

Smartphone Addiction Among Bachelor of Science (Honors) Nursing Students

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Abstract: ***Background:** With smartphones becoming ubiquitous, concerns about behavioral addiction and its impact on nursing students' academic performance and well-being have increased. **Objectives:** To assess the level of smart phone addiction among Bsc. (Hons.) Nursing students of Smt. Lakshmi Bai Batra College of Nursing, New Delhi. To determine the association between the level of smartphone addiction among B.Sc. (Hons.) Nursing students with their selected socio demographic variables. **Methods:** Descriptive quantitative study among 60 randomly sampled nursing students using the 10-item Smartphone Addiction Scale. Data analyzed was analyzed through descriptive and inferential statistics. **Results:** 70% exhibited mild addiction, 23.3% moderate, 3.3% severe, 3.3% extremely severe. The calculated chi-square value between the level of addiction and demographic variables was not statistically significant as evident from $p < 0.05$ value. **Conclusion:** Predominant mild addiction suggests need for institutional digital wellness programs.*

Keywords: smartphone addiction, nursing students, descriptive study, digital wellness

1. Introduction

Technology has revolutionized healthcare and education. Smartphones offer instant access to information and communication but can lead to addictive patterns, characterized by compulsive checking, mood disturbances, and interference with clinical responsibilities and academic tasks. Nursing students, balancing rigorous course loads and clinical training, are particularly vulnerable to such behavioral addictions.

1.1 Need for the Study

Evidence links excessive smartphone use to anxiety, reduced concentration, musculoskeletal discomfort, and sleep disturbances. Understanding addiction levels among nursing students enables targeted interventions to promote healthy technology use and optimize learning outcomes.

1.2 Problem Statement

A descriptive study to assess smartphone addiction among B.Sc. (Hons.) nursing students of Smt. Lakshmi Bai Batra College of Nursing, New Delhi.

1.3 Objectives

- 1) Assess levels of smartphone addiction among nursing students.
- 2) Examine associations between addiction levels and socio-demographic variables such as age, gender, family income, and accommodation status.

2. Review of Literature

A cross-sectional based study was conducted by A. K. N. Rezwani (2023) among the University students. The aim of study is to assess the relationship between smart phone addiction and university enrolment. 295 samples were selected by simple random sampling technique for data collection. Smartphone addiction scale was used. Data

analysis was carried out descriptive. Result revealed that the main smartphone addiction of the respondents was 37.8881+- 9.41942 and it was found that 18.3% and 81.7% of the respondents belonged to (Score 10-30), and (Score 31-58).

A cross-sectional study was conducted by Mrs. Dhara Vyas (2021) among School going children (8-12 years). The aim of study is to assess to investigate the effect of smartphone addiction among school going children. 100 samples were selected through Systematic Random Sampling Technique. Likert scale was used to collect the data. Data analysis was carried out through descriptive, inferential and regressive analysis. Result of the study revealed that along 100 children 49 (49%) children had severe smartphone addiction, 38 (38%) children had moderate level smartphone addiction and 13 (13%) students had mild smartphone addiction, whereas 6 (6%) had mild effect of smartphone addiction, 22 (22%) had a moderate level of effects and 72 (72%) has a severe effect of Smartphone addiction.

3. Methodology

Design: Descriptive, cross-sectional.

Setting: Smt. Lakshmi Bai Batra College of Nursing, New Delhi.

Participants: 60 undergraduate nursing students selected by simple random sampling.

Tool: Smartphone Addiction Scale (10 items, 6-point Likert).

4. Results

Findings related to demographic variables revealed that

- Majority of the 48.3% students in the study were in the age group of 20-21 year
- Majority of the 88.3% students in the study were from Hindu religion.
- Majority of the 41.67% students in the study gets pocket money between 1000-1500

- Majority of the 63.33% students in the study were from nuclear type of family.
 - Majority of the 83.33% students in the study were staying in hostel.
 - Majority of the 53.33% students in the study have their father education graduate & above.
 - Majority of the 40% students in the study have their mother education up to secondary school and 40% up to graduate and above.
 - Majority of the 45% students in the study have their father occupation in private sector.
 - Majority of the 68.33% students in the study their mother's are unemployed.
 - Majority of the 43.33% students in the study have monthly family income more than 50000.
 - Majority of the 58.33% students in the study change their smartphone when needed.
 - Majority of the 53.33% students in the study frequently use WhatsApp among social media applications.
 - Majority of the 91.67% students in the study use Android phone.
 - Majority of the 48.33% students in the study spend 200-399 money on monthly subscription.
 - Majority of the 51.66% students in the study have access to free WIFI and internet.
 - Majority of the 53.33% students in the study consumes 1GB of data per day.
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5. Findings Related to Level of Smartphone addiction

Overall percentage of nursing students having extremely severe and severe level of smartphone addiction is 3.3% , 23.3% had moderate & 70% had mild levels of smartphone addiction.

The calculated chi-square value between the level of smartphone addiction and demographic variables was not statistically significant as evident from $p < 0.05$ value.

6. Conclusion and Recommendations

Predominant mild addiction indicates manageable use but highlights need for ongoing digital literacy. Recommend orientation sessions on balanced smartphone use, integration of digital wellness into curricula, and counseling support.

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