

A descriptive study to assess nomophobia among B.Sc (N) students in Mohammed Sathak A.J College of nursing, Chennai

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ABSTRACT

Technological revolution and invention have provided the world with various inventions for various purposes. Communication channel have been so fantastically upgrade that communicate a person with thousands of miles apart is simply a game second now. This communicative technology has experienced an incredible growth. The aims of the study were 1. To assess the level of nomophobia among B.Sc (N) students. 2. To compare the level of nomophobia among male and female B.Sc (N) students. 3. To associate the demographic variables of the students with their level of nomophobia. A descriptive study was done using modified nomophobia questionnaires in MSAJCON. A total of 150 samples were selected by using non-probability sampling technique. Data was analyzed with descriptive and inferential statistics. Results: Among selected group, Mild nomophobia 23.3%, Moderate nomophobia 65.3%, severe nomophobia 11.4%, as the finding revealed that, the majority 4 male (8.33%) and 13 female (12.7%) affected with the nomophobia. **Conclusion:** Smart phones have become today an important part of our techno-culture especially among the younger population, whose primary need is to socialize, join in and to be liked. The result of this study for mild, moderate and severe nomophobia students we educate about do's and don'ts of mobile phone usage.

1. Introduction

Mobile phones have become an indispensable part of our lives. In recent times there seems to have been a transformation of the mobile phone from a status symbol to a necessity because of the countless advantages it provides. Mobile phones are very fascinating for younger generations, as it gives them a feeling of autonomy, identity and credibility. Besides being just a entertainment object, it helps to keep them in constant contact with their family and friends.

Smart phone is popular device capable of processing more information than other mobile phones, making it possible to perform variety of task like voice calling, texting people, surfing the internet, social networking, gaming, for entertainment, etc., Access to the internet is increasingly easy due to improvement in mobile technology and the prevalence of smart phones use. Another downside of using mobile phone is uncontrolled and extreme use or dependence and its associated social and behavioral outcomes.

2. Need for the study

Our study was intended to find the Nomo phobia among the students in our college, since the younger generation is the largest consumer of the mobile phone and they use mobile phone more frequently. Hence it is very important to identify the usage pattern of mobile users in our colleges with special focus a young user to delineate the addictive behavior and its consequences and to explore their time management in relation to mobile phone usage and essential activities, so current study would be a value to addition to this sphere of research.

3. Objectives

1. To assess the level of nomophobia among B.Sc (N) students.
2. To compare the level of nomophobia among male and female B.Sc (N) students.
3. To associate the demographic variables of the students with their level of nomophobia.

4. Research Methodology

Quantitative approach was used and Research design was Descriptive research design This study was conducted in Mohamed Sathak A.J. College of Nursing. Population of this study includes B.Sc. Nursing Students. The Sample size is 150. Non-probability convenient sampling technique was chosen for the study. Modified nomophobia questionnaire with 5 point scale ranging from strongly disagree to strongly agree was used. It has totally 20 items, each items has 5 options each correct answer carries its own score, which may be varying according to modified nomophobia questionnaires. Minimum score is 20 and maximum score is 100. As the score increases the level of nomophobia also increased. The Tool for the data collection included Demographic variables & Modified Nomo phobia questionnaire . **SCORE INTERPRETATION:-**

1. 1-25 No nomophobia
2. 26-50 Mild nomophobia
3. 51-75 Moderate nomophobia
4. Above 75 Severe nomophobia

5. Data Analysis

The data were analyzed by using descriptive and inferential statistics like Frequency, percentage, mean, standard deviation T-Test and Chi-square test.

Assessment of level of Nomophobia among B.Sc nursing students in MSAJCON.**Table 2: Frequency and percentage distribution of level of Nomophobia among B.Sc Nursing students in MSAJCON.**

S. No	Level of Nomophobia					
	Mild Nomophobia		Moderate Nomo phobia		Severe Nomophobia	
	Number	%	Number	%	Number	%
1.	35	23.3%	98	65.3%	17	11.4%

The above table shows 35 students (23.3%) were having Mild Nomophobia, 98 students (65.3%) were having Moderate Nomophobia and 17 students (11.4%) were having Severe Nomophobia.

Comparison of level of Nomophobia among male and female in B.Sc (N) students.

Gender	Mean	SD	Unpaired 't' value
Male	59.65	7.86	t=0.36 df=148
Female	60.26	13.13	P=0.000

6. Discussion

1. The first objective of the study to assess the level of nomophobia among B.Sc(N) students:
2. In data analysis the table 2 shows that 35 students (23.3%) were having Mild Nomophobia, 98 students (65.3%) were having Moderate Nomophobia and 17 students (11.4%) were having Severe Nomophobia.
3. The second objective of the study to compare the level of nomophobia among male and female B.Sc(N) students:
4. In findings revealed that the table 3 shows there is no comparison between male and female with their level of Nomophobia.
5. The third objective of the study to associate the level of nomophobia with specific demographic variables of B.Sc (N) student:

In Table 4 shows there was a significant association ($p>0.05$) between the demographic variables like age (in year) and income were directly proportionate to level of Nomophobia.

7. Conclusion

The increasing utilization of new technological devices and virtual communication involving personal computers, tablets and mobile phone are causing changes in individuals' behavior and daily habits. Psychiatric proclaims that in the twenty first century mobile phone addiction has become one of the non-drug addictions. Health professionals need to educate the parents and children about mobile usage merits and demerits. Thus by utilizing qualitative approaches study provided greater insight into nomophobia as theoretical construction.

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