

Impact of Communal Broad Casting on Academic Assignational So Performance: A learning of Non-Government Medical Colleges Students in Uttarakhand

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ABSTRACT: In present times, the usage of Communal Broadcasting and internet facilitates & daily and academic work of students. Through the internet, students have been able to speed up their academic work. Along with the positive effects of internet and social media, there are many types of physical, mental and intellectual side effects on students. The primary motivation of the researcher behind conducting this research study was to find out the attitude of students towards the use of social media in medical colleges located in the state of Uttarakhand in which 330 MBBS students who were MBBS (final year, third year, second year and first year students) were included, studying in the medical college located in Dehradun district of Uttarakhand state were selected and included for research work. Only those students were included in the study that worked on social Networking sites using smart phones. In this research study, pre-tested and self-made semi-structured questionnaires were used to assess the total time of social Networking sites use by students and the contribution of Social networking sites in their academic and daily college work or their attitude towards the use of social networking to complete their academic and routine tasks. The results of the study show that the age of most of the students is around 20-22 years. Out of the students included in the study, 60% of the students had less physical activity due to the use of Phones. About 52% of the students were found to have the habit of looking at and checking their phones every 30 minutes. 80% of the students were also found to have insomnia and were able to sleep only for 6 hours every day. During the study, 54% of the students also shared their experiences of physical problems faced while using social media, which included insomnia, neck pain, headache and blurred vision. The data and results of the study show that the frequency of using the phone has increased due to the use of social media in most of the medical students, due to

which medical students are advised to reduce the use of mobile and social media.

Key words: Smartphone; Medical students; Uttarakhand; Dehradun; Social Media; Sleep; Stress

I. INTRODUCTION

At present, social media or electronic media is the means or medium using which any person can connect with other person anytime & from anywhere and passthoughts or other content. Most of the content of social media is available to everyone, which means that every person has access to that content successfully. Currently, on sites like Instagram, YouTube, WhatsApp, Skype, Share Chat and Facebook, any person is able to know how many hours he spent on social networking sites, phone or for how long he is viewing which site & how long he has spent on various social networking Platforms. The latest internet and social media make a person's life easy and convenient in terms of communication and also strengthen the speed of a person's work. Along with the positive side, there are also negative sides of new communication technology and social media. Phones have seen a significant increase in their usage as students are using them for work and various task completion platforms very difficult to find any source that is not using networking sites. Therefore, there has been a instantaneous increase in research work in this field to evaluate the impact mobile phone usage on human mind and other mental features. In the present study, it has been found that individual life is impressed through social networking sites In fact; use of phone is affecting medical work as well. This has an impact on the practical scenario as medical students use social media in a large amount to complete their learning tasks in which YouTube platform is best and reliable used social media platforms. Students will have to handle patients based on the knowledge gained from social media platforms. This can impacted the connection between patients and doctors &

the issue of medicinal morals. It is an open fact that the use of social media is increasing in the medical field. Study conducted earlier suggests that at least 1/3 of doctors use phone for diagnosis. The use of open networking and use of cell phones has been found to be very high in the case of medical students. Many times, while treating patients based on the knowledge gained from social media, it has been observed that sometimes negligence is found in the treatment of the patient, due to which misunderstanding between the patient and the doctor is inevitable. The American and British Medicinal Relations have expressed plans for their medicinal specialists to use social media. Hence, a number of views and issues have arisen regarding the use of social media in the medical field. To address these concerns, the aim of the present study was to assess the perspectives of MBBS students on the use of social media.

