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Research Paper

A Correlation Study Between Alexithymia, Nomophobia and Emotion Regulation Among Young Adults

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ABSTRACT

The study objects to examine whether the is a correlation between Alexithymia, Nomophobia, and Emotion regulation among young adults. The study was carried forward on young adults between age bracket of 18-25, from various college students from Pune. The sample size comprised of 72 male and 133 female young adults. The data was collected using the personal data sheet (PDS), Digital well-being interface, the Perth Alexithymia Questionnaire – Short form (PAQ-S) Preece et al. (2023), the Nomophobia Questionnaire Yildirim & Correia (2015), and the Emotion Regulation Questionnaire – Short form (Preece et al., 2021) based on the original scale Emotion Regulation Questionnaire (Gross & John 2003). The data derived from the study was analyzed using SPPS and the Shapiro-Wilk test of normality suggested that the data is not normally distributed, thus non-parametric test were used. The outcome of the study underscores that there is significant positive correlation between Alexithymia and Nomophobia in Young adults (.404**, $p<0.01$). Furthermore, a no significant correlation was found between Nomophobia and Cognitive reappraisal in young adults. A significant positive correlation was found between Nomophobia and Expressive Suppression (0.189**, $p<0.01$), Alexithymia and Cognitive Reappraisal (.165*, $p<0.05$), and Alexithymia and Expressive suppression (.471**, $p<0.01$) in young adults.

Keywords: *Alexithymia, Nomophobia, Cognitive Reappraisal, Expressive Suppression, Young Adults*

With each passing year, the 21st century is highly likely to become a digital universe, where use of smartphones has become quintessential part of people's lives, up to an extent that it feels like an extended part of human body. Economic Forum (2023) confirms that there were over 8.58 billion mobile phone users in the year of 2022, this number was higher compared to the global population at that time, which was 7.95 billion. This report confirms that there were more mobile phones on earth than there were human beings. The question arises, to what extent do people divert their attention to mobile phone when they are emotionally overwhelmed or feeling a void? However, it is important to consider is it really a relief, a better feeling, or emotional numbness? Smartphone can provide humans all the information of the world other than their own emotions. The special ability that human beings

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are endowed with is not only to experience but also to understand, express, and regulate their emotions, which makes human beings different from other living beings on Earth. Jacobsons (2024) says in an article that human beings are primarily emotional and not rational. Rationality comes later in the picture. As Emotions being the central part of human existence, they have the ability to regulate their emotions, either in an adaptive way or in a maladaptive way. When people are unable to recognize, label, and communicate their emotions, they tend to use mobile phones as an escape from this uncomfortable situation, which in turn affects their emotion regulation. With that being the case, this research paper aims to explore the complex relationship between Alexithymia, Nomophobia and Emotion regulation.

Alexithymia

"Alexithymia is a dimensional personality trait characterized by difficulties in identifying and describing subjective feelings, a limited imaginal capacity, and an externally oriented cognitive style" (Taylor and Bagby, 2012).

The concept of alexithymia was firstly named by Sifneos (1973). He reported noticing certain psycho-somatic patients who were finding it difficult to convey and express their emotions to themselves and others. Many clinical patients struggle with emotion processing because of psycho-somatic disorder; hence, the condition was named as Alexithymia. The term has its origin in Ancient Greek language. When dissected the word alexithymia, it comes from 3 root words, *a* (not, lack of), *lexis*(words), *and thymos* (emotions). In non-medical language it is addressed as being emotionless. According to them, Alexithymia has two origins, the primary is heredity, and the secondary is associated with psychological traumas.

Signs and symptoms of alexithymia according to Leonard (2023) include,

- Trouble recognizing feelings and emotions
- Difficulty differentiating emotions and body sensational reaction which related to those emotions
- Problem identifying and communicating about feeling and emotions to others
- Problem identifying and responding to others emotional cues including tone of voice as well as facial reactions
- Lack of imagination/fantasy
- Poor coping skills in response to deal with stress
- Rigid and logical thinking that does not consider emotions
- Less altruistic than others
- Appearing distant from others, rigid and humourless
- Low life satisfaction

Nomophobia

"Nomophobia refers to the anxiety, discomfort, and stress caused to the person when they do not have their smartphones readily available to them" (King, 2012).

