A Descriptive study to assess the knowledge regarding effects of social media on mental health among staff nurses working in Narayana Medical College and Hospital, Nellore.
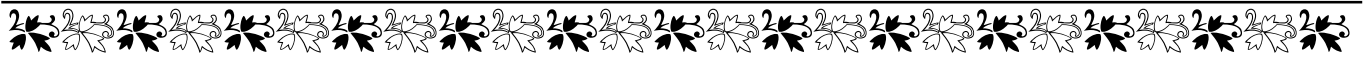
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Abstract: Background: Social media are interactive media technologies that facilitate the creation and sharing of information, ideas, interests, and other forms of expression through virtual communities and networks. Social media-also known as social networking-has become the most popular form of communication and interaction between people of all ages throughout the world. Social media (SM) is a way to communicate and share content through various technological platforms such as Face book, Instagram, Twitter, Snap chat, Tumblr, etc. Statistics shows that the extent of time people spend on social media sites amount to significantly high rates. On average, 28% of the time spent using the internet is for social media interaction. Scientific evidence suggests that heavy usage of social network sites can lead to symptoms of substance including mood modification, tolerance and problems with behavioral modification. Individuals across different age groups use social media platforms like Facebook, Instagram, YouTube and Twitter for communication and networking, and Indians spend approximately 2.4 hours of a day on social media alone. Young individuals aged 18-24 years spend excessive time on these applications - with Facebook and Instagram having 97.2 million and 69 million users from this age group alone in India, clearly showcasing growing dependency on social media. The constant use leads to exposure to risky content, changes in behavioral patterns, feeling of inferiority and even cyber bullying, resulting in grave mental health challenges and illnesses. **Aim:** The aim of the study was to assess the knowledge regarding effects of social media on mental health among staff nurses. **Objectives: 1.** To assess the knowledge regarding effects of social media on mental health among staff nurses. 2. To associate the knowledge on effects of social media on mental health among staff nurses with selected demographic variables **Results:** The level of knowledge of staff nurses regarding effects of social medial on mental health with grading of A+ 20(20%), A 32(32%), B+ 30(30%), B 13(13%), C 15(15%) D 0. The mean knowledge and value of Mean is 20.16 with Standard Deviation 2.6.

INTRODUCTION

Social media are interactive media technologies that facilitate the creation and sharing of information, ideas, interests, and other forms of expression through virtual communities and networks. Social media-also known as social networking-has become the most popular form of communication and interaction between people of all ages throughout the world. Social media (SM) is a way to communicate and share content through various technological platforms such as Face book, Instagram, Twitter, Snap chat, Tumblr, etc. Statistics shows that the extent of time people spend

on social media sites amount to significantly high rates. On average, 28% of the time spent using the internet is for social media interaction.

Social media is a collective term for websites and applications that focus on communication, community-based input, interaction, content-sharing and collaboration. People use social media to stay in touch and interact with friends, family and various communities. Businesses use social applications to market and promote their products and track customer concerns.

Mental health is a state of emotional, psychological and social wellness evidence by satisfying interpersonal relationships effective behavior and coping positive self concept and emotional stability. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Social networking sites allow people to communicate and remain in contact with friends as well as meet new people. These sites allow people to find others with similar interests that they can create a relationship with and get to know one another.

The excessive usage of social media has become a growing phenomenon and controversial issue. People have become addicted in various social media platforms, particularly face book. Heavy usage of social network sites can lead to symptoms of substance related addictions including, silence, mood modification, tolerance withdrawal relapse and problems with behavioral addictions.

Social media usage has become a social problem and concern. The lack of understanding is predominantly grave concerns in the context of present younger generation as teen and young adults spends their good amount of time in outline socialization and hence are potentially experiencing the risk of negative effects.

Social media may promote negative experiences such as Inadequacy about the life or appearance, fear of missing out (FOMO), isolation, depression and anxiety, cyber bullying and self-absorption.

A number of studies classify connection between use of social media and its undesirable outcomes like increase stress, depression and loneliness. The increase usage of social media by young generation and staff nurses raises alarms regarding its adverse effects. Social media and its components are conducted on the impact of a disaster on the mental health of staff nurses. This may include the high risk for developing post traumatic stress disorder among the staff nurses.

NEED FOR THE STUDY

A strong social network is associated with positive mental health and well-being. Routine social media use may compensate for diminishing face-to-face social interactions in people's busy lives. Social media may provide individuals with a platform that overcomes barriers of distance and time, allowing them to connect and reconnect with others and thereby expand and strengthen their in-person networks and interactions. The excessive use of social media can affect the people's mental health as well as physical health.

