

## NOMOPHOBIA AMONG STUDENTS

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*Humanity is acquiring all the right technology for all the wrong reasons.*

–R. Buckminster Fuller



### ABSTRACT

**Introduction** . - Nomophobia is defined as the fear of being out of mobile phone contact and is considered a modern age phobia. Mobile phone usage is not only habit forming, it is also addictive; “possibly the biggest non-drug addiction of the 21st century”<sup>4</sup>.

**Aim of the study** -The aim of the study was to assess the nomophobia among nursing students in selected Institutes.

**Material and methods** - A Quantitative non -experimental descriptive research design and approach was used . 200 nursing students were selected by using randomized sampling technique from selected institutes of Malwa region. 5 point rating scale was used to collect the data on nomophobia.

**Results-** It revealed that out of 200 nursing students, majority 96(48%) had mild nomophobia whose mean and SD was  $29.99 \pm 5.54$ , followed by least 12(6%) had severe nomophobia whose mean and SD was  $66.33 \pm 4.29$ .

**Conclusion** – Hence, it was concluded that the mild level of nomophobia prevails among nursing students.

**Keywords:** Nomophobia, nursing students, information booklet.

### INTRODUCTION

*Every time there’s a new tool, whether it’s Internet or Cell phones or anything else, all these things can be used for good and evil. Technology is neutral; it depends on how it’s used.*

–Rick Smolan

### Background of the study

Technology, a word has become the talk of nation. Computers, mobile phones are example of technology .Technology is science or knowledge put into practical use to solve problems or invent useful tools. Technology is used by modern people in easing their life; mobile phones

become a massive part of our lives. The phobia due to technological advancement is also called **TECHNOPHOBIA**<sup>1</sup>.

Youngsters are the most influential group for using social networking, results they become the slave of technology instead of its mastery. Nomophobia affecting mental status of the mobile phone users has been proposed to be included in the DSM-V (Diagnostic and Statistical manual of Mental disorders, fifth version) a gold standard manual for assessing psychiatric diseases<sup>2</sup>.

The term **NOMOPHOBIA** or No Mobile phone phobia is used to describe a psychological condition when people have a fear of being detached from cell phone. The various psychological factors are concerned when a person overuses of smart phones e.g. low self esteem and panic disorders may also trigger **NOMOPHOBIC** symptoms. It is very difficult to differentiate whether the patient becomes **NOMOPHOBIC** due to mobile phone addiction or existing disorders<sup>2</sup>.

In the last 20 years, worldwide mobile phone subscriptions have grown from 12.4 million to over 5.6 billion penetrating about 70% of the global population. On 31 May 2011 the World Health Organization confirmed that mobile phone use indeed represents a health means, and classified mobile phone radiation as a carcinogenic problem<sup>3</sup>.

## **STATEMENT**

A study to assess the nomophobia among nursing students in selected institutes of Malwa region, Punjab with view to develop an information booklet on nomophobia and its ill effects.

## **OBJECTIVES**

- 1-** To assess the levels of nomophobia among nursing students .
- 2-** To find out the association between the levels of nomophobia and sociodemographic variables.
- 3-** To develop an information booklet on nomophobia and its ill effects.

## **Assumptions**

- Majority of nursing students will have mild to moderate nomophobia.
- BSc. nursing students will have more prevalence of nomophobia as compare to GNM students.

**Delimitations-**The study was delimited to:-

- a sample size of 200.
- nursing students of Malwa region.

## **MATERIALS AND METHODS**

### **Research Approach and Design-**

Quantitative approach and non experimental descriptive design was selected for nomophoba among nursing students.

### **Target population-**

Nursing students were target population.

**Setting-**

The setting of study was selected nursing institutes of Malwa region of Punjab. Colleges were College of Nursing, AIMS, Sri Muktsar Sahib, Punjab Public Institute Of Nursing, Bathinda And Meera College Of Nursing, Abhohar.

**Selection and Development Of Research Tool (s)**

The instrument used for this study was 5- point rating scale on assessment of nomophobia. The research tool(s) was developed according to the objectives of the study then after the extensive review of literature, opinion of experts and guides, discussion with peer group were taken into consideration. The tool was consist of two sections-

**Section-I**

It includes socio demographic variables and items related to utilization of smart phone. Variables were Age, Class, Source of information, Present stay and on utilization items were Type of phone, No. of SIM, Duration of cell phone use, maximum and minimum use, use of data and applications.

