

## **The Relationship Between Loneliness And Nomophobia In Nursing Students**

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### **ABSTRACT**

**Purpose:** This study aims to determine the relationship between loneliness and nomophobia in S1 Nursing students of STIKes Muhammadiyah Ciamis. **Methods:** The method used in this research is quantitative research with a correlational approach. The population in this study was 132 undergraduate nursing students of STIKes Muhammadiyah Ciamis. Sampling using the G\*Power application. The number of samples in this study was 42 respondents. The research was conducted on March 28-29, 2023. **Results:** The results showed that the picture of loneliness in students mostly experienced moderate loneliness as many as 20 respondents (47.6%). The picture of nomophobia students mostly experienced moderate nomophobia as many as 17 respondents (40.5%). The results of the data analysis show a p-value of  $0.692 > 0.05$ . **Conclusions:** This study concludes that there is no relationship between loneliness and nomophobia in S1 Nursing students of STIKes Muhammadiyah Ciamis.

**Keywords:** Loneliness, Nomophobia, Nursing Student

### **Introduction**

Information and communication technology is growing rapidly along with the times. Smartphone is one form of communication technology development. Smartphones allow individuals to do many things in one hand, such as communicating by telephone or sending messages, searching for information with the internet, accessing social media, playing online games, watching films, online buying and selling activities, and making payment transactions (Ciptadi, 2020). The use of smartphones in the world in 2021 reached 5.3 billion, which is almost 67% of the total 7.9 billion inhabitants of the earth. According to Data Reportal research, the number of connected smartphones in Indonesia has increased by 13 million (3.6%) from the previous year, to 370.1 million ( GoodStats., 2022).

The use of smartphones can have both positive and negative impacts on individuals. The positive impacts include communication becoming easier to do, can increase knowledge and the latest information, can be a medium of entertainment, and can be a support for business activities. The negative impacts of using smartphones include being able to interfere with health, can lead to consumptive behaviour, potentially criminal acts, can cause addiction, not focus and forget time (Irham et al., 2022). Excessive smartphone use can cause addiction and can lead to nomophobia. Nomophobia (no mobile phone phobia) is a

situation when the individual is away from the individual's smartphone will feel feelings of discomfort, fear and anxiety (Irham et al., 2022).

Nomophobia was first researched in 2008 by the UK Post Office. The study was conducted on 2163 people, and showed that 53% of smartphone users experienced nomophobia. Later research was also conducted by a company in the UK to 1000 people, showing that 66% of respondents experienced nomophobia. Nomophobia is most vulnerable in individuals aged 18-24 years at 77%, and individuals aged 25-34 years at 68% (Pasongli et al., 2020). The number of nomophobia in Indonesia at the age of 18-24 years has increased significantly, in 2013 individuals who experienced nomophobia were around 75% and in 2014 individuals who experienced nomophobia were around 84% (Rahayuningrum & Sary, 2019). Research conducted by Haryati et al., (2020). on 961 nursing students at Padjajaran University showed that 559 students (63.5%) experienced moderate nomophobia, 243 students (27.6%) experienced severe nomophobia and 79 students (9%) experienced mild nomophobia.

Nomophobia phenomenon is often found among students aged 18 to 24 years. (Ramaita et al., 2019). Factors that trigger the emergence of nomophobia include social factors (desire to interact with other individuals) and situational factors (loneliness). Loneliness is a condition that occurs due to a mismatch between social relationships that are owned and desired so that individuals feel lost and dissatisfied with their relationships (Aprilia, 2020).

When feeling lonely individuals will often check smartphones, spend a lot of time on social media, play online games, watch films. This is how individuals cope with the feelings of loneliness they experience, because with its sophistication that can provide individuals with a form of socialisation or whatever they want, individuals become unwilling to be apart from smartphones. When individuals are away from their smartphones, they will feel anxiety and discomfort (Santoso & Soetjningsih, 2022).

Based on the results of a preliminary study of 10 undergraduate nursing students, it shows that 10 students said they often use smartphones continuously until they forget time, always carry smartphones everywhere, always activate their smartphones for 24 hours, 8 students feel anxious when there is no network or when they run out of battery, 6 students said they always check notifications on smartphones, and 7 students said they sometimes feel lonely during boarding, due to lack of socialisation and away from parents. Based on this background, researchers are interested in conducting research on "The Relationship Between Loneliness and Nomophobia in Undergraduate Nursing Students of STIKes Muhammadiyah Ciamis".

## **Methods**

The research method used was correlational quantitative research. The population is level 1 S1 Nursing students of STIKes Muhammadiyah Ciamis as many as 132 students. Sampling using the G\*Power application. The number of samples in the study was 42 respondents. The instrument used was a questionnaire. Loneliness was measured by the R-UCLA Loneliness Scale (Version 3) questionnaire and nomophobia was measured by the Nomophobia Questionnaire (NMP-Q).

