

Level of Nomophobia Among the Nursing Students of Selected Training Institute of Maharashtra in the View to Develop an Informational Booklet

Divya Sunny Martina¹, Khushboo Singh¹, Tanushree Mitra², Sijo K Thomas²

^{1,2} PG Trainee, College of Nursing, AFMC, Pune

^{3,4} Assistant Professor, College of Nursing, AFMC, Pune

Abstract: *Introduction:* Excessive use of mobile phones leads to the development of symptoms suggestive of dependence syndrome. Mental, physical and psychological health is impacted by excessive mobile phone dependence. Individual with Nomophobia when they lose their mobile phones or run out of battery and network, they become terrified and irritated. They also undergone sleep disturbances, anxiety, depression, headache, memory loss, deficits in attention. It has an impact on social life, individual behaviour and success. **Aim:** Assess the level of Nomophobia among the nursing students of selected training institute of Maharashtra and find the association between the level of Nomophobia and the selected socio demographic variables. **Methods:** Cross sectional descriptive survey design study from 04 Dec 2023 - 18 Dec 2023. Data was collected from 110 samples by Non - Probability Convenience Sampling. **Results:** Most of the participants 54.5% had moderate level of Nomophobia and 36.3% had mild level of Nomophobia and only 9.1% had severe level of nomophobia. There was a statistically significant association between frequency of smartphone usage and level of Nomophobia ($p=0.05$) using Chi - Square test, as increasing the frequency of smartphone usage was associated with increase in severity of Nomophobia whereas there was no significant association with other socio - demographic variables detected. **Conclusion:** Approximately half of Nursing students had moderate Nomophobia whereas one - third of them had Mild level of Nomophobia. It was also found that in college students Nomophobic behaviours increased as the duration or frequency of checking the mobile phone daily increased.

Keywords: Nomophobia, Knowledge, Nursing students, Informational Booklet

1. Introduction

“Technology is a useful servant but a dangerous master.”

Christian Louis Lange

Technology, a word has become the talk of the nation, is dominating our life today. Technological inventions were made to make our life easier. The introduction of mobile phones in 1983 is one of the most significant technological developments and it's the main stream in the majority of the society. Mobile phone has many attributes and characteristics that makes it very attractive. We can hardly see a person without mobile phones. In the mobile era we are in, smart phones have become attractive. As the functions of smart phone increases, the time spent by people with smart phone increases.¹

They spend a considerable time spending on it, have one or more devices, to always carry a charger with oneself. They feel anxious and nervous at the thought of losing one's own handset or when the mobile phones is not available nearby or is misplaced or cannot be used because of lack of network coverage, flattened battery and lack of credit, and try to avoid as much as possible the places and situation in which mobile phones are banned.²

This irrational fear of being without phone is called Nomophobia (NO Mobile PHOne and phoBIA). This term was coined in 2008 study by the UK Post Office who commissioned You Gov evaluating anxieties suffered by mobile phone users.³

A habit called 'RINGXIETY' is seen among most, that is to look at the phone's screen to see whether messages or calls have been received. Face to face interaction with others would lead to anxiety and stress, so they prefer communicating via phones. They incur debts or great expenses from using the mobile phones.⁴

Need of the Study

Most studies reported that the prevalence is mainly among young adults. It is probably the biggest non - drug addiction of the 21st century. Therefore, this study aimed at assessing the prevalence of Nomophobia in Nursing students of selected College of Maharashtra. Nursing students were chosen because the younger generation is the largest consumer of the mobile phone and use mobile phone more frequently.

Objectives

- 1) Assess the level of Nomophobia among the Nursing students of a selected training institute.
- 2) Find the association between the level of Nomophobia and the selected socio demographic variables.
- 3) Develop an Informational booklet on Prevention of Nomophobia.

2. Methodology

A cross sectional descriptive research approach was adopted for this study. The samples were selected by Non Probability Convenience Sampling Technique. Data was collected from 110 samples by using self - structured tool and NMP - Q questionnaire. The self - structure tool was validated by the 3 experts from the psychiatry department. The tool was administered in English only. NMP - Q includes 20 statements

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with 7 - Point Scale ranging from Strongly Disagree to Strongly Agree. Prior administrative permission was obtained to conduct the study from the members of ethical committee reviewers. Pilot study was conducted among 05 participants to check the clarity of questionnaire and feasibility of the study. Nursing Students available during data collection was taken as Inclusion criteria and Students unwilling to participate was not taken for the study. Subject were informed regarding the purpose of the study, written consent was obtained, and utmost confidentiality was assured regarding disclosure of the subjects.

