

Study on nomophobia and anger among undergraduates during COVID-19 pandemic

Anjali Ravi Kumar^{1*}, Sannet Thomas²

ABSTRACT

Anger is an emotion characterized by tension and hostility arising from frustration, real or imagined injury by another, or perceived injustice (American Psychological Association). Nomophobia is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity (Sudip Bhattacharya, Md Abu Bashar., 2019). Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans (World Health Organisation, 2020). As a result of this uncertain situation the dependency of mobile phones has increased drastically. The study aimed to find the relationship between Nomophobia and Anger among undergraduate during COVID-19 pandemic and was conducted during the covid-19 confinement period. The sample considered included a total of 120 undergraduate students within the age group 18-22 years and 60 males and 60 females were selected using purposive sampling technique. Nomophobia questionnaire (Yildirim C and Coereia A, 2015) and Novaco Anger Scale (Raymond W Novaco, 1994) was used for data collection. The data was analysed using independent sample t-test, mean, standard deviation and Pearson product moment correlation. From the results it was clear that there is no significant difference in the level of Nomophobia and Anger among undergraduates during CoVid-19 pandemic based on gender and that there is a significant correlation between nomophobia and anger among undergraduates during CoVid-19 pandemic.

Keywords: *Nomophobia, Anger, COVID-19*

The entire human race is battling the corona pandemic and during these hard times they turn to their mobiles which act as a source of distraction. As a result of confinement, the individual starts to experience a sense of mental discomfort and they often satisfy themselves through the means of internet wherein a wide variety of options are available through which people can gain gratification, this includes social satisfaction such as maintaining communication, educational – by doing courses, attending classes, personal satisfaction which includes video gaming and pleasure satisfaction. This has resulted in a

¹B.Sc Psychology Student, Yuvakshetra Institute of Management Studies, Ezhakkad, Palakkad, Kerala, India

²Assistant Professor, Department of Psychology, Yuvakshetra Institute of Management Studies, Ezhakkad, Palakkad, Kerala, India

*Responding Author

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drastic increase in the number of hours an individual spends on his /her phone. When these young adults depend on their phone too much it causes many discomforts, for instances they will worry unnecessarily about the outcomes in situations when they don't have their phones and this causes stress build-up and it often affects their mental health. Because they depend too much on their electrical devices, they often become less productive and start to procrastinate a lot. They also start to show many withdrawal symptoms like anger, irritation etc. The aim of the study is to find the rate of mobile dependency and identify the nomophobic people among undergraduates and also see its relation with psychological attribute- anger during the covid-19 confinement period. Once we have established the relationship between the variables and degree of nomophobic people we can devise many interventions to decrease the phone dependency among young adults and consequently make them more productive and stress-free.

Nomophobia

The term nomophobia refers to the fear of not having mobile phone. A phobia is a type of anxiety disorder defined by a persistent and excessive fear of an object or situation (American Psychiatric Association, 2013). Almost every one of us experience this fear and it is quite normal but when this fear is continuous and severity is of high level then it can be problematic as it gets in the way of our normal day to day activities. As a result of this pandemic the dependency on phone has increased by a large amount because not only does it allow one to stay communicated but also has other benefits such as attending classes, listening to music to soothe oneself, ways to increase creativity, sharpening skills by signing up for courses, indulging in games and many more all these factors contribute to the increase in the nomophobic people. Nomophobia often causes both physical and mental problems, in case of physical the person will have lack of sleep, reduced vision and even the radiations emitted by the mobile is very dangerous to one's body. The mental problems include lack of concentration, unwanted stress, anger, lack of patience, irritation etc. All of these factors affect the mental well-being of a person without them realising it.

Anger

Anger is a type of emotions that is characterised by rage within oneself, the level of anger maybe low, mild and severe. When the level of anger is beyond that of a normal range it can often be disruptive. A person who has increased level of anger may often experience many physiological discomforts like high level of blood pressure, increase in heart rate, increase in the production of adrenaline etc., Anger can be observed by verbal cues such as change in tone and by nonverbal cues by body language.

Definition of key terms

Nomophobia- Defined as the feelings of discomfort, anxiety, nervousness or distress that result from being out of contact with a mobile phone, even causing suicidal ideations as well as attempts. (Wang et al., 2014).

Anger- Emotional state that varies in intensity from mild irritation to intense fury and rage (Spielberger, 1983).

