Kocaeli Üniversitesi Sağlık Bilimleri Dergisi
e-ISSN: 2149-8571
Journal of Health Sciences of Kocaeli University
https://dergipark.org.tr/kusbed

doi:10.30934/kusbed. 523924

ORIGINAL ARTICLE
Expanded English Abstract

Full Text of The Paper
https://doi.org/10.30934/kusbed.523924

EFFECT OF SMART PHONE ADDICTION LEVELS OF NURSING STUDENTS ON THEIR COMMUNICATION SKILLS

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ARTICLE INFO

Article History
Received: 07.02.2019
Accepted: 13.03.2019
Available Online (Published): 20.05.2019

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ABSTRACT

Objective: This study was aimed to determine the effect of smart phone addiction levels of nursing students on communication skills.
Methods: This study was carried out using a descriptive design with nursing students (n=279) between April and May 2017. The data was obtained using "The Personal Information Form", "The Smart Phone Addiction Scale Short Form", and "The Communication Skills Assessment Scale". Percentage, mean, standard deviation, Mann Whitney U test, Kruskal Wallis test, Pearson correlation analysis were used for statistical analysis.
Results: Age of 71% of nursing students is 21 or more and 96.2% of them use internet and 95.3% of them have access to internet daily. 92.1% of these students have access to internet via smart phone. The average score of the Students' Smart Phone Addiction Scale Short Form is 30.43±11.08 and the average of Communication Skills Assessment Scale is 71.38±16.59. There is a negative and statistically significant relationship between students' communication skills and smart phone usage levels (r=-0.162; p<0.01).
Conclusion: As the smart phone addiction levels of nursing students increase, their communication skills decrease. It may be advisable to evaluate smartphone use in terms of effective use in education and communication in daily life.

Keywords: Smart phone, addiction, nursing students, communication skills

Abstract

This study was conducted in a descriptive type to determine the impact of the smart phone addiction levels among nursing students (n=279) on their communication skills. Students' mean score from Smart Phone Addiction Scale Short Version is 30.43±11.08, and score average from Communication Skills Evaluation Scale is 71.38±16.59. There is a negative and statistically significant relationship between students' communication skills and smart phone usage levels (r=-0.162; p<0.01). Communication skills decrease as nursing students' smart phone addiction levels increase.

Introduction and The Aim of This Study

Smart phones, which are the most important tools of communication nowadays, are often preferred in terms of innovations and conveniences brought to daily life. As one of the individuals in the community,

nurses and nursing students also have increasing use of smart phones. This study aimed to determine the impact of smart phone addiction levels among nursing students (n=279) on their communication skills.

Study Subject

Smart phones provide benefits in many areas when used correctly, but when used unconsciously, they can lead to some health problems in physical, psychological and social terms. Effective interpersonal communication skills between health care providers and patients are one of the most important factors for improving patient satisfaction, compliance and overall health outcomes. Effective communication is an important factor in the development of interpersonal relationships and improvement of patient care. Patient safety can be compromised by health care professionals due to excessive smart phone use. Therefore, smart phone addiction among health care professionals is an important issue to be addressed. This study aimed to contribute to the literature by discussing the impact of use of smart phone usage among nursing students in recent years on their communication skills.

Method

This study was carried out using a descriptive design with nursing students (n=279) between April and May 2017. The data was obtained using "The Personal Information Form", "The Smart Phone Addiction Scale Short Version (SAS-SV)", and "The Communication Skills Assessment Scale". In statistical analyses, percentage, average, Mann Whitney U test, Kruskal Wallis test, Pearson correlation analysis were used. Prior to the data collection process, written consent was received from the institution, oral consent was received from students, and principles of the Helsinki declaration were conformed in the study.

Results and Discussion

71% of nursing students are 21 years and over, and 92.1% provide their Internet access via a smart phone. Aktaş and Yılmaz , in their study conducted with university students, have revealed that, while students use smart phones often to connect to the Internet, to social networks and listen to music, they use them less to read books and play games. Ability to determine patient's needs and to determine nursing strategies with the principle of holistic approach of student nurses who will be in constant interaction with the patient and their families 24 hours can only be realized using effective communication channels and observing well. Students' mean score from SAS-SV is 30.43±11.08, and score average from Communication Skills Evaluation Scale is 71.38±16.59. The study results also showed that nursing students have moderate to high levels of communication skills. This situation can be thought to be related to the training of "communication" in theoretical and practical courses during undergraduate education of nursing students. Communication is very important when nursing students transfer theoretical knowledge in undergraduate education to practice areas. For this reason, nursing students are required to acquire the basic skills of high and effective communication with their interpersonalrelationshipswhileprovidingeffectivenursingservices. In this study, students aged 20 years and under and who spent 12 hours or more per day in the Internet were found to have a higher score in SAS-SV. Kahyaoğlu et al., in their study, noted that the dependence levels of 20 years and younger students were higher, and that students had decreased verbal communication, social interaction and academic success in reverse proportion to their dependence levels. There is a negative and statistically significant relationship between students' communication skills and smart phone usage levels ($r = -0.162$; $p < 0.01$).

Conclusions

In this study, communication skills decreased as nursing students' smart phone addiction levels increased. Curriculum should be regulated to increase communication skills professionally while students, who choose the nursing profession, where interpersonal relationships and communication are extremely important, continue their training in clinical practice areas before they start their professional life.

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