The term Nomophobia was coined not very long back (WSBT, 2008). The post office of UK conducted a survey on their citizens in the same year regarding their mobile phone usage and how they felt when they were unable to access their phones. The findings of the study reveal an interesting result that approximated to 53% UK citizens experienced some sort of anxiety and feeling of worry when they were unable to access their mobile phones, were out of the battery or unable to catch network. As a conclusion the nomophobia level in the UK citizen was reported as significant.

Nomophobia can manifest itself through various symptoms, the list of the symptoms is given by Bhattacharya et al. (2019)

- Anxiety
- Trembling
- Agitation
- Respiratory alterations
- Tachycardia (increased heart beat)
- Perspiration
- Disorientation

Emotion Regulation

"Emotion regulation can be defined as "the extrinsic and intrinsic process of monitoring, evaluating and modifying emotional reaction in order to accomplish goals" (Thompson, 1994, 99. 22-28)

Adaptive and Maladaptive emotion regulation

Adaptive emotion regulation also knows as functional emotion regulation refers to beneficial strategies used to achieve one's desired emotional state. Whereas maladaptive emotion regulation also knows as dysfunctional emotion regulation denotes ineffective or unsuccessful measures that does not let one to achieve their desired emotional state but could lead to psychological or emotional difficulties (Gross & John, 2003).

1. Cognitive appraisal: it involves re-evaluating and reframing an event to alter its emotional effect.
2. Expressive suppression: It involves actively suppressing or trying to inhibit one's emotions from external expression.

REVIEW OF LITERATURE

1. The Relationships between Nomophobia, Alexithymia, and metacognitive problems in an adolescent population

The research carried out by Yavuz et al. (2019) on a sample size of 18,17 adolescents (54% females, and 46% male), using NMP-Q (Yildirim & Correia, 2015), TAS-20 (Bagby et al., 1994), and MCQ-C (Cartwright-Hatton et al., 2004). The findings of the study reveal that nomophobia, alexithymia and metacognitive problems were significantly higher in females as compared to males. Furthermore, a significant positive correlation was observed between Nomophobia and alexithymia and metacognitive problems. Additionally, regression analysis suggested gender, alexithymia, and metacognitive issues are significant predictors of Nomophobia

2.The effect of emotion regulation strategies on nomophobia in college students: the masking role of resilience

Cui et al. (2024) conducted an enquiry to examine the impact of various emotion regulation strategies on nomophobia on a sample size of 756 university going students from northeastern China, using NMP-Q (Yildirim & Correia, 2015), ERQ (Gross & John, 2003), and RS-14 (Wagnild.2009). Cui et al. (2024) found that severity of nomophobia was positively correlated with the employment of both the emotion regulation strategy, including cognitive reappraisal (CR) and expressive suppression (ES). Additionally, the study suggested early intervention targeting to increase resilience can be beneficial as it mediates the role between Nomophobia and Emotion regulation strategies.

3. Alexithymia and emotion regulation

Preece et al. (2023) discovered the association between alexithymia and emotion regulation strategies. The study was carried out on 501 adult participants from the United States. Participants of the research were categorized into high, moderate, and low alexithymia scores. The research was conducted using PAQ (Preece et al., 2018) and ERQ (Gross & John, 2003). Findings from the study underscored that participant with higher level of alexithymia were found to be positively correlated with expressive suppression, and negatively correlated with Cognitive reappraisal. Furthermore, alexithymia was observed to impair the emotion regulation.

Need And Importance

Human beings are supposed to be emotional beings by nature, However, Alexithymia - a personality trait that makes it difficult for them to identify, and describe their emotions. As a result, they rely on external resources for a distraction or comfort. Many young adults engage in using mobile phone; it has become quintessential part of their lives. When they are away from their mobile phones, it further hampers their emotion regulation. Young adults are seen as the future of the country, but many of them are digital native who rely heavily on their mobile phones for nearly all informational needs while ignoring their own feelings. This issue raises a concern which warrants immediate attention, particularly in a country where young adults are the major part of the population. This research aims to understand this complex relationship and fill the research gap by exploring how these different constructs interact with each other.

METHODOLOGY

Objectives

1. To study Alexithymia in young adults.
2. To study Nomophobia in young adults.
3. To study Emotion Regulation in young adult.
4. To study the correlation between Alexithymia and Nomophobia in young adults.
5. To study the correlation between Nomophobia and Cognitive Reappraisal in young adults.
6. To study the correlation between Nomophobia and Expressive Suppression in young adult.
7. To study the correlation between Alexithymia and Cognitive Reappraisal in young adults.
8. To study the correlation between Alexithymia and Expressive in young adults.

