

Research Paper

The Mighty Cell Phone and Nomophobia: Echo of Scholar's Material Possession and Extended Self

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ABSTRACT

we live in a period of remote complex correspondence mediums. As the cell phone involved its place into the nursery of Eden, it removes the everlasting spell over the cognizant and likely area of human mind. the predisposal element of cell phone dependence is a social and mental issue which has been examined by clinicians, specialists, and instructive researchers. Research writing on hazardous smartphone or cell phone usage, or smartphone dependence, has raised. At the point when cell phones interrupt consideration and learning. Cell phones assumes a heavenly part in the existences of individuals and furthermore have been displayed in comparative examinations that it's incongruously affect undergrad learning and exercises. Objectives were to evaluate cell phone usage and level of Nomophobia. What's more, investigate the connection between the Nomophobia and cell phone usage Methods include, A correlation plan with delineated irregular testing strategy was embraced for present review. All out-sample size was N-(157) information assortment was finished by utilizing three instruments Tool I-Demographic Performa, Tool II-(CPUQ) cell phone usage Likert scale five point and Tool III-was (NMP-Q) nomophobia force scale. Information examination was finished by SPSS (Statistical bundle for sociologies) rendition 25. Conclusion of our study finds undergrads have extreme nomophobic signs. Understudies have reliant and ongoing propensity towards cell phones or (WSMD) wireless sophisticated mobile devices. Females were seen as steadier in extreme nomophobia case process rundown. There were major areas of strength for a connection found between cell phone usage example and level of nomophobia among pupils.

Keywords: Cell phone usage, Nomophobia, Adolescent, Scholars

The prefix "Nomo" alludes to no cell phone, "phobia" alludes to the having a trepidation, thus at last nomophobia implies the apprehension disquiet of not having a cell phone 1 ("Nomophobia", 2022) The term NOMOPHOBIA or NO MOBILE PHone PhoBIA is utilized to portray a mental condition when individuals have an apprehension about being segregated from cell phone connectivity(Cheever et al., 2014). The term NOMOPHOBIA is built on definitions portrayed in the DSM-IV, it has been marked as a "phobia for a specific/explicit thing" 2 (Bhattacharya et al., 2019) Many scholars have investigated the effect of Smart telephone partition on self-noted sensations of

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Received: June 17, 2023; Revision Received: August 22, 2023; Accepted: August 24, 2023

frenzy and uneasiness examination affirm of the connection between telephone connection and intensive profound reaction of extraordinary trepidation during detachment 3 4 (Clayton et al., 2015) ; (Hoffner et al., 2016) Parallel to that on material possessions influence is decrease with age, but remains uplifted throughout life as we seek to express ourselves through possessions and utilize material possessions to find happiness and peace of mind, remind ourselves of experiences, attainment, and other people in our lives, and even develop a sense of immortality after death. (Belk, 1988)

Phantom phone vibrations (Rinxiety)

Phone related conduct is reliable with past writing pieces, and anticipated that repeat of feeling material vibrations or PPS (Phantom phone vibrations) which had establishes in to the force of cell phone fixation. People who utilize their cell phone more extensively may probably adjust to the signals of their savvy cell phones. As suggested by the brain depends on network algorithm schemas to get a handle on approaching signal data. Also, frequently openness to cell phone signals might end more receptive network schemas that train the brain's speculation directed search misjudging apparent tactile signals. As such, individuals "learn" to improve tangible upgrades with alarms to approaching cell phone calls, messages or warnings. An outrageous recurrence of phone misuse might wind up ongoing incitement of advanced cell related hallucination schemas, prompting routine error and misgiving of approaching signals in terms of call vibrations. (Rothberg et al., 2010)

Investigating the elements of buyer conduct

Examination connects with contention that while cost and elements are the most transcendent variables while having the acquisition of another cell phone, where cost, perceptibility, network openness, are likewise focus on as the most compelling in the determination of the cell phones Prime goal of this examination was to grasp the distinction in the significance and prioritization which outlined and driven by various orientation gatherings to the chose composite elements while purchasing their complex wireless cell-phone of today known as "Smart Phones". The review closed 57% of male responders has given need to Quality of Smart Phones followed by their cost, highlights like "operating system", "Brand" and "Style fabrication" of Smart phones (Mishra, 2014)) another review found utilization design among Preclinical, Clinical, Interns and Post-Graduates with respect to the use example and predictors of Smart phone which could accepted on them. At the end example of utilization of Smart phone among dental researchers light disturbing predications that understudy have been reliant upon to Smart phone which on the off chance that impacted their scholarly imprints in a negative huge manner (Prasad, 2015)

