"A study to assess the prevalence of nomophobia and its level of impact on academic performances of junior college students among selected colleges in Loni Bk."

Mr. Pratik Gunjal, MSc Nursing, SSEVP CON, Pravara Institute of Medical Sciences Loni Bk.
Dr. Rajendra Lamkhede, Principal, SSEVP CON, Pravara Institute of Medical Sciences Loni Bk.
Mr. Swapnil Tambe Associate Professor, SSEVP CON, Pravara Institute of Medical Sciences Loni Bk.
Mr. Akshay Parkhre Assistant Professor, SSEVP CON, Pravara Institute of Medical Sciences Loni Bk.

ABSTRACT

Background: From the times of pigeons, letters, Morse codes, telegraphs and telephones, communication has been an integral part of human social life Building relations, expression of emotions, sharing of thoughts, knowledge of current happenings etc. have been essential forms of interaction amidst our fast-paced life. It is difficult to say mobile phone use as problematic like addictions to alcohol, drugs or gambling. Almost every people have a mobile phone and use it regularly, but there are people who can't take their dinner without texting or furiously typing on a personal digital assistant during a meeting. These types or users become anxious when they are separated from the phone, they can't enjoy whatever they are doing without their mobile phones and they often check their phones for voice mails and text messages. this study was conducted to assess prevalence's of nomophobia and its impact on academic performances of junior college students.

Material and Methods: The sample consisted of 250 junior college students in selected colleges. Sampling technique used for the current study was non-probability convenient sampling. The level of prevalence's was assessed by self-structured modified nomophobia scale and its impact on academic performances was assessed by using self-structured checklist. The results were analyzed by descriptive and inferential statistics (frequency, percentage, mean, SD, chi square analysis). **Results:** The demographic findings of critical care setting staff nurses concluded that, majority of the junior college students 115(46%) were of 15 years of age, 136(54%) samples were female,115(45%) were in the 11th Std, educational status of father117(47%)were completed with secondary education, 182(73%) were residing in rural area, 142(56%) were having two mobiles at home, 98(39%) were using mobile from one year, their reason of using mobile where majority 93(36%) were using for social networking sites. The prevalence's of nomophobia among junior college students among selected colleges which concludes that in the majority 142(57%) were having moderate nomophobia, 92(37%) were having mild nomophobia, 16(6%) were having severe nomophobia and no one was having no

nomophobia. The level of impact of nomophobia on academic performances among junior college students among selected colleges which concludes that in the majority 188(75%) were having moderate impact, 42(17%) were having mild impact and 20(8%) were having severe impact of using mobile on academic performances. There was a positive correlation between level nomophobia and impact of nomophobia on academic performances among junior college students. There was no any significant association between prevalence's of nomophobia and impact of nomophobia on academic performances among junior college students with selected demographic variables

Conclusion: The study findings have shown that the there was high prevalence's of nomophobia and majority of the junior college students were having moderate nomophobia whereas there was a positive correlation between nomophobia and its impact on academic performances as majority of the students were presented with moderate impact on academic performances. An educational programmed is essential to minimize the prevalence's of nomophobia among junior college students.

Keywords: assess, prevalence's, nomophobia, impact, junior college students.

CHAPTER: I
INTRODUCTION

Today, technology has become an irreplaceable part of our lives. Technological inventions have been carried out by people in casing their life to be more flexible and reasonable in order to be able to overcome upcoming challenges and compatible to theglobe.[1]

Technology has helped in the growth and development of the mankind as a whole with technologies in our hands, the environments are totally mixed, the limits clearly established are now totally broken. As a result, one can see not only the positive effects, but the negative ones as well in the lives of most people. Today, we can see in the doctors and psychologists‟ offices a new demand of patients presenting specific characteristics, such as the "technological dependents", that also need treatment Nevertheless, we do not have as yet a traced profile related to this population, in order to define an efficient model for treatment, preparing us as professionals of the Mental Health segment for this type of consultation.[2]

From the times of pigeons, letters, Morse codes, telegraphs and telephones, communication has been an integral part of human social life Building relations, expression of emotions, sharing of thoughts, knowledge of current happenings etc. have been essential forms of interaction amidst our fast-paced life. Marching along with the digitally transforming world, today we live in an era of wireless communication. As soon as the Smartphone set its foot into the garden of electronic gadgets, it exerted its spell on the conscious and intelligent part of human brain.[3]

In the last 20 years, worldwide mobile phone subscriptions have grown from 12.4 million to over 5.6 billion, penetrating about 70% of the global population. Its usage has also become an important public health problem as there have been reports of plenty of health

hazards, both mental and physical, in people of all age groups. On 31 May 2011 the World Health Organization confirmed that cell phone use indeed represents a health means, and classified mobile phone radiation as a carcinogenic hazard, possibly Carcinogenic to humans.[4]

Mobile phone because of the ever availability and its mobility application has created a dramatic interest for youth in comparison with other communication technologies and has also provided the communication status from everywhere or in every time and people can also be online all the time, responsive and available with (short message system), while chatting needs facilities like computer, internet-connection and interaction of two persons that one may not be online at the same time. Addiction to internet and new communication al tools as a health problem has recently been considered as h mental disorder.[5]

The Orissa government (September 16 2008) announced that it has banned the use of mobile phones in college campus. The mobile phones are found to be a disturbing element in college campus. Therefore, we have banned it in the campus, said higher education minister Samir Dey, adding that the order would be implemented in both Government and nongovernment Colleges cross the state, In the first instance of its kind in the country, Gujarat Government has banned use of mobile phones in schools and colleges, saying it was affecting educational activities in the institutes.[6]

It is difficult to say mobile phone use as problematic like addictions to alcohol, drugs or gambling. Almost every people have a mobile phone and use it regularly, but there are people who can't take their dinner without texting or furiously typing on a personal digital assistant during a meeting. These types or users become anxious when they are separated from the phone, they can't enjoy whatever they are doing without their mobile phones and they often check their phones for voice mails and text messages.[7]

This type of behaviour may lead to nomophobia. Phobia is defined as an irrational fear. In an effort to reduce the intense anxiety attached to phobic objects and Situations, people do their best to avoid the feared stimuli. Common types of phobias are social phobia, specific phobia and agoraphobia. In specific phobia, persistent, irrational fears are provoked by specific stimuli e.g., fear of height-acrophobia, fear of dogs- cynophobia.[8]

Therefore, Nomophobia is a "specific phobia" is the fear of being out of mobile phone contact. People, especially teenagers get very anxious when they lose their mobile phone, run out of buttery or credit or due to less network coverage.[9]

The case report by King et al. (2010), considered one of the first research studies on nomophobia, describes nomophobia as a 21st century disorder connected with new technologies. The researchers define nomophobia as a condition denoting "discomfort or anxiety when out of mobile phone or computer contact. It is the fear of becoming technologically incommunicable distant from the mobile phone or not connected to theWeb.[10]

Statement of the Problem:

"A study to assess the prevalence of nomophobia and its level of impact on academic performances of junior college students among selected colleges in Loni Bk."

OBJECTIVES OF THE STUDY:

1. To assess level of prevalence's of nomophobia among college students
2. To assess level of impact of nomophobia on academic performances among college students.
3. To find out correlation between prevalence's of nomophobia and level of impact of nomophobia on academic performances among college students.
4. To determine association between prevalence's of nomophobia among college students with selected demographic variables.
5. To determine association between impact of nomophobia on academic performances with selected demographic variables.

HYPOTHESIS:

- **H1:** There will be significant correlation between prevalence's of nomophobia and impact of nomophobia on academic performances among junior college students.
- **H01:** There will be no significant correlation between prevalence's of nomophobia and impact of nomophobia on academic performances among junior college students.
- **H2:** There will be a significant association between prevalence's of nomophobia among junior college students with their selected demographical variables.
- **H02:** There will be no significant association between prevalence's of nomophobia among junior college students with their selected demographical variables.
- **H3:** There will be a significant association between level of impact of nomophobia on academic performances among junior college students with their selected demographical variables.
- **H03:** There will be no significant association between level of impact of nomophobia on academic performances among junior college students with their selected demographical variables.

CHAPTER III
METHODOLOGY

Research Design: The research design selected for the study is descriptive research design

Variables:

Demographic Variables: Demographical variables: age, gender, educational level, father's educational status, residential area, no. of mobile phone using, for how many years using mobile phone and most frequent reason for using mobile phone.

Setting of the Study: This current study was conducted in Padmashree Dr. Vittalrao Vikhe Patil Vidyalaya, Loni and PVP junior college Pravaranagar-Loni.".

Population: The target population for the study was the college students studying in the Padmashree Dr. Vittalrao Vikhe Patil Vidyalaya, Loni and PVP junior college Pravaranagar-Loni.

