

A Descriptive study to assess the prevalence of Nomophobia among Nursing students in Chirayu College of Nursing Bhopal (MP).

Pratibha*

Abstract

Nomophobia, defined as the fear or anxiety of being without access to a mobile phone, has emerged as a growing behavioral concern in the digital age, particularly among young adults. Nursing students are especially vulnerable due to their extensive reliance on smartphones for academic, clinical, and social purposes. The present descriptive study was conducted to assess the prevalence of nomophobia among nursing students at Chirayu College of Nursing, Bhopal (Madhya Pradesh), and to examine its association with selected sociodemographic variables. The study is grounded in Rosenstock's Health Belief Model, which provides a framework for understanding students' perceptions regarding susceptibility, severity, and consequences of nomophobia. A non-experimental descriptive research design was adopted for the study. Nursing students were selected using a random sampling technique. Data were collected using a standardized Nomophobia Questionnaire along with a structured sociodemographic questionnaire. Descriptive statistics were used to determine the prevalence and severity levels of nomophobia, while inferential statistics were applied to identify associations between nomophobia and selected demographic variables such as age, gender, family literacy, living situation, type of family, duration of mobile phone use, and purpose of phone usage. The findings of the study revealed that a considerable proportion of nursing students experienced moderate to severe levels of nomophobia, indicating a high dependency on mobile phones. Factors such as prolonged daily mobile phone usage and frequent internet access were significantly associated with higher levels of nomophobia. The study highlights the need for awareness programs, counseling, and educational interventions aimed at promoting healthy mobile phone usage habits among nursing students. Addressing nomophobia is essential to safeguard students' mental wellbeing, academic performance, and future professional competence in the healthcare field.

Keywords: Nomophobia, Prevalence, Assess, Nursing student

INTRODUCTION

Nomophobia, is a type of phobia which stands for "no-mobile-phone phobia," is the fear of being without a mobile phone or being unable to use it [1]. This phenomenon is increasingly prevalent, particularly among young adults, including nursing students, who rely heavily on their phones for communication, information, and educational purposes. This study aims to assess the prevalence of nomophobia among nursing students and understand its potential impact on their academic and social lives. Nomophobia is categorized as a special phobia of being out of mobile phone contact. It is a modern age phobia introduced in our lives as a repercussion of the interaction between people and mobile phone information and communication technologies. Nomophobia refers to a form of behavioural addiction toward smartphone associated with the anxiety caused

*Author for Correspondence

Pratibha

E-mail: thakurpratibha791@gmail.com

¹Tutor, Department of Mental Health Nursing, Bhopal Memorial Hospital and Research Centre, Bhopal, Madhya Pradesh, India.

Received Date: December 09, 2025

Accepted Date: December 19, 2025

Published Date: January 15, 2026

Citation: Pratibha. A descriptive study to assess the prevalence of Nomophobia among Nursing students in Chirayu College of Nursing Bhopal (MP). Journal of Nursing Science & Practice. 2026,16(1): 35–40p.

Galley Proof for Author's Review and Approval Only.

Except Journals Official Website.

Not for Distribution, Uploading, or Publication on Any Other Website (or Online Platform)

by the detachment from the mobile network or inability to have access to a smartphone [2].

Background of the study:

In today's digital era, mobile phones have become indispensable, serving as communication tools, data repositories, cameras, and entertainment devices. Joseph Rain's statement, "These days we spend more time taking selfies than learning about the self," underscores the modern-day paradox of increased connectivity yet diminished self-awareness. The evolution from pigeons and letters to wireless communication has dramatically transformed societal interaction, making mobile phones central to daily life [3]. Nomophobia, or "no-mobile-phone phobia," is an emerging psychological condition characterized by fear or anxiety from being disconnected from mobile devices [4]. This study aims to assess the prevalence of nomophobia among nursing students at Chirayu College of Nursing, Bhopal, and to examine the relationship between nomophobia and various sociodemographic factors. As mobile phones become central to communication and education, the increasing dependence on them is raising concerns about mental health, academic performance, and professional readiness among students. The study is framed using Rosenstock's Health Belief Model (HBM) [5] [6], which offers a lens for understanding students' perceptions of their susceptibility to nomophobia, the severity of its impacts, and the benefits and barriers to managing their mobile phone use. By addressing these factors, the study provides insights into preventive strategies that can enhance students' overall well-being and academic performance [6].