Hypotheses of the study

- H1: There will be a positive correlation between Alexithymia and Nomophobia in young adults.
- H2: There will be a positive correlation between Nomophobia and Cognitive Reappraisal in young adults.
- H3: There will be a positive correlation between Nomophobia and Expressive Suppression in young adults.
- H4: There will be a negative correlation between Alexithymia and Cognitive Reappraisal in young adults.
- H5: There will be a positive correlation between Alexithymia and Expressive Suppression in young adults.

Research design

The study uses a correlation research design to understand and examine the correlation between Alexithymia, Nomophobia, and Emotion regulation.

Description of sample

The sample for the study includes young adults, between age bracket of 18-25. The researcher collected data of 205 young adults (72 male, and 133 female) from various college going students of Pune by using a purposive sampling technique.

Inclusion criteria

1. Participants must be young adults.
2. Age range of the participants must be between 18 to 25.
3. Participants must be using mobile phones for more than 4 hours daily.
4. Participants must be unemployed.

Exclusion criteria

1. Married students are excluded.
2. Employed students are excluded.
3. Social media influencers and freelancers who work extensively on mobile phones are excluded.
4. Students with mental or physical disabilities or disorders are excluded.

Variables under study

- Alexithymia
- Nomophobia
- Emotion Regulation (Cognitive Reappraisal & Expressive Suppression)

Operational definitions

- **Alexithymia:** It is a state of emotional numbness, it is measured by The Perth Alexithymia Questionnaire- short form (PAQ-S Preece et al., 2023), in terms of Difficulty Identifying One's Feelings (DIF), Difficulty Describing One's Feelings (DDF), and Externally Oriented Thinking (EOT).
- **Nomophobia:** It is No mobile phone phobia, and is measured by using The Nomophobia Questionnaire NMP-Q (Yildirim & Correia, 2015), which is measure in terms of Not being able to communicate, losing connectedness, not being able to access information, and giving up convenience.
- **Emotion Regulation:** It is the ability to feel, process, and express one's emotions in a healthy way, it is measured by The Emotion Regulation Questionnaire-Short Form ERQ-S (Preece et al., 2023), it is measured in terms of Cognitive reappraisal and Expressive suppression.

Procedure for data collection

Researcher collected data using purposive sampling technique from 72 males and 133 females young adults all within the age bracket of 18-25 years, studying in different colleges of Pune. The data collection process took approximately 2 months.

Research tools

- **Personal Data Sheet (PDS):** The personal data sheet gathered demographic details and basic background information of the participants.
- **Digital Well-being Interface:** Researcher used this to measure participants' daily screen time, to make sure the participants fulfil the criteria of using phone for more than 4 hours on a daily basis.
- **The Perth Alexithymia Questionnaire- Short Form (PAQ-S):** In the study, the researcher used a shortened version the PAQ (Preece et al., 2018). The PAQ-S (Preece et al., 2023) contains 6 questions and score can range between from 6-42. It covers three dimensions of alexithymia, Difficulty Identifying Feelings (DIF), Difficulty Describing Feelings (DDF), and Externally Oriented Thinking (EOT). The scale gives total scare score of severity of alexithymia. Internal consistency of the questionnaire has been measured by employing Cronbach's alpha (0.82) and McDonald's omega (0.82), were compared with long form of Perth Alexithymia Scale. For measuring concurrent validity Pearsons's correlation was employed between the questionnaire and various established measures. The questionnaire was found to be highly correlated with PAQ-S ($r=0.90$, $p<.001$), the subscales ranged from 0.70 – 0.79 on significance level .001. Furthermore, a high correlation of PAQ-S by Preece et al. (2023) was found with TAS-20 (Taylor & Bagby, 2012).
- **The Nomophobia Questionnaire (NMP-Q):** The researcher used NMP-Q (Yildirim & Correia. 2015) which has 4 dimensions, namely, not being able to communicate, losing connectedness, not being able to access information, and giving up convenience; it has 20 items in total 7-point Likert scale ranging from 1 to 7, where 1 means strongly disagree, and 7 means strongly agree. Minimum score of the questionnaire is 20 and maximum score is 140. The questionnaire has Cronbach alpha of 0.945 for the total questionnaire, which indicates excellent internal consistency, the subscales range between 0.814 - 0.939. The questionnaire has concurrent validity ($r=0.71$) which is supported by a strong correlation with the MPIQ by Walsh et al. (2010).
- **The Emotion Regulation Questionnaire- Short form (ERQ-S):** For this study, researcher has employed shortened version, ERQ-S, developed by Preece et al. (2023). The Emotion Regulation Scale (ERQ) was developed by Gross & John (2003). The short version of the questionnaire has 6 questions, 3 representing Cognitive reappraisal, and 3 representing Expressive suppression. The scores can range between 3 to 21 for each emotion regulation strategy. The reliability of the was measured on college student sample which indicated Cronbach alpha of 0.77 & 0.84 for Cognitive Reappraisal and Expressive Suppression respectively. For measuring concurrent validity, Pearsons's correlation was employed between the longer version of the scale and the shortened version of the questionnaire, which is highly correlated ($r>0.90$, $p<.001$).

