

## Nomophobic symptoms and depression among adults' of Rajkot district

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### ABSTRACT

The purpose of present study was to find out correlation between adults' Nomophobic Symptoms and Depression. The total 360 sample were taken out, In which 180 were male and 180 were female. The research tool for Nomophobic Symptoms; self administered inventory was used and for depression derogatis inventory was used. For the purpose of analysis. The Karl Pearson 'r' was used. Present study reveals the result that there is significant correlation between Nomophobic Symptoms and Depression.

**Keywords:** *Nomophobic Symptoms, Depression*

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. The fear of not being able to use a smart phone or a mobile and the services it offers (Yildirim & Corria, 2015) Nomophobia literary means no mobile phobia that is fear of being out of mobile phone contact. Commonly described as a mordern age phobia. Nomophobia is more prevalent in teenagers and young adults. If a person is in an area of no-network, has run out of balance or even worse run out of battery, the persons gets anxious, stress, fear, frustration, insistence, expectation and some panic symptoms. Various psychological factors use involved when a person over uses the mobile phone e.g. low self-esteem, extrovert personality. The burden of this problem is now increasing globally. Researchers have shown that the effects of nomophobia use more obvious in people with underlying diseases such as depression, anxiety, fear, dependency, low self-confidence.

Depression is a highly prevalent and often long term mental disorder reducing quality of life and causing increased health care costs, loss of productive working days, and disability depression is a state of mental illness. It is characterized by deep, long lasting feelings of sadness or despair, depression can change an individuals thinking / feelings and also affects social behaviour and sense of physical well-being burden of mental disorder, especially depression have increased globally (whitford, 2013) depression causes feelings of sadness and a loss of interest in activities once employed. It can lead to a variety of emotional and physical problems and can decrease a persons' ability to function at work. So, present studys' aim was to investigation relation between Nomophobic Symptoms and depression.

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## METHODOLOGY

To check co-relation between depression and nomophobic symptoms.

### Sample

The respondents of the present study 360 adults people randomly from various area in Rajkot district, in that sample 180 were male adults and 180 were female adults.

### Tools

- 1. Nomophobic Symptoms Scale** The Nomophobic Symptoms Scale was designed by the researcher (self administered scale by Nitin R. Korat, 2016) and it consists of 16 questions. Each item is scored using a Five Point Likert scale. The reliability for this scale is 0.85.
- 2. Depression Scale** Depression scale was developed by Derogatis in 1994. There are 13 questions in that scale. Each item is scored using a Five Point Likert Scale. The minimum score is 13 while the maximum score is 65. Alpha Co-efficients reliability is 0.86 for this scale.

## RESULT AND DISCUSSION

*Table-1 Co-relation calculation between Nomophobic Symptoms and Depression*

Sr.No.	Variables	N	dF	r	Sig. Levels
1	Nomophobic Symptoms	360	358	0.24	0.01
2	Depression	360	358		

The correlation between Nomophobic Symptoms and depression that 'r' value = 0.24, so we can say that there is significant correlation between Nomophobic Symptoms and depression. The result suggest that Nomophobic Symptoms and depression are highly positive correlated. So depression is predictor variable for Nomophobic Symptoms.

## CONCLUSION

The study presented in Rajkot district Adults' Nomophobic Symptoms and Depression, In which there is positive significant correlation between Nomophobic Symptoms and Depression and Depression is predictor variable for Nomophobic Symptoms Among Adult's.

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### ***Conflict of Interest***

The author declared no conflict of interests.

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