

NOMOPHOBIA AMONG UNDERGRADUATE STUDENTS

Sujitha Jebarose Jebanesy .T^{1*}, Dr.S.Vasantha²

¹ Research Scholar, Bharath Institute of Higher Education and Research, Chennai, Tamil Nadu, India.

sujsiga@gmail.com

² Principal, Bharath College of Nursing, Chennai, Tamil Nadu, India

Abstract

Objectives: To assess the prevalence of Nomo phobia among Undergraduate Students and to find the association between Nomophobia with the selected demographic variables.

Methods: A non-experimental descriptive study involving 100 undergraduate students was carried out utilizing a simple random sampling technique. Data on the level of Nomo phobia were gathered using the Nomo Phobia Questionnaire (NMP-Q).

Findings: According to the study findings, 60% of participants started using mobile phones before the age of 15, 96% had smartphones, and 57% used their phones for three to four hours every day. A large portion of the participants (45%) were found to have mild nomophobia, 39% had moderate nomophobia, 10% had severe nomophobia, and only 6% had no nomophobia at all. The study concluded that there is a high prevalence of Nomo phobia among Undergraduate students and is gradually on the rise.

Novelty: In the recent technical era, there has been an upsurge in the use of mobile phones and social media among youngsters. This article addresses one of the emerging mental disease of college students which is unreported but need to be treated.

Keyword: Nomo phobia, Undergraduate students, Prevalence, Nomophobia Questionnaire (NMP-Q), Smartphone.

INTRODUCTION

The 21st century has witnessed an unprecedented integration of mobile technology into various facets of daily life, transforming the way individuals communicate, access information, and navigate the world. Among the repercussions of this digital revolution is the emergence of "nomophobia," which stands for 'no-mobile-phone phobia.' Nomophobia is a contemporary term describing the fear or anxiety associated with being without a mobile phone or unable to use it. This phenomenon has garnered increasing attention, particularly among undergraduate students who are among the most prolific users of smartphones. As these students navigate the complexities of academia and social interactions, the prevalence of nomophobia raises pertinent questions about the impact on their mental well-being, academic performance, and overall quality of life.

According to 2021 global statistics, an alarming two-thirds of the world's population, or approximately 66%, is reported to be grappling with Nomophobia, a pervasive 21st-century phobia (Digital intheround, 2021). Recent studies conducted in India shed light on the prevalence of mobile phone behavioral addiction, revealing rates ranging from 33.5% to 39.6% when employing the ICD-10 criteria for Dependence Syndrome. These studies specifically identified symptoms associated with Mobile Phone Dependence, such as withdrawals, cravings, difficulty controlling impulses, and the tendency to escape from other problems or negative consequences, particularly prevalent among the younger generation. As the rates of mobile phone addiction continue to climb, the specter of Nomophobia is also on the rise, especially among Indian teenagers. While children initially use mobile phones to connect and stay informed about the world around them, an unintended consequence is the development of dependence. The excessive use of mobile

phones, often leading to a disconnection from the physical world, can detrimentally impact the youngsters' academic success and overall well-being.

In a study conducted by Merve Çolak and Eylem Yalçinkaya-Önder (2020) among 452 pre-adolescents in Turkey, approximately 22% exhibited the maximum level of nomophobia, with a mean nomophobia scale score of 54.4. Simultaneously, Rodriguez-Garcia et al. (2020) reported that nomophobia has pervasive negative effects on personality, self-esteem, anxiety, stress, academic performance, and overall physical and mental health. The latter study highlighted the association between nomophobia and significant behavioral and emotional changes in affected individuals. These collective findings emphasize the pressing need for further research and targeted interventions to address the growing concerns surrounding nomophobia, particularly among younger populations.

This study aims to explore and understand the prevalence of nomophobia among undergraduate students, shedding light on the extent of this phenomenon within the academic setting. By shedding light on the extent of nomophobia within the university setting, this research aims to provide valuable insights to address the challenges associated with excessive smartphone use among this demographic. Through this exploration, this study contributes to a deeper understanding of the implications of nomophobia and fosters discussions on fostering healthier relationships with technology in the academic environment.

METHODOLOGY

2.1 Design of the study

This study focuses on the prevalence of Nomophobia among undergraduates of selected colleges in Chennai. A non-

experimental descriptive approach was chosen considering the nature of the study.

2.2 Sample and Sampling Technique

A total of 100 responses were gathered from the undergraduate students of selected colleges. The participants who fulfilled the sampling criteria of having smartphones were chosen using a simple random sampling technique.

2.3. Instruments

The data collection tools were divided into two components.

A – Assessment of Demographic Data – Age, Gender, Year of study, Socio economic status, Type of mobile phone used, Age At which started using Mobile phone, Duration of mobile phone usage per day.