Statistical treatment

The researcher further processed the data by using SPSS, for measuring Spearman's correlation and regression analysis.

RESULTS

Table I showing descriptive statistics

	Alexithymia	Nomophobia	Cognitive reappraisal	Expressive Suppression
Mean	23.68	78.30	13.97	13.29
Std. error of mean	0.598	1.445	.272	.351
Median	23	77	14	14
Mode	74.4	21.64	14.06	15.42
Standard deviation	8.566	20.687	3.889	5.025
Variance	73.374	427.945	15.127	25.255
Skewness	.087	.124	-.491	-.281
Std. error of skewness	.170	.170	.170	.170
Kurtosis	-.594	.007	.148	-.807
Std. error of kurtosis	.338	.338	.338	.338
Shapiro- Wilk p	.039	.609	<.001	<.001

From the above table, it is observed that the mean score for Alexithymia is 23.68, which indicates moderate level of alexithymia among young adults. Furthermore, the mean score for nomophobia is 78.30, which suggest moderate level of nomophobia among young adults. Moreover, the mean score for Cognitive reappraisal is 13.97, which indicates moderate level usage of given strategy by the young adults. Additionally, the mean score for Expressive suppression is 13.29, which further indicates moderate level of usage of the strategy by young adults.

Normality of the data was tested using the Shapiro-Wilk test. The test for Alexithymia, Cognitive Reappraisal, and Expressive Suppression suggest the data for these variables does not follow assumptions of normality, because the p-values of alexithymia, Cognitive reappraisal, and expressive suppression are less than 0.05. Hence, the researcher has selected non-parametric analysis for this study.

Table II showing Spearman's correlation between Alexithymia and Nomophobia

		Nomophobia	p-value
Alexithymia	Spearman's rho	.404**	<.001

It is observed from the table no. II; the spearman's rho of Alexithymia and Nomophobia is .404** in which $p<0.01$ and is significant at both the levels .01 and 0.5. Hence, there is a significant positive correlation between Alexithymia and Nomophobia in young adults.

Table III showing Spearman's correlation between Nomophobia and Cognitive reappraisal

		Cognitive reappraisal	p-value
Nomophobia	Spearman's rho	.074	.289

It is seen from the table no. III; the spearman's rho of Nomophobia and Cognitive reappraisal is .074 in which $p>0.05$. Therefore, there is no significant correlation between Nomophobia and Cognitive reappraisal in young adults.

Table IV showing Spearman's correlation between Nomophobia and Expressive suppression

		Expressive suppression	p-value
Nomophobia	Spearman's rho	.189**	.007

It is seen from the table no. IV; the spearman's rho of Nomophobia and Expressive suppression is .189** in which p<0.01 and is significant at both the levels .01 and 0.5. Ergo, there is a significant positive correlation between Nomophobia and Expressive suppression in young adults.

Table V showing Spearman's correlation between Alexithymia and Cognitive reappraisal

		Cognitive reappraisal	p-value
Alexithymia	Spearman's rho	.165*	.018

It is noticed from the table no. V; the spearman's rho of Alexithymia and Cognitive reappraisal is .165* in which p<0.05 and is significant at .05 level. Thus, there a significant positive correlation between Alexithymia and Cognitive reappraisal in young adults.

