

Title : A study to assess ill effects of prolonged use of mobile phones among nursing students**Author :** Mrs. Autade Yogita P.

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Address for Correspondence : P.D.V.V.P.F'S
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Background - Mobiles phones have been tremendous assistance to all of us. The adoption of the mobile phone by young people has been a global phenomenon in recent years. Concerns continue to be raised about potential ill health impacts associated with the mobile phone use. This range from cancer and cognitive deficiencies to subjective effects. **Aims and Objectives** :

The study was conducted to assess the ill effects of prolonged use of mobile phones among nursing students. The data were collected from 60 nursing students who are using mobile phones. Data was collected with the help of self prepared modified rating scale and data was analyzed and results were interpreted by using descriptive and inferential statistics. **Result** : The study found that the maximum female (71.66%) uses mobile phones. It was found that (62.66%) subject has mild physiological and (53.33%) moderate psychological ill effects due to use of mobile phones. There was significant association between average times spend on use of mobile phone and physiological, psychological ill effects .There was no significant association with prolonged use of mobile phones and age, gender, per capita income, and area of residence. (P value less than 0.05 level).

Conclusion : The study concludes that mobile phones play a large part in the daily life of nursing students which evidenced by adverse effects of mobile phone use. It's time to make awareness in the students about on the use of mobile phones is a risk factor for health hazards. The study concluded that there is a need to further uncover underlying factors that influence student's mobiles phone behavior, and the consequences.

Introduction : Mobile phone use has been increased among young people in past few years and It has become a part of life. There are young adults that become addicted to using the phone. Young adults who excessively use their cell phone are more prone to

disrupted sleep, restlessness, stress and fatigue.^[1] The misuse of text messages, calls, camera and videos will have a negative social impact. The effect of radiation will be evidenced only in later life with some neurological or psychological problem. The harmful effects of microwave radiation of hours of cell phone chatting on the brain, affected sleep patterns in pre-teens and teens is a more serious issue. Other anomalies in behavioral patterns, such as irritability, lack of patience and abruptness, sometimes affect heavy users of cell phones in a deteriorating way.^[2]

Common symptoms due to the use of mobile phone are stress, earaches, headaches, chronic fatigue, insomnia, muscle pains, drastic mood changes, behavioral disabilities, weakened immune system, and blurred vision, and dizziness, lack of concentration, memory loss and mental confusion. Cell phone's microwaves can produce learning disorders in children and teenagers. It alters the brain's electrical activity during sleep.^[3] It induces ringing sensation in the ears; create joint pain, muscle spasms and tremors.^[4] The endocrine system is affected especially pancreas, thyroid, ovaries and testes Handling many mobiles at a time is a fame for the adolescents as well as for the young adults.^[1, 5] So by reading articles from internet, news paper, magazines and experiences of day to day life the investigator felt that health concerns associated to mobile phone use is currently an issue in our society which is to be investigated. The aim of study was to assess ill effects of prolonged use of mobile phones among Nursing students of College of Nursing.^[6,7]

Key words : Ill effects, Mobile Phone. Nursing & Students

Objectives of the study :

- To assess ill effects of prolonged use of mobile phones among Nursing students of College of Nursing.
- To find out the association between physiological and psychological ill effect of prolonged use of mobile phone and selected demographic variable

Material & Method : Descriptive explorative study was conducted among the students between the age group

of 17- 23 year at College of Nursing. Stratified Random sampling technique was used and 60 subjects were selected for study. Validity of the tool was ascertained in consultation with five experts in the field including psychiatrists. The suggestions of expert were incorporated into tool and tool was modified accordingly. Self prepared modified rating scale was used to collect the data. Prior permission was obtained from the concerned authority of the selected college. For maximum cooperation, the investigator introduces to the respondents and willingness of the participant was ascertained. The respondents were assured the anonymity confidentiality of information provided by them. Informed consent was obtained. Pilot study was conducted on 6-12-2011 at college of nursing. A concise data analysis was done using descriptive statistics. It was found that the items were simple and understandable and took approximately 30-40minutes for competing questionnaire. Main study was conducted on 15/12/2011. The researcher himself collected data form the subject. For data analysis each response like 'Most of Time,' 'Always,' 'Some Times,' 'Rarely,' 'Not at all.' Were given the score 1,2,3,4 and 5 respectively. Physiological and Psychological ill effects of prolonged use of mobile phone consist of 10 items, each item is scored from 1-5, total maximum score is 50, and total minimum score is 10. Total score was obtained by summing up all the individual score . Data was recorded and analyzed by using descriptive and inferential statistic Mean , Percentage ,SD and Chi square test.

