Influence of Gender and Type of Family on the Nomophobia among the Adolescent students

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ARTICLE INFO	ABSTRACT
	The present research study was undertaken to study the influence of gender and type of family on the Nomophobia among the adolescent students. Random sampling technique was used to select 100 XIth standard students studying in a Government school located in Chennai District. The Nomophobia scale constructed and standardised by the researcher under the guidance of the research supervisor was used by the investigator. The results indicated that there was no significant difference in the Nomophobia among the adolescent students with respect to their gender and type of family. **Keywords**: Nomophobia, Smartphone, Adolescent students.

Introduction

The term Nomophobia or No Mobile Phone Phobia is used to express a psychological condition when people have a fear of being disconnected from mobile connectivity. Now mobile phone has become an inevitable device /essential digital gadget for almost everyone irrespective of their socioeconomic status to keep in touch with family, friends through using e-mails and internet connectivity. Advancement in technology switched the trend completely and made mobile phone as depository for data, camera, and music player and also as a gaming gadget. Globally speaking, technology and its changes play a vital role in the life of an individual. The latest trend of the society is to adapt every change in the communication technology field.. Mobile phones are considered as an integral communication device and became an important part of the society. It is not only a communication tool but also become a mandatory social accessory to people globally. The mobile phones are blessing of this century if it is used wisely for essential purpose and at the same time it becomes a mystery if one gets phobia about losing connection with people or not having it when he/she needs it. After the pandemic period ,the school children at home have started using the mobile phone at home and public places frequently to get connected with their friends ,family ,playing games and being in social media with or without the consent of their parents which has become a matter of social issue as it affects their studies and social behaviour .

Need for the study

Nowadays the digital technologies have significantly changed the lives of individuals by facilitating network access, communication, collaboration, and online education. For many, smartphones have become a necessity in life and their impact on daily lives has been substantial especially among adolescent students. The pandemic situation increased the usage of technology as well as mobile phones in an individual's life from childhood to adulthood. It has a huge impact on the teaching and learning process from school education to Higher education. In the context of Pre and Post COVID-19 teaching-learning strategies had changed a lot and a predominant role goes to the usage of mobile phones and social media among adolescent students as well as teachers during and after that drastic phase. Even before the widespread of COVID -19, adolescent students had a high affinity towards modern gadgets like smartphones to play online games and use various social media applications to get socially connected with their friends and family. This affinity towards smartphones coined a new term among psychologists, which is known as nomophobia. Usage of mobile phones for educational purposes as well as for entertainment makes them more addicted to mobile phones and electronic gadgets. In the present scenario due to prolonged usage and accessibility of mobile phones, the cases of Nomophobia, has increased among the adolescents. They have got addicted to mobile

phone usage and have developed nomophobia that is fear of losing it or loosing connection with their known people. They have got addicted to social media persistently. Being in the Teacher Education Field which is very much connected to the welfare of school education, the investigator felt the urgent need to assess the level of nomophobia among the XIth standard students as their next stage is higher education which decides the career they opt for in future. The investigator also attempted to study the influence of the gender and type of family upon the nomophobia level of the adolescents.

Operational definitions of the key terms

Nomophobia
It refers to the fear of not having mobile phone or being out of mobile phone contact. It refers nomophobia as the feeling of discomfort or anxiety caused by losing smartphone connection.

Adolescents
Generally, it refers to the individuals who are in the age group of 13 to 19 years. This the developmental stage in an individual's life which comes after the later child hood stage as specified in the General Psychology and Child Psychology
Here it refers to the sample representative of the students studying in Standard XIth standard in Higher Secondary schools who comes under the adolescent age group of 16 to 17 years.

Review of related literature
In this technological era, in which the smart phone ownership and its usage are gradually increasing, a continuous development draw the attention in mobile technologies (Yildirim& Correia, 2015). Study Smart phones are frequently being employed for a wide range of uses which influence all dimensions of life, including social communication, entertainment and education (Yildiz-Durak, 2018a). Smartphone addiction and nomophobia are considered as a psychological problems affecting academic achievement negatively in adolescence (Hsiao, Shu, & Huang, 2017).
With the propagation and adoption of smartphones essentially by higher education students and the adverse effect that nomophobia has on multivariable outcomes in other understudied populations an inquiry into nomophobia prevalence among higher education students will lead to a complete awareness of how the smartphone technologies are affecting higher education students. (Essel HB, Vlachopoulos D, Tachie-Menson A 2021).

