



A study to assess the usage of mobile phones and attitudes toward mobile usage among B.Sc. nursing students in a selected college of nursing

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Abstract

A study was conducted to assess the usage of mobile phones and the attitude towards mobile usage among B.Sc. Nursing students in a selected college of nursing. The objectives were to determine the extent of mobile phone usage and to assess the attitude of students regarding its use. An exploratory research design was used with 60 nursing students selected through convenience sampling. Data were collected using a self-structured questionnaire that covered mobile usage and students' attitudes. The findings revealed varied levels of mobile phone use among the students. About 13% said they barely used their phones, 27% reported rare use, 50% stated they sometimes used them, and 10% indicated frequent use. Regarding attitudes, 7% strongly disagreed with excessive mobile use, 24% somewhat disagreed, 38% remained neutral, 28% somewhat agreed, and 3% strongly agreed with higher usage. Overall, most students showed moderate mobile phone use, but a significant number displayed signs of dependence, indicating potential risks. This study emphasizes the need to raise awareness among nursing students about healthy mobile phone use, ensuring they can enjoy technology's benefits without harming their academic or personal lives.

Keywords: Mobile phone usage, attitude, nursing students

Introduction

Mobile phones entered the Indian market in the early 2000s, and rapid growth in telecommunication has since made India one of the world's largest networks. Mobile phones are particularly attractive to adolescents and young adults due to their versatility in communication, entertainment, and social networking. However, excessive use may lead to negative outcomes such as addiction, sleep disturbances, academic decline, and behavioral problems. Adolescents and youth aged 12-25 years represent the largest group of mobile phone users, making it important to explore their usage patterns and attitudes. This study was conducted to assess the usage of mobile phones and the attitude regarding their use among B.Sc. Nursing students, Trichy.

Statement of the Problem

A study to assess the usage of mobile phones and the attitude towards mobile usage among B.Sc. Nursing students in a selected college of nursing.

Objectives

- To assess the usage of mobile phones among B.Sc. Nursing students.
- To assess the attitude regarding mobile phone usage among B.Sc. Nursing students.
- To find the association between mobile phone usage and selected demographic variables.

Research Methodology

The study adopted an exploratory research design. It was conducted in selected Nursing College, Trichy. The population consisted of B.Sc. Nursing III year students. A total of 60 students who fulfilled the inclusion criteria were selected using a convenience sampling technique. Data was collected through a self-structured questionnaire consisting of sections on demographic variables, mobile phone usage, and attitude. The data were analyzed using frequency, percentage distribution, mean, standard deviation, and chi-square test.

Results and Discussion

The study findings revealed that mobile phone usage among students was predominantly moderate. About 50% of students reported using mobile phones sometimes, while 27% rarely used them, 10% used them often, and 13% reported never using them frequently. Regarding attitudes, 38% of students remained neutral, 28% somewhat agreed, 24% disagreed somewhat, 7% completely disagreed, and 3% completely agreed with statements supporting higher mobile usage. These findings suggest that while most students balance their mobile phone use, a portion demonstrates signs of dependence, which could influence academic performance and interpersonal relationships. Similar studies among medical and nursing students have shown comparable outcomes, reinforcing the need for awareness programs on healthy mobile phone usage.

Results Analysis Diagrams

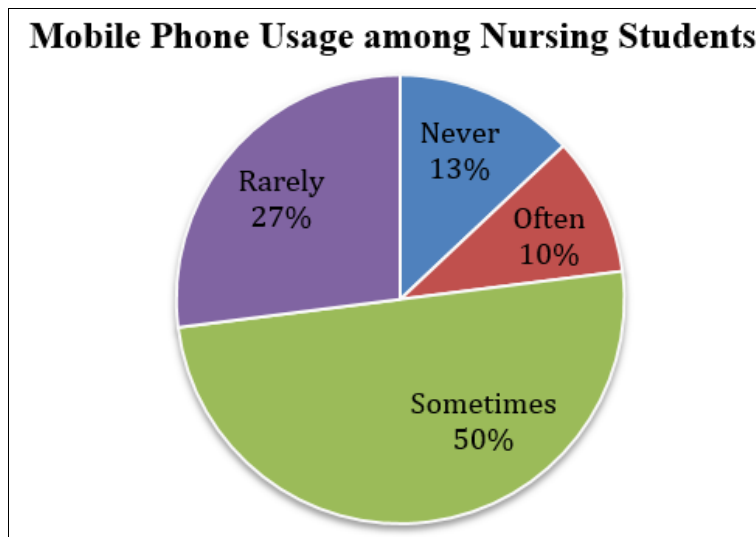


Fig 1: Distribution of Mobile Phone Usage among Nursing Students

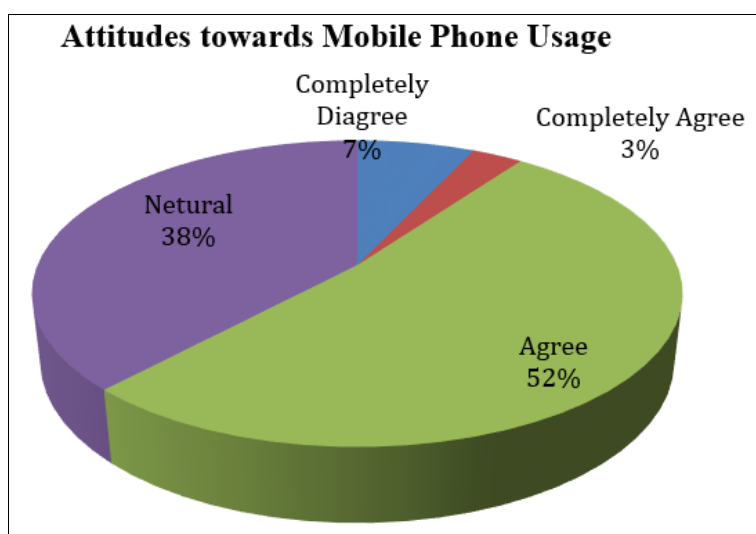


Fig 2: Distribution of Attitudes towards Mobile Phone Usage

Conclusion

The study concludes that the majority of B.Sc. Nursing students demonstrated moderate levels of mobile phone usage and neutral attitudes. Although mobile phones provide several advantages in communication and learning, overuse may pose risks to students' academic performance and health. Therefore, structured awareness programs and counseling interventions should be implemented to promote responsible and balanced mobile phone usage among nursing students.

Recommendations

1. Conduct similar studies with a larger sample size for better generalization.
2. Introduce awareness programs on mobile phone addiction and its impact on health and academics.
3. Develop structured interventions to promote time management and reduce overdependence on mobile phones.
4. Carry out comparative studies among students from different academic disciplines to identify variations in

mobile phone usage patterns.

Conflict of Interest

Not available.

Financial Support

Not available.

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