Objective

To assess the nomophobia score among Nursing Students in Chirayu College of Nursing Bhopal and find out association between the level of nomophobia with their selected sociodemographic variables.

Review of literature

Literature related to Nomophobia: Amol Kanade, Komal Borade, Aarti Mane, Stacey Rich, Tanuja Kadam, Tanvi Thorat, Nilesh Rathod (2023), conducted A quantitative, nonexperimental, descriptive, cross sectional survey research approach was used to assess the level of nomophobia of conveniently selected 390 people from selected areas. The standardized scale was used for the data collection. The data collection was carried out in three phases and the data was analysed by using the descriptive and inferential statistics. Results: The results reveal that majority 160 (41%) the respondents had severe nomophobia, 33% of the respondents had moderate level of nomophobia, 23% of the respondents had mild level of nomophobia and only 3% have no nomophobia. It is concluded that 97% of the respondents had nomophobia. Of them, majority (41%) of the participants had severe level of nomophobia and majority of the study participants (33%) had moderate level of nomophobia. Excessive use of smart phone may result in dependency on mobile phone[7].

Arzu Bulut and Sengul, Halil 2023, conducted this study, Nomophobia is defined as the fear that an individual experiences related to lack of access or use of their smartphone. Studies have reported significant differences on the effects of nomophobia between genders. Moreover, social interaction anxiety is a condition identified as a risk factor for future health problems among university students. The aim of this study is to examine the moderating effect of gender in the relationship between nomophobia and social interaction anxiety. The study's data were collected from 331 university students aged 19 to 42. The study tested the moderating effect of gender in the predictor effect of social interaction anxiety on various nomophobia sub dimensions. Social interaction anxiety had a significant predictor effect of college students' "inability to access information" and "inability to communicate," but this effect did not vary by gender. On the other hand, the predictor effect of social interaction anxiety on "giving up convenience" and "losing connectedness" did vary by gender [8].

Linson, and Binu Joe Sarvepalli Radhakrishnan University, Bhopal, India, 2021, based on this the present study was carried to assess the effectiveness of structured teaching programme on the knowledge and prevalence level of nomophobia among the selected colleges of Surrendering district of Gujarat. Pre-experimental study was carried out among college students with one group pretest and

post-test was used to find out the findings of the study. The purposive sampling technique was used to carry out this study. 50 College students were selected from different college of C.U. Shah University. Data was collected with the help of structured demographic questionnaire and the structured knowledge questionnaire. Pretest was conducted on the first day and on the same day teaching programme was given to the students and the effectiveness of the teaching programme was checked on the eighth day. The overall test knowledge score was to be 43.4% where the overall post-test knowledge score was found to be 85.5% which was to be very significant. An association was also carried to find out the significance of the socio demographic characteristics on the knowledge score[9].

Methodology: A descriptive, study was conducted to assess nomophobia prevalence among nursing students. The study was conducted at Chirayu College of Nursing, Bhopal. A quantitative research approach was employed using a descriptive research design. The sample of 100 nursing students was selected via random sampling, and data were collected using the Nomophobia Questionnaire (NMP-Q) [10]. Ethical considerations, reliability measures, and the data analysis plan, including statistical techniques, ensure the study's validity. This methodology supports a systematic investigation of nomophobia's impact, ensuring reliable and generalizable findings.

Result: The study aimed to assess the prevalence of nomophobia among nursing students at Chirayu College of Nursing, Bhopal, and explore its association with selected sociodemographic variables.

