

## ABSTRACT

**Title:** IMPROVEMENT OF PARENTAL KNOWLEDGE WITH CHILDREN 0-5 YEARS OLD ON HAND HELD GADGET SCREENTIME USE AFTER ELECTRONIC LECTURE INTERVENTION: A PILOT STUDY

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**Background:** Researchers have found that screen-based technology can be harmful to the children. However, this has not deterred the younger generations from spending less time on their gadgets. The role parents play in regulating the use of gadgets is becoming increasingly important. The objective of the study was to increase the knowledge of parents and caregivers on the guidelines for screen time use.

**Method:** A One-Group Pretest-Intervention-Posttest Quasi Experimental design helped the researcher determine if there are any changes that will occur on the participant's level of knowledge on effects of gadget use on their children.

**Results:** Results revealed that in terms of knowledge to screen time duration, pretest mean score of  $3.76+0.45$  versus posttest score of  $3.75+0.50$  was not statistically different ( $P=0.853$ ). In terms of the knowledge to negative effects, there was an increase in the posttest scores when compared to the pretest scores, suggesting that after the video, there was an increase in their knowledge. Negative effect knowledge at pretest mean scores was  $3.45+0.71$  and posttest mean scores was  $3.62+0.73$  ( $P=0.032$ ). In terms of knowledge on recommendation, the mean score for pretest is  $5.19+ 0.99$  versus post test of  $5.44+0.80$  ( $P=0.004$ ). This suggests that the video improved the knowledge to the recommendation aspect of the study. Overall, the total score in the pretest is  $12.41+1.53$  versus the posttest of  $12.80+1.39$  ( $p=0.003$ ). This means that there was an increase in the mean score of the subjects after the video intervention

**Conclusion:** The use of electronic lecture intervention is effective in improving the knowledge on handheld gadget screen time among parents with children aged 0-5 years old.

**Keywords:** *screen time, parents screen time knowledge, Screen time recommended duration, screen time recommended guidelines, screen time negative effects, gadget use in children, gadgets, hand held gadgets*