

A STUDY TO ASSESS THE PREVALENCE OF NOMOPHOBIA AMONG COLLEGE GOING STUDENTS

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ABSTRACT

Our lives have been drastically altered by smart phones. Nowadays, we can't do anything without our phones. We must analyse ourselves or think clearly in order to determine whether a cell phone is a boon or a curse. We are all a part of technoculture. Students have also been immersed in this aspect of techno-culture during the previous two years. We must properly prepare technology because each technology has both positive and negative elements. Overuse of mobile phones is extremely dangerous to one's health. Students need to have mobile phone to attend classes from the comforts of their home. Smart phone has become the basic necessity of college students daily life and students are slowly coping with this new method of technology for their academic progress. Over usage of mobile phone leads to such an extent that students come across a situation where they cannot live without the use of mobile phone. Such a situation when students start to have fear when they cannot access their smart phones is known as nomophobia. The present study was carried among the students in the Surendernagar district of Gujarat. The findings of the study reveal that overall 52.58 % of the study subjects had moderate level of Nomophobia. Around 32.58% of the study subjects had mild level of nomophobia. 14.40 of the college students had severe level of nomophobia, while only 0.44% had no signs and symptoms of Nomophobia. Mobile phones have led to disturbance in the family relationship.

Keywords: Nomophobia; prevalence; college; student

1. INTRODUCTION

Nomophobia is a fear associated when we are not able to use mobile phone. It is also known as fear of being without a mobile phone. Nomophobia is slowly increasing among the students. Nowadays every assignment and other works of the colleges and colleges are given through the mobile (1) The grip and fever of over use of mobile phone has captured among the college student also. Nomophobia is very common among the students and teenagers. Even a small task of communicating with a family member in one house or even one room is done through the mobile technology [2]. The fear of nomophobia and the anxiety or tension is very high when someone loses their smart phones, or a situation when there are no network panic attacks occurs among student's and students. There is a fear among students when their battery power in the mobile phone is very

low. This all situations are very alarming and lead to nomophobic like situation Students and mobile phone is become part and parcel of their life. It is very difficult to separate a mobile phone with one's personal life [3]. Nomophobic student will usually carry a extra smart phone and a battery backup. Students who are suffering with nomophobia like situation. Such student will never switch their mobile phone off. Student and students who have come across the signs and symptoms of nomophobia are very poor in their academic progress and they are not able to properly concentrate on their studies. Students are not able to complete their task at proper time [4]. A Nomophobic child does not like to share their phones with their friends and colleagues. Such student will never allow others to even see their mobile phones. Nomophobic student needs t be properly cared. The usage of mobile phone needs to be reduced slowly and make them to have proper communication. Divertional therapy needs to be given to slowly reduce the time of mobile phone usage [5, 6].

1.1 Objectives of the Study

- To assess the prevalence of nomophobia among college going studeants.
- To find the association between the prevalence of nomophobia among college going studentswith the selected demographic variables.

1.2 Literature Review

The majority of the literature reviewed clearly indicated that the nomophobia is slowly and steadily increasing in the young student. This COVID-19 pandemic has also affected in the over usage of mobile phones. In the current situation were majority of the educational institution had online classes. Students need to adopt the use of technology for their academic progress. The mobile phone is very attractive and it comes with tremendous features which make the young generation attracted towards the use of mobile phone. A smart phone provides great comforts and facilitates the accomplishment of the job or tasks and achieved greater popularity among the young generations, Smart phones have reduced the distance among the people, Smart phone over usage has come across with serious health problems also. As a result of various literature review carried out the issue has increased and characterized has addictive, antisocial and very dangerous. Mobile phone addiction is very prevalent among the young generation and is considered to be a serious health issue. This addiction can be compared same has that of addiction of harmful substances. The fear of being without mobile phone is known has nomophobia which is tremendously prevalent among the young generations.

2. MATERIALS AND METHODS

The present was carried to assess the prevalence of nomophobia among college going students. A descriptive survey approach was used to find out he prevalence of nomohpibia among young student in the selectedcollege of Gujarat region. The study was carried out in the month of July 2020 to August 2020. A standardized tool

was used to assess the prevalence of nomophobia. Nomophobia questionnaire (NMPQ) which consisted to 20 structured nomophobia questionnaires was used to assess the prevalence of nomophobia among the young student in the age group of 17 to 21 years from the selected colleges of Bhavnagar Region. A total subject in the present study were 1145 young college going students were selected from six different colleges of Bhavnagar district of Gujarat. Samples were through convenient sampling technique. The data and the findings were tabulated and analyzed and represented in descriptive and inferential statistics.

