PREVALENCE OF NOMOPHOBIA AMONG UNIVERSITY STUDENTS IN OMAN

Eilean Rathinasamy Lazarus

Background: Nomophobia – from "no mobile phone" and "phobia" – is a pathological fear of being out of contact with a mobile phone, having no mobile network, or having insufficient balance or battery. People who are excessively out of control in their smartphone use may suffer from "technostress", "ringxiety", phantom vibration syndrome, nomophobia, and other issues. Smartphone use among university students is influencing their academic life and achievement. **Purpose of the study:** To determine the prevalence of nomophobia, demographic factors affecting nomophobic behaviors, and the relationship between nomophobia and academic performance among university students in Oman. **Methods:** A descriptive correlational study design was chosen to describe the prevalence of nomophobia among Sultan Qaboos University students. A convenience sampling technique was used to select 735 students based on defined inclusion criteria. Nomophobia was identified using a self-report instrument, the Nomophobia Questionnaire, which includes 20 Likert scale items rated from 1 ("strongly disagree") to 7 ("strongly agree"). Descriptive analysis and a Pearson correlation statistical test were used to determine the possible relationship between nomophobia and academic performance. **Results:** The prevalence of nomophobia among students was 93.33%, most with a moderate level of nomophobia. Students with severe nomophobia reported weak academic performance (p=0.706), but this was not statistically significant. **Conclusion:** This study found a high prevalence of nomophobia and a weak relationship with academic performance. More studies should be conducted in this area to inform policy on cellphones within academic premises, to avoid serious ill effects of chronic use.

Recent Publications (minimum 5)

Schwab, K. and N. Davis, *Shaping the future of the fourth industrial revolution*. 2018: Currency

Alosaimi, F.D., et al., *Smartphone addiction among university students in Riyadh, Saudi Arabia.* Saudi medical journal, 2016. **37**(6): p. 675.

Lundquist, A.R., E.J. Lefebvre, and S.J. Garramone, *Smartphones: fulfilling the need for immediacy in everyday life, but at what cost.* International Journal of Humanities and Social Science, 2014. **4**(2): p. 80-89.

Kalaskar, P.B., *A study of awareness of development of NoMoPhobia condition in smartphone user management students in Pune city.* ASM's International E-Journal on Ongoing Research in Management and IT, 2015: p. 320-326.

Ifeanyi, I.P. and J.E. Chukwuere, *The impact of using smartphones on the academic performance of undergraduate students.* Knowledge Management & E-Learning: An International Journal, 2018. **10**(3): p. 290-308.



Biography (150 word limit)

After completing her Masters in Nursing from Sri Ramachandra University in India in 2001, she has started working as Lecturer and Dialysis manager in the same University.In 2010 she has completed her PhD in Faculty of Nursing from the same University and worked as assistant Professor, Reader and Dialysis cum Transplant Coordinator for 12 years. In 2012 she took over Department Head of Fundamental and MSN Program Coordinator of Medical Surgical Nursing Department at the same University.In the year 2013 she has joined as Assistant Professor at College of Nursing, Sultan Qaboos University and teaching various courses belong to Adult Health and Critical Care and currently taking additional responsibility as MSN Program Coordinator.Her area of interest in research are chronic kidney disease, dialysis, renal transplant and palliative care. Published her research work at International conferences and journals.

Email:
eileansrmc@gmail.com

Notes/Comments: