NOMOPHOBIC RATE OF HIGHER SECONDARY STUDENTS IN KERALA

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ABSTRACT:

In the context of the lock down due to Covid-19, usage of mobile phones has increased among the adolescents. Usage of mobile phones for educational purposes as well as for entertainment makes them more addicted to mobile phones. In this scenario, it is relevant to study the correlation between nomophobic rate and academic achievement of adolescent. This research study aimed to prepare a Nomophobia rating scale (NMPRS) for adolescents and to implement it for students at higher secondary level to check their Nomophobic rate. The Nomophobic rate is then correlated to their academic achievement. NMPRS applied to 1068 Higher Secondary students in Kerala and the collected data analyzed for evaluation. Results of the study shows that most of the students are not prevalent to nomophobia.

I. INTRODUCTION

Mobile phones have become an integral part of everyone's daily lives. Because of the numerous benefits it delivers, the cell phone appears to have evolved from a status symbol to a need in recent years. Mobile phones have been a popular choice for consumers as well as for corporate use due to a variety of benefits. Excessive usage of mobile phones, in addition to bringing numerous benefits, can result in a variety of issues. It can result in social, medical, and psychological problems such as electromagnetic field radiation-related injuries, auto accidents, and anxiety over not being able to use new technology products.

Another disadvantage of using mobile phones is its uncontrolled and severe use or reliance, as well as the social and behavioural consequences that come with it. Excessive and addictive mobile phone use has been linked to loneliness, depressive symptoms, interpersonal anxiety, poor self-control, low self-sufficiency, and low self-esteem in several studies.

The dread of not being able to communicate using a cell phone is known as nomophobia. The dread of being without a mobile phone is known as nomophobia, which literally means "no mobile phone phobia." When a person is without a network, balance, or battery, they become nervous, which has a negative impact on their health.

When nomophobic people forget to bring their phones with them, the battery runs out, or there is no network service, they become concerned. This level of anxiety has a negative impact on a person's ability to concentrate on their everyday tasks. Most nomophobics suffer from "Rinxiet" (a combination of "ring" and "anxiety"), also known as "Phantom vibration syndrome," or "phantom ringing," which refers to a false sense of mobile phone ringing. Mobile phone users' mental health has been affected by nomophobia. As a result, it was proposed that nomophobia be added in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V).

When a person has nomophobia, he or she becomes concerned because he or she is afraid of losing his or her cell phone. When people spend too much time on their phones, they suffer from "over-connection syndrome," which causes them to have fewer face-to-face contacts. Another word for someone who avoids direct contact by isolating themselves, including mental problems like sadness, is "techno-stress." Anxiety is heightened by a variety of reasons, including the loss of a smart phone or a phone with no battery. The use of a smart phone as a source of social communication is a clinical aspect of nomophobia. Other signs and symptoms include having one or more smart phones with internet connection, always carrying a charger, and having anxiety when the phone is not around.
The current DSM-5 does not include nomophobia; it has been advocated as a "specific phobia" based on DSM-IV standards. Low self-esteem and an outgoing personality are two examples. Other underlying and preexisting mental problems, such as social phobia or social anxiety disorder, social anxiety, and panic disorder, may trigger nomophobic symptoms. Nomophobia is a mental illness that affects both the mind and social connections. It occurs when a person is physically present yet mentally absent. “Phone addiction can lead to job troubles if employees can't stop checking their phones or answering calls while at work. This will have an effect on their work performance because it will reduce their concentration and focus. Multitasking is also a huge issue because it makes it difficult to concentrate.

II. REVIEW OF RELATED LITERATURE

Nomophobia is recognized as discomfort or anxiety when out of mobile phone (MP) or computer contact, according to one of the earliest research studies on nomophobia (King et al., 2010). It is regarded a 21st century disorder originating from modern technologies and is characterised as discomfort or anxiety when out of mobile phone (MP) or computer contact. Daei et al. (2019) did a cross-sectional study using cluster sampling to choose 320 students. To acquire data, they employed a Nomophobia and smartphone questionnaire. The findings revealed a moderate proportion of nomophobia among the students, with 73 percent of them being moderate smartphone users. They also discovered that Nomophobia had a strong association with age, gender, and level of education, as well as that the frequency with which people used smartphones had a significant link with age and degree of education.

