



# A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF NOMOPHOBIA AMONG STUDENTS OF SELECTED AREA OF PG COLLEGE DISTT. UNA(HP)

1MRS. JATINDER KAUR

Assistant professor

BHAI GURDAS NURSING COLLEGE, PATIALA, PUNJAB

## ABSTRACT:

Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a single or running out of minutes or battery power. In the case of nomophobia, the events that the user fears are not terribly unlikely, so that part of it is not irrational.

**AIMS AND OBJECTIVES:** The study aim to assess the level of Nomophobia among students of selected area of PG College. The objective of study was to assess the level of Nomophobia among the students of selected PG College of Distt. Una. To determine the association of level of Nomophobia with selected socio-Demographic variables. To develop pamphlets regarding Nomophobia.

**METHODOLOGY:** A non-experimental descriptive study to assess the level of Nomophobia among students of PG College, Una (H.P). A total 100 students were selected for the study. Informed consent was taken from the sample before conducting study. Nomophobia Questionnaire (NMP-Q) was used to collect the data. Then the collected data was analyzed by using descriptive and inferential statics.

**RESULT:** The result show that the criteria major for (NMP-Q) scores indicate that the majority of participants (85%) fall into the Moderate, with score ranging from 61 to 100. A smaller proportion (15%) have Mild levels of Nomophobia, scoring between 21 to 60. No participants fall into the Severe category (101-140) or the Absent category (20). The score ranges from a minimum of 20 to a maximum 140.

**CONCLUSION:** The study concludes that majority of mobile phones i.e. 0.0% had severe level of nomophobia,85% of subject had moderate level of nomophobia and 15% of subject had mild level of nomophobia. Duration of mobile phone use and time of day mobile phone used by subject has association with score of Nomophobia.

**KEY WORDS:** Nomophobia, Students

## I. INTRODUCTION

**“Our Technological Powers increase, but the side effects & potential hazards also escalate”**

**---ALVIN TOFFLER**

Mobile phone addiction appears to be a new disorder that merits inclusion in new classification system of ICD XI and DSM-V. It fulfills excessive use along with loss of sense of or neglect of basic derives. Withdrawal includes feelings of anger, tension depression when phone network is not available or battery got over, along with arguments, social isolation and fatigue.

In today's contemporary digital and virtual society, anxiety is the affliction of life. New addition to the stress list is „Nomophobia“ the fear of being out of mobile phone contact. This disorder Nomophobia a catchy contraction for „no mobile phone and mobile phone addiction. It is a result of development of technologies that enable virtual communication.

However, the term „phobia“ is a misnomer, because mostly it seems to be a kind of anxiety disorder. The term Nomophobia or no mobile phone phobia is used to describe a psychological condition when people have a fear of being detached form mobile phone connectivity.

The term Nomophobia was first coined by British researchers in 2008. A current study conducted in philadelphia that since 2008, the amount of people who has Nomophobia has grown to 66%. This number is high compared to a similar study conducted four years ago. Where 53% people got admitted due to this phobia. The study also revealed that 18-24 years age group rank first in Nomophobia. The same study also shows that people 34 times a day and 77 %are not able to stay a part from than a few minutes.

We cannot escape from the influence of modern technology in 21st century. Day by day it is changing and due to technology advancement, new challenges are creeping up on a technological advancement, new challenges are creeping up on a regular basis. The phobia due to technological advancement is also called **TECHNOPHOBIA**.

According to Shamburg ET ai (2012) cell phone are possibly the biggest non-drug addiction of the 21st century. Now a day's college students are spending more than 9 hours per day on their mobile phone, which leads to addiction. It is an example of „a paradox of freeing and enslaving. Freeing form the real world and enslaving to the virtual world.

Nomophobia affects the mind as well as the relationship, where a person is physically present but mentally absent. Phone dependency may also cause work problems of people are unable to resist checking smartphone or answering calls when at work. This will impact their work performance by reducing their attention and focus. Multi-tasking is also a big problem as it impairs concentration and can add about two hours of working time

It is a modern time phobia as a consequence of the interaction with new technology. However, in recent year, the number of problems arising from the use of smartphone has increased considerably.

Nomophobia is a new term means no mobile phone phobia defines the fear of being out of mobile phone contact. People especially teenage get very out anxious when they lose their mobile phone runout of battery or credit or due to loss of network coverage. Those who have Nomophobia never switch off their mobile, carry their phone even for a second. These who have Nomophobia will also be carrying an extra phone as a precaution when their primary phone breaks. These people will be angry if their partner and this will create problems in their familiar and social life.

New generation seem to be obeyed with using cell phone that they use their mobile phone even at place where usage is prohibited such as planes, hospitals and petrol stations. Excessive usage bring financial worries and make adolescent financial indebted as a consequence. The study conducted on U.S. student that may or strength of student are in a habit making calls at night and thus habit can go ahead to adverse outcomes such a sleep loss. It has been found in a study that youngsters desperately want to be in contact with their friends. They want to have a sense of presence of belonging all time messaging service.

For this study secondary data has been collected. From the website of KSE the monthly stock prices for the sample firms are obtained from Jan 2010 to Dec 2014. And from the website of SBP the data for the macroeconomic variables are collected for the period of five years. The time series monthly data is collected on stock prices for sample firmsand relative macroeconomic variables for the period of 5 years. The data collection period is ranging from January 2010 to Dec 2014. Monthly prices of KSE -100 Index is taken from yahoo finance.

## NEED OF THE STUDY

Young cell phone users have fallen into Nomophobia, a type of cell phone addict which is acquiring an unstoppable habit of e-mailing or texting friends, playing games, downloading pictures and music said by MIKI TAINIKAWA [INTERNATIONAL HERALD TRIBUNE].

POYRAZGURSON 2014 Nomophobia literally refers to “NO MOBILE PHONES PHOBIA”. It is a kind of phobia or fear of losing mobile phone, fear refers to an emotion which is felt by both animals and people as an intentional response to potential danger.

India is one of the fastest-growing smartphone markets in the world and set to outpace the colleges as the second largest market by 2017 as smart mobile devices become affordable. According to a report by internet and mobile association of India klynveld peat Marwick gearlever, India has about 116 million internet enabled smartphone at the end of 2014, a number that “expected to more than triple to 369 million by 2018

Since the first mobile phone was introduced to the consumer market in 1983, these devices have become significant 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 write playing a game is a very much interest in them.

The term is an abbreviation for “No mobile phone phobia” which was during a 2010 study. The study found that nearly 53% of mobile phone users in British tend to be anxious when they lose their mobile phone, run out of battery or credit, or have no network coverage.

The study found that about 58% of man and 47% of women suffer from the phobia, and an additional 9% feel stressed when their mobile phone are off. As per telecom regulatory authority of India [TRAI] there are about 980.81 million mobile phone subscribers in India making it the world’s second largest mobile phone user country in 2015.

It is evident from surveys that young adults are more likely to be addicted from nomophobia the survey described that most of the teens 77% reported anxiety when they were without their mobile phones. The youngest age group (18-24) tops the Nomophobia list at 77% write is 11% more than that of the next group those aged 25-34 years. The communication technology has become one of the important technologies in the last thirty years of the late twentieth century.

Cell phone or smartphone addiction can also lead to a lots of psychological problem like speed distribution, insomnia, depression, obsessive compulsive disorders, relationship problems, anxiety, attention deficit disorders, stress, isolation etc.

W.H.O. confirmed that mobile phone use may represent a long-term health risk due to radiation effects, after the team of scientist reviewed peer-review studies in mobile studies in mobile phone safety. The risk of developing Nomophobia among adolescent is a growing fear of being without a mobile device or beyond mobile phone contact.

### Statement of problem

A Descriptive study To Assess the level of Nomophobia among Students of selected P.G. College of Distt. Una.

### OBJECTIVES:-

- (1) To assess the level of Nomophobia among the students of selected PG College of Distt. Una.
- (2) To determine the association of level of Nomophobia with selected socio-demographic variables.
- (3) To develop pamphlets regarding Nomophobia.

### Operational definitions:-

1. Assess:- Calculate and estimate the level

2. Nomophobia:- Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power.

3. Students:- Subjects who are selected for the study.

### Assumptions

It is assumed that:

- Students may use mobile phone excessively for the social networking and entertainment purpose.
- Students may have some psychological problems due to overuse of mobile phone.
- The male students may possess more use of mobile phone than female students.

### Delimitation

This study is limited to:-

- Students who were present at the time of study.
- Students who were willing to participate

## REVIEW OF LITERATURE

**“Success is the sum of small efforts, repeated day in and day out.”**

A literature review discuss published information in a particular subject area, and sometime information in a particular subject area within a certain time period. A literature review of a mature topic addresses the need for a critique of, and the potential reconceptualization of, the expanding and more diversified knowledge base of the topic as it continues to develop. The second kind of literature review address new or emerging topics that would benefit from a holistic conceptualization and synthesis of the literature. Because these topics are relatively new and have not yet undergone a comprehensive review of the literature, the review is more likely to lead to an initial preliminary conceptualization of the topic like a new model or framework.

**ANUSHRI C (2018)** Conducted a descriptive study among higher secondary, students to a men the level of Nomophobia loo study sample were selected thoroughly non probability convenient sampling method. A structured questionnaire was used to collected data. The study findings reveal that 8% students were at high risk of developing Nomophobia 46% had mild level, 33% had moderate level and 13% had severs level at Nomophobia.

**HARISH B.R. (2018)** Conducted a cross-sectional study at Mandy institution of medical science during May 2018 to to assess the prevalence of Nomophobia 418 study samples were selected through purposive sampling techniques data was collected through struttred questionnaire result of the study revealed that prevalence of moderate to severe Nomophobia among the study population 90.0%.

**MODHUSUDAN M (2017)** Conducted a cross study among students of medical college of weaned to a men prevalence of Nomophobia and it’s determinants 429 under graduate medical students were selected for the study. Pre designed and pre- test Nomophobia questionnaire was used to collected data. The study tending’s revels that 416 (97%) of student’s were Nomophobia and 13 (33.3%) no Nomophobia. 143 (33.3%) showed mild, 241 (56.2%) moderate and 32 (75%) sever Nomophobia.

**MENEZES PM (2017)** Conducted a study on 205 adolescents form 2 random schools in Maharashtra to assess prevalence awareness, and effect of Nomophobia data was collected through standardized questionnaire method and checklist. Result of study revealed that 54 (26%) adolescents with Nomophobia and 130 (64%) were at high risk of developing Nomophobia.

