

Research Paper

A Study Examining the Fear of Being Without a Mobile Phone (Nomophobia) among Current Generation Students

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ABSTRACT

Nomophobia is the fear of living without a mobile phone in life, the use of cell phones has increased in the last few years especially after COVID 19. The aim of the study was to investigate the fear of living without a mobile phone among adolescent students. The study used a cross sectional method which was conducted over a period of 6 months. The sample size was 120 students 70 males and 50 females, the sampling method was non probability sampling. The data collection tool was NMPQ (nomophobia questionnaire) and the data was presented manually with the help of excel. The result found that the moderate level of nomophobia among students is 23% and the mild level of nomophobia among students is 77%. The results show that 100% of the population was nomophobic. This study can help in improving the social and physical environment as well as mental health of students.

Keywords: *Smartphone Addiction, Nomophobia, Adolescent*

Nomophobia

A phobia is an unreasonable and uncontrollable fear of situation, object or activity. This fear is often so intense and intolerable that people avoid the source of the fear and feel intense anxiety and panic. Unlike ordinary anxiety, a phobia can severely impact people's daily lives and is characterized by fears that are disproportionate to the actual threat. There are three types of phobia specific phobia, agoraphobia and social phobia. Nomophobia is a part of specific phobia. Nomophobia illogical fear of not having a cell phone is known as nomophobia, when person have fear being without mobile phone. The term, which derives from the Anglicism "nomophobia" (or "no mobile phone phobia"), was first used in the United Kingdom in 2009, Due to their dependence on electronic equipment, users without, or because you're out of reach, you forgot it at home, or the power went out: you feel an unwarranted sense of communication. According to a YouGov Real Time study conducted in 2019, 44% of UK respondents expressed anxiety about not being able to use their phone to "stay in touch" with their social circle. Nomophobia does not visible in DSM-5 but in DSM-IV the term of nomophobia considered in specific object phobia. Many psychological symptoms are related with like low self-esteem, introvert and extrovert personality. There are physical side effects such as headaches, nausea, eye strain due to time spend on the computer, or wrist and neck pain due to poor posture.

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Disadvantage of cellphone-

The irrational fear of not having a cell phone, or nomophobia, can have several harmful implications.

- **Mental health** Nomophobia can cause anxiety, despair and other mental illnesses. Symptoms include agitation, confusion, impaired breathing, tremor, sweating and tachycardia.
- **Physical health:** Headaches, stomach pain, eye discomfort, and wrist and neck pain can all be.
- **Academic Performance** Nomophobia can have a detrimental effect on learning goals and academic achievement in education. According to one study, for example, 77.1% of medical students suffer from severe nomophobia
- **Separation** Nomophobia can cause a person to feel alone and cut off from their friends, family, work, money and information.

Symptoms of nomophobia-

Low self-esteem, Problems with social relationships, Personal insecurity, Perfectionism, Loss of a cell phone, Loss of signal, drained batteries, Extrovert personality, and other mental disorders like social phobia or panic disorder.

How to diagnose nomophobia

Cognitive behavioral therapy (CBT) is a type of psychotherapy, sometimes known as talk therapy that aims to help you understand your thoughts and feelings regarding illnesses and your well-being. After that, you will discover how to alter these impressions. CBT help Nomophobic person understand their thoughts and feeling which is developed through the extra using mobile phone.

In exposure therapy, a therapist teaches you to relax while progressively exposing you to news and details about diseases or epidemics. This is method involves gradually exposing a person to what they fear. For cell phone dependency doctors may deprive patients of cell phone use.

Hypnotherapy: This treatment modality helps you change your thoughts about a condition and its health risks through the use of guided relaxation techniques. Therapists guide patient's through imagery to help them develop self-soothing techniques when they don't have access to their phones

- Here are some diagnoses for nomophobia-
 - **Meditations-** Meditation help Nomophobic person how to relax there mind, spend time with face to face communication and social activity. Meditation can also heal anxiety and stress which comes from nomophobia.
 - **Social activities** - Social activities are also helpful for Nomophobic people, as they will spend more time socializing and less time on their phones.

Objective of the study

The main objective of this study is to inspect the level of nomophobia in the current generation student.

Sample-

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Total sample size of student is 120 Participants, 70 male and 50 female. Sampling technique is non-probability sampling (purposive sampling). Participants age limit are 13years to 18years.