Results : Findings related to socio-demographic variable- Maximum (50.0%) of subjects were in the age group of 19-20 years ,(71.66%) female and (28.33%)were male, majority that (80%) of the subjects lives in Rural area and (20%) lives in urban area, (30%)had per capita income more than Rs.700-1000 and (79%) were Hindus.(60%)subjects fathers had agriculture work and (88.33%) subjects mother was housewife.

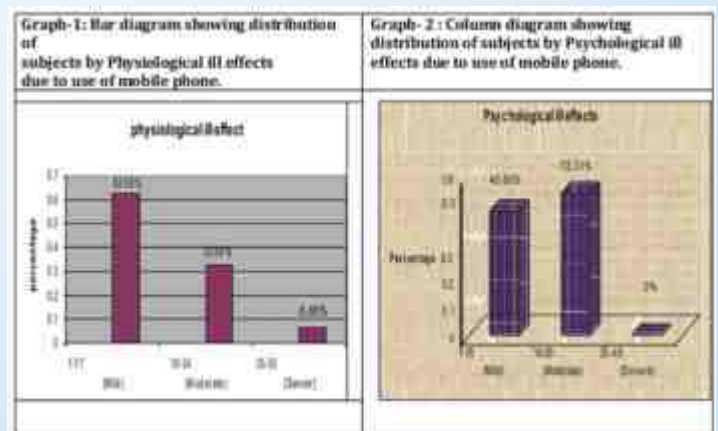
Findings related to general information about use of mobile phone-

Majority (55%) use mobile phones \leq 1 year and (28.33%) use mobile phones from 1-3 years.(70%) subjects make use of mobile phone with camera and

(30%)subjects use mobile phone without camera. Maximum (88.33%) subject carry 1 mobile phone with them while 10% subject carry 2 mobile phone. (43.33%) subject had internet facility in their mobile phone and (56.66%) subject do not had internet facility in their mobile phone. Highest (71.66%) subjects use \leq 30 min time in using mobile phone in calling or texting messages and (10%) subjects use 30 – 60 min and 60 – 90 min time in using mobile phone in calling or texting messages. Maximum (93%) subjects had no treatment for health problem due to prolonged use of mobile phone. Majority (95%) subjects do not got into legal issues. Physiological and psychological ill effects due to use of mobile phones indicates that (62.66%) subject have mild, (32.66%), moderate and (6.66%) severe physiological ill effect. Whereas (46.66%) mild, (53.33%) moderate psychological ill effects.

Graph- 1 and 2: Analysis of data to find association between physiological and psychological ill effect of prolonged use of mobile phone and selected demographic variable.

The study findings shows that there is no association with selected demographic variable and ill effects of use of mobile phone as P value is less than 0.05 is corresponds to age, gender, per capita income, and area of residence. Null hypothesis is rejected .But there was significant association between average times spend on use of mobile phone and physiological, psychological ill effects of prolonged use of mobile phone.



"Graph-1 and 2: Analysis of data to find association between physiological and psychological ill effect of prolonged use of mobile phone and selected demographic variable"

Discussion : The findings of study have been compared with a study which was conducted by Khan M.M.^[6] 2008 (King South, University, Riyadh) impaired concentration reported by (34.27%), memory disturbances by (40.56%). A study which was conducted by Khlaiwi TA, Meo SA (52.1% males and (47.9%) female (70%) complaint of headache and (20%), of dizziness, impaired concentration occurred in (56%) of respondents facial deformity was reported by (11.6%).^[7] Present study found (28.33%) are male and (71.66%) are female and (8.33%) reported headache. (11%) dizziness

Conclusion : Present study finding showed that ill effects of use of mobile phones vary from mild, moderate to severe. However ill effects of use of mobile phones are unavoidable but preventive measures can help to decrease the incidence of physiological and psychological ill effects. Hence information, education and communication help in making awareness to prevent health hazards and improve quality of life.

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AMBULANCE

The term ambulance comes from the Latin word - ambulare which means to walk or move about which is a reference to early medical care where patients were moved by lifting or wheeling.

An ambulance is a vehicle for transportation of sick or injured people to, from or between places of treatment for an illness or injury, and in some instances will also provide out of hospital medical care to the patient. The word is often associated with road going emergency ambulances which form part of an emergency medical service, administering emergency care to those with acute medical problems. The vehicles including trucks, vans, bicycles, motorbikes, station wagons, buses, helicopters, fixed-wing aircraft, boats, and even hospital ships.



(Source: Skinner, Henry Alan. 1949, "The Origin of Medical Terms". Baltimore: Williams & Wilkins)