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ASSESS THE LEVEL OF SELFITIS & NOMOPHOBIA AMONG THE STUDENTS OF FACULTY OF DESIGN, PLANNING & ARCHITECTURE, BARDOLI

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ABSTRACT

BACKGROUND OF STUDY: Selfitis & Nomophobia both are behavioral disorders that have become more prevalent in present generation. Selfitis is defined as "the obsessive compulsive desire to take photos of one's self and post them on social media as a way to make up for the lack of self-esteem and fill a gap in intimacy." Approximately 40% or higher percentage of teenage, young and adult population in the developed world is suffering from the selfitis with the manifestations varying from mild to severe. The people who are having facilities of smart phones, Wi-Fi, facilities of higher resolution cameras have the worst scenario of this condition. Because of the facilities of smart phones the today's generation especially teenagers & youngsters are literally sticking themselves with their phones. There continuous connection with the phone has develope dependency syndrome that is called nomophobia. The people who are suffering from nomophobia will have greater fear of being without their phones. Youngsters & teenagers are mostly affected by these conditions ranging from mild to severe.

OBJECTIVES: The aim of this study was to assess the level of Selfitis & nomophobia among students &To find an association between demographic variables & level of selfitis as well as level of nomophobia among students.

METHODS: In this research study a quantitative research approach with non-experimental descriptive survey research design is used. The sampling techniques was non probability convenient sampling is used to collect the 100 samples of students and data collection done by descriptive and inferential statistics.

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CONCLUSION: In condition selfitis, among 100% of students, highest percentage (35%) of students were having acute selfitis whereas at least (5 %) of students were having chronic selfitis. In condition nomophobia, highest percentage (51 %) of students were having moderate nomophobia whereas at least (2%) of students were having absence of nomophobia. Study shows that some of the demographic variables are contributing factors for development of selfitis&nomophobia&There was significant association between demographic variable & level of selfitis as well as level of nomophobia.

INTRODUCTION

Our personal life is highly dependent on the technology that people have developed. Technology has advanced with years & it has changed the way we purchase products, the way we live, the way we communicate, the way we learn & so many changes have been brought about by these continuous technological advancements.

As people's demands & lifestyle changes, the demand for advancing the type of technology we use is high. Almost everything we use has been innovated to better standards; a good example is the "MOBILE PHONE". The type of mobile phone we had in 1995 are no longer on demand in this century, the demands of mobile phone users have changed greatly & this has resulted in the advancement of mobile phone technologies.

The mobile phone is one of the greatest inventions in 20th century. We can't imagine how our life without the mobile phone is. It is an obvious truth that mobile phone gives us benefits in some aspects of life. Using mobile phone distributes our communication to make it easier than before. Besides a mobile phone can provide us with a lot of functions like relaxing with music, chatting or playing games. However,today people especially young people are becoming addicted to using mobile phone, They can't stay away from their phones, even for aminute.

The word nomophobia is a portmanteau made up of NO+MOBILE+PHONE+PHOBIA. The term was created by Yougov, a research organization based in the United Kingdom. In a 2008 study, researchers reported that 53% of mobile users felt anxious when they were unable to use their mobile phones and over half of users never shut their phones off. Subsequent studies have found that the numbers have increased since then. The incidence of nomophobia is increasing day by day.Young adults aged between 18 and 24 tended to be the

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most addicted to their mobile phone. Not only the nomophobia other disorder is also given by mobile phone.

The term “selfitis” was originally coined in 2014. APA coined the term “selfitis” for “selfies” and described it as “the obsessive compulsive desire to take photos of one’s self and post them on social media as a way to make up for the lack of self-esteem and fill a gap inintimacy.”

Both of the cases of nomophobia&selfie addiction disorder are dealing with the mental health & functioning of mind. As it controls over the mind then it will be putting impact on other aspects easily.As per above discussion, we come to know about the important disorders that are currently prevailing in most of the people, which are influencing proper functioning of themselves hence we have taken this topic for study purpose to assess the prevalence in our selected population.

