



A Study To Determine The Prevalence Of Nomophobia Among Undergraduate Students In Nursing College Of Panipat, Haryana.

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Abstract

The study aims to determine the prevalence of Nomophobia among undergraduate students. The methodology of the present study was a descriptive survey research design. Sample size of the study was 100 systematic random sampling technique was used for selecting samples.

Nomophobia Questionnaire was used for collecting data. Data collection method was self-reporting questionnaire method data analysis was done with the help of descriptive and inferential statistics. the result of the study reveals 57 (57.00%) of the total sample have moderate level of Nomophobia. There was a statistically significance association between level of Nomophobia and demographic variables like age, educational status and most frequent use of mobile phone. Conclusion of the study was awareness program must be conducted for students to educate about Nomophobia and its effects.

Key Words: Prevalence, Nomophobia, Undergraduate, Students.

INTRODUCTION

Nomophobia literally means no mobile phobia that is the fear of being out of mobile phone contact. If a person is in an area of no network, has run out of balance or even worse run out of battery, the persons gets anxious, which adversely affects the concentration level of the person. In recent times there seems to have been a transformation of the cell phone from a status symbol to a necessity because of the countless perks that a mobile phone provides like personal diary, email dispatcher, calculator, video game player, and camera and music player. Indian market has emerged as the second largest market after China for mobile phone handsets.

Mobile phones have become an essential part of modern human life. They have many attributes which makes them very attractive to both young and old. There has been an increasing trend of use of mobile phones among students. Data has now started emerging with respect to the negative physical and psychological consequences of excessive use of mobile phones. New research has shown excessive use of mobile phones leading to development of symptoms suggestive of dependence syndrome.

Recent press reports have claimed that the excessive use of online social networking sites (SNSs) may be potentially addictive. The mass appeal of social networks on the Internet could potentially be a cause for concern, especially considering the increasing amounts of time young people spend online

Methodology: The present study adopted a quantitative research approach with a non-experimental descriptive survey design. The setting of the study was Ved Nursing College, Baroli, Panipat, affiliated to Pt. B.D. Sharma University of Health Sciences, Rohtak, where around 300 students are enrolled in various nursing programs. Data were collected from B.Sc. Nursing I, II, III, and IV year students. The research variable of the study was the prevalence of Nomophobia among undergraduate nursing students. The target population consisted of all B.Sc. Nursing students, while the accessible population included those studying in the selected college. A total sample size of 100 students (25 from each class) was selected using systematic random sampling with stratification. The inclusion criteria included students willing to

participate and possessing smartphones, while the exclusion criteria covered unwilling students, those without smartphones, and absentees during data collection. The tool used was the Nomophobia Questionnaire, which comprised demographic variables and 20 items on a 7-point Likert scale, categorized into normal, mild, moderate, and severe levels of nomophobia. The tool was validated by five subject experts, and reliability was established using Cronbach's alpha (0.945), indicating high internal consistency. A pilot study was conducted on 10 nursing students at Birender Singh College of Nursing, Uchana, to test feasibility.

RESULT :- The analysis of data was carried. The first objective was to assess the demographic characteristics of the undergraduate nursing students. Results showed that the majority of participants, 79 (79%), were in the age group of 17–20 years, while 21 (21%) were between 21–23 years. With regard to gender, the overwhelming majority, 89 (89%), were females, whereas only 11 (11%) were males. An equal distribution of students, 25 (25%) each, was observed in B.Sc. Nursing I, II, III, and IV years.

In terms of place of stay, most respondents, 71 (71%), were residing in the hostel, 28 (28%) were day scholars, and only 1% belonged to the “others” category. Considering mobile phone usage, nearly half of the students, 48 (48%), used phones mainly for calling family members, followed by 34 (34%) who used it for internet browsing. A smaller proportion used phones for listening to music (10%), calling friends (5%), and playing games (3%).

Regarding expenditure on mobile services, the majority of students, 79 (79%), spent less than ₹100 per month, while 21 (21%) spent more than ₹100. It was also noted that 72 (72%) of students had thought about the negative effects of mobile phones, whereas 28 (28%) had not.

The second objective was to determine the prevalence of Nomophobia. Findings indicated that none of the participants were in the normal range. A total of 29 (29%) students had mild Nomophobia, 57 (57%) had moderate Nomophobia, and 14 (14%) had severe Nomophobia, indicating that the majority of students were moderately affected.

