

“A study to access the effectiveness of structured teaching programme on mobile addiction pattern and sleep quality among the students of Smt. Nagarathnama College of nursing, Bengaluru”

By

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IV Year B.Sc Nursing (2020-2024)

Research project submitted to

Smt. Nagarathnama College of nursing, Bengaluru



Under the guidance of

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2024

**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES
SMT.NAGARATHNAMMA COLLEGE OF NURSING**



**ACHARYA
INSTITUTES**

CERTIFICATE

**THIS IS CERTIFY THAT THE PROJECT WORK HAS BEEN
SUCCESS FULLY CARRIED OUT BY**

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IV YEAR B. SC NURSING

**SUBMITTED AS A PARTIAL FULFILLMENT OF REQUIREMENTS
FOR THE BACHELOR OF SCIENCE IN NURSING FROM RAJIV
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Assistant Professor

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DECLARATION BY CANDIDATES

We hereby declare that this project entitled “**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON MOBILE ADDICTION PATTERN, AND SLEEP QUALITY AMONG THE STUDENTS OF SMT. NAGARATHNAMMA COLLEGE OF NURSING,BENGALURU**”. Is a Bonafide group research done by Mr. Babin pain, Niyas khan, Trisha Ghosh, Rinky Abraham of 4th year B.sc Nursing as a partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mrs. Nirmala Reddy, Assistant professor of Medical Surgical Nursing, Smt. Nagarathnamma college of Nursing,Bengaluru.

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Place: Bengaluru

SIGNATURE CANDIDATES

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Ms. RINKY ABRAHAM

CERTIFICATE BY THE GUIDANCE

This is to certify that the project entitled “A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON MOBILE ADDICTION PATTERN, AND SLEEP QUALITY AMONG THE STUDENTS OF 4TH SEMESTER BSC. NURSING, BENGALURU”. is a Bonafide group research done by Mr. Babin Pain, Niyas khan, Trisha ghosh, Rinky Abraham of 4th year B.sc Nursing under the guidance of Mrs. Nirmala Reddy, Assistant professor of Medical Surgical Nursing, smt. nagarathamma college of nursing, Bengaluru.

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ENDORSEMENT BY THE PRINCIPAL OF THE INSTITUTION

This is certify that the project entitled “ **A study to assess the effectiveness of structured teaching programme on mobile addiction pattern, and sleep quality among the students of Smt. Nagarathamma college of nursing ,Bengaluru**” is a Bonafide group research done by Mr. Babin pain ,Mr. Niyas khan, Ms. Trisha ghosh, Ms. Rinky Abraham of 4th year B.sc Nursing as a partial fulfilment of the requirement for the degree of Bachelor of science in nursing under the guidance of Mrs. Nirmala Reddy, assistant professor of Medical Surgical Nursing, Smt. Nagarathamma college of nursing,Bengaluru.

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ABSTRACT

Title-“ A study to assess the effectiveness of structured teaching programme on mobile addiction pattern ,and sleep quality among the students of Smt. Nagarathamma college of nursing, Bengaluru”

Keywords:

Mobile addiction and sleep pattern, Nursing students; structured teaching programme.

Aims and objectives:

- 1) To assess the level of knowledge on mobile addiction
- 2) To assess the effectiveness of structured teaching on mobile addiction
- 3) To find the association between the post-test knowledge score with selected demographic variables.

Method:

Convenient sampling technique.

TABLE OF THE CONTENT

Chapter No	Chapter title	Page no
1	Introduction	
2	Need for the study	
3	Objectives	
4	Review of literature	
5	Methodology	
6	Results	
7	Discussion	
8	Conclusion	
9	Summary	
10	Bibliography	
11	Annexure	



