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A Study to Assess the Level of Cellphone Overuse Among Nursing Students at SRM College of Nursing, Kancheepuram District

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Abstract

Objectives: (i)To assess the level of cell phone overuse among nursing students at selected college (ii) To associate the level of cell phone overuse among nursing students at selected college with their demographic variables. **Methods:** The research approach used in this study was quantitative approach with descriptive study design. The study was conducted in SRM College of nursing, kattankulathur. The setting chosen on the basis of feasibility in terms of availability of adequate samples and co –operation by the authorities. Population of the study includes students who are all studying nursing at SRM College of nursing. The sample size consists of 231 nursing students who are studying in SRM college of nursing, kattankulathur. Non probability convenient sampling technique was used. Description of the tool consists of two sections Section A: consist of demographic variables Section B: cell phone overuse scale (COS) mobile phone addiction measured with using cell phone overuse scale. this scale was developed by Jenaro et al, 20 items . **Results:** The analysis reveals that 2 (0.9%) nursing students not a problematic user; 87 (37.7%) have mild problematic user; majority 135 (58.4%) have moderate problematic user and 7 (3.0%) of them have severe problematic user. **Conclusion:** Nursing professionals need to understand the relevance of mobile phone use in their work place as well as for initiating and maintaining communal effort to prevent the harmful effects of media overuse. Hence, awareness should be increased among students through various programs. So, it also demands a need to be pronounced that students will be educated about safe and healthy practices of cell phone.

Keywords
Nursing colleges, Cell phone, Overuse

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INTRODUCTION

Cell phones are being used by each and every one today. Cell phone overuse (mobile-phone addiction, problem mobile phone use, or mobile phone dependency) is a dependence syndrome seen among mobile phone users. Overuse is often defined as a “dependence syndrome,” which is the term used by the World Health Organization (WHO Expert Committee, 1964) to displace addiction or habituation.[1] Today , communication with social media owes to the use of cell phone , which is considered as the most pervasive and dominant culture in worldwide communities.[2]Around 60 million of internet users are from India and 19 to 40 years age group section 85% using internet in India. Majority 85% of internet users in India are male, 15% old men,

14% school going, 21% college students, 46% graduates and 26% post graduates .[3] In other words , cell phone constitutes a significant part of people's life , especially young people.4And also it is difficult to think a life without a mobile phone because this is not only a phone but also calculator, camera, computer email , store house of information and lovely system music too.[5]The usage of cell phone increasing day by day in numbers as well as in per hour per person usage too.6In recent years, Cell phone plays an essential role in communications throughout the world, because of cost of cell-phone use drops and the functionality of these devices expands .[7,8]Mobile phone addiction is one of the forms of compulsive use of "a Cellphone" by adolescents globally that similar to internet addiction, problematic use of them is on the increase and has caused serious problems in many areas.[9]

MATERIALS AND METHOD

The research approach used in this study was quantitative approach with descriptive study design. The study was conducted in SRM college of nursing, Kattankulathur. The setting chosen on the basis of feasibility in terms of availability of adequate samples and co –operation by the authorities. Population of the study includes students who are all studying nursing at SRM college of nursing. The sample size consists of 231 nursing students who are studying in SRM college of nursing, kattankulathur. Non probability convenient sampling technique was used.

Criteria for Sample Selection

The investigator adopted following selection criteria to select the Samples.

Inclusion Criteria

1. Students who are studying in nursing programme.
2. Students who are willing to participate in this study.
3. Students who know English.

Exclusion Criteria

1. Students who are not willing to participate this study.
2. Students with psychological disturbances.
3. Students who are absent.

Ethical Consideration

Formal approval was obtained from the Institutional Review Board and Institutional Ethical Committee of SRM University, Kattankulathur, Chennai, Tamil Nadu, India. In addition, the participants were informed of their right to withdraw anytime during the study.

Instruments

The Demographic and the Structured Questionnaire was developed by the investigator based on the review of literature, discussion with experts and investigators personal experience. Section A: consist of demographic variables Section B : cell phone overuse scale (COS) mobile phone addiction measured with using cell phone overuse scale .this scale was developed by Jenaro et al, 20 items .

Interpretation of Scores

SCORES	INTERPRETATION
0 - 20	Not a Problematic user
21 - 49	Mild Problematic user
50 - 79	Moderate Problematic user
80 - 100	Severe Problematic user

Procedure for Data Collection

The data collection was done at SRM College of nursing. 231 samples were selected according to the criteria. The Purpose of the study were assumed that their response will be kept confidential. The questionnaire each containing 20 questions were given to the students. Approximately each of them took about 15-20 minutes for answering the questionnaire. Adequate co-operation was by the investigators among the students in SRM College of nursing for the data collection. Reliability was established by Crohnbach's alpha reliability coefficient which was 0.90. It was observed that the tool was feasible and practicable

STATISTICAL ANALYSIS

The obtained data from the respondents were tabulated with appropriate descriptive and inferential statistics. The descriptive statistics used are mean percentage and inferential statistics are chi -square used to associate the level of cell phone overuse scale.