Sample: In current study samples were the junior college students studying in the Padmashree Dr. Vittalrao Vikhe Patil Vidyalaya, Loni and PVP junior college Pravaranagar-Loni.

Sample Size: In current study sample size was 250 the junior college students studying in the Padmashree Dr. Vittalrao Vikhe Patil Vidyalaya, Loni and PVP junior college Pravaranagar-Loni.

Sampling Technique:A non-probability convenience sampling technique was used for the study.

Criteria for Sample Selection

Inclusion Criteria

Junior college students. In selected colleges who are:

1. Able to write and understands English and Marathi.
2. Willing to participate.
3. Available during time of data collection.
4. Between the age group of 14-18years
5. Provide written informed consent for study participation.

Exclusion criteria

Junior college students. In selected colleges who are:

1. Not as mart phone/mobile phone user.
2. Not interested in participation.
3. Want to with draw from the study at any point of time.

Description of the Tool:

The tool consisted of two parts; The level of prevalence's was assessed by self-structured modified nomophobia scale and its impact on academic performances was assessed by using self-structured checklist. The results were analyzed by descriptive and inferential statistics (frequency, percentage, mean, SD, chi square analysis).

Reliability

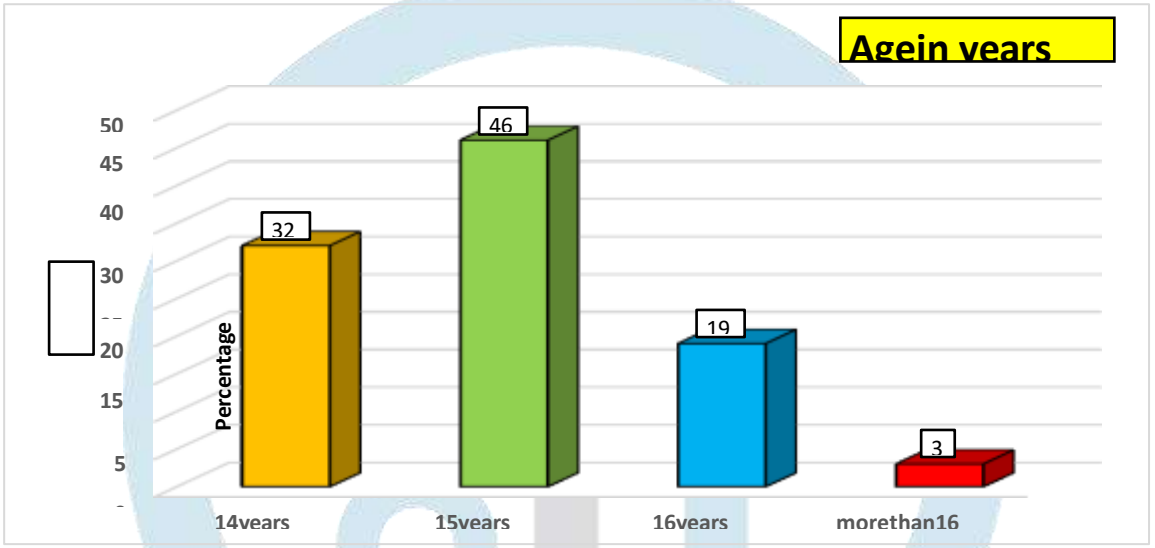
There liability was assessed by using test-retest method and the obtained reliability score was 0.71.Hence it was highly reliable and the tool was used in this study.

Data Collection Procedure:

A permission for conduction of the study was obtained from the principal of the nursing college,departmental head of community health nursing, block-development officer/THO, principal of the respected junior colleges. The participants under the study were introduced about the nature and purpose of the study and an informed consent were obtained from the subjects.

CHAPTER: IV
ANALYSISANDINTERPRETATIN

Section: I Distributionofsocio-demographicvariablesofjuniorcollege students



FigureNo2:Bardiagramshowingpercentagewisedistributionof samples according to age.

The above fig no 2 shows the distribution of junior college students according to their age where majority of the 115(46%) were of 15 years of age, 81(32%) were of 14 years of age, 48(19%) were of 16 years of age and 6(3%) were more than 16 years of age.

