

A Study to Assess the Knowledge Regarding Management of Nomophobia Among Adolescents in Selected School at Pathanamthitta District With a View to Develop an Information Booklet

Shani John, Sibi Kunjumon, Sneha Mariam Jacob, Sona Jose, Sreelakshmi R, Treesa Sebastian, Elsa Aswathy Joy* and Shina John

College of Nursing Guru Education Trust, India

*Corresponding Author

Elsa Aswathy Joy, College of Nursing Guru Education Trust, India.

Submitted: 2024, Jun 21; Accepted: 2024, Jul 15; Published: 2024, Jul 31

Citation: John, S., Kunjumon, S., Jacob, S. M., Jose, S., Joy, E. A. et al. (2024). A Study to Assess the Knowledge Regarding Management of Nomophobia Among Adolescents in Selected School at Pathanamthitta District With a View to Develop an Information Booklet. *Int J Psychiatry*, 9(3), 01-09.

Abstract

Fear of being away from smartphone is one of the emerging disorder which is termed as "NOMOPHOBIA" that is NO-Mobile phone-PHOBIA. People get very anxious when they lose their mobile phone, run out of battery or due to less network connectivity. It is a fast spreading global disorder, which is neglected and not taken seriously among adolescents. Nowadays in the pandemic scenario, the life has totally changed and the mobile phone is considered as necessity. This change has great impact in health of people especially adolescents. This study was aimed to assess the knowledge regarding management of nomophobia among young adolescents in selected school of Pathanamthitta district with a view to develop an information booklet. The objectives of study were to assess the knowledge regarding management of nomophobia among adolescents, to find the association between knowledge regarding management of nomophobia with selected demographic variables, to develop an information booklet regarding management of nomophobia. Research design adopted for the study was descriptive research design, non-probability convenience sampling technique was carried to select the study subjects, and the study was conducted on 120 young adolescents of Believers Church Residential School Thiruvalla after getting consent from the participant and higher authority. The data is collected using Structured Knowledge Questionnaire method. The study shows that the most of the young adolescents have average knowledge of 47.5%, 30.83% have good knowledge and 21.66% have poor knowledge regarding management of nomophobia. The study also shows significant association between knowledge regarding management of nomophobia among young adolescents and selected socio-demographic variables like age, gender, education, area of living, relative position in family, income, frequency and duration of smartphone usage and previous knowledge regarding management of nomophobia. After the completion of data collection process and analysis of data, an information booklet was provided describing the information about concept, symptoms, consequences and management of nomophobia [1].

Keywords: Nomophobia

1. Background of the Problem

Nomophobia is considered as a modern age phobia introduced to our lives as a byproduct of the interaction between people and mobile information and communication technologies, especially smartphone [2].

The term Nomophobia is an acronym for "No Mobile Phone

Phobia", coined by an UK based research organization (You Gov) in 2010 [3]. Nomophobia refers to discomfort, anxiety, nervousness, or anguish caused by being out of contact with a mobile phone [4]. GSMA intelligence reports that today, the number of active mobile subscription exceeds the total world population with more than 7.5 billion subscriptions compared to a total population around 7.2 billion. Considering that an average mobile device user may have

more than one active subscriptions, the number of active unique mobile subscribers are reported to be above 3.7 billion [5].

A study conducted in Britain among 2,163 people was found that 58% of men and 47% of women suffer from nomophobia and an additional 9% feel stressed when their mobile phones were off. The study found that nearly 53% of mobile phone users in Britain tend to be anxious when they lose their mobile phone, run out of battery or credit, or have no network coverage. Also 55% of those surveyed cited keeping in touch with friends or family as the main reason that they got anxious when they could not use their mobile phones [6].

