

# **A STRUCTURED TEACHING PROGRAMME ON THE KNOWLEDGE AND LEVELS OF NOMOPHOBIA AND ITS PREVENTION AMONG THE SELECTED COLLEGES OF SURENDRNAGAR DISTRICT OF GUJARAT**

## **Abstract**

The prevalence of nomophobia is very high among adolescents. Adolescents need to be aware of the new disease which have come across through the over usage of mobile phone. Nowadays it is very easy to convey our feelings and messages in the remote corners of the world through the use of mobile phone technology. The communication through the mobile phone is very simple and is basics of all relations. Mobile technology helps the people to transfer the message form one person to another within short period of time. Based on this the present study was carried to assess the effectiveness of structured teaching programme on the knowledge and prevalence level of nomophobia among the selected colleges of Surendernagar district of Gujarat. Pre-experimental study was carried out among college students with one group pre test and post test was used to find out the findings of the study. The purposive sampling technique was used to carry out this study. 50 College students were selected from different college of C.U. Shah University. Data was collected with the help of structured demographic questionnaire and the structured knowledge questionnaire. Pre test was conducted on the first day and on the same day teaching programme was given to the students and the effectiveness of the teaching programme was checked on the eighth day. The overall test knowledge score was to be 43.4% where the overall post test knowledge score was found to be 85.5% which was to be very significant. An association was also carried to find out the significance of the socio demographic characteristics on the knowledge score.

**Keywords:** STP or Structured teaching programme, Nomophobia questionnaire (NMPQ), Prevalence, Effectiveness

## **INTRODUCTION**

Mobile has made our work easier and also made us lazy. While sleeping in the bed you can carry out various tasks like paying the water bill, electricity bill, purchase of kitchen goods [1]. This all work can be done in single click. We are overwhelmingly dependent on the mobile phone technology. A test was done how much mobile numbers you can remember in mind among the

youth and older adults. It was found that older adults were able to remember many numbers of their relatives whereas the youth young adolescents were not able to remember their parent's number also. They need to see the mobile phone to know their parents number [2]. Youth have become more dependent on the use mobile phone technology. Such a situation has been raised they cannot leave without their mobile phone. So the fear of leaving without mobile phone is known as nomophobia. Nomophobia is a very recent term but it has engulfed the people across the globe. Rich or poor all sections irrespective of caste, creed, color, or sex are affected with some degree of nomophobia [3]. The young adolescents are more prone to suffer with nomophobia and it is very common especially among the teenagers. The anxiety of losing one's mobile phone, smart phones running out of battery, or a situation when there is no network coverage, or when you have reached a place where network coverage is very low. Nomophobic adolescents exhibit various characteristics such as they will never switch off their mobile phones. Such children will use their mobile phones before going to bed, in the bed and just after awakening from the bed. Nomophobic children will keep their mobile phone always with them. They will take their mobile even in toilets. Such nomophobic children the academic progress will be very poor and will not be able to concentrate during the studies. They will not be able to complete their homework in time. Nomophobic children will have more than one phone and will keep always an extra phone with them. The young nomophobic adolescents will not allow others to use their mobile phones. They become easily anxious and angry even when someone uses or touches their mobile phone. Nomophobia is vastly spread among the youths and such children will have disturbed family relationships [4-5].

### **The objectives of the study**

- To assess the prevalence of nomophobia among the adolescents.
- To assess the level of knowledge regarding nomophobia among the adolescents.
- To assess the effectiveness of STP on the knowledge levels regarding nomophobia among the adolescents.
- To find out the association between the pre test and post test knowledge level of adolescents with the selected demographic variables

### **The review of literature**

The various studies were reviewed and it was found that there was high prevalence of nomophobia among the various sections of the society. The prevalence of nomophobia may be

due to the knowledge level or the vast uses of mobile phone technology. Nomophobia and its management need to be taught among the adolescents and it should be in the part and parcel of their curriculum. Structured program or a pamphlet distribution was found to be effective in various studies in improving the knowledge.

