

Descriptive Study

A Descriptive Study to Assess the Level of Nomophobia Among the Students of Selected College of Amritsar, (Punjab)

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ABSTRACT

Smartphone or mobile phones are a useful tool and when used properly can have many benefits. Many students frequently use mobile phones and often very close to bed time. Students may not know that mobile phones use might impact their ability to sleep at night and this might impact their day time energy levels.¹ A study on mobile phone use and happiness and academic performance show that “for the population studied, high frequency cell phone users tended to have lower GPA, higher anxiety, and lower satisfaction with life (SWL) relative to their peers who used the cell phone less often.”² It refers to higher-order mental processes involved in learning such as making plans for learning, using appropriate skills and strategies to solve a problem, making estimates of performance, and calibrating the extent of learning. Considering all these factors on academic achievement the purpose of this study was to investigate the potential relationships.

Keywords: *Nomophobia, Amritsar*

Mobile phone addiction appears to be a new disorder that merits inclusion in new classification system of ICD XI and DSM V. It fulfills excessive use along with loss of sense of or neglect of basic drives. Withdrawal includes feelings of anger, tension and depression when phone network is not available or battery got over, along with arguments, social isolation and fatigue.

Nomophobia is relatively a new term of fear of being unable to communicate through a mobile phone. Nomophobia literally means “no mobile phone phobia” that is the fear of being away from mobile phones.³ If a person is in the area of no network, has no balance or battery, the person gets anxious which adversely affects the health. Nomophobia is a situational phobia related to agoraphobia and includes the fear of becoming and not receiving immediate assistance. Like any other phobia, nomophobia can be perceived through symptoms like fear, nervousness.

Other clinical characteristics of nomophobia are a considerably decreased number of face to face interactions with humans, replaced by growing preferences for communication through technological interfaces, keeping the device in reach when sleeping and turned off and

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looking at the phone screen frequently to avoid missing any message, phone call or notification. Nomophobia can also lead to an increase of debt due to excessive use of data and the different devices they can have.⁴ Nomo phobia may also lead to physical issues such as sore elbows, hands and necks due to repetitive use.⁵

Nomo phobia affects the mind as well as the relationships, where a person is physically present but mentally absent. Phone dependency may also cause work problems of people are unable to resist checking Smartphone or answering calls when at work. This will impact their work performance by reducing their attention and focus. Multi-tasking is also a big problem as it impairs concentration and can add about two hours of working time.⁶

Nomo phobia can manifest as excessive use of a Smartphone instead of direct human connections, acquiring more than one device, continuously carrying a mobile charger and feeling anxious while unable to use the mobile phone due to unavailability, lack of network coverage, technical problems. Individual may also excessively check for messages or missed calls, and avoid places where mobile phones usage is prohibited or coverage is limited.⁷ Smart phones are evidently used among youth due to their greater capacity to handle the rapid development of technology than other generations.⁸ A study conducted in India found that most participants aged 16-23 years felt isolated, less connected when they were away from their mobile phones.⁹

Objectives of the Study

- To assess the level of nomophobia among the students of selected college.
- To determine the association of level of nomophobia with selected socio-demographic variables of students

Assumptions

The students who use mobile phones for longer duration might develop nomophobia.

Sample And Sampling Technique

A total sample of 100 students from CKD college of Management and Technology of Amritsar, Punjab and convenient sampling technique was used to select the sample.

Description Of Tool

Research tool is divided into two sections that is Socio- demographic variables and NMP-Q questionnaire.

Section A:

A **socio-demographic** people includes Age, Gender, Educational level, Marital Status, Family System, Family income(per month), number of mobiles using, number of sim cards they carry, how long they have been possessing a mobile phone, how often they check their mobile phone, how much money they spend per month on mobile phone(per month), how long they speak on mobile phone(per day).

Section B:

NMP-Q questionnaire

The Nomophobia questionnaire is a self-modified tool used to measure nomophobia. It was actually discovered by Yildirim and Correia in 2015. Another setup questions from smartphone addiction scale by M. Kwon was taken into consideration to form self-modified tool. There are total 20 items in 5-point Likert Scale.