It is a fact that, millions of people suffer from Nomophobia around the globe. The most affected are from 18-24 years of age. A typical Nomophobe can be identified by some characteristics such as never turning off the phone, obsessively checking missed texts and calls, bringing the phone everywhere, using phones at inappropriate times and missing opportunities for face-to-face interaction while preferring over the phone contact. In some severe cases, people may also face physical side effects such as panic attacks, shortness of breath, trembling, sweating, accelerated heart rate, pain in the hand joints, neck and back pain, etc. when their phone dies or is otherwise unusable. Since millions of subscribers are being added every month, full-blown Nomophobia has all possibilities to reach the epidemic scale, leading to serious physical, psychiatric and psychological problems among users.

2. Need for the Study

The utilization of technical knowledge has a worldwide importance due to its contributions to human existence and due to the strengthening of socioeconomic relations universally. Telecommunications has been revealed as one of the rapidly spreading media on the planet, encouraging an emergent “mobile culture” in younger generations [7].

A survey on American mobile users found that 94% of people are concerned about losing their phone. In the survey 73% reported feeling “panicked”, 14% become “desperate” when they lost their phone. Seventy-two percentage of people stated that there is a very little chance that they will ever move 5 feet away from their phone [3]. Similarly a study in Sweden revealed that 23% men and 34% women having high use of mobile phones indicated sleep disturbance and over 30% of women reported up to two symptoms of depression [3].

According to a survey commissioned for the launch of Huawei’s new wearable phone device, 28 per cent of Aussies reported that leaving their smartphone could ruin their day while 26 per cent would find it hard to function at all without their smartphone. In the survey it was found, that 96 per cent of people carry their smart phone at all times and more than a third feel disconnected from the world when separated from their devices. The study claims that nomophobia is a strong force in Australia [8].

Many surveys performed in different countries and cultures – from the USA to India, from Europe to Japan have confirmed that Nomophobia is universally widespread and present. Nomophobia has been described by Indian psychiatrists, who found a threefold increase in psychopathology related to problematic mobile use in the last few years [9]. Research shows that Nomophobia is on the rise across the world and more and more people fear of being without or losing their mobile device [10].

A cross sectional descriptive research design aimed at evaluating the risk of developing Nomophobia among male Under Graduate students of health sciences by assessing the pattern of mobile usage and the level of psychological dependency among them. Total of 547 students of health sciences (Nursing, Dental Science, Physiotherapy & Ayurveda), both day scholars and hostellers, using mobile phone for more than one- year duration for at least 1-2 hours/day were included for the study and were selected using snow ball sampling method. The result showed that the dependency status reported by students was similar among different courses. A significant positive correlation was established between the pattern of mobile usage with the severity of Nomophobia. The study concluded that adequate prevention strategies in the form of health awareness campaign specifying the physical as well as psychological impact of the chronic mobile usage would be appreciated [11].

A Descriptive study to assess the knowledge regarding nomophobia was conducted among 60 nursing students of selected nursing colleges in Mysore. Non-probability convenience sampling technique was used to select the samples. The data collection was done by administering structured knowledge questionnaire regarding nomophobia among nursing students. Data was analyzed by using descriptive and inferential statistics. The study finding revealed that the majority 30 (50%) of Nursing students had poor knowledge, 25 (41.6%) had average knowledge and only 5 (8.3%) had good knowledge regarding nomophobia. This study shows that there was average knowledge regarding nomophobia among Nursing students. Therefore, it is recommended that there is a need for conducting awareness programmer among nursing students regarding nomophobia [12].

Mobile users are getting more problems in every day’s face-to-face interactions. Considering the tremendous increase in the number of mobile phone users in the past decade in India, the researcher felt there is urgent need to assess knowledge regarding Nomophobia among the young adults since they are the largest consumers of the mobile phones and use mobile phones more frequently, who are powerfully technologized yet powerlessly connected.

Through the above facts and studies, the investigator has realized that there is an increased incidence of problems due to nomophobia and deficiency of knowledge among adolescents. Hence, the investigator felt the need to select this study and implementation of information booklet to strengthen the knowledge regarding

nomophobia and its prevention.

3. Statement of the Problem

A study to assess the knowledge regarding management of nomophobia among young adolescents in selected school at Pathanamthitta district with a view to develop an information booklet.

4. Objectives of the Study

- a) To assess the knowledge regarding management of nomophobia among adolescents.
- b) To find the association between knowledge regarding management of nomophobia with selected demographic variables.
- c) To develop an information booklet regarding management of nomophobia.

Hypothesis

H1: There will be a significant association between knowledge regarding management of nomophobia among young adolescents

and selected demographic variable (Age, Gender, Educational status, Area of living, Relative position in the family, Income of the family, Frequency and duration of smartphone usage and previous knowledge regarding management of nomophobia).

5. Research Methodology

Quantitative approach is used in the present study. To achieve the objective of the study, the investigator had selected the descriptive research design to assess the knowledge regarding management of nomophobia. The study was conducted in Believers Church Residential School, Thiruvalla. The samples consist of 120 adolescents of 12 to 18 years in Believers Church Residential School, Thiruvalla. Non-probability convenience sampling technique is adopted

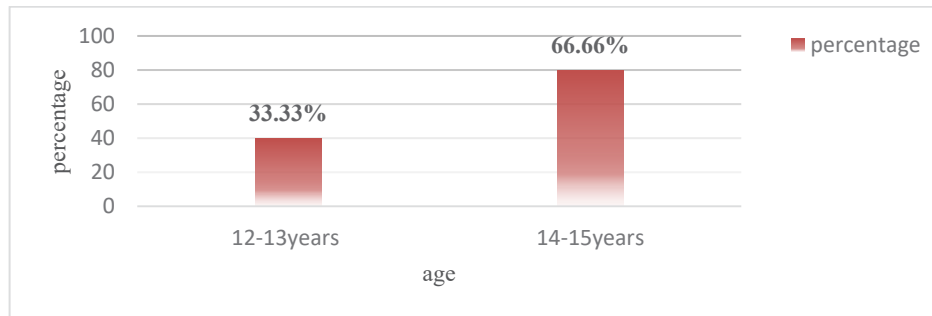
6. Results

Section I: Demographic information

The section deals with analysis of the distribution of samples according to their individual characteristics.

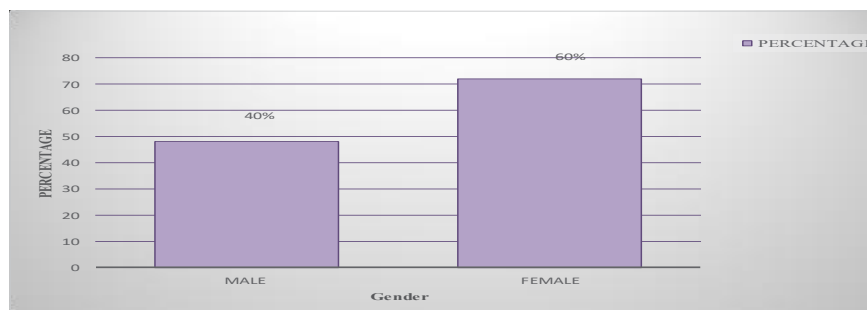
Age	Frequency	Percentage
12-13 Years	40	33.33%
12-13 Years	80	66.66%

Table 1: Distribution of Young Adolescents According to Age (n=120)



Gender	Frequency	Percentage
Male	48	40%
Female	72	60%

Table 2: Distribution of Young Adolescents According to Gender (n=120)

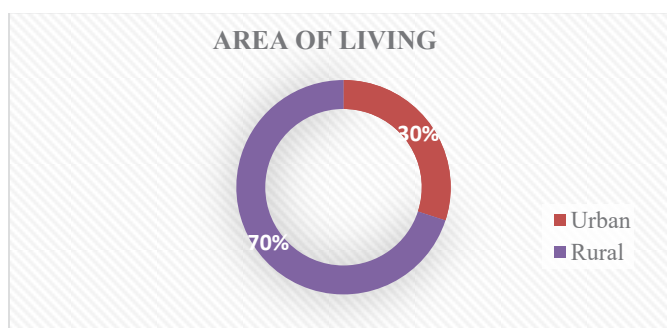


Education	Frequency	Percentage
VII grade	25	20.83%
VIII grade	34	28.33%
IX grade	61	50.83%

