The International Journal of
INDIAN PSYCHOLOGY

Research Paper

Internet Addiction and Nomophobia among Pre-University Students

Ankalesh B N[1]*, Kavya U[2], Santhosh R[3]

ABSTRACT

The present study is conducted to study the gender difference and relationship in the level of internet addiction and Nomophobia among pre university students. A purposive sample of 60 participants comprising 30 boys and 30 girls have been selected for the study. Internet addiction scale and Nomophobia scale are been used in the study. The results are analyzed by using independent sample – t test and pearson's co-efficient of correlation. The result of the study indicated that there is no significant gender difference in the level of internet addiction and there is no significant gender difference in the level of Nomophobia. There is a positive relationship between boys and girls in the level of internet addiction and Nomophobia.

Keywords: Internet Addiction, Nomophobia, Pre-University Students, Gender

Internet Addiction is a broad term that covers a range of behaviors and impulse-control problems involving internet, personal computer, and mobile technology. Internet and computer usage is ingrained in contemporary society and have changed the way we live our lives more than any other technological medium. When an action or desire becomes a hindrance and takes precedence over the most important aspects of one's life, like relationships, work, and school, it can become classified as an addiction. According to some studies internet addiction basically has five specific types like Cybersex Addiction, Net Compulsions, Cyber (Online) Relationship Addiction, Compulsive Information Seeking, Computer or Gaming Addiction.

Nomophobia

Nomophobia is a term used to define the fear or anxiety experience by the individuals about not having cell phone connectivity. It can also share a connection with other types of anxiety disorder.

REVIEW OF LITERATURE

Yildirim, C., Sumuer, E., Adnan, M., & Yildirim, S. (2016). The purpose of the present study was to investigate the prevalence of Nomo phobia (the fear of being out of mobile phone contact) among young adults in Turkey. The results revealed 42.6% of young adults

[1]Assistant Professor, Tumkur University, Tumkur. Karnataka, India.
[2]Assistant Professor, Tumkur University, Tumkur. Karnataka, India.
[3]Assistant Professor, Tumkur University, Tumkur. Karnataka, India.
*Corresponding Author

had Nomo phobia, and their greatest fears were related to communication and information access. The study also found that gender and the duration of Smartphone ownership had an effect on young adults 'Nomo phobic behaviors', whereas age and the duration of mobile phone ownership had no effect.

C, Rajeshvari et.al (2017). The aim of the study was to assess the degree of internet addiction among undergraduate students. The method of the study was Using a non-experimental descriptive cross sectional research design, internet addiction was assessed among 200 undergraduate students studying at selected colleges in Bangalore city using Internet Addiction Scale. The result of study indicates that 49% of the undergraduate students had mild addiction, 28.5% were moderately addicted, and 0.5% were severely addicted. No addiction was identified in 22%. Degree of internet addiction was significantly associated with gender, course of study, level of education, religion, educational status of parents, total number of children in the family and internet use of significant others.

Harish, B. R., & Bharath, J. (2018). The aim of the present study was to determine the "Prevalence of Nomo phobia among the undergraduate medical students of Mandya Institute of Medical Sciences. The result of the study revealed that Prevalence of Nomo phobia among undergraduate medical student was 99.0% and majority had moderate level of Nomo phobia. There was no association between Nomo phobia and gender or place of present residence.

Sethia, S., Melwani, V., Melwani, S., Priya, A., et, al (2018). The purpose of the study was to assess the degree of Nomo phobia among the undergraduate students of a medical college in Bhopal. The result indicated that percentage of female participants was 51.6%. Majority (56.1%) of participants belonged to age group of 20-22 years. More than 57% participants started using smart mobile phones before attaining age of 18 years. 291 (61.5%) were having moderate, 6.1% having severe Nomo phobia and only one participant was not suffering from Nomo phobia.

Gutiérrez-Puertas, L., Márquez- Hernández, V. V., et,al (2019). The aim of this study was to compare the levels of Nomo phobia experienced by nursing students at the University of Almeria, Spain and the Polytechnic Institute of Braganza, Portugal. The results showed both Spanish and Portuguese nursing students scored higher than average regarding levels of Nomo phobia. However, the scores gathered from items on the questionnaire were generally higher among the Portuguese population than the Spanish one. The Portuguese students (54.7%) felt more anxious than the Spanish students (35.4%) if their battery ran out. Similarly, the Portuguese population showed a greater need for instant communication with their family and friends. In conclusion, the dimensions explored indicate significant levels of Nomo phobia among both nursing student populations, with higher levels among the Portuguese population than the Spanish.

METHODOLOGY
Objectives
1. To study the gender difference in the level of Internet addiction among pre-University students.
2. To study gender difference in the level of Nomo phobia among pre-University students.
3. To study the relationship between Internet addiction and Nomo phobia among pre-University students.

Hypotheses
1. There is no significant gender difference in the level of Internet addiction among pre-University students.
2. There is no significant gender difference in the level of Nomophobia among pre-University students.
3. There is no significant Relationship between Internet addiction and Nomo phobia among pre-University students.

Sample
A Purposive sample of 30 boys & 30 girls of pre-University students were selected for the study.

Gender	No. of Participants
Boys	30
Girls	30
Total	60

Research design
The research is exploratory in nature.

Research Tools
- **Internet Addiction Scale:** Internet addiction scale was developed by Dr. Kimberly S Young. This scale is a 5 –Point Likert Scale, it consists of 20 statements used to assess the degree of internet addiction.
- **Nomo phobia Scale:** Nomo phobia Scale by Yildirim,C and Correia. This is a rating scale and it consists of 20 statements used to assess nomophobia.