B- Nomophobia Questionnaire (NMP-Q) – The NoMoPhobia Questionnaire constructed by Caglar Yildirim, Iowa State University, was used to identify various levels and dimensions of nomophobia. The NMP-Q is open access standard tool has 20 questions, each scored on a 7 point likert scale. The total score on the NMP-Q is 20 at its lowest (20*1) or 140 (7*20) at its highest. It is rated as strongly disagree to strongly agree to figure out the categories of severe, moderate, mild, or no nomophobia, as well as the underlying dimensions of being unable to communicate, becoming less connected, being unable to access information, and giving up convenience. The established reliability score of the instrument is 0.8, indicates high positive reliability.

Table 1: Scoring Interpretation

Score	Interpretation
1- 20	Absence of Nomo phobia
21 - 59	Mild Nomo phobia
60 - 99	Moderate Nomo phobia
100 - 140	Severe Nomo phobia

Table 2: Distribution of Samples on the level of Nomophobia

N=100

S.No.	Demographic Variables	N=100	Level of Nomophobia			
			Absence of Nomophobia	Mild Nomophobia	Moderate Nomophobia	Severe Nomophobia
1.	Age (in Years)					
	≤ 18	30	2	14	10	4
	19-20	40	0	21	17	2
	21-22	22	1	10	09	2
	≥ 23	08	0	4	3	1
2.	Gender					
	Male	30	3	15	11	1
	Female	70	02	32	28	08
3.	Socioeconomic status					
	High income	14	1	07	04	02
	Middle income	60	5	31	18	06
	Low Income	26	5	10	07	04
4.	Type of Family					
	Nuclear	88	05	38	30	15
	Joint	05	1	2	2	0
	Extended	02	0	1	1	0
	Broken	05	0	2	2	1

The table 1 shows the Scoring Interpretation

2.4 Data Collection Method

The Institutional Ethical Committee of ACS Medical College & Hospital, Chennai, approved the study. After thorough explanation, the study participants provided formal informed consent. The investigator used NMP-Q to screen the students for Nomophobia. The students were given the self-reported NMP-Q and the responses were gathered. The researcher conducted a Nomophobia awareness teaching for the entire participant.

2.5 Data Analysis

The data was examined using descriptive statistics, frequency counts, simple percentages, and inferential statistics.

RESULTS

The NMP-Q received 100 responses from undergraduate students. The responses were analyzed using descriptive and inferential statistics. The primary goal of the study was to examine the prevalence of Nomophobia among undergraduate students. In addition, the study was intended to determine the degree of Nomophobia among undergraduate students. The study demonstrated the association between participants' demographic characteristics and Nomophobia.

3.1 Assessment of Socio-demographic Variables related to Nomophobia

- The results revealed that the majority of the participants belonged to the age group of 19 – 20 years (40%) and were females (70%).
- Among 100 participants most of them were from middle-income families (60%) and 88% of them belonged to nuclear families.
- Concerning mobile phone usage, 60% of the participants started using mobile phones before or at the age of 15, and 57% of participants were using mobile phones 3 – 4 hours/day.

S.No.	Demographic Variables	N=100	Level of Nomophobia			
			Absence of Nomophobia	Mild Nomophobia	Moderate Nomophobia	Severe Nomophobia
5.	Onset of Mobile usage					
	Before or at the age of 15 Yrs.	60	02	28	22	08
	16- 17 yrs.	32	03	14	10	05
	≥ 18 yrs.	08	1	4	2	1
6.	Duration of mobile usage (In a day)					
	1-2 hrs.	32	08	12	09	03
	3-4 hrs.	57	03	25	21	08
	≥ 5 hrs.	11	0	05	04	02

The table 2 shows the Distribution of Samples on the level of Nomophobia

3.2 Prevalence of Nomophobia among the Undergraduate students

The NoMoPhobia Questionnaire, developed by Caglar Yildirim, was used to determine the prevalence of nomophobia among undergraduate students

The results disclosed that the majority of students (46%) have a mild form of phobia, while the percentage of students in the moderate group is almost equal (35%).

