

# A Descriptive Study to Assess the Level of Knowledge on Cyber Hygiene among B.Sc Nursing Students in Selected Colleges of District Hoshiarpur, Punjab

Poonam<sup>1</sup>, Dr. Prabhjot Singh<sup>2</sup>

<sup>1</sup>Ph.D. Research Scholar, <sup>2</sup>Professor,

<sup>1,2</sup>Desh Bhagat University, Mandi Gobindgarh, Punjab, India

## ABSTRACT

A Quantitative research approach was used to assess the the level of knowledge on cyber hygiene among B.Sc Nursing students in selected colleges of District Hoshiarpur, Punjab. Population for the present study was comprised of 100 B.Sc Nursing students from Shri Guru Ram Dass college of nursing Hoshiarpur. Self structured questionnaire was used to assess knowledge regarding cyber hygiene among students. level of knowledge of B.Sc nursing students regarding cyber hygiene showed that majority of the students 47% had average knowledge, 25% had poor knowledge and only 28% had good knowledge regarding cybe rhygiene.

**KEYWORDS:** *cyber hygiene, knowledge*

**How to cite this paper:** Poonam | Dr. Prabhjot Singh "A Descriptive Study to Assess the Level of Knowledge on Cyber Hygiene among B.Sc Nursing Students in Selected Colleges of District Hoshiarpur, Punjab" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-8 | Issue-6, December 2024, pp.213-217, URL: [www.ijtsrd.com/papers/ijtsrd69403.pdf](http://www.ijtsrd.com/papers/ijtsrd69403.pdf)



IJTSRD69403

Copyright © 2024 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



## Objectives

1. To assess the level of knowledge on cyber hygiene among B.Sc Nursing students.
2. To find out the association between knowledge and cyber hygiene among B.Sc Nursing students.

## OPERATIONAL DEFINITIONS:

**Cyber hygiene-** in this study it refers to training yourself to form good habits around cyber security so that you can stay ahead of cyber threats and online security issues.

**Knowledge** – it refers to level of understanding regarding cyber hygiene as assessed by self-structured questionnaire

## Assumptions-

B.Sc Nursing students will have good knowledge regarding cyber hygiene.

## Delimitations:

1. The study will be delimited to B.Sc Nursing Students.
2. The study will be delimited to B.Sc Nursing students who have not undergone any Cyber Therapy Programme

**Research approach–** A Quantitative research approach was used to assess the the level of knowledge on cyber hygiene among B.Sc Nursing students in selected colleges of District Hoshiarpur, Punjab.

**Research design-** Non experimental research design was chosen to to assess the level of knowledge on cyber hygiene among B.Sc Nursing students in selected colleges of District Hoshiarpur, Punjab.

**Dependent Variables:** Knowledge on Cyber Hygiene

**Independent Variables:** age, residence, type of family, monthly family income, number of siblings, usage of electronic gadgets, duration of using internet, are you aware of cyber threats, are you aware of helpline number to tackle online security issues.

**Research setting:** The study was conducted at Shri Guru Ram Dass college of nursing Hoshiarpur.

**Target Population:** Target Population for the present study was comprised of 100 B.Sc Nursing students from Shri Guru Ram Dass college of nursing Hoshiarpur.

**Sample and Sampling Technique:** Sample comprised of 100 B.Sc Nursing students using Purposive Sampling technique

**Criteria for sample selection**

**Inclusion criteria:**

- Willing to participate in the study
- Were available at the time of Data collection

**Exclusion Criteria:**

- Who were not willing to participate

**Description of Tool:**

**Section A-**It includes demographic variables age, residence, type of family, monthly family income, number of siblings, usage of electronic gadgets, duration of using internet, are you aware of cyber threats, are you aware of helpline number to tackle online security issues.

**Section B –** Structured Questionnaire to assess knowledge regarding cyber hygiene. It consist of 25

multiple choice questions to assess knowledge regarding cyber hygiene. Each correct answer was given score 1, and incorrect answer was given 0 marks.

**Criterion measure:**

- Maximum Score -25
- Minimum Score-0

**Reliability of tool:** Reliability of tool was assessed by test retest method. The calculated reliability of structured questionnaire was found to be 0.70.