The third objective examined the association between Nomophobia and selected demographic variables. Chi-square analysis revealed a significant association between **age** ($\chi^2=23.78$, $p<0.05$), educational status ($\chi^2=28.79$, $p<0.05$), and most frequent use of mobile phones ($\chi^2=18.87$, $p<0.05$). However, no significant association was found between Nomophobia and gender, place of stay, money spent on mobile services, or perception of negative effects of mobile phones.

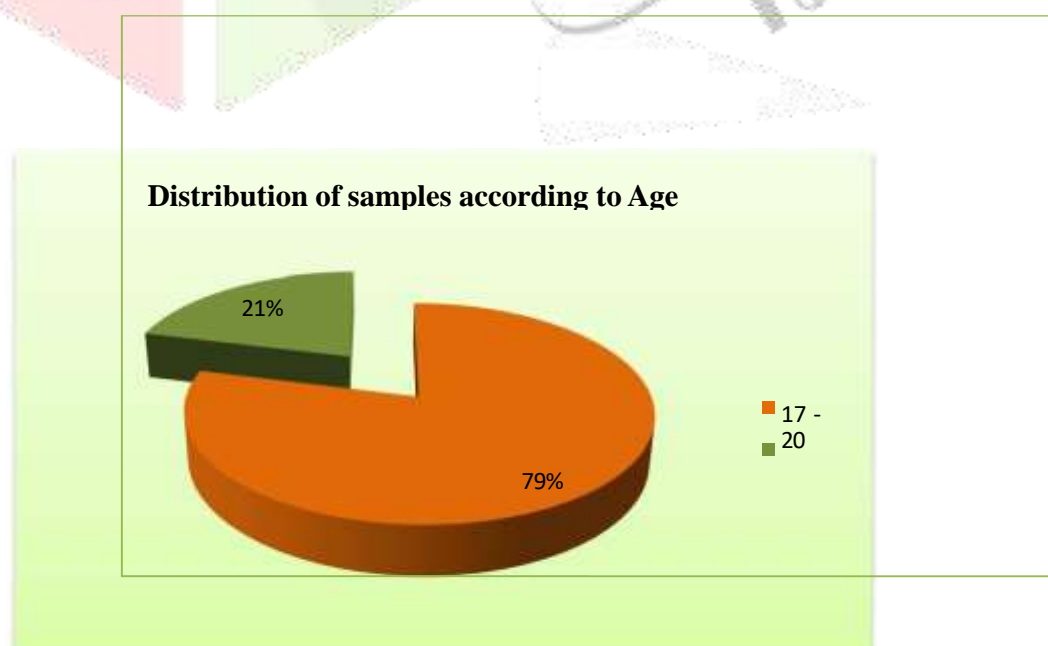


Fig 2: Distribution of samples according to age (years)

