

A DESCRIPTIVE STUDY TO ASSESS THE NOMOPHOBIC BEHAVIOUR AMONG COLLEGE STUDENTS IN SELECTED COLLEGE, THRISSUR

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ABSTRACT

The descriptive study conducted to assess the nomophobic behaviour among college students in selected college, Thrissur. The objectives of the study was to assess the nomophobic behaviour among college students and find out the association between nomophobic behaviour and selected socio-demographic variables. The study was conducted in Mother College of Nursing, Thrissur. In this study, the population refer to the students in first year and second year BSc. Nursing. The research approach selected for the study was quantitative non experimental approach with descriptive design. The convenient sampling technique was used to select 100 students of Mother College of Nursing, Thrissur. A structured questionnaire and rating scale was used to collect the data. The research showed that among 9% of the students were of severe nomophobic behaviour, 39% of students were of mild and moderate nomophobic behaviour each, 13% of students were of not at all nomophobic behaviour. There was significant association with marital status and nomophobic behaviour.

Keywords: Nomophobic behaviour, college students

INTRODUCTION

In this present scenario, one can observe mobile phones, particularly the smart phones to be a popular connectivity devices and media among the youth, predominantly among college students. According to Netburn 2012, advancements in information and communication technologies have made communication easier, but at the same time created new problems.

Excessive use of mobile phones including smart phones seemingly has created problems and challenges for students and concerns of their parents. Nomophobia is one of the psychological problem demonstrated by addictive use of smart/mobile phones by youngsters and other users as well.

HISTORY OF TERM NOMOPHOBIA

This new word is so relevant that Cambridge dictionary has declared it the word of the year 2018 after a global people's choice poll. Nomophobia is a term, which is used to describe the "fear of being out of mobile phone contact", and the "anxieties mobile phone users suffer". It was coined during a 2010 study by the UK post office abbreviation for "no mobile phone phobia".

SELF ESTEEM LEVEL AND SOCIAL MEDIA

Self-esteem refers to an overall positive and negative evaluation of self. One way of fulfilling self-esteem needs is the use of social media to communicate in the personal which might provide an opportunity for people with low self-esteem to engage in public behaviour with reduced risk of disgrace and reduced social media outlet that suits them the most to fulfil their needs and make them active pleasure.

FEATURES OF NOMOPHOBIC BEHAVIOUR

Anxiety about phone battery is low Feeling anxious or increased heartbeats and palms begin to sweat when mobile is in a low battery stage. Curiosity for checking mobile phone Becoming obsessed regarding the reply for the previous text that was sent to anyone cannot leave the house without a mobile phone. Smartphone separation anxiety A clear sign of nomophobic behaviour is smartphone separation anxiety as one can't use their phone frequently. Checking smart phones during vacation for updates It has been reported that 60% of the people do not come back from holiday refreshed because we stay in contact with social media. Responding to notifications. One of the positive signs of nomophobic behaviour is giving more important notifications. This can be a threat to one or other's life. Putting one's life or other's life at risk to check their mobile phone Giving more importance to replying to the message immediately is more than prioritizing their safety and those around them.

EFFECTS OF NOMOPHOBIC BEHAVIOUR

➤ PHYSICAL EFFECTS

Digital eye strain Neck problems also known as "text-neck" (neck pain resulting from looking at phone or tablet for too long) Sleep disturbance Phantom vibration (perception that one's mobile phone is vibrating it is not ringing)

➤ EMOTIONAL EFFECTS

Extreme tech-smartphone separation anxiety (anxiety when separated from smartphones) Depression and attention-deficit

➤ OTHER EFFECTS

Total wastage of time Unhealthy role modelling Virtual relationships Increase in cybersex addiction Online curiosity [1]