## **MATERIAL & METHOD**

A pre-experimental survey based research approach with one group pre test and post test design was used for the present study. Hypothesis was formulated and the relationship between independent and dependent variables were framed for the study. Structured demographic Performa and structured knowledge questionnaire was used to collect the data among the college students. Pre test was conducted on the first day and post was done after 8 days of giving the structured teaching programme. The validity of the teaching programme was done by the experts from the various fields.

### **Setting of the study**

The present study was carried out among the college going students of C.U. Shah University. A total of 50 students from the university were enrolled for the study purpose. The samples were selected based on the purposive sampling technique. The criteria of the selection of the study participants were done by keeping the following points of inclusion criteria.

### **Inclusion Criteria**

- Adolescents studying in different streams of C.U Shah University.
- Adolescents who were present during the period of the data collection.

### **The major tools of the study**

- **Structured Demographic Performa:** It consisted of total items which includes age, gender, religion, place of residence, type of family, nature of stay, monthly family income and previous knowledge.
- **Structured Teaching programme:** This was prepared keeping in the view of various literature and the areas of the teaching programme was mainly on the aspects related to importance of mobile phones, definition, etiology and the major signs and symptoms of the mobile phone addiction, the various treatment modalities and prevention strategies of nomophobia.
- **Structured Knowledge Questionnaire:** A total 40 questions were prepared from the structured teaching programme.

The validity of the STP and the structured questionnaire was done form the experts of various fields. The major study was done in the month of August 01/08/2020 to 08/08/2020. The prior permission was taken from all the concerned authorities. Ethical permission was also taken properly from the institute concerned. Permission from the study participants was also taken before the study.

### The findings of the study

**Table 1: Distribution of subjects based on demographic characteristics**

<b>Socio demographic characteristics</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Age</b>		
16-17	28	56
17-18	22	44
<b>Gender</b>		
Male	19	38
Female	31	62
<b>Religion</b>		
Hindu	23	46
Christian	11	22
Muslim	16	32
<b>Place of residence</b>		
Rural	31	62
Urban	19	38
<b>Type of family</b>		
Nuclear	26	52
Joint	24	48
<b>Nature of stay</b>		
Home	40	80
Hostel	10	20
<b>Monthly family income</b>		
Below 10000/-	5	10

10000-15000/-	17	34
15001 to 20000/-	19	38
Above 20000/-	9	18
<b>Previous knowledge</b>		
Yes	10	20
No	40	80

The above table clearly depicts that majority 56 % of the study participants were in the age group of 16 to 17 years. 62 % of the study subjects were female and 38 % were males. 46 % of the students enrolled for the study were from Hindu religion. 62 % of the adolescents were from the rural region. Most 52 % of the subjects were from nuclear family. 80 of the study subjects were coming to college from their homes and 20 % were residing in the hostel of the university. Around 38 % which was highest had monthly family income between 15001 to 20000/- rupees. 80% of the study subjects had no knowledge regarding the nomophobia and its prevention.

**Table 2: Section wise analysis of the pre test knowledge scores of adolescents**

Areas of knowledge	Pretest	
	Mean %	Sd
Introduction and general aspects of nomophobia	69.34	20.83
Etiology, signs and symptoms of nomophobia	32	57.18
Effects and management of nomophobia	24.53	41.30
Prevention and treatment aspects of nomophobia	37.67	69.91

**Table 3: Section wise analysis of pre and post test knowledge scores among students**

Areas of knowledge	Pretest		Post test		Effectiveness		T test paired
	Mean %	Sd	Mean %	Sd	Mean %	Sd	
Introduction and general aspects of nomophobia	69.34	20.83	97.33	4.79	28	51.19	14.00*
Etiology, signs and symptoms of nomophobia	32	57.18	85.8	7.34	54.8	37.22	19.57*
Effects and management of nomophobia	24.53	41.30	80.66	9.17	56.13	23.04	31.18
Prevention and treatment aspects of nomophobia	37.67	69.91	81.66	15.30	44	63.3	11.47

\*Significant at 5% level,  $t(0.05, 49df) = 1.96$

The above table 2 and 3 clearly reveals that the pretest was highest 69.34% in the area of introduction and general aspects of nomophobia. The other all areas were very low knowledge in pre test but there was enhancement in the post test the knowledge was improved. The effectiveness of the teaching programme was revealed by the significant values of the paired t test.