2.1 Research Setting

The setting of the study was six different selected colleges of Bhavnagar district of Gujarat. The sample or study subjects of the present study were 1145 participants were selected by the use of convenient sampling technique. The study subjects were selected based on the following inclusion criteria which were framed for the smooth conduct of the study:

2.2 Inclusion Criteria

- College students studying in undergraduate courses of selected colleges
- College students who were present at the time of data collection

2.3 Tools used for the Study

2.3.1 Structured personal profile

These Performa consisted of 12 socio demographic questionnaire to know about the participant's lifestyle. Performa consisted of age, gender, year of study, type of family, religion, number of mobile phone using, how much time you spend on mobile phone. How often do you check mobile phone, money spend on mobile phone per month monthly family income, are you aware of the term nomophobia.

2.3.2 Standardized nomophobia questionnaire (NMP-Q)

The main tool of the study consisted of Standard nomophobia questionnaire which was developed by Yildirim. The permission was obtained for the use of the standard tool. Nomophobia questionnaire consisted of 20 items to assess the prevalence of nomophobia. Nomophobia questionnaire was used to measure the degree of mobile phone dependence or to classify the level of nomophobia among the college going students. The items of the questionnaire were based on the likert scale pattern marked on a 1 to 7 point scale. One mark was given when the participants totally disagree with the statement and 7 marks were awarded when the participants totally agreed to the statement. The standard questionnaire were divided into four sections:

Table: 1. Structured homophobic questionnaire

Section	Area	Items
I	Not being able to access information	1 to 4
II	Giving up Convenience	5 to 9
III	Not being able to communicate	10 to 15
IV	Losing connectedness	16 to 20

3. RESULT AND DISCUSSION

The Structured Nomophobia questionnaire consisted of 20 items all together. The maximum score of the structured nomophobia questionnaire was 140 and the minimum score is 20. Higher scores was related to high degree of nomophobia and the lower score was related to no nomophobia.

Table 2: Interpretation of standard nomophobia score or (NMPQ)

Grades of nomophobia	Score
No nomophobia or absence of nomophobia	Less than 20
Mild level of nomophobia	21 to 59
Moderate level of nomophobia	60 to 99
Severe level of nomophobia	100 to 140

Table 3: Distribution of sample based on socio demographic perfroma (N= 1145)

Socio demographic characteristics	Frequency	Percentage
Age		
17- 19	663	57.90
20-21	482	42.10
Gender		
Male	581	50.74
Female	564	49.26
Religion		
Hindu	988	86.29
Christian	80	6.99
Muslim	48	4.19
Others	29	2.53
No. of mobile phone using		
1	899	78.52
2	161	14.06

3 and above	85	2.53
Number of time you check your smart phone		
Once a day	93	8.12
2 to 5 times a day	655	57.21
More than 6 times a day	397	34.67
How long you have been using phone		
1 year	1034	90.31
2 – 3 year	74	6.46
4-5 year	11	0.96
More than 5 year	26	2.27
Money spent on mobile phone per month		
Less than 200 rs	496	43.32
200 to 400 rs	513	44.80
Above 400 rs	136	11.88
How much time you speak with mobile phone per day		
Less than 30 minutes	1103	96.33
30 minutes to 1 hours	26	2.27
More than 1 hour	16	1.40
Type of family		
Nuclear	688	60.09
Joint	457	39.91
Extended family		
Year of study		
1 st year	317	27.69
2 nd year	495	43.23
3 rd year	181	15.81
4 th year	152	13.27
Monthly family income		
Below 10000/-	83	7.25
10,000 - 15000	262	22.88
15001 – 20000/-	142	12.40
Above 20000/0-	658	57.47
Awareness of the term nomophobia		
Yes	1056	92.33
No	89	7.77

