

A Study to Assess the Levels of Nomophobia Among Nursing Students At Selected College in Coimbatore

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Abstract

Aim and Objective: To assess the level of nomophobia among nursing students at selected college, Coimbatore.

Materials and Methods: The research design adopted for the present study was a Descriptive non experimental research design study adopted to the study that is to assess the level of Nomophobia experienced between B.SC nursing students at selected college in, Coimbatore. who filled the inclusion and exclusion criteria. Random convenient sampling technique was used to select the samples. Descriptive and inferential statistics was adapted to assess the the effectiveness of wellness reset package among selected nursing students as the level of academic stress to using modified standardized nomophobia questionnaire using participants of the selected nursing students

Results: Analysis of data revealed that the level of nomophobia 6 students were in none level (10%), 12 students were in mild level (20%), 32 students were moderate level (53%), 10 students were in severe level (17%).

Conclusion: The study shows that the modified standardized nomophobia questionnaire to assess the level of nomophobia students in this study is association with age, sex, duration of mobile usage in nursing students, in selected college

Keywords: Nomophobia, level, assess.

INTRODUCTION

Technology a word has become the talk of nation computers, mobile phones are example of technology. Using a new technology is science or knowledge put into practical use to solve problems or invent useful tools. The modern people are using the new technologies in their easing life; mobile phones become a massive part of our lives.

The phobia due to technological advancement is also called **TECHNOPHOBIA**. Youngsters are the most influential group for using social networking, results they become the slave of technology instead of its mastery. The DSM V is introduced the Nomophobia is affecting mental status of the mobile phone users a gold standard manual for assessing psychiatric diseases.

The term of Nomophobia is, defined as the fear of being out of contact with mobile phone.who are all using mobile phones especially adults and teenagers are get very worried about when lose their mobile phone, run out of battery, lack of balance or 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.

Who are all having the nomophobia will also carry an extra mobile phone as a precaution when their primary phone breaks. If someone is watching their message the individual get angry it will make family problems some time they black mail their parents . They will worry about their phones security and will not be able to focus on their regular works.

Statement of the problem

A study to assess the level of nomophobia among nursing students at selected college, Coimbatore.

Objectives of the study

1. To assess the level of Nomophobia among Nursing students
2. To find out the association between level of nomophobia with selected demographic variables

II Materials and Methods

A descriptive study was adopted to assess the level of nomophobia among 60 nursing students at selected college in, Coimbatore. who filled the inclusion and exclusion criteria. Random convenient sampling technique was used to select the samples. The dependent variable of this study nursing students was . The study was conducted at Ganga College of Nursing, Coimbatore. The study sample includes Nursing students studying in Ganga College of Nursing. The sample size consisted of 60 from selected college, in Coimbatore.

The tool consisted of two parts i.e., data collection tool and modified standardized nomophobia questioner tool. The data collection tool consists of two sections. **Section A** consists of demographic variables and **Section B** modified standardized nomophobia questioner is used to analyze the level of nomophobia among nursing students.

Ethical consideration

Ethical approval was obtained from the Institutional Ethics Review Board and formal approval was obtained from the management of Ganga College of Nursing Coimbatore to conduct the study in the nursing college. The researcher has followed fundamental ethical principles like the right to freedom from harm and discomfort, respect for human dignity. The researcher gave full freedom to the participant to decide voluntarily whether to participate in the study or to withdraw from the study and the right to ask questions at any time during the course of the study. Class hours were not disturbed for the students as the study conducted after the chief hours. The investigator has maintained the study participants privacy throughout study.

Statistical Analysis

The Data from the proforma were entered in Microsoft excel 2016 and analyzed using Statistical Package for Social Sciences (SPSS) version 17.0. Descriptive statistical was used to describe the

demographic variables. Mean \pm SD were used to summarize the total modified AHPS score. The association was analysed by chi square test with selected demographic variables.

Table 1: Frequency and percentage distribution of demographic variables of Nomophobia .

N = 60

Demographic Variables	Frequency	Percentage (%)
Age in years		
18-20	33	55
20-22	27	45
Sex		
Male	20	67
Female	40	33
Duration of mobile usage		
3 years	54	90
Above 3 years	6	10

Table 2: Frequency and percentage distribution of level of Nomophobia among selected nursing students.

N = 60

S.No	Score	Frequency	Percentage
1	None	6	10 %
2	Mild	12	20 %
3	Moderate	32	53 %
4	Severe	10	17 %

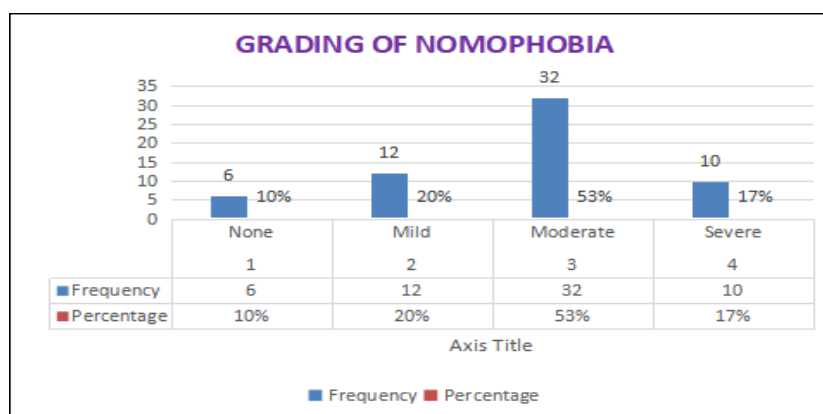


FIGURE 1: GRADINING OF NOMOPHOBIA

IV Discussion

The researcher has made an attempt to assess the level of nomophobia among the nursing students. This descriptive study to assess the level of nomophobia the nursing students was evaluated by using modified standardized nomophobia questionnaire grading scores. 60 nursing students were taken from GNM nursing.

1. To assess the level of Nomophobia among Nursing students It was found the level of nomophobia 6 students were in none level (**10%**), 12 students were in mild level (**20%**), 32 students were moderate level (**53%**), 10 students were in severe level (**17%**). . The research findings of the present study substantiate that the effect of modified standarized nomophobia questionair scale is effective for assessing the level of nmophobia to the students. It found that mean score was 56%.
2. There is significant association between level of nomophobia with selected demographic variables such as age, duration of mobile usage at 0.05level of significant. There is no significant association between level of nomophobia with selected demographic variables suchas gender.

Limitations

- The study sample only belongs to the students studying in Ganga institute of health sciences.
- The samples were selected as per the convenience of the researcher.
- The study was conducted for GNM students only.

V Conclusion

The study shows that the modified standarzied nomophobia questioneir is effective to assess the level of mobile useage. The study shows that the modified standarzied nomophobia questioneir to assess the level of nomophobia students in this study is association with age, sex, duration of mobile usage in nursing students, in selected college

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