Table 1: Frequency and Percentage distribution of Nursing students; N=231

S. No.	Demographic Variables	Class	No. of Students	Percentage
1	Age in years	17- 18	81	35.1%
		19- 20	93	40.3%
		21-22	50	21.6%
		23-24	4	1.7%
		> 24	3	1.3%
2	Gender	Male	19	8.2%
		Female	212	91.8%
3	Course	DGNM	37	16.0%
		B.Sc. (N)	188	81.4%
		P.B.B.Sc. (N)	2	0.9%
		M.Sc. (N)	4	1.7%
4	Year of Study	I Year	71	30.7%
		II Year	49	21.2%
		III Year	64	27.7%
		IV Year	47	20.3%
5	Place of Residence	Hostel	129	55.8%
		Home	102	44.2%
6	SIM Card	One	142	61.5%
		More than One	89	38.5%
7	Type of Social Network	What's App	168	72.7%
		Facebook	18	7.8%
		Instagram	6	2.6%
		Messenger	3	1.3%
		Others	5	2.2%
		All the Above	24	10.4%
		None of the above	7	3.0%
8	Number of Hours Spent on the Internet/Day	1-2Hrs	118	51.1%
		3-4Hrs	63	27.3%
		5-6Hrs	22	9.5%
		> 6 Hrs	23	10.0%
		< 1 hr	5	2.2%

Table 2: Assessment of level of cell phone overuse among nursing students; N=231

S. No.	Level of Cell Phone Overuse	No of Students	Percentage
1	Not a Problematic user	2	0.9%
2	Mild Problematic user	87	37.7%
3	Moderate Problematic user	135	58.4%
4	Severe Problematic user	7	3.0%
Total		**231**	

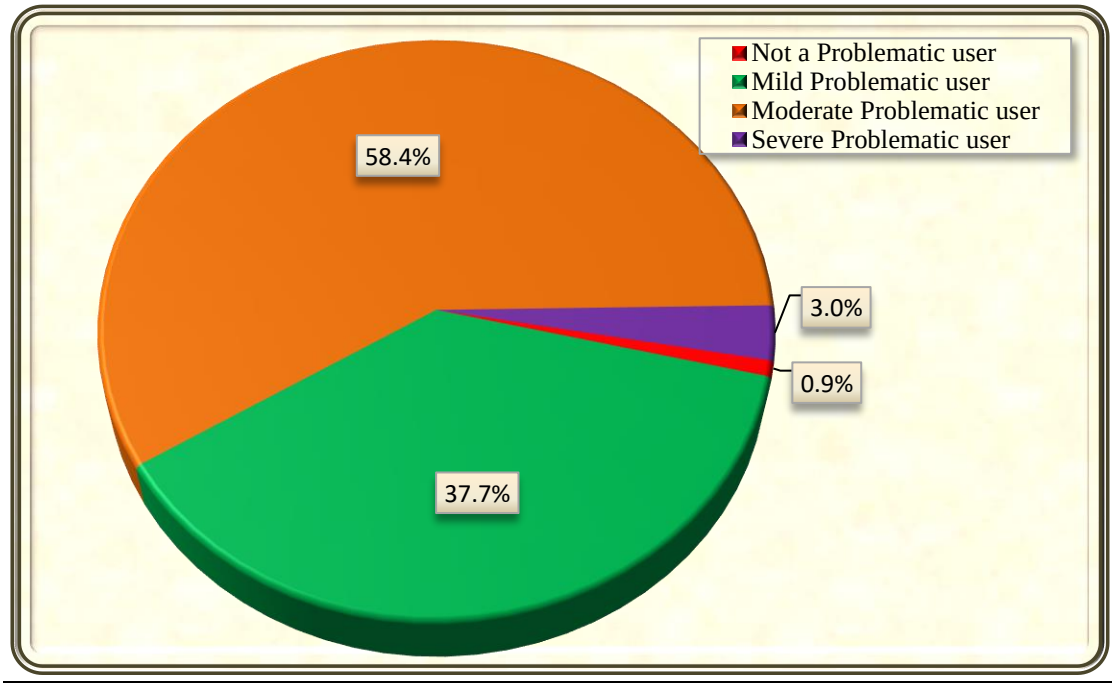

Table 3: Association between "Demographic Variables and the Level of Cell Phone Overuse N=231