**Ethical consideration:** Formal permission was taken from Principals of college of Nursing for carrying out the study. The subjects were explained about the purpose of the study and confidentiality was assure to them. Written consent was obtained from the study subjects.

**Data collection procedure:** The procedure of data collection was carried in the month of February 2024. 100 B.Sc Nursing students were selected by purposive sampling technique. Self structured questionnaire was used to assess knowledge regarding cyber hygiene among students. After obtaining informed consent from study subjects data was collected. respondents were assured that their responses will be kept confidential.

**Plan for Data Analysis**

Analysis and interpretation of data was done in accordance with the objectives of the study by using descriptive and inferential statistics, by calculating percentage mean score and standard deviation.

**Frequency and percentage distribution of study subjects according to demographic variables**

**N=100**

<b>Demographic variables</b>	<b>n%</b>
<b>Age (in Year)</b>	
1. 17	10
2. 18	44
3. 19	32
4. 20	14
<b>Area of residence</b>	
1. Rural	18
2. Urban	52
3. Semi urban	30
<b>Type of family</b>	
1. Nuclear	26
2. Joint	49
3. Extended	25
<b>Monthly Family Income in( Rs.)</b>	
1. 10,000-20,000	7
2. 20,001-30,000	34
3. 30,001-40,000	39
4. >40,000	20

**Number of siblings**

1.	1	43
2.	2	29
3.	3	16
4.	4	12

**Type of electronic gadgets usage**

1.	Mobile phone/ Laptop	n%	52
2.	Tablet/Personal Computer		36
3.	Both 1&2		12

**You spend lot of time surfing internet for**

1.	Chatting/ video callin g	39
2.	Online shopping/ entertainmnet	33
3.	Search for information	21
4.	Any other	07

**Duration of Surfing Net**

1.	<2 hrs	15
2.	2-4 hrs	28
3.	5-7 hrs	32
4.	More than 7 hours	25

**Are you aware of cyber threats**

1.	Yes	48
2.	No	52

**Are you aware of helpline number to tackle online cyber issues**

1.	Yes	46
2.	No	54

**Frequency and percentage distribution of B.Sc nursing students according to level of Knowledge regarding cyber hygiene**

	<b>Level of knowledge</b>	<b>N=100</b>	<b>Criterion Measure</b>	<b>n%</b>
	Good		above 17	28
	Average		9-16	47
	Poor		below 8	25

**Results:** Frequency distribution of level of knowledge of B.Sc nursing students regarding cyber hygiene showed that majority of the students 47% had average knowledge, 25% had poor knowledge and only 28% had good knowledge regarding cybe rhygiene.

**Association between knowledge and cyber hygiene among B.Sc Nursing students.**

N=100

<b>Demographic variables</b>	<b>n</b>	<b>mean</b>	<b>SD</b>	<b>df</b>	<b>Test value</b>	
<b>Age (in Year)</b>						
1.	17	32	62.20	5.89	3,96	f=0.914 <sup>NS</sup>
2.	18	10	48.3	4.32		
3.	19	44	59.4	6.45		
4.	20	14	36.3	3.43		
<b>Area of residence</b>						
1.	Rural	18	45.8	6.81	2,97	f=0.118 <sup>NS</sup>
2.	Urban	52	72.5	7.43		
3.	Semi urban	30	38.9	5.58		
<b>Type of family</b>						
1.	Nuclear	26	54.3	6.46	2,97	f=1.52 <sup>NS</sup>
2.	Joint	49	73.2	5.89		
3.	Extended	25	38.9	4.37		
<b>Monthly Family Income in( Rs.)</b>						
1.	10,000-20,000	7	71.2	6.86	3, 96	f= 1.67 <sup>NS</sup>
2.	20,001-30,000	34	58.4	5.04		

3.	30,001-40,000	39	38.7	4.65
4.	>40,000	20	63.6	5.52

**Number of siblings**

1.	1	43	72.6	7.43	3,96	$f=0.177^{NS}$
2.	2	29	34.6	3.45		
3.	3	16	32.4	3.21		
4.	4	12	38.9	4.06		

