



A Study to Assess the Knowledge Regarding Nomophobia among the Nursing College Students of Selected Nursing Colleges of Gandhinagar

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ABSTRACT

Abstract: Investigators have conducted a descriptive study to assess the knowledge regarding nomophobia among selected nursing collegestudents at Gandhinagar, Gujarat. Sixty students were chosen as a sample by simple Random Sampling Technique and administered Self-structured questionnaires on nomophobia to the samples. Among them 21.66% (13) of responders have poor knowledge, 75% (45) of responders have average knowledge and 3.33% (2) of responder have good knowledge.

Conclusion: These study findings demonstrate utility in both conflicts and problem solving. It provides a more comprehensive understanding of relation between conflicts, which arise among first line nurse managers, and their effect on them when using problem solving strategy management

KEYWORDS

Nomophobia, Knowledge, Nursing Colleges



INTRODUCTION

A descriptive research design was used in the study to assess knowledge regarding nomophobia among the nursing college students. The investigator adopted simple Random Sampling Technique to select the samples. With this methods investigator selected 60 samples from selected nursing colleges at Gandhinagar.

Investigator prepares questionnaires on nomophobia.

This tool is divided in to two sections:

Section I

Demographic variables:

- Age
- Gender
- Education
- Information about Nomophobia
- Hours of use Mobile phone
- Types of Phone

Section II

Self-structured questionnaires regarding nomophobia

- 1) Introduction
- 2) Risk Factor /Causes
- 3) Sign and Symptoms
- 4) Treatment

OBJECTIVES OF THE STUDY

1. To assess the knowledge of nomophobia among the students of selected nursing collegesat Gandhinagar.
2. To find out the association amongthe selected demographic variable.

MAJOR FINDINGS OF THE STUDY



Descriptive and inferential statistics methods were used to analyze the data. The collected data were analyzed and the findings were 21.66% (13) of responders have poor knowledge, 75% (45) of responders have an average knowledge and 3.33% (2) of responder have good knowledge on nomophobia.

The Association between Knowledge among Selected Demographic Variable was found out through Chi Square test. The Chi Square test value is 1.006 and p value is 5.99. Which is significant no relation among demographic variables.

BACKGROUND OF THE STUDY

Nomophobia “defined as fear of being without your phone” is an emerging problem of the modern era in India. Nomophobia was coined during a 2010 study by the UK post-office YOGOV, a research organization found that in the UK, there were as many as 53% people who would get anxious when they lost their mobile phone, ran out of battery or talk time balance the figures may be big in the UK.

In Indore cross-sectional study was conducted amongst 200 M.B.B.S. Students M.G.M. medical college. The result was 106 (53%) male and 94 (47%) females overall, 18.5% students were found to be nomophobia. In general based observation 19% males and 18% females were found to be nomophobes..

NEED FOR THE STUDY

A descriptive study was conducted to investigate the psychological factors influencing mobile phone use, explore general level of mobile phone use and to assess the symptoms of addiction. The sample consisted of 946 youths selected by snow ball sampling technique. The data were collected through a focused group discussion comprising a series of focusing statements and open-ended questions. The study findings revealed that, SMS was the most common form of communication among youth. There was significant positive correlation (0.23 - 0.27) found between level of use and withdrawal, loss of control and salience. The most accepted sign of addiction was withdrawal or feeling lost when without their phone, (M=4.16, SD=2.00). The salience was measured by checking the phone as the first thing in the morning, as the next sign of addiction (M=3.57, SD=1.97). Thus, it was concluded that, half of the members felt that it was difficult to control their mobile phone use, (M=2.61, SD=1.63), so the study suggested that based



on uses and gratifications theory, people can use technology which gratify social and psychological needs

OPERATIONAL DEFINITIONS

- 1) **Nomophobia:** - “It is a psychological fear in which discomfort and anxiety caused by losing or non-availability of mobile phone”.
- 2) **College Students:** - An institutionsfor vocational, technical or professional instruction as in a nursing often a part of university.
- 3) **Knowledge:** - “It refers to response of students on questionnaires regarding nomophobia evident from knowledge test score”.

