

A Study to Assess the Levels of Nomophobia Among Nursing Students in Con, Adesh Institute of Medical Sciences

SRI MUKTSAR SAHIB

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Abstract

The term *NOMOPHOBIA* or *NO MOBILE PHONE PHOBIA* is used to express a psychological condition when people have a fear of being disconnected from mobile connectivity. The term *NOMOPHOBIA* is constructed on definitions described in the *DSM-IV*, it has been labelled as a "phobia for a particular/specific things". The objective of the study is to assess the level of Nomophobia among nursing students in CON, Adesh Institute of Medical Sciences, Sri Muktsar Sahib. Descriptive research design was used for the study, 125 nursing students were selected by convenient sampling method. The tool used for the data collection is structured Nomophobia questionnaire (NMP-Q). The data obtained was analyzed using descriptive statistics. The result showed that highest number of nursing students lies in the category "Moderate level" and no single nursing student lies in the category "Absence of Nomophobia". The findings of the study revealed that the maximum number of students have moderate level of nomophobia which means they spend most of their time with their mobile phones which is an issue that should be taken into the consideration.

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I. Background of study

"These days we spend more time taking selfies than learning about the self." – **Joseph Rain**

Pigeons, letters and later, telegraphs were the means of conveying messages until the revolution of telephone. Today is a period of wireless communication through mobile phone. Now it is mandatory for everyone to keep in touch with family, friends through using e-mails and internet connectivity. Advancement in technology switched the trend completely and made mobile phone as depository for data, camera, and music player and also as a gaming gadget.

Globally speaking, technology and its changes play a vital role in the life of an individual. The latest trend of the society is to adapt every change in the communication technology field. The mobile phones are blessing of this century. Mobile phones are considered as an integral communication device and became an important part of the society. It is not only a communication tool but also a mandatory social accessory.

Nomophobia is an up to date term, defined as the fear of being out of contact from mobile phone. Individuals, especially teenagers get very worried when they lose their mobile phone, run out of battery or balance or due to network issues. Those who have nomophobia never switch their mobile phones off, take their mobiles to bed and they will never stay away from their phone even for a second. Those having nomophobia will also carry an extra mobile phone as a precaution when their primary phone breaks. These individuals will get angry if their messages and texts were viewed by their partner and this will create problems in their family and social life. They will worry about their phones security and will not be able to focus on their regular works.

The term Nomophobia was first coined by British researchers in 2008. A current study conducted in Philadelphia revealed 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 age group ranks first in nomophobia. The same study also shows that people on an average check their mobile phones 34 times a day, and 77 per cent are not able to stay apart for more than a few minutes.¹

However, in recent years, the amount of problems arising due to the use of smartphones has increased tremendously. As a result, the number of investigations into the state of the matter has raised, which

characterizes this phenomenon as addictive, antisocial, and threatening. Smartphone addiction is so widespread that it is already considered to be like any other addiction to harmful substances. Therefore, it is a public health concern, which is why, because of the excessive use of mobile phone and the dependence that this technology is generating, a new pathology known as nomophobia is taking place and being cataloged as a clinical disorder.² A study conducted by Quintas-Hijos et al. assessed college students' adaptability and its consequences since it significantly impacts the development of college students. Yang et al. also found out that there was a significant association between adaptability and coping style. Xie et al. also showed same findings that students' adaptability in school could significantly forecast their academic performance. Chen et al. discovered that adaptability could significantly influence life satisfaction of college students and mental health symptoms like anxiety and depression. Altogether, adaptability is a possible contributing factor that affects formation of early adulthood.

Researchers have extensively studied the associations between adaptability and mobile phone usage and they told that there was a close connection between both. Meghan et al. showed that adaptability was an important predictor for social media and mobile addiction by using a traditional regression model. Other studies also supported this conclusion by using different datasets in different studies.

There were multiple studies conducted about mobile phone addiction, but no universally acknowledged criteria or symptoms for mobile phone addiction in DSM-V or ICD-11. Gradually, the concept of mobile phone dependency was discarded and replaced by problematic mobile phone usage (PMPU). Recently, nomophobia, a newer PMPU-related notion, has been proposed based on the Fear of Missing out Theory (FOMO). It was defined as stress or anxiety when an individual loses their access to mobile phones, such as from battery drainage or inability to use while attending classes. It has been widely studied as a by-product of emerging technologies.³

The current study uses the new nomophobia questionnaire to find out the prevalence of nomophobia which also helps us in assessing the severity of nomophobia. Currently, there are a few studies available in India which have applied the new NMP-Q. Hence, in this background, the present study was conducted to find out the prevalence of nomophobia and its determinants among the students of a nursing college in Himachal Pradesh. Medical students were chosen because the younger generation is the largest consumer of the mobile phones and uses phone more frequently.⁴

Keywords: Nomophobia, NMP-Q, Nursing students, knowledge

II. Material & Methods

Research methodology is the specific procedures or techniques used to identify, select, process, and analyze information about a topic. In a research paper, the methodology section allows the reader to critically evaluate a study's overall validity and reliability

RESEARCH APPROACH: The approach adopted for the present study was a quantitative research approach adopted to accomplish the objectives of the study that is to assess the levels of nomophobia among nursing students.