NEED FOR THE STUDY

Smart phones have today become an important part of our techno-culture, especially among the younger population, whose primary need is to socialize, join in and to be liked. Research shows that nomophobia is on the rise across the globe and more and more people fear of being without or losing their mobile

device. Different studies in India have shown the prevalence of nomophobia among students in the range of 18.5-39.5%. Smartphones are very popular among young people, and students are considered pioneers in using them and smartphones deter the way the young generation and students communicate. The lives of many students changed under the influence of this phenomenon because of its negative health risk harmful psychological effects. Students as an important and vulnerable population society, on the one hand, and as an active and dynamic population, on the other hand special attention. In addition, given a limited number of studies have so far been conducted on students with regard to nomophobia in Iran, it seems essential to conduct studies measuring the intensity of nomophobia to plan and take appropriate measures in the country. The current study employs the Nomophobia questionnaire which in addition finding out the prevalence of nomophobia helps us in assessing the severity of nomophobia also. [2]

The present study was conducted to find out the prevalence of nomophobia determinants among the students of Mother College of Nursing, Thrissur. Nursing students were chosen because the younger generation is the largest consumer of mobile phones frequently.

STATEMENT

A descriptive study to assess the nomophobic behaviour among college students college, Thrissur.

OBJECTIVES

Identify the demographic variables.

Assess the nomophobic behaviour among college students in Thrissur. Find out the association between nomophobic behaviour and selected socio-demographic variables.

OPERATIONAL DEFINITION

1. Nomophobic behaviour: Nomophobia is the irrational fear of being without their mobile phone or being unable to use their phone for some reason such as absence of signal, a low battery or running out of minutes.

2. College students: College student is a student enrolled in a college or university for the purpose of procuring a degree.

ASSUMPTION

There is an association between nomophobic behaviour and selected socio-demographic variables.

REVIEW OF LITERATURE

Review of literature is a systemic search of published work to gain information about a research topic. Conducting review of literature is challenging and enlightening experience through the literature review, researcher generates a picture of what is known about a particular situation and the knowledge gap that exist between the problem statement and the research subject problems and lays a foundation for the research plan.

According to H.M Cooper "A literature review uses at its database report of primary or original scholarship and does not report new primary scholarship itself. The primary report used in the literature may be verbal, but in the vast majority of cases report are written document. The type of scholarship may be empirical, theoretical, critical, analytical or methodological in nature. Second a literature review seek to describe, summarize, evaluate and clarify or integrate content of primary reports".

Review of literature provides basis for future investigation testifies the replication, throw light on feasibility of the study and constrains of data collections, relates the finding from the study to another

with a hope to establish a comprehensive body of scientific knowledge in a professional discipline which valid and pertinent theories may develop.

The term Nomophobia or no mobile phone phobia is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity.

A cross sectional study was conducted in Indore, 2015 to find out the prevalence of nomophobia among 200 M.B.B.S students belonging to the age group 17-18, using systemic random sampling technique. The data was collected using structured questionnaire. The result revealed that overall 18.5% students were found to be Nomophobic. Approximately 73% students keep their mobile phones with them while sleeping and 20% lose their concentration as well as become stressed when they do not have their mobile phone with them .However, there was no significant statistical association found between Nomophobia and selected personal variables.

A descriptive study carried out in 2016 to assess the tendency of Nomophobia: Addiction towards mobile phones among resident doctors in North India. The participant were selected by purposive sampling technique. The data was collected using a 23 item questionnaire based on ICD-10 criteria for substance dependence syndrome. Among the participants it revealed symptoms such as withdrawal (82.3%), neglect of alternative pressure (51.0%) and impaired control (41.7%) and (39.6%) of the participant met three or more of the ICD-10 diagnostic criteria. 23.4% rated themselves as being addicted to mobile phones.

A descriptive study conducted in 2017 to evaluate Nomophobia: The threat of mobile phones and addiction was conducted among 160 students from Belarus University, Belarus. The data was collected using a questionnaire which also include the test of mobile phone addiction 1/10 of the students had the symptoms of addiction .68.11% belonged to the age group of 18-20 years and 1/3 of them had two mobile phones. Nearly half 43.16% of the sample had knowledge about mobile phone addiction and only 28.8% were familiar with the term Nomophobia. Hence, it was concluded that majority of the youngsters are being addicted to mobile phones and were unaware of Nomophobia.

