

KNOWLEDGE REGARDING NOMO PHOBIA (MOBILE ADDICTION) AND ITS PREVENTION AMONG COLLEGE OF PUNE

Mr. Vishal Daniel Adbale,

M.Sc.II Yea,

Ms. Sheetal Barde

Associate Professor

Symbiosis College of Nursing

Symbiosis International (Deemed University), Pune

ABSTRACT

Technology is one of the greatest blessings on this earth. It made human life easy and convenient in many of aspect. Due to getting this convenience human is paying off so much. One of very successful invention among this technology is mobile phones on the life of the human being, especially in the present scenario. It looks very uncertain that any human life is untouched with these technologies. Every age group is connected with mobile phones. Especially in the last decade the development and accessibility of these techniques were tremendous. One side mobile phones has various positive points like calling, texting, remain connected with near and dear one in-spite of distance in their locations, emails, entertainments, games and many more. But the neglected or worry side of these is that because of many useful or unnecessary attraction, people are spending their maximum time with a smartphone. When any person starts using things in an extreme way then obviously they will face turbulence in their life. The examination aimed to evaluate the know-how and its prevention amongst youngsters. The present have a look at is a descriptive examine executed in decided on junior colleges of Pune among 16-21 years. 100adolescent students existed carefully chosen over Non probability Purposive sampling. The results showed prevention among adolescents and knowledge on Nomo phobia among adolescent that majority 40% were having good knowledge, 35% were having average knowledge, 20% were having poor knowledge and 5% were having excellent knowledge on Nomo phobia and its prevention.

INTRODUCTION

I. J. I. P. (2016) Nomo phobia term derived from four words “No” “Mobile” “Phone” &

“Phobia”. Researchers clubbed these words and a new terminology named as Nomo phobia coined. This term has been coined by Asian researchers after their study on mobile lovers in the year 2008. In that study, they observed that majority of study participants (53%) were experiencing anxious emotion when they remained away from their phone, similarly 50% of samples had stated that they never allow shutting down their mobile phone. Based on findings it was noted that the researcher’s interest began in this line to get more findings.

No one will deny with the true feeling that mobile and internet has opened the world of information with limitless opportunity, it increased the easy access of all kind of knowledge but using it in an inappropriate way is putting a deteriorating effect on the health of a person which is not limited with physical health only, it does keep the adverse effect on the psychology of the person and later with increase time, it creates social isolation of person as well. We understand that the Nomo phobia is an advanced and emerging health hazard of technology and if not controlled on time then it will ruin the young generation. Educational tools are widely used in mobile learning purposes in education, and access to teaching management systems, information resources and educational materials. Nomo phobia Might also act as issues.

Those distressed by an underlying societal ailment are probable in the direction of revel in anxiety, tension, ache, dampness, and trembling when divided or not able to use their digital devices due to low battery-operated, out of carrier vicinity, no link, and many others. Such humans will often maintain on observance their gadgets handy at all intervals, commonly habitual to their households to regain cell telephones^[1]

Jayakumar, A. (2008).Nomo phobia takes place in situations while an character experiences anxiety due to the worry of now not gaining access to a cell smartphone. The "over-connection syndrome" happens when cell telephone use reduces the amount of face-to-face interactions thereby interfering drastically with a character’s social and family interactions. The time period "techno-pressure" is another manner to describe an individual who avoids face-to-face interactions by way of undertaking isolation along with psychological mood disorders such as depression^[2]

The present study aims to assess the knowledge regarding Nomo phobia and its prevention among colleges of Pune.

METHODOLOGY

The current education is a expressive study approved out in particular colleges of Pune amongst the adolescents of 16-21 an age. A hundred adolescents were nominated over Non

probability Purposive sampling technique. The presence norms fixed for adolescent are 16-21 years of students those who agreed for the input. The records was composed over and done with structured questionnaire consist the queries around socio-demographic and aspect of knowledge and its prevention about Nomo phobia. Prior to the records series, permission became acquired from the apprehensive consultant for carrying out examine.

RESULT

Section I: Socio demographic characteristics

Section II: Level of Level of knowledge.

Section III: Association between the knowledge score regarding Knowledge score on Nomo phobia and its prevention with demographic variables.

Table No:1

Socio demographic characteristics

N=100

Demographic variables	Frequency	%
1. Age		
a. 10-12 years	1	1
b.13-15 years	28	28
c. 16-18 years	25	25
d. 19-21 years	46	46
2. Gender		
a. Male	36	36
b. Female	64	64
3. Type of family		
a. Nuclear family	60	60
b. Joint family	39	39
c. Extended family	1	1
d. Reconstituted family	0	00
4. Family Income		
a. Up to 10,000/- monthly	33	33
b. 10,001/- to 20,000/- monthly	22	22
c. 20,001/- to 30,000/- monthly	33	33
d. Above 30,000/- monthly	22	22
5. where do you stay		
a. hostel	38	38
b. home	44	44
c. Paying Guest	14	14
d. other	4	4
6. currently pursuing		

a. Junior college education	100	100
b. Under graduate program	00	00
c. Post graduate	00	00
d. Any other	00	00
7. what type of Smartphone you have		
a. Touch Screen Phone	55	55
b. Keypad phone	03	03
c. Smartphone	42	42
d. Others	0	0
8. Do you have Wi-Fi facility at home		
a. Yes	46	46
b. No	44	44

The table no 1 showed that maximum 46% are of age group 19 to 21years, 64% belonged to Female. Maximum Participants were from nuclear family (60%) and having family income up-to 10,000/- and from 20,001 to 30,000 are (33%). Maximum participant stay at home (44%). All (100%) are pursuing junior college education, (55%) are using smartphone and (46%) are having Wi-Fi at home.

