

## “Effectiveness of planned teaching programme on knowledge regarding nomophobia and its prevention among nursing students”

Shipra Sachan<sup>1\*</sup>, Shivani Sahu<sup>2</sup>, krishnakant Pal<sup>3</sup>, Sneha Sachan<sup>4</sup>, Krati<sup>5</sup>, Kshama Devi<sup>6</sup>, Ranjana Kushwaha<sup>7</sup>

<sup>1\*</sup>Associate Professor, Obstetrics and Gynecological Nursing, Regency Institute of Nursing

<sup>2</sup>Nursing Tutor, Regency Institute of Nursing

<sup>3,4,5,6,7</sup>Nursing UG Students, Regency Institute of Nursing

\*Correspondence Author: Mrs Shipra Sachan

\*Associate Professor Regency Institute of Nursing, Shiprasachan84@gmail.com

### Abstract

**Background:** Mobile phone makes life convenient and comfortable. At the same time the pose a threat in terms of psychological dependence. Nomophobia is a catch contraction for “no mobile phone” and mobile phone addiction.

**Objectives:** 1.To assess the pre-test knowledge regarding nomophobia and it’s prevention among nursing students. 2. To evaluate the effectiveness of planned teaching programme on knowledge regarding nomophobia and it’s prevention among nursing students. 3. To assess the prevalence of nomophobia among nursing students. 4. To determine the association between pre-test knowledge score of nursing student with their selected demographic variables.

**Material and Method:** A Quantitative one group Pre-test and Post-test experimental research design was used in the study. 98 Nursing students were selected by convenient sampling technique. Data were collected by using structured knowledge questionnaire .

**Result:** result showed that majority of the nursing students (83.67%) had poor knowledge, (16.33%) had average knowledge, and no one had good knowledge in pre-test. The post knowledge score (87.76%) had good knowledge, (12.24%) had average Knowledge.

**Keywords:** Nomophobia, Effectiveness, PTP, Prevalence, Nursing students.

### INTRODUCTION

Today is an era of wireless communication through mobile phones. Now it is necessary for everyone to keep in touch with family, business associates and access to e-mail and internet. Advance in technology changed the trend completely and made mobile phone as storage for data, camera and music player and also as a gaming device.<sup>1</sup>

Worldwide technology and its changes play a major role in each individual’s life. The current trend of the society is to adopt every change in the field of communication technology. The mobile phones are boon of this century. Mobile phone is considered as an important communication tool and became the integral part of the society. It is not only a communication device but also a necessary social accessory.<sup>2</sup>

Nomophobia is a new term, defined as the fear of being out of mobile phone contact. People, especially teenagers get very anxious when they lose their mobile phone, run out of battery, credit or due to less network coverage. Those who have nomophobia never switch off their mobile phones carry their phones to bed and they will never stay away from their phone even for a second. Those who have nomophobia will also be carrying an extra phone as a precaution when their primary phone breaks. These people will be angry if their messages and texts were viewed by their partner and this will create problems in their familial and social life. They will be worrying about their phones security and will not be able to concentrate on their regular works.<sup>3</sup>

### OBJECTIVES :

1. To assess the pretest knowledge regarding nomophobia and its prevention among nursing students.
2. To evaluate the effectiveness of planned teaching program on knowledge regarding nomophobia and its prevention among nursing students.

3. To assess the prevalence of nomophobia among nursing students.
4. To determine the association between pretest knowledge score of nursing student with their selected demographic variables.

#### METHODOLOGY:

Quantitative **pre-experimental one group pre-test post-test design** was used in this study to evaluate the impact of the planned training programme on nursing students' understanding of nomophobia and its prevention. 98 nursing students were selected by convenient sampling technique. Structured knowledge questionnaire were used to collect data from students.s

#### Research variables

##### Independent variables

In the present study independent variables was planned teaching programme regarding nomophobia and its prevention.

