



# A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING MOBILE PHONE ADDICTION & PREVENTIVE MEASURES AMONG UNDERGRADUATE HOSTELLER STUDENTS OF SELECTED COLLEGES LUCKNOW

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*Abstract:* The study to assess the knowledge and attitude regarding mobile phone addiction and its preventive measures among undergraduate hosteller in a selected university at Lucknow. Objective of the study are to assess the knowledge regarding mobile phone addiction and preventive measures among undergraduate hosteller students, to assess the attitude regarding mobile phone addiction and preventive measures among undergraduate hosteller students and to associate the knowledge and attitude score with their selected demographic variables ., and gather the information to support the study design, the methodology, develop the conceptual framework, development of tools and for analysis of data. A descriptive design was used in this study. The standard tools were used to collect the data. The content validity and reliability was done. Based on objectives, the data was analyzed and interpreted using descriptive and inferential statistics. this study include the undergraduate hosteller students from selected university at Lucknow. This study reveals that the majority of the students (80.5%) had moderate knowledge and (51%) had moderate attitude regarding mobile phone addiction and preventive measures. The chi- square calculated at 0.05% level of significance shows that there is significance association between knowledge regarding mobile phone addiction among undergraduate hosteller students with the age (0.05) and area of residence (0.02).

**Index :- undergraduate hosteller students, knowledge, attitude, mobile phone addiction, preventive measures**

## I. INTRODUCTION

A mobile phone is a wireless handheld device that allows users to make and receive calls and to text messages, among others features. Dr. Martin Cooper is the person credited with both inventing the modern mobile phone as well as making the first mobile phone in New York City, New York in April 1973. A related invention is the cave radio phone invented by Nathan Stubblefield who was awarded a patent for the idea in the early 20<sup>th</sup> century (1908) since his work does not provide the technology behind modern mobile phones, he is not given credit for inventing the mobile phone.

The Motorola Dynatac 8000 was the first handheld mobile phone and loudly announced the beginning of new era. Later many other mobile phones are launched like (Nokia 1011, Motorola StarTAC, Hagenek GlobalHandly, Siemens S10, Nokia 5110, Nokia 7110 Motorola Timepart, Nokia 9210, Communicator Sharp J-SH04, Nokia 3310, Nokia 1100, Motorola Razr V3, Blackberry 6210).

Worldwide, mobile phone were used by 1.85 billion people in 2014. This number is expected to be 2.32 billion in 2017 and 2.87 billion in 2020. In 2015, a median of 54% across 21 emerging and developing countries such as Malaysia, Brazil and China reported using the internet at least occasionally or owning a mobile phone. In comparison, a median of 87% reported the same across 11 advanced economies, including the United States and Canada, major Western European Nations, developed Pacific Nations, (Australia, Japan and South Korea) and Israel.

In the findings of a survey conducted in 40 nations, South Korea showed the highest rate of mobile phone ownership (88%) following by Australia (77%) and the United States (72%). The no. of mobile phone users in the world accepted to pass the 5 billion mark in the end of 2019. Mobile phone users in India crossed 581 million users in 2014 and has been on a steady rise over the last decade. According to survey by eMarketer in 2015, India estimated to have over 800 million mobile phone users in 2019.

collection period is ranging from January 2010 to Dec 2014. Monthly prices of KSE -100 Index are taken from Yahoo Finance.

### NEED FOR THE STUDY

Mobile phone have emerged as one of the most vital technological advances in the current generation. Now-a-days, World wide mobile users are 8.98 billion. According to reports, total wireless phone subscribers in India are almost 1099.51 million with a monthly growth rate 1.96%. However the increased use of mobile phones is accompanied with detrimental effects of emitted radiations on human health as well as ecosystem on the mobile. India hold the 2<sup>nd</sup> rank in all over countries, due to the highest mobile phone users. There are many advantages and disadvantages are present for individual flaunty and community. In Uttarpradesh total 121.60 million mobile phone connections are present

<i>YEARS</i>	<i>NO. OF MOBILE PHONE USERS IN MILLION</i>
<i>2021</i>	<i>913.2</i>
<i>2020</i>	<i>875.5</i>
<i>2019</i>	<i>830.7</i>
<i>2018</i>	<i>884.1</i>
<i>2017</i>	<i>638.4</i>
<i>2016</i>	<i>531.1</i>
<i>2015</i>	<i>524.9</i>

### **Population and Sample**

Population is the set of people or entities to which the results of a research are to be generalized.