In 2020, there are an estimated 3.8 billion social media users worldwide, representing half the global population (We Are Social 2020). Recent studies have shown that individuals with mental disorders are increasingly gaining access to and using mobile devices, such as smartphones . Similarly, there is mounting evidence showing high rates of social media use among individuals with mental disorders, including studies looking at engagement with these popular platforms across diverse settings and disorder types. Initial studies from 2015 found that nearly half of a sample of psychiatric patients was social media
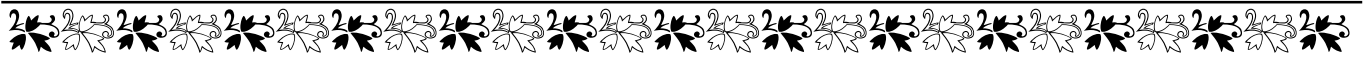
users, with greater use among nurse, while 47% of inpatients and outpatients with schizophrenia reported using social media, of which 79% reported at least once-a-week usage of social media website.

The Rate of social media use among psychiatric populations have increased in recent years, as reflected in a study with data from 2017 showing comparable rates of social media among nurses with serious mental illness in treatment as compared with low-income groups from the general population.

Individuals across different age groups use social media platforms like Facebook, Instagram, YouTube and Twitter for communication and networking, and Indians spend approximately 2.4 hours of a day on social media alone. Young individuals aged 18-24 years spend excessive time on these applications - with Facebook and Instagram having 97.2 million and 69 million users from this age group alone in India, clearly showcasing growing dependency on social media. The constant use leads to exposure to risky content, changes in behavioural patterns, feeling of inferiority and even cyber bullying, resulting in grave mental health challenges and illnesses.

Scientific evidence suggests that heavy usage of social network sites can lead to symptoms of substance including mood modification, tolerance and problems with behavioral modification.

The investigator observed that many staff nurses required immediate awareness regarding effects of social media on mental health for preventing further complications. Hence the investigator felt there is a need to identify the level of knowledge among staff nurses which can be helpful to disseminate information to clients through behavior communication change program.

PROBLEM STATEMENT: A Descriptive study to assess the knowledge regarding effects of social media on mental health among staff nurses working in Narayana Medical College and Hospital, Nellore.

OBJECTIVES

• To assess the knowledge regarding effects of social media on mental health among staff nurses.

• To associate the knowledge on effects of social media on mental health among staff nurses with selected demographic variables

OPERATIONAL DEFINITION:

Assess: Evaluate the outcome of knowledge related to effects of social media on mental health among staff nurses.

Knowledge: Refers to understanding and information known about knowledge regarding effects of social media on mental health among staff nurses and which was assessed by using a structured questionnaire.

Social media: Refers to a computer based technology that facilitates the sharing of ideas, thoughts, and information through virtual networks and communities.

Mental health: The effects of social media on staff nurse's emotional, psychological, and social wellbeing.

Staff Nurses: A person who works in a hospital taking care of the ill and injured people.

Assumption: Staff nurses may have some knowledge on effects of social media on mental health among staff nurses.

Delimitation:

• Staff Nurses working in Narayana Medical College and Hospital.

• The sample size of 100 only.

Projected Outcome: The study will help to assess the knowledge on effects of social media on mental health among staff nurses working on Narayana Medical College and Hospital, Nellore.

Materials and Methods: The quantitative research approach and descriptive research design was adopted

for this study. The study was conducted in Narayana Medical College and Hospital, Nellore. Prior formal permission from concerned authorities was taken to conduct the study from the month of 19-9-2022 to 19-10-2022. Written informed consent was taken from staff nurses, after explaining the purpose of study and establishes good rapport to the staff nurses. A sample of 100 staff nurses was selected by using non probability convenience sampling technique. Each day 6 - 7 sample selection was taken to data collection. Make the staff nurses to sit in a comfortable room. A brief introduction was explained by investigator. Confidentiality of responses was assured. The Structured questionnaire was administrated to assess the knowledge regarding effects of social media on mental health among staff nurses Narayana Medical College and Hospital Nellore. It was taken 20-30 minutes for each participants to complete the tool. The data was collected and organized for statistical analysis.

Plan for Data Analysis: The data was analyzed in terms of objectives of the study by using descriptive and the inferential statistics.

