

**A STUDY OF ACADEMIC ACHIEVEMENT OF I.I.T. STUDENTS IN  
RELATION TO NOMOPHOBIA**

**RAJEEV KUMAR**

Research Scholar, School of Education,  
Devi Ahilya University (DAVV), Indore, MP, India.  
Email: rajeev.education.davv@gmail.com

**ABSTRACT**

*Education is one of the fundamental necessities of human kind. Academic achievement is a measurement of the outcome of educational activities. There are several factors, which have impact on academic achievement. In the present era of Internet and mobile, a new kind of anxiety named nomophobia has significant impact on academic achievement of students. Present study investigated the academic achievement of first year students of IITs in relation to nomophobia, which is a proposed name for the phobia of being out of mobile phone contact. This research was a survey based descriptive method research, in which a total of 200 students of two of the IITs were considered as sample. It was random convenience sampling. Out of these 200 students, 120 were boys and 80 were girl students. For collection of data on nomophobia, NMPQ-Y&C (Nomophobia Questionnaire developed by Yildirim, C. and Correia, A.) was used. It is a 20-item tool, each scored on a 7-point Likert scale. The Cronbach's Alpha reliability coefficient of the scale was found 0.95. For getting data on academic achievement, JEE (Adv.) score of respective students was considered, which was collected as part the survey questionnaire administered for data collection. For data analysis purpose, Mean, Standard Deviation (SD), t-test and Pearson's coefficient of correlation was calculated. SPSS was used for calculation. It was concluded that there was a significant negative correlation between academic achievement and nomophobia among the IIT students.*

**Keywords:** Academic Achievement, Students, Nomophobia

**INTRODUCTION**

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits. Education is one of the fundamental necessities of human kind. It means a form of learning in which knowledge, skills and habits are transferred from one generation to the next generation. It is the driving force for the national development. Economic growth of a country depends on the education of the countrymen. Education gives people the skills they need to help themselves out of poverty or, in other words, into prosperity. It is a very important tool for everyone to succeed in life and get something different. It makes a difference a part in reducing the challenges of life. Information picked up

all through the education, empowers a person sure around their life. It opens different entryways to the openings of accomplishing way better prospects in life so advances career development. It trains us entirety life and brings parcels of openings to our way to induce superior prospects required for the career development. Human being requires appropriate education to upgrade their possess life guidelines as well as ended up a portion of the social and financial development of their nation. Future of the any individual or nation depends on the instruction framework methodology taken after.

Education is imparted in schools, colleges and universities at various levels. Though it is very difficult to measure how much education has imparted to a particular person or how much a person has grasped during their course of his / her education or how much a person is educated, because there are a number of persons who have not completed his / here schooling, college or university education, but they are extremely successful in his / her life and became role model for millions of youth. However some mechanisms have been devised for education measurement. As per traditional system, education of a person is measured from his academic achievement.

Academic achievement is that the extent to that a student, teacher or establishment has achieved their short or semipermanent instructional goals (wikipedia, 2019). Score obtained in examinations and completion of educational benchmarks such as minimum percentage of marks, certificates, diplomas or degrees represent academic achievement. Academic achievement is usually measured through examinations or continuous assessments. We can get key information about students' mastery of standards by measuring ththeir academic achievement. Academic achievement has long been recognized as one of the important goals of education the world over (Rastogi, 2012). However, it is general observation that learners placed in an identical set of academic situations vary in their scholastic achievement. Research conducted to prove into the academic achievement phenomenon, has convincingly, demonstrated that the academic achievement is product of a number of factors operating within the individual and outside him (Rastogi, 2012). Broadly speaking the factors which influence academic achievement can be categorized into three types, namely, intellectual, emotional and environmental. Of these types of factors, it has now been fairly established that the emotional factors most particularly the anxiety largely affect one's academic achievement. Present era is the mobile era. The various psychological and emotional factors are involved when a person overuses the mobile phone. Anxeity arouse due to the fear of being out of

mobile phone contact is one of the such factors. This anxiety is basically Nomophobia. When they are away from mobile phones, then people experience symptoms of withdrawal. Nomophobia is a proposed name for the phobia of being out of mobile or cellular phone contact (Wikipedia, 2019). The term, "NOMOPHOBIA," was coined by the United Kingdom (UK) Post Office in 2008 during a study who commissioned YouGov, a UK-based research organization (Bhattacharya et al., 2019). It has been considered as a symptom or syndrome of problematic digital media use in mental health, the definitions of which are not standardized. The term NOMOPHOBIA or NO MOBILE PHONE PHOBIA is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity (Bhattacharya et al., 2019). Present study was carried out to investigate the academic achievement of first year students of IITs in relation to nomophobia.