METHOD

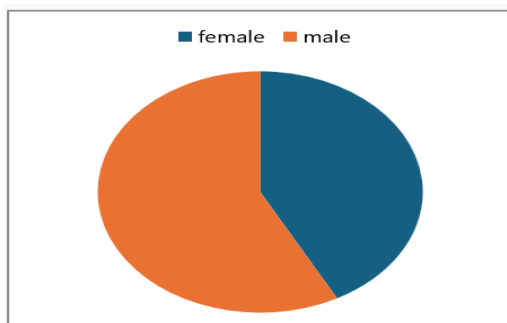
This present study is cross sectional study which carried 120 students, 70male 50female in the time period of 6 month. The research approach is quantitative and the data collection method is questionnaire by the NMPQ scale.

Tools

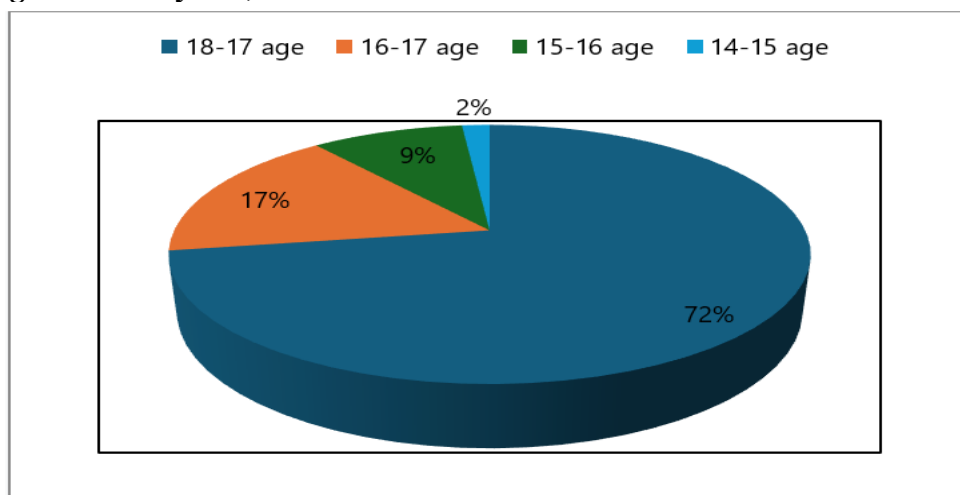
The 20-item NMPQ scale, a nomophobia questionnaire developed by Yıldırım and Correia (2017), has a 7-point Likert scale and a total range from 20 to 140.

Result – This study investigates the fear of living without a mobile phone in the current generation. Out of the total 120 respondents 70 were male and 50 were female, who were selected through non probability sampling method.

Graph-1 Total respondent 120, blue color represents female part and red color represent male area. The percentage of male student 58.33% and the percentage of female student 41.66%



Graph-2 This graph shows the respondents of different age groups of the total sample. Blue color represents students aged 18 to 17 years, which is 72%, red color represents the group of students aged 17 to 16 years, which is 17%, green color represents the group of students aged 16 to 15 years, which is 9% and red color represents the group of students aged 15 to 14 years, which is 2%.