Table VI showing Spearman's correlation between Alexithymia and Expressive suppression

		Expressive suppression	p-value
Alexithymia	Spearman's rho	.471**	<.001

It is observed from the table no.VI; the spearman's rho of Alexithymia and Expressive suppression is .471** in which p<0.01 and is significant at both .01 and .05 level. For that reason, there a significant positive correlation between Alexithymia and Expressive Suppression in Young adults.

Table VII showing Regression Analysis

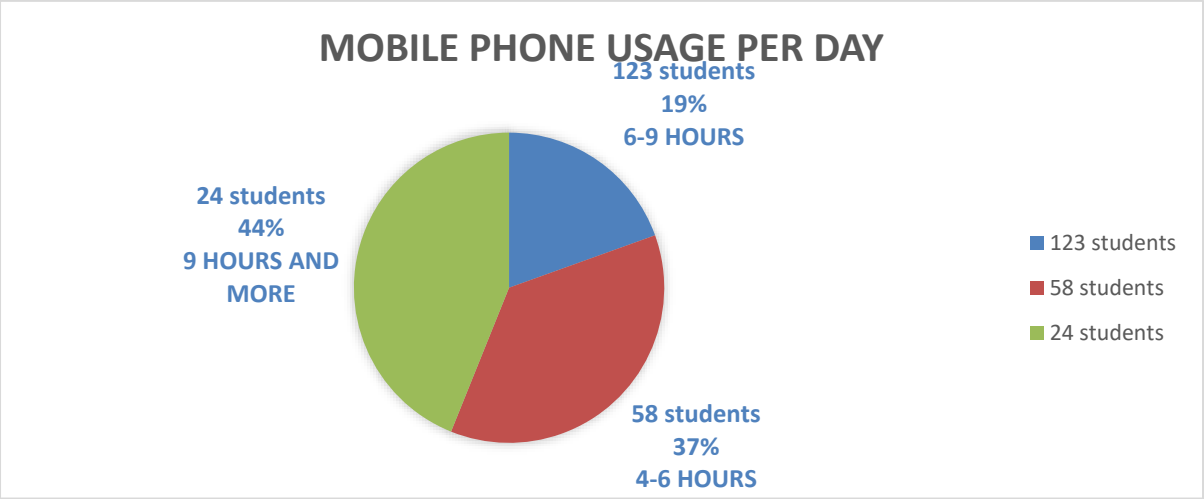
Predictor Variable	Dependent Variable	Model	R	R square	Adjusted R square	F	Sig.	Standardized Coefficients Beta
Alexithymia	Nomophobia	1	.400[a]	.160	.155	38.557	<.001[b]	.400
Nomophobia	Expressive Suppression	1	.194a	.037	.033	7.907	.005b	.194
Alexithymia	Cognitive Reappraisal	1	.145[a]	.021	.016	4.375	0.38[b]	.145
Alexithymia	Expressive Suppression	1	.479a	.229	.225	60.307	<.001b	.479

A regression analysis was analysis was conducted and it results for Alexithymia and Nomophobia indicates an R value of .400 and R square of .160 which is significant at .001 level. Hence, the predictor variable Alexithymia explains about 16% of the variance in the dependent variable Nomophobia of Young adults. Furthermore, for Nomophobia and Expressive Suppression, the result indicates an R value of .194 and R square of .037 which is significant at .005 level. Thus, the Predictor variable Nomophobia brings about 3.3 % of the variance in the dependent variable Expressive suppression of young adults. Moreover, for Alexithymia and Cognitive Reappraisal the results indicate R value of .145 and R square of .021 which is significant at .005 level. Hence, Alexithymia brings about 2.1 % of the variance in Cognitive reappraisal of young adults. Additionally, for Alexithymia and Expressive

Suppression the results indicate an R value of .497 and R square of .229 which is significant at .001 level. Therefore, Alexithymia brings about 22.9 % of the variance in Expressive suppression of young adults.