**PALLABLE DASGUPTA (2017)** Conducted a cross-sectional study among 303 medical and 305 engineering NMP questionnaire consisting of four factors. Result reveled the engineering students showed a higher proportion of Nomophobia (44%) than medical student (42.6%).

**SONALI KAR. (2017)** Conducted a cross-sectional survey among 284 medical students form private medical college in Bhubaneswar, Odisha. The students aims to assess Nomophobia among undergraduate medical students. A structured presented and with a validated point Likert scale was used to collected data. The study revealed that severe Nomophobia was seen more male i.e. 23.7% and 18.6% in female and the total sample was 21.1%, , 78.6% of the female were seen to moderate latelyaffected which means unless controlled they have a propensity, to go on the severe grade.

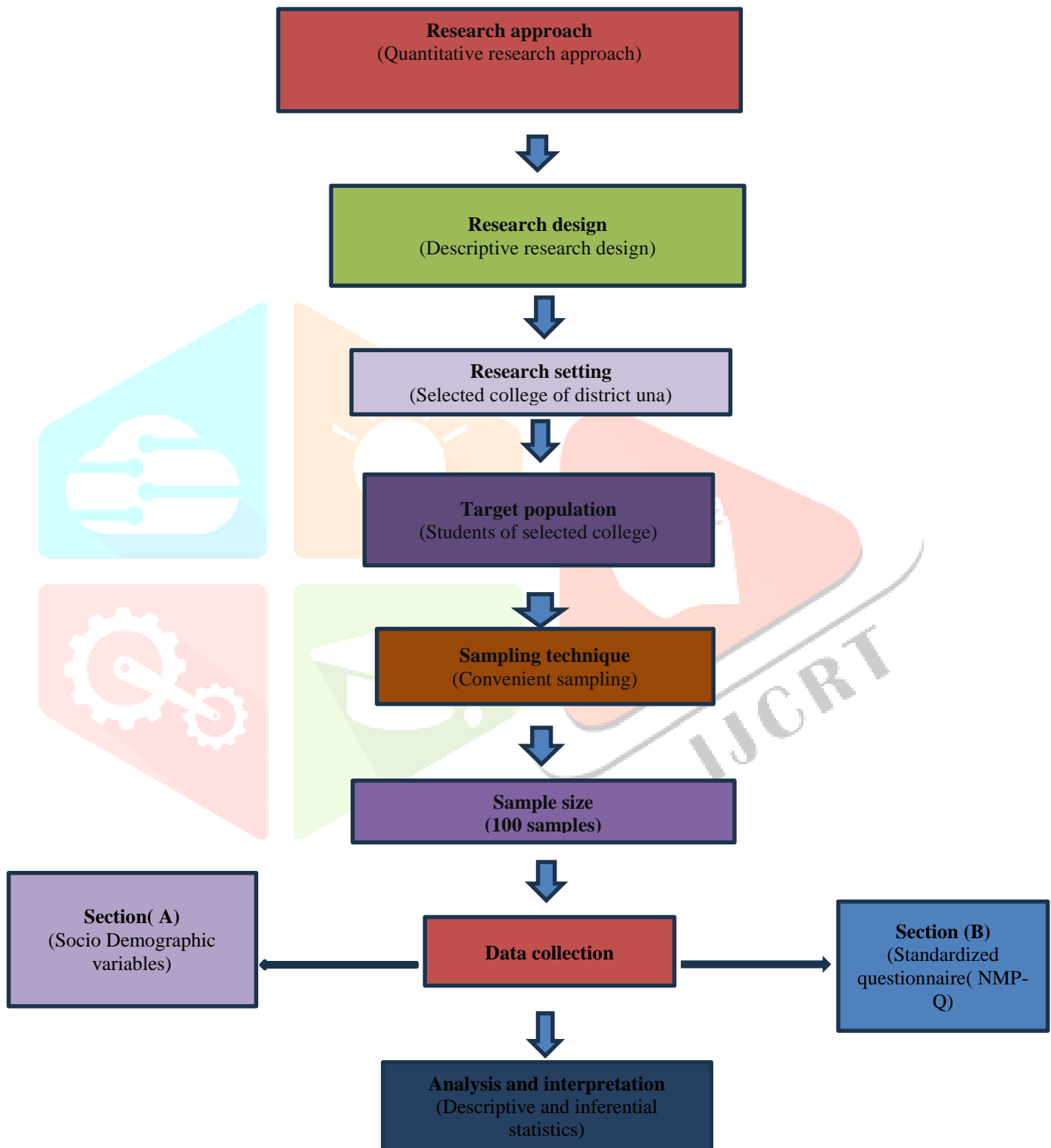
**IQBAL AHMED FAROOAUI (2016)** Conducted a cross sectional study for a period of 3 months among medical students in Punaany to assess the prevalence of Nomophobia. A total of 145 students of year MBBS were monitored. A predesigned and pre-test questionnaire was used to collected data amongst are the parapentes 45.5% were males (66/145) and 54.5% were females (79/145) and, mild Nomophobia was found in 17.9% students where as 60% had moderate and 22% had severe Nomophobia. Amongst the males 56.06% and 24.24% had moderate and sever Nomophobia respectively while in females moderate and sever Nomophobia was found to 63.25% and 20.25% respectively.

**SARADA VADLAMANI (2016)** Conducted a descriptive cross sectional study among 200 MBBS students in Vishakhapatnam to assess mobile phone dependence and self perceived effects among medical students were selected using random sampling tethered to collected data study inquest modified mobile phone dependence questionnaires was administered to collected data study findings shows this means score for mobile phone dependence was 19.62-7.84 and high dependence was seen in 26% subjects self-attribution of mobile phone dependence was seen 51%, headache (38.5%), sleep disturbance (33%), anxiety(25.5%).

**PAVITHRA MB (2015)**Conducted a cross- sectional study amongst the students form MVI medical college and research hospital Bangalore. The study was conducted among 20 students compared of 47.5% female and 52.2% males. Aprea-designed and pre-tested questionnaire was used to get information about 23% students felt loss of concentration and become stressed when they do not have their mobile around 79 (39.5%) students were Nomophobia and another 27% were at risk of developing Nomophobia.

## METHODOLOGY

Research Methodology is a way to find out the result of a given problem on a specific matter or problem that is also referred as research problem in methodology, research uses different criteria for solving the problem. Methodology the theoretical analysis of the method and principles associated with a branch of knowledge. This chapter deal with the methodology adopted to assess the level nomophobia among students selected area of PG college of Distt. Una 2024 in this section the research methodology include the following elements:



**Research Approach: -**

A quantitative approach was adopted for the present study to assess the level of nomophobia among students of selected area of PG College of Distt. Una.

**Research Design: -**A descriptive research design was adopted to assess the level of nomophobia among students of selected area of PG College Distt. Una.

**Research setting: -**

The present study was conducted in PG College of Distt. Una. The reason for selecting this area was availability of abundant sample. Familiarity of the area and investigator convenience and expected cooperation from the college student of Una.

**Target population: -**

The target population of study was 100 students (19-23 years) of selected college of Distt. Una.

**Sample and sampling technique: -**

Total (100) students (19-23) years) were selected by convenient sampling technique.

**Criteria for Sample selection: -****Inclusion criteria**

- Students who were willing to participate.
- Students who were present at the time of data collection.

**Exclusion criteria**

- Those who were not present at the time of data collection.
- Students who were not willing to participate in study.

**Development and description of tool**

Standardized questionnaire (NMP-Q) was used to assess the level of nomophobia among the students studying in selected college of Distt. Una.

**Description of tool:-**

Tool for data collection had two sections.

**Section-A:-** Socio demographic variables. This section consists of their age, gender, educational status, type of family, duration of mobile phone use, at what time they usually use the mobile phone were included in socio-demographic data.

**Section B:-** Standardized questionnaires were used to assess the level of nomophobia among students of selected college.

**Criterion measure: -**The criterion measure used in the study was based on the level of nomophobia among selected students. The score refers to the total score obtained by the samples in awareness items of standardized questionnaire.

**Section 1:** it was related to sample characteristics so it was not included in scoring system.

**Section 2:-** it includes standardized questionnaire items on the level of nomophobia. Total items are

**20. Scoring was graded as given below:**

**Table : 3.1**

Score	Nomophobia level
NMP-Q Score =20	Absent
$21 \leq \text{NMP-Q Score} < 60$	Mild
$60 \leq \text{NMP-Q Score} < 100$	Moderate
$100 \leq \text{NMP-Q Score} \leq 140$	Severe

**Ethical consideration**

- Permission for research study was taken from ethical and research committee of Himcapes College of Nursing.
- Written permission was taken from the principal of selected college of Distt. Una
- Researcher explained the purpose of the study to the subjects and had taken written consent for their participation in the study.
- Confidentiality of information of all respondents was maintained.

**Data collection Procedure**

The data collection of this study was carried out in month of September 2024. The investigation prior to commencing the task of data collection took permission from the principal of selected college of Distt. Una.

After taking the written permission from the respondents and ensuring that their confidentiality will be maintained under all circumstances the data was collected from college students.

**Summary:-This chapter deals with type of study, source of data collection, target population, inclusion criteria, sampling technique, sample size, description of data collection tool, validity of tool, data collection procedure and schematic representation of research design.**

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## **ANALYSIS AND INTERPRETATION OF DATA**

Analysis and interpretation was done in accordance with the objectives laid down for the study. The purpose of analysis is to reduce the data into an interpretable and meaningful form so that the result can be compared and significance can be identified.

This chapter deals with the analysis and interpretation of data collected. The data was analyzed by calculating the score in terms of frequency, percentage, mean, standard deviation, chi- square.

### **Objectives of the Study:-**

- (1)To assess the level of Nomophobia among the students of selected PG College of District Una.
- (2)To determine the association of level of Nomophobia with selected socio-demographic variables.
- (3)To develop pamphlets regarding Nomophobia.

### **Plan of Analysis:**

Analysis and interpretation of data was done according to the objectives using descriptive and inferential statistics. The level of significance chosen was at  $p \leq 0.05$ .