**Type of electronic gadgets usage**

1.	Mobile phone /Laptop	52	64.5	6.48	2,97	$f=0.49^{NS}$
2.	Personal computer/ Tablet	36	48.4	5.36		
3.	Both 1&2	12	32.6	4.35		

**You spend lot of time surfing internet for**

1.	Chatting/ video calling	39	56.00	6.81	3,97	$f=1.42^{NS}$
5.	Online shopping/ entrainment	33	49.46	3.46		
6.	Search for information	21	38.68	4.62		
7.	Any other	07	64.89	5.32		

**Duration of Surfing Net**

1.	<2 hrs	15	52.68	6.43	3,97	$f=0.167^{NS}$
2.	2-4 hrs	28	42.42	5.46		
3.	5-7 hrs	32	58.45	6.86		
4.	More than 7 hours	25	41.45	4.68		

**Are you aware of cyber threats**

1.	Yes	48	68.66	6.38	98	$t=2.16^{NS}$
2.	No	52	72.45	6.87		

**Are you aware of helpline number to tackle online cyber issues**

1.	Yes	46	62.42	6.34	98	$t=1.45^{NS}$
2.	No	54	74.65	7.48		

None of the demographic variables were significantly associated with the level of knowledge regarding cyber hygiene among B.Sc Nursing students

**NURSING IMPLICATIONS****Nursing Education**

The society is becoming more and more dependent on technology, and there is no indication that this tendency will slow down, cyber security importance is on the growth. Therefore, courses on cyber safety and hygiene should be included in nursing curriculum

**Nursing Practice**

- In the field of nursing practice, nurses should receive cyber safety and hygiene training.
- Should provide in-service training, continuing education, and special lectures on cyber hygiene information should incorporate cyber safety online training.
- Since nurses are members of society and have a right to information, they must acknowledge and embrace their position as educators.

**Nursing administration**

- Cyber hygiene programs should be run by nurse administrators to protect patient data and medical equipment.
- The nurse administrator should create, coordinate, and carry out educational interventional programs to inspire students to learn how to deal with cyber bullying and adopt coping mechanisms.

**Nursing research**

- There hasn't been much study done to determine how effective cyber hygiene educational interventions are at preventing cyber threats so more should be done in this area.
- More research on cyber hygiene might be done, and encouraging its practice is a good idea.
- Studies could be carried out using a sizable sample in various contexts.

**Limitations**

The limitation of the study precludes making definitive recommendations for cyber hygiene

Due to constraint, the researcher has selected only adolescents

The study was limited to 100 sample.

**Recommendation**

On the basis of this present study, the following recommendations are to be considered.

- A longitudinal study can be conducted to assess the effectiveness of educational intervention on cyber hygiene among students
- A retrospective study can be carried out to evaluate knowledge, attitude, perception and coping strategies regarding cyber bullying and cyber hygiene among children.

- A Descriptive study can be conducted to assess the knowledge, attitude, perception regarding cyber hygiene
- To generalize the study finding similar study can be conducted on large sample.

#### REFERENCES:

- [1] Kumar S. International Journal of Scientific & Engineering Research, April-2015; 6(4)
- [2] Wolak J, Mitchell KJ, Finkelhor D. Online Victimization of Youth: 5 Years Later Alexandria, VA: national center for Missing and exploited children, 2006.
- [3] Bureau ET. Bengaluru is India's cybercrime capital [Internet]. [Cited 01 February 2019]; 7(15). Available from: <https://economictimes.indiatimes.com/tech/internet/bengaluru-is-indias-cybercrimecapital/articleshow/67769776.cms?from=mdr>
- [4] The WHO, In Nashik Cases of Cyber Attacks [Internet]. [Cited January 2018]. Available from: <http://www.google.com/amp/s/www.dnaindia.com/mumbai/report-maharashtracyber-crimes-on-rise-detection-rates-low-2728051/amp>
- [5] C. Tzani-Pepelasi Journal Reviewing crime psychology, Article Title Comparing Factors Related to Cyber bullying. 2020 December 17, Vol.4 Page No. 234,
- [6] Social Media, Apps, and Sites Commonly Used by Children and Teens <https://www.stopbullying.gov/cyberbullying/social-media-apps-sites-commonly-used-children-teens>; 14.9; 2021