MATERIALS & METHODS

In this study**,** Non-experimental descriptive quantitative research design is used for this study.Sample is the representative part of the population, in this study samples 100students who were selected as a sample by using non-probability convenient sampling technique. The tool for data collection was consistsof three parts. The first part was demographic variables such asage , gender , year of study , type of family , residence , family income , duration of smart phone usage , hours of smart phone usage , purposes for smart phone usage , frequency of smart phone usage , number of application in smart phone usage , frequency of taking selfie , purposes of using mobile applications & situation for using smart phone. The second part wasmodified selfitisbehaviour scale consist of 1 to 20 questions for assess the level of selfitis among students.The third part wasmodified nomophobia scale consist of 1 to 20 questions for assess the level of nomophobia among students. Data is analyzed by using descriptive and interferential statistics such as median, frequencies and chi-square test.

FINDINGS:

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Table no: 1 level of selfitis&nomophobia among students. (Modified selfitisbehaviour scale) (n=100)

LEVEL OF SELFITIS	FREQUENCY	%
Absence of selfitis (0 – 25)	32	32%
Borderline selfitis (25 – 50)	28	28%
Acute selfitis (50 – 75)	35	35%
Chronic selfitis (75 – 100)	5	5%

Data in table no.1 shows that highest percentage (35%) of sample were having acute selfitis whereas at least (5%) of samples were having chronic selfitis. The categories absence of selfitis& borderline selfitis were having 32% & 28 % of samples.

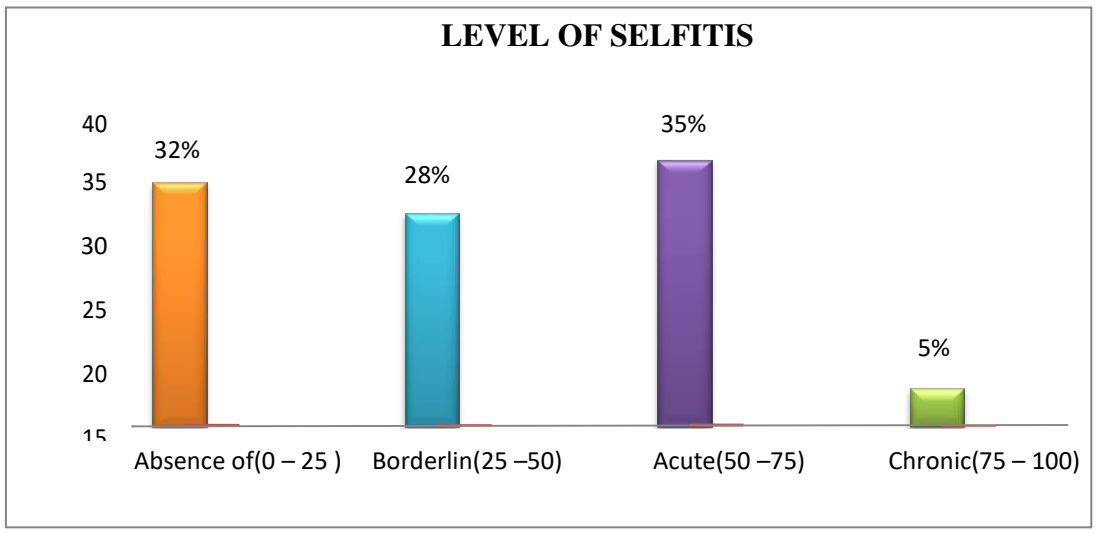

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Table no: 2 modified nomophobia scale: -

(n=100)

LEVEL OF NOMOPHOBIA	FREQUENCY	%
Absence of nomophobia (0 – 20)	2	2%
Mild nomophobia (21 – 59)	8	8%
Moderate Nomophobia (60 – 99)	51	51%
Severe nomophobia (100 – 140)	39	39%

Data in table no.2 shows that highest percentage (51%) of sample were having moderate nomophobia whereas at least (2%) of samples were having absence of nomophobia. The categories mild nomophobia& severe nomophobia were having 8% & 39 % of samples.

