A Study to Assess the Prevalence of Nomophobia among School Going Children

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ABSTRACT

Our lives have been drastically altered by smart phones. Nowadays, we can't do anything without our phones. We must analyse ourselves or think clearly in order to determine whether a cell phone is a boon or a curse. We are all a part of technoculture. Schoolchildren have also been immersed in this aspect of techno-culture during the previous two years. We must properly prepare technology because each technology has both positive and negative elements. Overuse of mobile phones is extremely dangerous to one's health. Students need to have mobile phone to attend classes from the comforts of their home. Smart phone has become the basic necessity of school children daily life and students are slowly coping with this new method of technology for their academic progress.

Over usage of mobile phone leads to such an extent that children comes across a situation where they cannot live without the use of mobile phone. Such a situation when students start to have fear when they cannot access their smart phones is known has nomophobia. The present study was carried among the school going children in the Surendernagar district of Gujarat. The findings of the study reveal that overall 52.58 % of the study subjects had moderate level of Nomophobia. Around 32.58 % of the study subjects had mild level of nomophobia. 14.40 of the school children had severe level of nomophobia, while only 0.44% had no signs and symptoms of Nomophobia. Mobile phones have lead to disturbance in the family relationship.
Keywords: Nomophobia; prevalence; school children.

1. INTRODUCTION

Nomophobia is a fear associated when we are not able to use mobile phone. It is also known has fear of being without a mobile phone. Nomophobia is slowly increasing among the adolescents. Nowadays every assignment and other works of the schools and colleges are given through the mobile [1]. The grip and fever of over use of mobile phone has captured among the school children also. Nomophobia is very common among the adolescents and teenagers. Even a small task of communicating with a family member in one house or even one room is done through the mobile technology [2]. The fear of nomophobia and the anxiety or tension is very high when someone loses their smart phones, or a situation when there are no network panic attacks occurs among children’s and adolescents. There is a fear among adolescents when there battery power in the mobile phone is very low. This all situations are very alarming and lead to nomophobic like situation. Adolescents and mobile phone is become part and parcel of their life. It is very difficult to separate a mobile phone with one’s personal life [3]. Nomophobic children will usually carry a extra smart phone and a battery backup. Adolescents who are suffering with nomophobia like situation. Such children will never switch their mobile phone off. Children and adolescents who have come across the signs and symptoms of nomophobia are very poor in their academic progress and they are not able to properly concentrate on their studies. Adolescents are not able to complete their task at proper time [4]. A Nomophobic child does not like to share their phones with their friends and colleagues. Such children will never allow others to even see their mobile phones. Nomophobic children needs t be properly cared. The usage of mobile phone needs to be reduced slowly and make them to have proper communication. Divertional therapy needs to be given to slowly reduce the time of mobile phone usage [5, 6].

1.1 Objectives of the Study

- To assess the prevalence of nomophobia among school going adolescents.
- To find the association between the prevalence of nomophobia among school going adolescents with the selected demographic variables.

1.2 Literature Review

The majority of the literature reviewed clearly indicated that the nomophobia is slowly and steadily increasing in the young adolescents. This COVID-19 pandemic has also affected in the over usage of mobile phones. In the current situation were majority of the schools had online classes. Students need to adopt the use of technology for their academic progress. The mobile phone is very attractive and it comes with tremendous features which make the young generation attracted towards the use of mobile phone. A smart phone provides great comforts and facilitates the accomplishment of the job or tasks and achieved greater popularity among the young generations. Smart phones have reduced the distance among the people. Smart phone over usage has come across with serious health problems also. As a result of various literature review carried out the issue has increased and characterized has addictive, antisocial and very dangerous. Mobile phone addiction is very prevalent among the young generation and is considered to be a serious health issue. This addiction can be compared same has that of addiction of harmful substances. The fear of being without mobile phone is known has nomophobia which is tremendously prevalent among the young generations. Maintenance.

2. MATERIALS AND METHODS

The present was carried to assess the prevalence of nomophobia among school going children. A descriptive survey approach was used to find out he prevalence of nomophobia among young adolescents in the selected school of Gujarat region. The study was carried out in the month of July 2020 to August 2020. A standardized tool was used to assess the prevalence of nomophobia. Nomophobia questionnaire (NMPQ) which consisted to 20 structured nomophobia questionnaires was used to assess the prevalence of nomophobia among the young adolescents in the age group of 11 to 19 years from the selected schools of Junagadh Region. A total subject is the present study were 1145 young school going children were selected from six different schools of Junagadh district of Gujarat. Samples were through convenient sampling technique. The data and the findings were tabulated and analyzed and represented in descriptive and inferential statistics.
2.1 Research Setting

The setting of the study was six different selected schools of Junagadh district of Gujarat. The sample or study subjects of the present study were 1145 participants were selected by the use of convenient sampling technique. The study subjects were selected based on the following inclusion criteria which were framed for the smooth conduct of the study:

2.2 Inclusion Criteria

- School children studying from 9th to 12th standard of selected schools.
- School children who were present at the time of data collection

2.3 Tools used for the Study

2.3.1 Structured personal profile

These Performa consisted of 12 socio demographic questionnaire to know about the participant’s lifestyle. Performa consisted of age, gender, year of study, type of family, religion, number of mobile phone using, how much time you spend on mobile phone. How often do you check mobile phone, money spend on mobile phone per month monthly family income, are you aware of the term nomophobia.