A cross sectional study 2019 carried out to assess the Nomophobia: Smart phone use and addiction among university students in Isfahan University of health and science. The data was collected using questionnaires. The incidence rate of nomophobia among the students was moderate 3.1 and 73% of students were moderate smart phone users It has a significant relationship with gender, age group and level of education.

A cross sectional study 2017, to assess the Nomophobia and it's determinants among the students of medical college in Kerala, DM Wayanad institute of medical science, Meppadi by using questionnaire method The total number of students selected was 429, of which 122 were male and 307 female The prevalence of nomophobia was 97%. The grades of nomophobia showed no statistically significant association with sex, admission quota, and residence ($P = 0.909, 0.399, 0.56$) whereas significant association with the phase of MBBS (0.001) with the highest prevalence among Phase II students.

A cross sectional, exploration study carried out 2017 to assess Nomophobia, dependence and impact of cell phone on health by using questionnaire method. This study was conducted in the urban area of Municipal Corporation of Nanded city in Maharashtra, India. The subjects. were in the age of 16-20 years. The prevalence of Nomophobia in the study was 68.92% A higher proportion of males 82.91% were dependent on mobile phone compared to females 31.25%. The most common self-perceived symptoms due to increase mobile phone usage was lack of sleep 70.61% followed eye stain 42.46%

A cross sectional study to assess Nomophobia, Mobile phone usage among Dental students by using questionnaire method. This study was conducted among 554 students of D.J college of dental science

About 39.5% students agreed that they score low marks in professional exams if they spent more time on phone the number of students who frequently checked their cell phone during their classes or while doing clinical work were 24.7% A total of 24.12% of students were

found to be Nomophobic and at risk of being Nomophobics were 40.97% A statically significant difference was found among preclinical, clinical, interns and post graduate regarding the usage and effect of mobile phone on them.

METHODOLOGY

Research methodology is a brief description of methods adopted by the investigator for study. The selection of research design is the most important step in the research as it is the framework for conducting study.

The methodology section deals with research approach, research design, variables, setting of the study, population, sample and sampling technique, development and description of tool.

RESEARCH APPROACH

Research approach indicates basic procedures for conducting the research. It involves description of the plan to investigate the phenomenon under study in a structured or unstructured methods. Research approach adopted for this study is quantitative non experimental approach.

RESEARCH DESIGN

Research design is the overall plan or blue print that the researcher select to carry out their study for answering the research questions. In this study the research design selected is descriptive non-experimental research design. The design adopted was found to be appropriate for answering the questions regarding the nomophobic behaviour.

VARIABLES

Chinn and Karmer stated that variables are concepts at different level of abstractions that are concisely defined to promote their measurements or manipulation with study. There are two types of variables, independent variable and dependent variable. Independent variable is a cause or stimulus that is manipulated or varied by the researcher to create effect on the dependent variable. A dependent variable is the outcome or response due to the effect of the independent variable which the researcher wants to predict or explain. Dependent variable in this study is socio-demographic variable. Independent variable in this study is nomophobic behaviour.

SETTING OF THE STUDY

Setting is the location for conducting the research. It can be natural, partially controlled or highly controlled. Setting selected for the study is Mother College of Nursing, Thrissur.

POPULATION

All elements (people, objects, events or substances) that meet the sample criteria for inclusion in a study, sometimes referred to as target population. In the study the target population consists of college students in first year and second year B.Sc. Nursing programme of Mother College of Nursing, Thrissur.

SAMPLE AND SAMPLE SIZE

Sample is the representation unit of the target population. In the present study sample comprised of 100 students who are fulfilling the eligibility criteria.

SAMPLING TECHNIQUE

The sampling technique adapted for the study is convenient sampling technique. **CRITERIA FOR SAMPLING SELECTION INCLUSION CRITERIA**

1. Those who are willing to participate in the study.
2. Between the age of 17 to 27 years.
3. College students who are using mobile phones.
4. Those who are available during data collection period.

