Effectiveness Of Structured Teaching Programme on Knowledge Regarding Nomophobia Among Nursing Students

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Abstract*— The term Nomophobia or NO MOBILE PHONE PHOBIA is used to describe psychological condition when people have a fear of staying away from phone .A pre –experimental research design was used to check the effectiveness of structured teaching programme on Nomophobia among nursing students. A total 61 sample were selected using purposive sampling technique . Self-administered questionnaire was administered to collect the data. The study finding showed that the mean post–test knowledge score (79.60%) was higher than the pre-test knowledge score (44.90%) which were statistically significant. The p value <0.001 shows that there was a significant difference in the mean pre-test and post-test knowledge scores. Post-test result reveals that the structured teaching programme was effectivee i.e. pre-test knowledge 49(80.3%) were having moderate knowledge whereas in post-test 58 (95.1%) were having adequate knowledge regarding nomophobia .Thus structured teaching programme was effective to increase knowledge regarding nomophobia among nursing students.

Index Terms- Structured Teaching Programme, Nomophobia, knowledge.

I. INTRODUCTION

Nomophobia is a mobile phone phobia, which is the dread of losing contact with one's phone (Situational Phobia). The term "nomophobia" is derived from the statement "no mobile phobia," which means "the fear of being without a mobile phone.[1]

"Nomophobia" refers to the discomfort, worry, anxiousness, or misery experienced when one's phone or computer is turned off. It is, in general, a neurotic dread of being out of touch with technology. Nomophobia, or no mobile phone phobia, is a term usedto describe a group of psychological disorders in which people are afraid of losing their mobile phone connection. In which a variety of psychological issues are at play, such as low self-esteem, extrovert personality, anxiety, and so on. The severity of the problem is growing by the day. Nomophobia can be triggered by some mental illnesses, and viceversa.[2] Smartphones provide people with many benefits and conveniences; at the same time, they make work completion easier and have gained widespread acceptance in today's society. Users of this technology even claim that it has become an extension oftheir body, influencing their identity and way of life. Today Smartphones play an increasingly crucial role in our lives, particularly among the younger generation. Originally, the mobile phone was viewed as a tool for communication and a variety of other tasks. Their advantages are unparalleled, but they also have significant drawbacks. It can trigger a variety of mental problems, including social phobia, social anxiety, and panic disorder.[1]

II. NEED OF THE STUDY

Mobile phones have become an important element of college students' livestoday. 90 percent of students use their phones in class, 88 percent of students text inclass, and 54 percent of students feel that texting on their phones helps them keep in touch with others. 75% of students believe that the development of the cell phone has made their lives easier. According to continuing studies, 84.5 percent of students between the ages of 18 and 30 have nomophobia, and in urban areas, mobile phone use exceeds 3 hours per day. In a 2009 survey at a medical school and associated hospital of Central India, 20% of students reported having nomophobia. Sanjay Dixit (Sanjay Dixit, 2012).[3]

According to Antonia–manuel and Jesus Lopez Belmote in a systematic review of Spain stated that nomophobia negatively affects the personality, self esteem, stress, academics and can lead to mental health problems. It is also stated that this modern disorder increases the fear of losing access to information and communication, thus which leads to aggressiveness, emotional instability, sleep disorders.[4]

III. REVIEW OF LIETERATURE

Abdallah Y. Naser, Hassen Alwafi.et al. (2023) conducted a study to assessnomophobia among University students in 5 Arab countries in Middle East: prevalence and risk factors. In this study data was collected by self structured questionnaire. The study result revealed that there was impaired control (55.6%) followed by (25.1%) doing harmful use followed by (19.3%) with least use of phones. The study also showed that mobile phone dependence was more in University students.[5]

Mr. Sumant Suraj, Prof Mr. Awate Sunil (2021) conducted a study to assess the effectiveness video assisted teaching regarding nomophobia among college students. Non probability purposive sampling technique was used for 60 sample size. The studyresult revealed that there was significant between mean pre test knowledge and post test knowledge score. In experimental group 7(23.4%) were having mild nomophobia, 20(66.6%) were having moderate nomophobia, 3(10%) were having mild nomophobia. In control group 8(26.6%) were having mild nomophobia, 21(70%) were having 12 moderate nomophobia and 1(3.4%) were having severe nomophobia. The study showed that video assisted teaching has helped in gaining knowledge regarding nomophobia.6

IV. STATEMENT OF PROBLEM

"A study to assess the effectiveness of Structured Teaching Programme on knowledge regarding nomophobia among B.Sc. Nursing 2nd year (Basic and Post-Basic) students studying in Sister Nivedita Government Nursing College, IGMC,Shimla, Himachal Pradesh."