**Table 4: The Comparative analysis of pre and post test knowledge score regarding nomophobia**

Areas	Max. Score	Knowledge Score				Paired t test
		Mean	Sd	Mean %	Sd	
Pre test	40	15.28	4.75	38.2	31.08	30.25*
Post test	40	34.34	1.27	85.55	3.69	
Effectiveness	40	19.06	4.76	47.65	24.97	

\*Significant at 5% level,  $t(0.05, 49df) = 1.96$

The above table depicts that when we do comparison of the overall pretest and post test knowledge score of the students. The overall mean was 15.28 in the pre test has compared to 34.34 in the post test. The overall mean 38.2 % in the pre test and after the teaching programme it was found to be 85.55 %. This reveals the overall significance of 47.65 %. The paired t test also revealed the high significance of structure teaching programme in improving the knowledge score in the post test which was 30.25.

**Table 5: Levels of pre and post test knowledge score of nomophobia and its prevention among the adolescents**

Grades of knowledge	Pre test		Post test	
	Frequency	%	Frequency	%
Very poor (0-8)	13	26	0	0
Poor (9-16)	25	50	0	0
Average (17-24)	12	24	2	4
Good (25-32)	0	0	6	12
Very good (33-40)	0	0	42	84

The above table 5 clearly shows that 84% had very good knowledge in the post test while none of them had very good knowledge in the pre test. 50% of the participants had poor knowledge in pre test whereas none of them had poor knowledge in the post test. Structured teaching programme was really effective in improving the knowledge score of the adolescents.

**Table 6: Association between pre test knowledge score on nomophobia and its management with the selected demographic variables (n=50)**

Socio demographic characteristics	Frequency	Chi square value	P value
<b>Age</b>			
16-17	28	0.324 NS	P>0.05 Df-1
17-18	22		
<b>Gender</b>			
Male	19	2.122 NS	P>0.05 Df-1
Female	31		
<b>Religion</b>			
Hindu	23	0.080 NS	P>0.05 Df-2
Christian	11		
Muslim	16		
<b>Place of residence</b>			
Rural	31	0.084 NS	P>0.05 Df-1
Urban	19		
<b>Type of family</b>			
Nuclear	26	0.341 NS	P>0.05 Df-1
Joint	24		
<b>Nature of stay</b>			
Home	40	0.5 NS	P>0.05 Df-1
Hostel	10		
<b>Monthly family income</b>			
Below 10000/-	5	7.53 NS	P>0.05 Df-3
10000-15000/-	17		

15001 to 20000/-	19		
Above 20000/-	9		
<b>Previous knowledge</b>			
Yes	10	2.75 NS	P<0.05 Df-2
No	40		

\*Significant at 5% Level

NS: Non- Significant

The chi square test was done to find the association between the selected demographic variables and the pre test knowledge score of the students. There was no significant association found between the socio demographic variables and the pre test knowledge score of the college going students.

### CONCLUSION

The findings of the study clearly reveals that the structured teaching programme has played a great role in improving the knowledge score from 38.2 % in the pre test to a level of 85 % which is very highly significant and it was found in the paired t test value also 30.25. The overall study findings clearly reveal that the structured teaching programme was found to be very effective improving the knowledge score of the adolescents. In the chi square test there was no significant association between the socio demographic characteristics and the knowledge score.

### RECOMMENDATIONS

- Similar study can be done with large sample size.
- A study can be done with control group research design.
- A study can be done to assess the impact of nomophobia in the academic performance of the students.

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