Purposes and Goals

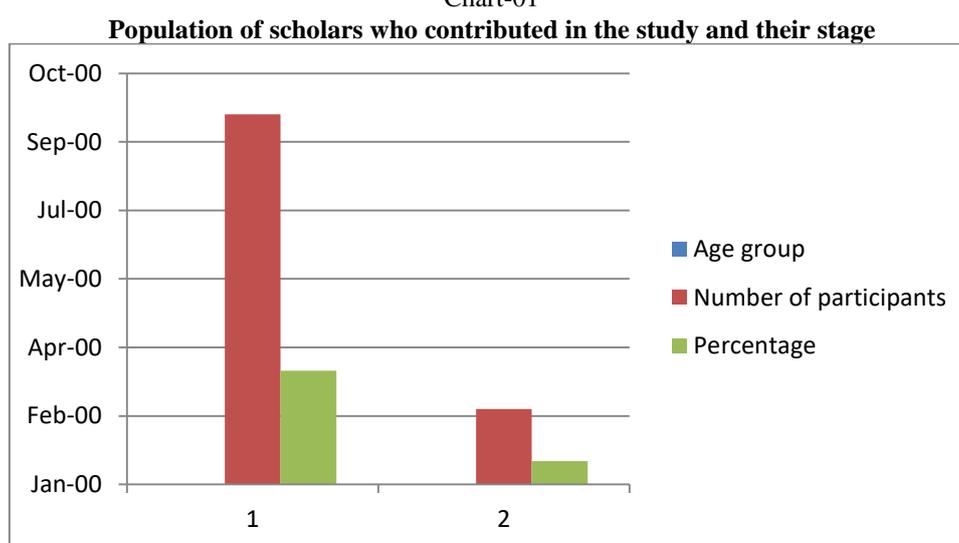
The main aim of the researcher's research study was to assess how social media is used by MBBS students and what is the attitude of MBBS students towards social media.

Age-wise study of the applicants Number of Students (325)

Member Age	No. of Applicants	Per. %
20	65	20
21	50	15
22	52	16
23	55	17
24	53	17
25	50	15
Data is presented as number of students and percentage		

Table 1: Population of students who participated in the research and their age

Chart-01



In the presented research, the researcher selected 325 students for data collection, out of which 20% scholars were 20 years old, 15% scholars were 21 years old, 16% scholars

were 22 years old, 17% scholars were 23 years old, 17% scholars were 24 years old, 15% scholars were 25 years old

Number of students who started using smartphones and social media according to age

Member Age	No. of Applicants	Per. %
10-15	270	83
15-25	55	17
Total	325	100%

Number of students who use smartphones and social media.

Table 2: Number of students who started using smartphones and social media according to age

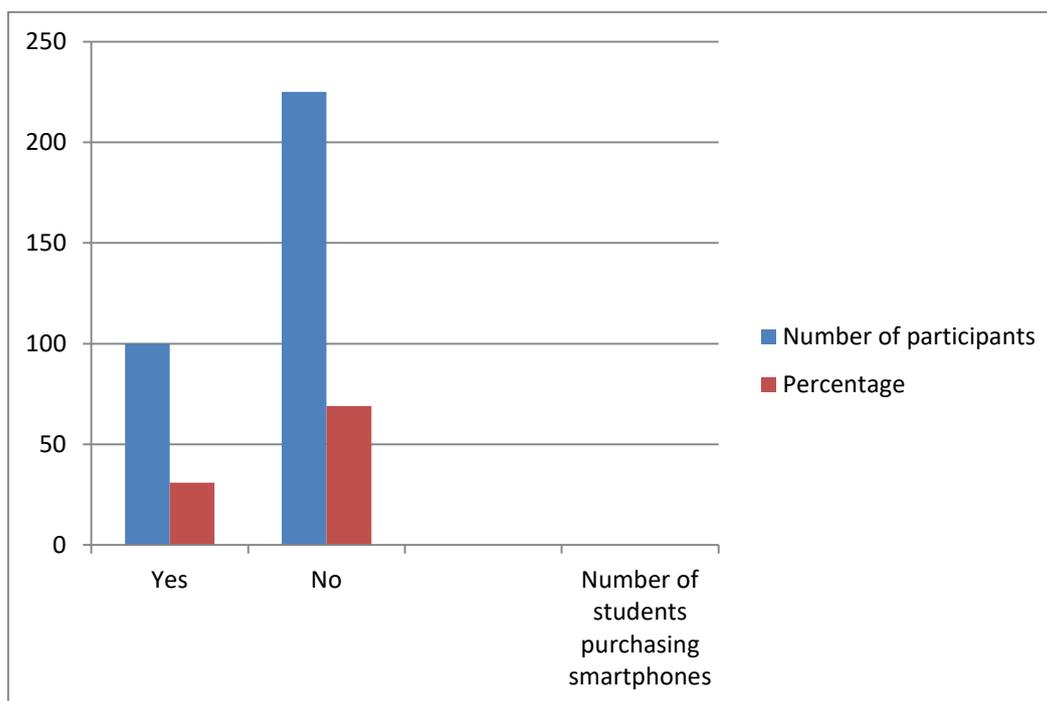


Chart 2: Number of students who started using smartphones and social media according to age