Section-I: Frequency and Percentage distribution of socio demographic variables of effects of social media on mental health among staff nurses.

Table No-1: Frequency and Percentage distribution of level of knowledge among staff nurses based on age.   (N=100)

Age	Frequency	Percentage
a) 21-23 years	34	34
b) 24-26 years	34	34
c) 27-29 years	25	25
d) 30 years	7	7
Total	100	100

Table No: 1 Represents that that with regards to the age of staff nurses 21-23 years 34(34%) 24-26 years (34%), 27-29 years (25%), 30 years (7%)
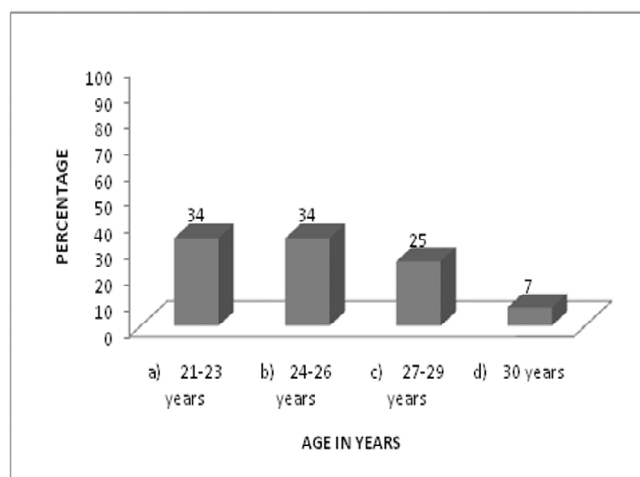
Fig No:3 Percentage of distribution of staff nurses among effects of social media on mental health based on Age.

Table No - 2: Frequency and Percentage distribution of staff nurses regarding effects of social media on mental health based on gender.   **(N=100)**

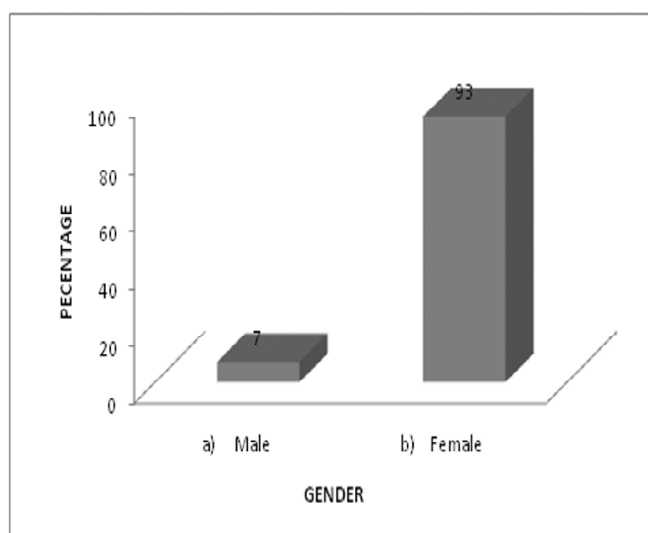| Gender	Frequency	Percentage
a) Male	7	7
b) Female	93	93
Total	100	100

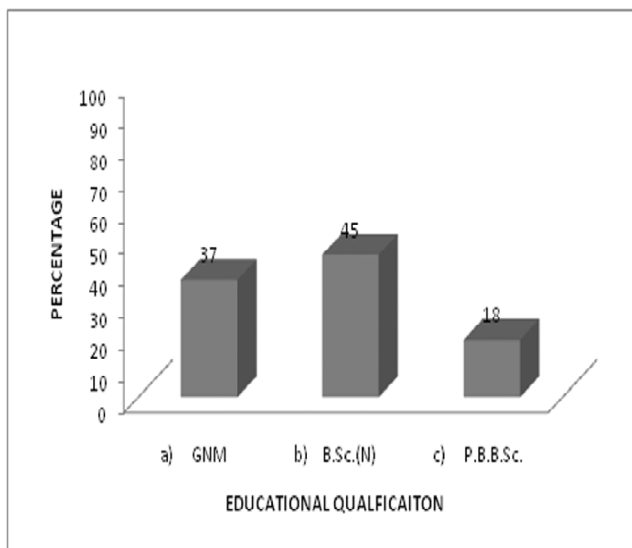Table No: 2 Describes with gender of staff nurses and effects of social media got (7%), Female (03%)
Fig No: 4 Percentage of distribution of staff nurses among effects of social media on mental health based on Gender.

