THE EFFECTS OF NOMOPHOBIA TOWARDS UITM REMBAU STUDENTS

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Topic:

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ABSTRACT

The research is mainly about the effects of Nomophobia towards sleep quality and health of UiTM Rembau students. The purpose of conducting this research is to discover the mobile phone dependency among the students. The focus of the study is to determine the usage of mobile phone in contributing to Nomophobia and the effects towards the students of UiTM Rembau. Data collected by using online survey and drop and pick procedure. A total number 113 out of 160 degree students from the Faculty of Information Management were chosen randomly to become a sample for the study. Number of samples selected is determined by referring to Krejcie and Morgan table determining sample size. The research instruments were adapted from an article entitled *Prevalence of Mobile Phone Dependence in Secondary School Adolescents* by Chimatapu Sri Nikhita, Pradeep R Jadhav and Shaunak A. Ajinkya (2015). Data was analysed quantitatively by using IBM SPSS Statistics Software. Finding has shown that the most of the respondents do spend a lot of time using their mobile phone which can lead them in becoming a *Nomophobic*. In addition, most of the respondents also agreed that after a prolong usage of mobile phone, it could affect their health problems. These findings have also shown that mobile phone should be used wisely and should never be over used as it will only bring negative impacts to the user.

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