COVID-19 -Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans (World Health Organisation, 2020)

REVIEW OF LITERATURE

Maria Augustias Olivencia-Carrion, Ramon Ferri-Garcia, Maria del Mar Rueda, Manuel Gabriel Jimenez-Torres, Francisca Lopez-Torrecillas (2018) conducted a study on Temperament and characteristics related to nomophobia. The study was conducted on a total of 968 participants out of which 182 were males and 785 were females with the age group 23.19+years. The tools used were Questionnaire to Assess Nomophobia by Olivencia-Carrion et al., 2018 and the Temperament and Character Inventory Revised by Cloninger et al., The results revealed that the characteristics of cooperation reduced nomophobia especially for the factors mobile phone Addiction and Negative Consequences along with this the study also revealed that a relationship exists between Nomophobia and Personality as there is a positive relation between loss of control and mobile phone addiction. The purpose of the study was to identify the personality predictors for nomophobia so that they can develop necessary strategies and intervention.

Adriana Bianchi and James G Phillips (2005) conducted a study on Psychological Predictors of Problem Mobile Phone Use. The study was conducted on a total of 324 people out of which 195 responded. Through the collection of demographic detailed 132 females and 62 males along with one more had participated. The age group of the participants were from 18years to 85 years. The tools used for this survey are the MMPI- 2 Addiction Potential Scale, the Coopersmith Self Esteem Inventory, the Eysenck Personality Questionnaire-Revised Short Scale and a Mobile Phone Use Survey. The result indicated that Problem use was a function of age, extraversion and low self-esteem but not neuroticism. The main aim of the study is to identify and target groups so that proper intervention is given to them.

Sanjay Dixit, Harish Shukla, AK Bhagwat, Arpita Bindal, Abhilasha Goyal, Alia K Zaidi, Akansha Shrivastava (2010) conducted a study on A study to evaluate mobile phone dependence among students of a medical college and associated hospital of central India. The tool used was a pre designed and pre-tested questionnaire designed and developed from Dr. Marcus L. Raines. The sample under study comprised of 200 medical students out of which 106 were males and 94 were females. The result of the study indicate that nomophobia is equally prevalent among the study group irrespective of the gender. Out of the total 53% male and 47% female 18% were nomophobic.

Christoph Augner and Gerhard W Hacker (2011) conducted a study on Associations between problematic mobile phone use and psychological parameters in young adults. The study was conducted on 196 young adults. A survey was arranged to measure the daily use in minutes, use of SMS, and also it included psychological and health variable. The result of the study indicated that chronic stress, low emotional stability, female gender, young age, depression and extraversion are associated with phone use.

Parastoo Baharvand and Farideh Malekshahi conducted a research on Relationship between anger and drug addiction potentials as factors affecting the health of medical students. The study was conducted on a total of 373 students out of which 125 were males and 248 were females within the age group of 17-33years. The tools used for data collection was State-Trait Anger Expression Inventory-2 (Persian version) and Addiction Potential Scale. The result showed that there is a positive correlation between subjective component of anger and addiction potential and anger regulation components and addiction potential correlated negatively.

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Rationale

After reviewing the literature, it was found that there are no studies that test the relationship between nomophobia and anger among undergraduates during covid-19 period.

METHODOLOGY

Problem

Is there any relationship between nomophobia and anger among undergraduates during the covid-19 pandemic?

Objectives

1. To study Nomophobia and Anger on undergraduates during covid-19 pandemic based on gender.
2. To study correlation between Nomophobia and Anger on undergraduates during covid-19 pandemic.

Variables

Independent Variable: Gender

Dependent Variable: Nomophobia, Anger

Hypothesis

1. On the basis of the above objectives the following hypothesis are formulated and are to be tested on a sample of 120 undergraduates.
2. There will be no significant difference in the level of nomophobia among undergraduates during covid-19 pandemic based on gender.
3. There will be no significant difference in the level of anger among undergraduates during covid-19 pandemic based on gender.
4. There will be no significant relationship between nomophobia and anger among undergraduates during covid-19 pandemic.

Research design

The research study was qualitative in nature and correlational study was developed to determine if there exists a relationship between nomophobia and anger and the research also adopted between 2 research design for finding standard deviation in nomophobia and anger among undergraduates during covid-19 pandemic across gender.

Research Sample

Purposive sampling method was used for this and the study sample consisted of 120 undergraduates out of which 60 were males and rest 60 females. The sample consisted of participants studying in different institutions and universities and were of different gender and age.

Sampling Criteria

Inclusion criteria

- Only those who are willing to participate via online means of communication
- Only Students who are currently undergraduates were considered
- Age limit of 18-23 years

Exclusion criteria

- Those who currently completed their under graduation.

