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Short Communication**Effectiveness of Pamphlet Regarding Knowledge on Ill Effects of Mobile Phones Among Mothers of School-Going Children in Selected Urban Area of Bhopal (M.P.)**

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Abstract: A study to evaluate the effectiveness of a pamphlet regarding knowledge on the ill effects of mobile phones among the mothers of school-going children in the selected urban area of Bhopal. 60 Mothers of school-going children were selected by non-probability convenient sampling. Data was collected by using socio-demographic and self-structured questionnaires on the ill effects of mobile phones among mothers of school-going children. The finding revealed that the mean post-test score of 82 is higher than the mean pre-test score of 41.6 and the calculated 't' test value of $t=31.49$ was statistically significant at 0.05 level of significance. Thus it is established that the difference obtained in the mean knowledge score before and after giving the pamphlet was good and giving the pamphlet was effective and increasing the knowledge level of mothers of school-going children regarding the ill effects of mobile phones.

Keywords: Mobile phones, Pamphlet, School children

The main difference concerning the use of mobile phones (MPs) between today's children and adults is the longer lifetime exposure of children when they grow older, due to starting to use MPs at an early age. Additionally, recent trends lead to a higher frequency of use among children, including higher popularity of MP and features specifically designed to attract children. The prevalence of MP user is ready very high

and reaches >90% among adolescents in some countries. In a German study, 6% of 9–10-year-old children used an MP for making calls daily; 35% owned their own MP. For children, MP are dominant sources of radio wave exposures and relevant sources of extremely low-frequency magnetic fields. For very young children, however, environmental exposure to radio waves may be of concern. In conclusion, children will have a much higher cumulative exposure to radio waves than today's adults when they are the same age. Radio wave exposure in children may be estimated more easily because the variety of exposure sources is smaller than for adults. As long as adverse health effects cannot be ruled out with some degree of certainty, it appears to be appropriate to instruct children and their parents about the prudent use of MPs. Agreeing with this survey of Medical Doctors the disease caused by mobile phone devices are Brain Tumor 74%, Male Infertility 37%, Heart Disease 45%, Effect on Fetus 21%, Ear Hearing Function 80%, Alzheimer's disease 11%, and Parkinson's disease 3% (Rai et al. 2016, Soni 2018).

Hence, the present study was conducted to evaluate the effectiveness of the pamphlet regarding knowledge on the ill effects of mobile phones among mothers of school-going children in selected urban areas of Bhopal with the following objectives, determination of the pre-test knowledge regarding the ill effect of mobile phones among the mothers of school going children, development of the pamphlet regarding

the ill effect of mobile phones among the mothers of school going children, determination of the post-test knowledge regarding the ill effects of mobile phones among the mothers of school-going children, to find out the effectiveness of a pamphlet on knowledge regarding the ill effects of mobile phones among the mothers of school-going children, to find out the association between the pre-test knowledge score of the mothers with their selected demographic variables.

In this present study, a pre-experimental (one group pre-test post-test) design was used to evaluate the effectiveness of a pamphlet regarding knowledge on the ill effects of mobile phones among the mothers of school-going children who were selected by non-probability sampling from a chosen population. Data was collected by using socio-demographic and self-structured questionnaires on the ill effects of mobile phones among mothers of school-going children.

In this present study, a total of 60 subjects were enrolled. The socio-demographic variables revealed that 36.6% (22) of mothers were belong to 26-30 years. It reveals that the majority 56.6% (34) mothers were graduates. Reveals that the majority 51.66% (31) mothers are from joint families. Shows that 60% (36) of mothers were homemakers and the majority 26.7%. Shows that the highest 36.6% (22) of mothers have a family income of Rs. 20001-30000. Shows higher 55% (33) of mothers had previous knowledge regarding the ill effects of mobile phones, however, 45% (27) of mothers did not have much knowledge. Reveals that the majority of mothers' families 46.6% (28) were using more than 4 mobile it reveals higher 61.6% (37) were allowed to use mobile phones for less than 1 hour.

This study reveals that after the implementation of the pamphlets, 81.6% (49) of mothers of school-going children had a very good level of knowledge, followed by 18.4% (11) of mothers of school-going children had a good level of knowledge. The mean score of the level of knowledge score of mothers of school-going children before distributing the pamphlet was 41.6 and the post-test 82 with the pretest mean score and SD 41.6 ± 6.2561 and the post-test mean score and SD being 82 ± 6.024 mean

difference of 40.4. Thus it is established that the difference obtained in the mean knowledge score before and after the pamphlet was good and giving the pamphlet was effective and increasing the knowledge level of mothers of school-going children regarding the ill effects of mobile phones. Hence research hypothesis H_1 was accepted.

References

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