

Effectiveness of Art Therapy on Level of Nomophobia Among Adolescents Studying in Educational Institutes of Selected Area.

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Abstract

Background: In our nation, technology plays a major role in everyday life by making it easier and faster to do tasks. One of the greatest gifts of modern technology is the smartphone, which simplifies life on many levels. People are enjoying the phone's many features, services, and internet; teenagers are also taking advantage of these features for pleasure. When we consider all of the benefits of mobile phones, there is one little-known fact that should be noted: when we use these devices excessively, we become dependent on them and become addicted to them. One little-known reality about mobile phones that should be mentioned when we weigh all of their advantages is that excessive use of these gadgets can lead to dependency and addiction.

Need of the study : This study examines the current state of knowledge about a condition that is highly prevalent in the youngest population and is a result of the rapid technological advancements that have occurred in modern society. It demonstrates that people in today's culture are terrified of losing the tools and technological resources necessary to carry out fundamental tasks like connecting, conversing, having fun, and obtaining knowledge, in addition to being addicted to the Internet, video games, and technology in general. Anxiety, reliance on social media, and internet use are all strongly correlated with nomophobia.

Methodology: A quasi-experimental non-equivalent control group design with a quantitative research approach was used. The assessable population is students having nomophobia at selected educational institutes in a selected area. 60 samples were taken by non-probability convenient sampling techniques. They were divided into two groups: 30 into the control group and 30 into the experimental group. Descriptive inferential statistics were used to analyse the data.

Result: in pre test adolescents of educational institutes of selected area had 40% moderate nomophobia, and 60% severe nomophobia but in post-test adolescents have 40% mild nomophobia, 60% moderate nomophobia. So it shows that after intervention, the experimental level of nomophobia is reduced.

Key Words: Effectiveness, Adolescent, Nomophobia, Art Therapy, Origami Therapy.

INTRODUCTION:

Art therapy is a relatively new discipline, having been introduced by a British artist in the 1940s, despite the fact that art has been a part of the human experience for thousands of years. Prominent scholars entered the discipline having trained in psychology, visual arts, and education. Early in the 20th century, the "mother of art therapy," Margaret Naumburg, was impacted by the initial wave of psychoanalytic thinking².

A functional cell phone can create anxiety and terror, a condition known as nomophobia (short for "no mobile phobia"). For technical and genetic reasons, the definitions of problematic digital media usage in mental health are not standardized, but it has been identified as a symptom or condition in this regard. Most people classify nomophobia as a behavioral addiction as it resembles drug addiction in many ways. One of the factors contributing to nomophobia is the use of mobile devices for Internet access. Addiction symptoms could stem from a need for solace brought on by elevated anxiety, low self-worth, uneasy attachment, or unstable emotions⁴.

When students are permitted to use their phones during class, they can make the most of it by chatting with friends, watching YouTube videos, scrolling through Instagram, or exploring the web in accordance with their interests⁵.

NEED OF THE STUDY:

This study examines the current state of knowledge about a condition that is highly prevalent in the youngest population and is a result of the rapid technological advancements that have occurred in modern society. It demonstrates that people in today's culture are terrified of losing the tools and technological resources necessary to carry out fundamental tasks like connecting, conversing, having fun, and obtaining knowledge, in addition to being addicted to the Internet, video games, and technology in general. Anxiety, reliance on social media, and internet use are all strongly correlated with nomophobia. Because of these variables, it is seen as a digital disease, with a higher chance of occurrence in young people, specifically those between the ages of 13 and 16 and those with emotionally dependent personalities⁸.

This study identifies the reasons why teenagers use smartphones and the issues they run. Because they are more accustomed to new technology than earlier generations and because they have a greater urge to be accepted by others, younger generations are more likely to develop nomophobia. The key, like with other addictions, is prevention. There are several easy ways to stop excessive smartphone use from developing into a serious addiction or serious illness. Some of these include art therapy, dancing, origami, music, and painting.

