



NOMOPHOBIA: A Rising Stress Among Students

Simran Jhambia, Jessica D

Montfort College, Bengaluru, India

Abstract: Smart phones are not just becoming a part of our daily lives - but a part of each and every one of us. The presence of this handy device that holds the world just a touch away has been greatly significant and unavoidable in our standard of living. It is surprising to notice that an average person checks their phone 110 times a day, even without their knowledge or any reason. While the presence of smart phones has its mark, its absence has notable effects too. The objective of this paper discusses about how the term “Nomophobia” came into use, its symptoms and how it is related with Loneliness, FOMO (Fear Of Missing Out) and how it affects an individual’s personality and his/her mental health. A sample of 100 B.Ed. trainees were studied and no co relation among nomophobia and loneliness was seen. This study has used Independent t test using the Normative survey method. The questionnaire procedures had Nomophobia Questionnaire (NMP-Q) and Unidimensional Questionnaire ULS 8 where data has been taken from 75 undergraduates and 25 postgraduates of B.Ed. Other Statistics and facts have been taken from International Journal of Indian Psychology and Indian Journal of Psychological Medicine. Recent articles from year 2014 to 2019 have been taken for comparison of studies for this paper. The findings reveal that Nomophobia affects academic performance and daily activities among students and Working class. Loneliness, FOMO and Ringxiety are directly linked with Nomophobia. This paper also highlights the relationship between Nomophobia and “Ringxiety”, a new term used to describe phantom ringing syndrome. It also highlights how Nomophobia is prevalent in India and the interventions that can be used to prevent this.

Index Terms: Nomophobia, Smart-phone addiction, Ringxiety, Loneliness

I. Introduction

Nomophobia basically stands for “No Mobile Phone Phobia”. It’s a phobia that can be counted as a specific phobia for particular things under DSM in which a person has a fear of losing the cellphone or not being able to use the cellphone due to issues like low battery or poor network. It is an irrational fear of not having your cellphone physically or not being able to use it. In the year 2008, UK post office conducted the first ever study on how many people are dependent on their cellphones and if it affects their daily lives. In UK, 53 percent of people were found to have an irrational fear of being disconnected from their phones. The word Nomophobia came in use from England and was used by some British experts in when they were doing a study on how many people feel anxious or have anxiety attacks when they have a thought of losing their cellphones or when the cellphones are kept away from them. It stands for no mobile phobia. Since then the term has been widely used and researchers felt the need to include Nomophobia in DSM V. Since mobile phones have become lifelines to all the people, a lot of mobile addiction has been present and increasing dependence of people on phones no matter what the reasons can be the statistics is alarming.

Nomophobia and Loneliness

Loneliness stands as one of the biggest reasons for people who are addicted to their phones. A study conducted on “The Relationship between Nomophobia and Loneliness among Turkish Adolescents” in year 2018 actually showed a significant relationship for adolescents who are lonely to be more nomophobic and use their cell phones compared to others. Since it keeps them busy on one or other thing even if there is nothing productive done, they can invest time on cell phones.

II. Review of Literature

Çaglar Yildirim, Evren Sumuer, Muge Adnan, Soner Yildirim (2015) conducted a study on “A growing fear: Prevalence of nomophobia among Turkish college students”. The objectives of the study were to find how many students face fear of not being in contact with their mobile phones. The study concluded that 46 percent of students were Nomo phobic and they had fears of accessing information and communicating.

Anna Lucia Spear King, Eduardo Guedes, José Pedro Neto, Flávia Guimarães, Antonio Egidio Nardi, (2017) conducted a study on “Nomophobia: Clinical and Demographic Profile of Social Network Excessive Users”. The aim of the study was to find abusers of computer, internet and cell phone and Nomo phobic user’s dependency on other technologies. The study concluded that people who abuse technology also have a relation to psychiatric disorders where 85 percent of people had Generalized anxiety disorder, 43 percent has depression, 15 percent of individuals had social phobia and 13 percent of people had Obsessive compulsive disorder.

Davie, Neil; Hilber, Tobias (2017) conducted a study on “Nomophobia: Is Smartphone Addiction a Genuine Risk for Mobile Learning?” The objectives of the study were to find out if Nomophobia is problematic for students who are addicted to smartphones and what is the intensity of it in institutions. The results evaluated risk of Nomophobia where zero students came out not to be Nomo phobic and almost 40 percent of them to be moderately Nomo phobic.