DATA COLLECTION

Formal permission was taken from concerned authorities of nursing colleges Gandhinagar. The investigator collected data from selected nursing collage of Gandhinagar. The investigators approached the sample individually, discussed the objectives of the study and obtained consent for participation in the study.

Table 1.1 Analysis and interpretation of the general data of the samples

Sr. No.	Demographic variable	Categories	Frequency	Percentage
1	Age of the students	17-18	6	10
2		19-20	49	81.66
3		21-22	5	8.33
4		23-24	0	0
1	Gender	Male	7	11.66
2		Female	53	88.33
1	Information regarding nomophobia	Yes	18	30
2		No	42	70
1	Hours of use Mobile Phone	5	55	91.66
2		7	2	3.33
3		9	2	3.33
4		11	1	1.66



1	Type	Smart Phone	59	98.33
2		Simple Phone	1	1.66

SECTION: II

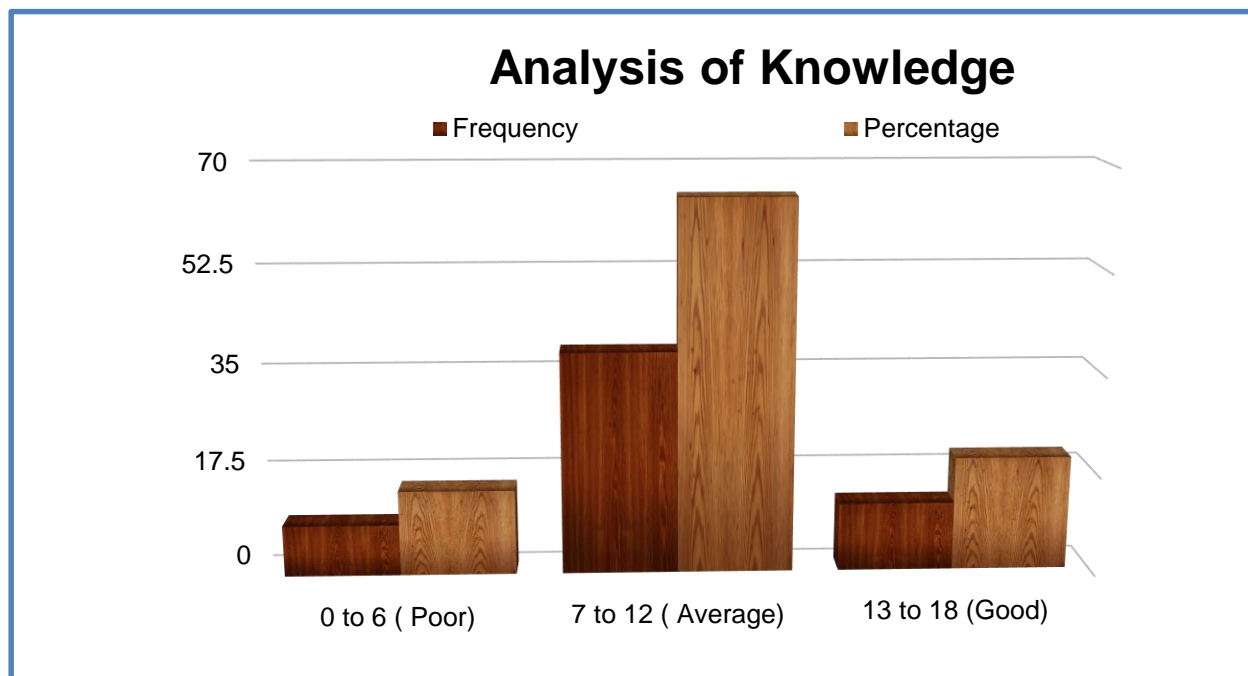


Fig 1 Analysis of Knowledge Level among College Student Regarding Nomophobia

CONCLUSION

The present study assess the knowledge regarding nomophobia among nursing college students and result proved that the assumption made by researchers was nearly correct as students have average level of knowledge.



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