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## **A Study to Assess the Prevalence of Nomophobia among Students at Selected Colleges of Kothamangalam**

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### **ABSTRACT**

*The study was aimed to assess the prevalence of nomophobia among students of selected colleges of Kothamangalam. The objectives of the study were to assess the prevalence of nomophobia among students at selected colleges of Kothamangalam, to determine the physical and emotional symptoms of students at selected colleges of Kothamangalam and to find out the association of prevalence of nomophobia with selected demographic variables. Non experimental descriptive design was employed for this study, 140 samples were selected by non-probability convenient sampling technique. A structured questionnaire was used to assess the prevalence of nomophobia, checklist was used to assess the emotional and physical symptoms of nomophobia. The collected data was analyzed using descriptive and inferential statistics. The prevalence of nomophobia found that majority 31(22.15%) have mild nomophobia, 102 (72.85%) have moderate nomophobia and 7(5%) have severe nomophobia.*

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### **INTRODUCTION**

It is an obvious truth that mobile phones give us benefits in some aspects of life. Using phone disturbs our communication to make it easier than before. Beside a mobile phone provides us with a lot of functions like relaxing with music, chatting, or playing games. However, today people especially young people are becoming addicted to using the mobile phones. They cannot stand away from their phones, even for a minute. Perhaps because of the benefits of mobile phones, most people do not realize lots of negative effects that the mobile like phone has brought to us.

### **REVIEW OF LITERATURE**

A study on the prevalence of nomophobia and its associated factors among the medical students of a medical college in central Kerala. A cross-sectional study was conducted among 294 students of a medical college of Kerala during the period December 2022-February 2023. The prevalence of nomophobia was assessed using the nomophobia questionnaire (NMP-Q). Severity of insomnia was assessed using Insomnia index questionnaire. The prevalence of nomophobia among the participants was 99.6%. A study on nomophobia and its determinants among the students of a medical college in Kerala. This was a cross-sectional study conducted among the students of a medical college of Wayanad. The prevalence of nomophobia was assessed using the new nomophobia questionnaire (NMP-Q): The prevalence of nomophobia was 97%.

### **MATERIALS AND METHODS**

A non-experimental descriptive design was used. The study was conducted at Mar Athanasius college, Kothamangalam. The tools used in the study were socio demographic proforma,

nomophobia severity index scale, checklist to assess physical and emotional symptoms among students from the selected setting.

## **DATA COLLECTION PROCEDURE**

The study was conducted in a selected college at Kothamangalam, dated from after gaining the permission from the authority. The investigators selected samples by convenient sampling. After explaining the purpose of the study and getting informed consent 140 samples were selected according to the eligibility criteria and data was collected using the tools. All the subjects who participated in the study were co-operative.

## **RESULT**

Among the total samples (140) majority 102 (72.85%) had moderate nomophobia ,31 (22.15%) had mild nomophobia and 7(5%) had severe nomophobia. Among the total subjects (140), the association of prevalence of nomophobia with selected demographic variable, shows that students who have mobile phone ( $X^2:2.937$ ,  $p= 5.991$ ), using more than 3 years ( $X^2: 4.99$ ,  $P=5.991$ ) were significantly associated with nomophobia. No other demographic variables were found significantly associated with nomophobia.

## **DISCUSSION**

The findings of the study were discussed in the terms of objectives and comparisons was made with other study findings. The present study was undertaken to assess the prevalence of nomophobia among students at colleges, Kothamangalam. The finding of the study was discussed with reference to related literature and have been organized under the following headings. The present study showed that there is significant association between prevalence with selected socio-demographic variables.

## **FUTURE SCOPE**

- 1) **Nursing Service:** Nurses can assess the prevalence of Nomophobia and to promote a healthy life style of the young adults. This study can be used as an information illustration for nurses who working in educational setup.
- 2) **Nursing Education:** The result of the study can be used by a nurse educator as informative illustration to the students while teaching a topic on digital technology.
- 3) **Nursing Research:** This study can be utilized by subsequent researchers for their reference and further study.

## **LIMITATIONS**

- The study limited to 154 samples selected by convenient sampling technique.
- Students of age 19 -22 years are selected.

## **REFERENCES**

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