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Data Collection Procedure

The data collection was done from CKD college of Management and Technology, Amritsar, Punjab. The sample size consisted of 100 students who are studying in selected college. A convenient sampling technique was used to collect sample from the subjects. Permission was obtained from the Authority of the respective institute. Prior to data collection researcher had explained the purpose of the study. They were assured that their responses would be kept confidential and the information will be used only for the research purpose. All subjects took 15- 20 minutes for filling the research tool.

Sample Characteristics

Table-1 Frequency and percentage distribution of sample characteristics

N=100

Sr. No.	Demographic variables	Frequency (n)	Percentage (%)
1.	Age		
	a)10-19 years	47	47%
	b)20-29 years	50	50%
	c)30-39 years	3	3%
2.	Gender		
	a)Male	42	42%
	b)Female	58	58%
3.	Educational Level		
	a)Undergraduate	60	60%
	b)Graduate	23	23%
	c)Postgraduate	17	17%
4.	Marital Status		
	a)Single	79	79%
	b)Married	21	21%
5.	Family System		
	a)Nuclear family	53	53%
	b)Joint family	42	42%
	c)Extended family	5	5%
6.	Monthly Income		
	a)<20000/-	38	38%
	b)21-30000/-	34	34%
	c)31-40000/-	28	28%
7.	How many mobiles are you using currently?		
	a)1	69	69%
	b)2	19	19%
	c)3	10	10%
	d)4 and above	2	2%
8.	How many sim cards do you carry daily?		
	a)1	50	50%
	b)2	40	40%

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	c)3	8	8%
	d)4 and above	2	2%
9.	How long have you been using a mobile phone?		
	a)Less than 1 year	15	15%
	b)2-3 years	40	40%
	c)4-5 years	25	25%
	d)6-10 years	16	16%
	e)More than 10 years	4	4%
10.	How often do you check your mobile phone?		
	a)Once a day	4	4%
	b)2-5 times a day	17	17%
	c)6-10 times a day	26	26%
	d)11-15 times a day	22	22%
	e)More than 15 times a day	31	31%
11.	How much money do you spend per month on mobile phone (in rupees)?		
	a)Rs. 100-200	14	14%
	b)Rs. 201-300	33	33%
	c)Rs. 301-400	18	18%
	d)Rs. 401-500	15	15%
	e)More than 500	20	20%
12.	How long do you speak on mobile phone per day ?		
	a)Less than 30 minutes	23	23%
	b)31 minutes	29	29%
	c)2-3 hours	19	19%
	d)4-5 hours	10	10%
	e)More than 6 hours	19	19%

Objective wise analysis

Objective1: To assess the level of nomophobia among the college students.