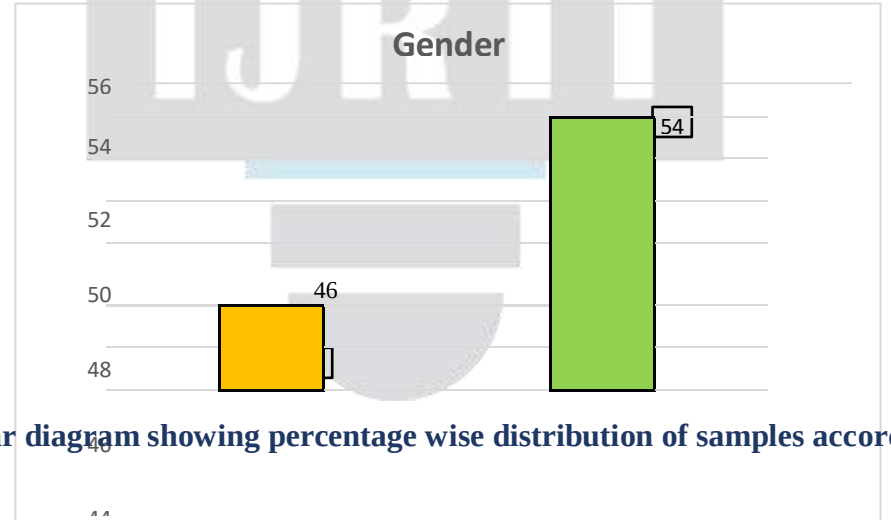
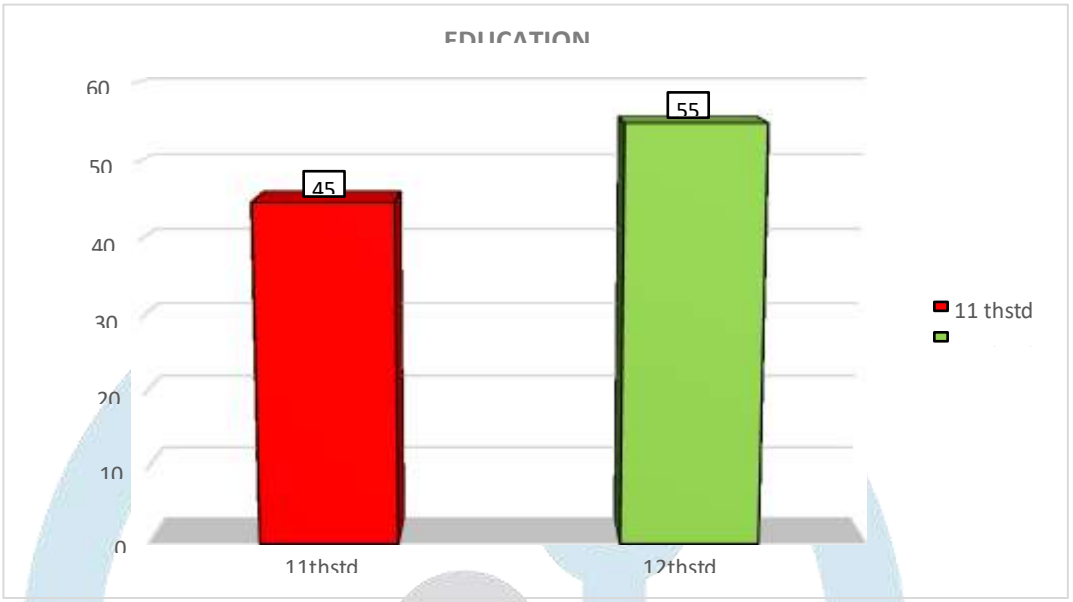


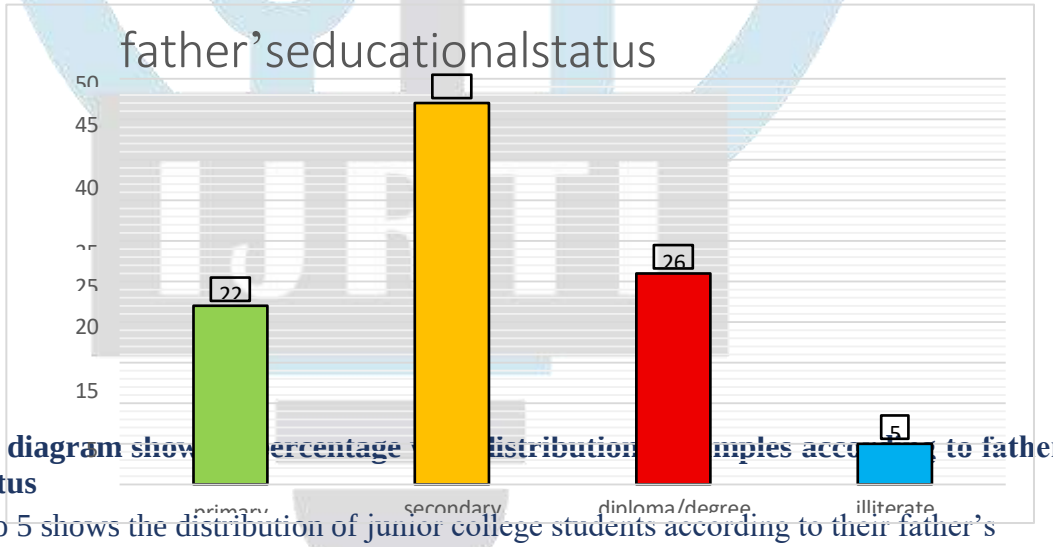
Figure No 3: Bar diagram showing percentage wise distribution of samples according to gender

