

Prevalence of Nomophobia among Undergraduate Students from Sagaing University of Education

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ABSTRACT

This study aimed to investigate prevalence of nomophobia among undergraduates from Sagaing University of Education. Moreover, this study also investigated the differences in nomophobia of undergraduate students by gender and some smartphone usage behaviours, duration of daily smartphone checking time, type of most frequently used application in smartphone and duration of daily social media usage. The quantitative research design and stratified random sampling method were used. The sample comprised 1,000 undergraduate students (504 males and 496 females) from all undergraduate classes in Sagaing University of Education. Nomophobia Questionnaire (NMP-Q) developed by Yildirim and Correia (2015) was used to assess nomophobia of students. The result revealed that most of the students in Sagaing University of Education showed moderate (56.5%) and severe (35.2%) level of nomophobia. Moreover, they suffered the highest level of anxiety for not being able to communicate with important others when they can't reach mobile phones. There were significant differences in nomophobia by duration of daily smartphone checking time, type of the most frequently used application in smartphone, and duration of daily social media usage, but no significant differences by gender. The result of this study may help undergraduate students to realize and understand their level of anxiety when they are unable to use their mobile phones, and be aware of the factors causing nomophobia. For this reason, researchers should urgently explore factors which can control the prevalence of nomophobia for better mental health of university students.

Keywords: phobia, nomophobia, smartphone use, smartphone usage behaviors