

**ASSESS THE STUDENT'S LEVEL OF NOMOPHOBIA AND DEVELOP AN
INFORMATION BOOKLET ON NOMOPHOBIA**

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ABSTRACT

BACKGROUND: This study was designed to assess the level of nomophobia among students studying in Sumandeep Nursing College, Vadodara. Emphasis was put on trying to establish the relation between age, gender, course of study, family income, occupation of parents and duration of mobile usage. The research instruments were established and data was collected from 100 nursing students from Sumandeep Nursing College. To analyze the data descriptive and inferential statistics was used with the aim of finding association between the levels of nomophobia with selected demographic variables.

AIMS AND OBJECTIVES: The aim of this study is to find out the level of nomophobia

among students at Sumandeep Nursing College, Vadodara and develop the awareness of nomophobia through an information booklet in nursing students. **MATERIAL AND METHOD:** In this research study a quantitative survey approach with descriptive research design is used. The sampling technique was non probability convenient sampling used to collect the 100 samples of student. Data collection was done by administering the NMP-Q. Data was analyzed by using descriptive and inferential statistics such as chi-square test. **RESULTS:** In this study, 18% were having mild nomophobia, 68% were having moderate nomophobia, and 14% were having severe nomophobia. Also the findings show that there is an association between the levels of nomophobia with certain demographic variables. **CONCLUSION:** This study has dealt with the analysis and interpretation of the data collected from 100 nursing students. Both descriptive and inferential statistics were used to analyze the data. The analysis has been recognized and presented under various sections like description of demographic variable, association between the nomophobia levels with selected demographic variables. It was found that students have 18% mild nomophobia, 68% moderate nomophobia and 14% severe nomophobia. After that we gave awareness to the students through an information booklet.

Key Words: Nomophobia, Students, Information booklet.

INTRODUCTION

“Technology is a useful servant but a dangerous master”¹

-Christian Louis Lange

Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone some reason, such as the absence of a signal or running out of minutes or battery power. Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone some reason, such as the absence of a signal or running out of minutes or battery power. The term “no-mobile-phone phobia”, was coined in 2008 study by the UK Post Office who commissioned YouGov evaluating anxieties

suffered by mobile phone users. The study found that nearly 53% of mobile phone users in Britain tend to be anxious when they “lose their mobile phone, run out of battery or credit, or have no network coverage”. The study, sampled 2,163 people, found that about 58% of men and 47% of women suffer from the phobia, and an additional 9% feel stressed when their mobile phones are off. 55% of those surveyed cited keeping in touch with friends or family as the main reason that they get anxious when they could not use their mobile phones. The study compared stress levels induced by the average case of nomophobia to be on-par with those of “wedding day jitters” and trips to the dentist. More than one in two nomophobes never switch off their mobile phones. The study and subsequent coverage of the phobia resulted in two editorial columns authored by individuals who minimized their mobile phone use or chose not to own one at all these authors appeared to treat the condition with light undertones of mockery, or outright disbelief and amusement.²

NEED FOR THE STUDY

Since the first mobile phone was introduced to the consumer market in 1983, these devices have become significantly main stream in the majority of societies. Mobile phone is playing an important role in this modern world. It is very hard to see a person without a mobile phone. Kids are also spending lot of time on cell phone while playing a game is a very much interest in them. Due to excessive use of cell phone nowadays people have no real friends. And their stress level is very high and they always feel anxiety while they have no cell phone in their hands. Students are so addicted nowadays to their phones. They feel that their phones are their lifeline and a moment without means literal death. They use their phone so extensively, that they click photos of their exams time tables and record the slides of PowerPoint presentation on them. They also recorded entire lectures on them. A recent study by the Hankamer School Business at Baylor University found that college students spend an average of 9 hours a day using their cell phone. While female college students spend 10 hours using the device, male college students use their cell phone for almost 8 hours a day.³

LITREATURE REVIEW

Farooqui IA et.al (2017) conducted a study Nomophobia: an emerging issue in medical institutions. Assess the prevalence of Nomophobia in the students in 1st year MBBS. Study area: A medical college in Pune city. December 2015 to February 2016. A cross-sectional study was carried out on all the students of 1st year MBBS. A predesigned and pretested questionnaire was used to collect data. Data were analyzed statistically by simple proportions using SPSS v20. A total of 145 students were monitored according to inclusion and exclusion criteria. Amongst all the participants, 45.5% were males (66/145) and 54.5% were females (79/145). Mild Nomophobia was found in 17.9% students whereas 60% had moderate and 22.1% had severe Nomophobia. Amongst the males, 56.06% and 24.24% had moderate and severe Nomophobia, respectively while in females, moderate and severe Nomophobia was found to be 63.25% and 20.25%, respectively. Nomophobia is found to be prevalent in students of 1st year MBBS.⁴

Prasad M, et.al (2017) Nomophobia: A Cross-sectional Study to Assess Mobile Phone Usage among Dental Students. To assess the pattern of usage of mobile phones and its effects on the academic performance of students. A descriptive cross-sectional study was conducted amongst 554 students of D. J. College of Dental Sciences and Research through a self-administered questionnaire to collect the data regarding the usage and associated anxiety with mobile phone. About 39.5% students agreed that they score low marks in professional exams if they spend more time on phone. The number of students who frequently checked their cell phone during their classes or while doing clinical work were 24.7%. A total of 24.12% of the students were found to be nomophobic and at risk of being nomophobes were 40.97%. A statistically significant difference was found among preclinical, clinical, interns and postgraduates regarding the usage and effect of mobile phone on them. The pattern of usage of mobile phone among dental students showed alarming indication that students have been addicted to mobile phone which in turn affect their academic performance in a negative way. It would be useful to advise the students about the controlled as well as proper usage of mobile phone.⁵

MATERIALS AND METHODS

RESEARCH DESIGN

The research design used in this study is Non- Experimental descriptive survey design.

