

Nomophobia Among Hostel Students

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ABSTRACT

Smart phones today have become an essential part of our techno-culture, especially among the younger population. Discomfort, anxiety, nervousness or anguish caused by being out of contact with a mobile phone is termed as "Nomophobia"- no mobile phobia. Nomophobia is on the rise across the globe. Specially, after the pandemic of Covid-19 lockdowns. This study aims to assess the prevalence of Nomophobia among the students staying in hostels of SDM College, Ujire. A cross-sectional study was carried out in 30 students. A pre-designed and pre-tested questionnaire was used to get information. Data analyzed by using Statistical Package of Social Sciences (SPSS). T-test was applied to test the levels of significance of nomophobia among Males and females. The results obtained value of 1.009 which is not significant. This shows there is no significant difference between level of Nomophobia between male and female young adults.

Keywords: *Nomophobia, Anxiety, hostel students*

In today's world, cell phone technology introduces new senses of speed and connectivity to social life. It provides innumerable benefits like internet, social networking, personal diary, e-mail dispatcher, calculator, calendar, camera, music player and playing video games, surfing the web, and so on. Smart phone have many attributes which makes them very attractive to both young and old. Indian market has become the second largest consumer market after China for mobile phone handsets. A recent global survey showed that about 70 percent of internet users, especially the young generation worldwide, were using their smartphones or mobile phones more as a direct result of lockdown due to the coronavirus outbreak. Such findings suggest that COVID-19 related lockdown policies might lead to the overuse or excessive usage of smartphones. Now, the question is whether overuse or excessive use of smartphones during the COVID period could develop particular harmful health issues and remain unchanged in the post-lockdown period. Smartphone overuse may lead to physical and psychological health, different musculoskeletal pain such as the neck, lower back, shoulder pain, depression, and anxiety. This may result in the problematic use of smartphone, which can hack the "reward system" of the brain to engage one in activities that s/he was employed during the lockdown period. Thus, there is a high chance that subsequent harms will persist in the form of various mental health disorders, even if the lockdown effect is withdrawn.

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Nomophobia

The term NOMOPHOBIA or NO Mobile Phone Phobia is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity. The term nomophobia is constructed on definitions described in the DSM-IV, it has been labelled as a “phobia for a particular/specific things”. Various psychological factors are involved when a person overuses the mobile phone, e.g., low self-esteem, extrovert personality. The burden of this problem is now increasing globally. Other mental disorders like, social phobia or social anxiety, and panic disorder may also precipitate nomophobic symptoms. It is very difficult to differentiate whether the patient become nomophobic due to mobile phone addiction or existing anxiety disorders manifest as nomophobic symptoms. The signs and symptoms are observed in nomophobia cases include- anxiety, respiratory alterations, trembling, perspiration, agitation, disorientation and tachycardia. Nomophobia may also act as a proxy to other disorders. So, people have to be very judicious regarding its diagnosis. Some mental disorders can precipitate nomophobia also and vice versa. The complexity of this condition is very challenging to the patients’ family members as well as for the physicians as nomophobia shares common clinical symptoms with other disorders. That’s why nomophobia should be diagnosed by exclusion. People have to stay in the real world more than virtual world. They have to re-establish the human-human interactions, face to face connections. So, they need to limit their use of mobile phones rather than banning it because they cannot escape the force of technological advancement.

REVIEW OF LITERATURE

Pavithra, Suwarna, and Mahadeva in 2015 conducted a Study on Nomophobia - Mobile Phone dependence, among students of a Medical College in Bangalore. A cross-sectional study was carried out in 200 students of a medical college in Bangalore. 79(39.5%) students were Nomophobic in this study and another 27% were at risk of developing Nomophobia. The result of their study is indicative of increasing prevalence of Nomophobia among younger generation.

Soumitra, Veena, Satish, Angelin, Mahesh, and Amreen in 2018 conducted a study to find out the prevalence of nomophobia in Gandhi Medical College, Bhopal. A cross-sectional study conducted for a period of 3 months. Total of 473 students from Gandhi Medical College, Bhopal. The results show that (61.5%) were having moderate, 6.1% having severe nomophobia and only one participant was not suffering from nomophobia.

Nagapraveen, Ravi, Hanisha, Sowmya, and Swathi in 2019 conducted a study on Nomophobia and its correlation with sleeping difficulty and anxiety among medical students in a medical college, Telangana. The objectives are to study grading of nomophobia and to find out any correlation exists between nomophobia and sleeping difficulty and anxiety among medical students. A cross sectional study is conducted for duration of 6 months among medical students. The study showed that out of 364 students, 62 (17%) have mild, 234 (64.3%) have moderate and 68 (18.7%) have severe nomophobia. There is a weak positive correlation between nomophobia and sleeping difficult and anxiety. There problem of nomophobia is alarming; there is a need to reduce nomophobia, and to evolve effective strategies to enhance human interaction.

