



Mobile Dependence in Students

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ABSTRACT

Introduction: The mobile phone is among the technological tools with the greatest presence in the market. In last few years, it has gone from being almost non-existent to being the device most used by people. This study involves the assessment of dependence on the mobile phone in the first year M. Sc. Nursing students.

Objective: To assess the mobile phone dependence among the first year M.Sc. Nursing students of selected colleges.

Research question: What is the level of mobile phone dependence among first year M. Sc nursing students?

Methodology: A quantitative non experimental descriptive method was adopted for the present study. Study was conducted on first year M.Sc. Nursing students of selected colleges. The study samples size was 25 first year M.Sc. Nursing students of selected colleges. Non probability purposive sampling technique was used.

Result and Conclusion: In this study Mobile dependence score divided into three categories that is mild 20-47, moderate 48-74 and severe 75-100 and findings shows that 64% students have mild dependence, 28% of students have moderate dependence and 8% of students have severe dependence.

KEYWORDS

Assessment, Mobile Phone, Dependence, Students

INTRODUCTION

‘If your plans don’t include mobile, your plans are not finished¹.’

-- Wendy Clark

The mobile phone is a modern-day invention, which has managed to reach many parts of the world enabling telecommunications across areas where it was not possible before. Although these devices have proved to be lifesaving in certain circumstances and helped improve the quality of life in some sectors, concerns continue to be raised about potential adverse health impacts associated with their use².

Some people may confuse habitual use of such technology as an addictive behaviour. For instance, some people may consider themselves mobile phone addicts because

they never go out of their house without their phone, never turn off their phones, always expecting call from their friends or family and over utilize phone in their work and social life. If a person is using some applications that involve cost and spends more money on it and mobile bills are being paid by parents or they might be an indicator of mobile dependence³.

It is difficult to determine at what point mobile phone use becomes an addiction. Researchers suggest the necessity of longitudinal studies to check if the perception of problematic use of mobile phone still exists over time.

BACKGROUND OF THE STUDY:



According to a study by scientists from the Karolinska Institute and Uppsala University in Sweden and from Wayne State University in Michigan, using a cell phone before bed can cause insomnia. The study indicates that during laboratory exposure to 884 MHz wireless signals that is radiation received by the user, components of sleep, believed to be important for recovery from daily wear and tear are adversely affected⁴.

People can become addicted to pretty much anything. While teens are far more likely to become addicted to their cell phone, they will become adults and that addiction may still be unresolved.

NEED FOR THE STUDY:

Today in modern trend there is widely using mobile for internet and social network applications like What's app and Facebook etc. by the people. Students are associated with chronic use of mobile. Being Mental Health Nurse felt that these students are vulnerable and need to be identify mobile phone dependence.

In an article by Michael Hulme in the Computer Weekly, there has been growing evidence of an increased dependency on mobiles - not just in practical terms, but in an emotional sense. Mobile phone technology enables users to freely experiment with the identity they want to

portray to their audience. People see their phone as a reflection of themselves and their status; they use it to communicate how they are feeling and to improve their everyday experience of life. People rely on the memory function of their mobiles rather than their own memories. The effect of mobile phone usage on the nature and behaviour of the user can be classified as listed-Self-centered Empathy, anxiety, distraction and recreation, courage, obsessive- compulsive use⁵.

PROBLEM STATEMENT:

“Assessment of mobile phone dependence among the first year M. Sc. nursing student of selected colleges”

OBJECTIVES OF STUDY:

To assess the mobile phone dependence among the first year M.Sc. Nursing students of selected colleges.

RESEARCH METHODOLOGY:

This chapter deals with the methodology selected by the investigator to the study the research problem. The research approach is exploratory descriptive research approach. Quantitative non-experimental descriptive exploratory research design. The study setting was Sinhgad college of nursing Pune, Sample was the first



yearM.scnursing students. Sample size 25first yearM.sc nursing students and

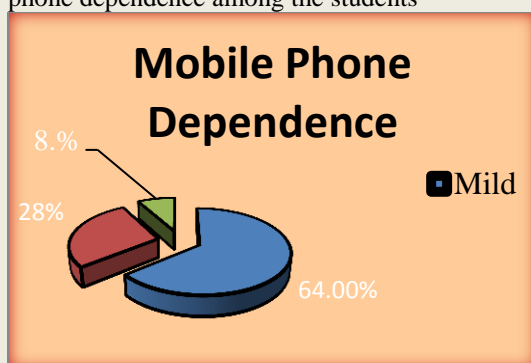
sampling technique is Non probability purposive sampling.

RESULTS

Table 1.1 Analysis of the data related to Mobile phone dependence among the students

N = 25		
Perception	Frequency	Percentage
Mild dependence (Score 20 - 47)	16	64.0%
Moderate dependence (Score 48 - 74)	7	28.0%
Severe dependence (Score 75 - 100)	2	8.0%

Fig. 1.1 Analysis of the data related to Mobile phone dependence among the students



severe mobile phone dependence (score 75-100).

Table 1.1 and Figure 1.1 shows that, 64% of the student have mild dependence (score 20-47), 28% of the students have moderate dependence (score 48-74) and 08% have severe mobile phone dependence (score 75-100).

CONCLUSION

Continued research in this area could be helpful to determine and provide enough evidence to identify the presence of Mobile dependence. This study shows that, 64% of the student have mild dependence (score 20-47), 28% of the students have moderate dependence (score 48-74) and 08% have



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