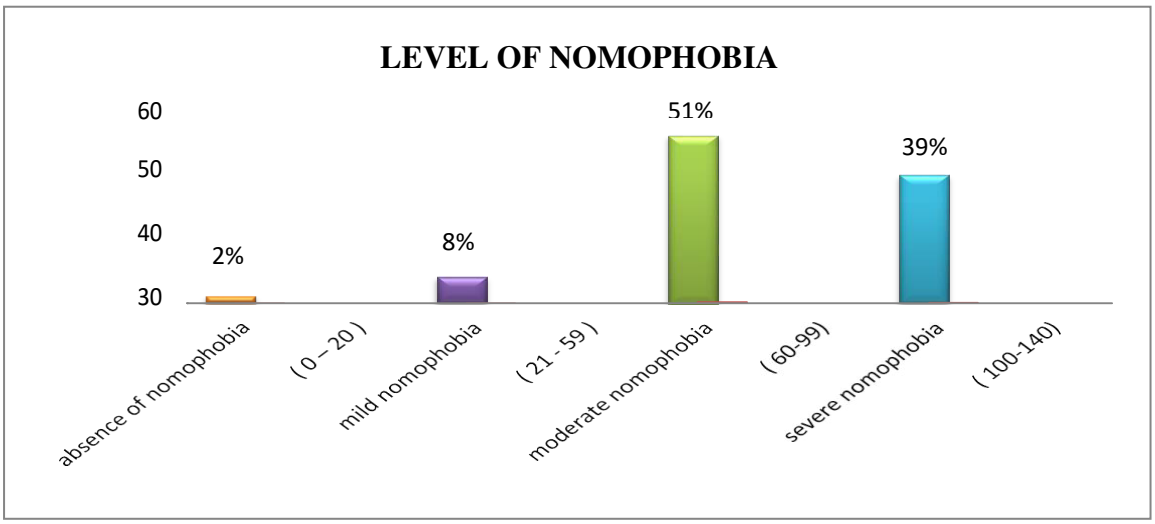

Table no : 3 Mean & Mean percentage of Selfitis&Nomophobiascores:

CATEGORY	MEAN	MEAN %
SELFITIS	43.3	43.3%
NOMOPHOBIA	91.15	91.15%

Table no.3 shows that overall selfitis mean percentage 43.3%. The nomophobia Mean percentage is 91.15%.

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DISCUSSION:

The present study was conducted to assess the level of selfitis&nomophobia among the students of faculty of design, planning & architecture, Bardoli. Out of 100 students highest percentage (55%) of students were in the age group of 18-20 years & at least (3%) were in the age group of above 22 years.Majority of samples belong to the Male category (54%) whereas 46% belongs to Female category.Majority of sample (27%) were belong to duration between 3 years to less than 4 years & more than 5 years & at least 5% of sample belongs to less than a year duration.Most of the samples (36%) were using smart phone for more than 5 years & at least 15% of samples were using for 1 to 2 hours. The samples using smart phone for 2 to 4 hours were of 26% & for 3 to 5 years were23%. Most of the samples (20%) were using smart phone at every 20 minutes whereas only 4% were using for other reasons like whenever they are feeling of necessity to use smart phone. In similar way the study was conducted by Jimmy Rosales-Huamaní et al. on Determining Symptomatic Factors of Nomophobia in Peruvian Students from the National University of Engineering. The findings shows that a total of 461 completed questionnaires were processed from the databasethe sample consisted of 21% men and 79% women. With regard to the ages of the students in the sample, 35.8% were 17–19 years old; 30.4% were 20–21 years old; and 33.8% were 22 years old and above. With regard to how long they had used a smartphone, 31.9% of students had one in use for more than five years; 30.2% had one in use for 3–4 years; and 37.9% had one in use for less than two years. With regard to the total time dedicated to smartphone use per day, 26.8% answered that they used their smartphones for a total of 1–3 h a day. The majority (34.1%) answered that they used their smartphones for 4–5 h; 19.1% answered saying 5–10 h; and 20% answered saying 10 or more hours a day. With regard to the number of times they usually checked their smartphones in a day, 25.8% of the respondents answered that they checked 1–8 times; 24.5% checked 9–16 times; 29.7% checked 17–30 times; and 20% checked 31 or more times.

CONCLUSION:

The present study was conducted to assess the level of Selfitis & nomophobia among the students of faculty of design, planning & architecture, Bardoli. Out of 100 students In condition selfitis, among 100% of students, highest percentage (35%) of students were having acute selfitis whereas at least (5 %) of students were having chronic selfitis. In condition nomophobia, highest percentage (51 %) of students were having moderate

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nomophobia whereas at least (2%) of students were having absence of nomophobia. Study shows that some of the demographic variables are contributing factors for development of Selfitis & nomophobia. There was significant association between demographic variable & level of selfitis as well as level of nomophobia.

CONFLCTS OF INTEREST

The authors declare that they have no conflict of interest.

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