The population for this study was the students who are undergraduate and 16 yrs & above from hostels of selected university/colleges at Lucknow

### **Data and Sources of Data**

For this study data has been collected. Method of data collection are the various steps or strategies used for gathering and analyzing data in a research investigation. Prior to collection of data, self introduction and explaining the purposes of the study was done. Each sample was assessed using self structured questioners for about 25 minutes. Each sample was appreciated and thanked at the end for their kind participation in this study.

### **RESEARCH METHODOLOGY**

#### **SAMPLING TECHNIQUE**

It is a process of selecting a representative part of the population with different technique.

In this study the researcher used purposive sampling technique.

#### **SAMPLING CRITERIA**

It list the characteristics essential for membership in target population.

#### **Inclusion criteria:-**

The criteria specifying characteristics that a population should have.

- Students of age group 16 yrs and above.
- Students who stay in hostels.
- Students who are studying undergraduate course.
- Students who use mobile phones.

**Exclusion criteria:-**

The criteria specifying characteristics that a population does not have.

- Students who are not doing undergraduate study.
- Students who are not staying in the hostels.
- Students who are not present at the time of data collection.

**SAMPLE SIZE**

The sample size include in this study was 200.

**DESCRIPTION OF THE TOOLS**

Tools are means of collecting information for the study.

**Section A :- DemographicVariables**

It is an attribute that varies, that is takes on different value.

The demographic variables of the study are age, gender, religion, father's education, father's occupation, type of family, area of residence, family income per month , course of the study and duration of using mobile phone per day.

**Section B :- Structured questionnaires**

The investigator constructed the tools for the purpose of assessing the level of knowledge among undergraduate hosteller students of selected university /colleges in Lucknow. The structured questionnaires was prepared by reviewing related journals and other researches.

**Section C :- Standardized tool**

Standardized tool was used to assess the attitude of students regarding preventive measures about mobile phone addiction.

**SCORING****1. Level of knowledge**

The knowledge regarding the mobile phone and its addiction was measured in term of knowledge score. The score were distributed as follows:-

S.NO.	LEVEL OF KNOWLEDGE	PERCENTAGE
1	Adequate knowledge	>75%
2	Moderate knowledge	50- 75%
3	Poor knowledge	<50%

## 2. Level of Attitude

The attitude regarding mobile phone and its addiction was measured in terms of attitude score. The scores were distributed as follow:

S.NO.	LEVEL OF ATTITUDE	PERCENTAGE
1	Favourable	>75%
2	Moderate	50-75%
3	Unfavourable	<50%

### VALIDITY OF THE TOOLS

It is a extent to which an instrument accurately reflects the abstract construct being examined.

Validity of the tools was established after it was validated by nursing experts.

### METHOD OF DATA COLLECTION

Method of data collection are the various steps or strategies used for gathering and analyzing data in a research investigation .Prior to collection of data , self introduction and explaining the purposes of the study was done. Each sample was assessed using self structured questioners for about 25 minutes. Each sample was appreciated and thanked at the end for their kind participation in this study.

### PLAN FOR DATA ANALYSIS

The data was analyzed by both descriptive and inferential statistics on the basis of stated objectives

- **Descriptive statistics:**

Frequency , percentage were used to study the demographic variables like ages, gender, religion , father's education, father's occupation, course of the study, area of residence, family income, duration of using mobile phone and level of knowledge.

- **Inferential statistics:**

Chi- square test was used to find out the association between knowledge regarding mobile phone addiction with the selected demographic variables of students.