V. OBJECTIVES

1. To assess the pre-test knowledge regarding nomophobia among B.Sc. Nursing 2nd year (Basic and Post-Basic) students studying in Sister Nivedita Government Nursing College, IGMC, Shimla, Himachal Pradesh.
2. To assess the effectiveness Structured Teaching Programme on nomophobia among B.Sc. Nursing 2nd year (Basic and Post-Basic) students studying in Sister Nivedita Government Nursing College, IGMC, Shimla, Himachal Pradesh.
3. To assess post- test knowledge regarding nomophobia among B.Sc. Nursing 2nd year(Basic and Post-Basic) students studying in Sister Nivedita Government Nursing College, IGMC, Shimla, Himachal Pradesh.
4. To find out the association of post-test knowledge with selected socio-demographic variables among B.Sc. Nursing 2nd year (Basic and Post-Basic) students studying in Sister Nivedita Government Nursing College, IGMC,Shimla, Himachal Pradesh.

VI. RESEARCH METHODOLOGY

A quantitative research technique was adopted for the present study. A pre-experimental research design (one group pretest postest) was appropriate for the present study. Research settings: The study conducted in: B.Sc. Nursing 2nd year (Basic and Post-Basic) students studying in Sister Nivedita Government Nursing College, IGMC,Shimla, Himachal Pradesh. Total 61 samples were selected for the present study. Purposive sampling technique (non-probability sampling) was adopted for the present study.

Data Collection Tool: Tool 1 Section A (8 items): Sociodemographic data sheet
It includes: Age in years, religion, type of family, residence, family monthly income (in rupees)/month, from which age you are using mobile phones, how much money you spend per month for data pack ,how many times you charge your phones

Tool 2 Section B (24 items): Self-structured knowledge questionnaire on Nomophobia.

It includes: introduction, definition,sign and symptoms of nomophbia, how we can assess the occurrence of nomophobia , preventive measures.

Official approval from the ethical and research committee of Sister Nivedita Government Nursing College, IGMC, Shimla was taken to conduct the research study. Informed Consent was taken from all participants and confidentiality was maintained.

ANALYSIS:

SECTION-A: Finding related to frequency and percentage distribution of demographic profile of students

Table 4.1: Frequency and percentage distribution of socio-demographic profile of the subjects

N=61

Variables	Characteristics	Percentage	Frequency
	17-18	0.0%	0
Age (in years)	18-19	34.4%	21
	>19	65.6%	40
Hostel		91.8%	56
Place of living	Day scholar	6.6%	4
	Nuclear	73.8%	45
Type of family	Joint	24.6%	15
	Extended	1.6%	1
	Single child	4.9%	3
Two		63.9%	39
No. of siblings	Three	23.0%	14
	More than three	8.2%	5
	Formally educated	1.6%	1
	Primary	14.8%	9
Father’s education	Secondary	21.3%	13
	Secondary	19.7%	12
	Graduate and above	42.6%	26
	Formally educated	0.0%	0
	Primary	9.8%	6
Mother’s education	Secondary	27.9%	17
	Senior secondary	27.9%	17
	Graduate and above	34.4%	21
	Unemployed	1.6%	1
	Govt.Employee	45.9%	28
Father’s occupation	PrivateEmployee	31.1%	19
	OwnBusiness	18.0%	11
	Others	3.3%	2
	Homemaker	65.6%	40
Mother’s occupation	Govt.Employee	18.0%	11
	PrivateEmployee	14.8%	9
	OwnBusiness	1.6%	1
	Others	0.0%	0
	<20,000	27.9%	17
	20,001-40,000/-	32.8%	20
Monthly family income	40,001-60,000/-	21.3%	13
	60,001-80,000/-	11.5%	7
	80,001-1,00,000/-	6.6%	4
Do you have your own mobile phone?	>1,00,000/-	0.0%	0

