



NOMOPHOBIC BEHAVIOUR AMONG YOUNG ADULTS

Nursing

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ABSTRACT

Background: Telecommunications has been revealed as one of the rapidly spreading media on the planet, encouraging an emergent "mobile culture" in younger generation. A mobile phone has made life easier by making and receiving telephone calls over a radio link to the farthest places of the world. Nomophobia is No Mobile Phone Phobia - the fear of being without a mobile device or beyond mobile phone contact. There is a growing interest in nomophobia, which is defined as the fear of being out of cellular phone contact, or "feelings of discomfort or anxiety experienced by individuals when they are unable to use their mobile phones or utilize the affordances these devices provide". Growing smartphone usage among Global and Indian college students has resulted in considerable issues of "nomophobia" or feelings of discomfort or anxiety experienced by individuals whenever unable to use their smart phones. This significantly impacts their health, work, and study. **Aim/ Objective:** To Assess the nomophobia behavior among smart phone user young adults. **Method:** Exploratory descriptive survey was conducted using SPAI scale among 115 young adults. **Results:** Out of 115 subjects, 21.2% were mildly nomophobic, 42.2% were moderately nomophobic and 12% were severely nomophobic. The data is indicative of nomophobia to be an emerging problem of the modern era.

KEYWORDS

INTRODUCTION

Mobile phones were seen as a gadget for communication..Their benefits are incomparable but, they have some negative effects too. Nomophobia literally means fear of being out of mobile phone contact. Nomophobia, which is a neologism derived from the combination of "no mobile," "phone," and "phobia" is considered to be a modern situational phobia and indicates a fear of feeling disconnected. Seoul Metropolitan Office of Education surveyed the habit of using internet of middle school and high school students in March, 2013. As the results, 6.51% of the total number of Smartphone users used the phone excessively. Among them, 4,585 students (1.81%) were risky users; they couldn't do school work properly, interpersonal relationship and feel psychological anxiety and loneliness without using Smartphone. This study was undertaken to find out the prevalence of nomophobia behavior among young adults studying in colleges.

PROBLEM STATEMENT:

A descriptive study to assess the nomophobia behavior with smart phone usage among young adults from selected colleges.

OBJECTIVE: To Assess the nomophobia behavior among smart phone user young adults.

ASUMPTION: Nomophobia may be present in young adults using Smartphone

RESEARCH APPROACH: Quantitative Exploratory

RESEARCH DESIGN: Exploratory Survey Design

VARIABLES: **Dependant variable:** Nomophobic behaviour,
Independent variable: Smart phone.

SAMPLE & SAMPLING TECHNIQUE: Sample for the study consist of 115 young adults and technique was convenient sampling.

INCLUSION CRITERIA:

- Young adults who are willing to participate
- Young adults in the age group of 16-21 years from selected colleges of metropolitan city.

TOOL AND TECHNIQUE:

- Tool 1: demographic data was collected using semi structured questionnaire
- Tool 2: modified five point likert scale based on SPAI (Smart phone addiction inventory) for assessing Smartphone addiction.

METHOD:

The survey was conducted in selected colleges of the metropolitan city. The permissions from colleges and written informed consent was obtained from subjects. The data was collected using semi structured

questionnaire and smart phone addiction was assessed by using modified five point likert scale based on SPAI.

RESULTS AND ANALYSIS

Out of the total population 24% belonged to the age group of 19-21 years, while 76% of the population belonged to the age group of 17-18 years. Out of the 115 subjects, 31 % were males and 69 % females. 56% of the subjects belonged to nuclear family. Out of the total population 93.3% were students and 24.4% were studying and working part time Majority (74%) of the students spent Rupees 300-500 per month on mobile recharge. 30% subjects were not involved in any physical activities. 63.3% subjects experienced moderate stress. 6% of the population experienced high level of stress in their day to day activity. Out of the total population 97% did not have any ill health habits, while 3% of the population were into smoking. Out of 115 subjects, 21.2% were mildly nomophobic, 42.2% were moderately nomophobic and 36.6% were severely nomophobic. About 23% students felt they lose concentration and become stressed when they do not have their mobile around. The pattern of usage of mobile phone among young adults showed alarming indication that students have been addicted to mobile phone which in turn affect their academic performance in a negative way. It would be useful to advise the students about the controlled as well as proper usage of mobile phone.

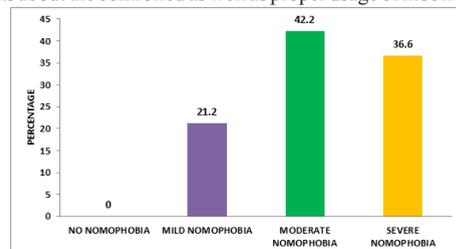


Figure 1: Distribution of subjects according to their nomophobic behavior

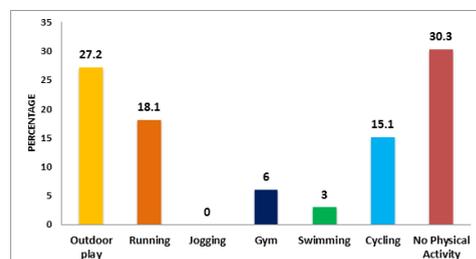


Figure 2: Distribution of Subjects According to Their Physical Activity

DISCUSSION

The result in this study are similar to A descriptive cross-sectional study was conducted amongst 554 students of D. J. College of Dental Sciences and Research through a self-administered questionnaire to collect the data regarding the usage and associated anxiety with mobile phone. About 39.5% students agreed that they score low marks in professional exams if they spend more time on phone. The number of students who frequently checked their cell phone during their classes or while doing clinical work were 24.7% . A total of 24.12% of the students were found to be nomophobic and at risk of being nomophobes were 40.97%.

CONCLUSION

This study will help to incorporate or identify module for assessing nomophobic behaviour among different categories of population. It will help researchers to take corrective action based on the revealed causes contributing to nomophobia. It will help to collaborate with agencies like NGO , Self help group and community agencies to join hands in order to fight against this social health problems. This study is suggestive of mobile phone dependence among young adults. The data is indicative of nomophobia to be an emerging problem of the modern era.

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