##### Dependent variables

In the present study dependent variable was Knowledge level of nursing student

#### Inclusion criteria

1. Nursing student who were willing to participate.
2. Nursing student available at the time of data collection.

#### Exclusion criteria

1. Nursing student who were attended any workshop regarding nomophobia

#### Development and description of the tools

##### Demographic variable

Age, gender, class and course, residence area, monthly income, no. of mobile phones, have you heard about nomophobia, source of information.

##### Structured knowledge questionnaire

Knowledge questionnaire consist of 25 question related to nomophobia and its prevention.

The score is further divided as follows-

Poor knowledge-( 0-11)

Average knowledge- (12-15)

Good knowledge-(16-25)

#### RESULT

##### Description of selected personal variables of the study

Majority of population were in the age group of 18-20 years (63.26%), most of the population were female (75.51%), maximum number of students were from B.Sc Nursing 2nd semester (45.91%), majorly student's residence area was with their family members (47.95%), maximum income of their family lies between 5000 - 25000 Rs. (52.04%), most of the students use only 1 mobile phone (77.55%), most of the students had not heard about nomophobia before (59.18%), majorly the source of information was from their friend circle (50%).

**Table No 1-Distribution of knowledge level of nursing students regarding nomophobia**  
N=98

Knowledge level	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
<b>POOR</b>	82	83.67%	0	0%
<b>AVERAGE</b>	16	16.33%	12	12.24%
<b>GOOD</b>	0	0%	86	87.76%

Majority ( 83.67%) of nursing students had poor level of knowledge,(16.33%) had average level of knowledge and none of the nursing students had good level of knowledge in pre test and majority ( 87.76%) had good knowledge , (12.24%) had average knowledge and none of the nursing students had poor knowledge score in post test.

**Table no-2 Description of prevalence of nomophobia among nursing students.**

N=98

Sr. No.	Prevalence of nomophobia	Frequency (f)	Percentage (%)
1.	No nomophobia	37	37.76%
2.	Moderate nomophobia	48	48.98%
3.	Severe nomophobia	13	13.26%

Majority (48.98%) of nursing students were moderate nomophobic. (37.76%) were no nomophobic and (13.26%) nursing students were severe nomophobic.

**Table no-3 Effectiveness of Planned Teaching Programme, analysis among nursing students**

N=98

s.no	Knowledge score	Mean	Mean percentage	Mean difference	Standard deviation	Calculated 't' value
1	Pre-test	4.94	5.04%	12.52	2.38	36.44
2	Post-test	19.08	19.46%		2.72	

Pre-test mean was 4.94 and mean percentage was 5.04% and post-test mean in 19.08 and mean percentage 19.46%. The calculated t value was 36.44 at df 97 was significant at 0.05 level. The finding implied that the structured teaching program was effective in improving knowledge of nursing students regarding nomophobia.

#### LIMITATION

1. The study was confined to only 98 nursing students.
2. The study was limited to one group pre-test and post-test.

#### RECOMMENDATIONS

1. A similar study can be carried out on a large sample for broader generalization.
2. A pre-experimental study can be conducted between nursing students of regency institute of nursing college regarding nomophobia.
3. A pre-experimental study can be conducted among nursing students by giving a Structure teaching programme.

#### CONCLUSION

It can be concluded that Planned teaching programme had a great impact on improving the knowledge of nursing students regarding nomophobia.

#### REFERENCES:

1. Kingston Keith. Importance of cell phones in modern society [internet] 2004 [updated 2004 Dec 21; cited 2012 Nov 2]. Available from: <http://ezinearticles.com/?The-Importance-Of-Cell-Phones-In-Modern-Society&id=7446>
2. KartiDubey User-awareness about security threats on mobile phone is very low. says F-secure: Interview [internet] 2008 [cited 2013 Nov 8]. Available from: <http://www.techshout.com/features/2008/01/user-awareness-about-securitythreats-on-mobile-phones-is-very-low-says-f-secure-interview/>
3. What is nomophobia? Mobile phone fears. [internet] 2012[updated 2012 Feb 21; cited Nov 3] Available from: <http://www.indianist.com/what-is-nomophobiamobile-phone-fears>