In the presented research, the researcher selected 325 students for data collection, out of which 83% scholars ongoing using smart headsets and communal sites at

the age of 10-15 years. 17% of the ongoing using smart headsets and communal sites at the age of 15-25 years.

Age of students to buy smartphone

Number of Students (325)

Member Age	No. of Applicants	Per. %
10-15	30	9
15-25	295	91
Number of students purchasing smartphones		

Table 3: Age of students to buy smartphone

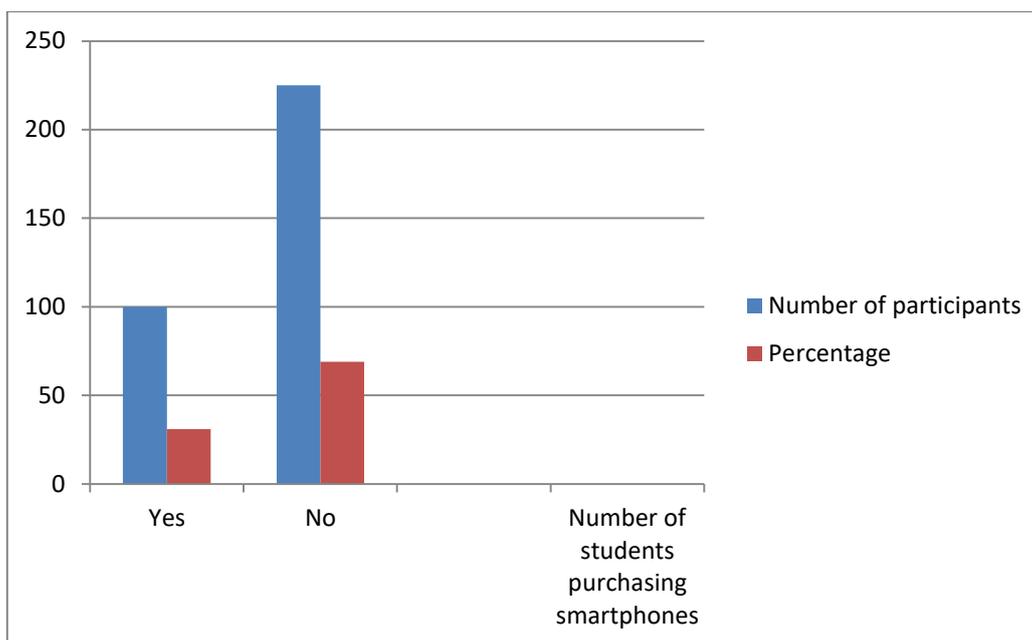


Chart 3: Number of students purchasing smartphones

In the presented research, out of 325 students selected by the researcher, 9% of them were those who had bought android Mobiles at the stage of 10-15 ages and 91% of them were

those who had bought a android Mobiles at the stage of 15-25 ages.

Number of students who were involved in physical activities along with smart phone

Mutable	Number of contributors	Per. %
Sure	100	31
Not at all	225	69
Number of students purchasing smartphones		

Table 4: Number of students who were involved in physical activities along with smart phone