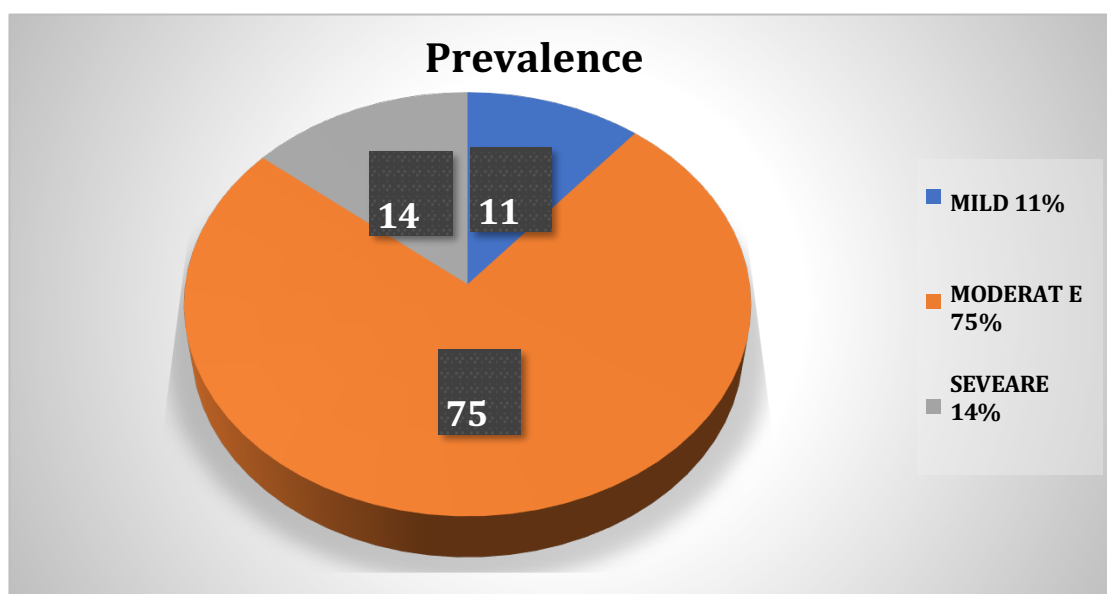
1. **Age:** The majority of students (67%) were aged between 20-22 years, followed by 29% in the 17-19 age range, with only 4% aged 23-25.
2. **Gender:** A significant majority were female students (82%), with only 18% male students.
3. **Family Literacy:** Over half of the students (54%) came from families where both parents were educated. Around 32% had only the father educated, 9% had only the mother educated, and 5% came from families where both parents were uneducated.
4. **Living Situation:** Most students (85%) stayed at home, while 15% stayed in a hostel.
5. **Type of Family:** Students were nearly evenly split between nuclear families (52%) and joint families (48%).
6. **Hours Spent on Mobile:** Most students (38%) used their mobile phones for 1-2 hours daily, 31% for 3-4 hours, 22% for 5-6 hours, and 9% used their phones for more than 6 hours.
7. **Reason for Mobile Use:** The primary reason for using mobile phones was to stay connected with family and friends (43%), followed by accessing social media and online content (38%). A smaller proportion used mobile phones for managing tasks and emails (9%) or alleviating feelings of anxiety and stress (10%).

A total of 75% of students exhibited moderate nomophobia, reflecting deep integration of mobile phones in their daily lives, while 14% had severe nomophobia, potentially affecting their academic performance and mental health. Only 11% demonstrated mild nomophobia. The mean nomophobia score was 80.56 (SD = 18.30). The study also examined the relationship between nomophobia and variables such as age, gender, family literacy level, place of residence, hours spent on mobile devices, and reasons for mobile use. While no significant

associations were found between nomophobia and age, gender, family literacy, or hours of mobile use, a notable correlation was observed with the place of residence ($p < 0.05$). Students residing in hostels exhibited higher nomophobia levels compared to those living at home. These findings highlight the growing concern of mobile phone dependency among nursing students, with implications for academic performance and mental well-being. Further research is needed to explore interventions that address mobile phone addiction in educational environments.

Table I Shows distribution of prevalence score on the basis of frequency, percentage, mean, and standard deviation.

Level of nomophobia	score	percentage	mean	SD
<60 -Mild	11	11%	80.56	18.30
<100- Moderate	75	75%		
<140 - Severe	14	14%		



Pie chart shows distribution of prevalence score on the basis of frequency, percentage, mean, and standard deviation.

Association between Prevalence score of students with their selected demographic variables.

