



Prevalence of nomophobia and its coping strategies used by students in selected degree colleges of Ahmedabad city

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Abstract

The present study conducted to assess the prevalence level of nomophobia among selected degree college students. A quantitative research approach was used in the study to assess the prevalence of nomophobia and its coping strategies used by student in selected degree colleges of Ahmedabad city, Gujrat state with view to develop a leaflet. Research design selected for the present study was Non experimental, descriptive survey research design is adopted as it is a virtue of a situation that naturally happens. This study was conducted in selected degree colleges of Ahmadabad City, Gujrat state. In present study the target population consist of selected degree college's students who are study in colleges of Ahmedabad city, Gujrat state. In present study, sample of study comprise of 270-degree college students available at selected college of Ahmedabad city, Gujarat state. The investigator developed a 4-point modified Likert's scale to assess the prevalence of nomophobia and 4-point Likert scale to assess its coping strategies used by students in selected degree Colleges. Result and conclusion There is significant association between Prevalence level and demographic variable like found between stream, year of graduation and how many hours do you spend on mobile phone There is significant association between coping strategies and demographic variables like found between stream.

Keywords: Assess, prevalence, nomophobia, students, leaflet

Introduction

Technology is dominating people's life today. Technological inventions have been carried out by modern people in easing their life to be more flexibility and reasonable to be able to overcome upcoming challenges and compatible to the globe. Such mobile phones have become such a massive part of our lives. And it has become a distinctively personal item. Nomophobia can have adverse effects on a person's health as well as his/her social life. And the fact that it is a phobia makes it bad anyway. With the massive worldwide growth in mobile connections, it has made us dependent on the usage of mobile phones to stay in contact with our near and dear ones 24x7. 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 battery or credit or due to less network coverage.

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.

Objectives

1. To assess the prevalence level of nomophobia among selected degree college students.
2. To assess coping strategies used by selected degree college students for reducing nomophobia.
3. To find out association between prevalence level of nomophobia among students of degree colleges with their selected demographic variable.

4. To find out association between coping strategies used by students of degree colleges with their selected demographic variable.
5. To develop leaflet about the coping strategies of nomophobia.

Assumptions

1. Students may have nomophobia.
2. Students may not use a coping strategy for nomophobia.
3. There will be significant association between prevalence levels of nomophobia among students of degree colleges with their selected demographic variable.
4. There will be significant association between coping strategies used by students of degree colleges with their selected demographic variable.

Research Methodology

A quantitative research approach was used in the study to assess the prevalence of nomophobia and its coping strategies used by student in selected degree colleges of Ahmedabad city, Gujrat state with view to develop a leaflet. Research design selected for the present study was Non experimental, descriptive survey research design is adopted as it is a virtue of a situation that naturally happens. This study was conducted in selected degree colleges of Ahmadabad City, Gujrat state. In present study the target population consist of selected degree college's students who are study in colleges of Ahmedabad city, Gujrat state. In present study, sample of study comprise of 270-degree college students available at selected college of Ahmedabad city, Gujarat state. Non probability convenient sampling technique was used. In present study, out of selected 9 colleges the investigator selected 3 college for pilot study and other 6 colleges for main study. In main study, from

each college investigator selected 45 samples by non-probability convenient sampling technique. Based on the objectives of the study, investigator developed data collection tool in order to obtain necessary information. The investigator developed a 4-point modified Likert's scale to assess the prevalence of nomophobia and 4-point Likert scale to assess its coping strategies used by students in selected degree Colleges.

Result and Discussion

The present study was conducted to assess the Prevalence of nomophobia and its coping strategies used by student in selected degree colleges of Ahmedabad city, Gujrat state. In this survey 270 students participated. Out of 270 samples, severe nomophobia was 11(4.1%), 145(53.7%) were moderate nomophobia, 114(42.2%) were mild nomophobia. And 85(31.48%) used adaptive coping strategies, sample were 185(68.52%) not aware about the coping strategies. so the result was revealed that majority of sample had moderate nomophobia and not aware about the coping strategies. A leaflet developed under guidance of experts and distribute to samples of selected degree colleges of Ahmedabad city, Gujrat state. The present study can be supported by a study which was conducted by Shailaja Gautam (2022), conducted descriptive study to assess the prevalence of nomophobia among college student in Punjab. 250 study sample selected through convenient sampling method. A structured scale and knowledge scale questionnaire used to collect data. The study finding reveals that majority 140 (56.06) of samples has moderate level of Nomophobia. 203 (81.20) of samples have good knowledge level regarding smartphone, 29 (11.6%) have poor knowledge level. Majority 188 (75.29%) of samples has moderate level of effect on their life due to smartphone use, 49 (19.6%) have mild level of effect.

Major Findings of the Study

Findings related to demographic variable of the samples

The data related to the demographic variable revealed that majority of samples in 141(52.2%) sample were age group between 19-20, in 198 (73.3%) sample were females, in stream of students sample were from science 90(33.3%), sample were from commerce 90(33.3%), sample were from arts 90(33.3%), In family type sample 156 (57.8%) were belonged to nuclear family, in year of graduation, 142(52.6%) sample were from first year of graduation, In hours spend on mobile phone every time every day? 143(53.0%) sample were in 3-5 hours, in use of gadget/instrument 210(77.8%) sample were in self.

Findings related to prevalence level of nomophobia of the sample.

The data related to level of nomophobia revealed that majority of samples 11(4.1%) sample were severe nomophobia, 145(53.7%) sample were moderate nomophobia, 114(42.2%) sample were mild nomophobia, 0(0%) sample were no nomophobia.

Findings related to coping strategies used by sample.

The data related to level of nomophobia revealed that majority of samples 85(31.48%) used adaptive coping strategies were 185(68.52%) not aware about coping strategies of nomophobia.

Findings related to association between prevalence levels of nomophobia of the sample with their selected demographic variable

Findings of the chi square value are showing that there was Significant association was found between stream, year of graduation and how many hours do you spend on mobile phone? With sample, in stream calculated value is 17.067 and tabulated value is 9.48. in year of graduation calculated value is 20.211 and tabulated value is 9.48. In and how many hours do you spend on mobile phone? Stream calculated value is 15.463 and tabulated value is 12.59. There was no any association found between other selected demographic variables and prevalence level of Nomophobia.

Findings related to association between using coping strategies of the sample with their selected demographic variable

Findings of the chi square value are showing that there was significant association between stream and coping strategies. With sample, in stream calculated value is 8.894 and tabulated value is 5.99. There was no any association found between other selected demographic variables and coping strategies of nomophobia.

Conclusions

The major conclusions derived from the present study are:

1. Degree Students have presence of moderate nomophobia
2. There is significant association between Prevalence level and demographic variable like found between stream, year of graduation and how many hours do you spend on mobile phone?
3. There is significant association between coping strategies and demographic variables like found between stream
4. Prepare a leaflet on coping strategies and distributed to samples of selected degree colleges in Ahmedabad city.

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