(RESEARCH ARTICLE)

Effectiveness of self-instructional module on knowledge regarding doom scrolling among undergraduate nursing students in selected nursing colleges: A pre-experimental

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Abstract

Doom Scrolling is Spending excessive time online surfing and reading negative or unfavorable news makes a person unhealthy. The primary objectives of the study is To assess the effectiveness of Self-instructional Module on Knowledge regarding Doom scrolling among undergraduate Nursing students. And the secondary objectives are, To assess the pre-test knowledge regarding Doom scrolling among undergraduate Nursing students. To assess the post-test knowledge regarding Doom scrolling among undergraduate Nursing students. To assess the effectiveness of Self-instructional Module on Knowledge regarding Doom scrolling among undergraduate Nursing students. Pre-Experimental one group pre-test post-test research design is used in this study and included 60 undergraduate students as a sample by using Non-Probability Convenient sampling. Assessment is done by using Self Structured Questionnaire on Demographic Variables and Structured Questionnaire on Doom Scrolling. The finding reveals that in pre test 41% students got poor score, 37% students have average and 22% students got good knowledge score while after administrating Self Instructional Module in post test 12% students have poor, 24% students got average and 64% students got good score. It is interpreted that after administrating Structure Instructional Module the knowledge regarding 'Doomscrolling' has been improved for undergraduate students.

1. Introduction

People have been battling the COVID-19 pandemic for the past few years, which has presented unprecedented challenges for society as a whole and for each person. Pandemics and other uncertain stimuli can cause people to become lost in uncontrollably uncomfortable thoughts, which can be alleviated by finding relevant answers surrounding the unknown. This impulse to protect ourselves from harm and to feel in control when spending extended periods of time scrolling through our phones is largely detrimental.

Constant exposure to bad news on social media can manifest as "doom scrolling," which is defined as reading or scrolling through news feeds and social media for an excessive amount of time in an obsessional search for depressing or negative information. It has also been linked to significant levels of anxiety and uncertainty. This ultimately has a significant impact on a person's mental, physical, and social health and is presumably influenced by a variety of cognitive changes as well as inadequate affect control abilities.

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The mean world syndrome, which was first identified in the 1970s and is defined as "the belief that the world is a more dangerous place to live in than it actually is as a result of long-term exposure to violence-related content on television,"[1] is comparable to the habit of doomscrolling [1]. Research indicates that individuals who encounter distressing news tend to look for additional details about the subject, resulting in a vicious cycle.

The word "doom" is a synonym for "darkness" and "evil", both of which refer to one's destiny (see: damnation) [2]. In the early days of the internet, "surfing" was a verb used to describe browsing the internet. Similarly, the word "scrolling" was used to describe scrolling through content on the internet. Although the term "doom scrolling" is not in their dictionary, they are "watching" it, which is a term they use to describe words that are being used more and more in society but don't yet meet their definition [3]. Doomscrolling was named by Dictionary.com as their top monthly trend for August 2020. It was also named Macquarie dictionary's 2020 Committee's choice word of the year [4].

1.1. Need of the study

Doomscrolling is compulsive because it is constantly scrolling for depressive and/or negative news on social media. Therefore, personality traits should be taken into account as part of self-regulation to see how much specific personality traits correlate with doomscrolling behavior. People tend to report certain aspects of their experience depending on their personality traits. Extroverted people tend to report more positive emotions, while neurotic people report more negative emotions (such as sadness or anxiety), so neurotic people are more prone to do so. According to Sharma et al., (2022), doomscrolling has: a positive association with neuroticism a sensitivity-seeking and/or negativity bias a negativity and/or conscientiousness a negative and/or positive association with positive affect.[5]

Past investigate has uncovered a link between social media utilize and expanded sentiments of sadness and uneasiness (Vannucci et al., 2017) [6]. In an early consider, people who detailed investing more time on COVID-19 widespread related news were found to encounter higher levels of uneasiness, trouble, push, and misery (Wathelet et al., 2020) [7]. Essentially, Buchanan and colleagues (Buchanan et al., 2021) detailed that utilization of COVID-19 pertaining negative news on social media was connected with lower levels of well-being [8].

A self-report degree of doomscrolling was created by Sharma and colleagues (Sharma et al., 2022) which is able permit analysts to look at the connections between doomscrolling and other mental wellbeing variables [9]. Doomscrolling may be a relatively new idea and only some inquiries about have been distributed so distant hence, there's a have to be address these matters and advance influence direction procedures over wellbeing settings.

1.2. Title

Effectiveness of Self-instructional Module on Knowledge regarding Doom scrolling among undergraduate Nursing students in selected Nursing colleges: A Pre-Experimental

1.3. Research statement

A study to assess the effectiveness of Self-Instructional Module on Knowledge regarding Doom scrolling among undergraduate Nursing students in selected Nursing colleges: A Pre-Experimental

Objectives

- Primary objectives

To assess the effectiveness of Self-instructional Module on Knowledge regarding Doom scrolling among undergraduate Nursing students.

- Secondary objectives
  o To assess the pre-test knowledge regarding Doom scrolling among undergraduate Nursing students.
  o To assess the post-test knowledge regarding Doom scrolling among undergraduate Nursing students.
  o To assess the effectiveness of Self-instructional Module on Knowledge regarding Doom scrolling among undergraduate Nursing students.

1.4. Hypothesis

- H0: There will be no significant difference between pre-test and post-test knowledge score regarding Doom scrolling among undergraduate Nursing students.
- H1: There will be significant difference between pre-test and post-test knowledge score regarding Doom scrolling among undergraduate Nursing students.