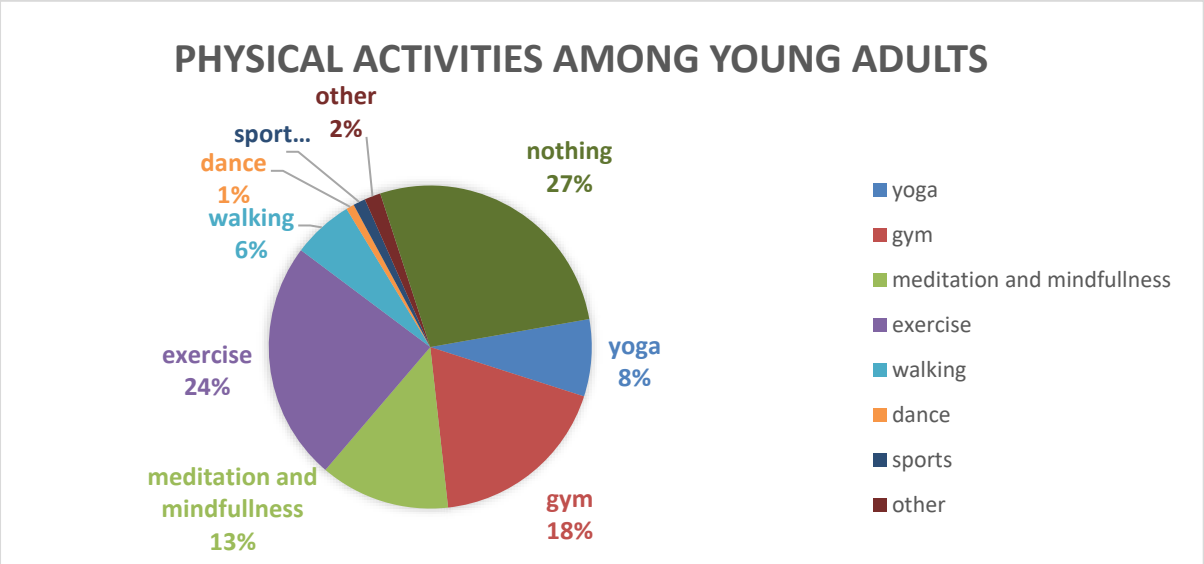
Data of PDS

Fig A showing Pie chart of Duration of mobile phone usage per day among young adults



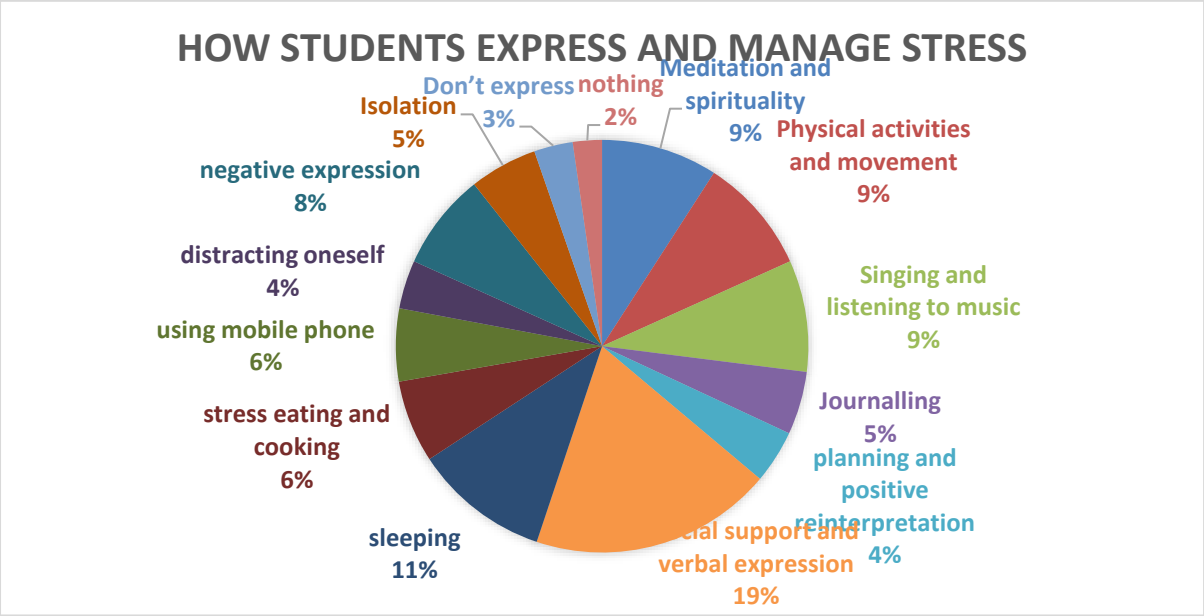
The pie chart shows that majority of young adults 60% use their mobile phone for 4-6 hours. 28% of them use it for 6-9 hours, while 12% use it for more than 9 hours.