The above fig no 3 shows the distribution of junior college students according to their gender where majority 136(54%) samples were female and 114(46%) were male.



FigureNo4: Bar diagram showing percentage wise distribution of samples according to educational status.

The above fig no 4 shows the distribution of junior college students according to their educational status where majority 115(45%) were in the 11th Std and 135(55%) were in the 12thstd.



FigureNo5:Bar diagram showing percentage wise distribution of samples according to fathers' educational status

The above fig no 5 shows the distribution of junior college students according to their father's educational status where majority 117(47%) were completed with secondary education, 66(26%) were completed with their diploma and degree, 52(22%) were completed with primary education and 15(5%) were illiterate.

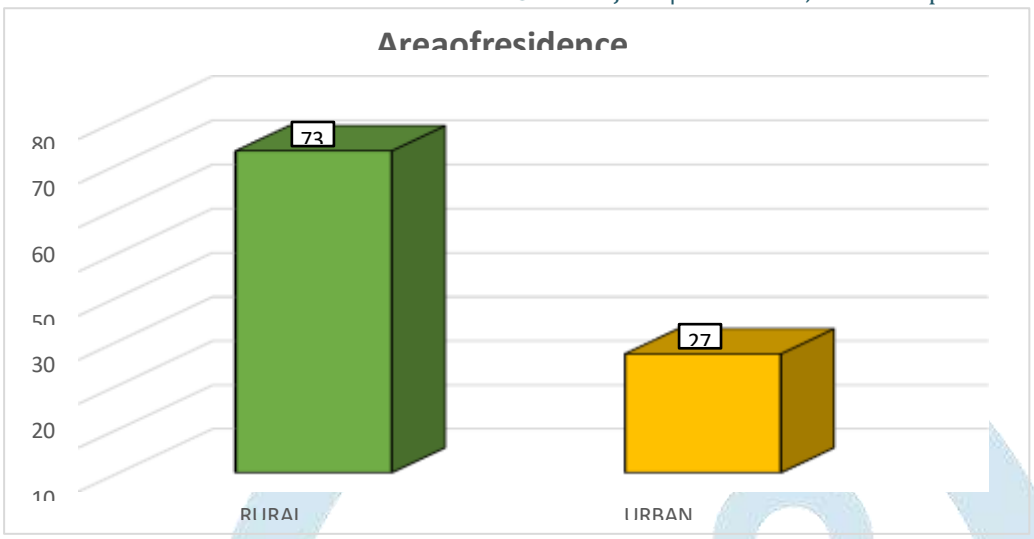
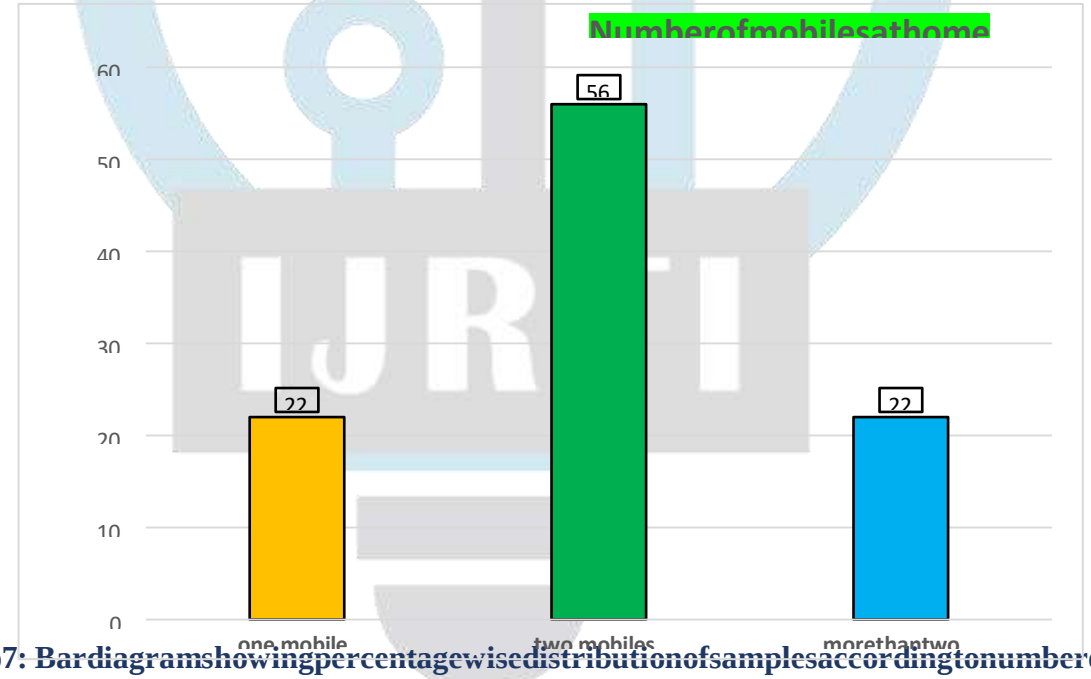