## Results

**Table 1. Frequency Distribution Based on Gender**

Gender	Frequency	Percentage (%)
Male	17	40,5
Female	25	59,5
<b>Total</b>	<b>42</b>	<b>100</b>

Based on the table, the highest frequency is male 25 people (59.5%).

**Table 2. Average Value of Loneliness Aspects**

Aspects of Loneliness	Mean
Personality	10,02
Social desirability	18,67
Depression	16,57

Based on the table, the highest aspect of loneliness in respondents is social desirability with an average value of 18.67. The lowest aspect of loneliness is personality with an average value of 10.02.

**Table 3. Overview of Nomophobia in College Students**

Nomophobia	Frequency	Percentage (%)
Severe Nomophobia	11	26,2
Moderate Nomophobia	17	40,5
Low Nomophobia	14	33,3
No Nomophobia	0	0
<b>Total</b>	<b>42</b>	<b>100</b>

Based on the table, the highest frequency is moderate nomophobia as many as 17 respondents (40.5%), and the lowest frequency is no nomophobia as many as 0 respondents (0%).

**Table 4. Nomophobia Dimension Mean Values**

Dimensions of Nomophobia	Mean
Not being able to communicate	16,83
Losing connectedness	12,33
Not being able to access information	12,10
Giving up convenience	13,60

Based on the table, the highest nomophobia dimension among respondents was unable to communicate with an average value of 16.83. The lowest nomophobia dimension is not being able to access information with an average value of 12.10.

**Table 5. Relationship between loneliness and nomophobia**

Variable	Correlation Coefficient	Significance
Loneliness	0.063	0.692
<i>Nomophobia</i>	0.063	0.692

Based on the table of data analysis results with the Spearman Rank correlation test, the significance value is 0.692 and the correlation coefficient value is 0.063. The p-value of  $0.692 > 0.05$  means that there is no relationship between loneliness and nomophobia in undergraduate nursing students of STIKes Muhammadiyah Ciamis.

## Discussion

Based on the results of the study, it was found that the highest frequency occurred in moderate loneliness as many as 20 respondents (47.6%), low loneliness as many as 17 respondents (40.5%), not lonely as many as 4 respondents (9.5%) and severe loneliness as many as 1 respondent (2.4%). Respondents who are in the moderate loneliness category mean that they are able to have relationships with other people well but sometimes feel dissatisfied with the relationships they have so they tend to feel lonely. The feeling of loneliness felt by the individual is not permanent or occurs depending on how the individual interprets an event or problem he is facing. The results of this study are in line with Santoso & Soetjningsih's research (2022) which states that 50 people (66%) Psychology students at Satya Wacana Christian University experience moderate loneliness.

In the research conducted, the majority of men experienced low loneliness and the majority of women experienced moderate loneliness (Setyowati et al., 2021). state that the female gender is more sensitive in terms of feelings and psychology so that women tend to be more lonely than men. Respondents in this study were aged 18-23 years and fell into the early adulthood category. According to Havighurst in Roseliyani 2019 states that in early adulthood individual lives are relatively less organised, individuals will experience a shift from an environment divided by age to an environment divided by social status. This situation can lead to loneliness in early adulthood ( Fachrezy et al.,2022). State that individuals in early adulthood will feel loneliness more often, because of the developmental tasks that must be fulfilled, so that it can lead to difficulties in finding identity and unstable social relationships.

Loneliness is a condition that occurs due to a mismatch between desired and owned social relationships so that individuals feel lost and dissatisfied with their relationships (Aprilia, 2020). The highest aspect of loneliness in respondents is social desirability with an average value of 18.67. Social desirability is loneliness that occurs because the relationship you have is not as expected. This relates to the individual's desire to interact and build the desired social life in his life relationships (Ariani et al., 2019). And the lowest aspect of loneliness is personality with an average value of 10.02. Personality is a psychophysical system that regulates individual behaviour and thinking. Loneliness in individuals can occur due to personality or certain situations that can change the state and atmosphere that individuals feel (Ariani et al., 2019).

## Conclusion

The level of loneliness in S1 Nursing students of STIKes Muhammadiyah Ciamis mostly experienced moderate loneliness as many as 20 respondents (47.6%).The level of nomophobia in undergraduate nursing students of STIKes Muhammadiyah Ciamis mostly experienced moderate nomophobia as many as 17 respondents (40.5%). There is no relationship between loneliness and nomophobia in undergraduate nursing students of STIKes Muhammadiyah Ciamis. The results of data analysis show a p-value of  $0.692 > 0.05$ .

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