

A Study to Assess the Knowledge Regarding Nomophobia and its Prevention Among Nursing Students at Selected Nursing College, Lucknow With a View to Develop an Information Booklet

Shalini¹, Wimmy John²

¹M.Sc (N) Student, Era College of Nursing
²Associate Professor, Era College of Nursing

ABSTRACT

Background:

The present study entitled

“Assess the knowledge regarding Nomophobia and its prevention among nursing students at selected nursing college, Lucknow with a view to develop an information booklet”.

In Today’s Contemporary digital and virtual society, anxiety is the affliction of life. Social media and digital communication have become a part of life. Many things were made easy through online connectivity. The mobile phones not only connect people at anytime, anywhere and with anybody, but also movable and portable. A new addition to the stress list is ‘Nomophobia’, the fear of being out of mobile phone contact. This may cause a number of physical and psychological problems. In nomophobia people, especially teenagers, get very anxious when they lose their mobile phone, run out of battery or credit or due to led network coverage. This study is a preliminary investigation of extent of knowledge regarding nomophobia and its prevention level in a college of nursing where sample were 114 students (B.Sc(N) first and second year students). This study was conducted using a knowledge questionnaire, and information booklets.

Objectives:

- Assess the knowledge regarding Nomophobia and its prevention among the nursing students.
- Associate the level of knowledge regarding Nomophobia and its prevention among nursing students with their selected demographic variables.

Materials and Methods:

Investigators have conducted a Non-experimental descriptive study to assess the knowledge regarding nomophobia and its prevention among nursing student selected nursing college at Lucknow. 114 students were chosen as a sample by non-probability convenient sampling technique and administered self-structured questionnaire on nomophobia to the samples.

Results:

The findings revealed that among the 114 samples 0.0%(0) of responders have adequate knowledge, 75.45(86) of responders have moderate knowledge, and 24.6%(28) of responders have inadequate knowledge. Overall mean scores on knowledge regarding nomophobia and its prevention among nursing students was 12.7 shows moderately knowledge. The correlation coefficient between level of knowledge

regarding nomophobia and its prevention was calculated using Pearson's coefficient formula and it showed positive correlation ($r=0.97$) which was statistically computed.

Interpretation and Conclusion:

The overall findings of the study clearly shows that majority of students were mildly addicted by nomophobia and had adequate knowledge regarding nomophobia and its prevention.

Keywords: Nomophobia, knowledge, nursing college, prevention of nomophobia

INTRODUCTION

“Home is where the heart is, but today, the phone is where the heart is!!!”

-Rachithacabra

Communication is the base of all relationship. Now the accessing of email & internet is on rise to keep in touch with family, friends, business association, administrative needs. Cell phone culture represent many forms of mobility- geographic, social, culture, and economic. It's a complex consumer symbol, representing both desires for independence and for community. The cell phone also shifts girls and women's relationship to the one predominantly male of technology.

Mobile phones have become an essential part of modern human life. They have many attributes which makes them very attractive to both young and old. There has been an increasing trend of use mobile phones among students. Data has now started emerging with respect to the negative physical and psychological consequences of excessive use of mobile phones. New research has shown use of mobile phones leading to development of symptoms suggestive dependence syndrome.(1)

Nomophobia, a form of behavioural addiction towards phones and manifested as symptoms of psychological as well as physical dependency considering the ill effect of chronic use mobile phones. Nomophobia is a term describing a growing fear in today's world the fear of being without a mobile device, or beyond mobile phone contact. Among today high school and college students, its on the rise.(2)

Nomophobia, coined from term “no-mobile-phone-phobia” is the referred fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power. Nomophobia is clearly visible in all those individual that use their cell phone to communicate and keep in touch with their employees, colleagues, friends and family.

TITLE:

Assess the knowledge regarding Nomophobia and its prevention among nursing students at selected nursing college, Lucknow with a view to develop an information booklet.

RESEARCH QUESTION:

Is there any knowledge regarding Nomophobia and its prevention among nursing students at selected nursing college?