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Tools

- The following tools were administered to each participant in order to collect the required information,
- Socio-demographic data
- Nomophobia questionnaire (Yildirim C and Coereia A, 2015)
- Novaco Anger Scale (Raymond W Novaco, 1994).

Procedure

The research was began after attaining the consent of the participants, the first step being that a rapport was established by the participants and the researcher through social media, after this each participants were individually educated about the purpose of the study as well as they were informed about the confidentiality of their responses, finally the questionnaires were administered through online modes of communication and the responses were noted. The participants were not asked to disclose any of their personal information.

Analysis of the data

Once the data was collected, they were analysed further using statistical package for social science (SPSS-20). The following statistical tests were carried:

- Mean, standard deviation.
- Independent sample t test.
- Pearson product moment correlation.

Ethical Issue

- Informed Consent of each and every participant was acquired.
- Confidentiality of the responses were maintained.
- The data collected will be solely used for research purpose.

RESULTS

Data Analysis and Interpretation

The aim of this study was to find the relationship between Nomophobia and Anger among undergraduate during covid 19 pandemic. The study consisted of 120 undergraduates out of which 60 were males and 60 females. For the purpose of the study the investigator formulated 3 hypothesis and the results are shown below

Data analysis

Table 1: t ratio for gender

Variables	Gender	N	Mean	Std. Deviation	t-ratio	Degree of freedom	Sig. value (2-tailed)
Nomophobia	Male	60	80.8500	20.45816	0.43	118	0.966
	Female	60	80.6833	21.86669	0.43		0.966
Anger	Male	60	53.4833	14.12714	-.660	118	0.511
	Female	60	55.1167	12.96683	-.660		0.511

From the above table we can say that the average mean for nomophobia in terms of gender is the same for both groups when compared to anger in which the level is slightly higher than that of males. By looking at the t-ratio and by comparing the significant value (2-tailed) through independent sample t test we can tell that there is no significant difference in the level of nomophobia and anger among the two groups.

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Thus, from these results the researcher accepts the first and second hypothesis which states that there is no significant relationship in the level of nomophobia and anger among undergraduates during covid-19 pandemic.

Table 2 shows Correlation between Nomophobia and Anger

Variables		Nomophobia	Anger
Nomophobia	Pearson Correlation	1	.353**
	Sig. (2-tailed)		.000
	N	120	120
Anger	Pearson Correlation	.353**	1
	Sig. (2-tailed)	.000	
	N	120	120

***. Correlation is significant at the 0.01 level (2-tailed)*

In the above-mentioned table while looking at the significant values of correlation it is clear that there exists a relationship between the variables and the relationship is positive in nature.

Thus, the third null hypothesis which states that there is no significant relationship is rejected as here a there is a significant relationship in the level of nomophobia and anger among undergraduates during covid-19 pandemic.

Major Findings

1. There is no significant difference in nomophobia among undergraduates during covid-19 pandemic based on gender.
2. There exists significant difference in anger among undergraduates during covid-19 pandemic based on gender.
3. Males have less significant difference in the level of anger when compared to female counterparts.
4. There is a significant relationship between nomophobia and anger among undergraduates during covid-19 pandemic.

Implications

As indicated Nomophobia and anger show correlation to each other, so from this study it is possible to devise interventions that will reduce the dependency on phones and make a person more psychologically stable by decreasing the level of anger in them. It is also clear that females show an increase in the level of anger when compared to males and so they should be focused while devising interventions.

This study can be used for the welfare of individuals

Interventions

1. Develop a “Stopping Rule”
2. Start replacing it with other habits
3. Do things that you love
4. Spend time meditating
5. Spread awareness and educate oneself on the disadvantages and effects of phone addiction
6. Try to have a no mobile phone day atleast once a week

Scope and Limitation

Scope: Further study can be done on a larger population covering more geographical area and comprising of people related to different categories.

Limitation: The research was done on a fairly small amount of sample.

CONCLUSION

The term nomophobia is used when one has the fear of losing their mobile phones, and anger refers to the type of emotion wherein a person experiences rage within oneself. The present study was conducted on a total of 120 undergraduates and from the results we can see that there is a positive correlation between nomophobia and anger among undergraduates, when we compare the male counterparts with the females, we can see that females have higher level of anger. This study can be used to develop interventions that will aid in the welfare of the undergraduates students and further studies can be conducted on a larger population.

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Conflict of Interest

The author declared no conflict of interest.

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