Organization of Analyzed Data:

The analyzed data was organized according to the objectives and presented under the following sections:

SECTION: A

TABLE – 4.1(a) DEMOGRAPHIC PROFILE OF THE SUBJECTS

SECTION: A

TABLE – 4.1(a) DEMOGRAPHIC PROFILE OF THE SUBJECTS

Sr No	Socio-Demographic Variables	Percentage (%)	Frequency(f)
1	<b>Age</b>		
	a. 19-20 years	84.0%	84
	b. 20-21 years	12.0%	12
	c. 22-23 years	4.0%	4
2	<b>Gender</b>		
	a. Male	21.0%	21
	b. Female	79.0%	79
3	<b>Education</b>		
	a. Illiterate	6.0%	6
	b. Primary Education	5.0%	5
	c. Secondary Education	39.0%	39
	d. Graduate	50.0%	50
4	<b>Duration of Mobile Used</b>		
	a. Less than 30 minutes	24.0%	24
	b. 30 minutes to 1 hour	53.0%	53
	c. 2 to 3 hours	12.0%	12
	d. More than 3 hours	11.0%	11
5	<b>Place where Mobile are used</b>		
	a. Home	76.0%	76
	b. College	5.0%	5
	c. Public Places	19.0%	19
6	<b>Mobile used in a day</b>		
	a. Morning	8.0%	8
	b. Afternoon	29.0%	29
	c. Evening	48.0%	48
	d. Late Night	15.0%	15
7	<b>Time of used in Mobile</b>		
	a. One	9.0%	9
	b. Two	22.0%	22
	c. Three	54.0%	54
	d. Four or more	15.0%	15
8	<b>Type of Mobile</b>		
	a. Landline	77.0%	77
	b. Old phone	8.0%	8
	c. Smartphone	15.0%	15
9	<b>How much Sim Card</b>		
	a. One	88.0%	88
	b. Two	10.0%	10

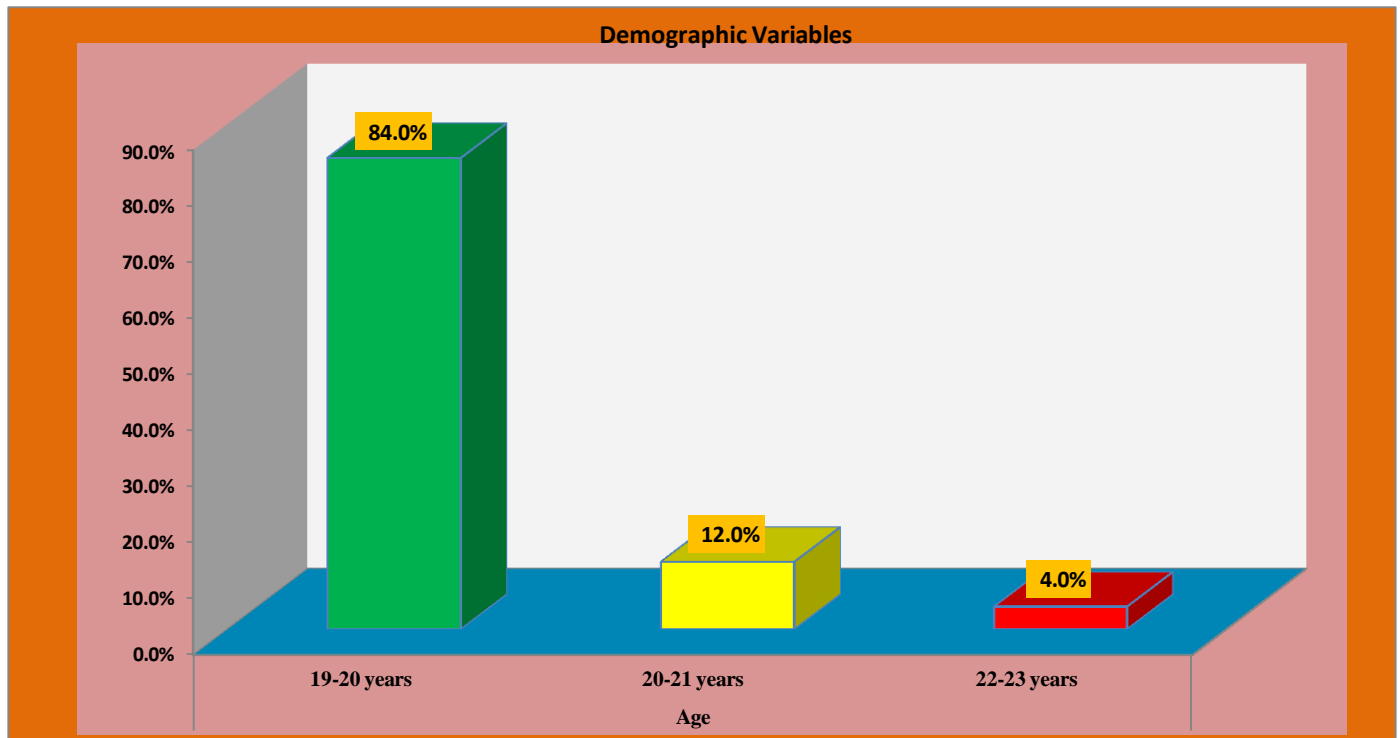
	c. Three	2.0%	2
	d. Four or more	0.0%	0
<b>10</b>	<b>How much Mobile used presently</b>		
	a. One	81.0%	81
	b. Two	9.0%	9
	c. Three	1.0%	1
	d. Four or more	9.0%	9
<b>11</b>	<b>How many times do you check phone</b>		
	a. 2-5 times	71.0%	71
	b. 6-10 times	17.0%	17
	c. 11-15 times	3.0%	3
	d. More than 15 times	9.0%	9
<b>12</b>	<b>Do you know regarding nomophobia</b>		
	a. Yes	37.0%	37
	b. No	63.0%	63

**TABLE -4.1**

**Most participants are in the 19-20 years age group (84%), followed by 20-21 years (12%), and a small proportion are 22-23 years old (4%).**

- A majority of participants are female (79%), while 21% are male.
- The largest group has a Graduate education (50%), followed by Secondary Education (39%). Fewer participants have Primary Education (5%) or are Illiterate (6%).
- Most participants use their mobile for 30 minutes to 1 hour (53%), while 24% use it for less than 30 minutes. Fewer use their mobile for 2 to 3 hours (12%) or more than 3 hours (11%).
- The majority use their mobile at home (76%), followed by public places (19%) and college (5%).
- The most common time for mobile use is in the evening (48%), followed by the afternoon (29%). Fewer use their mobile in the morning (8%) or late at night (15%).
- Most participants use their mobile three times a day (54%), with 15% using it four or more times.
- Most participants use a landline (77%), followed by smartphones (15%) and old phones (8%).
- Most participants use one SIM card (88%), while 10% use two and only 2% use three.
- The majority use one mobile (81%), with 9% using two and 9% using four or more.
- Most participants check their phone 2-5 times a day (71%), while 17% check 6-10 times, and 3% check 11-15 times. Only 9% check more than 15 times.

A majority are not aware of nomophobia (63%), while 37% are aware of it

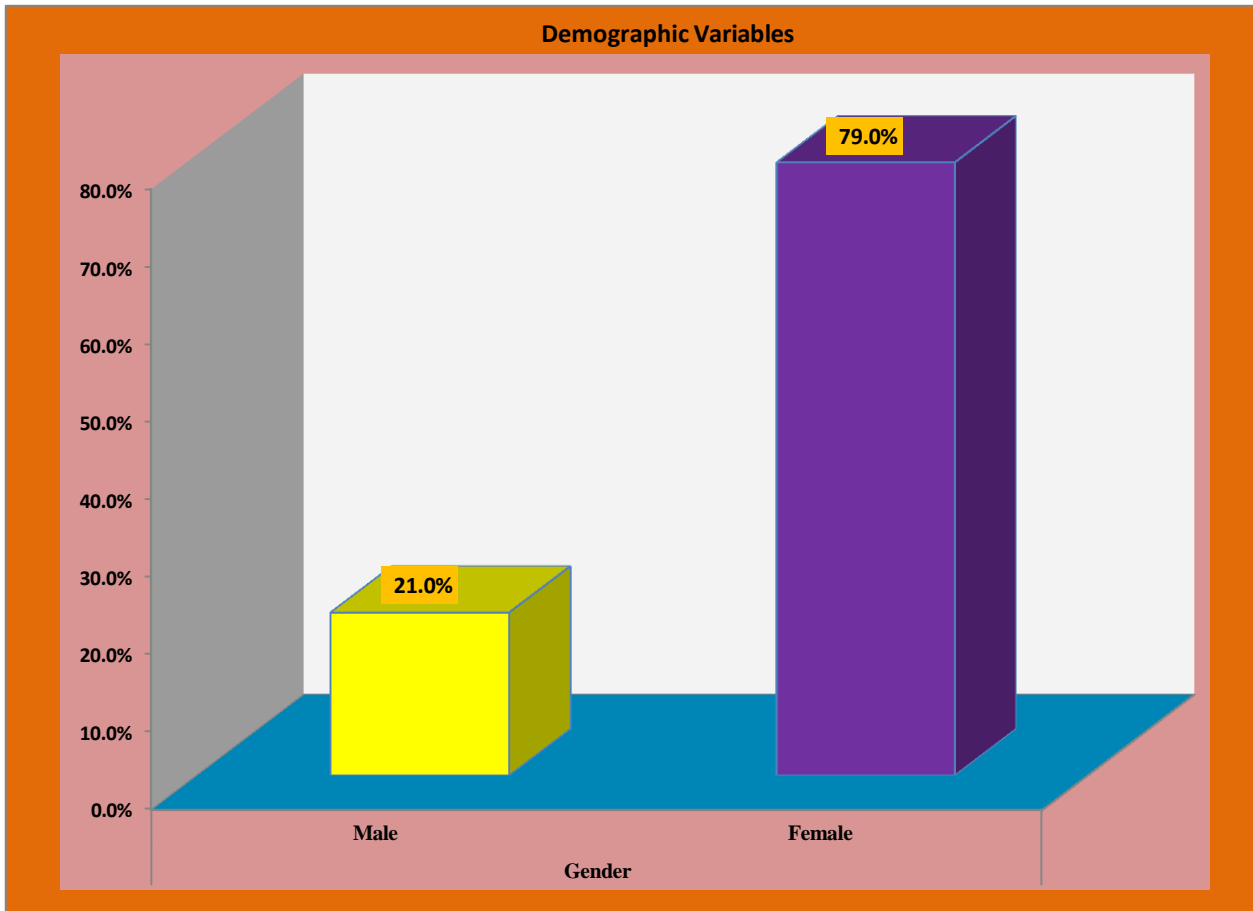


**1.Age: (In Years)**

**Fig: 4.1**

**According to age (in years)** Most participants are in the 19-20 years age group (84%), followed by 20-21 years (12%), and a small proportion are 22-23 years old (4%).