METHODOLOGY

The current research study was designed to assess the effectiveness of art therapy on level of nomophobia among adolescents studying in educational institutes of selected area.

A quasi-experimental non-equivalent control group design with a quantitative research approach was used. The assessable population is students having nomophobia at selected educational institutes in a selected area. 60 samples were taken by non-probability convenient sampling techniques. They were divided into two groups: 30 into the control group and 30 into the experimental group. Descriptive inferential statistics were used to analyse the data.

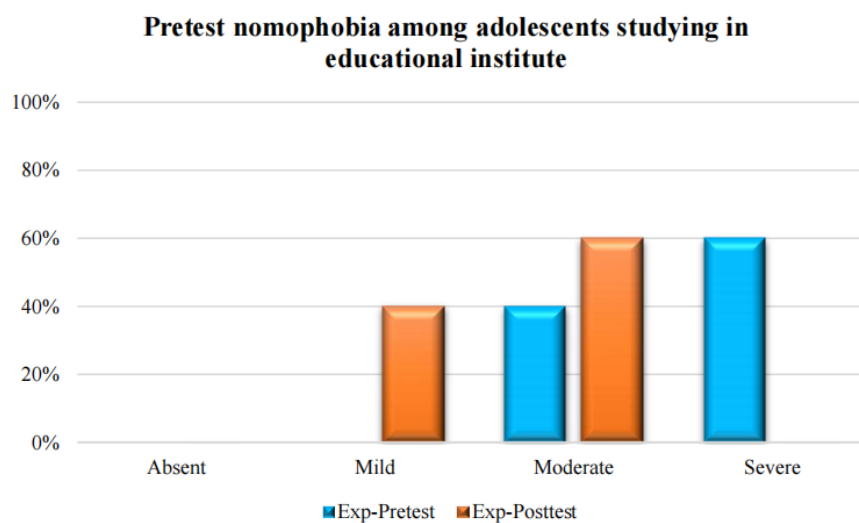
In the data analysis, both descriptive and inferential statistics have been used. Paired t-test was used for the effect of art therapy on level of nomophobia among adolescents studying in educational institute of selected area and Two sample t-test was used for the comparison of change in nomophobia score

among adolescents in experimental and control group. Fisher's exact test was used for the association of nomophobia among adolescents with selected demographic variables.

Result :

Analysis of data related to the nomophobia among adolescents studying in educational institute of selected area

In experimental group, 40% of the adolescents had moderate nomophobia and 60% of them had severe nomophobia. In control group, 13.3% of the adolescents had mild nomophobia, 23.3% of them had moderate nomophobia and 63.3% of them had severe nomophobia.



Analysis of data related to the effect of art therapy on level of nomophobia among adolescents studying in educational institute of selected area

In experimental group, in pretest, 40% of the adolescents had moderate nomophobia and 60% of them had severe nomophobia. In posttest, 40% of the adolescents had mild nomophobia and 60% of them had moderate nomophobia. In control group, in pretest and posttest, 13.3% of the adolescents had mild nomophobia, 23.3% of them had moderate nomophobia and 63.3% of them had severe nomophobia. This indicates that the nomophobia among adolescents improved remarkably after art therapy.

