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A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE (SIM) ON KNOWLEDGE REGARDING PREVENTION AND MANAGEMENT OF COMPUTER VISION STNDROME (CVS) AMONG STUDENTS IN SELECTED IT COLLEGE, OF CITY

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Abstract

An evaluation of research approach was used to assess the effectiveness of self instructional module (SIM) on knowledge regarding prevention and management of computer vision syndrome (CVS) among students in selected it college, bhubaneswar, odisha. 60 samples were selected by purposive sampling technique. Data were collected through structured questionnaire and were analyzed by descriptive statistics. It was found that before SIM admistration students were (8.3%) poor knowledge,(85%)were average knowledge, only(6.6%) were good knowledge but after SIM administration students were (100%)good knowledge.

Keywords: instructional module (SIM), purposive sampling technique, samples.

1. Introduction

Information and communication are two of the most important rategic issues for the success of every enterprise. Today nearly every organization uses a substantial number of computers &communication tools. Computers education has become the need of the day.
In today's world, the use of computer either personal or professional has become very common. We are so addicted to the use of desktops, laptops, cells phones, I pads etc. that we cannot imagine our life without them. But the usage of digital screens for more than two hour a day predisposes an individual to computer vision syndrome (CVS). A study by the national institute of occupational safety & health should nearly 90% of people who work on computer more than three hours a day suffer from some type of problems of eye. The U.S bureau of labour statistics reports that more than 75 million workers sit at a computer every day.54 million children work at a computer each day either at home or at school. There are 135 million visually disabled in the world and 90% of these live in developing countries. The present rate is likely to double by 2020. This prompted WHO and its member states to launch a global initiative in 1999 called" VISION 2020-the right to sight". Nurses have to play an important role in prevention of computer vision syndrome. They need to explain to computer users about taking a break maximize comfort correctly, position their self correctly , proper lighting clearing screen and eye exercise.

2. Statement of the Problem:

"A Study To Assess The Effectiveness Of Self Instructional Module (Sim) On Knowledge Regarding Prevention And Management Of Computer Vision Stndrome (Cvs) Among Students In Selected It College, Bhubaneswar, Odisha, India."

3. Objective

1. To assess knowledge regarding the prevention and management of computer vision syndrome (CVS) among students of IT college.
2. To find out effectiveness of the self-instructional module (SIM) regarding computer vision syndrome (CVS) among students of IT College.

4. Deliminations

The study is limited to the:

- Student who are willing to participate in the study.
- Computer user student's studying in selected IT colleges.

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5. Hypothesis

H1-There will be significant difference between the pre-test and post-test knowledge scores of students regarding computer vision syndromes.

O1=Pre-test O2=Post-test E=Effectiveness (Conceptual framework based on JW Kenny's open system model)

6. Methodology:

Research approach: Evaluative research approach. Research design: Pre experimental research design.
Setting: College of IT and management education, Bhubaneswar, Odisha.

Sample and sampling technique:
60 samples and purposive sampling technique were adopted to select the sample.

Selection and development of research tool:
The instruments used for the study was a structured questionnaire.

Section-A
Consist of demographic characteristics.

Section-B
Consist of knowledge questionnaires regarding computer vision syndrome.

Data Collection:
The data was collected from students of IT and management education, Bhubaneswar, Odisha by using structured questionnaire.

7. Data Analysis:

The data was collected, coded, grouped, tabulated and interpreted according to the objectives of the study. Descriptive and inferential statistics was used for data analysis. Distribution of students according to their demographic variables

t-Test Level of significance

25.58 Highly
signific ant
(Table value-2.00) (P<0.05)

t-test was calculated to assess the significant difference between pre & post-test knowledge scores which shows that calculated value more than tabulated value (25.58 > 2.00, p<o.05), there is highly significant difference between pre-test & post-test values.

The difference observed in the mean score value of pre-test & post- test were true difference not by chance. Thus it can be interpreted that SIM was effective for all the students.

Recommendations:
Based on the finding of the study the investigator proposed the following recommendations for future research:-

Table-1 Over all knowledge of students regarding computer vision syndrome (CVS)

Sl. no			No. of students51	Percentages
1	Age	20-23 yrs.	08	85%
		23-25 yrs.	01	13.3%
		Above 25 yrs.	26	1.6%
2	Sex	Male	34	43.3%
		female	53	56.6%
3	Religion	Hindu	06	88.3%
		Muslim		10%
		Christian	01	1.6%
4	Stream	MBA	45	75%
		MCA	10	16.6%
		M-TECH	5	8.3%
5	Occupation of father	Govt. service	35	58.3%
		Business man	11	18.3%
		Private job	03	5%
		others	11	18.3%
6	Monthly income of parents	5,000-10,000	04	6.6%
		10,000-15,000	07	11.6%

Table no.1 shows that majorities 85% of the IT students were in the age group of 20-23 yrs. And 13.3% were in the age group of 23-25 years & 1.6% was in the age group of above 25 yrs. Thus it can be interpreted that majority of IT students were 20-23 yrs. age group. According to their sex majority 43.3% IT students were male & 56.6% IT students were female.

According to their religion shows that 88.3% of the IT students were Hindu religion, 10% of IT students were Muslim, & 1.6% of IT students were Christian. According to their stream majority 75% of IT students were in MBA, where as 16.6% of IT students were in MCA, and 8.3% of IT students were in M-TECH. According to occupation of their fathers shows that 58.3% of their fathers were in Govt. Service, where as 18.3% fathers were business man, where as 5% of their fathers were in private job and 18.3% fathers were in other sectors.

According to the monthly income of their parent's shows that 6.6% of their parents monthly income is 5,000-10,000, 11.6% of their parents monthly income is 10,000-15, 000, 15% of their parents monthly income is 15,000-20,000 & 66.6% parents monthly income is above 25% in a month.

According to their computer use in a day shows that 33.3% of IT students were use computer 1hour in a day, 21.6% of IT students were use computers 2 hours in a day, 15% of IT students were use computer 3 hours in a day & 30% of students were use computer more than 3 hours in a day. Previous knowledge regarding computer vision syndrome shows that 61% of the students gain knowledge from internet, 18.3% of students gain knowledge from books, 8.3% of students gain knowledge from newspapers, 10% of students gain knowledge from other specify and 1.6% of students gain knowledge from teachers. Comparison between difference of pre and post-test knowledge scores of students regarding computer vision syndrome.

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