Analysis

The response of the respondents was coded and tabulated into excel sheet in MS Office application. The total score of Nomophobia was 140 which was divided as Absent nomophobia (20), Mild Nomophobia (21 - 59), Moderate Nomophobia (60 - 99), Severe Nomophobia (100 - 140). After tabulation, the data was analysed using descriptive statistics

and was represented in the form of pie diagram, bar diagram. To find the association between level of knowledge and selected variables, inferential statistics chi square of SPSS software was used. Data was analysed at confidence interval of 95% and with pvalue of <0.05.

3. Results

Majority of nursing students are between 19 - 22 years (80%), were 12th pass (89%), (85.4%) were getting pocket money less than 5000. With respect to usage pattern of smartphones, (84.5%) used single SIM, majority (58%) were frequently checking phones 3 times per hour, maximum (78.1%) were using smartphone for the duration of 1 - 3 hrs per day, (69%) used smartphones before sleep as context of maximum usage. (25.4%) perceived that phone usage hampered their academic performance, (57.2%) checked smartphones first time in the morning.

Table 1: Distribution of sample as per Socio - demographic variables

SNO	Variables	Frequency	Percentage
1	Age (yrs)		
	19 - 22	88	80%
	22 - 26	23	20%
2	Education		
	Graduate	12	10.90%
	12 th pass	98	89%
3	YEAR		
	II Sem	38	34.50%
	III Sem	32	29.09%
	III rd Year	40	36.36%
4	Family		
	Nuclear	86	78%
	Joint	23	20.90%
6	Pocket Money		
	<5000	94	85.40%
	5000 - 10000	17	15.40%
7	SIM card usage		
	Single SIM	93	84.50%
	Double SIM	17	15.40%
9	Max Duration of usage		
	1 - 3 Hrs	86	78.10%
	4 - 6 Hrs	19	17.20%
	7 - 9 Hrs	2	0.01%
	More than 9 Hrs	3	0.02%
10	Frequency of checking phones per hour		
	3 Times	64	58%
	4 - 6 Times	32	29%
	7 Times or more	14	13%
10	Context of max usage		
	Leisure time	34	30.90%
	Before sleeping	76	69%
11	Perception of phone use hampering academic performance		
	Yes	82	24.50%
	No	28	25.40%
12	Checking smartphone first time in the morning		
	Yes	63	57.20%
	No	47	42.70%
13	Purpose of Max Usage		
	Calls	20	18.18%
	Multiple usage	90	81.8%
14	Ill Health due to smart phone usage		
	Yes	52	47.20%
	No	58	52.70%

Regarding the purpose of maximum usage, (81.18%) used smartphones for social networking, video calling, browsing internet and for music. (52.7%) believed that usage of smartphones did not affect their health.

The study revealed that all the students are affected by Nomophobia more than half of the 54.5% participants have moderate level of Nomophobia and 36.3% had mild level of Nomophobia and only 9.1% had severe level of nomophobia.

Table 2: Distribution of sample according to their level of Nomophobia

SNO	Variables	Frequency	Percentage
1	Absent Nomophobia (20)	0	0%
2	Mild Nomophobia (21 - 59)	40	36.3%
3	Moderate Nomophobia (60 - 99)	60	54.5%
4	Severe Nomophobia (100 - 140)	10	9.1%

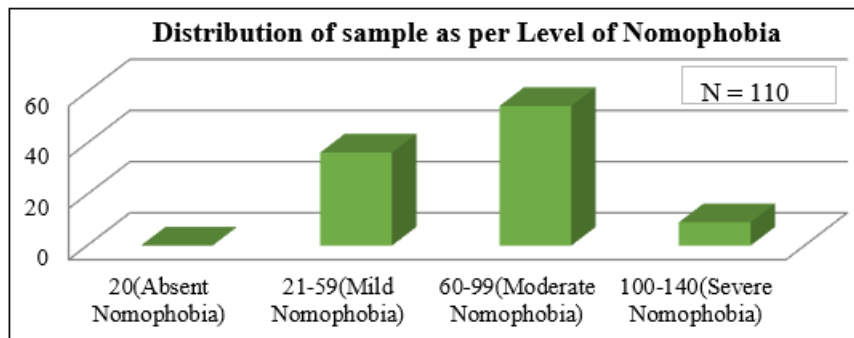


Figure 1: Distribution of Samples as per level of Nomophobia

There was a statistically significant association between frequency of smartphone usage and level of Nomophobia ($p=0.05$) using Chi - Square test, as increasing the frequency of smartphone usage was associated with increase in severity of Nomophobia whereas there was no significant association with other socio - demographic variables detected.