**Section-II**

This section consists of 5- point rating scale having 20 items to assess the levels of nomphobia among nursing students. Maximum Score was 80 and Minimum Score was 0 . Nomophobia rating scale category were followings-

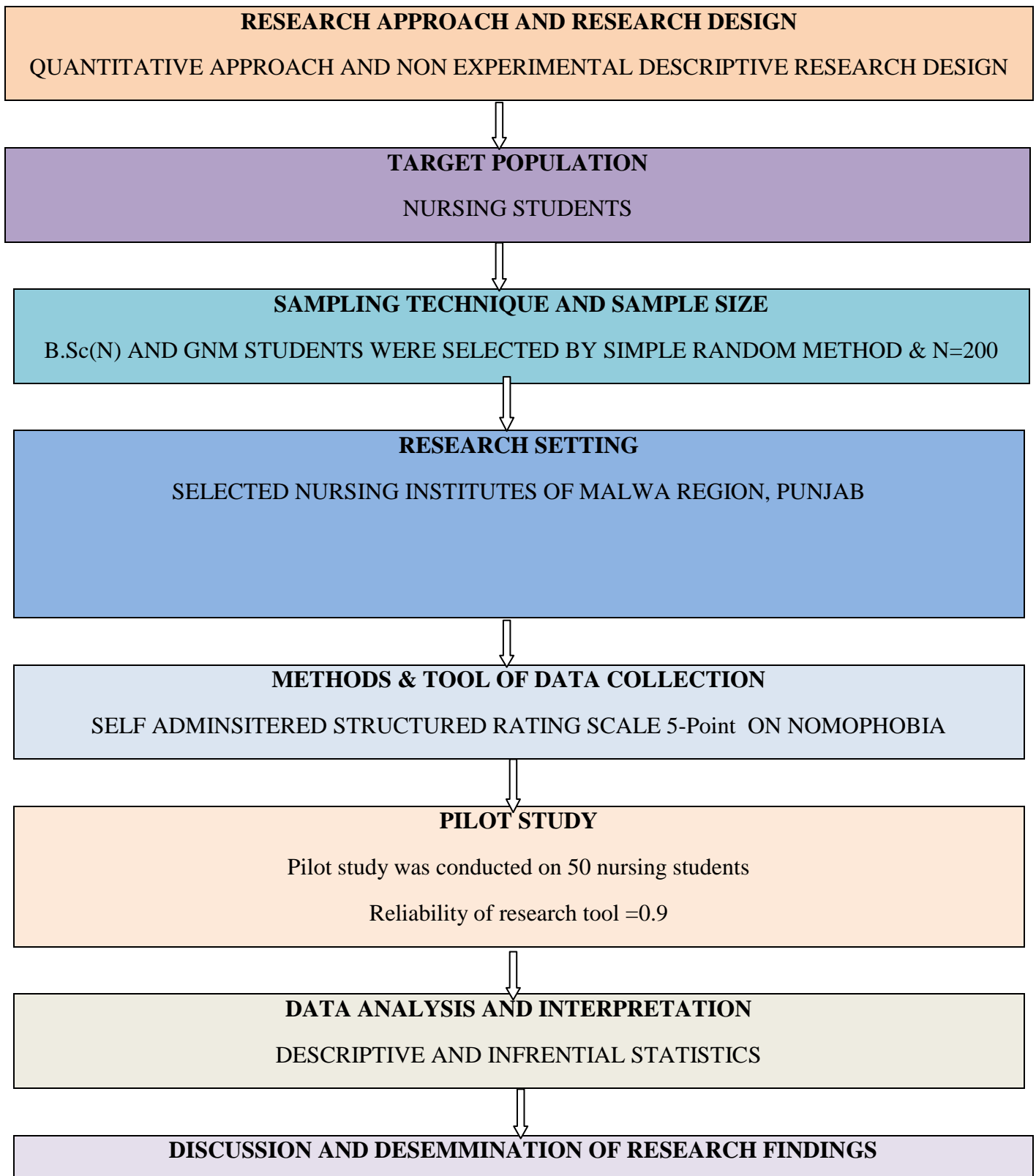
Score	Levels of Nomophobia
0-20	No Nomophobia
21-40	Mild Nomophobia
41-60	Moderate Nomophobia
61-80	Severe Nomophobia

**Validity and Reliability of research tool-**

The tool was valid from various experts from different specialities of nursing. After suggested modifications, pilot study was conducted on 50 nursing students. Reliability of research tool was 0.9.