Fig B showing Pie chart showing Physical activities among young adults



The pie chart shows that 27% Young adults do not engage in any sort of physical activity. Exercise is the most common making 24% of the young adult individuals, which is followed by Gym workouts 18%. Yoga is practice by 8%, while 6% prefer walking on a regular basis. A minority of 2% prefer dance, and 1% sports. Finally, 2% of young adults prefer other activities.

Fig C showing Pie chart of how young adult express and manage stress



The pie chart reveals various ways in which young adults manages and express stress. The most common method is seeking social support and verbal expression which is used by 19%, it is followed by 11% Young adults who prefer sleeping to manage their stress. 8% use negative expression for expressing and managing stress. Next 6% use strategies like stress eating and cooking. 6% of young adults use their mobile phone. A smaller number use journalling by 5%, isolation by 5%, planning and reinterpretation by 4%, and distraction by 4%. Lastly, 3% students don't express their stress, and another 2% don't do anything to manage their stress.

DISCUSSION

The objective of the study was to find the correlation between Alexithymia, Nomophobia, and Emotion regulation in young adults. the study was carried out using (NMP-Q) developed by Yildirim and Correia, 2015), PAQ-S (Preece et al., 2023), and ERQ-S (Preece et al., 2023). The researcher collected the data from a sample of 72 male and 133 female young adults who are studying in various colleges of Pune. From the table no I, it is observed that the Shapiro-Wilk p-value for Alexithymia is .39, for Nomophobia it is .609, for Cognitive reappraisal it is <.001, and for Expressive suppression it is <.001. On the grounds of this it can be inferred that the data doesn't follow the assumptions of Normal Distribution Curve for the variables Alexithymia, Cognitive reappraisal, and Expressive suppression because the Shapiro-Wilk p-values for these variables are less than 0.05. As a result, the researcher has selected non-parametric test for the study. The data was analyzed using SPSS.

The first hypothesis stating "**There will a positive correlation between Alexithymia and Nomophobia in Young adults**" is accepted as it is observed from the table II, the Spearman's rho is .404** ($p<0.01$). Furthermore, the regression analysis reveals that Alexithymia brings about 16% of the variance in Nomophobia among Young adults.

Similar results were found in a study done by Yavuz et al. (2019) which concluded that there is a positive correlation between alexithymia and nomophobia. Furthermore, A study done by

Sallem et al. (2024) discloses not only a significant correlation between Alexithymia and Nomophobia but also claims Alexithymia to serve as a predictor of Nomophobia.

Moreover, the Cognitive behavioral model (CBM) given by Davis (2001), hypothesize that generalized pathological internet use (GPIU) emerge as a result of underlying psychopathology instead of being a root cause of the psychopathology. This model explain that the underlying personality trait of Alexithymia might lead to the development of Nomophobia.

The second hypothesis stating "**There will be a positive correlation between Nomophobia and Cognitive Reappraisal**" is rejected as it is observed from the Table III the Spearman's rho of Nomophobia and Cognitive Reappraisal is .074 ($p > .05$), which interprets as there is no correlation between Nomophobia and Cognitive Reappraisal.

The findings are in contrast to previous study by Cui et al. (2024) which concluded that there is a positive correlation between Nomophobia and Cognitive Reappraisal and study further revealed that resilience plays a mediating role in the relationship between cognitive reappraisal and nomophobia by weakening the impact of Cognitive Reappraisal on Nomophobia.

The lack of correlation between Nomophobia and Cognitive Reappraisal might be explained through the concept of Habituation as explained by Rankin et al. (2009), it involves a reduction in emotional or behavioral responses after repeated exposure to the same stimulus. In the context of the Nomophobia, young adults might get accustomed to being constantly in touch with their mobile phones, and being without their mobile phones triggers a state of anxiety, not due to cognitive reappraisal, because of conditioned dependence. The data from the from Fig. A. from the sample, (60%) use their mobile phone for an average of 4-6 hours per day. This is followed by (28%) young adults who use it for about 6-9 hours per day. While, another (12%) Young adults reported using their mobile phone for more than 9 hours on a daily basis.

third hypothesis stating **"There will be a positive correlation between Nomophobia and Expressive Suppression"** is accepted as observed from the Table IV in which the Spearman's rho is .189** ($p<.01$), which means there is a significant positive correlation between Nomophobia and Expressive suppression. Additionally, the regression analysis between the two shows that Nomophobia brings about 3.3% of the variance in Expressive suppression of young adults.