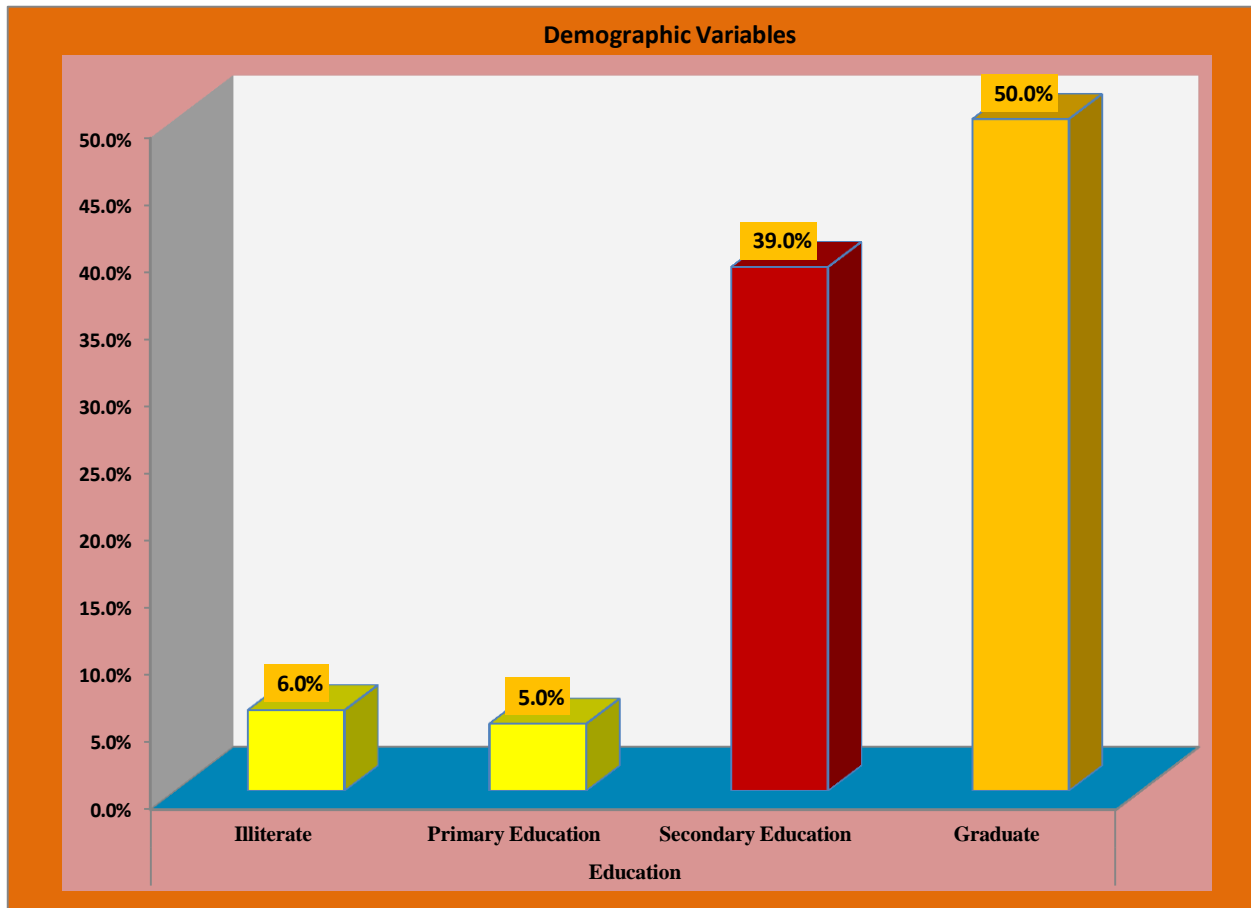




**2. Gender:**

**Fig: 4.2**

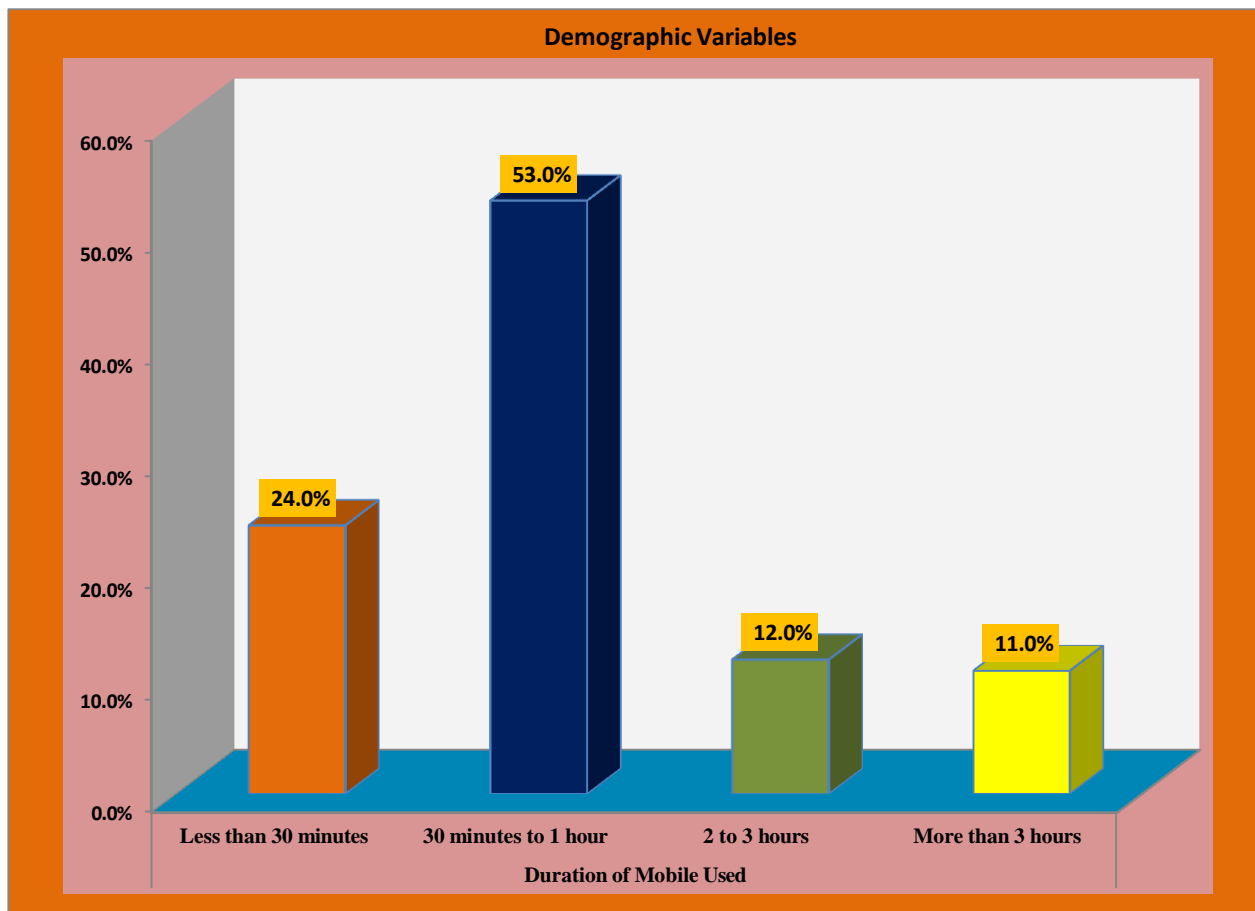
**According to Gender** A majority of participants are female (79%), while 21% are male.



### 3. Education:

**Fig: 4.3**

**According to Education** The largest group has a Graduate education (50%), followed by Secondary Education (39%). Fewer participants have Primary Education (5%) or are Illiterate (6%)