Ibrahim Arpaci (2017) conducted a study on “Culture and nomophobia: The role of vertical versus horizontal collectivism in predicting nomophobia”. The objective of the study was to find role of culture for increase in Nomophobia. The results concluded that vertical collectivism had positive and significant relationship with Nomophobia while horizontal collectivism showed no significance and was negative.

Menezes Preeti Maria, Pangam Shubhangi (2017) conducted a study on “Prevalence, Awareness and Effects of Nomophobia among Adolescents”. The objective of the study was to study awareness, prevalence and effects of fear of mobile phones in adolescents. The results revealed that there is increment in risk of Nomophobia and solutions should be found to prevent it.

Jessica S. Mendozaa, Benjamin C. Pody, Seungyeon Lee, MinsungKim, Ian M., McDonough (2018) conducted a study on “The effect of cellphones on attention and learning: The influences of time, distraction, and nomophobia”. The aim of the study was to study attention and learning with presence of distractions and Nomophobia. The results came that users of cell phones during lectures have a larger impact on attention and learning and have poor performances.

Carels, Breanna (2019) conducted a study on “Changing Our Mindset in Regards to Cellphones in the Classroom”. The objectives of the study were to find if Nomophobia is responsible for poor decision making in students and if Nomophobia is leading to attention issues. The study concluded that Nomophobia is the highest risk for students and policies should be updated at educational settings to see the use of mobile phones in an appropriate level.

Onal, Nezhil (2019) conducted a study on “Metaphoric Perceptions of High School Students about Nomophobia”. The objectives of the study were to find feelings of high school students who were deprived from their mobile phones. The results concluded that students felt as they lost their most loved ones and had psychological breakdown while having negative feelings.

III. RESEARCH QUESTION

Is there any significant difference and relationship between Nomophobia and Loneliness among B.Ed trainees

IV. HYPOTHESES

- 1) There is no significant difference between Undergraduate and Postgraduate B.Ed trainees in Nomophobia and Loneliness.
- 2) There is no significant difference in the medium of instruction for Nomophobia and loneliness among B.Ed trainees.
- 3) There is no correlation between Nomophobia and Loneliness among B.Ed. trainees.

V. RESEARCH PROCEDURE AND METHODOLOGY

This study has adopted the Independent T-test design using the Normative survey method.

1. Sample and Sample size

Hundred questionnaires were administered to hundred B.Ed. trainees studying at Stella Matutina College of Education, Chennai.

2. Instruments Used

Two instruments were used for the collection of data for this study. One of the instruments is the Nomophobia Questionnaire (NMP - Q) developed by Yildirim and Correia in 2015. It is used to measure the intensity of Nomophobia among the general population. The Nomophobia Questionnaire is a 10-scale item that measures the severity of Nomophobia among adults and adolescents. It is rated on a 7-point scale with the following correspondence of

1 - Strongly Disagree to 7 - Strongly Agree.

The higher the score, the person is identified with more severe level of Nomophobia.

The second instrument is known as the UCLA Loneliness (ULS-8) Scale is developed by Hays RD, & Dimatteo, MR. It is used to measure the severity of loneliness. It contains 8 items where each item has a 4-level frequency score with the following correspondence of : 1 – Never, 2 – Rarely, 3 – Sometimes, 4 - Always

the total scores ranges from 8 to 32 points, with higher scores suggesting a higher degree of loneliness.

3. Design Used

The researcher used Independent T-test to analyse the data. The independent T-test, also called the two sample t-test, independent samples t-test or student's t-test, is an inferential statistical test that determines whether there is a statistical significant difference between the means in two unrelated groups. The researcher also used Correlation to find out whether there is any significant connection between the Independent variable and the dependent variable.

VI. PRESENTATION OF RESULTS

The results of this study are presented on three tables as follows:

Hypothesis 1 : There is no significant difference between Undergraduate and Postgraduate B.Ed trainees in Nomophobia and Loneliness.

Case	Dimension	N	Mean	T-critical	T-value	P-value
1) Nomophobia	Undergraduate	59	38.20	1.96	-0.117	0.907
	Postgraduate	41	38.51			
2) Loneliness	Undergraduate	59	16.51	1.96	1.319	0.190
	Postgraduate	41	14.98			

Case 1: There is no significant difference among Undergraduate and Postgraduate B.Ed students with respect to Nomophobia, where $p > 0.05$.