Table 3: Association between selected socio - demographic variables & Level of Nomophobia

S No	Variables	df	Chi - Square Calculated value (χ^2)	Chi - Square Table value (χ^2)	p value	Remarks
1	Age	2	0.7812	5.991	0.67	Statistically not significant
2.	Type of Family	2	0.54	5.991	0.75	Statistically not significant
3	Semester	4	7.54	9.488	0.10	Statistically not significant
4	Pocket money	2	2.12	5.991	0.34	Statistically not significant
5	Duration of phone usage per hour	2	1.22	5.991	0.54	Statistically not significant
6	Frequency of checking phones per hour	4	9.524	9.488	0.04	Statistically significant
7	Purpose of Max Usage	2	0.035	5.991	0.98	Statistically not significant
8	Context of Max Usage	2	2.378	5.991	0.30	Statistically not significant
9	Ill health due to smartphone usage	2	3.24	5.991	0.19	Statistically not significant
10	Perception of phone use hampering academic performance	2	1.3055	5.991	0.52	Statistically not significant
11	Checking smartphone first time in the morning	2	1.70	5.991	0.42	Statistically not significant

The information booklet was developed stepwise according to the objectives. Information booklet was developed after reviewing literature, seeking expert’s opinion and from investigator’s personal experience. The overall plan of information booklet was prepared under following areas: -

- General information regarding Nomophobia
- Causes of Nomophobia
- Prevention and treatment of Nomophobia.

4. Discussion

A similar study was conducted by Yasoda Neelima, J. Pavan Kumari, R. Sowmya Pallavi, T. Sivakala, K. Srinivas, G. Ravi Prabhu (Aug 2022) among 320 undergraduate medical students of Sri Venkateswar Medical College, Tirupati. Prevalence of nomophobia among study subjects was found to be 100% (320); of which 59% showed moderate

nomophobia followed by mild (35%) and severe nomophobia (6%).5

Batwal, J. et al. (2020) Conducted a study on evaluation of nomophobia among medical students using smart phone in north India to evaluate nomophobia among medical students who are using smart phones. The findings revealed that 15.5% of the students had mild nomophobia, 67.2% were having moderate nomophobia and 17.3% were suffering from severe nomophobia. All these findings are in accordance with previous study.6

Similar study conducted by Sohail Ahmed, Nikita Pokhrel, Swastik Roy, Asir John Samuel (2019) in Colleges of Physiotherapy across North India to study the impact of nomophobia on academic performance among students pursuing Physiotherapy courses on 157 students with online

cross sectional survey by using Google Form Platform utilizing (NMP - Q). The results revealed that there exists no statistically significant difference ($p=0.152$) among NMPS with corresponding academic performance levels.7

A study conducted by Dalbudak et al (2020) and Yildiz et al (2020) found that university students' nomophobic behaviors increased as the duration of daily Mobile phone use, duration of daily mobile internet use, and daily frequency of checking the Mobile phone increased which is in parallel with the findings of present study.8

5. Conclusion

This study concluded that all nursing students in selected College Of Nursing, Pune Maharashtra had Nomophobia. Approximately half of them had moderate Nomophobia whereas one - third of them had Mild level of Nomophobia. It was also found that in college student Nomophobic behaviours increased as the duration or frequency of checking the mobile phone daily increased.

6. Recommendation

- As in the present era, smartphone is a necessity, we cannot ignore its use completely. Those who already have some degree of Nomophobia should use smart phones more judiciously.
- More studies should be conducted to assess the knowledge and attitude regarding nomophobia and highlight the factors for Nomophobia.
- Recommend conduction of psycho - educational programmes on its effect on overall health and ways to limit its usage.

Conflict of Interest

Nil

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Nil

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