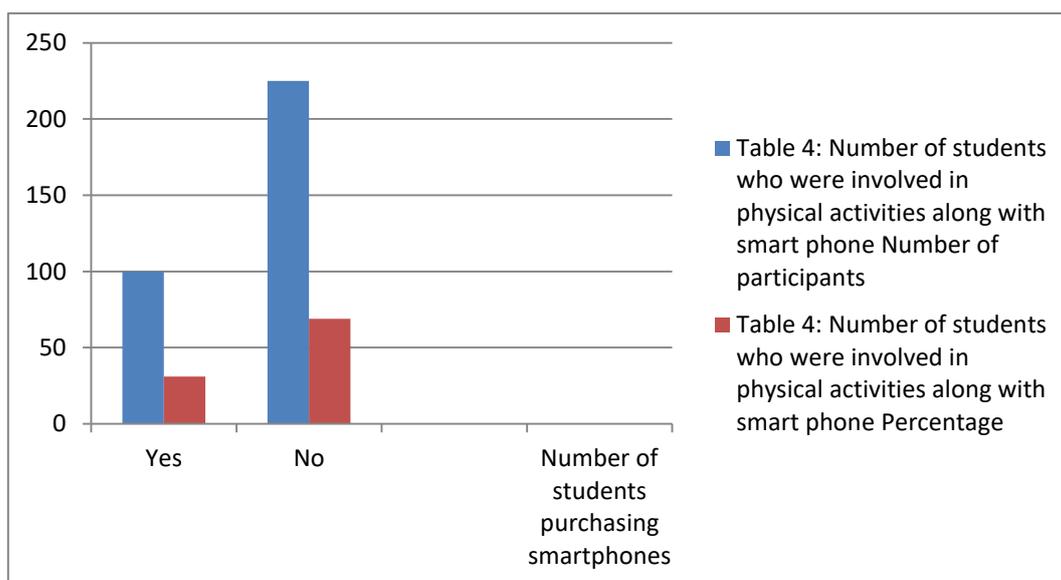


Chart 4: Number of students who were involved in physical activities along with smart phone

The researcher's research data shows that 31% of students are involved in physical activities despite having smartphones. 69% of students say that they are not able to

participate in physical activities due to the use of smartphones.

How much time per day do students uses their smartphones

Time (Minutes)	Number of participants	Percentage
30-45	75	23
45-60	100	31
60-90	100	31
90-120	50	15
Number of students using there smartphones in a day		

Table 5: How much time per day do students uses their smartphones

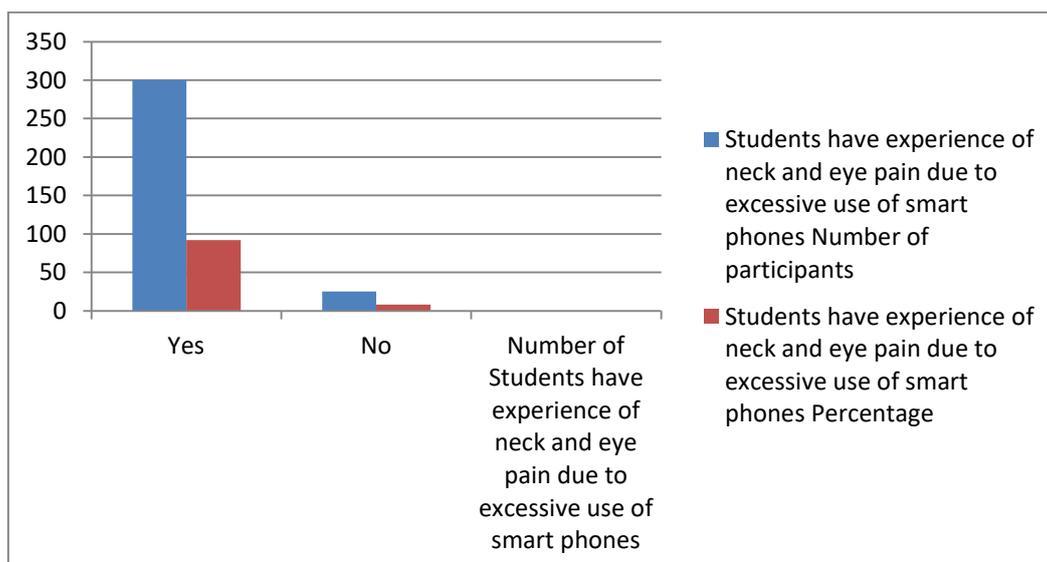


Chart 5: How much time per day do students uses their smartphones

In the present research, out of 325 students taken by the researcher, 23% students were such who use their smart phone for 30-45 minutes in a day. The same 31% students were such who use their smart phone for 45-60 minutes in a

day. The same 31% students are such who use their smart phone for 60-90 minutes in a day. The same 15% students were such who use their smart phone for 90-120 minutes in a day.