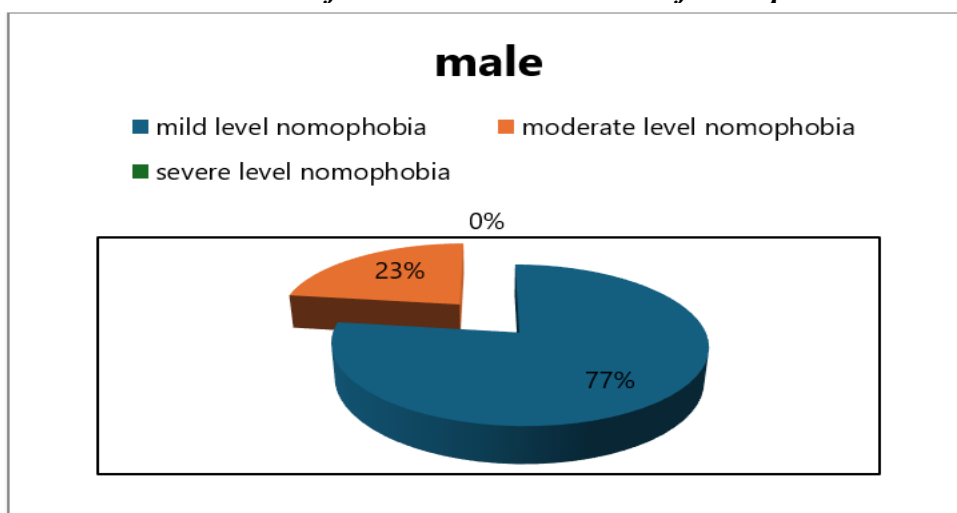


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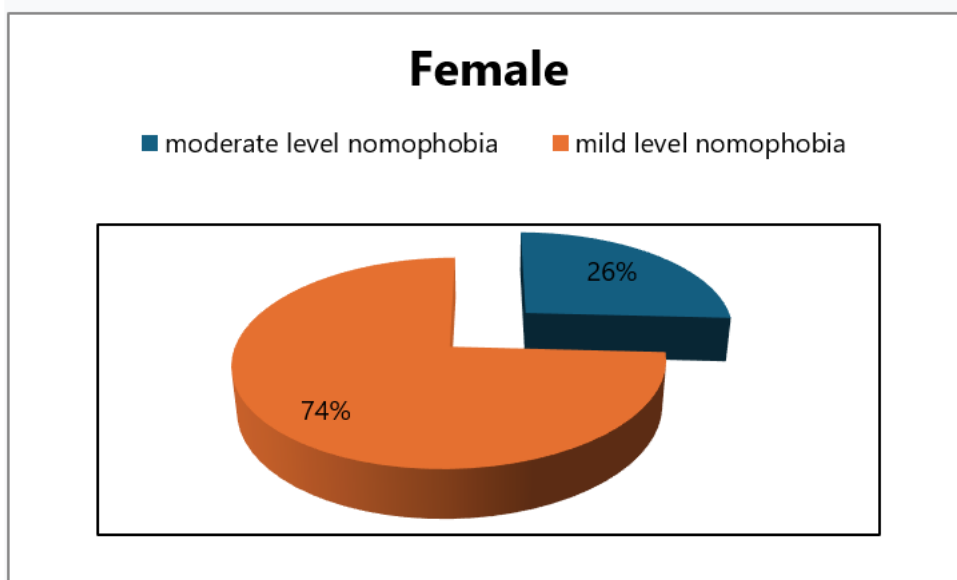
Table-1 This table shows the level of nomophobia in male and female in the current generation of students. The number of students with zero level of nomophobia is 0, the number of students with mild level of nomophobia is 89, the number of students with moderate level of nomophobia is 31 and the number of students with severe level of nomophobia is 0.

Gender	Severe Level Nomophobia	Moderate Level Nomophobia	Mild Level Nomophobia	No Level Nomophobia
Male	0	16	54	0
Female	0	15	35	0
Total	0	31	89	0

Graph-3 This graph shows the level of nomophobia in male students of today's generation. The number of male students with moderate level of nomophobia is 16 which is 23% and the number of students with mild level of nomophobia is 54 which is 77%.



Graph -4 This graph shows the level of nomophobia in females. In the current generation, the number of female students with mild level of nomophobia is 35 which is 74% and the number of female students with moderate level of nomophobia is 15 which is 26%.



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Graph -5 With a total of 120 men and women, this graph shows the degree of nomophobia in both sexes. The mild level of nomophobia is 89, or 74%, while the moderate level is 31 in both men and women, or 26%.

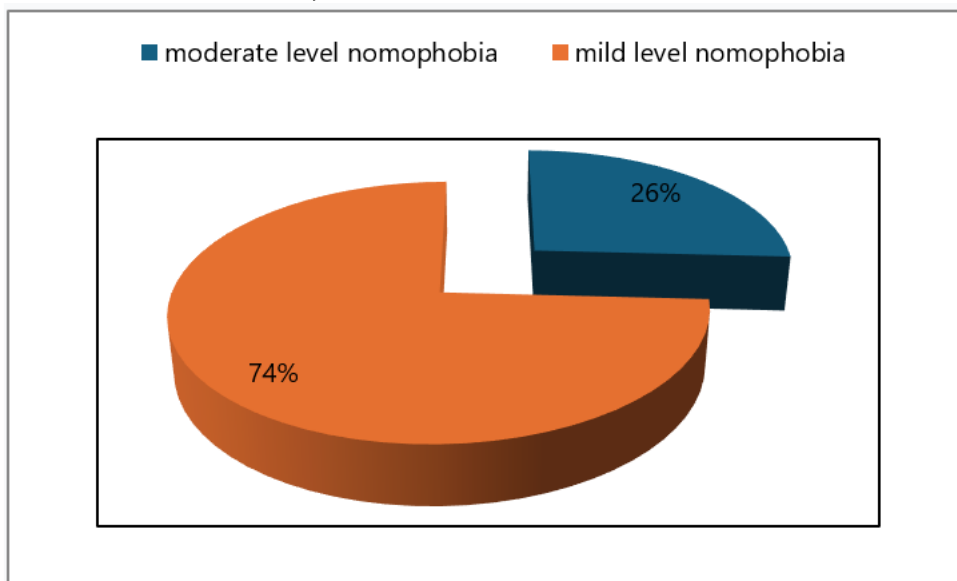
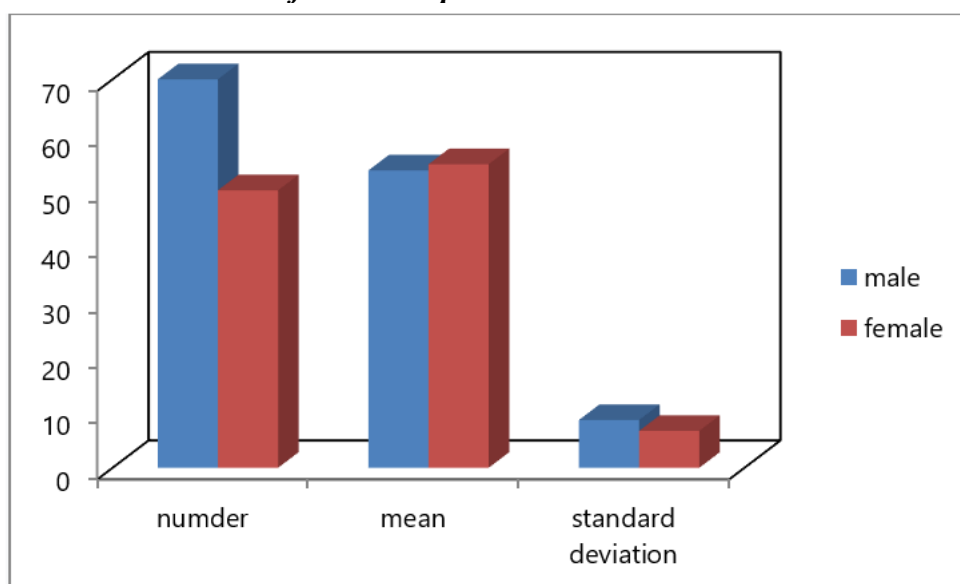


