

“A STUDY TO ASSESS THE EFFECTIVENESS OF EDUCATIONAL INTERVENTIONAL PACKAGE ON KNOWLEDGE REGARDING IDIOT SYNDROME (INTERNET DERIVED INFORMATION OBSTRUCTING TREATMENT) AMONG YOUTH STUDYING IN SELECTED HIGHER SECONDARY SCHOOLS OF KANPUR UTTAR PRADESH.”

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ABSTRACT

The contemporary digital landscape, characterized by widespread access to smartphones, laptops, and tablets, has precipitated an increase in IDIOT Syndrome (Internet Derived Information Obstructing Treatment), also referred to as Cyberchondria. This phenomenon occurs when patients discontinue their treatment regimens due to an uncritical reliance on medical information sourced from the Internet. The present study aims to evaluate the efficacy of an educational intervention package designed to enhance knowledge regarding IDIOT Syndrome among youth enrolled in selected higher secondary schools in Kanpur, Uttar Pradesh. The study's objectives include assessing the pre-intervention knowledge levels of these youths, evaluating the effectiveness of the educational intervention on their understanding of IDIOT Syndrome, and examining the relationship between pre-intervention knowledge scores and selected socio-demographic variables. A quasi-experimental one-group pre-test post-test design was employed, with a sample of 60 youths selected from Dr. Narendra SVN Inter-college in Kanpur using a non-probability convenience sampling method. Data were gathered through a self-structured knowledge questionnaire. Following the pre-test, the educational intervention was administered, and a post-test was conducted after a period of seven days. The results indicated that, prior to the intervention, 47 participants exhibited inadequate knowledge, while 13 demonstrated moderately adequate knowledge. In contrast, the post-test results revealed that the majority 33 participants achieved adequate knowledge, 27 had moderately adequate knowledge, and none were classified as having inadequate knowledge. The post-test mean score of 18.98 significantly surpassed the pre-test mean score of 8.01. The calculated t-value (29.99) exceeded the critical value at a significance level of $p > 0.05$. Furthermore, a significant association was identified between pre-test knowledge scores and selected socio-demographic variables, leading to the rejection of the null hypothesis in favor of the alternative hypothesis. The study concludes that the educational intervention package was highly effective in enhancing the knowledge of youth regarding IDIOT Syndrome.

INTRODUCTION

It is commonplace for individuals to express concern regarding their health, particularly when experiencing illness; for instance, a person with a history of cardiac events may exhibit heightened anxiety about the possibility of a subsequent heart attack. However, individuals suffering from health anxiety often engage in excessive worry about their health, perceiving themselves as gravely ill despite the absence of any physical symptoms. Such heightened health anxiety can lead to significant distress, adversely impacting various aspects of their lives, as these individuals frequently distrust their healthcare providers' reassurances regarding their well-being. The World Health Organization characterizes this phenomenon as an "infodemic," defined as an overabundance of information during a disease outbreak, which includes both inaccurate and misleading information disseminated in both digital and physical contexts. This infodemic can foster insecurity and promote health-compromising behaviors.

NEED FOR THE STUDY

While a consensus on the definition of IDIOT Syndrome (Internet Derived Information Obstructing Treatment), also known as Cyberchondria, remains elusive, most definitions highlight the phenomenon of online health research that is linked to increased distress or anxiety. The theoretical frameworks surrounding IDIOT Syndrome encompass two primary models: reassurance seeking and specific metacognitive beliefs. This syndrome is associated with health anxiety, problematic internet use, and symptoms of obsessive-compulsive disorder, which carry significant public health implications, including functional impairment and altered patterns of healthcare utilization. Although various strategies for the prevention and management of IDIOT Syndrome have been proposed, they have yet to be empirically tested. Interest in researching IDIOT Syndrome has been on the rise; however, it remains unclear whether it can be classified as a distinct clinical entity. Future research endeavors should focus on elucidating the conceptual framework of IDIOT Syndrome, quantifying its impact, and developing evidence-based strategies for its effective management.

The global average internet penetration rate stands at 63.2%, indicating that the internet has become a primary medium for disseminating targeted information to diverse audiences. A survey conducted with over 12,000 participants across 12 countries revealed that the internet is increasingly viewed as an alternative to traditional healthcare practitioners, with nearly half of respondents utilizing "Google" as a tool for self-diagnosis.

PROBLEM STATEMENT

A study to assess the effectiveness of educational interventional package on knowledge regarding IDIOT Syndrome (Internet Derived Information Obstructing Treatment) among youth studying in selected higher secondary schools of Kanpur, Uttar Pradesh.

OBJECTIVES OF THE STUDY

KEY WORDS- Assess, Effectiveness, Knowledge, IDIOT Syndrome, Educational Interventional Package, Youth.
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"Research objectives are specific accomplishment the researcher hopes to achieve by conducting study."²⁴

1. To assess the pretest level of knowledge regarding IDIOT Syndrome among youth studying in selected higher secondary schools of Kanpur, Uttar Pradesh.
2. To evaluate the effectiveness of educational interventional package on knowledge regarding IDIOT Syndrome among youth studying in selected higher secondary schools of Kanpur, Uttar Pradesh.
3. To find out the association between pretest knowledge score regarding IDIOT Syndrome with their selected socio-demographic variables.

