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" "A Study to Assess the Pattern of Smartphone Usage, Smartphone Addiction and Associated Subjective Health Problems Among Nursing Students of Selected Colleges of Udupi District" "

JOYCE MACHADO

"ABSTRACT

A research study titled "A study to assess the pattern of smartphone usage, smartphone addiction and associated subjective health problems among nursing students of selected colleges of Udupi District" was conducted by Joyce Machado in partial fulfilment of the requirement for the degree of Masters of science in Nursing at Manipal College of Nursing Manipal, Manipal Academy of Higher Education.

The objectives of the study were to assess the pattern of smartphone usage, smartphone addiction, study habits and subjective health problems associated with smartphone usage, among nursing students.

The conceptual framework used for the study was based on Technology Acceptance Model by Davis (1989). The research approach used in the study was survey approach. Research design used was exploratory survey design. The samples of the study were 270 nursing students from the selected colleges of nursing, Udupi District, Karnataka.

Convenience sampling technique was used in the selection of the districts and colleges. Purposive sampling technique was used to select study participants.

The tool developed for this study were Tool 1: Socio-demographic proforma, Tool 2: Semi-structured questionnaire on pattern of smartphone usage, Tool 3: Smartphone Addiction Scale, Tool 4: Self-reported subjective health problems questionnaire, Tool 5: Study habits scale. To ensure the content validity, the tools were

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given to 7 experts along with evaluation criteria. The instrument was pretested, and reliability was established. A pilot study was conducted in New City College of Nursing, Udupi among 35 participants.

Administrative permission was obtained from the Dean, Manipal College of Nursing Manipal, Institutional Ethics Committee clearance of Kasturba Medical College and Kasturba Hospital Manipal was obtained and permission from Principals of all selected colleges were obtained. Informed consent was obtained from the participants. The data collection was done from 07th January 2020 to 31st January 2020.

Descriptive and Inferential statistics were used to analyse the data according to the objectives of the study. The present study findings revealed that most of the participants 243 (90.0%) were using 4G phone. Majority 88 (32.60%) of the participants used smart phone for less than 2 hours at a stretch in a day. Most use of smart phone was in the night 155 (57.40%). Majority 248 (91.90%) of the participants used their smartphone in home. WhatsApp 155 (57.40%) was the most preferred app. Main usage of smartphone was for entertainment 213 (78.90%). Majority 255 (94.40%) of the participants spent 100-500 Rs. per month towards the expenses of smartphone services. Most of the participants 196 (72.6%) were moderately addicted to smartphones. One third 109 (40.2%) of the participants complained of headache, followed by straining of the eyes 83 (30.6%). Majority 136 (50.4%) of the participants had average study habits. The study showed that there is no significant association between sociodemographic variables and smartphone addiction (p>0.05).

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The study concludes that it is very much necessary to identify the pattern of smartphone usage, which in turn helps to prevent consequences of addiction, and health problems associated with smartphone usage. This information helps in motivating nursing students to promote good practices of smartphone usage and prevent major psychological as well as other health problems associated with smartphone usage."