Table 3: Distribution of Young Adolescents According to Educational Status (n=120)

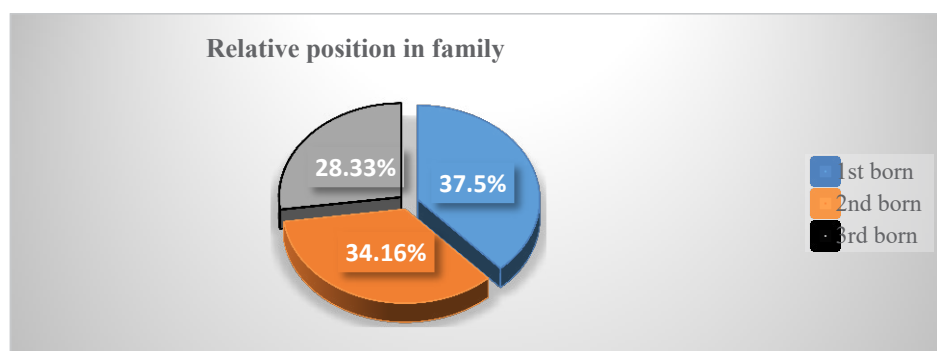
Area of living	Frequency	Percentage
Urban	36	30%
Rural	84	70%

Table 4: Distribution of Young Adolescents According to their Area of Living (n=120)



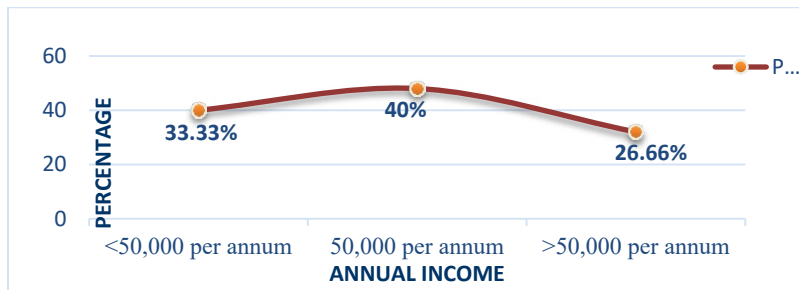
Relative position in the family	Frequency	Percentage
1 st born	45	37.5%
2 nd born	41	34.16%
3 rd born	32	28.33%

Table 5: Distribution of Young Adolescents According to the Relative Position in the Family n = 120



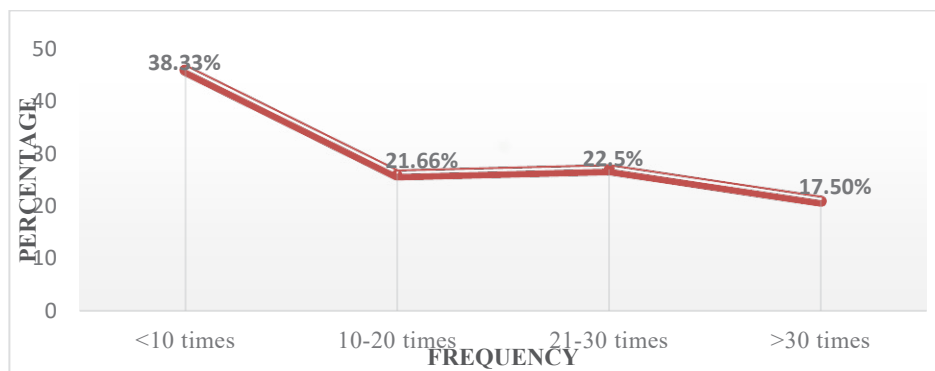
Income	Frequency	Percentage
<50,000 per annum	40	33.33%
50,000 per annum	48	40%
>50,000 per annum	32	26.66%