HYPOTHESIS

Hypothesis was tested at 0.05 level of significance

- H_{01} : There is a no significant difference between the pre-test and post-test level of knowledge regarding IDIOT Syndrome (Internet Derived Information Obstructing Treatment) among youth studying in selected higher secondary schools of Kanpur, Uttar Pradesh.
- H_{02} : There is no significant association between the pre-test level of knowledge regarding IDIOT Syndrome among youth with their selected socio demographic variables.
- H_1 : There is a significant difference between the pre-test and post-test level of knowledge regarding IDIOT Syndrome among youth studying in selected higher secondary schools of Kanpur, Uttar Pradesh.
- H_2 : There is significant association between the pre-test level of knowledge regarding IDIOT Syndrome among youth with their selected socio demographic variables.

METHODS AND MATERIALS

RESEARCH APPROACH

Quantitative evaluative research approach was used for the present study.

RESEARCH DESIGN

The research design used in this study was **Quasi experimental one group pre-test post-test research design**.

VARIABLES

Independent Variable: In the present study the independent variable was educational interventional package regarding IDIOT Syndrome.

Dependent variables: In the present study the dependent variable was knowledge among youth regarding IDIOT Syndrome.

Socio-demographic variables: In the present study demographical variables were Age in years, Gender, Religion, Class of Studying, Type of Family, Any previous knowledge and Source of Information.

POPULATION

Population for the present study consisted of Youth of Kanpur Uttar Pradesh.

TARGET POPULATION

The target population of present study consist of Youth studying in selected higher secondary school of Kanpur Uttar Pradesh.

ACCESSIBLE POPULATION

Accessible population of present study consisted of youth studying in Dr. Narendra SVN Inter college of Kanpur, Uttar Pradesh.

SAMPLE

In this study, the sample was youth who fulfilled sampling criteria for the present study.

SAMPLE SIZE

The sample size consists of 60 Youth.

SAMPLING TECHNIQUE

In this study **non probability convenient sampling technique** was used.

INCLUSION CRITERIA

The study includes-

1. Youth studying in selected higher secondary schools of Kanpur.
2. Youth able to understand English

SECTION B:

Distribution of pre-test and post- test level of knowledge regarding IDIOT Syndrome.

Distribution of youth according to the pre-test and post-test level of knowledge regarding IDIOT Syndrome n=60

| S.NO | Level of knowledge | Pre-Test | | Post-Test | |
|------|---------------------------------------|-----------|-------------|-----------|-------------|
| | | F | % | F | % |
| 1. | Inadequate Knowledge (0-12) | 47 | 78.33% | 0 | 0% |
| 2. | Moderately Adequate knowledge (13-18) | 13 | 21.67% | 27 | 45% |
| 3. | Adequate knowledge (19-24) | 0 | 0% | 33 | 55% |
| | Total | 60 | 100% | 60 | 100% |

EXCLUSION CRITERIA

The study excludes-

- Youth who were not available at the time of data collection.
- Youth who were not in 11-19-year age group.
- Youth who were not willing to participate in study.

METHOD OF DATA COLLECTION

Self-structured knowledge questionnaire was used to assess the level of knowledge regarding IDIOT Syndrome at Dr. Narendra S.V.N. Inter College, Kanpur, UP.

DEVELOPMENT AND DESCRIPTION OF TOOLS

A tool was developed to assess the effectiveness of educational interventional package on knowledge regarding IDIOT Syndrome among youth studying at Dr. Narendra SVN Inter College Kanpur, Uttar Pradesh.

The tool consists of two sections -

SECTION A-Socio- demographic variables

SECTION B-Self-structured questionnaire related to IDIOT Syndrome.

RESULT AND FINDINGS

SECTION A:

Frequency and percentage wise distribution of demographic variables.

The major findings of the study were as follows: -

1. Majority of youth 37(61.7%) were in age group of 15-16 years
2. Half of the youth were male 30(50%) and Half of them were female 30(50%)
3. Majority of youth 50(83.33%) were Hindu
4. Majority of youth 31(51.70%) were studying in 12th class
5. Majority of youth 39(65%) were in Joint Family
6. Majority of youth 49(81.67%) don't have any previous knowledge
7. Majority of youth 7(63.64%) received information from Teacher/Family members

SECTION C:

Effectiveness Of Educational Interventional Package On Knowledge Regarding IDIOT Syndrome (Internet Derived Information Obstructing Treatment) Among Youth

Frequency, mean, mean difference, paired "t" test of structured questionnaires. n=60

| 1. | Pretest | 8.01 | 10.97 | 3.09 | 29.99 | 1.671 At the |
|------|--------------------|-------|-----------------|------|----------|-------------------------------|
| S.NO | Level of knowledge | Mean | Mean difference | SD | 't'Value | Table Value |
| 2. | Post-test | 18.98 | | 1.77 | | 0.05 Level of Significance |

SECTION D:

Association between the levels of pretest knowledge score with the selected demographic variable of youth.

The association between pre-test knowledge score with selected demographic variables like Age in years, Gender, class of studying, Type of family and any previous knowledge. Here calculated value of chi square was more than table at 0.05 level of significance, so there was significant association existing between the variables with their pre- test knowledge score. Hence, the research hypothesis H_2 was accepted and Null hypothesis H_{02} was rejected.

CONCLUSION

On the basis of findings of the study it was concluded that after Educational interventional package regarding IDIOT Syndrome the concept regarding IDIOT Syndrome was cleared to the youth which was indicated by significant increase in post-test mean knowledge score.

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