

A Study to Assess the Knowledge and Attitude Regarding Phantom Vibration Syndrome among Nursing Students Attending Online Classes in Selected Nursing College, Trichy

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ABSTRACT

Electronic gadgets are the instruments which can perform many activities at a time with vast speed and makes the hard work efficient one

Objectives: to assess the pre-test knowledge and attitude of the phantom vibration syndrome among nursing student, to find the association between knowledge score and attitude level regarding phantom vibration syndrome and to find out the desired attitude regarding Phantom Vibration Syndrome Design: one-group Pre-test design.

Setting: Selected College, Trichy.

Participants: 50 nursing students attending online classes fulfilling the inclusion criteria.

Methods: Non-probability convenience sampling technique was used.

Results: The findings of the research project revealed that, 56 % students were having inadequate knowledge regarding phantom vibration syndrome among nursing students and 44% nursing students were having moderate knowledge regarding phantom vibration syndrome among nursing students and none of them were having adequate knowledge regarding phantom vibration syndrome among nursing students. 26% students strongly agree in attitude regarding phantom vibration syndrome among nursing students, 22 % students agree in

attitude regarding phantom vibration syndrome among nursing students, 14 % students uncertain in attitude regarding phantom vibration syndrome among nursing students, 20% students disagree in attitude regarding phantom vibration syndrome and 18% students strongly disagree in attitude regarding phantom vibration syndrome.

Conclusion: the investigator was able to assess the overall level of knowledge and attitude regarding Phantom Vibration Syndrome among nursing students attending online classes in selected nursing college, Trichy.

Keywords: Assess, knowledge, attitude, Phantom Vibration Syndrome, nursing students, online classes.

INTRODUCTION

“Technology Is A Useful Servant But A Dangerous Master”

- Christian Lou's Lange.

Electronics is a branch of science that deals with a study of flow and control of electrons (electricity and the study of their behaviour and effects in vacuums, gases and semiconductors and devices using such electrons. Examples of electronics are radios, computer, and television. Electronic gadgets are the instruments which can

perform many activities at a time with vast speed and makes the hard work efficient one. Studies and surveys conducted by Australian health research institute indicates that billions of times more in volume electromagnetic emitted by billions of mobile phones.

Almost one third of world population will be a patient of ear, eye and brain cancer beside and other major body disorders like heart ailments, impotency migraine epilepsy. Prolonged exposure of mobile phone usage, can cause dizziness, extreme irritation, head ache, forgetfulness, lack of concentration, memory loss, inability to learn, hyperactivity, and behavioural problem, neurophysiologic discomfort and feeling of restlessness or uncomfortable when not using a cell phone. New psychological disease emerging due to excessive usage of mobile phones like rangiest, phantom vibration syndrome.

A physiological disease which describes hearing phantom sound and sensation cell phone ring. hence to prevent this type of emerging disease from the young adult WHO focussed on minimizing usage of mobile phone. A mobile phone (also known as a hand phone, cell phone or cellular telephone) is a small portable radio Telephone. The mobile phone can be used to communicate over long distances without wires. Now, more people are using smart phones than old the kind of mobile phone, which are called feature phones.

In 1876 Alexander Graham Bells invented the telephone as stated by Aristotle “man is by nature a social animal” now mobile phones have become a necessity. It has noxious effect on human health. these devices function on the basis of radio waves, a form of non-ionizing radiation.

Hamada et., 2011 mobile phones emit radio waves that radiate in every direction, there by affecting human body and penetrate easily into soft tissue. The use of mobile phone brings changes in both psychologically and physiologically. The list of self-reported symptoms increases day by day including but not limited to

headaches, warm sensation near the ear with pain, fatigue, lack of concentration, Musculo skeletal symptoms, stress, sleep disorder, feeling of being overloaded, feelings of guilt in case of not replying to all calls and messages, mobile phone addiction.

Thomee et al 2011., the higher the level of leisure boredom one experiences, the higher the likelihood one will be addicted to the mobile phones. Research on radiation by mobile phones these increasing exponentially.

Parasuraman et al 2017., Malaysian population stated that heavy mobile phone usage may lead to physiological and psychological complication when a study was conducted on 409 respondents

Phantom vibration syndrome or phantom ringing syndrome is the perception that once mobile phone is vibrating or ringing when it is not. Humans are particularly sensitive to auditory tones between 1000 and 6000 hertz, and basic mobile phone ring tones often fall with in this range.

Background of the study

The phantom vibration syndrome occurs when a person thinks neither his or her phone is ringing and vibrating from a text message when it actually is not. As a society increasingly dependent on mobile devices, the phantom vibrate easily becomes a phenomenon of worry of mobile users.

Over recent years, science and technology has emerged far way beyond the reach than expected with inventions like the personal computers and cellular phones. These inventions have created a huge impact in the society, especially with young children.