BACKGROUND OF THE STUDY:

Nomophobia is no mobile phone that is the fear of being out of contact with one's own mobile phone. In today world, cell phone technology introduces new senses of speed and connectivity to social life. Since the younger generation is the latest consumer of the mobile phone, and the under 21 year age group in professional college like medical colleges use mobile phone quite frequently.

Nomophobia, a form of behavioral addiction towards mobile phones and manifested as symptoms of psychological as well as physical dependency considering the 4 ill effects of chronic use mobile phones, studies usually focused on those somatic effects and thus the psychological dependency rarely been in the study of interest. The present study aimed at examining the pattern of mobile usage among under graduate students and to check whether there exist any difference among them.(2)

NEED FOR THE STUDY:

Nomophobia is a new term, defined the fear of being out of mobile phone contact. People, especially teenagers get very anxious when they lose their mobile phone, run out of battery or credit or due to less network coverage. Those who have Nomophobia never switch off their mobile phones carry their primary phones.

The term Nomophobia was first coined by British researcher in 2008. A recent study conducted in philadelphia found that since 2008, the amount of people who fear of being without a mobile phone has grown to 66%. This number is high compared to a similar study conducted four years ago, where 53% people admitted the phobia. The study also found that 18-24 ages group ranks first in Nomophobia. 11 The same study shows that people on an average check their mobile phones 34 times a day.

the smartphone industry, which had been one of the world's fastest-growing industries recently. its saturated market-610 million phones in use as of 2004-has yet to hit the once projected high of 2 billion phones. to increases sales, suppliers and network operators have put their energies into creating new designs and promoting the use of multimedia features for entertainment, messaging, voice and data access. some 500 million people worldwide use smartphones. clearly, they have decided that the benefits outweigh and risks to their health smartphones are low power radio devices that transmit and receive radio frequency radiation (at frequencies in the microwave range of 900-1800mhz) through an antenna used close to the users head. there is concern that radiofrequency might induce or promote cancer, and the symptoms associated with their use include sleep disturbance, memory problems, headaches and dizziness.(3)

AIM OF THE STUDY:

At the end of the study nursing students will adequate knowledge regarding Nomophobia and its prevention .

STATEMENT OF THE PROBLEM:

A study to assess the knowledge regarding Nomophobia and its prevention among nursing students at selected nursing college, Lucknow with a view to develop an information booklet.

OBJECTIVES:

- Assess the knowledge regarding Nomophobia and its prevention among the nursing students.
- Associate the level of knowledge regarding Nomophobia and its prevention among nursing students with their selected demographic variables.

OPERATIONAL DEFINITIONS:

ASSESS-In this study it refers to the process used to get information regarding knowledge of nursing student in relation to Nomophobia.

KNOWLEDGE-In this study, it refers to the correct responses of nursing student to the questions included in the structured knowledge questionnaire regarding Nomophobia and its prevention.

NOMOPHOBIA-It refers to a psychological syndrome in which there is fear of being out of mobile phone contact, manifested as feelings of anger, tension, depression, arguments, social isolation, lack of concentration and fatigue.

NURSING STUDENTS-In this study it refers to the students studying in 1st and 2nd year B.Sc. Nursing at Era college of Nursing, Lucknow.

VARIABLES:

Demographic variables- Demographic variables are age, gender, family education, monthly income of the family, average duration of mobile phone use per day, awareness about the health hazards of mobile phone, and previous knowledge regarding Nomophobia.

ASSUMPTION:

Nursing students may have some knowledge regarding Nomophobia and its prevention.

HYPOTHESES:

H1:-There is a significant association between the level of knowledge regarding Nomophobia and its prevention among Nursing students and their selected demographic variables at $P \leq 0.05$

DELIMITATION:

- The study will be delimited to:
- Students studying in 1st and 2nd year BSc. Nursing only.
- Students who belong to the age group of 17-26 years only.
- The students who are present during the time of data collection.