S. No.	Demographic Variables	Class	Level of Cell Phone Overuse				Chi-Square	DF	P-Value
			Not a Problematic user	Mild Problematic user	Moderate Problematic user	Severe Problematic user			
1	Age in years	17- 18	1	26	52	2	35.059	12	0.000**
		19- 20	1	40	51	1			
		21-22	0	20	28	2			
		23-24	0	0	2	2			
		> 24	0	1	2	0			
2	Gender	Male	0	3	16	0	5.789	3	0.122
		Female	2	84	119	7			
3	Course	DGNM	0	10	27	0	37.681	9	0.000**
		B.Sc (N)	2	74	107	5			
		P.BB.Sc (N)	0	2	0	0			
		M.Sc (N)	0	1	1	2			
4	Year of Study	I Year	2	18	47	4	14.560	9	0.104
		II Year	0	23	26	0			
		III Year	0	29	34	1			
		IV Year	0	17	28	2			
5	Place of Residence	Hostel	2	53	70	4	3.368	3	0.338
		Home	0	34	65	3			
6	Sim Card	One	2	56	80	4	1.896	3	0.594
		More than One	0	31	55	3			
7	Type Of Social Network	Whats App	2	67	95	4	13.102	18	0.785
		Facebook	0	4	13	1			
		Instagram	0	1	5	0			

		Messenger	0	2	1	0			
		Others	0	2	3	0			
		All the Above	0	6	16	2			
		None of the above	0	5	2	0			
8	Number of Hours Spent on the Internet/Day	1-2Hrs	1	60	56	1	50.181	12	0.000**
		3-4Hrs	1	12	47	3			
		5-6Hrs	0	7	14	1			
		> 6 Hrs	0	5	18	0			
		< 1 hr	0	3	0	2			

****-Significant at 1% level** ***-Significant at 5% level**

From the above table, the p-values corresponding to the demographic variables "Age, Course and No. of Hours Spent on Internet/Day" are highly significant (since the p values are less than 0.01) at 1% level and hence we can say that "Age, Course and No. of Hours Spent on Internet/Day" are significantly associated with "Level of Cell Phone Overuse". All other variables are not significant at 5% level since the p-values are not less than 0.05.

DISCUSSION

Overuse of mobile phones can affect social and psychological well-being and health. Cell phone overuse constitute a challenge to health care professionals because it is tolerated socially behavior addiction. Ezoe et al. (2000) conducted a study in Osaka among 43 male and 155 female nursing students to assess the relationship of personality and lifestyle with mobile phone dependence. The results showed that female nursing students with higher trait of extroversion and neuroticism and unhealthy lifestyle are prone to have high level of mobile phone dependency.[10]

The study findings are supported by a study conducted by Bianchi and Phillips in Sweden (2009) to assess the information and communication technology affecting young generation among 548 young populations. The result showed that 88.7% reported being average users, 58.4% heavy users and 2.9% is cell phone addicted.[11] A cross-sectional study was conducted to evaluate mobile phone dependence among 200 students of a medical college, age group of 17 to 28 by using pre-designed questionnaire method. Systemic Random Sampling was used to select samples. The study results showed that 18.5% were monophobias or mobile phone dependent students.73% of students keeps their mobile phones for 24hrs a day. Forty four percentage students spend Rs.250-500 per month for their mobile recharge.[12] The study concluded that mobile phone dependence is an emerging problem of modern era A 2017 collective study published by Applied Cognitive Psychology, found that college students retained less knowledge when allowed to use or have a cell phone on them during lectures. During the experiment, students that were not allowed access to a cell phone tested better than students that had access to cell phones.[13]

RESULT

The analysis reveals that 2 (0.9%) nursing students not a problematic user; 87 (37.7%) have mild problematic user; majority 135 (58.4%) have moderate problematic user and 7 (3.0%) of them have severe problematic user .Demographic variables "Age, Course and No. Of hours spent on internet/day" are highly significant (since the p values are less than 0.01) at 1% level and hence we can say that "age, course and no. Of hours spent on internet/day" are significantly associated with "level of cell phone overuse".

CONCLUSION

Use of smart phone devices for many hours, at close working distances, has become common among college students. Nursing professionals need to understand the relevance of mobile phone use in their work place as well as for initiating and maintaining communal effort to prevent the harmful effects of media overuse. Hence, awareness should be increased among students through various programs. So, it also demands a need to be pronounced that students will be educated about safe and healthy practices of cell phone.

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