

Nomophobia: Recent and Rising Trend in Students

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ABSTRACT

Nomophobia is a term describing a growing fear in today's world — the fear of being without a mobile device, or beyond mobile phone contact. Among today's high school and college students, it's on the rise. An increasing number of college students now shower with their cell phone. The average adolescent would rather lose a pinky-finger than a cell phone. A research organization found that in the UK, there were as many as 53 % people who would get anxious when they lost their mobile phones, ran out of battery or talk time balance, or wouldn't have coverage. The figures may be big in the UK, but psychiatrists in India say they are battling with a similar scenario. Objective: To assess the level of nomophobia among students & To find an association between demographic variables & level of nomophobia among students. Methodology: A descriptive research design was adopted for this study. Convenient sampling was used to select the samples. Samples: Total 100 students in the age group of 19 to 22 years studying in college were selected. Modified behaviour scales were used to assess the level of nomophobia among students. Results: In this study overall highest percentage in the demographic data including the Age 55% (18 – 20 years), Gender 54 % (Male) , duration of smart phone usage 27 % (3 year to <4 year), Hours of using smart phone 36 % (greater than 5 hours), purpose of using smartphone 90% (checking social media), frequency of using smartphone 20% (every 20 minutes), Number of selfies taken 50% (once in a month), Number of applications in mobile phone 38% (between 10 to 20 applications), Types of applications used most 94% (social media applications), Situation of using smartphone 84% (when they're bored). The mean scores of nomophobia was 91.15. In assessment of nomophobia among students, highest percentage (51 %) of students were having moderate nomophobia whereas at least (2%) of students were having absence of nomophobia. The categories mild nomophobia & severe nomophobia were having 8% & 39 % of students. The study showed that there was no association between the level of nomophobia and the selected socio-demographic variables like age, year of study , duration of smart phone usage , hours of smart phone usage , purposes for smart phone usage , frequency of smart phone usage , number of application in smart phone usage , purposes of using mobile applications & situation for using smart phone. Only the gender & frequency of taking selfie was having significant association with level of nomophobia at 0.05 level. Conclusion: Prevalence of nomophobia among students was 91.15% and majority had moderate level of nomophobia.

KEYWORDS: Assess, nomophobia, student.

INTRODUCTION:

“I fear the day that technology will suppress our human interaction. The world will have a generation of idiots.”

-Albert Einstein

Our personal life is highly dependent on the technology that people have developed. Technology has advanced with years & it has changed the way we purchase products, the way we live, the way we communicate, the way we learn & so many changes have been brought about by these continuous technological advancements.¹

As people's demands & lifestyle changes, the demand for advancing the type of technology we use is high. Almost everything we use has been innovated to better standards, a good example is the “MOBILE PHONE”. The type of mobile phone we had in 1995 are no longer on demand in this century, the demands of mobile phone users have changed greatly & this has resulted in the advancement of mobile phone technologies.²

The mobile phone is one of the greatest inventions in 20th century. We can't imagine how our life without the mobile phone is. It is an obvious truth that mobile phone gives us benefits in some aspects of life. Using mobile phone distributes our communication to make it easier than before. Besides a mobile phone can provide us with a lot of functions like relaxing with music, chatting or playing games. However, today people especially young people are becoming addicted to using mobile phone, They can't stay away from their phones, even for a minute.³

Due to the increasing demand and decreasing cost, dependency of mobile phone is raising worldwide.⁴ In 2018, 2.53 billion smartphones have been in use worldwide, and the number is increasing day by day.⁵ According to the Telecom Regulatory Authority of India, 1186.8 million (Total Indian population is 1339.2 million) subscribers use mobile phone in June 2017.⁶ India, after China, is the second largest mobile phone market in the world. The Telecom Regulatory Authority of India (TRAI) reported that there were 884.37 million mobile connections in India as of November, while China had 963.68 million..⁷

It is said that “Too much for anything is good for nothing”. Every coin has two sides, like that if mobile phone has given us many features & functions then surely it has given us impairments & malfunctions. Yes, impairment in physical, social & psychological domains.

Mobile phones of nowadays are controlling the younger generation. In their life, it has become a part like human body. Just totally addicted to it. The excessive use of cell phone causes teens & young adults to experience restlessness & it can make them feel difficult to fall sleep.⁸

For the poor condition of today's generation, researchers has given a new term to define their situation that is "NOMOPHOBIA" (NO+MOBILE+PHONE+PHOBIA) which means a fear of without being using mobile phone and refers to anxiety, discomfort, and nervousness. .The term was created by Yougov, a research organization based in the United Kingdom. In a 2008 study, researchers reported that 53% of mobile users felt anxious when they were unable to use their mobile phones and over half of users never shut their phones off. Subsequent studies have found that the numbers have increased since then. The incidence of nomophobia is increasing day by day.⁹

NMP is considered the disorder of the 21st century.¹⁰ A study conducted at West Bengal in India among medical and engineering students had shown that 42.6% of medical students and 44.6% of engineering students are nomophobic.¹¹

NMP has been affecting the mental status of smartphone users and it is diagnosed as a mental disorder.¹² A study showed that musculoskeletal problems termed text neck syndrome and text thumb are associated with smartphone users.¹³ Sharma *et al.* concluded that 75% of medical students had NMP and, when they are unable to access mobile phone, they experienced panic attack.¹⁴

OBJECTIVES:

- To assess the level of nomophobia among students.
- To find an association between demographic variables & level of nomophobia among students.

