

Impacts of Nomophobia on Daily Performance: Validity, Reliability and Prevalence Estimates among Undergraduate Dental Students in Bhubaneswar, India

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Abstract : Considered a modern phobia, Nomophobia (NO MOBILE PHOne PhoBIA) is a term that describes the irrational fear or anxiety of being unable to access one's own mobile phone. Objectives: To develop and validate the nomophobia questionnaire, administering it to a sample of adolescents representing undergraduate dental students. To assess the prevalence of Nomophobia, determine the usage pattern of mobile phones, and evaluate the impact due to lack of access to mobile phones among undergraduate dental students. Methodology: A cross-sectional study was conducted on 302 undergraduate students at Bhubaneswar through a self-administered questionnaire via Google Forms consisting of 19 items evaluating the pattern and anxiety related to usage of mobile phones. Responses were recorded on a 5-point Likert scale. Kruskal Wallis, Mann-Whitney U, and Chi-square tests were used for statistical analysis. Results: Test-Retest reliability showed kappa of $k=0.86$ and Internal consistency Chronbach's-Alpha to be $\alpha=0.82$. Prevalence of nomophobia (score ≥ 58) was 32.1%, and students at risk of being nomophobic (score 39-57) was 61.9%. It was highest in males (32.6%) and amongst the interns (41.9%) and lowest (25.5%) amongst the second-year students. Participants felt nervous/insecure if their phones were away from them because of the fear that somebody might have accessed their data (3.07 ± 1.93) and or tried to contact them (3.09 ± 1.13), which were not statistically significant ($p > 0.05$). Conclusions: Effect of mobile phone on dental students and the fear of not having their phones with them is increasing elaborately, that needs to be controlled, which if not achieved, would negatively hamper their academic performance and their being in the society.

Keywords : addiction, dental students, mobile phone, nomophobia

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