

**“An Exploratory study to assess the dimensions of Nomophobia among
graduate students of a selected college in Bangalore.”**

By

Sushmita Limbu and Tawhid Osman Gasim Eldouma

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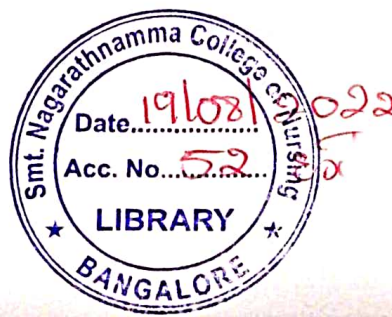
**Under the Guidance of
Mrs. Serah Rashmi**

Lecturer

Psychiatric Nursing

**Smt. Nagarathamma College of Nursing
69/90, Dr. Sarvepalli Radhakrishnan Road,
Soldevenahalli, Bangalore-560 107**

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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.¹

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.² 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.³

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 graduate students.
2. To find association between selected dependent variable and scores.

Assumption

There will be a significant level of Nomophobia among the under graduate students in Bangalore.

In the present study, descriptive approach was selected. The structured questionnaire on Nomophobia was developed by the researcher to collect the data. The main study was conducted at Acharya College, Soldevenahalli, Bangalore, with the sample size of 100 undergraduates aged 18-25 years of age. The samples were selected by using purposive 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 graduate students of selected colleges in Bangalore. The results show a significant level of Nomophobia among the under graduate 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 and Social Networking Addiction

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