1.5. Delimitation

- The study is limited to undergraduate nursing students in selected Nursing colleges.
- Sample size is limited to 60 undergraduate nursing students in selected Nursing colleges.

2. Material and method

2.1. Research design

A Pre-Experimental one group pre-test post-test research design

2.2. Target population

All the undergraduate Nursing students in selected Nursing colleges.

2.3. Accessible population

Undergraduate Nursing students in selected Nursing colleges and who are available at the time of data collection.

2.4. Setting of the study

- Selected Nursing colleges.

2.5. Sample size

- 60 undergraduate Nursing students

2.6. Sampling technique

- Non-Probability Convenient sampling

2.7. Variables

- Independent variables: Self-instructional Module on Knowledge regarding Doom scrolling
- Dependent variables: Knowledge regarding Doom scrolling among undergraduate Nursing students.

2.8. Tools

- Self Structured Questionnaire on Demographic Variables
- Structured Questionnaire on Doom Scrolling

3. Result and discussion

3.1. Objective1

To assess the pre-test knowledge regarding Doom scrolling among undergraduate Nursing students.

3.1.1. Pre-Test Score

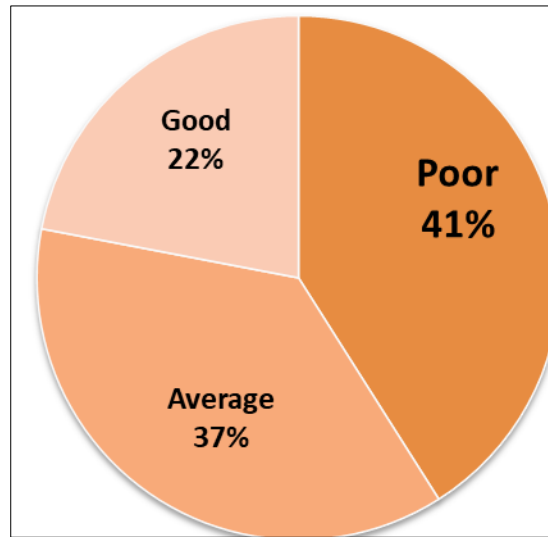

Figure 1 Pia Diagram Showing pre-test knowledge score

3.2. Objective 2

To assess the post-test knowledge regarding Doom scrolling among undergraduate Nursing students.
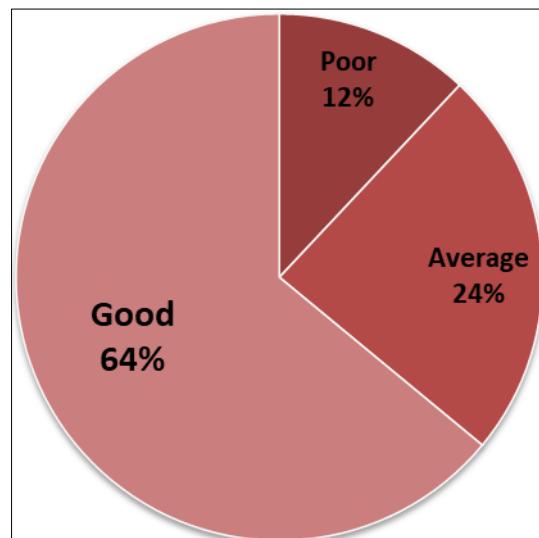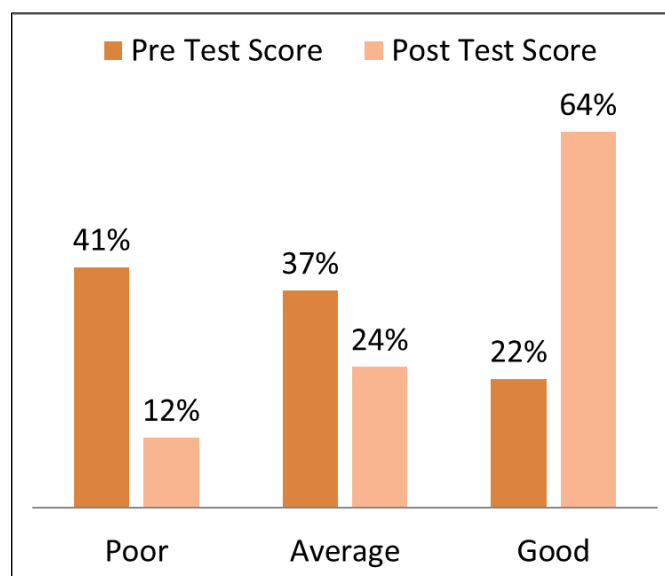
3.2.1. Post-Test Score

Figure 2 Pia Diagram Showing post-test knowledge score

3.3. Objective 3

To assess the effectiveness of Self-instructional Module on Knowledge regarding Doom scrolling among undergraduate Nursing students

3.3.1. Comparison of Pre-Test & Post Test Score

Figure 3 Bar Diagram Showing comparison between pre-test and post-test knowledge score

3.4. Interpretation

It is interpreted that after administrating Structure Instructional Module the knowledge regarding 'Doomscrolling' has been improved for undergraduate students and other researcher may suggest of recommend for further research study.

4. Conclusion

At the end of the research study researcher confirmed that There is significant difference between pre-test and post-test knowledge score regarding Doom Scrolling among undergraduate nursing students and hence Self-Instructional Module is proved to be effective to deliver knowledge on Doom Scrolling successfully.

Compliance with ethical standards

Statement of ethical approval

The present research work does not contain any studies performed on animal's subjects by any of the authors

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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