The above table clearly states that the most of the college students were in the age group of 17 to 21 years which was 57.90%. More or less somewhat similar 50.74% were males and 49.26 % were females who participated in the study. Most of the subjects belonged to the nuclear family which was 60.09%. Majority of the study subjects were studying in the 2nd year that is 43.23%. 86.29% of the study subjects were from Hindu religion. 78.52% of the college students were using a single mobile phone. 57.21 % of the student had habit of checking mobile 2 to 5 times a day. 90.31% of the students were using mobile phone since last year, which means due to the online classes during COVID-19 pandemic. More or less somewhat similar 43.32% used to

spend less than 200 Rs per month on mobile phone recharge. 44.80% of the college students used to spend 200 to 400 Rs per month on mobile recharge. 96.33% used mobile phone for less than 30 minutes to speak with mobile phone per day. 57.47% of the college students had monthly family income above 20000 Rupees. 92.33% of the students were aware of the term nomophobia.

The above Fig. and table clearly depicts that majority of the students were suffering with moderate level of nomophobia which was around 52.58 %. Mild level of nomophobia was found to be 32.58% in the students. This was followed severe type of nomophobia which was 14.40%. The least 0.44% of the students had no level of nomophobia or had absence of nomophobia. This clearly states that nomophobia is widely spread among the students in Bhavnagar districts of Gujarat.

Table 4. Grades of prevalence of nomophobia among students

Grades of nomophobia	Frequency	Percentage
No nomophobia or absence of nomophobia	5	0.44
Mild level of nomophobia	373	32.58
Moderate level of nomophobia	602	52.58
Severe level of nomophobia	165	14.40

Table 5 Association was done among the level of nomophobia with the selected demographic variables (N= 1145)

Socio demographic characteristics	Frequency	Chi square	P value
Age		18.8S	P >0.05Df-3
17- 19	663		
20-21	482		
Gender		3.31NS	P >0.05Df-3
Male	581		
Female	564		
Religion		16.7NS	P >0.05Df-6
Hindu	988		
Christian	80		
Muslim	48		
Others	29		
No. of mobile phone using		2.04NS	P >0.05Df-6
1	899		
2	161		
3 and above	85		
Number of time you check your smart phone		14.3NS	P >0.05Df-9
Once a day	93		

2 to 5 times a day	655		
More than 6 times a day	397		
How long you have been using phone		1.27NS	P >0.05Df-6
1 year	1034		
2 – 3 year	74		
4-5 year	11		
More than 5 year	26		
Money spent on mobile phone per month		13.7S	P >0.05Df-6
Less than 200 rs	496		
200 to 400 rs	513		
Above 400 rs	136		
How much time you speak with mobile phone per day		7.06NS	P >0.05Df-6
Less than 30 minutes	1103		
30 minutes to 1 hours	26		
More than 1 hour	16		
Type of family		3.68NS	P >0.05Df-3
Nuclear	688		
Joint	457		
Extended family			
Year of study		75.9S	P >0.05Df-9
1 st year	317		
2 nd year	495		
3 rd year	181		
4 th year	152		
Monthly family income		9.13NS	P >0.05Df-6
Below 10000/-	83		
10,000 - 15000	262		
15001 – 20000/-	142		
Above 20000/0-	658		
Awareness of the term nomophobia		1.88NS	P >0.05Df-3
Yes	1056		
No	89		

***Significant at 5% level , NS: Non – significant**

Above table depicts the association between the levels of nomophobia with the selected socio demographic characteristics of the study. There was no significant relationship when compared with gender, type of family religion, number of mobile phone using, number of times you check your smart phone, how long you have been using smart phone, how much time you speak with mobile phone per day, monthly family income and the awareness of the term nomophobia. While there was significant found between age, year of study and money spend on mobile phone per month.

4. CONCLUSION

The present study was to done to assess the prevalence of nomophobia among the college students in Bhavnagar district of Gujarat. The study values depicts that there was high prevalence of nomophobia among

the college going children. Students were slowly and slowly getting addicted to the mobile technology. 52.58 % of the college students had moderate level of nomophobia. Least 0.44% of the students had no levels of nomophobia. There was significant association was also found between age, year of study and the money spend on mobile phone recharge.

CONSENT AND ETHICAL APPROVAL

Before the major study was carried out the prior consent and the ethical clearance was taken from the institution of the study participants and the study subjects.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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