A DESCRIPTIVE STUDY TO ASSESS THE PREVALENCE OF EXCESSIVE MOBILE PHONE USAGE AMONG NURSING STUDENTS STUDYING IN SELECTED COLLEGE OF AMRITSAR (PUNJAB).

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DOI: <http://doi.org/10.47211/tg.2020.v07iws01.009>

Received 12th June 2020, Accepted 20th June 2020, Available online 30th June 2020.

ABSTRACT:

Worldwide, technology especially the mobile phones have considerably new of this century. The current trend of the society is to adopt every change in the field of communication technology. The mobile phones are been of this century. They are considered as an important communication tool and become the integral part of the society, it is not only a communication device but it is also necessary social accessory. People are increasingly using mobile phone rather than the fixed telephones. The mobile phone is a lifeline for many. To recapitulate, as we know excessive mobile phone usage are having many deleterious effects on individual's life. So this research study aims to provide them knowledge about many health problems related to excessive mobile phone usage such as lack of concentration, stress, low grades, lack of vision, cyber bullying. Hence, its prolong use should be considered and it is not to be cherish. For the present study, non-experimental approach was considered appropriate as it aimed to assess the prevalence of excessive mobile usage among nursing students. Descriptive research design was utilized to achieve the objectives of the study. The study was conducted in Chief Khalsa Diwan International Nursing College, Amritsar. The population of present study was nursing students. 200 nursing students in age group 18-25 years studying in Chief Khalsa Diwan Nursing College, Amritsar, were selected by purposive sampling technique. A self-structured checklist was used to assess the prevalence of excessive mobile phone usage among nursing students. 164(82%) were in 18-21 years of age and 36(18%) were in 22- 25 years of age. 155(77.5%) of nursing students were female and 45(22.5%) were male. 101(50.5%) of nursing students were from rural area and 99(49.5%) were from urban area. 122(61%) had income of less than Rs.1,00,000/- annually and 62(31%) had income of Rs. 2,00,000-3,00,000/- annually. 183(91.5%) of nursing students use smart and 17(8.5%) of nursing students use Non-smart phone.

KEY WORDS: Mobile phone, excess usage mobile, nursing students.

INTRODUCTION

The mobile phones are been of this century. They are considered as an important communication tool and become the integral part of the society, it is not only a communication device but it is also necessary social accessory. People are increasingly using mobile phone rather than the fixed telephones. The mobile phone is a lifeline for many. **Balakrishnan V., 2012** reported that smart phone use has adversely affected learning in the classroom has endangered during safety and has negatively affected work performance

NEED OF THE STUDY

B. Prati, Chakraborty P 2017 said that it is true that smart phone is quite essential for many different field of profession, diversion of mobile phone like listening songs, communication, social networking, chatting is now pass beyond or exceed its basic needed in daily life. Although smart phones and internet are used as communication tool, excessive use of these technological tools causes individual to become addicted. Recently, the rate of spreading smart phones is gradually increasing among people. The more and more people individual started to use smart phones because of introduction of cheap phone in market which is 50% lower in cost than actual price of smart phone. However, noticeable change is that among children the rate of addiction increased before school from 3.6 percent to 4.3%.

AIM OF THE STUDY

To assess the prevalence of excessive mobile phone usage among nursing students.

METHODOLOGY

For the present study, non-experimental approach and descriptive research design was considered appropriate as it aimed to assess the prevalence of excessive mobile usage among nursing students. The study was conducted in Chief Khalsa Diwan International Nursing College, Amritsar. The population of present study was nursing students. The sample and sample size was 200 nursing students in age group 18-25 years studying in Chief Khalsa Diwan Nursing College, Amritsar. Purposive sampling technique was used to select the sample. The tool consisted of 2 sections: **Section A:** selected socio-demographic variables such as age, gender, residence, income of parents, family type, type of phone. **Section B:** Self structured checklist Reliability of tool was determined by split half method.

RESULTS

Table 1

Frequency and percentage distribution of demographic variables

		N=200	
S. NO	Demographic Variable	f	%
1.	Age		
	a. 18-21 years	164	82
	b. 22-25 years	36	18
2	Gender		
	a. Male	45	22.5
	b. Female	155	77.5
3	Residence		
	a. Rural	101	50.5
	b. Urban	99	49.5
4	Income of parents		
	a. Less than 1,00,000 annually	122	61
	b. 2,00,000-3,00,000 annually	62	31
	c. 4,00,000-5,00,000 annually	16	8
5	Family type		
	a. Single parent	38	19
	b. Nuclear	124	67
	c. Compound	28	14
6	Type of phone		
	a. Smart phone	183	91.5
	b. Non smart phone	17	8.5

Table 2**Prevalence of excessive mobile phone usage among nursing students**

				N=200	
S.No	Prevalence	(n)	%	Mean	SD
1	Mild prevalence	48	24	4.5	1.458
2	Moderate prevalence	119	59.5	9.96	1.615
3	High prevalence	33	16.5	14.18	1.044
				9.35	3.464

164(82%) were in 18-21 years of age and 36(18%) were in 22- 25 years of age. 155(77.5%) of nursing students were female and 45(22.5%) of nursing students were male. 101(50.5%) of nursing students are from rural area and 99(49.5%) of nursing students are from urban area. 122(61%) had income of Less than Rs.1,00,000 annually and 62(31%) had income of Rs. 2,00,000-3,00,000 annually. 38(19%) belongs to single parent family and 124(67%) belongs to nuclear family. 183(91.5%) of nursing students use smart and 17(8.5%) of nursing students use Non-smart phone. 48(24%) of nursing students had mild prevalence, 119(59.5%) of nursing students had moderate prevalence and 33(16.5%) of nursing students had high prevalence of excessive mobile phone usage. There is no significant association found between demographic variables such as age, gender, residence, income of parents, family type and use of smart phone with prevalence of excessive use of mobile phone among nursing students.

CONCLUSION

The findings of the study concluded that mobile phone usage is common among nursing students. As an advance in technology, mobile phone addiction is an important problem among students. The results of the present study showed that 48(24%) of nursing students had mild, 119 (59.5%) of nursing students had moderate and 33(16.5%) of nursing students had high prevalence of excessive mobile phone usage. Mobile phone usage has some harmful effects on health. Administration action is required to reduce the usage of mobile phone among students in order to promote the health and to improve the performance in academic activities of students.

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