**ORGANIZATION OF FINDINGS:**

**SECTION A:** Frequency and percentage distribution of the samples according to their demographic variables.

**SECTION B:** Percentage distribution of the samples according to knowledge level on mobile phone addiction.

**SECTION C:** Percentage and frequency distribution of the samples according to attitude score on mobile phone addiction.

**SECTION D:** Association between the knowledge regarding mobile phone addiction among undergraduate hosteller students with their selected demographic variables.

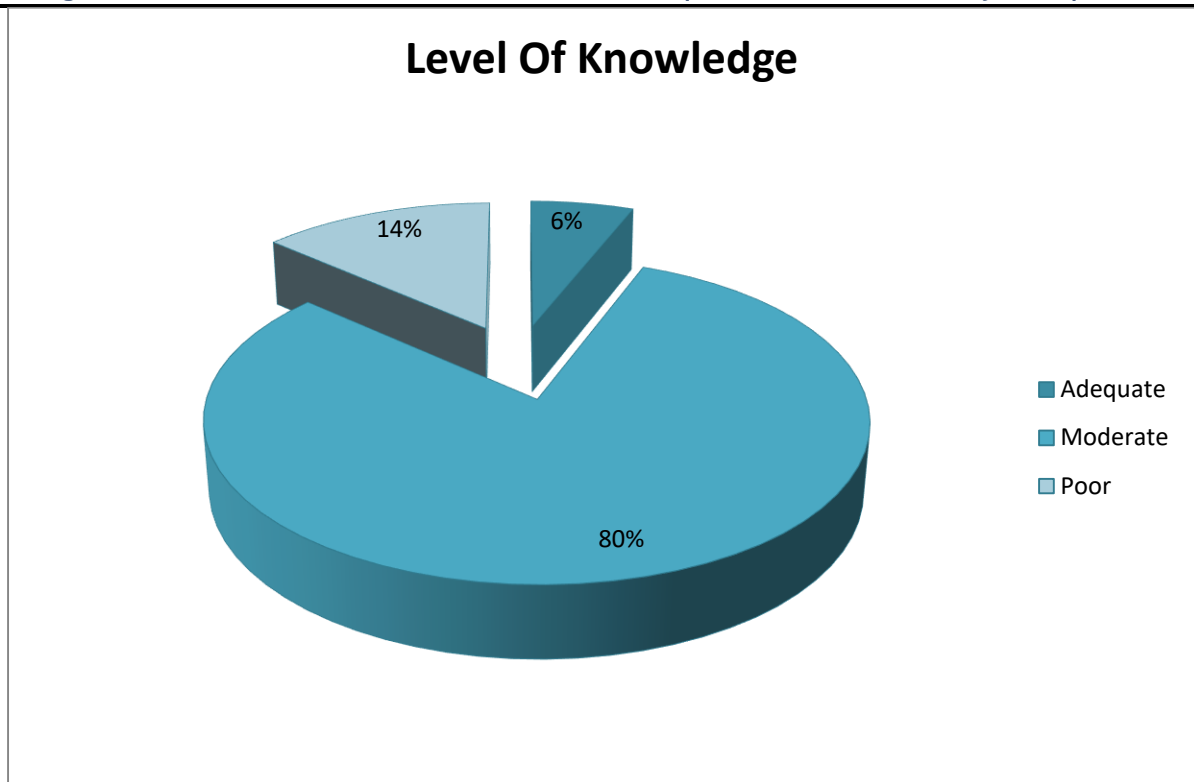
The analyzed data are given in the form of tables and figures:

**SECTION A:** Frequency and percentage distribution of the samples according to their demographic variables.

S.No.	Demographic Characteristics	Frequency	Percentage
1.	<b>Age in Years</b>		
	16-18	32	16%
	19-21	131	65.5%
	22-24	34	17%
	Above 24	3	1.5%
2.	<b>Gender</b>		
	Male	54	27%
	Female	146	73%
3.	<b>Religion</b>		
	Hindu	162	81%
	Christian	9	4.5%
	Muslim	19	9.5%
	Buddhist	7	3.5%
	Others	3	1.5%
4.	<b>Father's education</b>		
	Primary education	113	56.5%
	High school level	32	16%
	Higher secondary	37	18.5%
	Graduate and above	15	7.5%
	No formal education	3	1.5%
	<b>Father's occupation</b>		