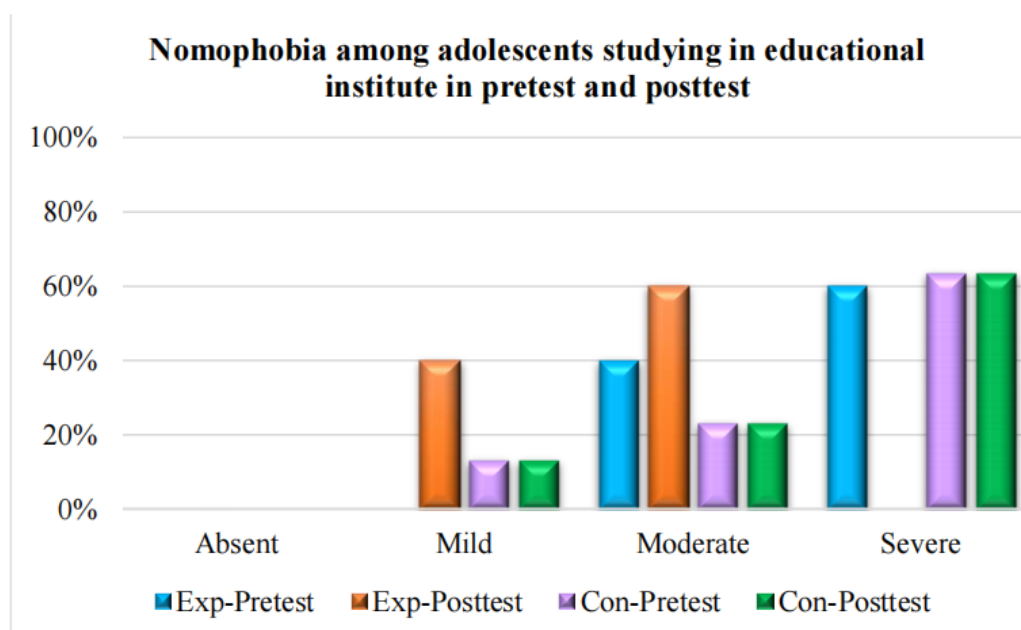


Table 3.2 Paired t-test for the effect of art therapy on level of nomophobia among adolescents studying in educational institute of selected area

Researcher applied Paired t-test for the effect of art therapy on level of nomophobia among adolescents studying in educational institute of selected area. Average nomophobia score among adolescents in pretest was 106 which reduced to 76.2 in posttest. T-value for this test was 21.6 with 29 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the therapy is significantly effective in improving the nomophobia among adolescents after Therapy.

Average nomophobia score among adolescents studying in educational institute in pretest and posttest

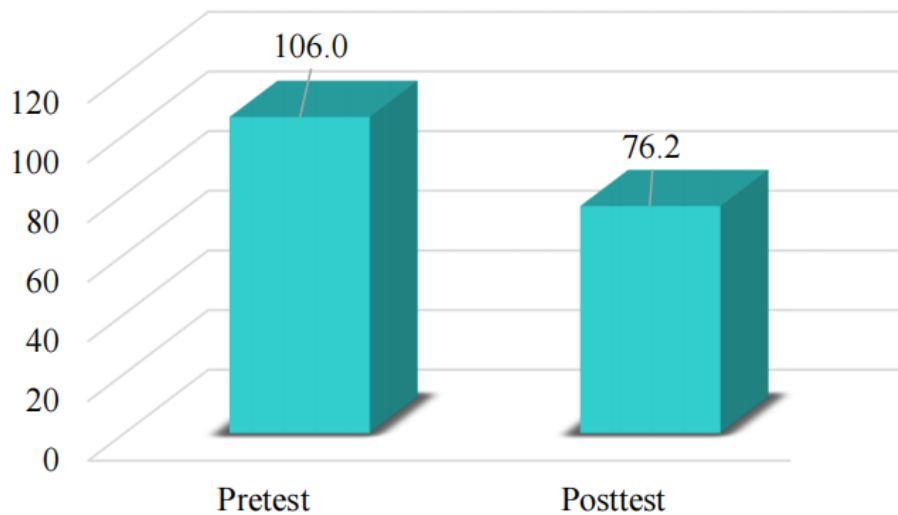
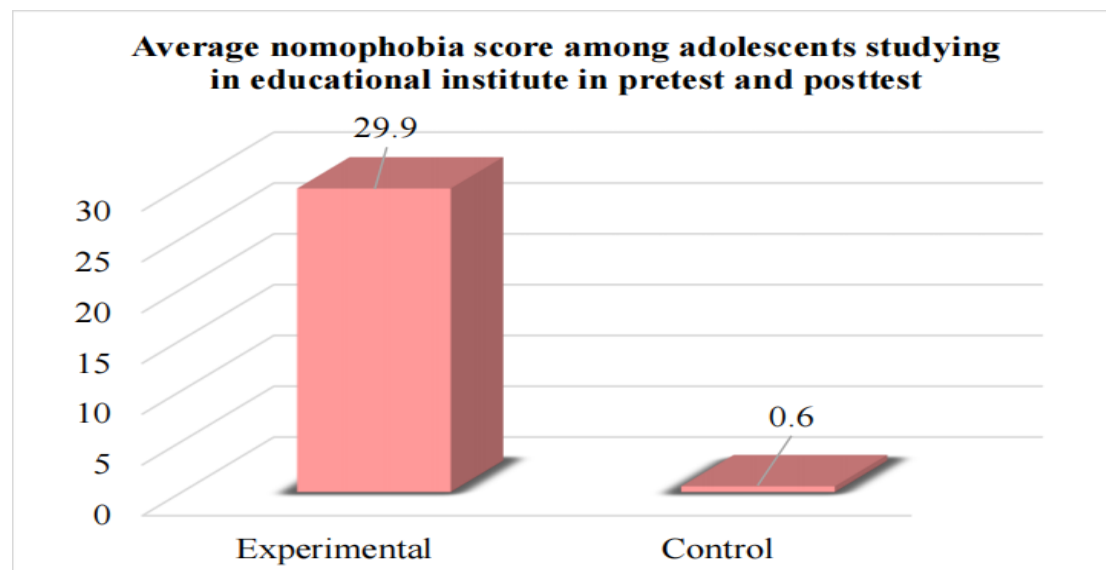


