



Research Paper

A study of Nomophobia among the MSW students of Rajagiri College of Social Sciences

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ABSTRACT

The researcher based on its own experience trying to study mobile phone addiction in students. The prominent purpose of the research required a qualitative research design with an in-depth interview. The researcher used thematic analysis to classify the information into themes and sub-themes as per the requirement. Those created themes and sub-themes interpreted by the researcher in the thesis. According to the objectives of research the data collected among the students. The researcher used primary and secondary data to clarify the research in detail. The researcher took an in-depth interview with varied participant and Conduct Focus Group Discussion with certain participants. Collected data from interview and Focus Group Discussion transcribed, tabulated and generate the theme of the research study and findings will interpret via generated theme.

KEY WORDS: Mobile phone, Internet, Social Media, Smart Phone

Received 14 August, 2021; Revised: 26 August, 2021; Accepted 28 August, 2021 © The author(s) 2021. Published with open access at www.questjournals.org

I. INTRODUCTION

Earlier time people used less mobile phone and there was no more advancement of electronic technology. After a few years later, electronic technology was invented and promoted in the world market at a higher level. People start to use a different cell phone with a smart one. The social network played an important pivotal role as a part of the web to connect each other from the varied corner of the world. People tend to spend their time connecting with advance social network like Facebook, Messenger, Twitter, Viber, and what's the app. In fact, it makes easier for everyone and life is getting much more luxurious with the use of advanced electronic technology (M.G Deniz, 2017). When people are not able to use their mobile phone due to work or study; they might suffer from a phobia called Nomophobia. "Nomophobia" is a fear of being unable to communicate with people through mobile phone (T. Elmore, 2014). People often check their mobile phone to get new updates and updating to others regarding the crucial information through mobile phone and other electronic devices. Presently, 18 to 34 years of young people are suffering from this phobia. Nomophobia is affecting the mental status of young people in the DSM-V (Diagnostic and Statistical Manual of mental disorder, fifth version) is a standard manual for accessing psychiatric diseases (N.L. Bragazzi and G. Del paunte, 2014).

Statement of the problem

If a person is in an area of no network, has run out of balance or even worse run out of battery, the person gets anxious, which adversely affects the concentration level of the person (Indian. J Community

Medicine, 2010). In recent time, around 18-34 years' age group people are suffering from this Nomophobia disorder. When mobile phone got switched off, run out of battery and could not get to use because of some rules and regulations then people may feel some sort of distress, nervousness, and lone. When the people get more nervous and distress then they might fall into depression and that depression sometimes led them to commit suicide

The Rationale of the study

Students are not allowing to use of cell phones during college hours. It is a rule and regulations set up my college and students are strictly following it. When students are not allowing using cell phones during college time then they might think about their message, update, social network site and calls (D.M Mupinga, 2017). The term Nomophobia doesn't know for many students. Therefore, the researcher will also generate some knowledge for students regarding nomophobia and aware the students to use a less mobile phone.

Objectives of the study

1. To study cell phone dependence pattern among mobile phone users.
2. To study the health effects of mobile phone in mobile phone users.

Research Questions

I intend to figure out the answers to the questions through my research

1. What is the significant reason for depending more on a mobile phone?
2. How mobile phones affect mobile phones users on health?

Operational Definition:

Nomophobia is a fear of being without mobile phones or smartphones. It knows as a no- mobile- phone-phobia. Nomophobia mostly occurs when people are often depending on electronic technology mobile phones and smartphones.

II. LITERATURE REVIEW

A study of Mobile Phone Dependence in medical college students of India

Nomophobia simply means no mobile phobia that is occurring to people when they far away from their mobile phone device. If a person has no network, out of battery, no balance, a person gets anxious and lose their concentration power. Hence, they cannot control their mind which leads them to adversely effects by anxiety and live in fear ever. This study has taken place in Central India. In recent time, India has become a second country, which is emerging as the second huge market after China for mobile phone handset (D.Sanjay; S.Harish; B.Ak; B. Arpita; G.Abilasha; & S.Akansha , 2010).

In the world, China has become one of the suppers fast countries to supply its mobile phone all over the world. Many people are buying Chinese mobile phone because of its relevant price. The world market has already covered by Chinese electronic technology and even in China people are extremely depending more on technology. Mobile phone use is flourishing in Chinese University of Students. Around 909 University is providing quality education to Chinese students. These days, Chinese University Students are often using a mobile phone and become more mobile phone dependence that is associated with social support and impulsivity. In China, mobile phone use students are 78.3% and mobile phone dependence are 7.4 percent (Mei S, 2018).