Table II: Level of knowledge

Level of knowledge on Nomo phobia and its prevention	F	%	Mean	Sd
Poor knowledge	9	9%	10.23	3.27
Average knowledge	45	45%		
Good knowledge	44	44%		
Excellent knowledge	2	2%		

Table II shows that majority 45% were having average knowledge, 44 % were having good knowledge, 9% were having poor knowledge and 2% were having excellent knowledge on Nomo phobia and its prevention.

Table III: Association between the knowledge score regarding Knowledge score on Nomo phobia and its prevention with demographic variables

SR NO	Variables	X ²	Level of significance
1	Age	4.16	Significant
2	Gender	1.83	Not Significant

3	Type of family	2.67	Not Significant
4	Family Income	3.94	Significant
5	what type of Smartphone you have	4.43	Significant
6	where do you stay	2.37	Not Significant
7	currently pursuing	5.11	Significant
8	Wi-Fi facility	4.77	Significant

The Table III showed the Association between the knowledge score regarding Knowledge on Nomo phobia and its prevention with demographic variables. Chi square test was applied. The age was 4.16, for gender 1.83, type of family 2.67, for family income 3.94, for type of smartphone it was 4.43 for stay it was 2.37 for currently pursuing it was 5.11 and for wifi facility at home it was 4.77. There was significant association between knowledge score and their selected socio demographical variables.

DISCUSSION

The extreme members of the training existed in the stage set of 16-21 ages. The objective of the learning was to define the knowledge as well as its prevention among adolescents of selected colleges of Pune. The education's outcomes are surveyed. In this research, the 44% of students were having good knowledge, 45% of the adolescents were having average knowledge, 2% were having excellent knowledge and 9% of the adolescent are having poor knowledge on Nomo phobia and its prevention.

A similar study has been conducted on Nomo phobia and result shown in that majority 50% of the nursing student had poor knowledge, 41.6% had average knowledge and 8.3% had good knowledge regarding Nomo phobia. **Saraswathi, K. N., & Williams, S. (2019).**

CONCLUSION

The result of my study stating that the knowledge and prevention regarding Nomo phobia will help to improve the knowledge of adolescent. This study has made a sum of consequences as well as sanctions for advance examination. The exploration's value was helped by the administrators' recurrent reassurance and lessons, as well as the applicants' readiness to engross in the study.

Conflict of Interest: Nil

Ethical Consideration: Nil

REFERENCE:

1. In, I. J. I. P. (2016). *The International Journal of Indian Psychology, Volume 3, Issue 4, No. 68*. RED'SHINE Publication. Inc.

2. Jayakumar, A. (2008). Break free from Nomophobia, drunkorexia. *MidDay*, Retrived from <http://web.archive.org/web/20080404075714/http://www.midday.com/web/guest/lifeatwork/lifeatwork/article..>

3. 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.

4. Saraswathi, K. N., & Williams, S. (2019). A Study to Assess the Knowledge and Effect of Nomophobia among Nursing Students of selected Nursing Colleges in Mysore. *International Journal of Nursing Education and Research, 7*(3), 330-332.

5. Prashanthi, B., And S. Ratna Kumari. "Use Of Mobile Phone And Internet: Adolescent Perceptions." *International Journal Of Communication And Media Studies (Ijcms) 7.4* (2017): 9-12.

6. Prashanthi, B., And S. Ratna Kumari. "Use Of Mobile Phone And Internet: Adolescent Perceptions." *International Journal Of Communication And Media Studies (Ijcms) 7.4* (2017): 9-12.

7. Verma, Jyotsna, And Archana Kumari. "A Study On Addiction To Social Networking Sites And Psychological Well-Being Among Working Adults.,," *International Journal Of Humanities And Social Sciences" (Ijhss)* (2016): 5-153.

8. Barot, D. I. G. V. I. J. A. Y., Et Al. "An Empirical Assessment Of Smart Phone Usage Amongst Students And Professors." *International Journal Of Business And General Management (Ijbgm)* 3.3 (2014): 19-28.

9. Gautam, Diksha, And Deepa Vinay. "Development & Standardization Of A Scale To Measure Smartphone Addiction Among College Students." (2018).

10. Venkataraman, S. "College Students' Educational Usage Of Mobile Phones." *International Journal Of Communication And Media Studies (Ijcms)* 8.4 (2018): 55-58.