



Research Article

Nomophobia: Challenges related to the level of use of smartphones and its consequences among BSc Nursing 1st Semester students of Shova Rani Nursing College, KPC MCH

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Abstract

A descriptive study was carried out to find out the level of smartphone use among the BSc. Nursing 1st semester students of Shova Rani Nursing College, Jadavpur, West Bengal. The main objective was to determine whether the students have nomophobia and to determine the level of smartphone usage among the BSc. Nursing 1st semester students. The researchers used a convenience sampling technique and 60 samples were selected from students who were between 18 and 25 years of age. Our data analysis involved frequency, percentage, and inferential statistics (chi-square test) to determine the association between variables; the results indicated that 67% of students presented challenges associated with nomophobia, while 33% of students had no significant challenges associated with nomophobia. Socio-demographic variables like family income showed an association with challenges associated with nomophobia, while the demographic variables like age group and residence were non-significant at $p < 0.05$. A questionnaire was prepared for assessing the demographic data, and structured Questionnaire tools were used for data collection. (67%) of students presented challenges associated with nomophobia & questionnaire to understand the challenges associated with smartphone usage was selected for assessing nomophobia among the 1st semester students of BSc. Nursing of Shova Rani Nursing College. By conducting this study on assessing smartphone use and Nomophobia among the 1st semester BSc Nursing students, we conclude that most of the students have a moderate level of smartphone usage and Nomophobia (51.67%), and very few have a smartphone usage (1.67%).

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KEYWORDS: Nomophobia, Smartphone Addiction, Nursing Students, Mobile Phone Usage, Behavioural Dependence.

1. INTRODUCTION

Nomophobia stems from no mobile phobia (fear of running out of a cell phone), created in the United Kingdom over the past decade and means the fear of running out of a cell phone due to loss, theft or phone or internet connectivity issues. It means fear of running out of access to cell phones, the Internet, social networking, and messaging applications, which may represent extremely relevant developments in human dynamics, including aspects related to psychological disorders associated with Nomophobia.

Nomophobia is defined as a disorder of the modern world that could develop symptoms of anxiety and nervousness caused by lack of access to cell phones, computers and other communication devices¹. In Brazil, an unpublished Case Report presented the hypothesis of Nomophobia as digital dependence in an individual with Panic Disorder with Agoraphobia, relating cell phone dependence as an attenuator of the disorder².

Over the past decade, attention to nomophobic behaviour has grown exponentially with research in countries like Iran, Italy, Spain, Portugal, India, China, and Turkey, among others, with differentiated approaches, using new measurement scales and analysing new correlations³.

Individuals with high Nomophobia scores respond with stress and behavioural disengagement when confronted, revealing insights that require preventive and interventional measures in the population⁴.

2. METHODOLOGY

This study adopted a non-experimental quantitative research approach with a descriptive research design to assess the level of nomophobia and use of smartphones and its consequences and challenges among 1st Semester BSc.

Nursing Students. The final study was conducted at Shova Rani Nursing College, Kolkata, West Bengal. A total of 60 students were selected as the sample for the main study using a convenience sampling technique. Content validity of the tools was established by five experts with approximately 97% agreement. Reliability of the tool was assessed using Karl Pearson's coefficient of correlation. Reliability of the tool was $r_1 = 0.75$ for the demographic questionnaire, $r_2 = 0.78$ for smartphone usage in daily life and $r_3 = 0.76$ for challenges associated with nomophobia. Necessary ethical permissions were obtained from the concerned authority of the nursing college, and individual informed consent was obtained from each of the participants.