Need for the study

“A nation’s hope rest on its youth For The hopes to become realities, the younger generation to grow into healthy adults”-Sidda Ramaiah.M It has happened to many people. Feeling a vibration, they reach in to their pockets wrongly believing that the mobile phones have just ring.

Scientists believe some are so alert for phone call and messages that they misinterpret muscle spasms as proof of a call.

Roberts Rosenberger-2015 and assistant professor at the Georgia Tech Institute of Technology as study the delusional calls. He said, it is not actually a syndrome in technical sense. That just the name that's got stuck to it. Only 2% of people considered it's a problem, he added. People are guessing it has something to do with nervous energy which can be prevented.

According to ITU world telecommunication, the numbers of internet users are more in developing countries than the developed countries. Over all 80% percentage of adolescents own at least one form of new media technology and there are using this technology with increasing frequency to text and instant message, email, blog, and access social networking website. Smartphone usage causes so much of problems. Studies which can elucidate the diagnostic criteria for the phantom vibration syndrome have paramount importance. Moreover, research on how the phantom syndrome can be prevented, managed, or treated could make phantom syndrome to have a well-established aetiology which further could be considered by the international organizations such as ICD -11, APA and DSM-5.

Rothberg et al. 2010 conducted a study in 2010 on the phantom vibration syndrome among the medical staff and found that nearly 70% of the individuals faced phantom vibration syndrome.

In 2012, a study among college undergraduates revealed that almost 90% of students had felt the phantom vibrations. Most of the students admit that they face symptoms every month every week and almost daily. In 2013, Michelle Drouin conducted a study among 290 undergraduate students which revealed that 89% of the students experience phantom vibration syndrome. A study conducted in 2015 at Kurukshetra University shows that 74% of postgraduate students experience the

phantom vibration and ringing weekly basis. In 2017, Abolfazal investigated the prevalence of phantom among medical students and found that 54.3% of students face phantom vibration syndrome.

Mobile phones are of great use for all purposes we all know there are disadvantages in using mobile phones but parents should take some initiative to impart good habits of using mobile phones. This will help them to get out of isolated situations. So, the usage of mobile phones are not only hazards for health it affects the environment also the progressive use of electronic media for different purposes creates psychological, physiological, and social problems among students.

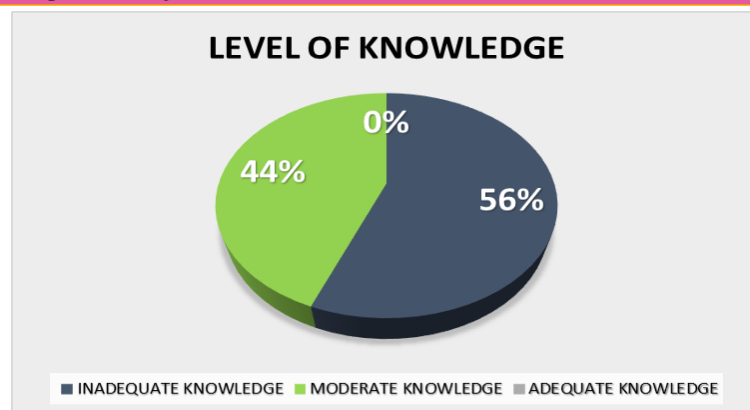
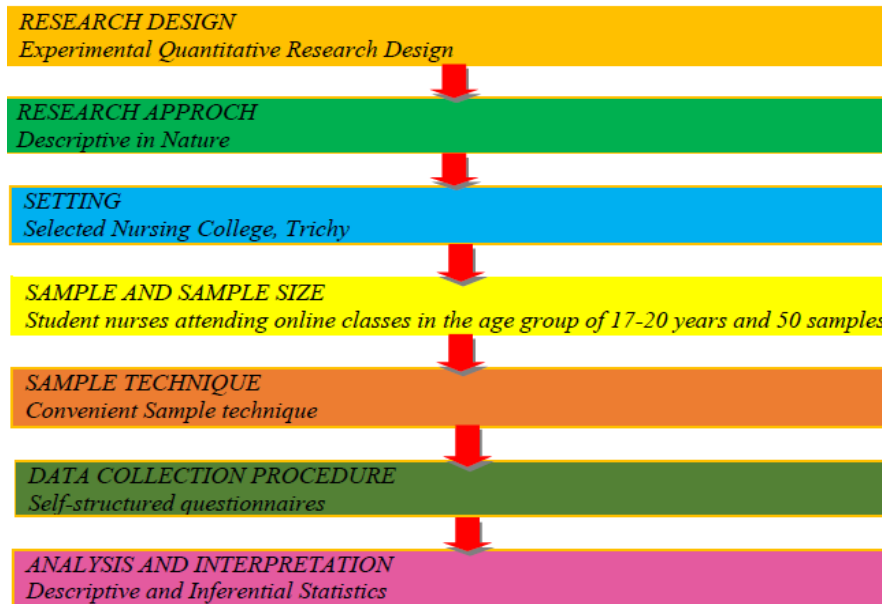
Majority research conducted to date regarding Phantom Vibration Syndrome is clustered around the medical staff and students, the reason for which is unknown. Furthermore, conducting studies oriented to a particular segment of population lose validity of study outcomes on the general population. There is always a chance of biasness if the study is repeated with the same conditions. More diverse studies among the various stakeholders of society are required to establish the incidence and prevalence of phantom vibration syndrome. Hospital based studies in the psychiatry departments could have more importance as individuals on having a feeling of the phantom, initially tend to approach for the psychiatry opinion. As a community health nurse, the investigator felt the need to conduct study among nursing students on the knowledge and attitude regarding phantom vibration syndrome attending online classes in selected nursing college, Trichy.

