



AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF MANAGEMENT OF ANXIETY DUE TO NOMOPHOBIA BY PRANIC PSYCHOTHERAPY AS COMPLIMENTARY THERAPY AMONG THE B.SC(N) STUDENTS IN SELECTED COLLEGE OF NURSING, C.G.

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ABSTRACT

Objectives: This study undertaken with the objectives to assess the level of anxiety among the B.Sc (N) student, to evaluate the effectiveness of Pranic Psychotherapy on anxiety management due to Nomophobia among the B.Sc. Nursing Students in a selected College of Nursing and to find out the association in Pre-test level of anxiety with socio-demographic variables. **Results:-** Data Shows that, in Pre-Test 05 (12.5%) found to be mild and 21(52.5%) found to be moderate whereas 14(35%) were having severe anxiety due to Nomophobia. After administration pre-Test Pranic Psychotherapy was administrated over a period of one month and Post-Test conducted. Post- Test data shows that 17(42.5%) found to be mild and 19(47.5%) found to be moderate and rest 04(10%) having the severe anxiety. **Conclusion:-** The Pranic psychotherapy significantly reduced the level of anxiety among the B.Sc. (N) student.

KEYWORDS : Assesment, Nomophobia, Pranic Psychotherapy

INTRODUCTION:-

With the advancement of technology, there is a lot of invention for making life more and more luxurious. The uses of mobile phones in each and every aspect in life makes it one of the most important and essential component in human's life. Mobile phone has become integrated part of everyone life. Nowadays, technology features grow very fast and no deny that human activities cannot be separated from the needs of technology, for example Mobile Phone (MP). Miserable thing that happened is most of people are now starting to ignore the real life and moved to gadget world. The existence of MP surely provides many positive things, such as human can easily connected with anyone in anyplace as the wish. Other than the positive impact, Mobile Phone can produce many serious negative impacts. The wrong thing is not in the Mobile Phone, but the user that uses Mobile Phone. There has been an increasing trend of use of mobile phones that creates the dependency on the use of mobile phones. This issue is then known as Nomophobia (no-mobile-phobia) which is related to discomfort, anxiety, nervousness or anguish which is usually caused by being out of contact with a mobile phone. Many previous studies proved that nomophobia produces many negative psychological impacts.

The impacts are anxiety and panic disorder, withdrawal symptoms, social relationship disorder, sleep disorder, behavioral disorder, low self-esteem and self-efficacy, impulsiveness, and aggression. One another factor causing higher prevalence of nomophobia in India is that India is the second largest market of mobile phones after the China. The approximately telecom user is around 884.37 million as reported by the telecom company

Development And Description Of Thetool:

For this study Nomophobic questionnaires and Dr. Mithailal Gupta Anxiety scl was used to determine the Nomophobic tendency and Level of anxiety among the participants.

Scoring:

Table-1 Scoring key for Nompphobia an Category of Anxiety Level.

NMP-Q	CATEGORY	PROBLEM ANXIETY SCALE
NMP-Q SCORE= 20	ABSENT	
21 < NMP-Q SCORE < 60	Mild	12 and Below
60 < NMP-Q SCORE < 100	Moderate	13-22
100 < NMP-Q SCORE < 140	Severe	23 and above

Research Methodology:-

Research design adopted for the study is Pre experimental

design (one group Pre-test and Post-test). The sampling techniques used for present study is Non-Probability Purposive sampling method for selection of 40 no of sample.