EXCLUSION CRITERIA

1. Those who are not willing to participate in the study.
2. Those who do not fall in particular age.

TOOLS/INSTRUMENTS

Tools are the procedure or instruments used by the researcher to collect data. In the prese study the researcher assess the level of nomophobic behaviour.

The tool has 2 sections: **SECTION A: QUESTIONNAIRE TO ASSESS THE DEMOGRAPHIC DATA**

It includes, 20 questions to collect details regarding age, gender, family type, marital status, family income, residence, programme of student general information regarding usage of mobile phones.

SECTION B: NOMOPHOBIC BEHAVIOUR SCALE

It consists of 20 statements, each responses are rated on a 5 point likert scale (5- strongly agree, 4- agree, 3- neither agree nor disagree, 2- disagree, 1- strongly disagree) scores are summed. The higher the score the greater the nomophobic behaviour.

20%-40%: not at all nomophobic behaviour

41%-60%: mild nomophobic behaviour

61%-80%: moderate nomophobic behaviour

81%-100%: severe nomophobic behaviour

PILOT STUDY

It is the smaller version of a proposed study conducted to develop and refine the methodology such as the treatment instrument or data collection process to be used in a larger study.

Pilot study was conducted on 10/03/2021 among the third year B.Sc. nursing student of Mother College of Nursing, Thrissur. A sample of 10 students were taken by non-probability convenient sampling technique to assess the nomophobic behaviour. The pilot study revealed that there is no significant association between nomophobic behaviour and socio-demographic variables.

From the selected sample, 40% shows mild nomophobic behaviour, 40% show moderate nomophobic behaviour and 10% of the sample show severe and not at all nomophobic behaviours each.

PLAN FOR DATA ANALYSIS

The socio demographic variable were analyzed using descriptive statistics The knowledge level regarding nomophobic behaviour were analyzed using descriptive statistics

The association between nomophobic behaviour with selected socio demographic variable were analyzed using chi-square test.

DATA COLLECTION PROCESS

Permission for conducting the study was obtained from class coordinators of first year and second year B.Sc. Nursing. To obtain the free and true response, the subjects were explained about the purpose and usefulness of the study and assurance about the confidentiality of their response was also provided. An informed consent was obtained from each subject to indicate their willingness to participate in the study.

100 nursing students who met the inclusion criteria were selected by using non probability convenience sampling technique. Data was collected through Google form online by using socio-demographic questionnaire and nomophobic assessment scale. Data collection process took 45 minutes to complete the procedure and data collection was terminated after thanking the respondents.

RESULTS

This study was done to assess the Nomophobic behaviour among college students in selected college. Thrissur.

OBJECTIVES

To assess the knowledge of nomophobic behavior among college students. To determine the association between knowledge and the selected demographic variables. HYPOTHESIS

The study attempted to examine the following hypothesis.

There is a significant association between knowledge regarding nomophobic behavior and selected demographic variable.

MAJOR FINDINGS OF THE STUDY

1. AGE

Among 100 samples 78% were belong to 17-19 age group, 18% were belong to 20-22 age group, 2% were belong to 23-25 age group, 2% were Belong to 25-27 age group.

2. GENDER

Among 100 samples 94%were female, 6% were male.

3. FAMILY TYPE

Among 100 sample 88% were nuclear family, 12%were joint family.

4. MARITAL STATUS

Among 100 samples 3% were married, 97% were single.

5. RESIDENCE

Among 100 sample 78% included in panchayath, 10% included municipality, 12% included in corporation.

6. FAMILY INCOME

Among 100 sample 27% less than 10,000, 27% 10,000-20, 000, 24% 20,000-30, 000 23% greater than 30,000.

7. PROGRAMME

Among 100 samples 71% in first year 29% in second year.

8. NOMOPHOBIC BEHAVIOR LEVEL

Among 100 samples 13% not at all nomophobic, 39% mild nomophobic, 39% moderate nomophobic, 9% severe.