Table No- 3: Frequency and Percentage distribution of staff nurses regarding effects of social media on Mental Health based on Educational Qualification (N=100)

Education	Frequency	Percentage
a) GNM	37	37
b) B.Sc.(N)	45	45
c) P.B.B.Sc.	18	18
Total	100	100

Table No: 3 Describes with educational qualification of staff nurses among effects of social media on mental health got from GNM 37(37%), B.Sc.(n), 45(45%), P.B.B.Sc 18(18%)
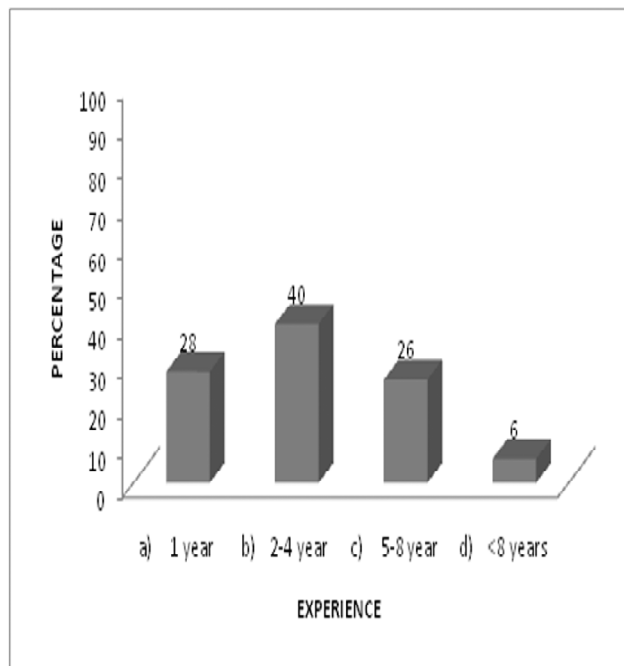

Fig No: 5 Percentage of distribution of staff nurses among effects of social media on mental health based on Education.

Table No- 4: Frequency and Percentage distribution of staff nurses regarding effects of social media on mental health based on experience (N=100)

Experience	Frequency	Percentage
a) 1 year	28	28
b) 2-4 year	40	40
c) 5-8 year	26	26
d) <8 years	6	6
Total	100	100

Table No: 4 Narrates that, with regards to occupation of parents, 289(64%) are working as coolie, 100(22%) are Business, 21(5%) are Government employee, 5(1%) are Private employee and remaining 35(8%) House wife.
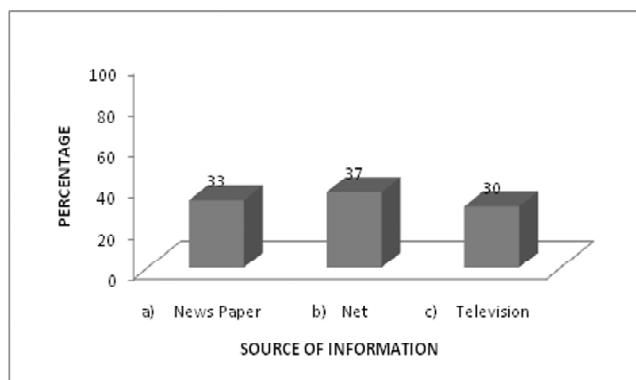

Fig No: 6 Percentage of distribution of staff nurses among effects of social media on mental health based on experiences.

Table No- 5: Frequency and Percentage distribution of staff nurses regarding effects of social media on mental health based on source of information (N=100)

Source of Information	Fre	Per
a) News Paper	33	33
b) Net	37	37
c) Television	30	30
Total	100	100

Table No: 5 Describes with the source of information of staff nurses regarding effects of social media on mental health. Frequency go from News paper 33(33%), Net 37(37%), Television 30(30%)
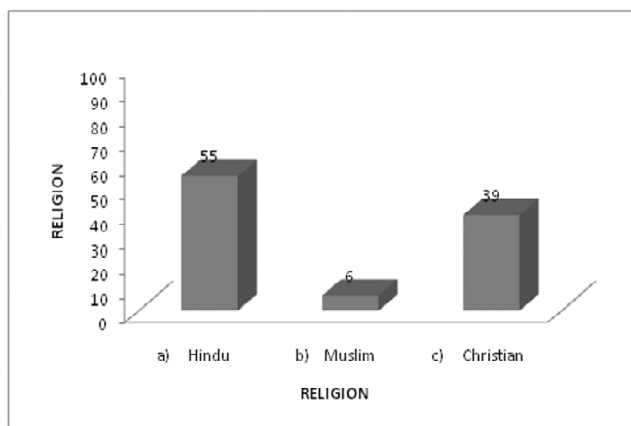
Fig No: 7 Percentage of distribution of staff nurses among effects of social media on mental health based on Source of Information.

