



# International Journal of Advanced Psychiatric Nursing

E-ISSN: 2664-1356  
P-ISSN: 2664-1348  
[www.psychiatricjournal.net](http://www.psychiatricjournal.net)  
IJAPN 2024; 6(2): 90-93  
Received: 12-06-2024  
Accepted: 19-07-2024

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## Assess the effectiveness of structured teaching program on knowledge regarding nomophobia and its impact on lifestyle

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DOI: <https://doi.org/10.33545/26641348.2024.v6.i2b.176>

### Abstract

The term Nomophobia is constructed on definitions described in the DSM-IV, it has been labeled as a “phobia for a particular/specific things” Nomophobia is defined as “the fear of being without a mobile phone or unable to use it.” Nowadays, it is considered a modern age phobia. It is to be considered as a form of behavioral addiction. Globally, the prevalence of Nomophobia was 70.76% for moderate to severe cases and 20.81% for severe cases, with university students being the most affected group. In the United Kingdom (UK), the UK post office reported that around 53% of the population suffer from anxiety and fear when disconnected from their Smartphone.

This study was an attempt to investigate nomophobia in Indian students. A total of 2061 responses were screened in this study. 52.9% of the respondents were male, and 47.1% were female. 92.2% of the respondents were from the 18-24 years of age group, 4.9% respondents were from the 25-35 years of age group, and 2.9% were below 18. 79.1% of respondents were undergraduate, 12.1% were graduate, 7.8% were postgraduate, and 1% of respondents were pursuing their Ph.D. 35.5% of the respondents were from a metropolitan city, 38.8% were from an urban city, 12.1% are from semi urban towns, and 13.6% were from rural areas.

In this study, we found that 74.8% of the participants were in moderate levels of nomophobia, whereas 18.9% of the participants were in severe levels of nomophobia.

**Keywords:** Nomophobia, smart phones, effectiveness, stress, lifestyle

### Introduction

The term NOMOPHOBIA or NO Mobile Phone Phobia is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity. The term NOMOPHOBIA is constructed on definitions described in the DSM-IV; it has been labeled as a “phobia for particular/specific things”. Various psychological factors are involved when a person overuses the mobile phone, e.g., low self-esteem, extrovert personality. The burden of this problem is now increasing globally. Other mental disorders like, social phobia or social anxiety, and panic disorder may also precipitate NOMOPHOBIC symptoms. It is very difficult to differentiate whether the patient becomes NOMOPHOBIC due to mobile phone addiction or existing anxiety disorders manifest as NOMOPHOBIC symptoms. The signs and symptoms are observed in NOMOPHOBIA cases include- anxiety, respiratory alterations, trembling, perspiration, agitation, disorientation and tachycardia. The complexity of this condition is very challenging to the patient’s family members as well as for the physicians as NOMOPHOBIA shares common clinical symptoms with other disorders. That's why NOMOPHOBIA should be diagnosed by exclusion. We have to stay in the real world more than virtual world. We have to re-establish the human-human interactions, face to face connections. So, we should have less use of mobile phone rather than banning it. We live in a world that grows day after day. We cannot even imagine where the world and technology will be in the next 50 years. It saves us time and makes our lives easier and more comfortable. However, gradually, we are being addicted to technology. Similar to mobile phones, they were created only for communication; however, over time, they grew a ton of functionality. In the present time, it is used for multiple purposes. We gradually began to incorporate it into a big part of our lives, and as a result, we were addicted to it. The increased addiction in some people developed into a phobia called Nomophobia. the increased addiction in some people developed into a phobia called nomophobia. It is defined as the fear of living without their mobile.

**Statement of study**

A study to assess the effectiveness of structured teaching program on knowledge regarding nomophobia and its impact on lifestyle among young adult of selected nursing college of Moradabad.

**Objectives of the study**

- Lifestyle among young adults of selected nursing colleges of Moradabad.
- To evaluate the effectiveness of structural teaching programme regarding to assess the knowledge regarding Nomophobia and its impact on Nomophobia and its impact on lifestyle among young adults selected nursing colleges of Moradabad.
- To find out the association between knowledge regarding Nomophobia and both their selected demographical variables.

**Need of the study**

Today's smart phones presents great opportunities and comforts for people the same time, they facilitate the accomplishment of task and have achieved generalized popularity in the present society. The burden of the problem is now increased globally, others mental disorder like social phobia or social anxiety. Young adults, smart phone users have fallen into Nomophobia, a type of smart phone addiction, which acquiring an unstoppable habit of e-mailing texting fried playing games downloading pictures and music said by Miki Tainikawa (International herald tribune).

The most common psychological consequences of nomophobia are anxiety, depression or isolation-mobile phones are thought to keep us in touch with others, but the problem arises when online relationship replace face to face ones.