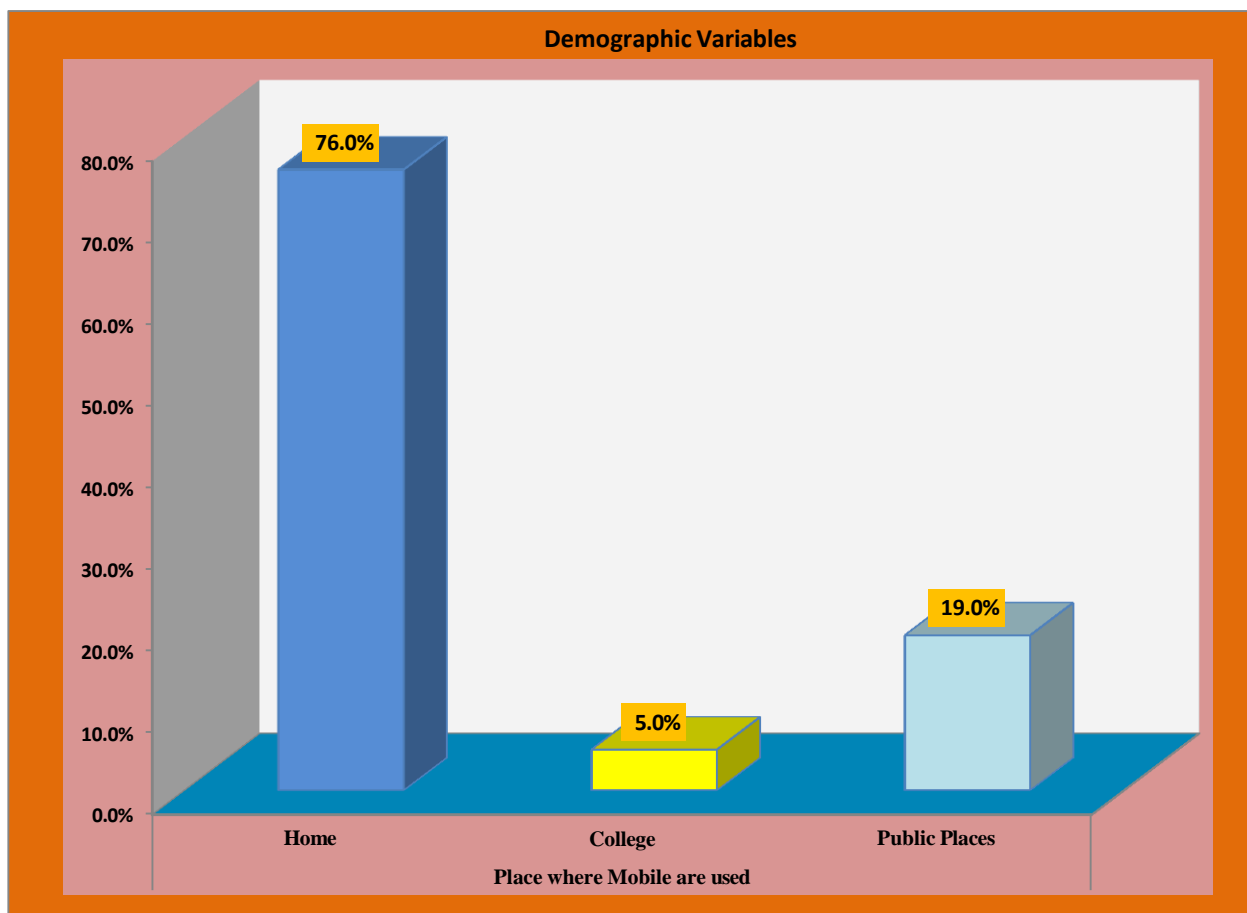


#### 4.Duration of Mobile Used:

**Fig: 4.4**

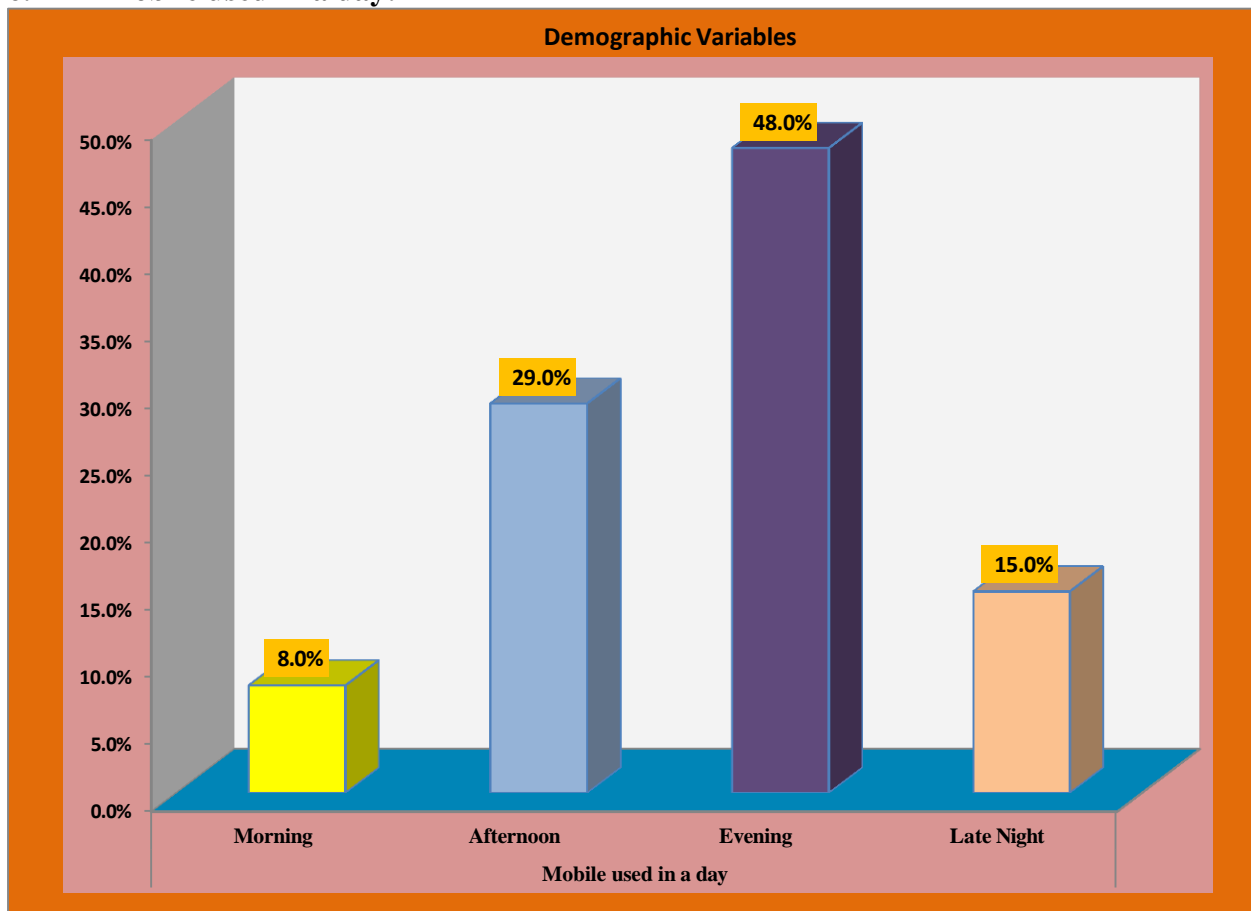
**According to duration of mobile used** Most participants use their mobile for 30 minutes to 1 hour (53%), while 24% use it for less than 30 minutes. Fewer use their mobile for 2 to 3 hours (12%) or more than 3 hours (11%).

5. Place where mobile are used:



**Fig 4.5** According to place where mobile are used The majority use their mobile at home (76%), followed by public places (19%) and college (5%).

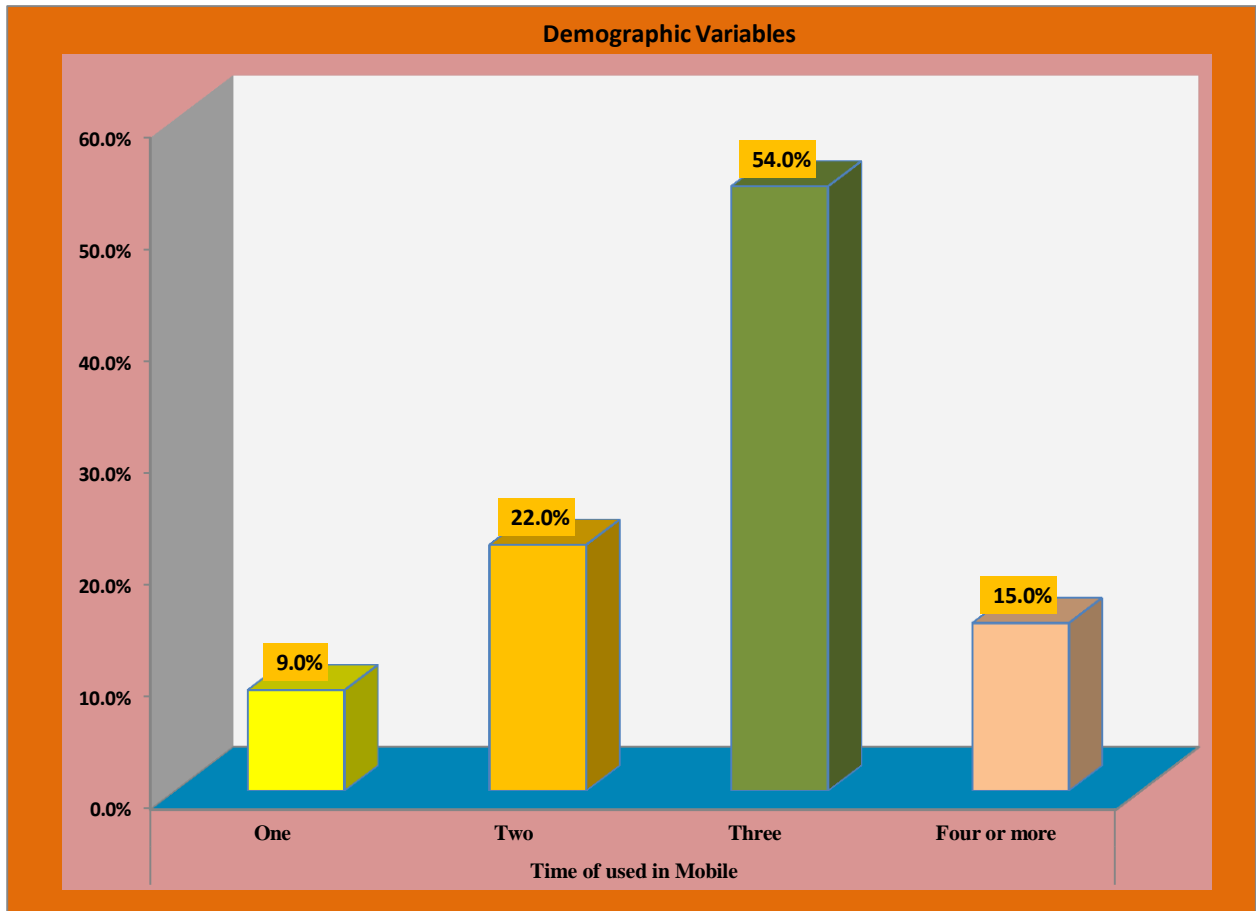
## 6. Mobile used in a day:



**Fig:4.6**

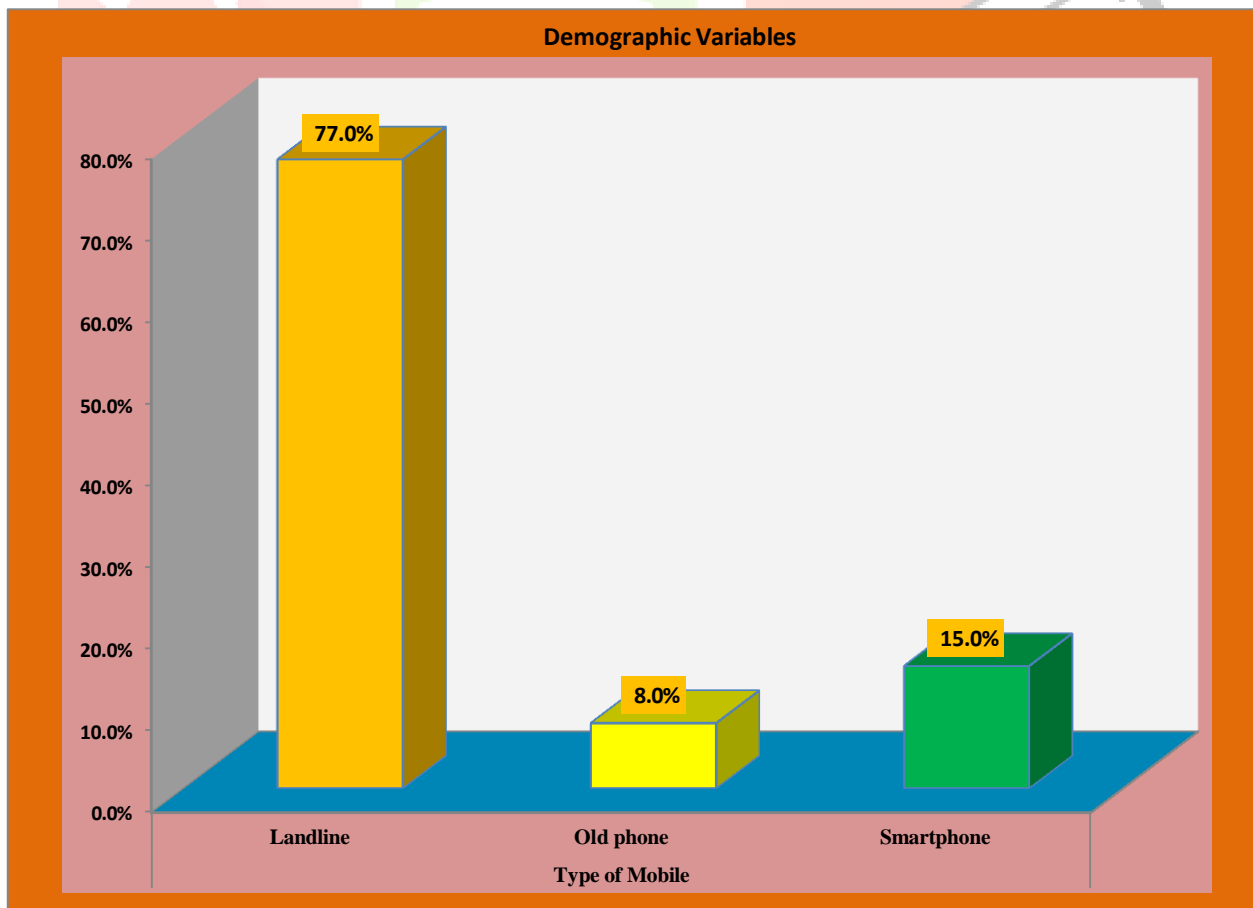
**According to mobile used in a day** The most common time for mobile use is in the evening (48%), followed by the afternoon (29%). Fewer use their mobile in the morning (8%) or late night (15%).

### 7. Time of used in mobile



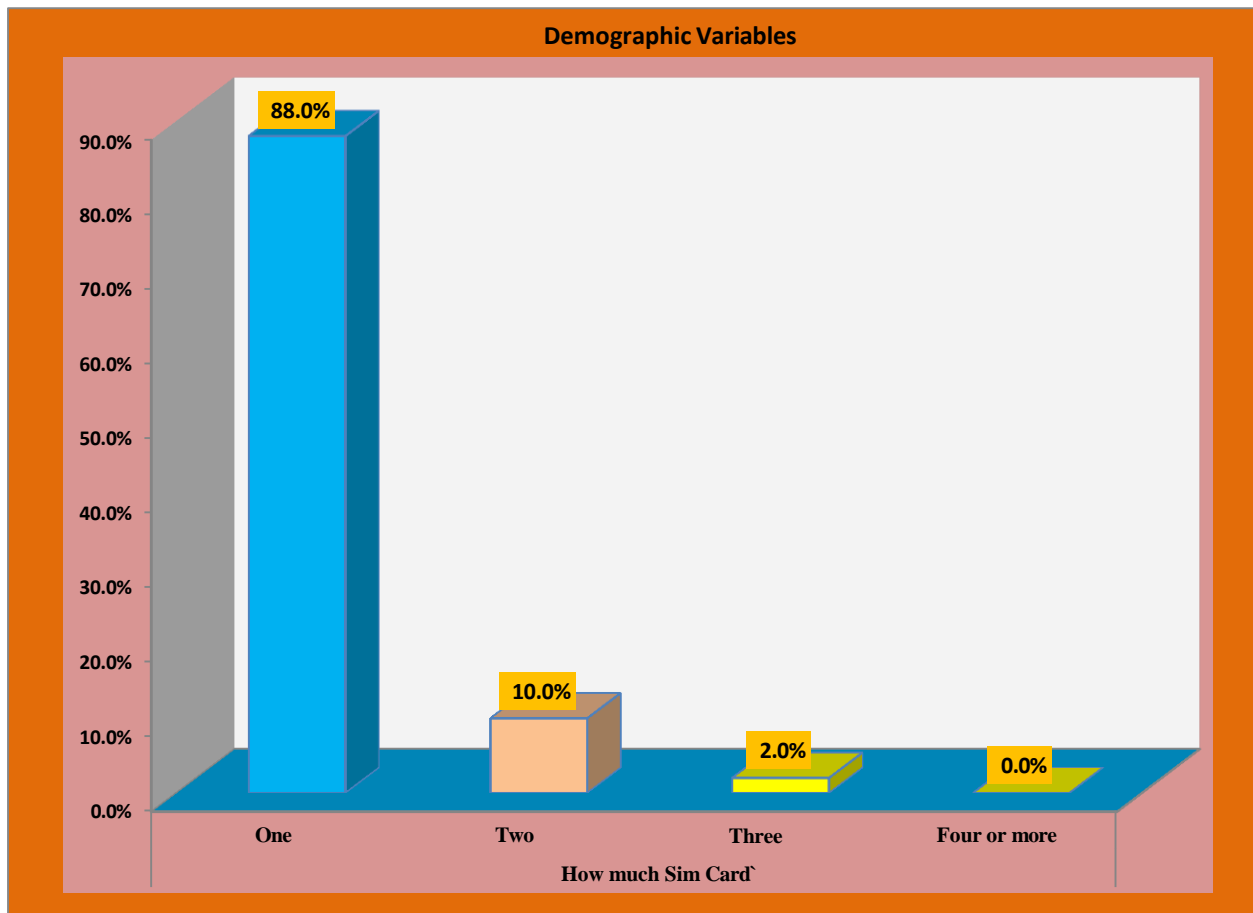
**Fig: 4.7** According to time of used mobile Most participants use their mobile three times a day (54%), with 15% using it four or more time.

### 8. Type of Mobile



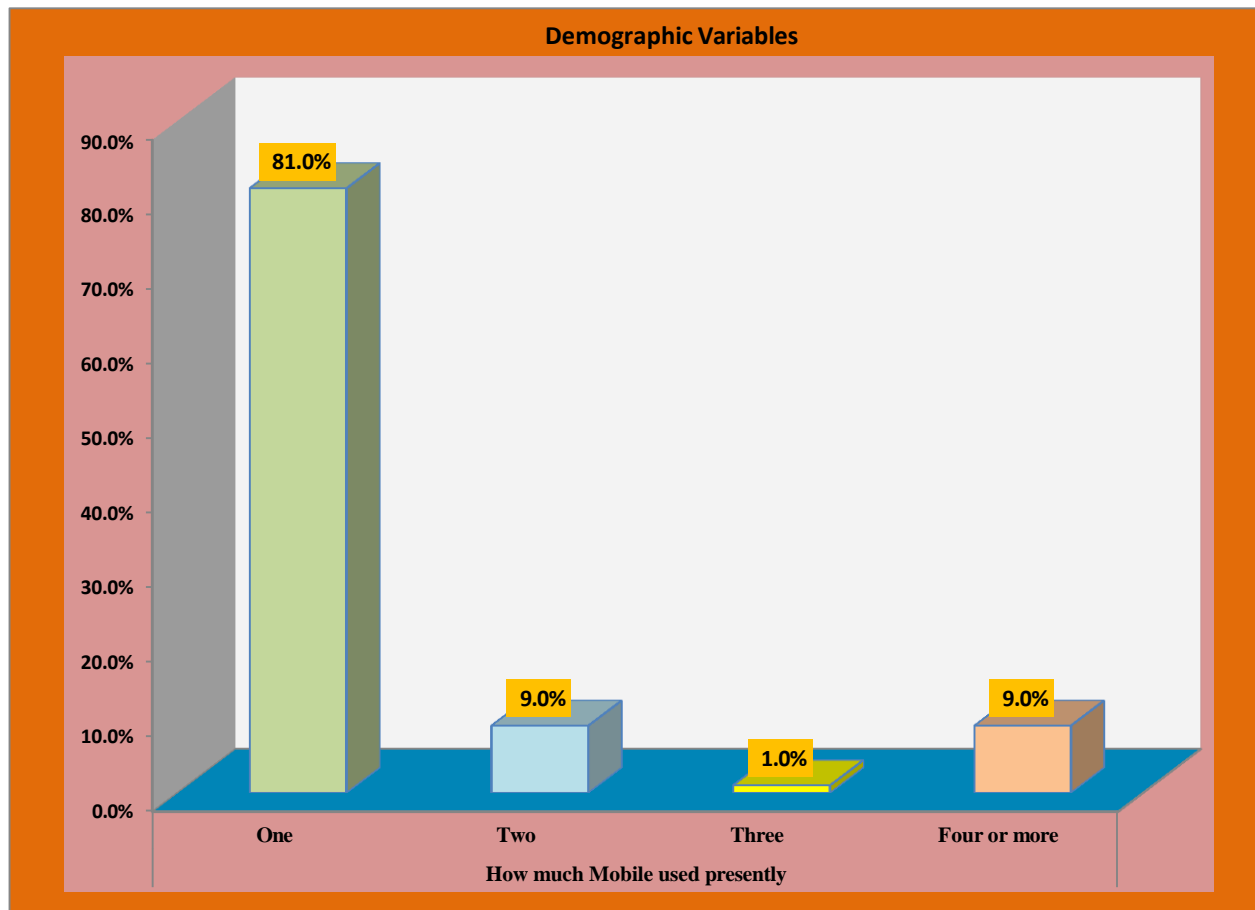
**Fig:4.8** According to type of phone Most participants use a landline (77%), followed by smartphones (15%) and old phones (8%)

