

A STUDY TO ASSESS THE KNOWLEDGE REGARDING NOMOPHOBIA (MOBILE PHONE ADDICTION) AND ITS PREVENTION

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Abstract

A communication is the base of all relationships. The mobile phone is becoming the primary personal communication mechanism. Nomophobia is a term describing a growing fear in today's world — the fear of being without a mobile device, or beyond mobile phone contact. Nomophobia, a form of behavioral addiction towards mobile phones and manifested as symptoms of psychological as well as physical dependency considering the ill effects of chronic use mobile phones. The study was aimed to assess the existing knowledge of adolescents on nomophobia, to evaluate the effectiveness of PTP on nomophobia, to find the association between post-test knowledge scores and their selected socio demographic variables.

Keywords: *Optimized-Reverse-Co-Precipitation Method, Magnetite Nanoparticles, FTIR.*

INTRODUCTION

Communication is the base of all relationships. From time immemorial human being were in a quest of finding new ways of effective communication techniques. As the advent of science and technology, communication has evolved into a form which would have been unthinkable just few decades ago.

Now the accessing of email & internet is on rise to keep in touch with family, friend, business associates, administrative needs & so on.

Communication meets fashion, if the primary symbol of teenage autonomy and status in the twentieth century was the car, in twenty first century it appears to be the cell phone. Although initially a symbol of wealth largely associated with male business executives, the cell phone is now synonymous with contemporary youth culture. It's the primary means of communication between teenage girls, allowing them to be reachable anywhere and anytime.

The mobile phone is becoming the primary personal communication mechanism worldwide.⁵ Not only is it a talking device on the move, but it is also a necessary social accessory. Its use has become a social phenomenon, taking place within a social context and influenced by perceptions of products, services, and social norms⁶. However, the view has also been expressed that "mobile phone usage is a compulsive and addictive disorder which looks set to become one of the biggest non-drug addictions in the 21st century".

NEED FOR THE STUDY

Adolescence is a period of greatly enhanced awareness. These years are also the time when mental and psychological development takes place. The adolescents are large in number and are the citizens and workers of tomorrow. This is the time of exploration of their own and they are more curious in nature. The swiftly changing global conditions are posing a great strain on the young people, modifying their behavior and relationships and exacerbating their health problems.

The communication technology has become one of the important technologies in the last thirty years of the late twentieth century. The communication technology industry is still growing significantly. The use of mobile phone has greatly changed the way the people communicate today especially the teenagers. A mobile phone is a device that can make and receive telephone calls over a radio link while moving around a wide geographic area. It does so by connecting to a cellular network provided by a mobile phone operator, allowing access to the public telephone network.

PROBLEM STATEMENT

“A Study to Assess the Effectiveness of planned Teaching Programme on Knowledge Regarding Nomophobia (Mobile Phone Addiction) and its Prevention Among Adolescent Students of A Selected senior secondary school at Alwar”.

OBJECTIVES OF THE STUDY

- To assess the existing knowledge regarding Nomophobia and its prevention among adolescent.
- To evaluate the effectiveness of planned teaching programme on knowledge regarding Nomophobia and its prevention among adolescent students.
- To find the association between post test knowledge score of the adolescent students and their selected demographic variables

RESEARCH HYPOTHESIS

A hypothesis is an assumption statement about the relationship between two or more variables that suggest and answer to the research questions.

The study attempted to examine the following hypothesis: -

H0. there will be no significant association between level of knowledge scores regarding Nomophobia and its prevention among of adolescent students and their selected demographic variables.

H1: There will be significant difference between mean pretest and posttest Knowledge scores regarding Nomophobia and its prevention among of adolescent students.

H2: There will be significant association between level of knowledge scores regarding Nomophobia and its prevention among adolescent students and their selected demographic variables.

REVIEW OF LITERATURE

The related literature reviewed is presented as follows: -

- Reviews related to knowledge regarding Nomophobia
- Reviews related to signs, symptoms and prevalence regarding Nomophobia
- Reviews related to prevention of Nomophobia
- Reviews related to effectiveness of planned teaching programme

METHODOLOGY

The Conceptual framework- selected for the study was based on Modified Stuffbeam’s Context,

Input, Process, and Product Evaluation Model (CIPP). In view of nature of the problem selected and objective to be, accomplished Quasi experimental design was selected; one group pre test, post test design was considered most suitable for the study, **“A study to assess the effectiveness of planned teaching programme on knowledge regarding Nomophobia (Mobile Phone addiction) and its prevention among adolescent students of a selected senior secondary school”**.

Purposive random sampling technique was used and 200 adolescent students are selected from Oswal jain senior secondary school, which is located in the Alwar District of Rajasthan state. The method used for the data collection is interview schedule by using structured knowledge questionnaire to assess the knowledge regarding Nomophobia **(Mobile Phone Addiction) and its Prevention. Planned teaching program develop** on Nomophobia and its prevention.

A pre test was conducted by administrating interview schedule with structured knowledge questionnaire to the samples after obtaining consent. On the same day planned teaching administered and the post test was conducted by using the same structured knowledge questionnaires after the 7 th day of administration of planned taching programme.

RESULTS

The measured findings indicate that adolescent students had inadequate knowledge on nomophobia(mobile phone addiction) and its prevention. Planned teaching programme was approved to be a very effective means of providing information regarding nomophobia (mobile phone addiction) and its prevention. The mean of post test knowledge score is significantly higher than the mean of pre test knowledge score(at <P 0.05 level) and there was no significant association between post test knowledge score with their selected demographic variables as the analysis showed that the chi-square calculated value was less than the chi-square table value.

INTERPRETATION AND CONCLUSION

The study concluded that the effect of planned teaching programme on the knowledge regarding Nomophobia **(Mobile Phone Addiction) and its Prevention among** adolescent students was an effective method improve their knowledge and help them to adapt to preventive measure of mobile phone addiction.

On the basis of findings, it is recommended that A comparative study may be conducted between urban and rural students to find out the effectiveness of PTP regarding same topic. It is recommended that the other method of teaching along with frequent reinforcement can be implemented for improving the knowledge regarding Nomophobia **(Mobile Phone Addiction) and its Prevention among** adolescent students.

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