5.	Govt. employee	55	27.5%
	Private employee	50	25%
	Self business	66	33%
	Others	27	13.5%
	Unemployed	2	1%
6.	<b>Course of the study</b>		
	Medical	119	59.5%
	Para-Medical	41	20.5%
	Engineers	04	2%
	Arts & Science	36	18%
7.	<b>Type of family</b>		
	Nuclear family	123	61.5%
	Joint family	70	35%
	Extended family	7	3.5%
8.	<b>Family income per month</b>		
	Below 5000	13	6.5%
	5001- 15000	36	18%
	15001- 25000	55	27.5%
	Above 25000	96	48%
9.	<b>Area of residence</b>		
	Rural	58	29%
	Urban	122	61%
	Semi- Urban	20	10%
10.	<b>Duration of mobile usage per day</b>		
	1-5 hours	141	70.5%
	6-10 hours	43	21.5%
	11-15 hours	11	5.5%
	16-20 hours	05	2.5%

**SECTION B:** Percentage distribution of the samples according to knowledge level on mobile phone addiction.



**FIG :1** Percentage distribution of subjects according to level of knowledge

#### SECTION C: Percentage distribution of samples according to level of attitude

S.No.	Level of attitude	Category	Frequency	Percentage
1.	Favourable	41-60 (>75%)	84	42%
2.	Moderate favourable	21-40 (50-75%)	102	51%
3.	Unfavourable	1-20 (<50%)	14	7%



**SECTION D: Association between the level of knowledge regarding mobile phone addiction and its**

**prevention among undergraduate hosteller students with selected demographic variables.**

S. No.	Demographic variables	Sample N=200		Level of knowledge						X <sup>2</sup> value	Significance
				Poor knowledge		Moderate knowledge		Adequate knowledge			
		N	%	N	%	N	%	N	%		
1.	<b>Age in years</b>									<b>12.15</b> <b>df=6</b>	P>0.05
	16-18	32	16	2	1	24	12	6	3		
	19-21	131	65	17	8.5	108	54	6	3		
	22-24	34	17	4	2	30	15	0	0		
	Above 24	3	1.5	1	0.5	2	1	0	0		
2.	<b>Course of the study</b>									<b>39.42</b> <b>df=6</b>	Significant*
	Medical	119	59.5	12	6	101	50.5	6	3		
	Para medical	41	20.5	3	1.5	35	17.5	3	1.5		
	engineers	04	2	1	0.5	2	1	0	0		
	Arts & science	36	18	3	1.5	20	10	3	1.5		
3.	<b>Area of residence</b>									<b>11.3</b> <b>df=4</b>	P>0.02
	Urban	58	29	12	6	42	21	4	2		
	Rural	122	61	12	6	104	52	6	3		
	Semi-urban	20	10	1	0.5	19	9.5	0	0		

**Association between the level of knowledge regarding mobile phone addiction among undergraduate hosteller students with their age.**

The obtained chi-square value in the above table shows that there is significant association between the level of knowledge and age ( $\chi^2=12.15$ ,  $df=6$ ).

**Association between the level of knowledge regarding mobile phone addiction among undergraduate hosteller students with their course of study.**

The obtained chi-square value in the above table shows that there is no significant association between the knowledge and course of study ( $\chi^2= 39.42$ ,  $df= 6$ ).

**Association between the level of knowledge regarding mobile phone addiction among undergraduate hosteller students with their area of residence.**

The obtained chi-square value in the above table shows that there is no significant association between the knowledge and area of residence ( $\chi^2= 11.3$ ,  $df= 4$ ).

## Conclusion

- The students those are living in a selected hostels in selected Colleges lack adequate knowledge regarding mobile phone. The study reveals that there is significant association between level of knowledge with course of study ( $\chi^2=39.42$ ,  $df=6$ ).

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