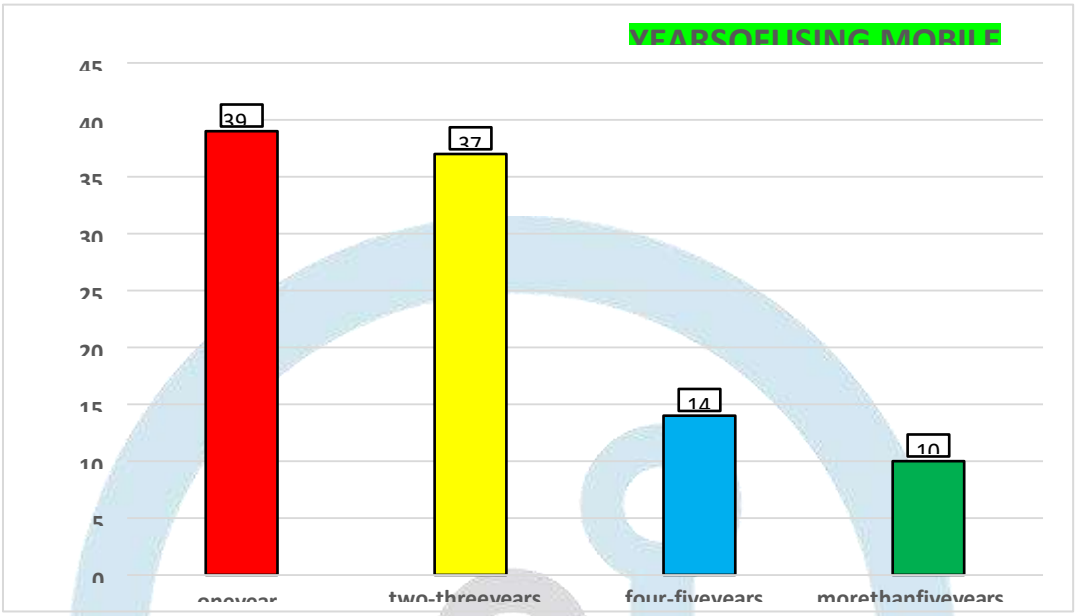
Figure No 6:Bar diagram showing percentage wise distribution of samples according to area of residence

The above fig no 6 shows the distribution of junior college students according to their area of residence where majority 182(73%) were residing in rural area and 68(27%) were residing in urban area.