9. Number of sim card used:



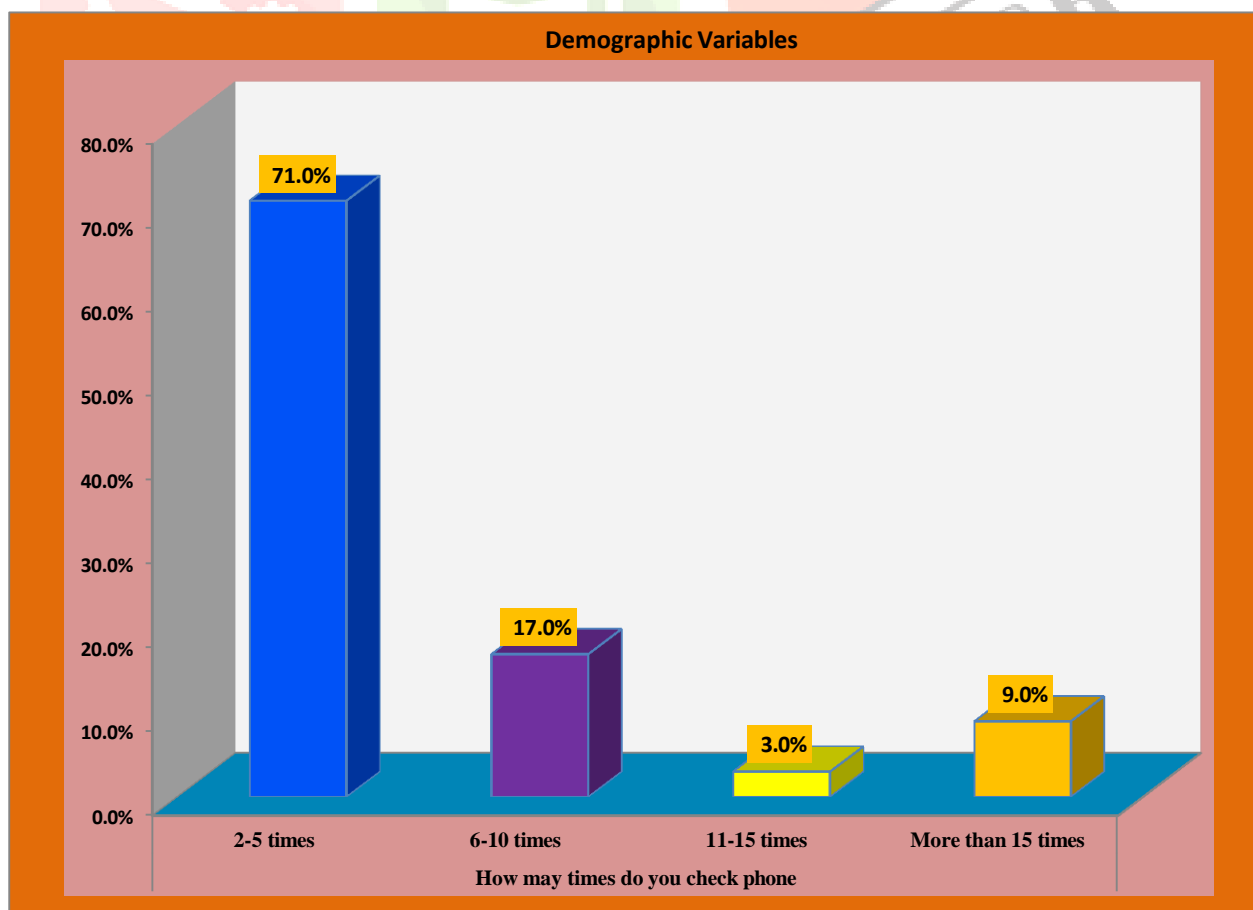
**Fig:4.9** According to number of sim card used most participants use one SIM card (88%), while 10% use two and only 2% use three.

### 10.Number of mobiles presently used

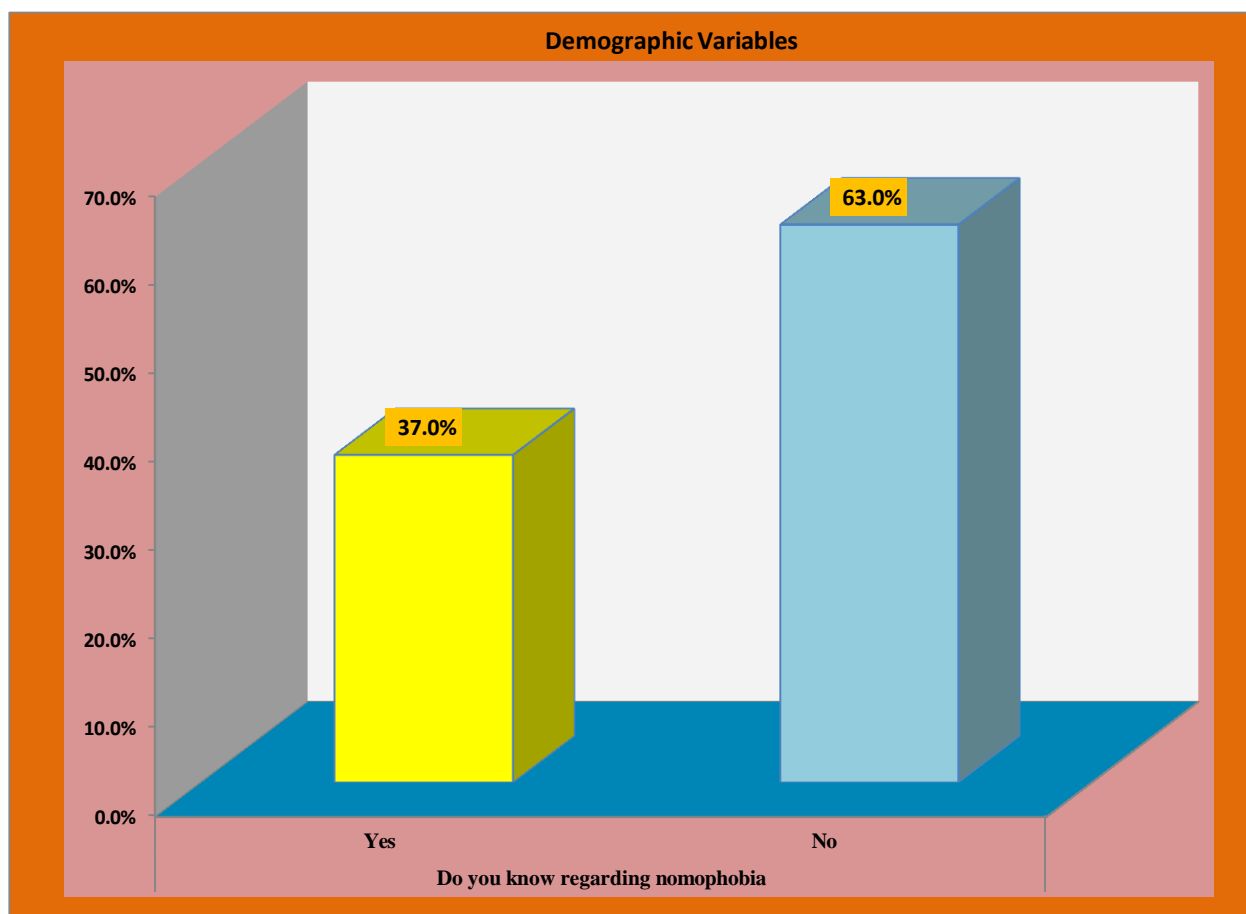


**Fig: 4.10** According to number of mobiles presently used the majority use one mobile (81%), with 9% using two and 9% using four or more.

### 11. How many do you check phone:



**Fig: 4.11** According to how many time do you check phone most participants check their phone 2-5 times a day (71%), while 17% check 6-10 times, and 3% check 11-15 times. Only 9% check more than 15 times.



**12. Do you know regarding nomophobia:.**

**Fig: 4.12** According to know regarding nomophobia a majority are not aware of nomophobia (63%), while 37% are aware of it

**SECTION – B**

**Main analysis and interpretation of data Table – 4.2 (a)**

**Frequency & Percentage distribution level of NMP-Q.**

CRITERIA MEASURE OF NMP-Q SCORE		
LEVEL OF SCORES N= 100	PERCENTAGE	FREQUENCY
SEVERE.(101-140)	0.0	0
MODERATE.(61-100)	85.0	85
MILD.(21-60)	15.0	15
ABSENT.(20)	0.0	0

Maximum =140 Minimum=20

The criteria measure of NMP-Q scores indicates that the majority of participants (85%) fall into the **Moderate** category, with scores ranging from 61 to 100. A smaller proportion (15%) have **Mild** levels of nomophobia, scoring between 21 and 60. No participants fall into the **Severe** category (101-140) or the **Absent** category (20). The scores range from a minimum of 20 to a maximum of 140.

**Table-4.2 (b) Descriptive statistics of NMP-Q**

N= 100

Descriptive Statistics	Mean	Median	S.D.	Maximum	Minimum	Range
NMP-Q SCORE	74.35	76.5	13.50	96	31	65

Maximum=140  
Minimum=20

The descriptive statistics for NMP-Q scores show a mean of 74.35 with a standard deviation of 13.50, indicating a moderate variation in scores. The median score is 76.5, which is close to the mean, suggesting a fairly symmetrical distribution. The highest score is 96, while the lowest is 31, resulting in a range of 65 points. Scores vary between a minimum of 20 and a maximum of 140.