SUMMARY

This chapter dealt with background of the study, need of the study, aim of the study, statement of the problem, objectives, operational definitions, variables, assumptions, hypotheses and delimitation of the study.

RESEARCH METHODOLOGY

“Humanity is acquiring all the right technology for wrong reasons”

- *R Buckminster Fuller.*

The research methodology of the investigation is of vital importance. Research methodology involves the systematic procedure by which the research starts from the initial identification of the problem to its conclusion. Methodology gives a description of research design, setting, population, sample & sample size, sampling, data collection procedure and plan for data analysis.

RESEARCH APPROACH

In this study quantitative descriptive research approach was used to assess the knowledge regarding Nomophobia and its prevention among nursing students.

RESEARCH DESIGN

The research design selected for the present study was descriptive research design.

Descriptive research design

According to Aquino descriptive research design is used to describe characteristics of a population or phenomenon being studied.

RESEARCH VARIABLES

Research variables are qualities, attributes, properties or characteristics that are observed or measured in a natural setting without manipulating and establishing cause and effect relationship.

DEMOGRAPHIC VARIABLES

In present study the demographic variables taken in to consideration are age, gender, family education, monthly income of the family, average duration of mobile phone use per day, awareness about the health hazards of mobile phone , and previous knowledge regarding Nomophobia.

RESEARCH SETTING

Setting refers to the area where the study is conducted. It is the physical location and condition in which data collection takes place in study. The study was conducted in Era college of Nursing, which is located in the Sarfarazganj hardoi road, Lucknow. The reason for selecting this setting was the investigator is interest in imparting knowledge to the Era 1st and 2nd year B.Sc. Nursing students who in turn would educate many others.

The present study was be conducted at Era College of Nursing, Lucknow.

POPULATION

Population is defined as the entire set of individual or objects having some common characteristics for a research study.

Target population: The target population of this study will be Nursing students in Era College of Nursing, Lucknow.

Accessible population: The accessible population of the study is 1st and 2nd year B.Sc Nursing students who come under the age of 17-24 years and studying in Era College of Nursing, Lucknow.

SAMPLE AND SAMPLE SIZE

Sample: According to Polit and Hungler,(1995) A sample is small proportion of a population selected for observation and analysis.

Sample in this study refers to the 1st and 2nd year B.Sc. Nursing students who fulfil the inclusion criteria, at Era college of Nursing.

Samples size: 114

SAMPLING TECHNIQUE

Non-probability convenience sampling technique will be used in this study.

CRITERIA FOR SAMPLE COLLECTION

The sample was selected with the following predetermined set of criteria during the period of the study.

- **Inclusion criteria:-**Students who are:

- Studying in 1st and 2nd year B.Sc. Nursing students
- Willing to participate.

SELECTION AND DEVELOPMENT OF INSTRUMENT

A structured questionnaire was prepared to assess the knowledge regarding nomophobia and its prevention. The tool was selected based on the research problem; review of the related literature and with suggestions and guidance of experts in the field of Mental Health Nursing, Psychologist, and Statistician. The tool was prepared on the basis of objectives of the study. The final tool was prepared with guidance and suggestion of the guide.

- Review of literature to provide adequate content area and information.
- Consultation and discussion with expert from Mental Health Nursing, Psychologist, Statistician.
- Reviewing of text books.
- Discussion and consultation with the statistician.
- The final tool was prepared with guidance and suggestion of the guide.

PREPARATION OF BLUE PRINT

The blue print of the structured questionnaire was prepared according to the demographic characteristics, knowledge regarding nomophobia and its prevention. The blue print consists of 30 questions.

TOOLS AND TECHNIQUE

SECTION 1- Demographic Variables:

It deals with demographic variables, which includes age, gender, family education, monthly income of the family, average duration of mobile phone use per day, previous knowledge regarding nomophobia.

SECTION 2-: Structured questionnaire on knowledge regarding Nomophobia.