MATERIAL & METHODS:

Research Approach: Quantitative Survey approach

Research Design: - Descriptive cross-sectional research design

Research Setting : Selected College, Bardoli ,Surat.

Population : Students of 19-22 age group

Sample : Students of 19-22 age group studying in selected college of Bardoli , Surat

Sample size : 100

Sampling technique : convenient sampling technique

Inclusive criteria:

- Students who are able to read and write English.
- Students who belong to age group of 19 – 22 years.

Exclusive criteria:

- Students who are not available at the data collection.
- Students who are not willing to participate in study.

Description of Tool:

Section A: This section is the first section seeking information on demographic background of students. i.e. , demographic variables are age , gender, duration of smart phone usage , hours of smart phone usage , purposes for smart phone usage , frequency of smart phone usage , number of application in smart phone usage , frequency of taking selfie , purposes of using mobile applications & situation for using smart phone.

Section B: This section deals with modified nomophobia scale consist of 1 to 20 questions. It tries to assess the level of nomophobia among students.

DATA ANALYSIS:-

The statistical analysis was made on the basis of objectives. The collected data will be organized, tabulated and analyzed by using descriptive statistics. Descriptive statistics: - mean, SD and frequency will be used for analysis of demographic data & level of selfitis & level of nomophobia among students. Inferential statistics: - Chi Square test will be used for association of socio demographic variables & level of selfitis as well as level of nomophobia.

Table 1 Frequency and percentage distribution of samples based on demographic variables (n=100)

Sample Characteristics	F	%
Age		
18-20	55	55%
20-22	42	42%
22 Above	3	3%
Gender		
Male	54	54%
Female	46	46%
Duration Of Smartphone Use		
<1 Year	5	5%
1 Year To<2 Year	15	15%
2 Year To<3 Year	13	13%
3 Year To<4 Year	27	27%
4 Year To<5 Year	13	13%
5 Year Or More	27	27%
Hours Of Using Smart Phone		
1-2 Hour	15	15%
2-4 Hour	26	26%
3-5 Hour	23	23%
>5 Hour	36	36%
Purposes Of Smartphone Usage		
Checking Email	84	84 %
Checking Lecture Notes	64	64%
Checking Social Media	90	90%
Gaming	61	61 %
Getting News	56	56 %
Looking Up Information	65	65%
Listening Music	83	83 %
Frequency Of Smart Phone Usage		
Every 5 Minutes	11	11%
Every 10 Minutes	15	15%
Every 20 Minutes	20	20%
Every 30 Minutes	9	9%
Every 1 Hour	17	17%
Every 2 Hour	11	11%
Every 3 Hour	13	13%
Others	4	4%
Frequency Of Taking Selfie		
Everyday	11	11%
Once In Week	39	39%
Once In Month	50	50%
Number Of Application		
Less Than 10 Apps	30	30%
10 - 20 Apps	38	38%
20 - 30 Apps	12	12%
More Than 30 Apps	20	20%
Usages Of Smart Phone's Application		
Social Apps	94	94%
Entertainment Apps	86	86%
Gaming Apps	56	56%
Banking Apps	29	29%
Travel Apps	39	39%
Educational Apps	46	46%
Lifestyle Apps	46	46%
Business Apps	44	44%
Situations For Smartphone Usage		
At Dinner Time	30	30%
Between Class	57	57%
During Class	36	36%
In The Rest Room	47	47%
On Public Transportation	70	70%
While Driving	16	16%
When I M Alone	62	62%
When I M Bored	84	84%
While Hanging Out With Friends	38	38%

While Walking	37	37%
While Waiting For Someone	75	75%
While Watching Tv	50	50%

Data presented on table 1 shows that overall highest percentage in the demographic data including the Age 55% (18 – 20 years), Gender 54 % (Male) , duration of smart phone usage 27 % (3 year to <4 year),Hours of using smart phone 36 % (greater than 5 hours),purpose of using smartphone 90%(checking social media),frequency of using smartphone 20%(every 20 minutes), Number of selfies taken 50%(once in a month),Number of applications in mobile phone 38%(between 10 to 20 applications),Types of applications used most 94%(social media applications),Situation of using smartphone 84%(when they're bored).