S. N.	Variables	Mild (60)	Mode-rate (100)	Severe (140)	x ²	D.F.	T.V.	R
1.	Age							
	17-19 years	3	21	5	1.929	6	18.548	NS
	20-22 years	7	52	8				
	23-25 years	1	2	1				

	> 25 years	0	0	0				
2.	Gender							
	Male	2	10	6	6.967	2	10.597	NS
3.	What is your family's literacy level?							
	Both parents are educated	5	40	9	15.34	6	18.548	NS
	Only father is educated	2	28	2				
	Only mother is educated	2	6	1				
	Both parents are uneducated	2	1	2				
4.	Which place you stay?							
	Hostel	8	6	1	32.31	2	10.597	S
	Home	3	69	13				
5.	Type of family							
	Nuclear family	8	40	4	5.026	2	10.597	NS
	Joint family	3	35	10				
6.	How many hours spend with mobile:							
	1-2 hours	4	29	5	3.523	6	18.548	NS
	3-4 hours	4	24	3				
	5-6 hours	2	17	3				
	> 6 hours	1	5	3				
7.	What is the reason for use mobile phone:							
	To stay connected with family and friends	4	34	5				

To access social media and online content	2	33	3	16.07	6	18.548	NS
To manage work related task and emails	3	4	2				
To alleviate feelings of anxiety and stress.	2	4	4				

This shows the association between prevalence of nomophobia score with variables place is significant and age, gender, family, family literacy level, hours spend with mobile and reason for use mobile phone are non-significant

Conclusion

The study revealed a high prevalence of nomophobia among nursing students at Chirayu College of Nursing, with the majority (75%) experiencing moderate levels of mobile phone dependency. A smaller, but significant, proportion of students (14%) exhibited severe nomophobia, which may negatively impact their academic performance and mental health. The analysis of sociodemographic variables showed a significant association between nomophobia and place of residence, with hostel students being more vulnerable to higher levels of nomophobia. However, no significant associations were found with other variables such as age, gender, family literacy, or hours of mobile use, suggesting that the context and environment, rather than personal or demographic factors, may play a stronger role in mobile phone addiction. These findings emphasize the importance of addressing nomophobia within educational institutions, as it has the potential to interfere with students' academic success and well-being. Future studies could explore targeted interventions and awareness programs to promote healthier relationships with mobile devices, particularly among students living away from home.

REFERENCES

1. King ALS, Valenca AM, Silva ACO, Baczynski T, Carvalho MR, Nardi AE. Nomophobia: Dependency on virtual environments or social phobia? *Comput Human Behav.* 2013;29(1):140–4. [Google Scholar]
2. Ruchi Setia, & Dr. Savita Tiwari. (2022). A study on NOMOPHOBIA among youth in Indian perspective. *International Journal of Indian Psychology*, 9(1). <https://doi.org/10.25215/0901.074>
3. Monika Thakur, vijaya bharti (2022). A study to assess the level of nomophobia among nursing students in MM college of nursing. *International journal of creative research thoughts.* www.ijcrt.org
4. IJIP. In. *The International Journal of Indian Psychology*, Volume 3, Issue 4, No. 82. RED'SHINE Publication. Inc. 2016:213. [Google Scholar]
5. Janz NK, Becker MH. The Health Belief Model: a decade later. *Health Educ Q.* 1984 Spring;11(1):1-47. [PubMed]
6. Rosenstock IM, Strecher VJ, Becker MH. Social learning theory and the Health Belief Model. *Health Educ Q.* 1988 Summer;15(2):175-83. [PubMed].
7. Amol Kanade, Komal Borade, Aarti Mane, Stacey Rich, Tanuja Kadam, Tanvi Thorat, Nilesh Rathod. A Study to assess level of Nomophobia among people residing in selected areas. *International Journal of Advances in Nursing Management.* 2023; 11(4):217-1. doi: 10.52711/2454-2652.2023.00049
8. Arzu Bulut & Halil Sengul (2023): The Moderating Role of Gender in the Relationship between Nomophobia and Social Interaction Anxiety in University Students, *International Journal of Human-Computer Interaction*, DOI: 10.1080/10447318.2023.2191079

9. Binu Joe and C. C. Linson (2021) “A Structured Teaching Programme on the Knowledge and Levels of Nomophobia and its Prevention among the Selected Colleges of Surendernagar District of Gujarat”, *Journal of Pharmaceutical Research International*, 33(53A), pp. 79–84. doi: 10.9734/jpri/2021/v33i53A33641.
10. Yildirim, C. & Correia, A. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49, 130-137.

Galley Proof for Author's Review and Approval Only.

**Not for Distribution, Uploading, or Publication on Any Other Website (or Online Platform)
Except Journals Official Website.**