Procedure
The participants who fulfilled the criteria were met personally by the researcher and intermediaries. Purpose of the research was explained to the participants. Written consent was taken from the participants. After that the Internet Addiction and Nomo phobia scale were administered one after the other with necessary instructions and the tools were collected back from the participants once they finished answering them.

Variables
Independent variable
- Gender

Dependent variable
- Internet addiction
- Nomophobia

RESULTS AND DISCUSSION
Table 1 Mean, Standard deviation and P value of Internet addiction among pre–University Students.

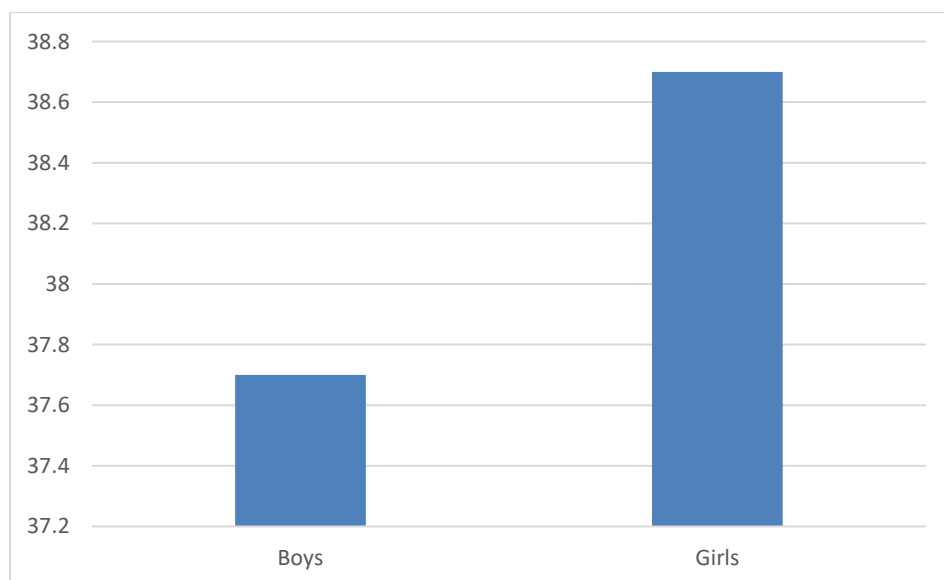|	Gender	N	Mean	SD	t value	P value
Internet	Boys	30	37.70	16.48	-.243	.808
addiction	Girls	30	38.70	15.30	-.243	.808

Figure 1   Mean score of internet addiction among pre university students.

The hypothesis stating that there is no significant difference in the level of internet addiction among pre university students was tested using independent sample *t* test. The *p* value for Internet Addiction is .808 which is not significant. Hence, the null hypothesis is accepted. Mean score indicates that both boys and girls have same level of internet addiction.

Table 2 Mean, Standard deviation and P value of Nomophobia among pre–University Students.

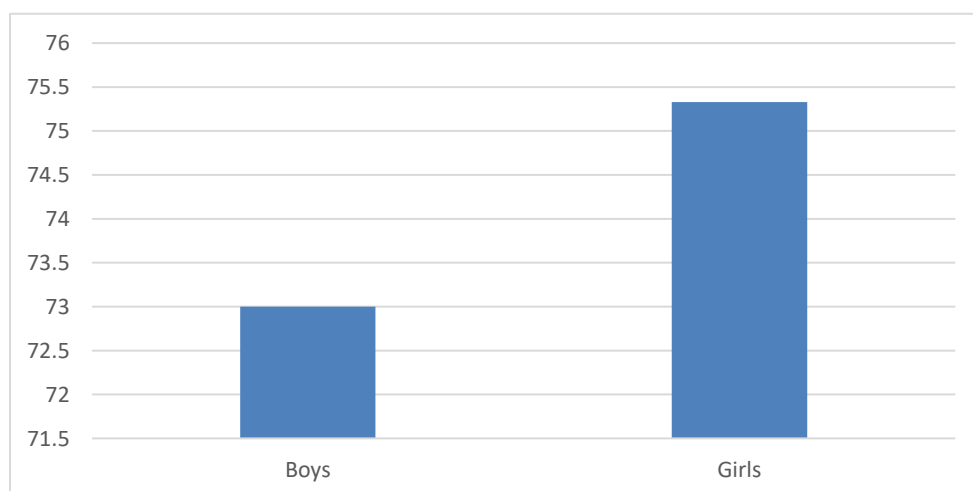|	**Gender**	**N**	**Mean**	**SD**	**T Value**	**P value**
Nomophobia	Boys	30	73.00	21.92	-.428	.670
	Girls	30	75.33	20.31	-.428	.671

Figure 2 Mean score of Nomophobia among pre university students

The hypothesis stating that there is no significant difference in the level of Nomophobia among pre university students was tested using independent sample *t* test. The *p* value for Nomophobia is .670 (boys) and .671(girls) which is not significant. Hence, the null hypothesis is accepted. Mean score indicates girls have higher level of Nomophobia compared to boys.

Table 3 Pearson coefficient of correlation on internet addiction and Nomophobia among pre-University students.

	Internet addiction	Nomophobia
Internet addiction	1	.646[**]
Nomophobia	.646[**]	1

The hypothesis which states that there is no significant correlation in the level of internet addiction and Nomophobia among pre university students was tested using correlation. The relationship is significant at 0.01 level. There is a significant positive relationship between internet addiction and Nomophobia among pre university students, hence the null hypothesis is rejected.

CONCLUSION

- There is no significant gender difference in the level of internet addiction among pre university students.
- There is no significant Gender difference in the level of Nomophobia among pre university students.
- There is a significant positive correlation between internet addiction and Nomophobia among pre university students.

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