MATERIAL & METHODS

A correlation plan with stratified randomized Sampling strategy was embraced eight strata Current study justifies by using "Paramedical", "Engineering", "Nursing" & "Others" In stratified random sampling or stratification, the sub strata are formed based on members' shared attributes like education in this study. Then strata were used to divide the population in sub groups. During data collection researcher utilized random number generator with class attendance register to get proportion of the samples from each stratum was identified for present review. Data were collected over a period of 2 weeks from 12.11.2017 to 13.12.2017 in suitable classrooms without any external visual stimuli before administration of tools the researcher read declaration of privacy and confidentiality of participants but without telling the topic statement. All out-sample size was N-(157) after power analysis and formula was: Total sample size (N)= $[(Z\alpha+Z\beta)/C]^2 + 3$ Where, (α): Threshold probability for rejecting the null hypothesis. Type I error = **0.05** (β): probability of failing to reject the null

hypothesis under the alternative hypothesis. Type II error = 0.08 ($Z\alpha$) : The standard normal deviate for $\alpha = Z\alpha = 1.960$ ($Z\beta$) : The standard normal deviation for $\beta = Z\beta = -0.842$ (C) : $0.5 * \ln [(1+r)/1-r] = 0.100$ (Hulley, 2013) information assortment was finished by utilizing three instruments Tool I-Demographic Performa, Tool II-(CPUQ) cell phone usage questionnaire Likert scale five point was self-constructed and having **7.56** internal consistent reliability. (Karras, 1997) (Benesty et al., 2009) and Validity refers to the degree to which an instrument measures what it is intended to measure S-CVI was **0.79** Includes domains such as Fear of inability to communication (30.30%), Fear of loose connectedness (21.21%), Fear of being alone (48.48%) out of thirty-three items. (Hobbs, 2022) and Tool III-was (NMP-Q) nomophobia scale with Cronbach's alpha coefficient of **0.93** (coefficients of 0.90, 0.77, and 0.71 for the three factors, respectively). The first, second, and third factors explained 26.30%, 20.84%, and 17.60% of the variance, respectively it has 20 questions, each scored on a 7-points. (Yildirim & Correia, 2015). This review evaluates cell phone usage and level of Nomophobia. What's more, investigate the connection between the Nomophobia and cell phone usage.

RESULTS AND DISCUSSION

Majority of the college students age (N=157), were from 21-23 years of age (42.70%), rest (35.70%) were from less than 20 years and remaining (21.70%) were from more than 24 years of age. Majority of the college student's family type (N=157), were from nuclear family (38.9%), joint family (35.70%) and remaining (25.5%) were from extended family background. According to the analysis it shows that in terms of domicile majority of college students were from Semi-urban area (39.50%), Urban domicile contributes (32.50%) and participants with (28.0%) from Rural domicile. Analysis also revealed that majority of college students family income is less than 25,000 (52.20%), 25,001-50,000 family income were (37.60%) and participants with more than 50,001 family income were (10.20%). Analysis suggest that majority of college students majority of the participants is currently using android-OS with (77.1%), java-OS users were (13.4%) and rest were using I-os (9.60%). Analysis describe participants distribution in terms of colleges majority were from engineering department (47.10%), Nursing and paramedical were (19.10%) and rest other were (14.60%). Results suggest that the majority of the participants own cell phone at the age of 16-18 (44.60%), (41.40%) participants own cell after 18 years of age and rest (13.40%) own cell at the age of less than 15 year. Participants daily usage of cell phone in term of hours were 3 to 5 hours per day, (18.50%) participants using 0 to 2 hours and rest were (22.90%) using more than 6 hours per day. participants with (51.0%) monthly expenses on cell phone were 101-500 Rs, (35.70%) were having expenses less than 100 Rs and rest participants (12.70%) expense more than 5001 Rs on their cell phone per month. Analysis also concludes that majority of the participants with (47.10%) using cell phone for entertainment, (40.10%) for social network and rest with only (12.70%) is having optimum balanced usage of cell phone.

Patterns of Scores

The analysis revealed that majority of the students cell phone usage was dependent 84 (53.5%), 61 participants were problematic cell phone user (38.8%) and only very lest 12 students were belonging to non-problematic usage (7.7%). when comes to nomophobia same pattern of scores can be seen in table which suggest majority of the 98 students were having severe degree of nomophobia (62.4%), moderate degree nomophobia found with 33 participants (21.0%), mild nomophobic manifestations found with 26 participants (16.5%) and no participants were found without manifestation

Table 1 Depicts mean median standard deviation and range of cell phone usage pattern and nomophobia

Variables	Mean	Median	Sd	Range
Cell phone usage pattern [CPUQ]	120.80	27.69	27.69	127
Nomophobia [NMPQ]	103.90	103.90	31.57	127

Table-2 Distribution and classification of cell phone usage pattern scores and the nomophobia scores with their frequency and percentage

Variables	Levels	Freq (F)	Percentage (%)
Cell phone usage pattern	1. Non-Problematic usage (33-77)	12	7.7%
	2. Problematic usage (78-121)	61	38.8%
	3. Dependent usage (122-165)	84	53.5%
Nomophobia level	1. Absent (<20)	0	0%
	2. Mild (21-60)	26	16.5%
	3. Moderate (61-100)	33	21.0%
	4. Severe (101-140)	98	62.4%

Measures of central tendency for cell phone usage [CPUQ] Mean (M)= 120.80, Median (MD) = 27.69, measures of dispersion’s Standard deviation (SD) = 27.69 and Range was 127. When comes to nomophobia [NMPQ] Mean was (M) = 103.90, Median (MD) = 103.90 under dispersion Standard deviation was (SD) = 27.69 & Range 127 with the total sample size of (N) = 157 as represented in table.