Table 6: Distribution of Young Adolescents According to the Income of their Family (n=120)



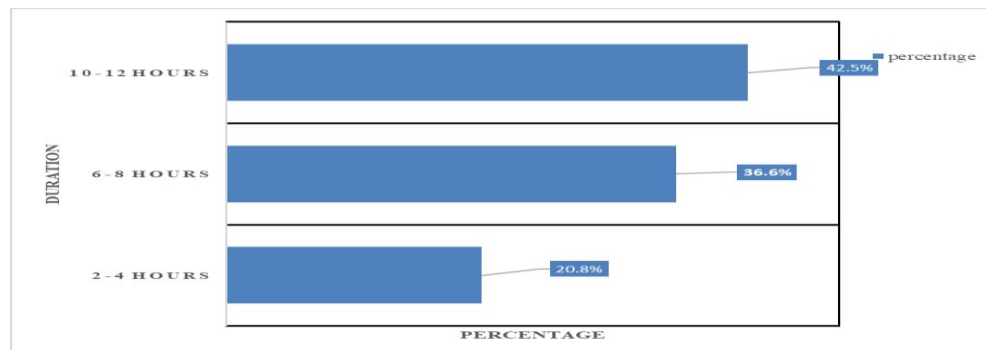
Frequency of smart phone usage	Frequency	Percentage
<10 times	46	38.33%
10-20 times	26	21.66%
21-30 times	27	22.5%
>30 times	21	17.5%

Table 7: Distribution of Young Adolescents According to Frequency of Smartphone Usage (n=120)



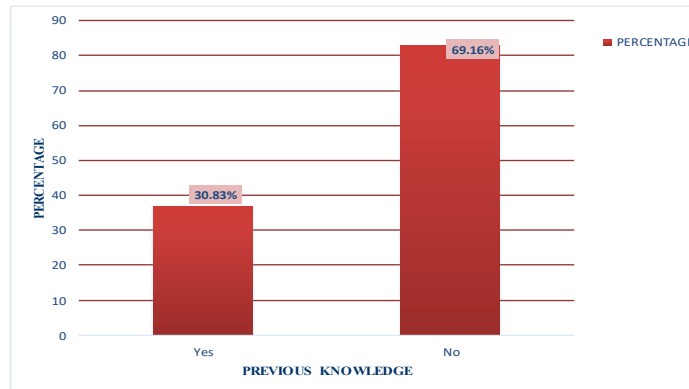
Duration of smartphone usage	Frequency	Percentage
2-4 hours	25	20.8%
6-8 hours	44	36.6%
10-12 hours	51	42.5%

Table 8: Distribution of Young Adolescents According to Duration of Smartphone Usage n=120



Previous knowledge	Frequency	Percentage
Yes	37	30.83%
No	83	69.16%

Table 9: Distribution of Young Adolescents According to Previous Knowledge Regarding Management of Nomophobia (n=120)



Availability of smartphone	Frequency	Percentage
Yes	57	47.5%
No	63	52.5%

Table 10: Distribution of Young Adolescents According to Availability of Smartphone (n=120)

Availability of source

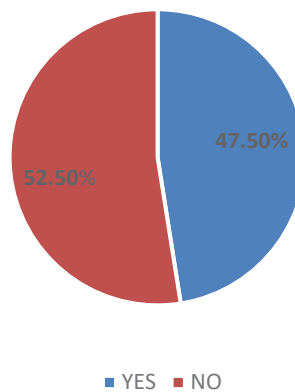
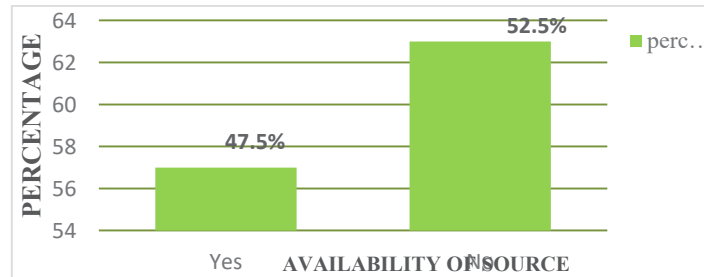