RESEARCH SETTING

The study will be conducted in Sumandeep Nursing College, Piparia, Vadodara

SAMPLES

100 Students

CRITERIA FOR SELECTION OF SAMPLE:

INCLUSION CRITERIA

- Students who are studying in Sumandeep nursing college.
- Students who are willing to participate in the study.
- Students available during data collection.
- Students who are using smartphone

EXCLUSION CRITERIA

Students not available at the time of data collection.

DESCRIPTION OF TOOLS

This consists of two parts

SECTION 1:Consists of demographic variables such as Age, Gender, Year of study, Family Income, Occupation of parents, Duration of mobile usage

SECTION 2:NMP-Q consists of 20 statements.

Score	Nomophobia level
NMP-Q Score = 20	Absent
$21 \leq \text{NMP-Q Score} \leq 60$	Mild

$60 \leq \text{NMP-Q Score} \leq 100$	Moderate
$100 \leq \text{NMP-Q Score} \leq 140$	Severe

DATA COLLECTION PROCEDURE

Prior permission will be obtained from principal of Sumandeep Nursing College and concerned will was taken from each respondent who will participate in this study. On the day one, the purpose of study was explained to the sample and informed consent was taken before starting the study. A test was conducted by administering standard NMP-Q to selected 100 nursing students.

ANALYSIS AND INTERPRETATION

The process of organizing and synthesizing data to answer research questions and testing hypothesis is known as analysis.

Data collected was analyzed by using descriptive and inferential statistics.

DESCRIPTIVE STATISTICS

Frequency and percentage distribution is used to describe the demographic variables.

INFERENTIAL STATISTICS

Chi – square test will be used to associate the level of nomophobia with selected demographic variables.

FINDINGS

Section-1: Frequency and percentage distribution of socio demographic variables.

- According to age 6% nursing students were between 17-18 years, 26% nursing students were between 18-19 years, 37% nursing students were between 19-20 years and 31% nursing students were >20 years.
- According to gender 71% among them were female, and 29 % were male

- According to course of study 50% had under graduate education, and 50% had diploma education
- According to family income 11% were having below 10,000Rs monthly income, 25% were having between 10,000-20,000 Rs, 32% were having between 20,000-30,000 and 32% were having >30,000 Rs.
- According to occupation of parents 33% had government job, 37% had private job, 23% had self-employment and 7% had unemployed.
- According to how long they using smartphone 33% were using smartphone < 1 year, 14% were using smartphone 1 year or < 2 year, 15% were using smartphone 2 year or <3 year, 15% were using smartphone 3 year or < 4 year, 13% were using smartphone 4 year or < 5 year, and 10% were using smartphone 5 year or more.
- According to mobile data plan in their mobile phone 87% were having internet in their smartphone.
- According to 33% students were spend their time on smartphone per day for 1-2 hours, 24% students were spend their time on smartphone per day for 2-3 hours, 30% students were spend their time on smartphone per day for 3-4 hours, and 13% students were spend their time on smartphone per day for > 4 hours.
- According to 19% were check their smartphone every 5 minutes, 20% were check their smartphone every 10 minutes, 20% were check their smartphone every 20 minutes, 10% were check their smartphone every 30 minutes, 17% were check their smartphone every hour, 8% were check their smartphone every 2 hours and 6% were check their smartphone every 3 hourly

Section -2: Association of nomophobia level with selected demographic variables.

HYPOTHESIS

H₁: There will be significant association between the levels of nomophobia with their selected demographic variables.

Data presented in research reveal that the calculated the statistical findings shown to be statistically significant X^2_5 value for occupation of parents is 15.207 at $p < 0.05$ level and

X^2_9 value for how often do you think you usually check your smartphone is 33.794 at $p < 0.05$ level. These findings show that there is significant association between the mean pretest NMP-Q score and its demographic variables.

The statistical findings shows non-significant X^2_1 value for age is 9.075; X^2_2 value for gender is 0.520; X^2_3 value for course of study is 9.523; X^2_4 value for family income is 9.636; X^2_6 value for how long have you been using your smartphone is 13.245; X^2_7 value for Do you have a mobile data plan allows you to access the internet through your Smartphone is 3.282; X^2_8 value for Approximately how much time per day do you think you spend using smartphone is 6.014; at $p < 0.05$ level. These findings show that there is no significant association between the mean pretest NMP-Q score and its demographic variables.

CONCLUSION

The present study “Assessed the level of nomophobia among students at Sumandeep Nursing College, Vadodara with a view to develop an information booklet.” And found that the majority of students have moderate nomophobia.

According to level of nomophobia assessment 14% students suffers with severe nomophobia, 68% students suffers with moderate nomophobia, and only 18% students have mild nomophobia level.

RECOMMENDATIONS

- Similar study can be repeated on a large sample to generalize the findings.
- Comparative study can be done on students studying in school.

CONFLICT OF INTEREST

There is no conflict of interest

SOURCES OF FUNDING

Researchers used their own fund for their research

ETHICAL CLEAREANCE

Ethical clearance for this UG research project was obtained from the ethical committee SVIEC of Sumandeep Vidyapeeth deemed to be University.

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