	Yes	96.7%	59
Number of mobile phones you are using.	No	3.3%	2
	One	98.4%	60
Cost of mobile phone that you are using.	Two	1.6%	1
	Less than10,000/-	55.7%	34
	Rs.25,001-50,000/-	42.6%	26
	Rs.50,001-75,000/	1.6%	1
Money of data packs in rupee per month.	Rs.50,001-75,000/	0.0%	0
	Morethan1,00,000/	0.0%	0
	LessthanRs.100/-	24.6%	15
Sources of getting day- to-day information	Rs.501-1000/-	72.1%	44
	Rs.1001-2000/-	0.0%	0
	Morethan2001/-	3.3%	2
	T.V.	3.3%	2
	Radio	0.0%	0
	Newspaper	3.3%	2
	Internet	93.4%	57
	1-3hours	50.8%	31
Hours you spent on your mobile phone daily	4-7hours	47.5%	29
	8-10hours	1.6%	1
	<13Years	9.8%	6
Age you have started using mobile phone	14-17Years	41.0%	25
	>18Years	49.2%	30
	One Time	72.1%	44
Frequency of charging your mobile phone	Two Time	16.4%	10
	Three Times	11.5%	7
You use phone while sleeping	Yes	63.9%	39
	No	36.1%	22
You turn off your smart phone at night	Yes	42.6%	26
	No	57.4%	35
You check your phone	Yes	47.5%	29

SECTION–B: Findings related To Pre-Test Knowledge Score of Students Regarding Nomophobia

Table4.2: Frequency & Percentage distribution of pre-test knowledge score of students according to the knowledge score regarding nomophobia

N=61

Criteria Measure of Pretest Knowledge Score	
Knowledge Score	Frequency Percentage
Inadequate knowledge (0-8)	10 (16.4%)
Moderate knowledge (9-16)	49(80.3%)
Adequate knowledge (17-24)	2 (3.3%)
Maximum=24	Minimum=0

Table4.3: Descriptive statistics of pre-test level of knowledge score of students regarding nomophobia

N=61

Descriptive Statistics	Mean	S.D.	Median score	Maximum	Minimum	Range	Mean %
Pre-test knowledge							
Maximum=24							Minimum=0

SECTION-C: Findings related to post-test level knowledge scores of students regarding nomophobia

Table 4.4: Frequency and Percentage distribution of post-test level of knowledge score of students according to their knowledge regarding nomophobia

N=61

Criteria Measure of Pretest Knowledge Score	
Knowledge Score	Frequency Percentage
Inadequate knowledge (0-8)	0(0%)
Moderate knowledge (9-16)	3 (4.9%)
Adequate knowledge (17-24)	58(95.1%)
Maximum=24	Minimum=0

Table 4.5: Descriptive statistics of post-test level of knowledge scores of student regarding nomophobia

N=61

Descriptive Statistics	Mean	S.D.	Median score	Maximum	Minimum	Range	Mean %
Post-Test Knowledge	19.10	1.998	19	22	14	8	79.60

Table 4.6: Frequency & percentage distribution of pre-test and post-test level of knowledge

Criteria Measure of Pretest Knowledge Score		
ScoreLevel(N=61)	PreTestf(%)	PostTestf(%)
Inadequate knowledge (0-8)	10(16.4%)	0(0%)
Moderate knowledge (9-16)	49(80.3%)	3(4.9%)
Adequate knowledge (17-24)	2(3.3%)	58(95.1%)
Maximum=24		Minimum=0

SECTION-D: Findings related to effectiveness of structured teaching programme regarding nomophobia among students

Table 4.7: Descriptive statistics of difference between pre-test and post-test scores of knowledge, mean value, and standard deviation, mean percentage, range, mean difference, paired t-test, p-value of samples

N=61

Paired T-Test	Mean±S.D.	Mean%	Range	Mean Diff.	Paired T Test	Pvalue	Table Value at0.05

Pre-test Knowledge	10.77±3.008	44.90	3-24				
				8.330	18.093	<0.001***	2.00
Post-test Knowledge	19.1±1.998	79.60	14-22				

***SignificanceLevel0.05 Maximum=24 Minimum=0

SECTION-E: Findings related to association of post–test knowledge scores with selected demographic variables

Table4.8: Association of post-test knowledge with selected demographic variables

N=61

Association of Post-test Knowledge Scores with Selected Socio-Demographic Variables