Objectives of the study
1. To assess the level of nomophobia among adolescent students.
2. To find out the significant difference in the nomophobia among adolescent students with respect to their gender.
3. To find out the significant difference in the nomophobia among adolescent students with respect to their type of family.

Hypotheses of the study
1. The level of nomophobia among adolescent students will be moderate.
2. There is no significant difference between the nomophobia among adolescent students with respect to their gender.
3. There is no significant difference between the nomophobia among adolescent students with respect to their type of family.

Methodology
Random sampling technique was adopted by the investigator. The samples chosen for this study includes 100 XIth standard students studying in a Government school located in the urban area of Chennai district. Among them 45 were boys and 55 were girls.

Research Tool
The Nomophobia Scale constructed and standardised by the investigator with the help of the research supervisor was used for the investigation. The reliability of the tool was found to be 0.761.The square root of validity of the tool was found to be 0.872.

Analysis of the Data
Mean, S.D and t- value to calculate the significant difference in nomophobia among adolescent students in terms of variables like gender and type of family.
1.Descriptive analysis
2. Inferential analysis

Descriptive Analysis

Table – 1: The level of Nomophobia among the adolescent students

Variable	No. of Sample	Level	Percentage %
Nomophobia	100	Low (39.26 and below)	30%
		Moderate In between 39.26 – 81.62)	58%
		High (81.62 and above)	12%

Table 1, indicates that 30% of them have low level of Nomophobia, and 12% of the have high level of Nomophobia respectively. The majority of the adolescent students have moderate (56%). level of nomophobia

Inferential Analysis

Table - 2 Mean, S.D and t-value for nomophobia among adolescent students with respect to gender.

Variable	Gender				t - value	L.S
	Male (N=45)		Female (N=55)			
	Mean	S.D	Mean	S.D		
Nomophobia	51.77	19.748	51.80	23.015	0.005	NS

From the above Table 2, it is observed that the obtained t-value is 0.005 which is lesser than the table value which is not significant at 0.05 level of confidence . Hence the null hypothesis that there is no significant difference in the nomophobia among adolescent students with respect to their gender is accepted and concluded that the boys and girls don not differ in their Nomophobia

Table - 3 Mean, S.D and t-value for nomophobia among adolescent students with respect to type of family.

Variable	Type of family				t value	L.S
	Nuclear (N=70)		Joint (N=30)			
	Mean	S.D	Mean	S.D		
Nomophobia	51.90	21.621	51.53	21.580	0.078	NS

From the above table 3, it is observed that the obtained t– value is 0.078 which is lesser than the table value which is not significant at 0.05 level of confidence. Hence the null hypothesis that there is no significant difference between the nomophobia among adolescent students with respect to their type of family is accepted and concluded that the adolescent students from nuclear and joint family does not differ in their Nomophobia .Their type of family has not influenced the level of Nomophobia among the adolescent students..

Major Findings of the Study

❖ There is moderate level of nomophobia among the adolescent students.

❖ It was found that there is no significant difference between nomophobia among adolescent students based on their Gender.

❖ It was found that there is no significant difference between nomophobia among adolescent students based on their type of family.

Conclusion

The findings of the present study provide a landmark source of information about the levels of Nomophobia prevalent among the adolescent students The information can be utilized as a source database for the parents, teachers as well as counsellors to monitor mobile phone usage pattern and behaviour. This will enable them to provide timely intervention and counselling to prevent and control further repercussions of nomophobia behaviour of adolescent. Parents can utilize the findings of this study to provide necessary guidance regarding the proper usage of smartphones to their children. The study can also be helpful for the different age group adolescent students to be more aware about their smartphones usage patterns and to help them keep a

control over the smart phone usage and multiple applications and gaming attitude to prevent and control further behavioural problems related to its addiction or occurrence of nomophobia. To reduce Nomophobia and its effects on one's psychological wellbeing a "reality approach" is recommended to focus on the person behaviours and keeping them engage in meditation and outdoor activities. Technology is a boon when it is used productively. During the contemporary scenario when the entire world faces an unprecedented standstill, mobile phones play a pivotal role in carrying out academic activities by teachers and students throughout the globe. This study points out certain serious concerns regarding the necessity of proper monitoring among adolescents about their usage of mobile phones. It also highlights the necessity of timely interventions on the part of teachers, parents and professionals which will invariably enhance the physical, social and emotional development of the students at the high and higher secondary level.

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