Table-2

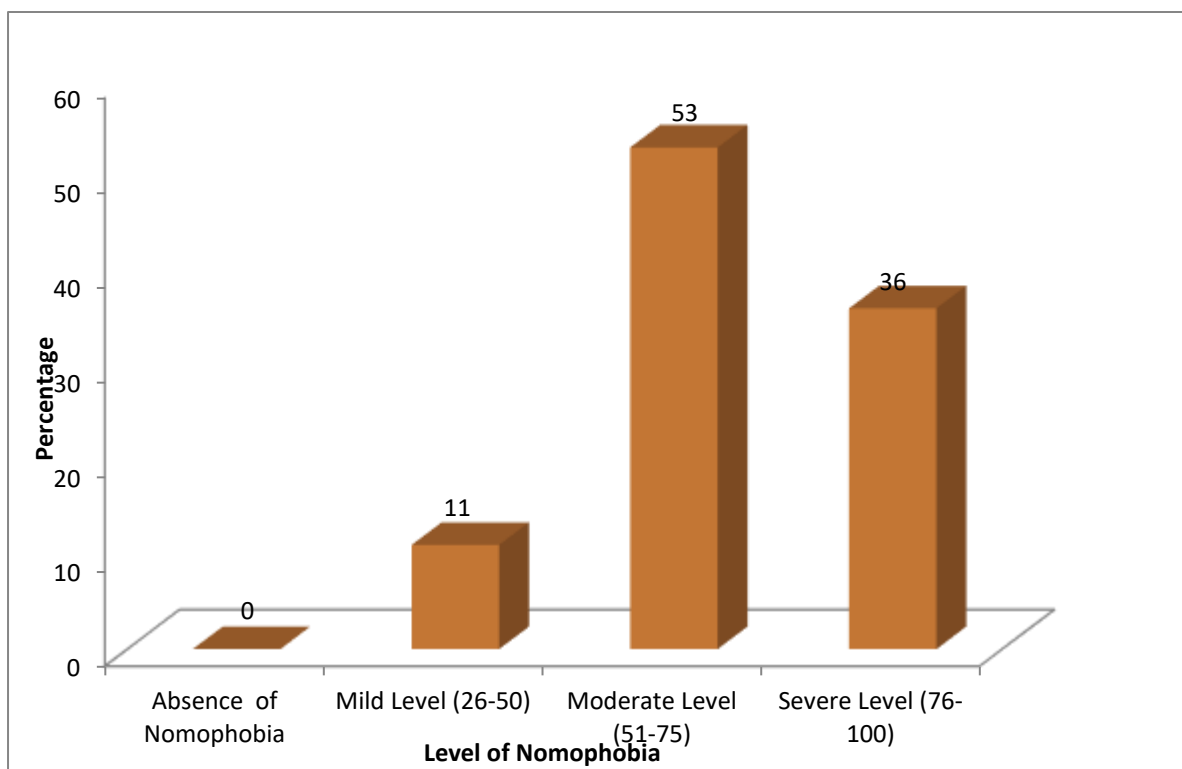
N=100

Level of Nomo phobia	N	%	Mean	SD
Absence of Nomo phobia	0	0%		
Mild Level (26-50)	11	11%	68.29	13.484
Moderate Level (51-75)	53	53%		
Severe Level (76-100)	36	36%		

Minimum score=20

Maximum score=100

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Objective 2: To determine the association of level of nomophobia with selected socio-demographic variables of students

Table-3 Association of level of nomophobia among college students with Educational Level.

N=100

Educational Level	Absence of nomophobia	Mild nomophobia	Moderate nomophobia	Severe nomophobia	Total	Df	χ^2
Under graduate	00	7(63.6%)	36(67.9%)	17(47.2%)	60(60%)	4	0.022 ^S
Graduate	00	2(18.2%)	6(11.3%)	15(41.7%)	23(23%)		
Post graduate	00	2(18.2%)	11(20.8%)	4(11.1%)	17(17%)		

Minimum Score=20

S = significant at $p \leq 0.01$

Maximum Score=100

Table- 4 Association of level of nomophobia among college students with Marital Status

N=100

Marital Status	Absence of nomophobia	Mild nomophobia	Moderate nomophobia	Severe nomophobia	Total	df	χ^2
Single	00	9(81.8%)	49(92.5%)	21(58.3%)	79(79%)	2	0.001 ^S
Married	00	2(18.2%)	4(7.5%)	15(41.7%)	21(21%)		

Minimum Score=20

S=significant at $p \leq 0.01$

Maximum Score=100

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Table-5 Association of level of nomophobia among college students with how long they speak on their mobile phone per day.

N=100

How long they speak on their mobile phone per day.	Absence of nomophobia	Mild nomophobia	Moderate nomophobia	Severe nomophobia	Total	df	χ^2
Less than 30 minutes	00	3(27.3%)	16(30.2%)	4(11.1%)	23(23%)		
31 minutes-1 hour	00	6(54.5%)	14(26.4%)	9(25.0%)	29(29%)		
2-3 hours	00	1(9.1%)	5(9.4%)	13(36.1%)	19(19%)	8	0.024 ^s
4-5 hours	00	1(9.1%)	6(11.3%)	3(8.3%)	10(10%)		
More than 6 hours	00	0(0.0%)	12(22.6%)	7(19.4%)	19(19%)		

Minimum Score=20

Maximum Score=100

S=significant at $p \leq 0.01$

Major findings of the study

- As per the level of nomophobia among the college students 11% were suffering from mild level of nomophobia, 53% were moderately nomophobic and about 36% students were severely nomophobic.
- According to Association of level of nomophobia among college students was statistically significant with educational level, marital status and how long they used to speak on their mobile phone (per day).

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Conflict of Interest

The author(s) declared no conflict of interest.

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