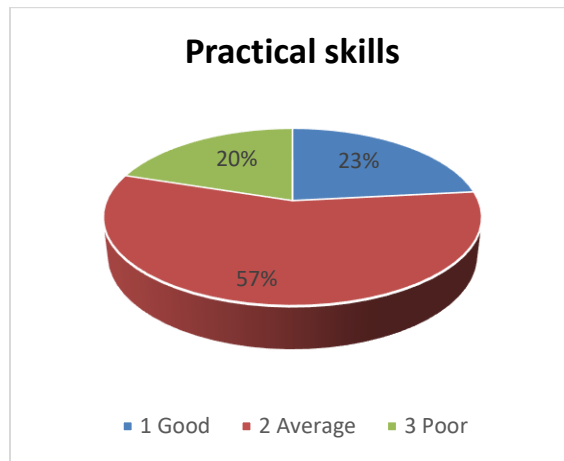


**Section 2: Level of practical skills of fourth year B.Sc. Nursing Student**

**Table - 2: Frequency and distribution of 4<sup>th</sup> year B.Sc. nursing students according to level of practical skills on breast feeding assistance.**  
N = 30

Level of practice	Category	Respondents	
		No	Percentage
Good	Less than 5	7	23.33
Average	6 – 10	17	56.66
Poor	11 – 17	6	20

The above Table shows that majority 17 (56.66%) of respondents had average level of practice, 7 (23.33%) of respondents had good level of practice, 6 (20%) of respondents had poor level of practice on helping postnatal mothers in breast feeding among students.



**Section 3: Association of pre-test practical skills of 4<sup>th</sup> year B.Sc. Nursing Students with selected demographic variables.**

**Table - 3: Association of pre-test practical skills of 4<sup>th</sup> year B.Sc. Nursing Students with selected demographic variables.**

Sl. No	Demographic Variables	Samples		Level of practice of respondents			Chi square ( $\chi^2$ value)
		No	%	Poor	Average	Good	
1.	Age in years						1.292 df = 2 S
	a. 20 – 22 years	20	66.7	5	10	5	
	b. 23 – 25 years	10	33.3	1	7	2	

Sl. No	Demographic Variables	Samples		Level of practice of respondents			Chi square ( $\chi^2$ value)
		No	%	Poor	Average	Good	
2.	Gender						7.243 df = 2 NS
	a. Male	16	53.3	6	8	2	
	b. Female	14	46.7	0	9	5	
3.	Religion						0.132 df = 4 S
	a. Hindu	21	70	4	12	5	
	b. Christian	5	16.7	1	3	1	
	c. Muslim	4	13.3	1	2	1	
4.	Previous Knowledge						15.477 df = 2 NS
	a. Yes	23	76.7	1	15	7	
	b. No	7	23.3	5	2	0	

Note: S-Significant at 5% level ( $p < 0.05$ ); NS- Not significant

**Interpretation:** The level of practice was significantly associated with age, religion and not significantly associated with gender, previous knowledge at 5% ( $P < 0.05$ ).

**Conclusion:**

Breast feeding is vital for both postnatal mothers and the new born, as it is an effective way for the survival, growth and development of the child. Exclusive six months of breastfeeding gives baby the required nutrition and antibodies which helps to protect the baby against any common illness and diseases. It is also the ideal food of infants. Benefits for the mothers are reduced breast and ovarian cancer. Breastfeeding also improves the bond between mother and baby. Hence it is the responsibility of nurses and student nurses to be aware of the techniques, position and benefits of breastfeeding.

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