“A CONTEMPORARY EXPLORATORY STUDY TO ASSESS THE DIMENTIONS OF NOMOPHOBIA AMONG UNDERGRADUATE STUDENTS OF SELECTED COLLEGES IN BENGALURU.”

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BACHELOR OF SCIENCE IN NURSING

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DECLARATION BY THE CANDIDATE

We hereby declare that this project entitled **"A contemporary exploratory study to assess the dimensions of nomophobia among undergraduate students of selected colleges in Bengaluru."** is a bonafide and genuine research work carried out **Mr KEVIN RONEY, Ms. MEEKHA THOMAS, Mr. MUHAMMED SHAKIR T, Mr. MOUNUDDIN** under the guidance of **Ms. GEETA K MALAVAD**, Ass Professor, Obstetrics and gynaecological Nursing, Smt. Nagarathnamma College of Nursing, 69/80, Acharya Institute, Dr Sarvepalli Radhakrishnan Road, Soladevanahalli, Bangalore-560107.

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ENDORSEMENT BY THE PRINCIPAL

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ABSTRACT

Background

Undergraduates are the students who are yet to get their graduate degree or pursuing their graduate study. Most of the undergraduates fall under the age group of 18 to 25 years.

Undergraduates are mostly the late adolescents and early adulthood people. They start the thinking of building their career in this age period. It is a stable period of growth where gradual biological and social changes take place. The ultimate goal during this period is choosing and establishing careers, fulfilling sexual needs, establishing home and family. expanding social circles and developing maturity.

Undergraduates need 7 to 9 hours of rest and sleep each night; diet, stress, fatigue and poor physical health may lead to insomnia, of which the leading cause may be the excessive use of the smart phones. Thus, excessive use of mobile phones and mobile phone separation anxiety have become widely popular among the undergraduate students.

a smart phone is a mobile phone with an advanced mobile operating system which combines features of a personal computer operating system with other features useful for mobile or handheld use. the mobile phone is one of the technological tools more use and some of the undergraduates have been showing the characteristics of addiction and anxiety of separating from their smart phones, so called nomophobia.

Hence, the present study is aimed to assess the dimension of Nomophobia among undergraduates in a selected college in Bangalore.

Objectives

1. To assess the dimensions of Nomophobia among undergraduate students.
2. To find association between selected dependent variable and Nomophobia scores.

Assumption

There will be a significant level of dimension of Nomophobia among the undergraduate students in Bangalore.

In the present study, descriptive approach was selected. The structured questionnaire on dimension of Nomophobia was developed by the researcher to collect the data. The main study was conducted at Smt Nagarathnamma college of Nursing, Soldevenahalli, Bangalore, with the sample size of 100 undergraduates aged 18-25 years of age. The samples were selected by using convenient sampling technique and the collected data was analyzed and interpreted based in descriptive statistics.

Results

The dependency of smart phones has increased a lot among the undergraduate students. This study was aimed to determine the extent of dependency or attachment of undergraduates towards their smart phones. The study shows that age group between 21-23 years of age has majority 75.2% of attachment towards smart phones among all the age groups where >24 years of age has 48.5% of attachment and 18-20 years of age has 38% of attachment, and that the age group between 21-23 years of age suffers majority 69.6% of their insecurity in the absence of their smart phones among all the age groups 18-20 years of age has 57.3% of insecurity level and 24 has 49.6% of insecurities. The results of current study suggest that a sizable minority of students experience

Conclusion

The present study attempted to assess the dimensions of Nomophobia among undergraduate students of selected colleges in Bangalore. The results show a significant level of Nomophobia among the undergraduate students in Bangalore. There is a clear need for more face to face interaction, control, and sense of priority. The community services in developed countries should consider training existing domiciliary outreach services.

Keywords: Nomophobia, Smartphone Association, Smartphone Insecurity, Undergraduate Students

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CHAPTER – I

INTRODUCTION

INTRODUCTION

Nomophobia is a term describing a growing fear in today's world – the fear of being without a mobile device, or beyond mobile phone contact. Among today's high school & college students, it's on the rise.
The mobile phone has many attributes & characteristics that make it especially attractive to adolescents & that encourage its use among members of this group. Indeed, possession & use of a mobile phone by adolescents has several functions:

• Reinforces personal autonomy, especially with regard to parents.
• Provides identity & pressing in the content of relationships with peers, a purpose that is quite evident in the newest or most fashionable models.
• Offers major technological innovation, tools for which adolescents demonstrate a special inclination and skill.
• Serves as a source of fun & entertainment.
• Supports the establishment & maintenance of interpersonal relationships via technological resources, such as those that tract "missed calls", which have a clear social & affective function.