**Data Collection Method-**Prior to data collection, the permission was obtained from college research and ethical committee. Data collection was done in the month of September 2019. It was conducted in different nursing institutes of Malwa region, Punjab. A total 200 nursing students were selected based on inclusion and exclusion criteria and through randomized sampling technique. Before collecting data written consent was taken from nursing students. For prevention of Nomophobia, an information booklet on Nomophobia and its ill effects were provided to nursing students.

**RESEARCH METHODOLOGY**



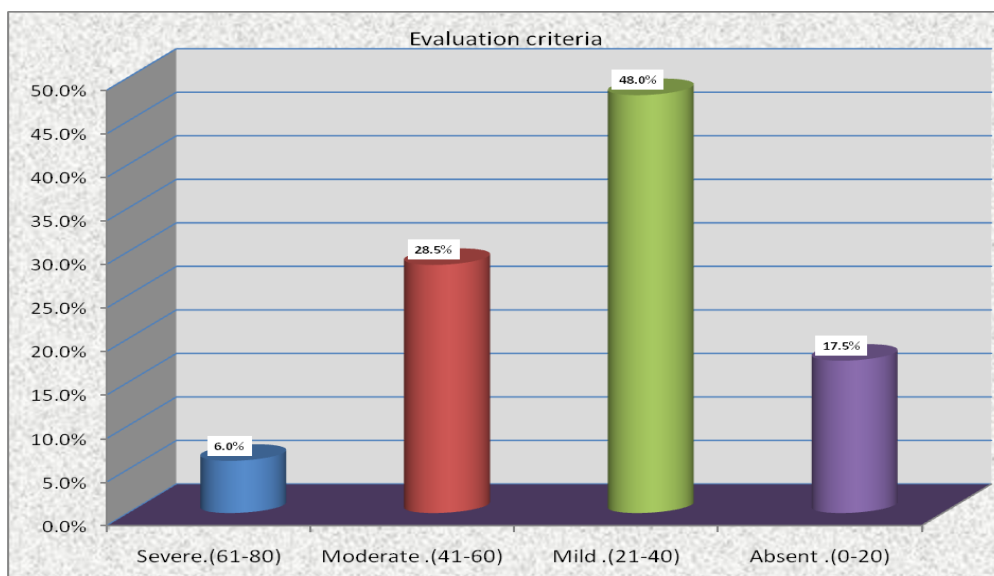
## RESULTS

### Frequency and Percentage distribution of nursing students according to demographic variables.

- **Age of nursing students**, majority 142 (71%) belong to the age group between 17 to 20 years, and the least 7(4%) belong to age group between 25 to 27 years.
- **Class of nursing students**, majority 48(24%) were from B.Sc (N) First year, and least 6(3%) were from GNM Third year.
- **Present stay of nursing students**, majority 99(50%) stayed at home and least 3(2%) stayed with relatives.
- **Source of information of nursing students**, majority 108(54%) used friends and the least 9(5%) used others.
- **Type of cell phone of nursing students**, majority 158 (79%) used multimedia cell phone and 42(21%) used simple cell phone.
- **SIM card usage of nursing students**, majority 129(65%) used single sim, followed by 70(35%) used two sim and the least 1(1%) used more than two sim.
- **Minimum duration of cell phone usage of nursing students**, majority 139(70%) used between 1 to 3 hours, but none of them used for more than 9 hours.
- **Maximum duration of cell phone usage of nursing students**, majority 106(53%) used between 4 to 6 hours, the least 32(16%) used between 7 to 9 hours but none of them used for more than 9 hours.
- **Duration of cell phone usage of nursing students**, majority 125(63%) used more than 2 hours, the least 8(4%) used more than 10 hours.
- **Mobile recharge of nursing students**, majority 122(61%) opted between Rs 100 to 200, and the least 5(3%) opted for more than Rs 500.
- **Passwords of mobile of nursing students**, majority 94(47%) had one and the least 18(9%) had three.
- **Cell phone data usage of nursing students**, majority 81(41%) used 1.5GB and the least 23(12%) used 2GB or more.
- **Cell phone application usage of nursing students**, majority 126(63%) used whats app, followed by 120(60%) used google and the least 14(7%) used for others.

**According to objective wise major findings are followings-**

- 1.To assess the levels of Nomophobia among nursing students.



### Percentage wise distribution of nursing students depending upon their levels of nomophobia

Descriptive statistics of nursing students depending upon their levels of nomophobia.