MATERIALS & METHODS

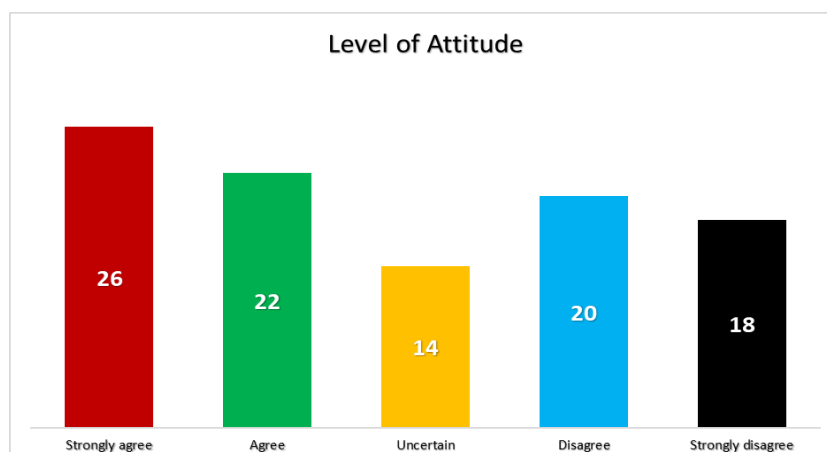
A research project was done to assess the knowledge and attitude on regarding Phantom Vibration Syndrome among nursing students attending online classes in selected nursing college, Trichy. The objectives of the study are to assess the pre-test knowledge and attitude of the

phantom vibration syndrome among nursing students, to find the association between knowledge score and attitude level regarding phantom vibration syndrome and to find out the desired attitude on phantom vibration syndrome. Samples were selected by convenient sampling technique and the

tool used for the study self-structured questionnaires. The time duration of the study was for a week. The collected data were analyzed, and interpretation was done by using the statically tabulation with appropriate percentage.



Pie diagram of frequency and percentage distribution of sample based on their overall level of knowledge



Bar diagram of frequency and percentage distribution of sample based on their overall level of attitude.

DISCUSSION

The study aimed at assessing the knowledge and attitude regarding Phantom Vibration Syndrome among nursing students attending online classes in selected nursing college, Trichy.

A total of 50 samples were selected and their knowledge, attitude assessed using structured questionnaires in selected setting, Trichy. The following were the objectives of this study

Objectives of the study were,

- to assess the pre-test knowledge and attitude of the phantom vibration syndrome among nursing students
- to find the association between knowledge score and attitude level regarding phantom vibration syndrome
- to find out the desired attitude regarding Phantom Vibration Syndrome

Based On The Objectives Specified In The Study.

Objective-1: to assess the pre-test knowledge and attitude of the phantom vibration syndrome among nursing students

Frequency and Percentage Distribution of Nursing Students attending online classes based on their demographic variable of the phantom vibration syndrome among nursing students

majority of nursing students (86%) belong to the age group of 19-20 years, (80%) nuclear family and (60%) rural area of residence (68%) belongs to B.sc nursing III year, (46%) using mobile phone for other application. Majority of nursing students (50 %) spending 5-10 hours for using mobile phone, (54%) no private information in mobile phone, (58%) normal emotional person,(52%) no previous knowledge,(40%) internet source.