SCORE INTERPRETATION:

LEVEL OF KNOWLEDGE	SCORE INTERPRETATION	PERCENTAGE
INADEQUATE KNOWLEDGE	Less than 10 scores	Less than 33%
MODERATE ADEQUATE KNOWLEDGE	11–20 scores	33% TO 66%
ADEQUATE KNOWLEDGE	21–30 scores	66TO 100%

ALGORITHM OF DATA COLLECTION PROCEDURE

Objective and purpose of research project explained to study sample



Written informed consent taken



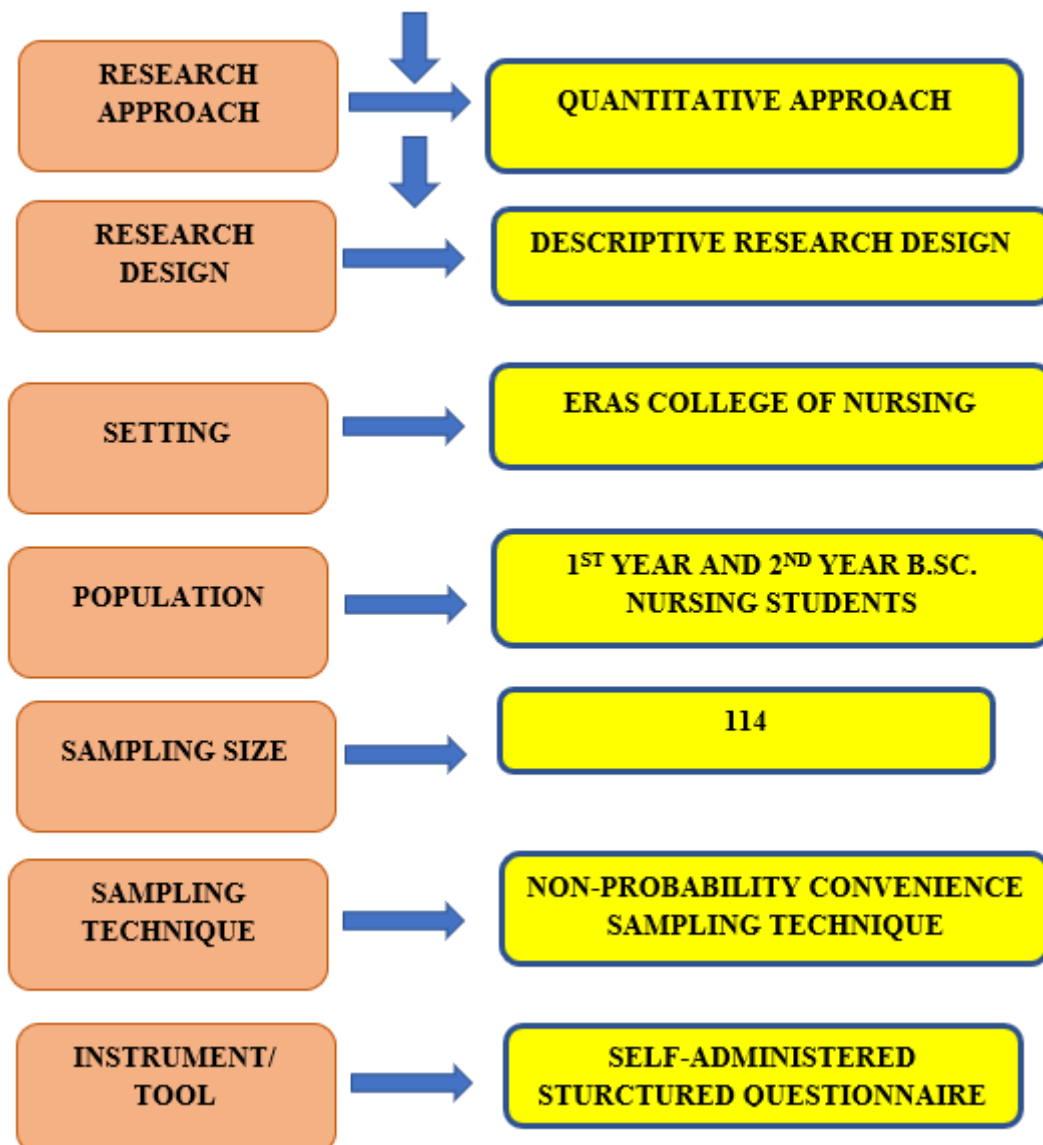
Tool was administered for collection of socio-demographic and nomophobia test