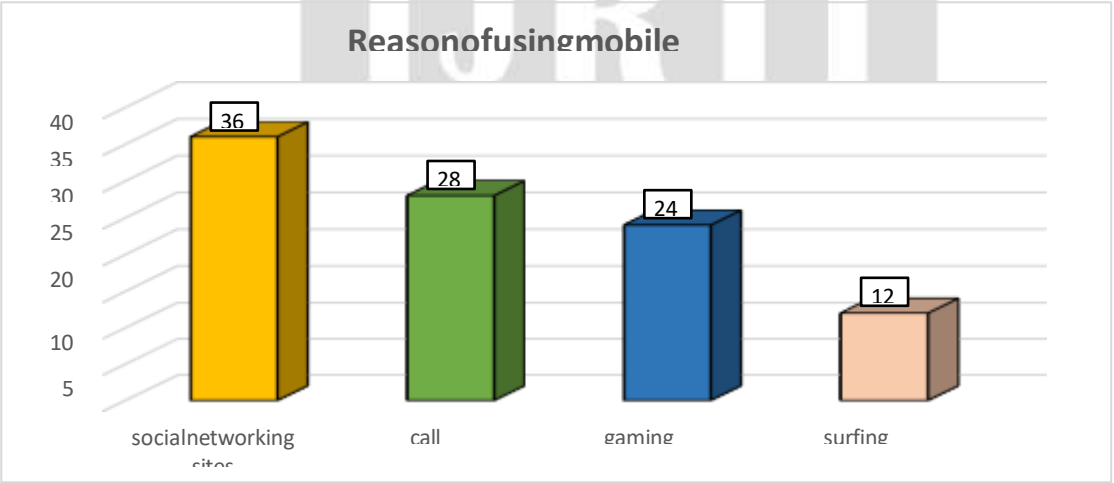
FigureNo7: Bardiagramshowingpercentagewisedistributionofsamplesaccordingtonumberof mobiles at home

The above fig no 7 shows the distribution of junior college students according to their number of mobiles at home where majority 142(56%) were having two mobiles at home, 54(22%) were having one mobile at home and 54(22%) were having more than two mobiles at home.



FigureNo8:Bardiagramshowingpercentagewisedistributionof samples according years of using mobile.

The above fig no 8 shows the distribution of junior college students according to theiryears of using mobile where majority 98(39%) were using mobile from one year, 93(37%) were using mobile from 2-3 years, 35(14%) were using mobile from 4-5 years and 24(10%) were using mobile from more than 5 years.



FigureNo9:Bar diagram showing percentage wise distribution of samples according to their reason of using mobile

The above fig no 9 shows the distribution of junior college students according to their reason of using mobile where majority 93(36%) were using for social networking sites, 68(28%) were using call for calling purposes, 58(24%) were using for gaming and 31(12%) were using for surfing.

SectionII Prevalence of nomophobia among junior college students

TableNo3: Frequency and percentage wise distribution of prevalence's of nomophobia among junior college students.

N=250

SN	prevalencesof nomophobia	Frequencyandpercentagewise distribution			
		Frequency	%	mean	SD
1	No	0	0	22.71	±1.01
2	Mild	92	37		
3	Moderate	142	57		
4	Severe	16	6		

SectionIII:Impact of nomophobia on academic performances among junior college Students

TableNo4: Frequency and percentage wise distribution of impact of nomophobia on academic performances among junior college students. N=250

SN	Levelof impact onacademic performances	Frequencyandpercentagewise distribution			
		Frequency	%	mean	SD
1	Mild	42	17	9.43	±3.16
2	Moderate	188	75		
3	Severe	20	8		

SectionIV: Correlationbetweenprevalence'sofnomophobiaandimpactofnomophobiaon academic performances among junior college students

TableNo5: Correlationbetweenprevalence'sofnomophobiaanditsimpactonacademicperformancesamong junior college students N=250

SN	Parameter	KarlPearson's coefficient	Pvalue	Significance
1	Correlationbetween nomophobia and impactonacademic performances	0.441	<.00001	Significant showing positive correlation

SectionV:prevalence's of nomophobia and impact of nomophobia on academic performances of junior college students with selected demographic variables.

TableNo6:Association between prevalences of nomophobia among junior college students with selected demographic variables N=250

SN	Demographic variable		Mild	Moderate	severe	Chi square value	df	P value	inference
1	Age	14years	29	46	6	3.784	6	0.71	Not Significant
		15years	47	60	8				
		16years	17	30	1				
		More than 16years	2	4	0				
2	Gender	Male	38	66	10	4.018	4	0.134	Not Significant
		Female	57	74	5				
3	Education	11^{th}std	51	76	8	1.558	4	0.816	Not Significant
		12^{th}std	44	64	7				
4	Educational status of father	Primary	15	35	2	9.805	6	0.133	Not Significant
		Secondary	49	57	11				
		Diploma/Degree	24	41	1				
		Illiterate	7	7	1				
5	Areaof residence	Rural	73	98	11	1.34	2	0.511	Not Significant
		Urban	22	42	4				
6	Numberof mobiles at home	One mobile	27	26	2	7.109	4	0.13	Not Significant
		Twomobiles	47	82	12				
		Morethantwo mobiles	21	32	1				
7	Yearsof using mobile	1year	48	48	2	1.897	6	0.142	Not Significant
		2-3years	31	57	5				
		4-5years	10	22	3				
		Morethan5 years	6	13	5				
8	Reasonof using mobile	Social networkingsites	30	36	3	11.38	6	0.771	Not Significant
		Call	17	12	1				
		Gaming	22	35	2				
		Surfing	26	57	9				

TableNo7:Association between level of impact of nomophobia on academic performances among junior college students with selected demographic variables.