RESEARCH DESIGN: The research design adopted for the present study was a Descriptive Non Experimental research design.

RESEARCH SETTING: The present study was conducted in CON, Adesh Institute of Medical sciences, Sri Muktsar Sahib.

POPULATION: The entire set of individuals having some common characteristics related to the research study. In the present study, we selected a population which comprises nursing students.

TARGET POPULATION: In the present study, the target populations were all students who are above 18 years of age and studying in CON, Adesh Institute of Medical sciences, Sri Muktsar Sahib.

ACCESSIBLE POPULATION: They were the population above 18 years of age studying in CON, Adesh Institute of Medical sciences, Sri Muktsar Sahib.

those were present at the time of data collection.

SAMPLING TECHNIQUE: The technique included in the study was non-probability convenient sampling technique.

SAMPLE: We adopted a sample of nursing students above the age group of 18 years.

SAMPLE SIZE: In the present study, the sample size is 125.

INCLUSION CRITERIA: - 1. Students above the age group of 18 years. 2. Students who are present at the time of data collection. 3. Students who are willing to participate in the study. 4. Students having mobile

phones.

EXCLUSION CRITERIA: - 1. Students absent at the time of data collection. 2. Students who are not willing to participate in the study.

III. TOOL: Data collection or research tools refer to the devices or instruments used to collect data, such as a paper questionnaire or computer-assisted interviewing system. They are used to measure a variable, or to collect the information needed to answer a research question.

The tool for data collection adopted for the present study was a standardized nomophobia questionnaire.

TECHNIQUE: The data was collected by google forms.

DESCRIPTION OF THE TOOL The NMP-Q is a standardized tool which has 20 questions, each scored on a 7-point Likert scale. The total score on the NMP-Q is 20 at its lowest ($20 * 1$) or 140 ($7 * 20$) at its highest.

SCORE	INTERPRETATION
20	Absence of nomophobia
21-59	Mild level of nomophobia
60-99	Moderate level of nomophobia
100-140	Severe nomophobia

IV. Data analysis and interpretation Data Analysis is a process of inspecting, cleansing, transforming, and modelling data with the goal of discovering useful information, suggesting conclusions, and supporting decision-making. Data analytics allow us to make informed decisions and to stop guessing.

PLAN FOR DATA INTERPRETATION AND ANALYSIS: Analysis of data is done in accordance with the objectives. The data analysis had been done by calculating descriptive statistics. The result showed that highest number of nursing students lies in the category “Moderate level” and no single nursing student lies in the category “Absence of Nomophobia”. The findings of the study revealed that the maximum number of students have moderate level of nomophobia which means they spend most of their time with their mobile phones which is an issue that should be taken into the consideration.

Table 1
Frequency and percentage distribution of nursing students in terms of levels of Nomophobia.

N= 125

Levels of Nomophobia	f (%)
Absence of Nomophobia	0 (0)
Mild Level	18(14.4)
Moderate Level	83(66.4)
Severe Nomophobia	24(24)

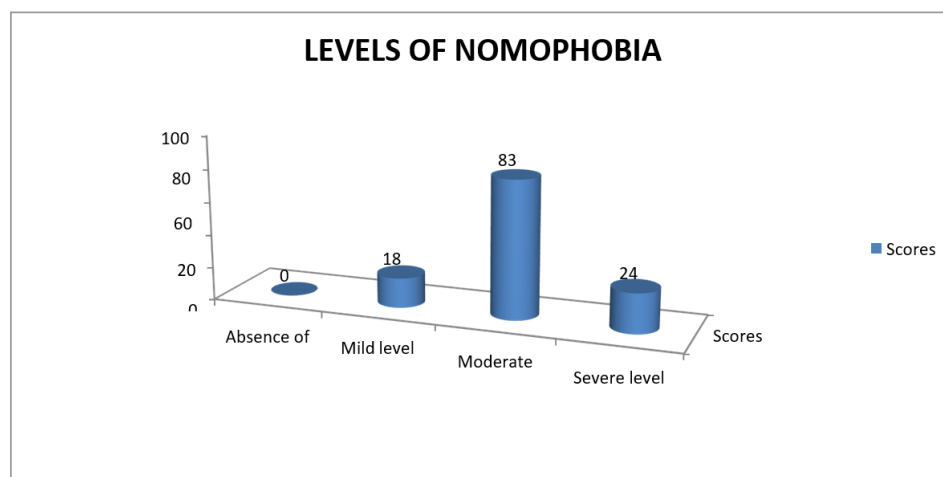


Figure no. 1: Bar diagram showing levels of Nomophobia among nursing students.

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