

# NOMOPHOBIA AN ALARMING ADDICTION

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## **ABSTRACT**

Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power. A phobia is by **definition** an irrational fear. Nomophobia is the fear of being without your smartphone, or more simply smartphone addiction, and it's a "first world problem" that's showing no signs of slowing down, regardless of age.

The clearest symptoms in general are anxiety, respiratory disorders, tremors, perspiration, agitation, disorientation & tachycardia. In the emotional pole symptoms include depression; panic attacks, dependency, low self-esteem, loneliness feeling. As in other phobias, the combination of a pharmacological treatment with cognitive behavior in psychotherapy is the best option. On the other hand 'limiting the invasion of mobile phones, tablets & other connected devices into your daily life which is known as 'DIGITAL DETOX'

**Index Terms-** Nomophobia, smartphone addiction, anxiety, digital detox.

## **Introduction :-**

With the changes of technologies, new challenges are coming upon a daily basis. The first mobile was introduced to the consumer market in 1983, these devices have become significantly main stream in the majority of societies.

Shambare, Rugimbana & zhowa (2012) claimed that cell phones are "Possibly the biggest non-drug addiction" of the 21<sup>st</sup> century. A survey conducted showed that youngsters & adolescents are more likely to suffer from nomophobia. Over usage of cell phones may increase anxiety due to the pressure to be continually connected to social networks & could rob charges or Perceived solitude, relieving daily stress that has been linked as a component of well being

Sufferers of panic disorders & anxiety disorders are prone to mobile phone dependency.

## **Causes of Nomophobia (No mobile phone Phobia):-**

1. Lack of self-control that leads to person towards addiction of smart phone.
2. Boredom that forces the victim to keep him/her busy in using social media.
3. Insecurity and Impatience.
4. Fear that someone might steal their personal information & expose it to the outside world & that is why they always ensure that mobile phone is close to their heart.

## **Signs & Symptoms:-**

Nomophobia exists when an individual experiences anxiety due to the fear of not having access to a mobile phone. The over usage of mobile phone reduces the amount of face to face interactions there by interfering significantly with an individual's social and family interactions.

## **Symptoms :-**

1. Restlessness when away from smart phone.
2. Irritability.
3. Continue Concentration on the screen of smart phone without any concern of the surrounding atmosphere.

4. Least verbal communication during cell phone use.
5. Anxiety.
6. Nonsense arguments when the use of cell phone is restricted.
7. Palpitations.
8. Loneliness.
9. Panic disorders.
10. Very calm & comfortable during cell phone use

### ***Exploratory investigation of theoretical predictors of Nomophobia using (MPIQ):-***

Although the advanced technologies have given us smart outputs with least efforts it also has gifted us with the overwhelming negative impact with its constant addiction destroying our physical & mental health. MPIQ study contributes to the literature by looking at ones' personality, self-esteem, gender & age as predictors of nomophobia. Study is conducted on these peculiar points & results are exposed out. Results conclude that self-esteem, extraversion conscientiousness & emotional stability predict nomophobia.

### ***Treatment :-***

Nomophobia being an extraordinary behavioral disorder deals with curing the disturbed emotional health rather than prescribing too many medicines. However, this behavioral disorder can cause serious ill effects on the personal life of an individual. Some of the universally accepted & scientifically approved treatments are as follows.

1. Cognitive behavioral psychotherapy combined with pharmacological interventions.
2. The drugs like tranlycypromine & clonazepam has found to be effective in nomophobia.
3. Benzodiazepines in appropriate dosages.
4. Antidepressant drugs.
5. Digital detoxification.
  - This refers to a period of time during which a person refrains from using electronic connecting devices such as smart phones & Computers.
  - It is an opportunity to reduce stress & concentrate strongly on social interaction.
  - Set limits on when & where to use smartphone. Delete unnecessary apps from your cell phone.
  - Engage yourself in some creative & constructive work.
  - Enjoy with your friends, family & relatives. Books are the best friends of an individual because they can't be trustless anytime.

### ***Conclusion :-***

Nomophobia is flaring up like an epidemic throughout the world & destroying the upcoming generation. Fruitful measures have to be taken to arrest this phobia otherwise it will slow down the entire carrier & development of whole country due to cell phone addiction and & stressful brains. Last but not the least "Control and conscious awareness is going to be the key in the future" & it is our responsibility to develop healthy relationship with the modern technology rather than developing unhealthy issues due to its helpless addiction.

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