N=100

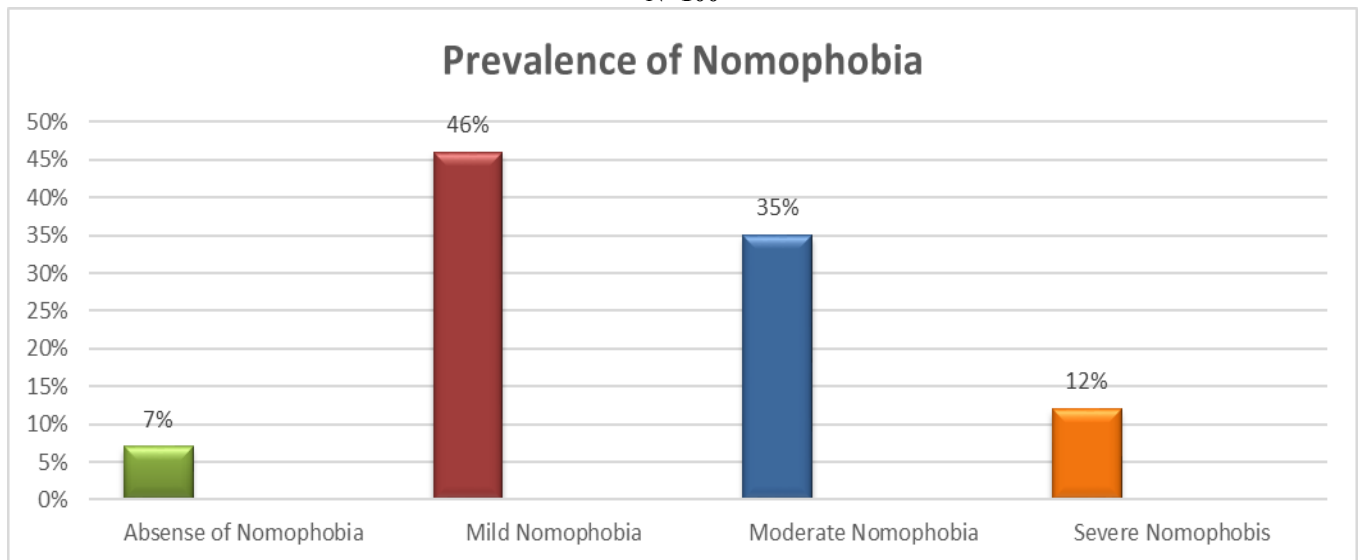


Fig:1 Prevalence of Nomophobia among the Undergraduate students

The Fig:1 shows the Prevalence of Nomophobia among the Undergraduate students

Table 3 Association of Sociodemographic Variables with Nomophobia

N=100

S.No.	Demographic Variables	N=100	Level of Nomophobia				X2	P Value
			Absence of Nomophobia	Mild Nomophobia	Moderate Nomophobia	Severe Nomophobia		
1	Age (in Years)							
	≤ 18	30	2	14	10	4	9.41 0.995 NS	
	19-20	40	0	21	17	2		
	21-22	22	1	10	9	2		
	≥ 23	8	0	4	3	1		
2	Gender							
	Male	30	3	15	11	1	3.34 0.5 NS	
	Female	70	2	32	28	8		

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S.No.	Demographic Variables	N=100	Level of Nomophobia				X2	P Value
			Absence of Nomophobia	Mild Nomophobia	Moderate Nomophobia	Severe Nomophobia		
3	Socioeconomic status							
	High income	14	1	7	4	2	6.42 0.9 NS	
	Middle income	60	5	31	18	6		
	Low Income	26	5	10	7	4		
4	Type of Family							
	Nuclear	88	5	38	30	15	9.22 0.97 NS	
	Joint	5	1	2	1	1		
	Extended	2	0	1	1	0		
	Broken	5	1	2	1	1		
5	Onset of Mobile usage							
	Before or at the age 15 Yrs.	60	2	28	22	8	6.13 0.75 NS	
	16- 17 yrs.	32	3	14	10	5		
	≥ 18 yrs.	8	1	4	2	1		
6	Duration of mobile usage (In a day)							
	1-2 hrs.	32	8	12	9	3	6.06 0.90 NS	
	3-4 hrs.	57	3	25	21	8		
	≥ 5 hrs.	11	1	5	4	1		

The table 3 Association of Sociodemographic Variables with Nomophobia

DISCUSSION

In the current research, it was found that 60% of the participants initiated their usage of mobile phones either before or at the age of 15, while 57% of the participants reported utilizing mobile phones for 3 to 4 hours daily. These findings shed light on the prevalence and extent of mobile phone usage among the study population.

The results of the study unveiled an insightful distribution among students in terms of Nomophobia severity. A substantial proportion, accounting for 46% of the participants, demonstrated mild symptoms, suggesting a noticeable prevalence of Nomophobia within this group. Furthermore, an almost equivalent percentage, standing at 35%, fell into the moderate category, indicating a considerable number of students experiencing a more pronounced level of Nomophobia. This distribution underscores the diverse spectrum of Nomophobia severity observed among the student body, reflecting the complexity of the issue and the need for tailored interventions and support mechanisms.

Interestingly, the findings were not linked to any demographic variables, presenting a unique challenge to conventional expectations about research.