Students' sleeping hours throughout the day

Time	Number of participants	Percentage
6 hours	280	86
More than 6 hours	45	14
Number of students sleeping hours throughout the day		

Table 6: Students' sleeping hours throughout the day

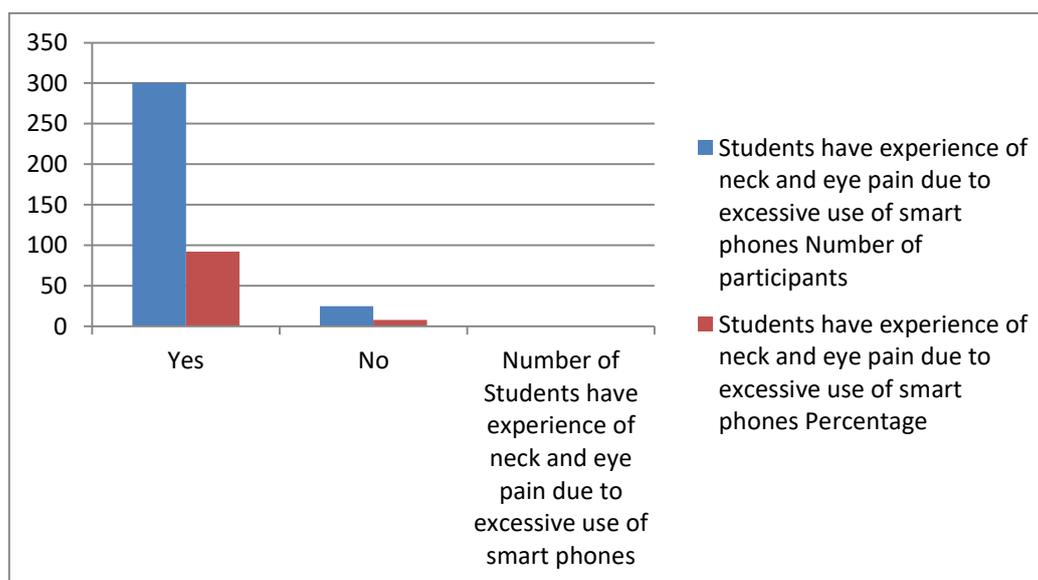


Chart 6: Students' sleeping hours throughout the day

In the chart presented by the researcher, out of 325 students, 86% students sleep only for 6 hours or less, while 14% students sleep for 6 hours or more than 6 hours.

Students have experience of neck and eyeshurtowed to extremeusage of smart phones

Variable	Number of participants	Percentage
Yes	300	92
No	25	8
Number of Students have experience of neck & eyesdiscomfortowing to extremeusage of android mobile		

Table 7: Students have experience of neck & eyesdiscomfortowing to extremeusage of android mobile