Thapa et al., (2020) showed that phone dependence among undergraduate students was prevalent and that there was no difference between male and female students in a cross-sectional survey of undergraduate students who had used mobile phones for more than one year. Shankar et al., (2018) conducted a questionnaire-based survey that included 30 questions about mobile phone usability. The total percentage of addiction discovered based on the responses was 40.93, and the survey also revealed that females were more addicted to mobile phones than males. Jilisha et al., (2019) conducted a study on nomophobia perception among College Students in Puducherry and discovered that a significant proportion of the students had severe nomophobia, different usage habits, and misperceptions about health and their usage pattern.

III. NEED AND SIGNIFICANCE OF THE STUDY

According to a review of related literature, a number of researchers at various levels have conducted diverse studies on nomophobia. However, no research, particularly in India, have delved into the utilisation of secondary and higher secondary school pupils in depth. Prior studies may have excluded this age group due to the fact that they did not have cellphones. However, when the epidemic necessitated a learning environment in which cellphone were required, most parents felt obligated to purchase smart phones for their children. The study is conducted after one year has passed since the first COVID-19 case was discovered in the world.

IV. OBJECTIVES OF THE STUDY

The main objective of this research was to study the nomophobic rate of higher secondary students. For this purpose, the investigator utilised a five point Nomophobic rating scale constructed and standardised by the investigator.

V. METHODS

Research Design

A descriptive research design was followed by the investigators for the current study. This study was conducted among 1068 higher secondary students from Kerala. The participants of this study consisted of the students who were enrolled in the second year of higher secondary courses.

Instrument of The Study

A Nomophobia rating scale (NMPRS) was developed and standardized by the investigators. It was used for the present study. Nomophobia rating scale (NMPRS) for higher secondary students was a Likert type 5 point scale developed through three stages. In the pre try-out stage, investigators formulated 52 statements from the ideas gained from the review of related literature and they were validated by experts and finalized to 46 statements with corrections and modifications. Among the 46 items, 23 were positive items and 23 were negative items. After
that, the draft scale with 46 items tried out to selected sample and finalized to 24 items with 6 negatively polar statements.

Javali et al. (2011) suggests Cronbach's α should not be less than 0.7, and the Cronbach's α value in this study is 0.812, which meets the recommended standard. So established the reliability of the test and Pearson correlation method established the validity of items.

Data Collection and Data Analysis

NMPRS converted in to a Google form by the investigator and the link shared to Higher Secondary students who were in different streams of study through WhatsApp groups of their respective schools and 1068 responses were collected through Google form as Google sheet. The collected responses were transformed into scores as per the scoring key. The scoring key was prepared by awarding 5,4,3,2 and 1 scores to the responses Strongly Agree(SA), Agree(A), Undecided(U), Disagree(D) and Strongly Disagree (SD) respectively for a positively polar statements and vice versa for a negatively polar statement. The total score of the scale is the sum of scores of all the items.

Mean value of Nomophobic rate of Higher Secondary students were 67.81. The minimum value obtained for NMPRS was 30 and 108 was the maximum score.

VI. RESULTS AND DISCUSSION

The NPRS was constructed and standardised according to the standard techniques for the standardisation of a Likert type scale with five point rating scale. It contains 24 items among of them are negatively polar and the rest were positively polar. The maximum score which can be obtained by a sample is 120 and the minimum score is 24. If the sample is 100% neutral to the statement, the score will be 72. The data collected and analysed shows that a mean value of 67.81 for nomophobic rate. This mean value tells that most of the students are not prevalent to nomophobia.

REFERENCES