9. ASSOCIATION BETWEEN NOMOPHOBIC BEHAVIOR WITH SELECTED SOCIO DEMOGRAPHIC VARIABLE

Among 100 samples, age - no association, Gender - no association, family - no association, marital status- association present, residence- no association, income programme - no association. no association

DISCUSSION, SUMMARY AND CONCLUSION

A present study was aimed to assess the nomophobic behaviour among college students in Mother College of Nursing. Thrissur on 13.03.2021. The sample were selected by convenient sampling technique from Mother College of Nursing. Thrissur. The sample size is 100 students. Before the main study, pilot study was conducted in Third year B.Sc. Nursing students, Mother College of Nursing. Thrissur on 10.03.2021. The data collection instrument used was socio-demographic questionnaire consisted of 20 questions and nomophobic assessment scale, all the data was analysed by using inferential statistics. The study had the following objectives:

OBJECTIVES

Assess the level of nomophobic behaviour among college students.

Find out the association between nomophobic behaviour with selected socio-demographic variables.

FINDINGS OF THE STUDY

1. AGE: Among 100 samples, 78% were belong to 17-19 age group, 18% were belong to 20 -22 age group, 2% were belong to 23-25 age group, 2% were belong to 25-27 age group.
2. GENDER: Among 100 samples, 94% were females, 6% were males.
3. FAMILY TYPE: Among 100 samples, 88% belongs to nuclear family, 12% were joint family.
4. MARITAL STATUS: Among 100 samples, 97% were single. 3% were married.
4. RESIDENCE: Among 100 samples, 78% lives in panchayath, 10% lives in municipality, 12% lives in corporation.
5. FAMILY INCOME: Among 100 samples, 27% less than 10,000 per month, 27% 10,000 - 20,000 per month, 24% 20,000-30,000 per month, 23% greater than 30,000 per month.
6. PROGRAMME: Among less, 71% studies in first year, 29% studies in second year.
8. LEVEL OF NOMOPHOBIC BEHAVIOUR: Among 100 samples, 39% moderate
Nomophobic, 39% mild Nomophobic, 13% not at all Nomophobic, 9% severe nomophobic behaviour.
8. Association between Nomophobic behaviour with selected socio-demographic variables: Among 100 samples,

9. Age-No association, Gender-No association, Family No association, Marital status-Association present, Residence No association, Income No association, Programme -No association

SUMMARY AND CONCLUSION

The present study aimed to assess the nomophobic behaviour among college students. The sampling technique was non-probability convenient sampling and sample size was 100 college students of Mother College of Nursing. A structured questionnaire with Likert scale was used to assess the nomophobic behaviour. Most of them 39(39%) showed mild and moderate nomophobic behaviour, 13(13%) of them showed not at all nomophobic behaviour and only 9(9%) of them showed severe nomophobic behaviour. There was association between marital status and nomophobic behaviour and no significant association between other demographic variables and nomophobic behaviour.

NURSING IMPLICATIONS

NURSING PRACTICE: The nursing education is a source of teaching strategy and can fulfil the role of uplifting the nurse's knowledge. Nurse can play vital role in educating nursing students regarding nomophobic behaviour and also explain the ill effects of mobile phone use and it's health consequences.

NURSING EDUCATION: Nurse as an educator should focus on providing knowledge regarding nomophobic behaviour. This information can be disseminated to public through campaign, health education or public awareness programme.

NURSING ADMINISTRATION: Nurse Administrator can assemble material that carry information regarding nomophobic behaviour, usage of mobile phones, it's advantages and disadvantages, limitations. Nurse administrator can make arrangements to ensure the availability of such information material to others.

NURSING RESEARCH: - Nurse Researcher can carry out various researchers that may help to identify such problems. Study on nomophobic behaviour can also be conducted in public levels and in other students groups.

LIMITATIONS

1. Limited to Mother College of Nursing.
2. Limited period of data collection.
3. Extended age class derived limited samples in specific age class.
4. Limited sample size.
5. No awareness programme.

RECOMMENDATIONS

Age class can be included on the basis of age categories of the samples.

A study can be undertaken in a large sample size in order to generalize the findings. An experimental study can be carried out on the effectiveness of a teaching programme.

A comparison study can be done with other institutions for more effectiveness of the research

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