Table No - 4.2 (c)

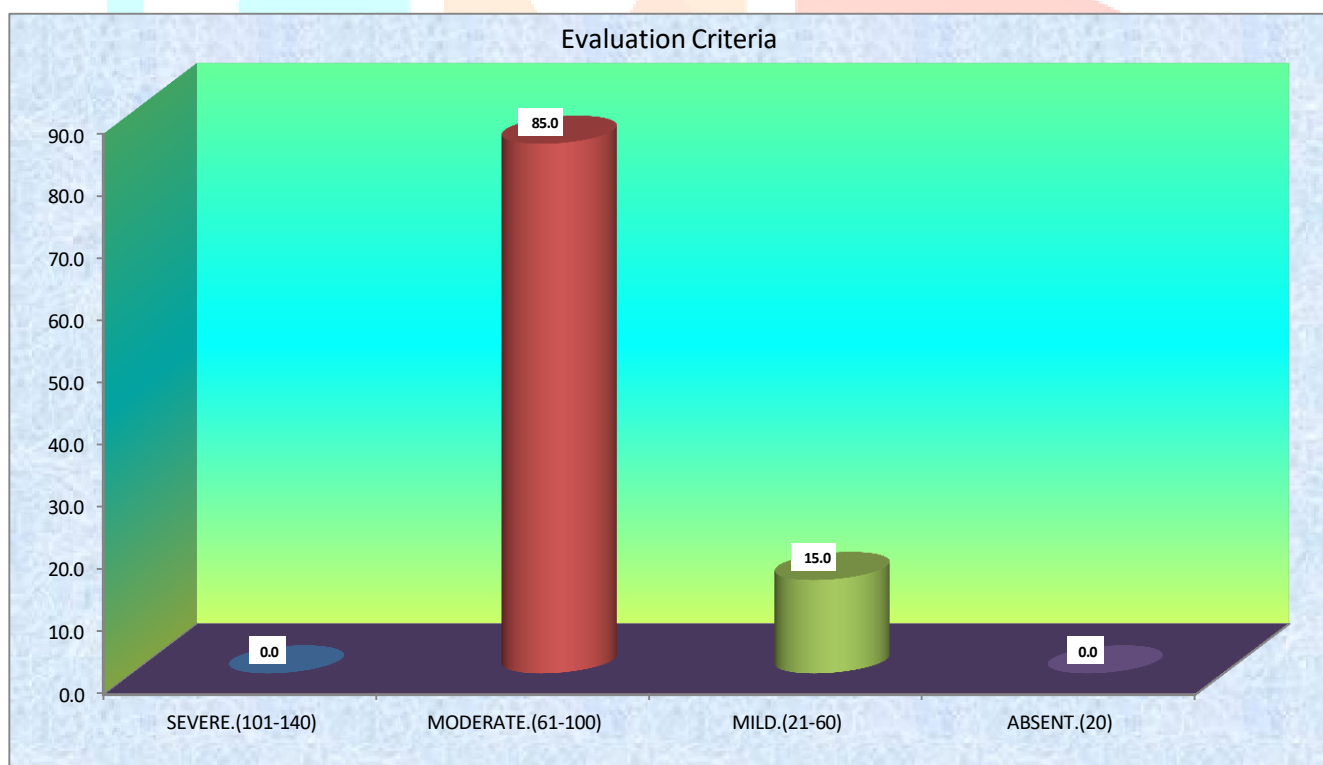


Figure no.: Diagram showing the percentage distribution level of NMP-Q

Table No : 4.3 Table Showing Association of Scores and Demographic Variables

DEMOGRAPHIC DATA	ASSOCIATION WITH NMP-Q SCORE
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SR No.	Variables	Opts	SEVERE	MODERATE	MILD	Chi Test	P Value	Df	Table Value	Result
1.	Age	19-20 years	0	71	13	0.747	0.688	2	5.991	Not Significant
		20-21 years	0	11	1					
		22-23 years	0	3	1					
2.	Gender	Male	0	16	5	1.618	0.203	1	3.841	Not Significant
		Female	0	69	10					
3.	Education	Illiterate	0	5	1	0.730	0.866	3	7.815	Not Significant
		Primary Education	0	4	1					
		Secondary Education	0	32	7					
		Graduate	0	44	6					
4.	Duration of Mobile Used	Less than 30 minutes	0	21	3	3.913	0.271	3	7.815	Not Significant
		30 minutes to 1 hour	0	42	11					
		2 to 3 hours	0	12	0					
		More than 3 hours	0	10	1					
5.	Place where Mobile are used	Home	0	66	10	2.663	0.264	2	5.991	Not Significant
		College	0	3	2					
		Public Places	0	16	3					
6.	Mobile used in a day	Morning	0	6	2	2.416	0.491	3	7.815	Not Significant
		Afternoon	0	23	6					
		Evening	0	42	6					
		Late Night	0	14	1					
7.	Time of used in Mobile	One	0	9	0	5.790	0.122	3	7.815	Not Significant
		Two	0	17	5					
		Three	0	44	10					
		Four or more	0	15	0					
8.	Type of Mobile	Landline	0	66	11	3.044	0.218	2	5.991	Not Significant
		Old phone	0	8	0					
		Smartphone	0	11	4					
9.	How many Sim Card	One	0	74	14	3.743	0.154	2	5.991	Not Significant
		Two	0	10	0					
		Three	0	1	1					
		Four or more	0	0	0					

**Table --:Representing Item-Wise Analysis level of NMP-Q Scores.**

- No significant differences in NMP-Q scores across age groups, with a chi-square value of 0.747 and a p-value of 0.688 ( $p > 0.05$ ).
- No significant association with NMP-Q scores, as indicated by a chi-square value of 1.618 and a p-value of 0.203 ( $p > 0.05$ ).
- No significant relationship with NMP-Q scores, with a chi-square value of 0.730 and a p-value of 0.866 ( $p > 0.05$ ).
- No significant association, with a chi-square value of 3.913 and a p-value of 0.271 ( $p > 0.05$ ).
- No significant differences in NMP-Q scores based on usage location, with a chi-square value of 2.663 and a p-value of 0.264 ( $p > 0.05$ ).
- No significant relationship with NMP-Q scores, shown by a chi-square value of 2.416 and a p-value of 0.491 ( $p > 0.05$ ).
- No significant association, with a chi-square value of 5.790 and a p-value of 0.122 ( $p > 0.05$ ).
- No significant differences in NMP-Q scores based on the type of mobile, indicated by a chi-square value of 3.044 and a p-value of 0.218 ( $p > 0.05$ ).
- No significant association, with a chi-square value of 3.743 and a p-value of 0.154 ( $p > 0.05$ ).
- No significant differences in NMP-Q scores, as shown by a chi-square value of 2.203 and a p-value of 0.531 ( $p > 0.05$ ).
- No significant association with NMP-Q scores, with a chi-square value of 2.867 and a p-value of 0.413 ( $p > 0.05$ ).
- No significant relationship with NMP-Q scores, indicated by a chi-square value of 0.707 and a p-value of 0.400 ( $p > 0.05$ ).

**DISCUSSION**

The present study was taken with view to assess the level of Nomophobia among students of selected area of PG College of Distt. (Una). In this section, findings of the study have been discussed in accordance with objective of the study.

**Objective 1:** - To assess the level of nomophobia among the student of selected PG college of Distt. Una In the present study it was found that students were having moderate level of nomophobia i.e. 75.5% ,72.4 % had mild level of nomophobia and 20% had severe level of nomophobia.

A present study was supported by Farooqui IA, Pore P, Gothankar J R. 2017 conducted a cross-sectional study on the students of 1st year MBBS. A predesigned and pretested questionnaire was used to collect data. A total of 100 students were monitored according to inclusion and exclusion criteria. Amongst all the participants, 45.5% were males (16/100) and 0.16% were females (69/100). Mild Nomophobia was found in 15.0% 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 85.00% and 00.0%, respectively Nomophobia was found to be prevalent in students of 1st year MBBS

**Objective 2:** -To determine the association of level of Nomophobia with selected socio-demographic variables

The present study revealed that age, gender, type of family, education, duration of mobile phone use, place of mobile phone use, time of day use mobile phone among subjects was found to be associated with duration of mobile phone use and at what time of day. A similar cross sectional study was conducted by (S.Kanmani Aparna et.al 2010) on 100 BA students in Indore selected using systematic random sampling technique to find out the prevalence of nomophobia. The data were collected using structured questionnaire. The sample group belong to 19-23 years of age. The result revealed that overall, 18.5% students were found to be nomophobia. Approximately 73% students keep their mobile phones with them while sleeping. Moreover 20% lose their concentration and become stressed because they do not have their mobile phones with them. However, there was no significant statistical association found between nomophobia and selected personal variables viz. Gender, place of stay and academic session.

**SUMMARY, CONCLUSION AND RECOMMENDATION**

**Statement of problem:-**

A descriptive study to assess the level of Nomophobia among students of selected area of PG College of Distt. Una.

**Objectives:-**

1. To assess the level of Nomophobia among the student of selected PG college of Distt. Una.
2. To determine the association of level of Nomophobia with selected socio-demographic variables.
3. To develop pamphlets regarding Nomophobia.

**Assumptions:-**

It is assumed that:

- Students may use mobile phone excessively for the social networking and entertainment purpose.
- Students may have some psychological problems due to overuses of mobile phone.
- The male students may possess more use of mobile phone than female students.

**Tool:-**

It consists two sections:

**Section A**

Socio demographic variables

**Section B**

Standardized questionnaire

**Major findings**

From the finding of present study following conclusion were down.

- 1.Majority of students have moderate level of nomophobia.
- 2.The duration of mobile phone used and at what time of day impact on score of nomophobia

**Limitations**

- 1.Small number of sample limited to selected college limits the generalization of study.
- 2.Limited sample for the study.

**Implication** The finding of present study suggest many implications for nursing practice, nursing administration, nursing education and nursing research. The findings of the study indicated that majority of the students have moderate level of nomophobia.

**CONCLUSION**

- Majority of Mobile Phone i.e.0.0% had moderate level of nomophobia, 85.0% of subjects had mild level of nomophobia and 15.0% of subjects had severe level of nomophobia.
- Duration of mobile phone use and time of day mobile phone used by subjects has association with score of nomophobia.

**Nursing Education:**The present study has implication on nursing education. The finding revealed that most of student have mobile phone addiction and its impact on psychosocial health. Hence nursing curriculum for all level of nursing courses should provide in- depth knowledge regarding mobile phone addiction and its impact on psychosocial health.

**Nursing Administration:**

- 1.Nurse administrator may take initiative to develop teaching program for the students by various camps, workshop and seminars should be conducted for the students regarding nomophobia.
- 2.Regular teaching program should be organized by various media sources.
- 3.Administration should periodically evaluate the developed teaching program.

**Nursing research:**

The information contain in the present study can be valuable sources of data for the future researchers. It can also present at various nursing forums so that more number of nurses can become aware about the level of nomophobia and its impact on psychosocial health among students and can plan future relate researchers. Future researchers can be done on preventive measure for mobile phone addiction among students.

**Recommendations:**

Based on the result of study following recommendations are made:-

- 1.The similar study can be repeated in another setting with large sample size to generalize the findings.
- 2.The similar study can be replicated with different target population like in school students.
- 3.An exploratory study can be conducted on factors influencing nomophobia.

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