AN ANALYSIS OF NOMOPHOBIA AMONG GRADUATE STUDENTS IN RELATION TO CERTAIN DEMOGRAPHIC VARIABLES

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ABSTRACT:

To accomplish this purpose, the study employed a normative survey method. A sample of 30 under graduate students were included and selected through stratified random sampling technique. The nomophobia scale (NS) was used by the investigator for the under graduate students. Analyses of the data were done by using Descriptive analysis and differential analysis. The findings of the study revealed that the level of nomophobia of the under graduate students is moderate, the sub- samples gender, locality and year of study of the under graduate students do not differ significantly in their nomophobia and the sub sample major subject of the under graduate students differ significantly in their nomophobia.

KEYWORDS: Nomophobia, Gender, Locality, Major subject, year of study, Under graduate students.

INTRODUCTION:

Nomophobia is mobile phone addiction and it is considered as an emerging problem of modern world. Today's world is fully connected through smart phones. People started to depend upon smart phone as a life supporting device. They cannot imagine a day not even an hour without this smart gadget. These irrational fear is common in industrialized nations. India has become the second largest consumer of smart phones which have attracted both young and old. This is vastly spreading globally. The term is an abbreviation which means no-mobile- phone-phobia.

The person affected from nomophobia suffers of fear of losing contacts, increased heart rate and blood pressure, shortness of breath, anxiety, nausea, trembling, dizziness, depression, discomfort, panic, anxiety, nervous disorder and psychological disorder. This is due to the development of technology dependency of an individual. The significant technological developments and decrease in the rate of smart phones with increased features make college students to depend on mobile phones worldwide. This mainly affects the school and undergraduate students. Rehabilitation and recovery centers started to bloom to treat the psychological, social and physical issues of the affected person. A qualitative study has been sought to identify the dimensions of nomophobia as described by college students.

OBJECTIVES OF THE STUDY:

The objectives for this study are
1. To find out the level of nomophobia of the under graduate students.
2. To find out the significance of difference between Male and Female under graduate students in respect of their nomophobia.
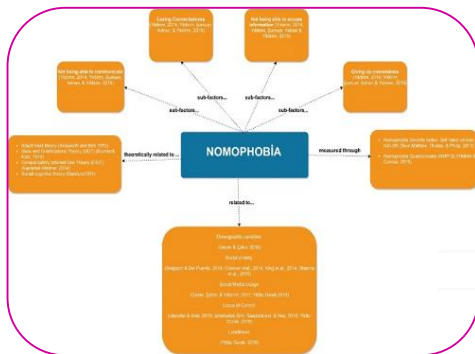
3. To find out the significance of difference between Rural and Urban under graduate students in respect of their nomophobia.
4. To find out the significance of difference between Arts and Science under graduate students in respect of their nomophobia.
5. To find out the significance of difference between First year, Second year and Third under graduate students in respect of their nomophobia.

HYPOTHESIS OF THE STUDY:

1. The level of nomophobia of the under graduate students is high.
2. There is no significant difference between Male and Female under graduate students in respect of their nomophobia.
3. There is no significant difference between Rural and Urban under graduate students in respect of their nomophobia.
4. There is no significant difference between Arts and Science under graduate students in respect of their nomophobia.
5. There is no significant difference between First year, Second year and Third year under graduate students in respect of their nomophobia.

METHOD OF STUDY

Normative Survey method was used in conducting this study. A survey method deals with the present and it's oriented towards determining the current state of an area of study.

SAMPLE OF THE STUDY

By using Stratified random sampling technique 30 under graduate students were selected as sample for the study at Chidambaram.

TOOL USED IN THE STUDY

In the present study the investigator used a seven point nomophobia scale was used. The reliability of the scale was 0.95

ANALYSIS OF DATA:

The data collected was analysed by using statistical techniques like Mean, Standard Deviation and 't'- test.

Hypothesis: 1

The level of Nomophobia of the Under Graduate students is high.

Table-1

Variable	N	Mean	S.D
NOMOPHOBIA	30	94.57	9.21

Norms for Nomophobiascores

LEVEL OF SCORES	INTERPRETATION
Below 20	Absence
20-60	Mild Level
60-100	Moderate
Above 100	Severe

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From the above table-1, the mean and standard deviation of under graduate students is found to be **94.57** and **9.21** respectively which shows that the null hypothesis is rejected and is concluded that the under graduate students have moderate level nomophobia.

Hypothesis: 2

There is no significant difference between Male and Female under graduate students in respect their nomophobia**.**

TABLE – 2
COMPARISON OF NOMOPHOBIA SCORES WITH REGARD TO GENDER.

Sub- Sample		N	Mean	S.D	't' value	Significant at 0.05 level
Gender	Male	14	94.93	6.95	0.24	Not Significant
	Female	16	94.25	11.04		

The above Table-2 indicates that the calculated value of 't' 0.24 is not significant at 0.05 level. Hence the null hypothesis is accepted. It is concluded that the male and female under graduate students do not differ significantly in their nomophobia.

Hypothesis: 3

There is no significant difference between rural and urban under graduate students in respect their nomophobia.

TABLE – 3
COMPARISON OF NOMOPHOBIA SCORES WITH REGARD TO LOCALITY.

Sub- Sample		N	Mean	S.D	't' value	Significant at 0.05 level
Locality	Rural	10	96.00	7.37	0.66	Not Significant
	Urban	20	93.85	11.11		

The above Table-3 indicates that the calculated value of 't' 0.66 is a significant at 0.05 level. Hence the null hypothesis is accepted. It is concluded that the rural and urban under graduate students do not differ significantly in their nomophobia.

TABLE – 4
COMPARISON OF NOMOPHOBIA SCORES WITH REGARD TO MAJOR SUBJECT.

Sub- Sample		N	Mean	S.D	't' value	Significant at 0.05 level
MAJOR SUBJECT	ARTS	12	94.5	8.77	2.26	Significant
	SCIENCE	18	96.2	6.20		

The above Table-4 indicates that the calculated value of 't' 2.26 is significant at 0.05 level. Hence the null hypothesis is rejected. It is concluded that arts and science under graduate students differ significantly in their nomophobia..

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MEAN DIFFERENCE AMONG YEAR OF STUDY FIRST YEAR, SECOND YEAR, THIRD YEAR OF UNDER GRADUATE STUDENTS WITH RESPECT TO NOMOPHOBIA

Variables	Source of variation	Sum of squares	df	Mean Square	'F' value	Level of significance at 0.05 level
Year of Study	Between Groups	8.133	18	0.452	0.86	Not Significant
	Groups Within	6.167	11	0.561		
	Total	14.300	29			

From the table-4.63 the calculated 'f' value 0.86 which is no significant at 0.05 level of significance. Hence, the null hypothesis is accepted. It is concluded that there is a no significant difference in the nomophobia of under graduate students with respect to their year of study first year, second year and third year.

FINDINGS OF THE STUDY
➢ The level of nomophobia of the Under Graduate students is moderate.
➢ There is no significant difference between Male and Female under Graduate students in respect of their nomophobia.
➢ There is no significant difference between Rural and Urban under Graduate students in respect of their nomophobia.
➢ There is aa significant difference between Arts and Science Under Graduate students in respect of their nomophobia.
➢ There is no significant difference between First year, Second year and Third year Under Graduate students in respect of their nomophobia.

CONCLUSION
Based on the findings of this study, the level of nomophobia of the Under Graduate students is moderate. In this modern era smart phone is a necessity we cannot ignore its use completely. The use of smart phone should be discouraged during college hours. Parents should monitor the usage of the smart devices from their children.

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