Table 11: Distribution of Samples According to Knowledge Regarding Management of Nomophobia Among Adolescents

Knowledge	Score	Frequency	Percentage
Good	16-20	37	30.83%
Average	11-15	57	47.5%
Poor	<10	26	21.66%

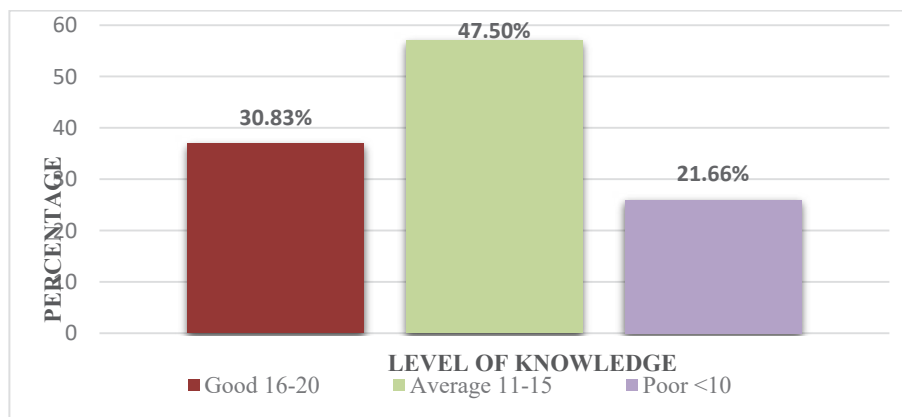
Availability of smartphone	Frequency	Percentage
Yes	57	47.5%
No	63	52.5%

Table 12: Distribution of Adolescents According to Availability of Smartphone n=120



Knowledge	Score	Frequency	Percentage
Good	16-20	37	30.83%
Average	11-15	57	47.5%
Poor	<10	26	21.66%

Table 13: Distribution of Samples According to Knowledge Regarding Management of Nomophobia Among Adolescents



SOCIO DEMOGRAPHIC VARIABLES		LEVEL OF KNOWLEDGE			df	TABLE VALUE	P-VALUE	CHI SQUARE VALUE	INFERENCES
		POOR	AVERAGE	GOOD					
AGE	12-13 YEARS	10	7	26	2	5.99	0.00001	33.13*	Significant
	14-15 YEARS	16	50	11					
GENDER	Male	11	9	28	2	5.99	0.00001	33.6*	Significant
	Female	15	48	9					
EDUCATIONAL STATUS	VII grade	7	8	10	4	9.49	0.3191	4.703	Not significant
	VIII grade	9	15	10					
	IX grade	10	34	17					

AREA OF LIVING	Urban	12	6	18	2	5.99	0.000054	19.65*	Significant
	Rural	14	51	19					
RELATIVE POSITION	1st born	3	33	9	4	9.49	0.000184	22.19*	Significant
	2nd born	12	11	18					
	3rd born	11	13	10					
INCOME	>50,000 per annum	12	10	10	4	9.49	0.0226	11.38*	Significant
	50,000 per annum	4	29	15					
	<50,000 per annum	10	18	12					
FREQUENCY	<10 times	4	30	12	6	12.59	0.0183	15.26*	Significant
	10-20 times	10	6	10					
	21-30	8	11	8					
	>30	4	10	7					
DURATION	2-4 HOURS	7	8	10	4	9.49	0.0059	14.4575*	Significant
	6-8 HOURS	14	15	15					
	10-12 HOURS	5	34	12					
PREVIOUS KNOWLEDGE	YES	11	11	15	2	5.99	0.0287	6.796*	Significant
	NO	15	46	22					
AVAILABILITY OF SOURCE	YES	20	17	20	2	5.99	0.000224	16.80*	Significant
	NO	6	40	17					