Frequency and Percentage Distribution of Nursing Students attending online classes based on their level of knowledge of the phantom vibration syndrome among nursing students

The introduction of mobile phone (64%) Martin Cooper, Invention of mobile phone (66%) 1973, environmental hazards

of electronic gadget (40%) Fire hazards, Available electronic gadget at home (72%) Television/mobile phone, keeping mobile phone (6%) handbag. the most using electronic device (64%) smart phone, Normal auditory tones (24%) 1000-5000Hertz, checking mobile phone in a day (40%) 10times, time of mobile phone using in a day (22%) night, Phantom vibration syndrome study conducted (36%) 2007. the term ringxiety coined (60%) David Larmia, Phantom vibration syndrome (28%) anticipating of the mobile phone, feeling arise while mobile phone vibrates (64%) phantom vibration syndrome, cause for cancer while using mobile phone (64%) ionizing radiation, Impact of tab radiation (26%) behavior change. the nomophobia (40%) fear of being without mobile phone, Ringxiety (64%) sense that the phone is not ringing, Fauxcellarm (46%) sense that the false alarm is ringing, language spoilage while using smart phone (32%) text message, undesirable exposure gained by internet (16%) cyberbullying. the causes of phantom vibration syndrome (60%) frequently use of cellphone, signs and symptoms of phantom vibration syndrome (90%) psychological stress, getting free from phantom vibration syndrome (38%) changing the ringtone, arising false vibration (20%) when engaged in other activity, complication of phantom vibration syndrome (30%) burnout syndrome.

Frequency and percentage distribution of Nursing Students attending online classes based on their overall knowledge of the phantom vibration syndrome among nursing students

56% students were having inadequate knowledge regarding phantom vibration syndrome among nursing students and 44% nursing students were having moderate knowledge regarding phantom vibration syndrome among nursing students and none of them were having adequate knowledge regarding phantom vibration syndrome among nursing students.

Frequency and Percentage Distribution of Nursing Students attending

online classes based on their attitude of the phantom vibration syndrome among nursing students

the majority of nursing students (34%) agree that they like mobile phone, (34%) agree that parents scold when using mobile phone, (28%) disagree that mobile phone affects their study, (32%) agree mobile phone usage affects the health, (36%) agree emotional disturbance by phone addiction, (40%) agree phone affects the auditory nerves, (44%) strongly agree society depend on mobile, (38%) agree that checking mobile for every 10 minutes, (44%) agree checking mobile phone before sleep, (30%) agree they get frequent messages, (42%) strongly agree that mobile bad for health, (38%) agree that mobile vibration causing palpitation, (52%) disagree that mobile always kept in vibration, (40%) agree false perception while sleeping, (34%) disagree that phantom vibration syndrome is incurable disease, (40%) agree that all electronic gadget causing phantom vibration syndrome, (34%) uncertain that phantom vibration occur while taking shower, (44%) agree that carrying mobile in different position reduce vibration, (42%) agree that daily vibration influence phantom vibration syndrome, (32%) disagree that feel alone without mobile

Frequency and Percentage Distribution of Nursing Students attending online classes based on their overall attitude of the phantom vibration syndrome among nursing students

26% students strongly agree in attitude regarding phantom vibration syndrome among nursing students, 22% students agree in attitude regarding phantom vibration syndrome among nursing students, 14% students uncertain in attitude regarding phantom vibration syndrome among nursing students, 20% students disagree in attitude regarding phantom vibration syndrome and 18% students strongly disagree in attitude regarding phantom vibration syndrome.

Objective-2: to find the association between knowledge score and attitude level

regarding phantom vibration syndrome the association of level of knowledge among nursing students. There is no significant between the demographic variables with the level of knowledge on phantom vibration syndrome.

The association of level of attitude among the nursing students. There is no significant between the demographic variables with the level of knowledge on phantom vibration syndrome.

Hence the hypotheses showed that there was no association between the level of knowledge and level of attitude on the phantom vibration syndrome among nursing students with their demographic variables

CONCLUSION

The study was conducted to assess the knowledge and attitude on regarding Phantom Vibration Syndrome among nursing students attending online classes in selected nursing college, Trichy. The findings of the research project revealed that, 56 % students were having inadequate knowledge regarding phantom vibration syndrome among nursing students and 44% nursing students were having moderate knowledge regarding phantom vibration syndrome among nursing students and none of them were having adequate knowledge regarding phantom vibration syndrome among nursing students. 26% students strongly agree in attitude regarding phantom vibration syndrome among nursing students, 22 % students agree in attitude regarding phantom vibration syndrome among nursing students, 14 % students uncertain in attitude regarding phantom vibration syndrome among nursing students, 20% students disagree in attitude regarding phantom vibration syndrome and 18% students strongly disagree in attitude regarding phantom vibration syndrome. Thus the investigator was able to assess the overall level of knowledge and attitude regarding Phantom Vibration Syndrome among nursing students attending online classes in selected nursing college, Trichy

Recommendations

Based on the present study in view, the following recommendations were made, A comparative study can be phantom vibration syndrome in rural and urban areas

A self-instructional module in local languages can be prepared for educating the family members

The research study can be conducted on a large sample at different settings.

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Ethical Approval: Approved

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