

A Study to Assess the Level of Nomophobia among B.Sc. Nursing Students of a Selected Nursing College in Dehradun, Uttarakhand

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Abstract

Background: Nomophobia, or “no mobile phone phobia,” refers to the fear or anxiety experienced when individuals are unable to access or use their mobile phones. Although traditionally categorized under phobias, current evidence suggests it resembles an anxiety-related condition.

Objective: The objective of this study was to assess the level of nomophobia among B.Sc. Nursing students of a selected nursing college in Dehradun, Uttarakhand.

Methods: A quantitative research approach with a descriptive research design was adopted. The study was conducted at Doon Institute of Medical Sciences, Dehradun. A total of 220 B.Sc. Nursing students were selected using purposive sampling. Data were collected using a sociodemographic profile and the standardized nomophobia questionnaire (NMP-Q).

Results: The findings revealed that the mean NMP-Q score was 63.4 ± 18.2 . Nomophobia was prevalent among participants, with the majority experiencing mild (54.1%) and moderate (42.7%) levels. A small proportion (3.2%) reported severe nomophobia, whereas none were free from the condition.

Conclusion: The study concludes that nomophobia is a growing concern among nursing students, with all participants exhibiting some degree of nomophobia. Awareness programs addressing smartphone addiction and its psychological consequences are essential.

Keywords: Anxiety, nmp-qnomophobia questionnaire, nomophobia, nursing education, nursing students, smartphone addiction