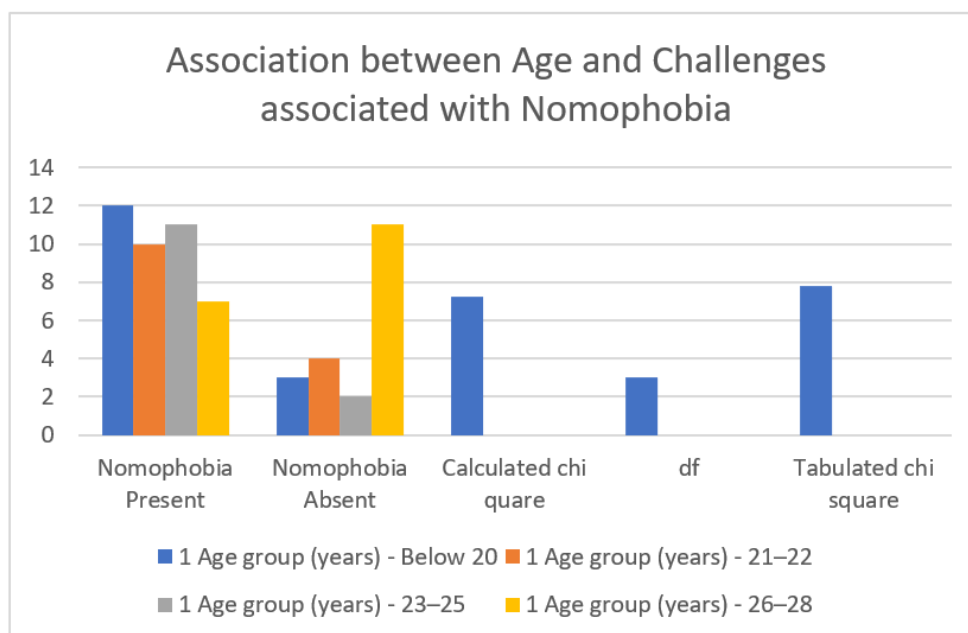
3. RESULT

In this study, 50% of participants were below 20 years, and 3.33% were 23-25 years. 51.67% have mothers with a qualification of graduate or above, and 16.67% have mothers with a qualification of class 11-12. 85% have fathers with a qualification of graduate or above, and 1.67% have fathers with a qualification of class 6-8. 50% of participants have above 30000 family income and 10% have a family income of 20001-30000. 31.67% of participants reside in their own home, and 20% reside in a flat. 90% of participants select nursing of their own choice, and 10% select nursing forced by their family.

The hours spent on smartphone usage: the highest percentage is (51.67%), i.e. 2-4 hours, and the lowest percentage is (1.67%), i.e. more than 6 hours. The frequency of checking the smartphone: the highest percentage is (55%), i.e. only when necessary, and the lowest percentage is (3.33%), i.e. almost constantly.

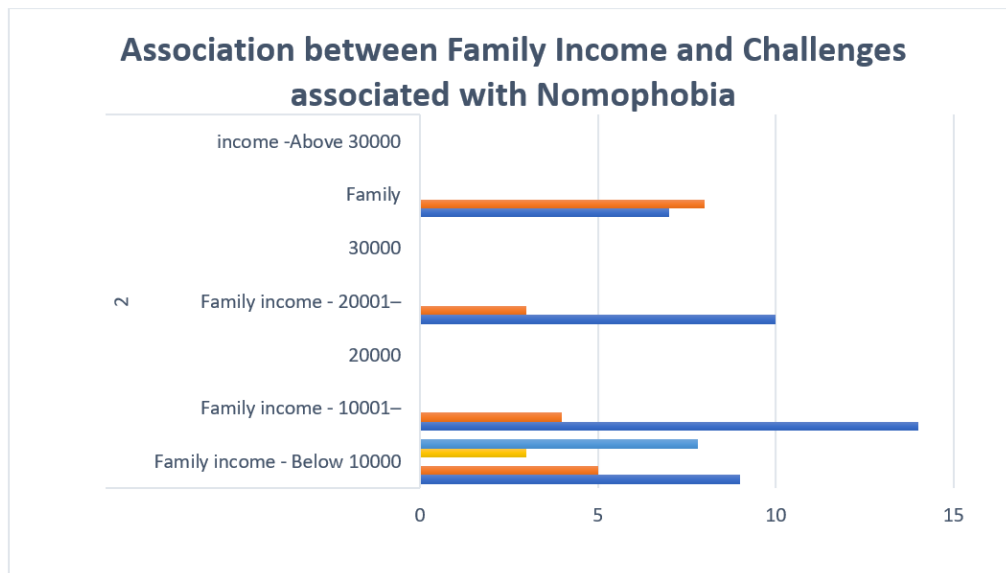
Findings related to the association between the demographic variables and challenges associated with nomophobia.

N=60



In case of association between challenges associated with nomophobia and the selected demographic variables, i.e. age group, the calculated chi-square value was (7.24), which was found to be statistically not significant at the 0.05 level of significance; the obtained value was lower than the table value (7.81).

So, there is no association between challenges associated with nomophobia and the selected demographic variable, i.e. age group. So, the null hypothesis is accepted, and the research hypothesis is rejected.



The data presented in the table reveal that the calculated chi-square value (8.15) of the selected demographic variable, i.e., family income, is more than the table value (7.81) and was found to be statistically significant at the 0.05 level of significance, and the obtained value was higher than the table value (7.81).

So, there is an association between challenges associated with nomophobia and the selected demographic variable, i.e., family income. So, the research hypothesis is accepted, and the null hypothesis is rejected.

In case of association between challenges associated with nomophobia and the selected demographic variables, i.e. residence, the calculated chi-square value (6.92) is lower than the table value (7.81), which was found to be statistically not significant at the 0.05 level of significance. The obtained values were lower than the table value (7.81).

So, there is no association between challenges associated with nomophobia and the selected demographic variable, i.e. residence. So, the null hypothesis is accepted, and the research hypothesis is rejected.

4. DISCUSSION

The present study was done to assess the use of smartphones among B.Sc. Nursing 1st semester students. Students mostly used spirituality, emotional support, and active coping, which shows they are trying to handle smartphone usage in positive ways. Similar findings were seen in other studies too.

Rodr  -guez-Garcia AM, et al. Nomophobia: An Individual's Growing Fear of Being without a Smartphone-A Systematic Literature. This review examines the current literature focused on nomophobia in the Scopus and Web of Science databases.

They conducted a systematic literature review in accordance with the Preferred Reporting Items for Systematic Reviews (PRISMA) guidelines. The initial sample consisted of 142 articles, of which 42 met the inclusion criteria and were analysed in detail.

5. CONCLUSION

After analysis and interpretation of the results, the study revealed that the majority of nursing students had a moderate level (51.67%) of smartphone use and nomophobia, while some (1.67%) experienced high levels of dependency on smartphones. Many students showed signs of anxiety or discomfort when they were unable to access their phones, indicating the presence of nomophobia

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