

Abstract

Original Article

The Relationship between the Problematic Mobile Phone Use and Life Satisfaction, Loneliness, and Academic Performance in Nursing Students

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Abstract

Background: Nowadays, mobile phones have become an important part of the daily lives of individuals; and, considering the mobile applications developing with each passing beyond communication, they affect beliefs, attitudes, behaviors, and behavioral outcomes of individuals.

Objectives: This study aims to identify the relationship between the problematic mobile phone use and life satisfaction, loneliness, and academic performance in nurse candidates.

Methods: The study was conducted at the Faculty of Health Sciences of Atatürk University in Erzurum/Turkey. The sample consist of 353 nurse students, 274 female and 79 male. Problematic Mobile Phone Use Scale, the Life Satisfaction Scale and the UCLA Loneliness Scale was used for data collection in the study.

Results: Students' mean score in the problematic mobile phone use scale was 55.91 ± 18.66 , the mean life satisfaction scale score was 22.05 ± 6.00 , and the mean score in the loneliness scale was 39.11 ± 7.00 . A negative relationship was found between the problematic mobile phone use and life satisfaction ($r = -0.156$, $p < 0.01$), whereas the relationship with the loneliness was positive ($r = 0.256$, $p < 0.01$). Moreover, a negative significant correlation was found between the mean score taken in the problematic mobile phone use scale and Grade Point Average (GPA) ($r = -0.121$, $p < 0.05$).

Conclusion: As a result of this study, it was found that life satisfaction decreases, loneliness increases, and academic performance decreases with the increasing problematic mobile phone use in nurse candidates.

Keywords: Problematic mobile phone use, life satisfaction, loneliness, academic performance