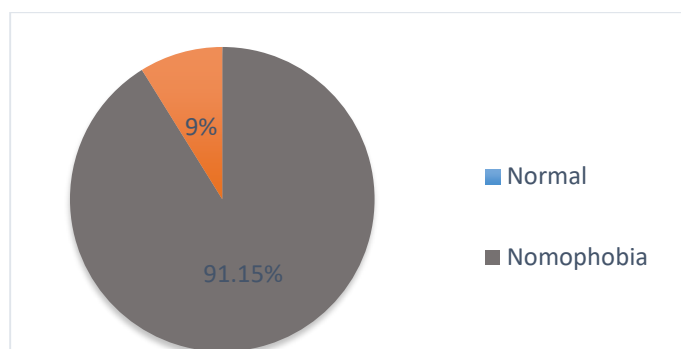


Figure 1:Prevalence of nomophobia

Data represented from fig 1 indicates that 91.15% of students are nomophobes, where as only 9 % of students are non-nomophobes.

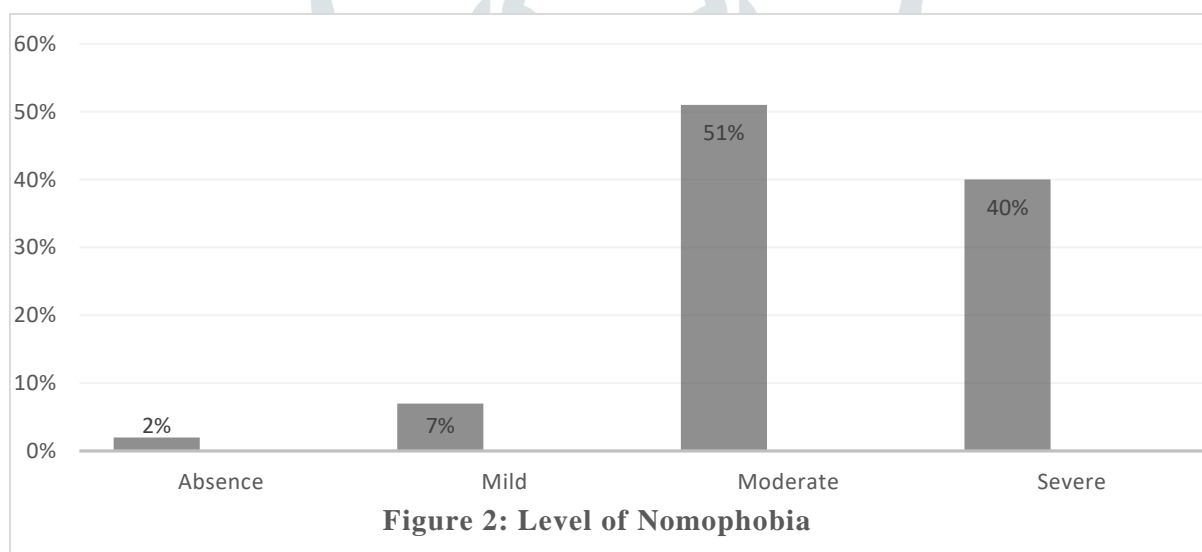


Figure 2: Level of Nomophobia

Data presented from fig 2 indicate majority (51%) students suffer from moderate level of nomophobia, (40%) experience severe level of nomophobia,(7%) students suffer from mild level of nomophobia only 2% students have absence of nomophobia.

Table 2: Association between level of nomophobia and selected socio demographic variables.

CHARACTERISTICS	Chi square	Table Value	Significant
Gender	8.535	7.815	Significant
How Often You Take Selfies	13.423	12.59	Significant

Table 2 reveals that there is significant association between level of nomophobia and gender and number of taking selfies.

DISCUSSION:

Ashwini S Dongre, Ismail F Inamdar, Pragat L Gattani(2017) conducted a study to assess the nomophobia. The study result showed that most of the subjects were in the age group of 16 – 20 years. The prevalence of nomophobia in the study was 68.92%. A higher proportion of males (82.91%) were dependent on mobile phone compared to females (31.25%).

Madhusudan M, Sudarshan B P, at all(2017) conducted study to assess the nomophobia and its determinants among the students of a medical college in Kerala. The study result showed that The prevalence of nomophobia was 97%.

Soumitra Sethia, Veena Melwani, at all (2016) conducted study to assess the degree of nomophobia among the undergraduate students of a medical college in Bhopal. The study results showed that The study was conducted on a total of 473 students undergraduate MBBS students. The percentage of female participants was 51.6%. Majority (56.1%) of participants belonged to age group of 20-22 years. 291 (61.5%) were having moderate, 6.1% having severe nomophobia and only one participant was not suffering from nomophobia.

CONCLUSION:

The present study concludes that majority of students have moderate level of nomophobia. there is significant association between level of nomophobia and gender, frequency of taking selfies. The data is indicative of nomophobia to be an emerging problem of the modern era. Further studies are required to analyse the existing problem to facilitate the steps to be taken to handle the emerging problem of nomophobia.

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