Variables	Characteristics	ADEQUATE KNOWLEDGE	MODERATE KNOWLEDGE	INADEQUATE KNOWLEDGE	Chi Test	P Value	df	Table Value	Result
	17-18years	0	0	0					
Age (in years)	18-19years	19	2	0	1.453	0.228	1	3.841	Not Significant
	>19 years	39	1	0					
Place of living	Hostel	53	3	0					
	Day scholar	4	0	0					
	Nuclear	42	3	0					
Type of family	Joint	15	0	0	1.122	0.571	2	5.991	Not Significant
	Extended	1	0	0					
	Single child	3	0	0					
No. of siblings	Two	37	2	0	0.566	0.904	3	7.815	Not Significant
	Three	13	1	0					
	More than three	5	0	0					
	Formally educated	1	0	0					
	Primary	9	0	0					
Father’s education	Secondary	12	1	0	1.094	0.895	4	9.488	Not Significant
	Secondary	11	1	0					
		25	1	0					
	Graduate and above								
	Illiterate	0	0	0					
	Primary	5	1	0					
	Secondary	16	1	0					
Mother’s education	Senior secondary	16	1	0	2.925	0.403	3	7.815	

	Graduate and above	21	0	0					Not Significant
	Unemployed	1	0	0					
	Govt. Employee	27	1	0	2.111	0.715	4	9.488	Not Significant
Father's occupation	Private Employee	17	2	0					
	OwnBusiness	11	0	0					
	Others	2	0	0					
	Homemaker	37	3	0					
	Govt. Employee	11	0	0					
Mother's occupation	Private Employee	9	0	0	1.656	0.647	3	7.815	Not Significant
	OwnBusiness	1	0	0					
	Others	0	0	0					
	< 20,000	16	1	0					
	20,001-40,000/-	18	2	0					
	40,001-60,000/-	13	0	0					
Monthly family income	60,001-80,000/-	7	0	0	2.380	0.666	4	9.488	Not Significant
	80,001-1,00,000/-	4	0	0					
	> 1,00,000/-	0	0	0					
Do you have your own mobile phone?	Yes	56	3	0					
	No	2	0	0	0.107	0.744	1	3.841	Not Significant
Number of mobile phones you are using.	One	57	3	0					
	Two	1	0	0	0.053	0.819	1	3.841	Not Significant
	Less than 10,000/-	31	3	0					
	Rs.25,001-50,000/	26	0	0					
Cost of mobile phone that you are using.	Rs.50,001-75,000/	1	0	0	2.506	0.286	2	5.991	Not Significant
	Rs.50,001-75,000/	0	0	0					
	More than 1,00,000/	0	0	0					
	Less than Rs.100/-	15	0	0					
Money of data packs in rupee per month.	Rs.501-1000/-	41	3	0					
	Rs.1001-2000/-	0	0	0	1.219	0.544	2	5.991	Not Significant
	More than 2001/-	2	0	0					

	T.V.	2	0	0					
Sources of getting day-to-day information	Radio	0	0	0					
					0.221	0.895	2	5.991	Not Significant
	Newspaper	2	0	0					
	Internet	54	3	0					
Hours you spent on your mobile phone daily	1-3hours	30	1	0					
	4-7hours	27	2	0	0.484	0.785	2	5.991	Not Significant
	8-10hours	1	0	0					
	<13 Years	6	0	0					
Age you have started using mobile phone	14-17Years	23	2	0					Not Significant
	>18 Years	29	1	0					
	One Time	42	2	0					
Frequency of charging your mobile phone	Two Time	9	1	0					Not Significant
	Three Times	7	0	0					
	Yes	37	2	0					
You use phone while sleeping	No	21	1	0					Not Significant
	Yes	24	2	0					
You turn off your smartphone at night	No	34	1	0					Not Significant
	Yes	27	2	0					
You check your phone as soon as you wake even its night	No	31	1	0					Not Significant

CONCLUSION

The knowledge of students was not appropriate before administration of Structured Teaching Programme but after administration of Structured Teaching Programme the knowledge of students increased gradually which means the teaching programme was effective i.e. pre-test knowledge 49(80.3%) were having moderate knowledge whereas in post-test 58 (95.1%) werehaving adequate knowledge regarding nomophobia. The study concluded that the knowledge of students regarding nomophobia is students can be increased by teaching programme to students in college.

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