The study findings were consistent with the study on nomophobia among college students in the Bishnupur District of Manipur by **Anaswara S Asok et. al.** shed light on the prevalence and implications of this modern-day anxiety phenomenon. A cross-sectional study, found that nearly 90% of

college students exhibited symptoms of nomophobia to varying degrees. Interestingly, the study didn't find significant associations between nomophobia and socio-demographic factors, highlighting its indiscriminate impact across diverse backgrounds. These findings emphasize the need for targeted interventions to address nomophobia's potential effects on college student's mental health and academic performance. Overall, the study contributes valuable insights to the growing body of literature on nomophobia and underscores the importance of developing holistic approaches to support college students in navigating their relationship with technology.

CONCLUSION

The study on the prevalence of nomophobia provides valuable insights into the extent of this modern-day phenomenon among college students. With findings indicating that nearly 90% of participants exhibited symptoms of nomophobia to varying degrees, it's evident that this fear of being without a mobile phone is widespread among the student population. The study's results underscore the urgent need for interventions and support mechanisms tailored to address nomophobia's impact on student well-being. By acknowledging the pervasive nature of nomophobia and its potential implications for mental health and academic performance, educational institutions can implement targeted strategies to promote healthier relationships with technology.

RECOMMENDATIONS

Further research into the underlying factors driving nomophobia and its consequences on students' lives is crucial for developing comprehensive intervention approaches that address the multifaceted nature of this issue. Ultimately, fostering a supportive campus environment that prioritizes digital literacy, mental health awareness, and holistic well-being is essential for mitigating the prevalence of nomophobia and promoting the overall welfare of college students.

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Contributors

Conceptualization: Mrs. Sujitha Jebarose Jebanesy.T. T, Dr.S.Vasantha

Data curation: Mrs. Sujitha Jebarose Jebanesy.T

Formal analysis: Mrs. Sujitha Jebarose Jebanesy.T. T, Dr.S.Vasantha

Acquisition of funds: Mrs. Sujitha Jebarose Jebanesy.T

Research methodology: Mrs. Sujitha Jebarose Jebanesy.T. T, Dr.S.Vasantha

Resources: Mrs. Sujitha Jebarose Jebanesy.T

Drafting and writing: Mrs. Sujitha Jebarose Jebanesy.T. T, Dr.S.Vasantha

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Ethical clearance was obtained from Institutional Ethical Committee of ACS Medical College & Hospital, Chennai. A formal informed consent was obtained from the study participants after full explanation. The investigator screened the students for having Nomo phobia with the help of NMP-Q .The self reorted NMP-q was administered to the students and the reponses were collected. The investigator conducted an awareness programme on Nomophobia to all the participants.

Here's an example sentence to start your description:

"The association between Nomophobia and demographic variables was examined, revealing notable patterns across various groups. A summary of the key findings is presented below, shedding light on the nuanced relationship between Nomophobia and key demographic factors."

Remember to tailor the description to the specific demographic variables and results obtained in your study.

TV

You

i need a sample

ChatGPT

ChatGPT

Certainly! Below is a sample description of the results of an association between Nomophobia and two demographic variables (age and gender). Please note that this is a fictional example, and you should adapt it based on the specific variables and findings from your study.

Results: Association of Nomophobia with Demographic Variables

Demographic Characteristics of the Sample: The study sample comprised 500 participants, with a diverse range of demographic characteristics. The majority were between the ages of 18 and 30 (65%), while the remaining participants fell into the 31-45 age group (25%) and the 46 and above age group (10%). Gender distribution was relatively balanced, with 48% identifying as male and 52% as female.

Nomophobia Levels Across Demographic Variables: An analysis of Nomophobia levels across age groups revealed a significant association ($\chi^2 = 18.23$, $p < 0.001$). Younger participants (18-30) demonstrated higher Nomophobia scores ($M = 56.2$, $SD = 10.3$) compared to the middle-age group (31-45, $M = 51.8$, $SD = 9.2$) and the older age group (46 and above, $M = 48.5$, $SD = 8.7$).

Similarly, Nomophobia scores were found to be associated with gender ($t = 2.54$, $p = 0.012$), with females ($M = 55.1$, $SD = 11.2$) exhibiting slightly higher scores than males ($M = 52.3$, $SD = 10.1$).

Effect Sizes: The effect size for the age-Nomophobia association was moderate (Cramer's $V = 0.22$), indicating a meaningful relationship. For gender, the effect size was small (Cohen's $d = 0.28$), suggesting a modest difference in Nomophobia scores between males and females.

Discussion of Findings: The results suggest that Nomophobia levels vary significantly across different age groups, with younger individuals reporting higher levels of smartphone-related anxiety. Additionally, while a statistically significant difference was found between genders, the effect size indicates a relatively minor distinction.

Limitations and Implications: It is important to acknowledge that these findings are based on self-reported data and may be subject to response biases. Additionally, the cross-sectional nature of the study limits causal inferences. Nevertheless, these results underscore the importance of considering demographic factors in understanding and addressing Nomophobia, particularly among younger age groups.

Please adapt this example to match the specific demographic variables and results from your study.