Similar result was found in studies done by Liu et al. (2022) which revealed that Mobile phone addiction is positively correlated with expressive suppression.

The fourth hypothesis saying "**There is a negative correlation between Alexithymia and Cognitive Reappraisal**" is rejected as it is observed from the Table V which shows the Spearman's rho for Alexithymia and Cognitive reappraisal is .165*, which is interpreted as there is significant positive correlation between Alexithymia and Cognitive reappraisal. Furthermore, the regression analysis between the two shows the predictor variables Alexithymia brings about 2.1% of the variance in the dependent variable Cognitive reappraisal.

The finding is interesting since previous studies shows a negative correlation between Alexithymia and Cognitive reappraisal. Preece et al. (2023) concluded that Alexithymia has a negative correlation with Cognitive reappraisal.

In study was conducted by Silveira et al. (2023), findings of the research suggested that solitary mindfulness practice and dyadic socio-emotional practice were found to be effective in reducing alexithymia and enhancing emotion regulation. The Data from Fig. B. reveals13% young adults practice meditation and mindfulness. In addition, the table Fig. C. reveals 19% of the young adults seek social support and verbal expression for expressing and managing stress. On the grounds of this the conclusion can be derived that practicing mindfulness, seeking social support and verbal expression reduced the impact of alexithymia and leads to adaptive emotion regulation strategy which is Cognitive reappraisal.

Daly et al. (2015) highlighted that yoga enhances emotion regulation. Data from PDS Fig, B. it is noticed that 8% Young adults practice yoga as a daily ritual. Liu et al. (2022) revealed physical exercise helps in enhancing emotion regulation. The data from Fig, B. reveals (24%) participants practiced exercise, followed by (18%) who go to daily gym, and (8%) do walking on a regular basis. On the grounds of this, it can be concluded that even though Alexithymia is considered to be a personality trait, physical activities can help in better and adaptive emotion regulation which is Cognitive Reappraisal.

The fifth hypothesis stating "**There will be a positive correlation between Alexithymia and Expressive Suppression**" is accepted as it is noticed from the table no. VI the spearman's rho is .471**, which says there is a significant positive correlation between Alexithymia and Expressive suppression. Furthermore, the Regression analysis between the two shows, the predictor variable Alexithymia, brings about 22.9% of the variance in the dependent variable Expressive suppression.

Similar findings were addressed in previous researches. Preece et al. (2023) concluded that Alexithymia is positively correlated with Expressive suppression.

CONCLUSION

- The researcher observed a significant positive correlation between Alexithymia and Nomophobia. Furthermore, it was observed that the predictor variable Alexithymia, brings about 16% of the variance in the dependent variable Nomophobia.
- The researcher observed no significant correlation between Nomophobia and Cognitive Reappraisal.
- The researcher observed a significant positive correlation between Nomophobia and Expressive Suppression. Additionally, it was noticed that the predictor variable Nomophobia brings about 3.3% of the variance in the dependent variable Expressive suppression.
- The researcher observed a significant positive correlation between Alexithymia and Cognitive Reappraisal. In addition, the predictor variable Alexithymia brings about 2.1% of the variance in the dependent variable Cognitive reappraisal.
- The researcher observed a significant positive correlation between Alexithymia and Expressive Suppression. Moreover, the predictor variable Alexithymia brings about 22.9% of the variance in the dependent variable Expressive suppression.

Implications

- The research interestingly finds a positive correlation between Alexithymia and Cognitive reappraisal. This unique finding further warrants additional studies as it was found that albeit of presence of Alexithymia traits, one can enhance emotion regulation by engaging in Physical activities such as yoga, exercise, gym workout, mindfulness & meditation.
- The research also helps to develop tailored made therapeutic intervention to reduce the impact of Alexithymia, as it was found to be present in moderate level in young adult individuals.
- The research will help to understand the important of digital detox tools, emotional check-ins, to maintain digital well-being and also to promote it among young adults.
- The research will help young adults to understand the significance of emotion regulation, and forming interpersonal connections over electronic attachment.

Suggestion for future study

1. Further study can be carried out on working Individuals.
2. Same study can be carried out on married individuals.
3. In future the researcher can conduct a comparative study on male and female.
4. Further study can be carried out in LGBTQ community.
5. Further study can be carried out considering Academic performance as a variable.
6. Researcher can conduct a comparative study between psychology and non-psychology students.

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Conflict of Interest

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