RESULTS

1. Distribution of B.Sc. (N) Students According to Pre-Test level of Anxiety **N=40**

Sl no	Level of anxiety	Frequency	Percentage
1	Mild	05	12.5
2	Moderate	21	52.5
3	Severe	14	35

2. Distribution of B.Sc. (N) Students According to Post-Test Test level of Anxiety **N=40**

Sl no	Level of anxiety	Frequency	Percentage
1	Mild	17	42.5
2	Moderate	19	47.5
3	Severe	04	10

3. Evaluate the Effectiveness of Pranic Psychotherapy:- **N=40**

Sl no	Level of anxiety	Pre-test		Post test		t-Test Calculated
		F	%	F	%	
1	Mild	05	12.5	17	42.5	value 3.45
2	Moderate	21	52.5	19	47.5	T value:-
3	Severe	14	35	04	10	2.750

t > t 0.05 level of significance. So research Hypothesis is accepted.

4. Association between Pre-Test anxiety level with socio-demographic variables

Demog raphic Variabl es	Total		Mild		Modera te		severe		Calcu lated Value	Table Value	Infe renc e
	F	%	F	%	F	%	F	%			
1) Age of Year											
19	16	40	1	6.25	10	62.5	5	31.25	6.8	12.59	NS
20	13	32.5	2	15.38	4	30.76	7	53.84			
21	7	17.5	1	14.28	4	57.14	2	28.57			
22	4	10	0	0	1	25	3	75			
2) Gender											
Male	9	22.5	3	33.33	3	33.33	3	33.33	6.99	5.99	HS
Female	31	77.5	1	3.22	16	51.61	14	45.16			
3) Type of Mobile use											

Android	34	85	3	8.82	18	52.94	13	38.23	3.22	12.59	NS
i-phone	1	2.5	0	0	0	0	1	100			
Black berry	0	0	0	0	0	0	0	0			
others	5	12.5	1	20	1	20	3	60			
4)AVG.Time/ Day											
4-5 hours	33	82.5	4	12.12	15	45.45	14	42.42	1.04	12.59	NS
5-6 hours	5	12.5	0	0	3	60	2	40			
6-7 hours	0	0	0	0	0	0	0	0			
>7 hours	2	5	0	0	1	50	1	50			
5)Place of living											
Hostel	21	52.5	1	4.76	9	42.85	11	52.38	5.85	5.99	NS
Day Scholar	19	47.5	3	15.78	10	52.63	6	31.57			
6)Types of family											
Joints	12	30	2	16.66	4	33.33	6	50	5.21	7.81	NS
Nuclear	24	60	1	4076	12	57.14	11	45.83			
Extended	4	10	1	25	3	75	0	0			
7)Education of the parents											
Illiterate	3	7.5	1	33.33	1	33.33	1	33.33	10.33	15.51	Ns
Primary	8	20	0	0	2	25	6	75			
Secondary	10	25	1	10	4	40	5	50			
Graduate	16	40	1	6025	11	68.75	4	25			
Graduate & above	3	7.5	1	33.33	1	33.33	1	33.33			
8) Occupation of the parents											
Agriculture	17	42.5	5	29.41	10	58.52	2	11.76	4.57	12.59	NS
PVTJob	9	22.5	0	0	7	77.77	2	22.22			
Govt.Job	11	27.5	2	18.18	7	63.63	2	18.18			
Business	3	7.5	0	0	2	66.66	1	33.33			
9) AVG.Monthly Income											
below 10K	14	35	3	21.42	4	28.57	7	50	9.67	15.51	NS
10K-20K	13	32.5	0	0	7	53.84	6	46.15			
20K-30K	8	20	0	0	5	62.5	3	37.5			
30K-40K	3	7.5	0	0	2	66.66	1	33.33			
Above 40K	2	5	1	50	1	50	0	0			
10) Living area											
Urban	17	42.5	1	5.88	6	35.29	10	58.82	3.18	5.99	NS
Rural	23	57.5	3	13.04	13	56.52	7	30.43			

NS:- Not Significant, S:- Significant

CONCLUSION:-

The Pranic Psychotherapy significantly reduced the level of anxiety due to Nomophobia among the B.Sc. Nursing Student. Analysis of data showed that there was significant difference between pre-test and post-test anxiety level. This study could help in brining awareness among the studnets about the nomophobia and management of anxiety.

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