Health Risks Associated with Mobile Phone Use

Generally, in today's world half of the population uses their mobile phone on various purposes. Likewise, the world market is also rapidly growing to sale mobile phone to the people. The study of this review was taken from the gulf countries how often people use cell phone there (Dr.Zahid , 2014). According to United Nations Conferences on Trade and Development (UNCTAD), Saudi Arabia rank first country using a mobile phone in Gulf regions and second comes Oman. World widely, billions of people use a mobile phone. Per day, Billions and trillions call to each other via mobile phone and higher use call and cell phone increment the health-related problems and risks. Similarly, mobile phone or cell phone release the radiofrequency that is non-ionizing electromagnetic radiation, which can have preoccupied with tissues close to the phone. A cell phone is connecting and providing different service to people with easy access (B.Chris, 2010). Today, Cell phone is providing a wide range of services to people. The services like email, internet access, call, text message, business application, Bluetooth, gaming and photography. Since, last 20 years worldwide using the mobile

phone has increment through 12.4 million to over 5.6 billion with 70 percent of the global populations (Dr. Jayanti P Acharya, 2013).

Furthermore, more proper guideline needs to give students to use mobile phone device in the classroom. Students can learn, communicate and gain knowledge by studying some good things. Regarding the study; students can use different apps that can be downloaded free of costs like Dropbox, Google apps, Googleclassroom and many more. These apps can help for both Teachers and students by sharing a number of documents like class notes, files, keeping attendance and maintaining school record (Mupinga M.D, 2018).

III. RESEARCH METHODOLOGY

Research Design

The researcher uses exploratory research design in research paper because it is based on qualitative research

Research Paradigm

The researcher has used the interpretive paradigm in this research paper. Interpretive paradigm understood the participant and interprets their situation in a detail.

Area of the study

The area of study includes the College Students of Rajagiri College of Social Sciences (Autonomous),Kalamassery, Kerala.

The universe and Sample Size

The universe population of this study is the Collegestudents of age18-24 and sample size of the study is between five students.

Sampling

The researcher has used purposive method and the snowball method of Non-probability sampling for this research paper.

Data Sources

Primary Data

Pilot study,Semi-structured Interview, Focus Group Discussion (FGD) ,Observation and participant observation.

Secondary Data

Journals, News, articles, books, blog etc.

Data Analysis

In data analysis, the collected data is analyzed after the transcription of audio or recording data is completed.

Scope of the study

The scope of the study figured out the students who are really using their mobile phone in the classroom and college area. So, therefore the study of this research identified participant view on regarding mobile phone and its side effects on them.

Ethical Consideration

The researcher has provided detail information in this research paper. The information provides in this research paper is not be fake. The research has been conducted within their boundaries and has not copy others one.

IV. DATA ANALYSIS AND INTERPRETATION

Frequency of using a mobile phone

The mobile phone has become one of the indispensable parts of human life. To get fresh update information and connecting with new people via social media play a major role by mobile phone. One of my participants said that; everything is becoming digitalized with advanced technologies. "I often use a mobile phone to check message, to call, to use social media and to get an update of news and also for my product promotion.

Experiences of days without a mobile phone

One of the student said that the mobile phone has become his pocket friend or one of the closet friend .Student shared his view in this way;

"In Fact, I use mobile phone frequently to check call, text and to get update. Sometimes, I prepare not to use a mobile phone. I stop to use for a minute and an hour but after a few times, I will use it. When I stop to use a mobile phone, I feel sort of lost myself, lost my identity and I feel myself backward from all the advanced things. Next, I feel a lack of communication between my friends".

Addiction towards mobile phone

Almost all the students answered that they're addicted to the mobile phone. Without a mobile phone, that participant cannot do any sort of work. Even in college that participant used mobile phone conceal from the teachers. Within a three or five minutes gap that participant check their mobile phone. (H.Shadi, 2017).

V. MAJOR FINDINGS, CONCLUSION, AND IMPLICATIONS

- The researcher figure out that by continued use of mobile phone, students have suffered from a different health problem that linked with the physical, mental and behavioral problems.
- The researcher figured out that when the students were not allowed to used their mobile phone for a certain period of time fear of missing mobile phone, anxious and stress aroused within them.
- The researcher figures out that most of the students were very addicted to the mobile phone. The reason behind addicted towards mobile phone was due to the extreme level of using it.
- Most of the participant are following interpersonal communication through mobile phone but give less priority for self and self-communication which is links with the feelings and emotions.

Conclusion

The objectives of research have been done by the researcher via in-depth observation, analyzed an interview with the participants. Literature review and objectives of research interlinked to each other to get research material information. The researcher took an interview with five participants In some phase of research time, the researcher faced bit challenges to interact with participants. But it was a good experience for the researcher.

Implications

The study of this research implied to develop further more research on the same topic and invent software where fear of being without a mobile phone can treat an effective way. The different policy can be formulated through the government side to use of the mobile phone on the limited age group of people.

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Annex

Interview Questionnaire

Name of participant:

Associated To:

Date and Time:

Location of Interview:

Contact Number:

Consent Signature:

Name of Interviewer :

Signature of Interviewer:

1. How do you define nomophobia?
2. How often do you use a mobile phone and why?
3. How do you feel when you're not using mobile at all? How do you feel when you're using a mobile phone for a long period of time?
4. Do you think that you are addicted to a mobile phone? Why?
5. How often do your friends use a mobile phone? Have there been cases where you and your friends discussed the positive and negative side of mobile phone?
6. The college has certain rules and regulations to avoid using a mobile phone in the classroom. How do you perceive these rules and regulations?