Table 14: Association between Knowledge Regarding Management of Nomophobia Among Young Adolescents and Selected Demographic Variables

7. Inferences

- There is a significant association between knowledge regarding management of nomophobia and age with the p value of 0.00001.
- There is a significant association between knowledge regarding management of nomophobia and gender with the p value of 0.00001.
- There is a significant association between knowledge regarding management of nomophobia and area of living with the p value of 0.000054.
- There is a significant association between knowledge regarding management of nomophobia and relative position with the p value of 0.000184.
- There is a significant association between knowledge regarding

management of nomophobia and income with the p value of 0.0226.

- There is a significant association between knowledge regarding management of nomophobia and frequency of smartphone usage with the p value of 0.0183.
- There is a significant association between knowledge regarding management of nomophobia and duration of smartphone usage with the p value of 0.0059.
- There is a significant association between knowledge regarding management of nomophobia and previous knowledge regarding nomophobia with the p value of 0.0287
- There is no significant association between knowledge regarding management of nomophobia and educational status.

• There is a significant association between knowledge regarding management of nomophobia and availability of smartphone with the P value of 0.000224.

8. Discussion

In current study shows that 47.5% adolescents have average knowledge, 30.83% have good knowledge and 21.66% have poor knowledge regarding management of nomophobia with regards to significant association between knowledge regarding management of nomophobia among young adolescents with selected socio-demographic variables like age, gender, income of family, relative position in family, area of living, frequency and duration of smartphone use and previous knowledge regarding management of nomophobia.

References

1. Akun, A., & Andreani, W. (2017, July). Powerfully technologized, powerlessly connected: The psychosemiotics of nomophobia. In *2017 10th International Conference on Human System Interactions (HSI)* (pp. 306-310). IEEE.
2. Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in human behavior*, *49*, 130-137.
3. Kanmani, A., Bhavani, U., & Maragatham, R. S. (2017). Nomophobia—An insight into its psychological aspects in India. *The International Journal of Indian Psychology*, *4*(2), 5-15.
4. Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction—a review of the psychological literature. *International journal of environmental research and public health*, *8*(9), 3528-3552.
5. Yildirim, C., Sumuer, E., Adnan, M., & Yildirim, S. (2016). A growing fear: Prevalence of nomophobia among Turkish college students. *Information Development*, *32*(5), 1322-1331.
6. D'Agata, C. (2008). Nomophobia: Fear of being without your cell phone. *CBS News*.
7. Prasad, M., Patthi, B., Singla, A., Gupta, R., Saha, S., Kumar, J. K., ... & Pandita, V. (2017). Nomophobia: A cross-sectional study to assess mobile phone usage among dental students. *Journal of clinical and diagnostic research: JCDR*, *11*(2), ZC34.
8. The Chronicle. 29th Aug 2017. Available from: <https://www.thechronicle.com.au/news/australias-addiction-have-you-heard-nomophobia/3217713/>
9. Bragazzi, N. L., & Del Puente, G. (2014). A proposal for including nomophobia in the new DSM-V. *Psychology research and behavior management*, 155-160.
10. Pavithra, M. B., Madhukumar, S., & TS, M. M. (2015). A study on nomophobia-mobile phone dependence, among students of a medical college in Bangalore. *National Journal of community medicine*, *6*(03), 340-344.
11. JB, B., Preeti, M., Praveen, C., & Jinto, P. (2013). Nomophobia—do we really need to worry about. *Reviews of Progress*, *1*(1), 1-5.
12. Abraham, N., Mathias, J., & Williams, S. (2014). A study to assess the knowledge and effect of nomophobia among students of selected degree colleges in Mysore. *Asian Journal of Nursing Education and Research*, *4*(4), 421-428.

Copyright: ©2024 Elsa Aswathy Joy, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.