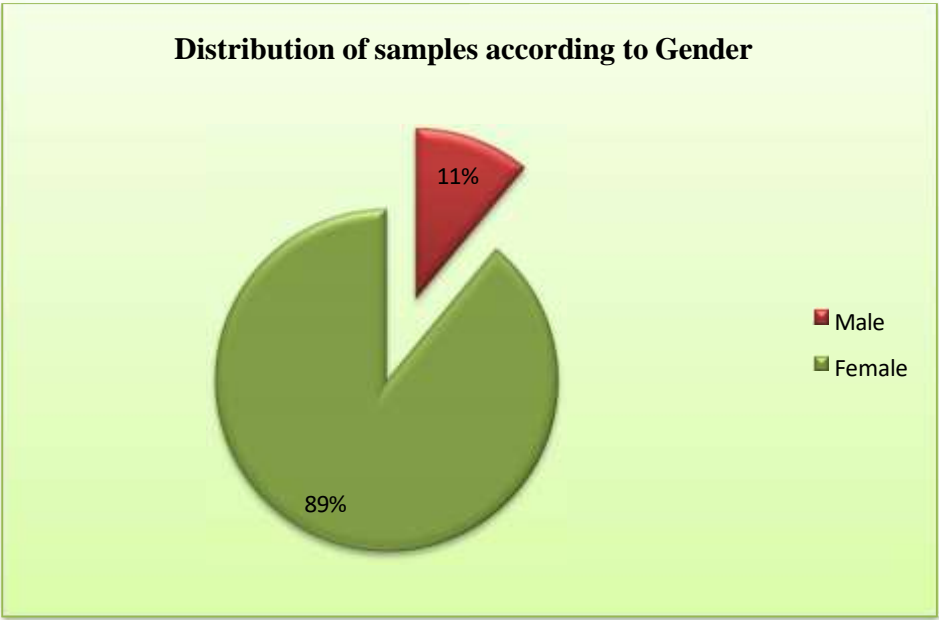


Fig3: Distribution of samples according to Gender

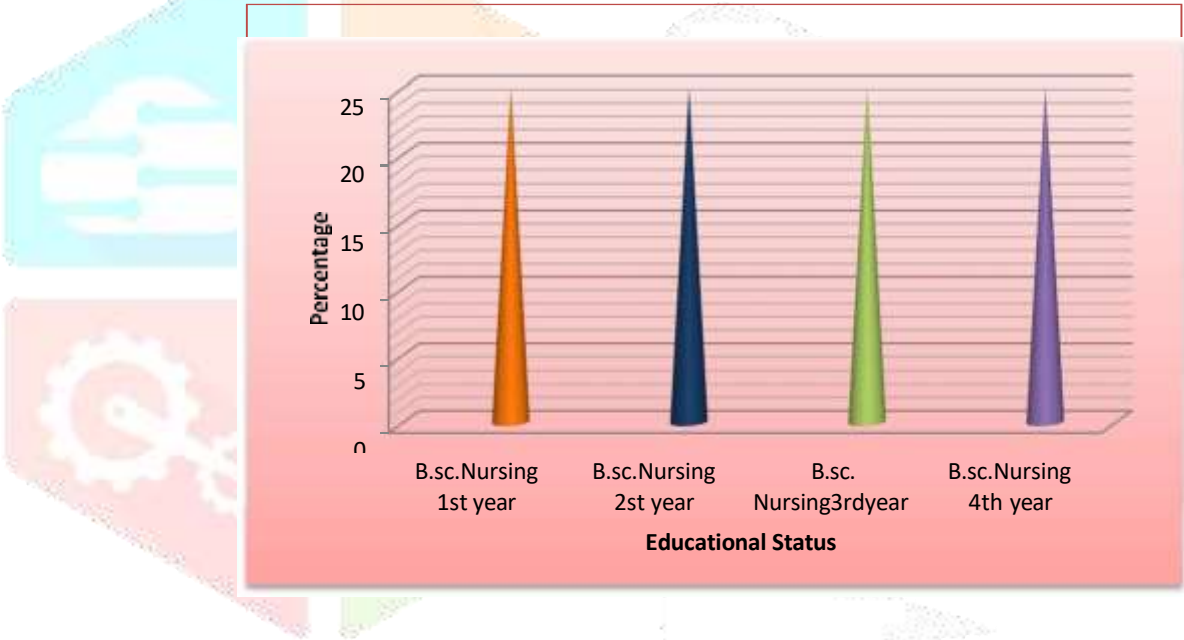


Fig 4: Distribution of samples according to Educational Status

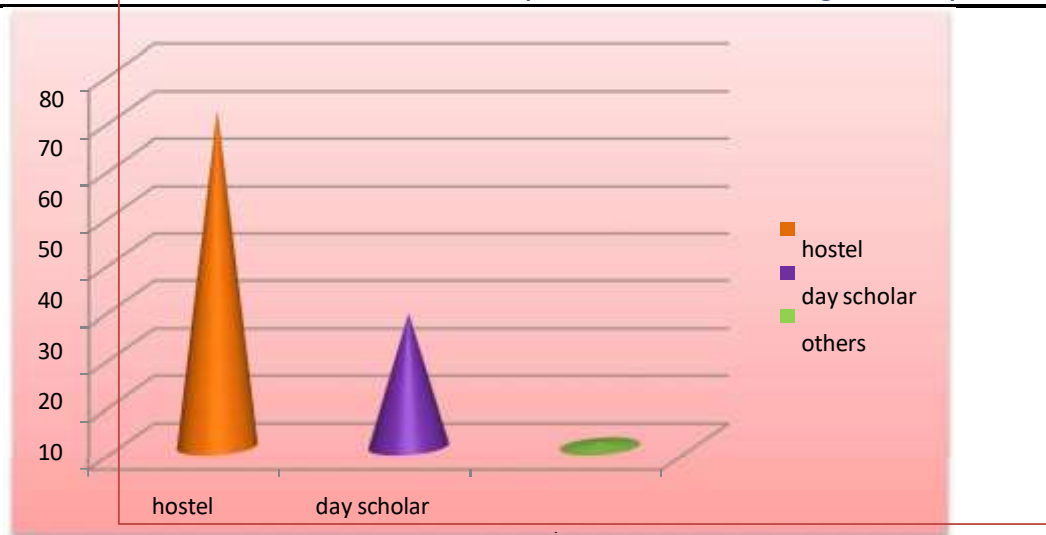


Fig 5: Distribution of samples according to Place of stay

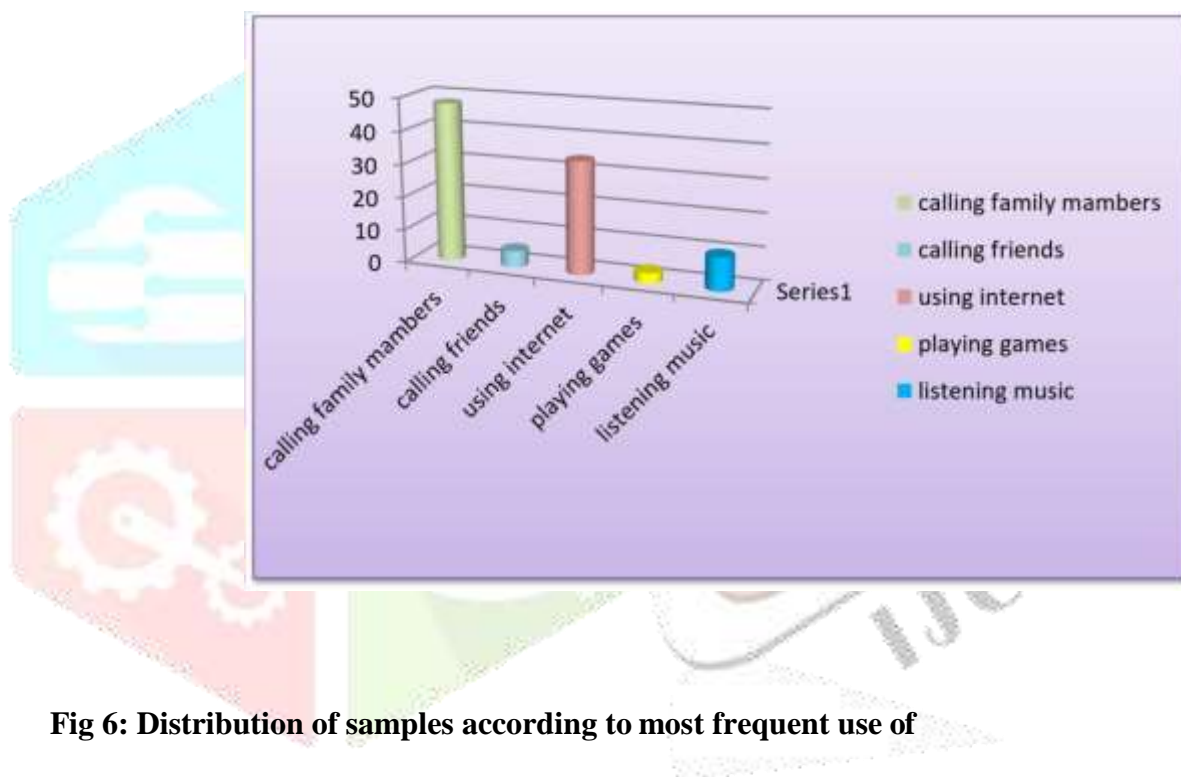


Fig 6: Distribution of samples according to most frequent use of

CONCLUSION: A little less than one half of samples using mobile phone for calling family members and next to it samples use mobile phone for internet purpose. An over whelming majority of the samples spend less than 100 rupee per month for mobile phone. This is because of the availability of free offers from the mobile phone companies. Majority of the samples who participated in the study had moderate level of Nomophobia. There was a statistically significant association between Age, Educational status and most frequent use of mobile phone and level of Nomophobia.

LIMITATION:

This study was conducted only among undergraduate students of nursing colleges. Other professional college students were not included in the study. So generalization must be done with caution. Sample size of the study was limited to 100 only.

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