Structured knowledge questionnaire



PLAN FOR DATA ANALYSIS



DATA ANALYSIS AND INTERPRETATION

This chapter deals with the analysis and interpretation of data collected to assess the knowledge regarding nomophobia and its prevention. The purpose of this analysis is to reduce the data to a manageable and interpretable form so that the research problems can be tested.

The analysis and interpretation of data of this study are based on data collected through structured questionnaire for nursing students (N=114). The results were computed using descriptive and inferential statistics based on the following objectives.

Objectives of the study:

1. Assess the knowledge regarding nomophobia and its prevention among the nursing students.
2. Associate the level of knowledge regarding nomophobia and its prevention among nursing students with their selected demographic variables.

ORGANIZATION OF DATA:

The collected data were analyzed and interpreted under the following headings:-

SECTION 1: Description of socio-demographic variables.

SECTION 2: Assessment of the level of knowledge regarding nomophobia and its prevention.

SECTION 3: Association of the level of knowledge score among nursing students with their selected demographic variables.

SECTION-1

DESCRIPTION OF SOCIO-DEMOGRAPHIC VARIABLES

TABLE-1: Table showing Frequency and percentage distribution of samples according to socio-demographic variables.

SL.NO	Demographic data	Category	Frequency	Percentage(%)
1	Age	17-18	16	14.05
		19-20	56	49.12
		21-22	24	21.05
		23-24	18	15.78
2	Religion	Hindu	74	64.92
		Muslim	28	24.56
		Christian	6	5.26
		Other	6	5.26
3	Types of family	Joint family	42	36.84
		Nuclear family	64	56.14
		Extended family	8	7.02
4	Education of father	No formal education	10	8.78
		Primary education	18	15.78
		Intermediate	28	24.56
		Graduation or above	58	50.88
5	Occupation of father	Government	35	30.70
		Private	34	29.82

		Self employed	39	34.22
		Specified	6	5.26
6	Education of mother	No formal education	16	14.04
		Primary education	23	20.18
		Intermediate	37	32.45
		Graduation or above	38	33.33
7	Occupation of mother	Government	9	7.90
		Private	7	6.14
		Self employed	7	6.14
		House wife	91	79.82
8	Family's Monthly income (in rupees)	Below Rs. 5000	16	14.04
		Rs. 5001-10,000	20	17.54
		Rs. 10,001-20,000	26	22.80
		Above Rs. 20,000	52	45.62
9	Residential status	Day scholar	84	73.68
		Hostler	30	26.32
10	Previous knowledge regarding Nomophobia	Yes	54	47.36
		No	60	52.64
11	source of information	Friends and relatives	14	12.28
		Mass media	16	14.03
		Self reading	8	7.02
		Academics	16	14.03
		No	60	52.64

SECTION-2

KNOWLEDGE ASSESSMENT REGARDING NOMOPHOBIA AND ITS PREVENTION

TABLE - Table showing the level of knowledge regarding nomophobia and its prevention

CRITERIA MEASURE OF KNOWLEDGE SCORE		
LEVEL OF SCORES N= 114	PERCENTAGE	FREQUENCY
ADEQUATE KNOWLEDGE.(21-30)	0.0%	0
MODERATE KNOWLEDGE.(11-20)	75.4%	86
INADEQUATE KNOWLEDGE.(0-10)	24.6%	28

This section deals with the findings related to the association between score and selected demographic variables. The chi-square test was used to determine the association between the score levels and selected demographic variables.