N=200

Descriptive Statistics	Mean	Median	SD	Maximum	Minimum	Range	Mean%
Nomophobia Rating Scale Score	34.66	33	15.31	73	0	73	43.32

**Objective 2-** To find out the association between the levels of Nomophobia and sociodemographic variables.

Demographic Data		Levels (N=200)				Association with NOMOPHOBIA RATING SCALE Score			
Sr.No	Variables/Opts	Severe Nomophobia	Moderate Nomophobia	Mild Nomophobia	No Nomophobia	Chi Test	P Value	df	Table Value
<b>1</b>	<b>Age</b>								
	17 to 20 years	8	41	65	28	3.51 <sup>NS</sup>	0.743	6	12.592
	21 to 24 years	4	13	28	6				
	25 to 27 years	0	3	3	1				
<b>2</b>	<b>Class</b>								
	GNM First year	4	21	16	4	33.82 **	0.013	18	28.869
	GNM Second year	2	6	12	5				
	GNM Third year	2	0	4	0				
	B.Sc (N) First year	1	10	29	8				
	B.Sc (N) Second year	2	2	4	1				
	B.Sc (N) Third year	0	8	14	9				
	B.Sc (N) Fourth year	1	10	17	8				

<b>3</b>	<b>Present Stay</b>								
	Hostel	8	25	42	16	5.892 <sup>NS</sup>	0.751	9	16.919
	Home	4	30	47	18				
	PG	0	2	4	1				
	Relatives	0	0	3	0				
<b>4</b>	<b>Source of Information</b>								
	Relatives	2	11	26	7	4.528 <sup>NS</sup>	0.873	9	16.919
	Friends	9	32	48	19				
	Internet	1	12	17	7				
	Others	0	2	5	2				
<b>5</b>	<b>Type of Cell Phone</b>								
	Simple	2	14	18	8	0.937 <sup>NS</sup>	0.816	3	7.815
	Multimedia	10	43	78	27				
<b>6</b>	<b>Sim Card</b>								
	One sim	10	36	61	22	6.689 <sup>NS</sup>	0.351	6	12.592
	Two sim	2	21	35	12				
	More	0	0	0	1				
<b>7</b>	<b>Minimum Duration(In day)</b>								
	1 to 3 hours	7	41	65	26	4.573 <sup>NS</sup>	0.600	6	12.592
	4 to 6 hours	4	14	25	5				
	7 to 9 hours	1	2	6	4				
	More than 9 Hours	0	0	0	0				
<b>8</b>	<b>Maximum Duration( In day)</b>								
	1 to 3 hours	3	15	33	11	3.966 <sup>NS</sup>	0.681	6	12.592
	4 to 6 hours	5	33	49	19				

	7 to 9 hours	4	9	14	5				
	More than 9 Hours	0	0	0	0				
<b>9</b>	<b>Duration of Cell phone</b>								
	More than 2 hours	6	31	62	26	9.697 <sup>NS</sup>	0.376	9	16.919
	More than 4 hours	4	23	26	5				
	More than 8 hours	1	1	5	2				
	More than 10 hours	1	2	3	2				
<b>10</b>	<b>Mobile Recharge</b>								
	Rs.100-200	6	34	64	18	7.892 <sup>NS</sup>	0.545	9	16.919
	Rs.300-400	3	15	24	14				
	Rs.400-500	2	6	7	2				
	More than 500	1	2	1	1				
<b>11</b>	<b>Passwords</b>								
	One	7	28	45	14	12.876NS	0.168	9	16.919
	Two	2	11	23	5				
	Three	1	4	12	1				
	None	2	14	16	15				
<b>12</b>	<b>Cell phone data</b>								
	500MB	1	13	17	4	8.326NS	0.502	9	16.919
	1GB	1	16	31	13				
	1.5GB	7	21	39	14				
	2GB or More	3	7	9	4				

\*\*Significance

NS Not Significant at 0.05 level of significance

From the above findings it is revealed that there was statistically significant association between levels of nomophobia with class of nursing students at 0.05 level of significance. Hence it can be concluded that there is impact of only class on level of nomophobia among nursing students from selected institutes of Malwa region, Punjab.

## DISCUSSION

Given the ever-increasing amount of time people spend using technology, and the potential deleterious effects on health. In the present study 96(48.2%) nursing students were having nomophobia. This prevalence was comparable with a study on rising concern of nomophobia among Indian Medical students in Indore by Sharma N et al (2015)<sup>5</sup>, where the prevalence of nomophobia was 73% and a study on mobile phone dependence among college students in Bangalore by Masthi NR et al (2012)<sup>6</sup>, where the prevalence of nomophobia was 67%.

## CONCLUSION

Hence, it is concluded that the mild level of nomophobia prevails among nursing students. Information booklet on nomophobia and its ill effects were distributed to nursing students as preventive measures.

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