The main objective of the study was to find the relationship between academic achievement of the first year students of IITs and their level of nomophobia. For the purpose, following null hypotheses were formulated: -

- H0-1: There is no significant difference between Male and Female first year IIT Students in their level of nomophobia.
- H0-2: There is no significant relationship between Academic Achievement of first year IIT Students and their level of nomophobia.

## **MATERIALS AND METHODS**

In order to investigate a relationship between academic achievement and nomophobia for IIT students, the research was carried out with a sample of 100 students of two of IITs. Out of these 200 students, 120 were male and 80 were female students. The sample selection technique was convenience random sampling. For data collection purpose, a questionnaire was used having two parts as follows: -

(i) Demographic data including score in JEE (Advance)

(ii) Nomophobia Questionnaire developed by Yildirim, C. and Correia, A. (NMPQ-Y&C)

The NMPQ-Y&C was major part in the questionnaire consisting of 20 items provided the score the nomophobia of the students. Each of the item was supposed to be scored on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree) (Yildirim, 2015). The Cronbach's Alpha reliability coefficient of the scale was found 0.95. For testing of the content validity, the questionnaire was referred to experts and by whom it was reviewed for

the clarity, importance, and relevance of the items in the questionnaire. For getting data from the students, the questionnaire was administered by the researcher.

All data was stored in MS-Excel format, which was later on converted into SPSS compatible data file for its analysis. For the data analysis, Mean, Standard Deviation (SD), t-test and Pearson’s coefficient of correlation was calculated using SPSS package.

## RESULTS AND DISCUSSION

The responses of the questionnaire were arranged in MS-Excel and the excel sheet was later on converted into SPSS compatible file for data analysis purpose. Independent samples' t-test and Pearson correlation coefficient analysis was carried out to test the hypotheses formulated as H0-1 and H0-2.

In order to test the first null hypothesis (H0-1) that there is no significant difference between Male and Female first year IIT Students in their nomophobia prevalence, t-test was carried out to find the difference between mean scores of the nomophobia of male and female students under study. Output of the t-test is presented in the table-1 below:

<u>Table-1</u> : Results of Independent Samples t-test for Mean scores of Nomophobia of Male and Female first year IIT students						
	Gender	N	Mean	S.D.	t-value	p-value
MA	M	120	3.52	1.41	1.5405	.1250*
	F	80	3.83	1.37		
*df= 198, p>0.05, NOT Significant						

The above Table-1 indicates that ‘t’ value for nomophobia score is found to be not significant at 0.05 level of significance. Hence the null hypothesis H0-1 that there is no significant difference between Male and Female first year IIT Students in their nomophobia is not rejected. Accordingly it was concluded that there was no significant difference between Male and Female students in their mean scores of nomophobic behaviors. It is also found that difference in mean scores of metacognitive awareness of female and male students was 0.31 and the standard error of difference was 0.201.

Further in order to test the second null hypothesis (H0-2) that there is no significant relationship between Academic Achievement (AA) of first year IIT Students and their nomophobia level, Pearson correlation coefficient was computed. Output of this computation is presented in the table-2 below: -

Table-2: Correlation of students' Academic Achievement (AA) with their Nomophobia Scores				
Sl. No.	Variables	N	Co-efficient of Correlation (r-value)	Result
1.	Academic Achievement (AA)	200	-0.748**	Significant (p < 0.0001)
2.	Nomophobia (NMP)			
**Correlation is significant at the 0.01 level, and there is negative correlation.				

The above Table-2 indicates that 'r' value is found to be significant at 0.01 level of significance. Hence the null hypothesis H0-2 that there is no significant relationship between Academic Achievement of first year IIT Students and their level of nomophobia. is rejected. Accordingly it was concluded that there is significant relationship between Academic Achievement of first year IIT Students and their level of nomophobia.. It is also found that there is negative r-value i.e. coefficient of correlation is negative, hence there is negative correlation was found between academic performance and nomophobia.

One of the topics in today's societies related to educational researches is how to improve the academic achievement of students. As our world is developing exponentially, the educational researchers are trying to know the factors for coinciding academic performance improvement (Kumar, 2019). Particularly factors influencing the academic achievement of the IIT students will able to give a path to the prospective students preparing for admission in IITs, one of the prestigious public institutions in the country. This study examined the relationship between academic achievement and nomophobia of students IITs. The present study revealed that: -

- There is no significant difference in the nomophobia between Male and Female students.
- There is significant relationship between academic achievements and nomophobia of students.

- There is negative relationship between academic achievements and nomophobia of students.

Based on the above study, we can advice the students that they should not spend their valuable times on using mobile phone and surfing internet for vain activities. The study highlighted the need that the students, their parents and teachers are required to take preemptive measures to avoid the nomophobi prevalence and to remain vigilant especially for students whose academic performance is persistently low as nomophobia may be one of the reasons for such low academic achievement. Students suffering from nomophobia need immediate counseling for helping them out from such addiction.

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