There are also physical consequences such as headaches, stomach aches, eye discomfort due to overexposure to the screen, or wrist and neck pain due to improper positioning<sup>[7]</sup>. Internet addiction is common problem in university students and negatively affects cognitive functioning leads to poor academic performance and engagement in hazardous activities and may leads to anxiety and stress. Behavior addictions operate on a modified principle of the classic addiction model. The problem is not well investigated. So the present study aimed to assess the prevalence of internet addiction and associated factors among university students<sup>[8]</sup>. College students are especially susceptible to developing a dependence on the internet, more than most other segments of society. This can be qualified to numerous factors including the following. Availability of time; ease of use the psychological and developmental characteristics of young adulthood; limited or no parental supervision; an expectation of internet/computer use covertly if not, as some courses are Internet-dependent, from assignments and projects to link with peers and mentors; the Internet offering a way of escape from exam anxiety.

**Review of literature**

Gabriel Aguilera-Manrique, Veronica V. Marquez-Hernandez, Tania Alcaraz-Cordoba, Grenoveva Granados-Gamez, Vanesa Gutierrez-Puertas, Lorena Gutierrez-Puertas conducted a study 2018 to analyze the relationship between the level of nomophobia and the distraction associated with the smartphone use among the nursing students during their

clinical. It was a cross sectional study conducted on 304 students and a Nomophobia questionnaire and a questionnaire about smartphone use, the distraction associated with it and the opinions about the phone and restriction policies in the hospital was used. The results indicated that the students who showed high levels of Nomophobia regularly used their phone during nursing practice.

Antonio J, Moreno-Guerro, Francisco. Hinojo- Lucena, Juan M Trujillo-Torres, Antonio M Rodriguez-Gracia conducted a study in 2021 on a sample of 880 students of University of Granada, Spain. This study had an objective to know and analyze the prevalence of nomophobia among nursing students. The result showed an average nomophobia level among the nursing students. A large percentage of them claimed to have less time to rest due to excessive smartphone use.

Gutierrez-Puertas, Lorena, Marquez-Hernandez, Veronica V, Guitierrez-Puertas, Vanesa, Grandiose-Gamez, Genoveva, Aguilera-Manrique, Gabriel in 2020 conducted this study on the purpose of identifying the problematic effects that smartphone along with nomophobia have on nursing students. A control group of 61 nursing students and an experimental group of 63 nursing students was used as a sample. The results showed that students who use smartphones perceived more problematic issues in paying attention in class.

**Research methodology**

The methodology of research indicates the general pattern of organization the procedure of gathering valid and reliable data for the problem under investigation. The Methodology of the research study evidence the researcher overall plan for receiving answers to research questions and it also explain the strategies that the researcher use to develop the information that is accurate, objective and interpretable This chapter deal with the methodology selected for evaluating the effectiveness of STP on knowledge regarding nomophobia and it's impact on lifestyle among young adult of selected nursing college of Moradabad. The methodology of the study includes.

**Research approach**

The research approach is defined as the basic procedure for conducting the study.

For this study, Quantitative research approach is used in this study. Qualitative research describe the systematic inquiry in to the social phenomenon in natural setting.

In quantitative research, the researcher is the mean data collection instrument. The research examine why events occur, what happens, what those events mean to the participant studied.

**Research design**

The research design is the framework of research method and techniques choose by a researcher to conduct a study.

For the present study a pre experimental one group pre-test and post-test design was adopted to accomplish the objective of evaluating the effectiveness of structured teaching program on knowledge regarding nomophobia & its impact on lifestyle among young adult.

In one-group pre-test and post-test design the group is observed before and after the introduction of independent variable. This research method is used if case if it is not possible or feasible to have control group.

According to Campbell and Stanley (1963) the one group pre-test and post-test design is represented as O1 XO<sub>2</sub>.

O<sub>1</sub>-Pre-test.

X-Structured Teaching Program (STP).

O<sub>2</sub>-Post-test.a

### Variable under study

A variable in research simply refers to a person, place, things or phenomenon that you are trying to measure in way.

Variable are also notion at different levels of conception that are briefly defined to promote their measurement or manipulation within study.

### The variables involved in this study are

- Independent.
- Dependent.
- Extraneous.

### Independent variable

#### Independent variable are

- The variable that is stable and unaffected by the other variable you are trying to measure.
- In the presence study, the independent variable is structured teaching program on nomophobia.

### Dependent variables

The variables that is stable and unaffected by the other factor that are measured. These variables are expected to change as a result of an experimental manipulation of the independent variable or variables.

In the presence study, the dependent variable is knowledge regarding nomophobia.

In this study, dependent variable is knowledge regarding nomophobia and its impact on lifestyle among young adult.