Table No-6: Frequency and Percentage distribution of staff nurses regarding effects of social media on mental health based on religion   (N=100)

Religion	Frequency	Percentage
a. Hindu	55	55
b. Muslim	6	6
c. Christian	39	39
d. Others	0	0
Total	100	100

Table No: 6 Describes with religion of staff nurses among effects of social media on mental health got from Hindu 55(55%), Muslim 6(6%), Christian 39(39%)
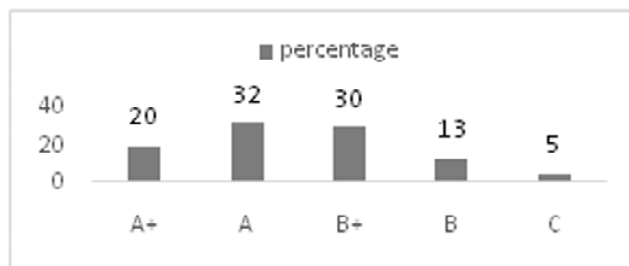

Fig No: 8 Percentage of distribution of staff nurses among effects of social media on mental health based on Religion.

SECTION-II

Table No-7: Frequency and Percentage distribution of level of knowledge of effects of social media on mental health among staff nurses based on structured questionnaire

Level of Knowledge	Frequency	Percentage
A+	20	20
A	32	32
B+	30	30
B	13	13
C	5	5
D	0	0
Total	**100**	**100**

Table No:8 Shows the level of knowledge of staff nurses regarding effects of social medial on mental health with grading of A+ 20(20%), A 32(32%), B+ 30(30%), B 13(13%), C 15(15%) D 0.

Fig No: 9 Percentage distribution of level of knowledge of effects of social media on mental health among staff nurses based on structured questionnaire

SECTION-III

Table No- 9: Table No:8 Mean and standard deviation of effects of social media on mental health among staff nurses based on structured questionnaire

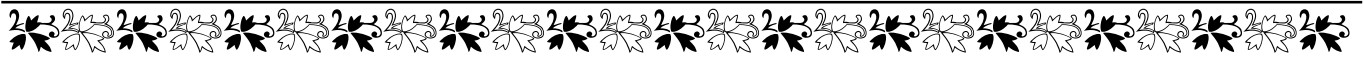| Criteria	Mean	SD
Knowledge regarding effects of social media on mental health staff nurses	20.16	2.6

Table No-8 shows that mean knowledge and value of Mean is 20.16 with Standard Deviation 2.6.

Section -IV

Table - 9 Association between the level of knowledge regarding effects of social media on mental health among staff nurses based on socio demographic variales

Sl.No	Demographic Variables	A+		A		B+		B		C		D		Chi-Square
1.		F	%	F	%	F	%	F	%	F	%	F	%	
	Age													CV=6.226
	21-23 yrs	8	8	10	10	10	10	4	4	2	2	-	-	TV=24.99
	24-26 yrs	8	8	11	11	10	10	4	4	1	1	-	-	Df=15
	27-29 yrs	4	4	7	7	10	10	3	3	1	1	-	-	P=0.05
	30 yrs	-	-	4	4	-	-	2	2	1	1	-	-	S=NS
2	Gender													
	Male	3	3	-	-	3	3	-	-	1	1	-	-	CV=3.87
	Female	17	17	32	32	27	27	13	13	4	4	-	-	TV=24.99 Df=15 P=0.05 S-NS
3	Education													
	GNM	11	11	17	17	2	2	5	5	2	2	-	-	CV=37.07
	B.Sc.(N)	4	4	10	10	25	25	3	3	3	3	-	-	TV=18.31
	P.B.B.Sc	5	5	5	5	3	3	5	5	-	-	-	-	DF=10 P=0.05 S=S
4	Experience													
	1 yr	3	3	5	5	16	16	3	3	1	1	-	-	CV=131.7
	2-4 yrs	12	12	10	10	12	12	4	4	2	2	-	-	TV=24.99
	5 years	3	3	17	17	-	-	6	6	-	-	-	-	Df=15
	<8 years	2	2	-	-	2	2	-	-	2	2	-	-	P=0.03 S=S
5	Source of information													CV=131.7 TV=24.99
	News Paper	10	10	4	4	10	10	6	6	3	3	-	-	Df=15
	Internet	8	8	13	13	10	10	4	4	2	2	-	-	P=0.03
	Television	2	2	15	15	10	10	3	3	-	-	-	-	S=S
6	Religion													CV=17.964
	Hindu	16	16	17	17	14	14	7	7	1	1	-	-	TV=24.99
	Muslim	1	1	-	-	3	3	-	-	2	2	-	-	Df=15 P=0.04
	Christian	3	3	15	15	13	13	6	6	2	2	-	-	S=NS
	Others	-	-	-	-	-	-	-	-	-	-	-	-	