2.3.2 Standardized nomophobia questionnaire (NMP-Q)

The main tool of the study consisted of Standard nomophobia questionnaire which was developed by Yildrim. The permission was obtained for the use of the standard tool. Nomophobia questionnaire consisted of 20 items to assess the prevalence of nomophobia. Nomophobia questionnaire was used to measure the degree of mobile phone dependence or to classify the level of nomophobia among the school going children. The items of the questionnaire were based on the likert scale pattern marked on a 1 to 7 point scale. One mark was given when the participants totally disagree with the statement and 7 marks were awarded when the participants totally agreed to the statement. The standard questionnaire were divided into four sections:

| Table 1. Structured Nomophobia questionnaire |
|---------------------------------------------|
| Section | Area                                 | Items |
|---------|--------------------------------------|-------|
| I       | Not being able to access information | 1 to 4|
| II      | Giving up Convenience                | 5 to 9|
| III     | not being able to communicate        | 10 to 15|
| IV      | losing connectedness                 | 16-20 |

3. RESULTS AND DISCUSSION

The Structured Nomophobia questionnaire consisted of 20 items all together. The maximum score of the structured nomophobia questionnaire was 140 and the minimum score is 20. Higher scores was related to high degree of nomophobia and the lower score was related to no nomophobia.

| Table 2. Interpretation of standard nomophobia score or (NMPQ) |
|---------------------------------------------------------------|
| Grades of Nomophobia | Score          |
| No Nomophobia or absence of nomophobia                        | Less than 20  |
| Mild level of nomophobia                                      | 21 to 59      |
| Moderate level of nomophobia                                  | 60 to 99      |
| Severe level of nomophobia                                    | 100 to 140    |

| Table 3. Distribution of sample based on socio-demographic Perfora (N=1145) |
|---------------------------------------------------------------|
| Socio-demographic characteristics | Frequency | %   |
| Age                           |           |     |
| 13-15                         | 663       | 57.90|
| 16-18                         | 482       | 42.10|
| Gender                        |           |     |
| Male                          | 581       | 50.74|
| Female                        | 564       | 49.26|

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The above table clearly states that the most of the school children were in the age group of 13 to 15 years which was 57.90%. More or less somewhat similar 50.74% were males and 49.26% were females who participated in the study. Most of the subjects belonged to the nuclear family which was 60.09%. Majority of the study subjects were studying in the 10th class that is 43.23%. 86.29% of the study subjects were from Hindu religion. 78.52% of the school children were using a single mobile phone. 57.21% of the school going children had habit of checking mobile 2 to 5 times a day. 90.31% of the school children were using mobile phone since last year, which means due to the online classes during COVID-19 pandemic. More or less somewhat similar 43.32% used to spend less than 200 Rs per month on mobile phone recharge. 44.80% of the school children used to spend 200 to 400 Rs per month on mobile recharge. 96.33% used mobile phone for less than 30 minutes to speak with mobile phone per day. 57.47% of the school children had monthly family income above 20000 Rupees. 92.33% of the school children participated in the study.
the young adolescents were aware of the term nomophobia.

The above Fig. and table clearly depicts that majority of the young adolescents were suffering with moderate level of nomophobia which was around 52.58%. Mild level of nomophobia was found to be 32.58% in the young adolescents. This was followed severe type of nomophobia which was 14.40%. The least 0.44% of the children had no level of nomophobia or had absence of nomophioba. This clearly states that nomophobia is widely spread among the young adolescents in Junagadh districts of Gujarat.

![Pie chart showing prevalence of nomophobia among young adolescents]

**Fig. 1. Prevalence of Nomophobia among school going children**

| Grades of Nomophobia | Frequency | Percentage |
|----------------------|-----------|------------|
| No Nomophobia (0-20) | 5         | 0.44       |
| Mild Nomophobia      | 373       | 32.58      |
| Moderate Nomophobia  | 602       | 52.58      |
| Severe nomophobia    | 165       | 14.40      |

**Table 4. Grades or Prevalence of Nomophobia among young adolescents**

Table 5. Association was done among the level of Nomophobia with the selected demographic variables. (N=1145)

| Socio-demographic characteristics | Frequency | Chi square | P value |
|-----------------------------------|-----------|------------|---------|
| Age                               | 663       | 18.8 S     | P<0.05 df-3 |
| 16-18                             | 482       |            |         |
| Gender                            |           |            |         |
| Male                              | 581       | 3.31 NS    | P>0.05, df=3 |
| Female                            | 564       |            |         |
| Type of family                    |           |            |         |
| Nuclear family                    | 688       | 3.68 NS    | P>0.05, df=3 |
| Joint family                      | 457       |            |         |
| Extended family                   | --        |            |         |
| Year of study                     |           |            |         |
| 9th class                         | 317       | 75.9 S     | P<0.05, df=9 |
| 10th class                        | 495       |            |         |
| 11th class                        | 181       |            |         |
| 12th class                        | 152       |            |         |

**Religion**
Above table depicts the association between the levels of nomophobia with the selected socio demographic characteristics of the study. There was no significant relationship when compared with gender, type of family religion, number of mobile phone using, number of times you check your smart phone, how long you have been using smart phone, how much time you speak with mobile phone per day, monthly family income and the awareness of the term nomophobia. While there was significant found between age, year of study and money spend on mobile phone per month.

4. CONCLUSION

The present study was to done to assess the prevalence of nomophobia among the young adolescents in Junagadh district of Gujarat. The study values depicts that there was high prevalence of nomophobia among the school going children. Children were slowly and slowly getting addicted to the mobile technology. 52.58 % of the young adolescents had moderate level of nomophobia. Least 0.44 % of the students had no level of nomophobia. There was significant association was also found between age, year of study and the money spend on mobile phone recharge.

CONSENT AND ETHICAL APPROVAL

Before the major study was carried out the prior consent and the ethical clearance was taken from the institution of the study participants and the study subjects.

COMPETING INTERESTS

Authors have declared that no competing interests exist.
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