N=250

SN	Demographic variable		Mild	Moderate	severe	Chi square value	df	P value	inference
1	Age	14years	9	93	12	1.287	6	0.45	Not Significant
		15years	20	88	7				
		16years	11	36	1				
		More than 16years	2	4	0				
2	Gender	Male	14	93	7	5.53	4	0.235	Not Significant
		Female	14	93	13				
3	Education	11thstd	23	104	11	7.024	4	0.348	Not Significant
		12thstd	19	87	9				
4	Educational status of father	Primary	10	37	5	1.183	6	0.936	Not Significant
		Secondary	19	89	9				
		Diploma/Degree	10	52	4				
		Illiterate	3	10	2				
5	Areaof residence	Rural	33	132	17	3.66	2	0.159	Not Significant
		Urban	9	56	0				
6	Numberof mobiles at home	One mobile	15	38	2	6.635	4	0.156	Not Significant
		Twomobiles	20	104	1				
		Morethantwo mobiles	7	46	1				
7	Yearsof using mobile	1year	19	73	6	9.944	6	0.135	Not Significant
		2-3years	17	68	2				
		4-5years	3	30	2				
		Morethan5 years	3	17	4				
8	Reasonof using mobile	Social networkingsites	12	53	4	2.033	6	0.919	Not Significant
		Call	6	22	2				
		Gaming	9	46	4				
		Surfing	15	67	10				

CHAPTER V
DISCUSSION

The current study was conducted to assess prevalence's of nomophobia and its impact on academic performances of junior college students. A descriptive study design was undertaken where samples are selected by non-probability convenience sampling technique. Total 250 junior college students were included in the study and were assessed using demographic variables, self-structured modified nomophobia scale questionnaires to assess prevalence's and structured checklist to assess impact on academic performances.

SUMMARY

Inorder to achieve objectives of the study researcher adopted a descriptive study design with non-probability convenience sampling technique to select 250 junior college students for the study.

CONCLUSION:

The finding ofthestudyshowedthatthe junior collegestudents werehaving moderate nomophobiaand good knowledge regarding mobiles phones, its usage and hazards of mobile phones and there was a moderate impact on students‟ academic performances.

REFERENCES

1. Mertkan Deniz, et al. Analysis of nomophobicbehaviors of adolescence regarding various factors, Journal of human sciences. 2016;13(2).
2. KingAnna Lucia Spear. Nomophobia: Clinical and Demographic Profile of Social Network Excessive Users, Journal of addiction research and therapy. July 31, 2017; 8(4); 1-6.
3. Kanmani S Aparna, et al. Nomophobia- an insight into its psychological aspects as India. The international journal of Indian Psychology. 2017; 4(2): 6-15.
4. World health organization. Electromagnetic fields in public health: mobile phones [document on the internet]. 2014 October. Available from: http://www.who/mediacentre/factsheets/fs/93/en.
5. C Muniraj.Astudyto assessthe effectiveness of psychoeducation on reducingthelevel ofnomophobia among the adults in sothupakkam at Kanchipuram District. Available from: repository-tnmgrmu.ac, in/1745/1/3005083 munirajc. pdf.
6. Goswami Vandana. Impact of mobile phone addiction on adolescent‟s life: A literature review. International journal of home science. 2016;2(1):69-74.
7. University of Florida. Addicted to phones? Cell phone use becoming a major problem for some [documentoninternet].2017January18.Availablefrom:http://news.ufi.edu/archive/2007/01/addicted-to-phones-cell-phone-use.
8. Sadock‟s& Kaplan. Comprehensive textbook of psychiatry. 8th edition Vol. I. Lippincott Williams & Wilkins, 993-94.
9. Indianist. What is nomophobia? Mobile phone fear {internet]. Available from: http://www.indianist.com/what-is- nomophobia-mobile-phone-fears/
10. Yildirim Calarg, et al. A growing fear: prevalence of nomophobia among Turkish college students. Information development. 2016; 35(2):1322-31.