### Setting of the study

Setting of the study is defined as the physical location and condition where data occurred in the study for the present study.

The researcher have selected the present study was conducted at Teerthanker Parshvnath college of nursing. This nursing college is situated in Amroha, U.P.

The researcher selected this setting for the following reasons.

- Easy availability of the sample.
- Economic feasibility for conducting the study.

### Population, Sample & Sampling Technique

#### Population

2<sup>nd</sup> Population is the complete set of people with specialized set of characteristics.

In the present study, population comprises of B.SC. Nursing year student of selected nursing college.

#### Sample

##### A sample is a subject of the population

In this study, the sample comprised the sample 2<sup>nd</sup> year nursing students who were studying in Teerthanker Parshvnath College of Nursing, Amroha.

#### Sample size

The sample size of this study is 100 B.SC nursing 2<sup>nd</sup> year students who fulfill the inclusion criteria.

### Sampling techniques

Sampling techniques is the process of studying the population by gathering information and analyzing the data. In this study cluster sampling techniques is used to collect the data from sample.

### Criteria for selection of sample

#### Sampling criteria

##### Inclusion criteria

##### Inclusion criteria includes

- Studying in second year B.SC. Nursing.
- The students who can read and write English.
- The students are willing to participate in the study.
- Students who were present at the time of data collection.

#### Exclusion criteria

##### The students

- Students who are not willing to participate.
- Students who are not available at the time of data collection.

#### Tool

- The tool consist of two parts
- **Part 1:** demographic Performa, consist of demographic variables such as age, gender, religion, family type, place of residence, father education, mother education, leisure's activity.
- **Part 2:** Self-structured knowledge questionnaire, consist of items related to knowledge regarding nomophobia and its impact of life style. It consist of 25 items & these items are multiple choice questionnaire that help in assessing the b.sc nursing students 'knowledge regarding nomophobia and it's impact of life style.

### Validity of the tool

The validity of a researcher study refers to how well that result among the study participant represent true findings among similar individuals outside the study.

The tool prepared by the researcher was submitted to expert along with problem statement, objectives, structure knowledge questionnaire & structured teaching program. The prepared instruments along with scoring key and structured questionnaire for validation was submitted to experts and were requested to give their opinions and suggesting regarding the relevance for the future modification to improve the clarity of the items. Based on the item analysis and suggestion given by experts, the correction and changes were incorporated in the tool. Later the tool was edited by English language experts without changing the meaning of the tool. It was found to be valid and suitable for research study.

### Research finding

**Table 1:** Knowledge regarding nomophobia

S. No.	Area wise aspects	No. of items	Knowledge score	
			mean	Mean %
1.	Knowledge regarding nomophobia	100	14	14.0%

The data presented in the table above shows that overall mean percentage of knowledge level was 14.0%.

The data depicted that majority of 75(75.0%) B.Sc. nursing second year student were in the age group of 18-20 years, 21(21.0%) were in the age group of 22-24 years and 3(3.0%) were in the age group of (25-27) years. In gender maximum 52(52.0%) were female and 48(48.0%) were male students. In Religion maximum 76(76.0%) were Hindu and 23(23.0%) were Muslim and 1(1.0%) were Christian. in family 52(52.0%) were nuclear and 48(48.0%) were joint. Majority of residence 49(49.0%) were rural and 38(38.0%) were urban and 3(3.0%) were semi-urban. Highest father education 30(30.0%) were Graduate 25(25.0%) were primary school, 25(25.0%) were secondary school, 17(17.0%) were under graduate and 5(5.0%) were postgraduate. Highest mother education 19(19.0%) were Graduate, 46(46.0%) were primary school, 22(22.0%) were secondary school, 11(11.0%) were under graduate and 2(2.0%) were postgraduate. majority of 46(46.0%) were study/reading, sports and physical activity 29(29.0%), rest 13(13.0%), 12(12.0%) were use Smartphone. Majority heard term nomophobia were NO 53(53.0%) and 47(47.0%) were YES.

### Conclusion

Based on the findings of the study the following conclusion is drawn. The level of knowledge is comparatively higher in post-test as compare to the pre-test level of knowledge. Hence, there is a significance difference between mean pre-test and post-test knowledge score. The present study concluded that the nurses had a moderate knowledge regarding nomophobia and its impact on life style. There was a positive association of statistical significance between the demographic variables and knowledge level regarding nomophobia

### Conflict of Interest

Not available.

### Financial Support

Not available.

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### How to Cite This Article

Obediah OD, Masih P, Yadav S. Assess the effectiveness of structured teaching program on knowledge regarding nomophobia and its impact on lifestyle. *International Journal of Advanced Psychiatric Nursing*. 2024;6(2):90-93.

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