Table-2 In this table the mean and standard deviation of the result of male and female is given. The number of male respondents is 70 whose mean is 53.58 and standard deviation is 8.61. The number of female respondents is 50 whose mean is 54.7 and standard deviation is 6.65.

Gender	Number	Mean	Standard Deviation
Male	70	53.58	8.61
Female	50	54.7	6.65

Graph -6 The figure shows the total number of male and female respondents who participated in the nomophobia study, and also shows the mean and standard deviation between the male and female samples.



DISCUSSION

Mobile phone addiction is a contemporary field that enters our lives when people interact with mobile phones and other information and communication devices. The anxiety caused by the inability to access cellular networks or not being able to use a smartphone is known as mobile phone addiction, which is a behavioral addiction to smartphones. This study was conducted to determine the prevalence of nomophobia among Indian people. The NMPQ questionnaire used to measure mobile phone addiction was developed by Yildirim and Correa (2017). The result was that today's generation of students are addicted to mobile phones. We did not find any respondent in this study who was not nomophobic. Men have 23% moderate level and 77% mild level of nomophobia and Women have 26% moderate 74% mild level of nomophobia. The result of the study is similar to the study given in the International Journal of Indian Psychology 2021 in which they conducted a survey in which they included 100 young people who are working in the professional field they found that 29% have severe level of nomophobia, 29 have moderate level, and 42 have mild level which means 100% of the population is nomophobic according to Aparna Kanmani and her colleagues in 2017 they found that the average person checks their phone 1100 times per day which is amazing. In this study they included 1500 college students, 600 men and 900 women, in which they found that 41% of the respondents had a mild level of nomophobia, 42% moderate, 15.2% severe and 1.2% severe. According to Janaki Baratav and Bhola Nath (2020) a cross sectional study was conducted among undergraduate medical student, the average age of 451 students was 20.7 years. They found that 15.5% of the students suffered from mild level of nomophobia, 67.2% from moderate level of nomophobia and 17.3% from severe level of nomophobia. The highest score was mainly for not being able to communicate the dimension of nomophobia, which is similar to our study.

Limitations

the study has examined the fear of being without a mobile phone among the current generation of teenagers student has few limitation

- Simple area and the simple size are limited if the sample size are large it could be better for representation of the population
- Tools are not translated into our religion language
- In this study non probability sampling method has been used but probability method is better in the research because the data is more authentic
- Single variable is used in this research, if more variable are used in this resource then it is better for other aspects.

Suggestion for Future Research

- in future the new researcher can be used more than 2 and 3's city respondent for sampling areas
- they can use probability sampling for better representation.
- the new researcher can be used to large sample size for good generalization and actual result.
- they can also use more variables with nomophobia for the other respect knowledge.

CONCLUSION

The aim of the study was to find out the prevalence of nomophobia in the current generation of students. This study found that 100% of the students hate homosexuality, which is represented as a sample. This means that excessive cell use can be disastrous for our mental and physical health. Society should take it as a growing global problem.

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Conflict of Interest

The author(s) declared no conflict of interest.

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