

UNIVERSITI TEKNOLOGI MARA

**NOMOPHOBIA AMONG
UNDERGRADUATE STUDENTS IN
FACULTY OF HEALTH SCIENCES
UiTM SELANGOR PUNCAK ALAM
CAMPUS**

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Final Year Project submitted in fulfillment
of the requirements for the degree of
Bachelor (Hons.) of Nursing

Faculty of Health Sciences

June 2019

AUTHOR'S DECLARATION

We declare that the work on this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA and had followed UiTM guidelines for research writing on final year project 2019. This is our own project and the result of our own findings, unless otherwise indicated or acknowledged as referenced work. This write-up has not been submitted to any other academic institution or non-academic institution for any other academic award.

If our research paper is found to violate the conditions stated above, we voluntarily waive the right of conferment of our degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA

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ACKNOWLEDGEMENT

In the name of Allah, The Most Gracious, Most Merciful and Him alone in worthy of all praise. Alhamdulillah, we were very grateful and thankful to the Al-Mighty who gave us the ability to complete this research study and this report.

First and foremost, we like to this opportunity to express our deepest gratitude to our supervisor, Madam Roswati Binti Nordin for all her guidance, ideas, trust, support through the running of this research study and sacrificed her time in assisting our project from proposal up to the completion of the dissertation and thank her for giving us and trust us to be under her supervision.

We also want to take this opportunity to thank to Dr. Siti Khuzaimah, Dr. Chong Mei Chan and Assoc. Prof. Dr. Hairil Rashmizal Bin Abdul Razak, for their support and guidance in writing this report during workshop of “Research Writing Workshop 2019”. We also like to thanks to Assoc. Prof. Dr. Karuthan Chinna for his guidance in using the SPSS system in completing our research study.

We also like to give our appreciations to Assis. Prof. Dr. Caglar Yildirim and Dr. Shari Walsh for their cooperation and permission given to use their research and questionnaire as our reference and guidance. We also would like to thank the Centre for Nursing Study of Faculty Health Sciences, Universiti Teknologi MARA (UiTM) Selangor Puncak Alam Campus and also the UiTM Research Ethics Committee for the endorsement of this study.

Last but not least, thanks to all of our seniors and peers for support and understanding for sharing and discussing their experience until today and all individuals who were directly and indirectly involved during our study. Thank you for your cooperation.

Thank you.

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ABSTRACT

Introduction: Nomophobia refers to the feeling of fear to be without a mobile phone. It was a new term and serious problem of smartphone addiction but this problem was still unknown to the global. In Malaysia, there was a limited study of nomophobia thus we want to find out the prevalence of nomophobia in Malaysia. **Objectives:** This study aimed to determine nomophobia among undergraduate students in the Faculty of Health Sciences UiTM Selangor Puncak Alam Campus. **Methods:** A cross-sectional study was performed on 326 undergraduate students from all programmes which were selected using simple random sampling. The instruments used in this study were adapted and adopted from Nomophobia Questionnaire (NMP-Q) by Caglar Yidrim and Ana-Paula Correia (2015) and Mobile Phone Involvement Questionnaire (MPIQ) from Shari P. Walsh (Shari P Walsh, 2009). **Results:** 204 (62.6%) out of 326 of the respondents had a moderate level of nomophobia while 75 (23.0%) had a severe level of nomophobia. While 46 (14.1%) of the respondent having a mild level of nomophobia and 1 (0.3%) shown no symptoms of nomophobia. Besides, a strong positive correlation (r -value= 0.604) was seen between the prevalence of nomophobia and psychosocial interaction. **Conclusion:** As a conclusion, the majority of the students have a moderate level of nomophobia. Besides, the result shows that students who having nomophobia show less interaction with society. Further, another study should be conducted to find the prevalence of nomophobia using different sample.

Keywords: Nomophobia, psychosocial interaction, mobile phone use, mobile phone addiction