Despite the fact that it's an extraordinarily useful tool & facilitates the performance of numerous social & personal functions, uncontrolled, inappropriate, or excessive use of mobile phones can give rise to problems in interactions with parents & in other areas.
Excessive use of mobile phones as evidenced by cost & number of cells or messages sent, interferes with other activities in daily life, alters the rules for interpersonal relationships & can even affect the user's health or well-being, for example: by having it on continually, even at night. These behaviours may be understood as reflective of abuse in the sense used by the diagnostic & statistical manual for mental disorders.
Among students, frequent cell phones use has been correlated with decreases in GPA (grade point average) & increased anxiety that negatively impacts self-reported life satisfaction in comparison to students with less frequent usage. GPA decrease may be due to the over-use of cell phone or computer usage consuming time and focus during study, attending classes, working on assignments, & the distraction of cell phones during classes.

NEED FOR THE STUDY

Smartphones have become an important part of everyday life, particularly among adolescents and young adults. They are widely used for communication, education, information seeking, entertainment and social interaction. The increasing dependence on smartphones has also raised concerns regarding problematic smartphone use and the psychological discomfort experienced when individuals are unable to access their mobile phones.

Nomophobia refers to the fear, anxiety or discomfort associated with being without a mobile phone or being unable to use its functions. Recent research indicates that nomophobia is particularly relevant among university and college students. A systematic review and meta-analysis of university students found that moderate and severe levels of nomophobia were common, highlighting the importance of identifying and addressing this issue among students.

Recent Indian research has also demonstrated the relevance of nomophobia among undergraduate students. A cross-sectional study among medical and nursing undergraduate students in India reported that approximately half of the students had moderate nomophobia, while around 13–15% had severe nomophobia. The study also examined smartphone dependence, nomophobia and quality of life among undergraduate students.

A 2024 study conducted among college-going adolescents in South India further examined mobile phone use and nomophobia among 660 first-year students. The study used the Nomophobia Questionnaire and highlighted the growing concern regarding unhealthy smartphone use and nomophobia among college students.

Recent Indian qualitative research among undergraduate college students has also described nomophobia as involving a strong inclination towards smartphones, difficulty being away from them, and concerns related to communication, connectedness and access to digital resources.

Furthermore, a recent systematic review and meta-analysis published in 2025, which included 43 studies involving 36,656 participants from 18 countries, found that nomophobia was widespread, with moderate symptoms reported more frequently than mild or severe symptoms. The review also reported higher levels among university students and young adults. Importantly, these findings represent self-reported symptoms and should not be interpreted as a clinical diagnosis.

Therefore, assessing the dimensions of nomophobia among undergraduate students is important because this age group frequently relies on smartphones for academic, social and personal activities. Identifying smartphone attachment and feelings of insecurity when smartphones are unavailable may help nurses and

educational institutions develop appropriate health education, counselling and strategies to promote healthy smartphone use among students.

Hence, the present study was undertaken to assess the dimensions of nomophobia among undergraduate students in a selected college in Bengaluru.

The cross-sectional study, published by the Indian journal of community medicine three years ago, recruited 200 medical students and scholars. About one in five students were Nomophobic, results showed. The study claimed that the mobile phone has become “a necessity because of the countless perks that a mobile phone provides like personal diary.

Email dispatcher, calculator, video game player, camera and music player.”

“There is an increase in the Nomophobic population in India because the number of mobile phone users has increased,” said Dr. Sanjay dixit, one the researchers and the head of the Indian journal of community medicine. “we are currently doing another research on mobile phone dependency, it’s not published yet, but analysis shows that about 45% of the Indian population, not just medical students, is Nomophobic.”

With the augmented ownership and usage of smart phones among adolescents, dixit says the young population is more at risk, partly because they can access the internet through phones more easily, increasing the time spent on phones.

“We found out that people who use mobile phones for more than three hours a day have a higher chance of getting Nomophobia,” He said, warning this can pose potential dangers.