Case 2 : There is no significant difference among Undergraduate and postgraduate B.Ed students with respect to Loneliness, where $p > 0.05$.

Hypothesis 2: There is no significant difference in the medium of instruction for Nomophobia and loneliness among B.Ed trainees.

Case	Dimension	N	Mean	T-critical	T-value	P-value
1) Nomophobia	Tamil	25	39.52	1.96	0.652	0.517
	English	75	37.93			
2) Loneliness	Tamil	25	17.04	1.96	1.220	0.232
	English	75	15.21			

Case 1: There is no significant difference among Tamil and English Medium students with respect to Nomophobia, where $p > 0.05$.

Case 2: There is no significant difference in Tamil and English Medium students with respect to Loneliness, where $p > 0.05$.

Hypothesis 3: There is no correlation among Nomophobia and Loneliness among B.Ed. trainees.

		Loneliness Total	Nomophobia Total
Loneliness Total	Pearson Correlation	1	0.171
	P – Value		0.089
	N	100	100
Nomophobia Total	Pearson Correlation	0.171	1
	P – Value	0.089	
	N	100	100

There is a negligible positive correlation between Nomophobia and Loneliness, where $p > 0.05$.

VII. DISCUSSION

The results showed that there is no significant difference among Undergraduate and Postgraduate B.Ed trainees in Nomophobia and loneliness. It also showed that there is no significant difference among Tamil and English medium B.Ed trainees in Nomophobia and Loneliness. There is a significant mean difference of 1.53 in the dimension of Loneliness among Undergraduate and Postgraduate B.Ed trainees. This proves that Undergraduate students experience more bouts of loneliness. There is also a significant mean difference of 1.59 in the dimension of Nomophobia among Tamil and English medium B.Ed trainees. This proves that Tamil medium of B.Ed trainees experiences intense levels of Nomophobia. There is also a significant mean difference of 1.83 in the dimension of Loneliness among Tamil and English medium B.Ed trainees. This proves that Tamil medium B.Ed trainees experience more events of loneliness. There is a very negligible positive correlation between Nomophobia and Loneliness among B.Ed trainees. This proves that when there is an increase in Nomophobia, there is also an increase in Loneliness among B.Ed trainees.

VIII. LIMITATIONS AND FURTHER RESEARCH SUGGESTIONS

- 1) This study was done on B.Ed trainees of age between 21-30. The results between Nomophobia and loneliness can differ when the research is modified and done on school students and Employed youth.
- 2) There is also very limited studies on Nomophobia and various Psychological problems such as Anxiety, Depression and FOMO (Fear Of Missing Out).

References

- 1) King, A. L. S., Valença, A. M., Silva, A. C., Sancassiani, F., Machado, S., & Nardi, A. E. (2014, February 21). "Nomophobia": impact of cell phone use interfering with symptoms and emotions of individuals with panic disorder compared with a control group.
- 2) Kshirsagar, S., Mangot, A., Murthy, V., Deshmukh, A., & Tembe, D. (2018). Prevalence and pattern of phantom ringing and phantom vibration among medical interns and their relationship with smartphone use and perceived stress. *Indian Journal of Psychological Medicine*, 40(5), 440. doi: 10.4103/ijpsym.ijpsym_141_18
- 3) Gies, T. (2018). The ScienceDirect accessibility journey: A case study. *Learned Publishing*, 31(1), 69–76. doi: 10.1002/leap.1142
- 4) King, A. L. S., Guedes, E., Neto, J. P., Guimaraes, F., & Nardi, A. E. (2017). Nomophobia: Clinical and Demographic Profile of Social Network Excessive Users. *Journal of Addiction Research & Therapy*, 08(04). doi: 10.4172/2155-6105.1000339
- 5) Kanmani A, Bhavani U, Maragatham R (2017), NOMOPHOBIA - An Insight into its Psychological Aspects in India, *International Journal of Indian Psychology*, Volume 4, Issue 2, No. 87, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.041/20170402, ISBN:978-1-365-71287-6 Prevalence, Awareness and Effects Of Nomophobia among Adolescents. (n.d.).
- 6) Mendoza, J. S., Pody, B. C., Lee, S., Kim, M., & McDonough, I. M. (2018, April 14). The effect of cellphones on attention and learning: The influences of time, distraction, and nomophobia. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0747563218301912>