Table 3.3 Two sample t-test for the comparison of change in nomophobia score among adolescents in experimental and control group



DISCUSSION

This study was discussed with the other study to compare the results. At a university in Yogyakarta, Indonesia, a similar study was conducted to determine the impact of spiritual mindfulness therapy on nomophobia. This research study used a randomized control trial, comparing pre-test, post-test, and follow-up scores between the experimental and control groups. This study aimed to examine whether spiritual mindfulness intervention is effective in reducing individuals' levels of nomophobia. Sample size was 60, which was participated voluntarily in 15 sessions of spiritual mindfulness. The sample in this study was Moslem, aged between 21 to 24, consisting of 50 (83.33%) females and 10 (16.67%) males. All participants are students of a private university in Yogyakarta. Independent t-tests and general linear

models were employed in the data analysis. The study's findings show that a spiritual mindfulness intervention can lower each participant's level of nomophobia in the experimental group. In the meanwhile, there was a rise in nomophobic behavior among those in the control group. As the partial eta squared result indicates, spiritual mindfulness intervention is helpful in reducing nomophobia levels by 70.8%.⁶⁹ The study made use of Quasi experimental, non-equivalent control group research design. The study population consisted of adolescents studying in educational institutes in selected areas. A total of 60 samples were taken with non-probability convenient sampling technique. Nomophobia questionnaire scale was used to

assess the level of nomophobia. Paired-T test was used to check effect of art therapy on level of nomophobia. Fisher's exact test for the association of nomophobia among adolescents with selected demographic variables. In pre test adolescents had 40% moderate nomophobia, and 60% severe nomophobia but in post test adolescents have 40% mild nomophobia, 60% moderate nomophobia. So

its shows that after art therapy level of nomophobia is reduced.

Conclusion

The aim of the study was to assess the Effectiveness of art therapy on level of nomophobia among adolescents studying in educational institutes of selected area.

The study made use of Quasi experimental, nonequivalent control group research design.

The study population consisted of patients adolescents studying in educational institutes at selected hospitals. Total 60 samples were taken with non-probability convenience sampling technique. For generating necessary data, Content validation was done by 13 experts from different field. The data was collected from 30/01/2021 to 28/02/2021

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Conflict of interest: There are no conflicts of interest.

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