Chethana; Nelliyanil, Maria; Anil, Manjula, (2020) Prevalence of Nomophobia and its Association with Loneliness, Self-Happiness and Self Esteem among Undergraduate Medical Students of a Medical College in Coastal Karnataka. A cross sectional study was conducted among 228 undergraduate students. . It was observed that, 100% of the

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participants had nomophobia. Nomophobia was found to be positively correlated with loneliness and negatively correlated with self-happiness and self-esteem, however only correlation of nomophobia and self-esteem was statistically significant.

The Indian studies have shown there is a rise in the prevalence of nomophobia, and therefore it is need to evolve strategies to tackle tis issues.

Objectives of the study

To understand gender difference in the Nomophobia.

Hypotheses

There is no significant difference in the level of Nomophobia among Hostel Students across gender.

Sample

The sample consists of around 30 students, 15 male and 15 female, from different departments who stay in hostels, pursue undergrad and Postgrad studies, and use mobile phones.

Sample Technique

The present study utilized a purposive sampling method. Participants were recruited through WhatsApp, email, and phone calls to take part in the study, which included a link to Google Forms containing the scales. Participation was voluntary.

Sample Criteria

Inclusion:

- Selecting young adults between the age group of 18 to 24 years.
- Participants should be residents of Hostel, SDM College, Ujire.
- Participants should be students of undergraduate or postgraduate studies.

Exclusion:

- Dropouts from school/college.
- Participants staying in PG or with family (day scholars)
- Participants who do not own a smartphone.

Variables

A. Independent Variables

1. **Gender** a) Male b) Female

B. Dependent Variables

1. **Nomophobia**

Research Tools

- **Nomophobia Questionnaire by Yildirim and Correia (2015):** The Nomophobia Questionnaire (NMP-Q) was originally developed by Yildirim and Correia (2015) in the USA. This 20-item instrument assesses four factors using a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). The total score varies from a minimum of 20 to a maximum of 140. In a study conducted with the Peruvian population, the overall reliability of the NMP-Q was reported as $\alpha = 0.96$, with the

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four dimensions demonstrating reliability coefficients of 0.94, 0.93, 0.86, and 0.87, respectively (Franco-Guanilo et al., 2022).

Research Design:

The present study's research design is exploratory in nature. It utilized a qualitative survey technique to collect the necessary data.

Procedure:

The assessment was done individually. The purpose of the study was explained to the participants, and the participant's willingness to participate in the study was ascertained. The sociodemographic details were collected. The participants were briefed about the scale and provided with clear instructions. The Nomophobia scale was administered through a Google form. Then, the responses obtained were scored, and interpretation was made.

Statistical Analysis

- The descriptive statistics- Mean and Standard Deviation
- Inferential statistics- Independent Sample t-Test
- To analyze the result through SPSS. (SPSS version - P22)

RESULTS AND DISCUSSION

Table shows the Mean, SD and the t-value on nomophobia among hostel students.

Table No-1

Gender	Mean value	Std. Deviation	t-Value	P-Value
Female	67.67	19.845	1.009	0.322
Male	76.20	26.053		

The hypothesis indicating no significant difference in the level of nomophobia between male and female young adults was tested using an independent samples t-test. The obtained value was 1.009, which is not significant. Therefore, we accept the null hypothesis, which states that there is no significant difference in the level of nomophobia between male and female young adults. This finding is supported by a study conducted by Burhanettin, Ozlem, and Irshad in 2017, which also showed that the main effect of gender on nomophobia was not statistically significant, indicating that the differences between male and female students regarding nomophobia were nonsignificant.

The present research was to study nomophobia among male and female young adults staying in hostels. The sample included 30 participants in the young adult age group, comprising 15 males and 15 females. The age group was 18 to 24—any participant pursuing an undergraduate or postgraduate degree at SDM College, Ujire. The results indicated no significant difference in the level of nomophobia between males and females.

CONCLUSION

Mobile phones and new technologies have both positive and negative aspects. They have not only helped improve worldwide communication; newer technology through new social media, social network sites, social informatics, and “social software” enables us to perform many jobs quickly and efficiently. The result showed increasing Nomophobia among the younger generation, especially those staying at hostels.

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Implication

The study's findings can be utilized by Parents, Teachers, and Educational and Mental health professionals to learn more about smartphone usage among youngsters. Because of the psychological, emotional, and academic impairments of students with nomophobia symptoms and cellphone overuse, an effective intervention should be developed for nomophobia and other communication problems.

Limitations

1. The small sample size.
2. Focused on only one institution.
3. The socioeconomic status and domicile were not considered.

Scope For Further Study

1. Studies on interventions can be done.
2. Multi-centric studies are required to assess the real problem.
3. Investigate the psychological aspects and solutions for nomophobia in more depth.

Ethical Consideration

1. No usage of wrong or harsh comment/ remarks which degrade any community.
2. The department review committee has approved the research.
3. Consent was taken from the participant.
4. Confidentiality was maintained throughout the study.
5. Data collected is used only for academic research purpose.

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Conflict of Interest

The author declared no conflict of interest.

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