DEMOGRAPHIC DATA		LEVELS (N=114)			ASSOCIATION WITH KNOWLEDGE SCORE				
Variables	Opts	ADE	MOD	INAD	Chi Test	P Value	df	Table Value	Result
Age	17-18 years	0	17	1	6.585	0.086	3	7.815	Not Significant
	19-20 years	0	42	12					
	21-22 years	0	15	9					
	23-24 years	0	12	6					
Gender	Male	0	0	0		N.A			
	Female	0	86	28					
Religion	Hindu	0	61	18	1.531	0.675	3	7.815	Not Significant
	Muslim	0	19	9					
	Christian	0	5	1					
	Other	0	1	0					
Type of family	Joint family	0	27	17	8.079	0.018	2	5.991	Significant
	Nuclear family	0	56	11					
	Extended family	0	3	0					
Education of father	No formal education	0	6	3	3.251	0.355	3	7.815	Not Significant
	Primary education	0	11	7					
	Intermediate	0	23	5					
	Graduation or above	0	46	13					
Occupation of father	Government	0	23	12	3.511	0.319	3	7.815	Not Significant
	Private	0	26	7					
	Self employed	0	33	9					
	Specified	0	4	0					
Education of mother	No formal education	0	10	6	12.180	0.007	3	7.815	Significant
	Primary education	0	12	11					
	Intermediate	0	32	5					
	Graduation or above	0	32	6					
Occupation of mother	Government	0	8	1	4.212	0.239	3	7.815	Not Significant
	Private	0	4	3					
	Self employed	0	6	0					
	House wife	0	68	24					
Family monthly income	Below Rs. 5000	0	11	2	8.651	0.034	3	7.815	Significant
	Rs. 5001-10,000	0	10	10					

	Rs. 10,001-20,000	0	22	6					
	Above Rs. 20,000	0	43	10					
Residential status	Day scholar	0	66	19	0.880	0.348	1	3.841	Not Significant
	Hostler	0	20	9					
Previous knowledge	Yes	0	40	14	0.103	0.748	1	3.841	Not Significant
	No	0	46	14					
Sources of information	Friends and relatives	0	13	8	5.492	0.240	4	9.488	Not Significant
	Mass media	0	8	0					
	Self reading	0	12	3					
	Academics	0	8	4					
	No	0	45	13					

Table No: Frequency Distribution of Demographic variables.

Variables	Category	Percentage(%)	Frequency(f)
Age	17-18 years	15.8%	18
	19-20 years	47.4%	54
	21-22 years	21.1%	24
	23-24 years	15.8%	18
Gender	Male	0.0%	0
	Female	100.0%	114
Religion	Hindu	69.3%	79
	Muslim	24.6%	28
	Christian	5.3%	6
	Other	0.9%	1
Type of family	Joint family	38.6%	44
	Nuclear family	58.8%	67
	Extended family	2.6%	3
Education of father	No formal education	7.9%	9
	Primary education	15.8%	18
	Intermediate	24.6%	28
	Graduation or above	51.8%	59
Occupation of father	Government	30.7%	35
	Private	28.9%	33
	Self employed	36.8%	42
	Specified	3.5%	4
Education of mother	No formal education	14.0%	16
	Primary education	20.2%	23
	Intermediate	32.5%	37

	Graduation or above	33.3%	38
Occupation of mother	Government	7.9%	9
	Private	6.1%	7
	Self employed	5.3%	6
	House wife	80.7%	92
Family monthly income	Below Rs. 5000	11.4%	13
	Rs. 5001-10,000	17.5%	20
	Rs. 10,001-20,000	24.6%	28
	Above Rs. 20,000	46.5%	53
Residential status	Day scholar	74.6%	85
	Hostler	25.4%	29
Previous knowledge	Yes	47.4%	54
	No	52.6%	60
Sources of information	Friends and relatives	18.4%	21
	Mass media	7.0%	8
	Self-reading	13.2%	15
	Academics	10.5%	12
	No	50.9%	58

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