Note: NS-Non Significant

TV	=	Table Value
S	=	Significant
Df	=	Degree of freedom
CV	=	Calculated Value
df	=	(r-1)(c-1)

P<0.05 Level of Significant

Table 10:

Regarding Age: The calculated value is 6.226, the table value is 24.99. The calculated value is lower than the table value. Hence, there is no significant association between age and level of knowledge.

Regarding Gender: The calculated value is 3.87, the table value is 11.07. The calculated value is lower than the table value. Hence there is no significant association between gender and level of knowledge .

Regarding Education: The calculated value is 37.07, the table value is 18.31. The calculated value is greater than the table value. Hence there is significant association between education and level of knowledge.

Regarding Experience: The calculated value is 131.7, the table value is 24.99. The calculated value is greater than the table value Hence there is significant association between experience and level of knowledge.

Regarding source of information: The calculated value is 47.001 the table value is 18.314. The calculated value is greater than the table value. Hence there is significant association between source of information and level of knowledge.

Regarding Religion: The calculated value is 17.964. The table value is 24.99. The calculated value is lower than table value. Hence there is no significant association between religion and level of knowledge.

Major Findings of the Study:

• Relation to staff nurses age in years were 34(34%) belongs to 21-23 years, 34(34%) belongs to 24-26 years, 25(25%) belongs to 27-29 years, 7(7%) belongs to 30 years.

• In context to gender were 7(7%) belongs to male,93 (93%) belongs to Female.

• In context education qualification were 37(37%) belongs to GNM 45(45%) belongs to B. Sc nursing, 18(18%) belongs to P.B B.Sc.

• In context to experience, 28(28%) belongs to 1 year experience ,40(40%) belongs to 2-4 years, 26(26%) belongs to 5-8years of experience, 26(26%)belongs to <8 years of experience.

• In context source of information were 33(33%) belongs to News paper, 37(37%) belongs to internet,30(30%) belongs to television.

• In context to religion . were 55(55%) belongs to Hindu, 6(6%) belongs to Muslim, 39(39%), belongs to Christian.

• The study showed the level of knowledge regarding effects of social media on mental health among staff nurses 20(20%) had A+grade, 32(32%) had A grade 30(30%) had B+ grade, 13(13%) had B grade, 15(15%) had C grade knowledge.

• The mean score for the staff nurses is 20.16 with the standard deviation of 2.6.

• In relation to association among Staff nurses shows that there is no significant association between level of knowledge regarding effects of social media on mental health with their selected socio demographic variables such as Age, Gender, Educational qualification, Experience, Source of knowledge, religion regarding effects of social media on mental health.

CONCLUSION: The present study concluded that among 100 staff nurses ,the level of knowledge regarding effects of social media on mental health among staff nurses 20(20%) had A+ grade, 32(32%) had A grade 30(30%) had B+ grade, 13(13%) had B grade, 15(15%) had C grade knowledge of effects of social media on mental health. There is no significant association between level of knowledge regarding
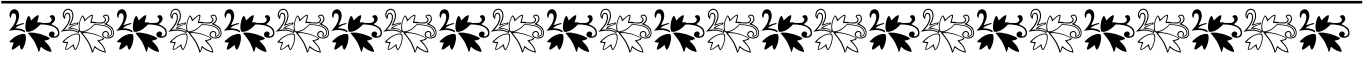
effects of social media on mental health with their selected socio demographic variables such as Age, Gender and religion and significant association between level of knowledge regarding effects of social media on mental health with their selected socio demographic variables such as source of information, experience and education. The results indicate that the health professionals need to educate the staff nurses regarding effects of social media on mental health. So it is important to create awareness on effects of social media on mental health among staff nurse.

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