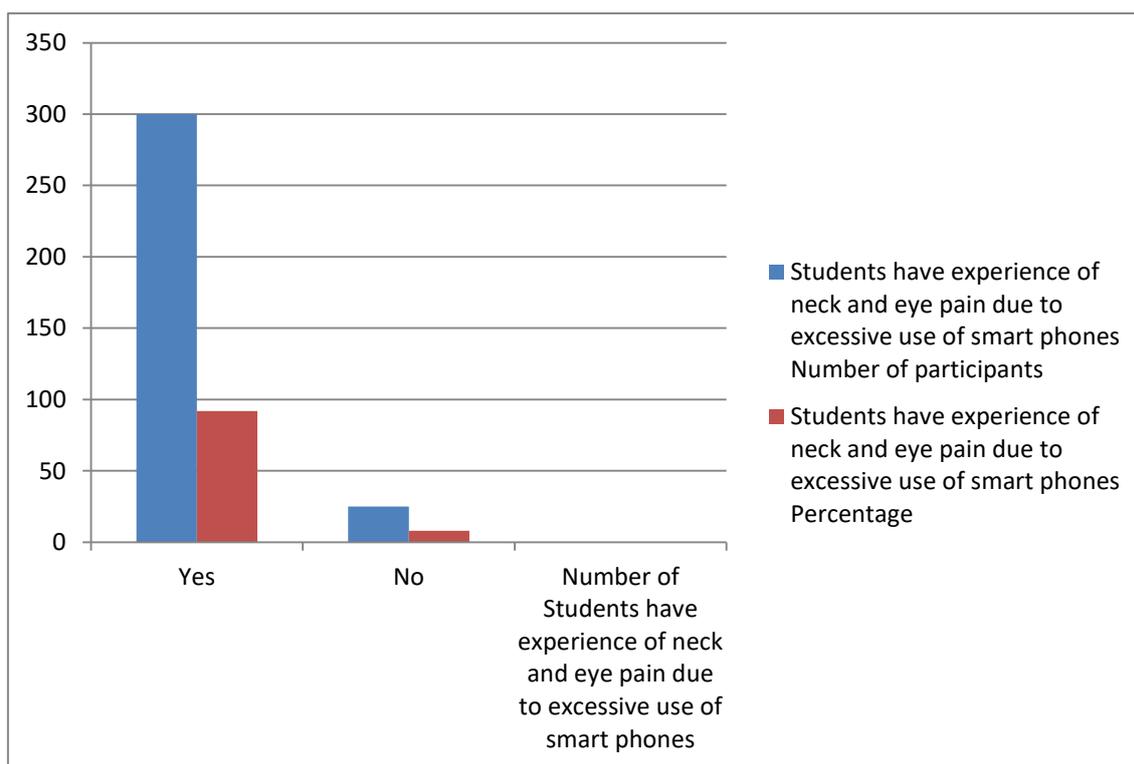


Chart 7: Students have experience of neck & eyes discomfort owing to extreme usage of android mobile

After analyzing and studying the data of the presented research, it is known from the results that 92% of the students complain of neck pain and eye irritation due to excessive smartphone use, while 08% of the students have denied complaining of neck pain and eye irritation.

II. DISCUSSION

Social networking sites help medical students in communication and are becoming an integral part of their lives today. The main reason for this is the easy availability of communication devices and the low cost of these communication devices. Therefore, the usage of message policies has enlarged in the lives of students in the past years. The interaction between students has increased a lot due to communication devices. It is well recognized that extreme usage of android mobile by students poorly upsets the individual time and study of scholars. On the one hand, android mobile have complete life cooler, on the extra hand, it reasons many special effects such as pressure, headaches, and neck soreness. Side effects such as lack of sleep, depression, weakening in mental skills, and reduced speculative presentation among medicinal scholars due to excessive use of android Mobiles are well known. This is true because the outcomes of the present learning support that maximum medicinal scholars are asleep < 6 hours a day. Moreover, most of them are addicted to their phones as the frequency of checking smartphones among these

participants was < 15 minutes. Similar findings have been reported in studies conducted by researchers earlier. However, in the current study, the researcher observed a higher prevalence of excessive smartphone use by medical students. Stimulatingly, it was stated that women scholars spend extra period using their smartphones than boys. Prolonged neck bending during smartphone use causes discomfort in the collar, bears, and higher limbs. It was stated that the period of smartphone usage is straight related with neck linediscomfort. The outcomes of the current study are consistent with earlier studies as most participants complained of neck pain after prolonged smartphone use. It was stated that persons who use their smartphones excessively are six period extra likely to suffer from neck linediscomfort than regular handlers

Boundaries of the Reading

The present learning is a focused study which was based or conducted on medical college students of Uttarakhand. Hence, the results obtained from the study cannot be generalized.

III. CONCLUSION

After studying and analyzing the data obtained from the present study, the researcher has come to the conclusion that the usage of android Mobiles has enlarged significantly between the medical scholars of Uttarakhand, due to which

the charts include insomnia, neck pain as well as falling into a state of depression, for which students are suggested to use smartphones only for academic work.

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