Relationships

Table 3 Relation between cell phone usage pattern and Nomophobia using Karl person method.

S. No	Variable	Respondents		Coefficient correlation (r)
		Mean	Standard Deviation	
1.	Cell phone usage pattern	120.80	27.69	0.70
2.	Nomophobia	103.90	31.57	

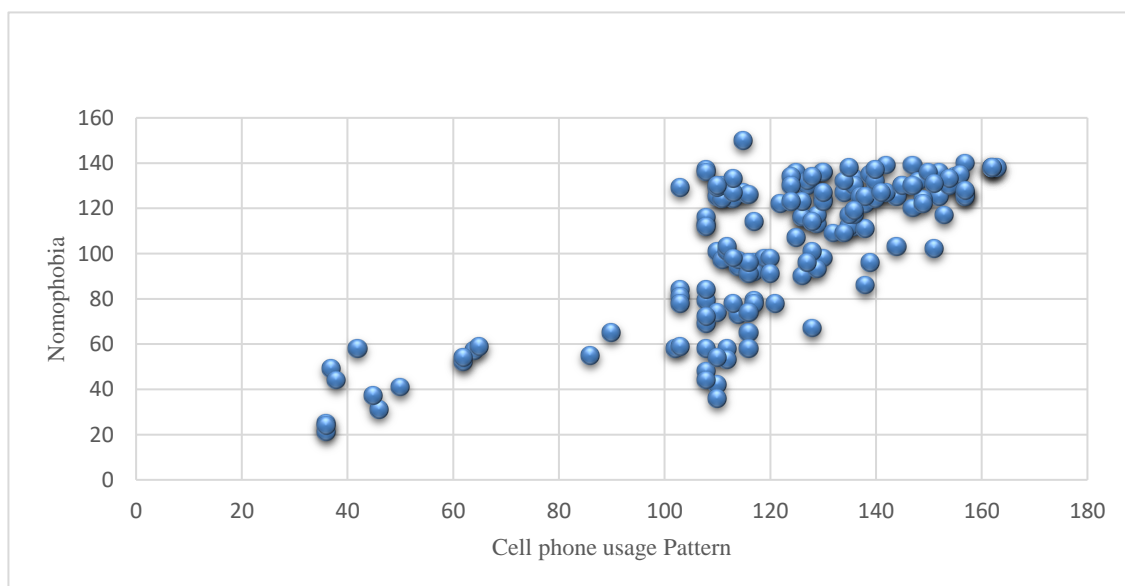


Figure 4 Scattered bubble diagram showing correlation between the scoring levels of cell phone usage pattern (X = Axis) and nomophobia at (Y = Axis) of the graph.

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The correlation coefficient value (r-value) of cell phone usage pattern and nomophobia was having +0.070 by using S.P.S.S v-25.0 bivariate Pearson correlation coefficient the computed value revealed strong positive correlation ($r = 0.70$, $p < 0.001$) between cell phone usage pattern and degree of nomophobia. Chi-square test of independence was performed and computed value of selected socio demographic variables viz. domicile, education status, operating system, Daily cell phone usage & monthly internet data consumption was more than table value and found statistically significant at the level of $\alpha 0.05$.

DISCUSSION

The review suggests that the students need future assistance in fear desensitization and comprehension of peculiarity in more extensive part of writing. We uncovered quantities of indicator factors that I think have the gigantic potential to test a certain perceptual preparation for envisioned signs or phantom vibrations (Tanis et al., 2015), could make one either envision a phone sign or error of the other tactile contribution as. aside from the reality pretty much reliable individual contrasts that they zeroed in on, appears to be conceivable that more noteworthy transient situational factors.

The policy makers ought to be profited from study to become mindful about the peculiarity drives capacity to foster countermeasures since today or tomorrow students will depend on the mechanical headways and it ought to engage the students in certain way. Researchers shouldn't veer off from the way that each coin has two appearances assuming one has positive side without a doubt it likewise has unfortunate results. Capacity to give them ideal use design should be our need not to stir however to give them apparatuses of tomorrow they could require.

CONCLUSION

The college students have severe nomophobic manifestations. Students have dependent and habitual tendency towards cell phones or (WSMD) wireless sophisticated mobile devices. Females were found more consistent in severe nomophobia case process summary. There was a strong positive correlation found between cell phone usage pattern and degree of nomophobia among college students.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Das, A. & Karagi, M. (2023). The Mighty Cell Phone and Nomophobia: Echo of Scholar's Material Possession and Extended Self. *International Journal of Indian Psychology*, 11(3), 2593-2598. DIP:18.01.246.20231103, DOI:10.25215/1103.246