

NOMOPHOBIA AND ANXIETY AMONG UNIVERSITY STUDENTS

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ABSTRACT

Nomophobia is one of the most prevalent disorders in today's adult and adolescent population and so, this study focuses on finding the correlation of Nomophobia with Anxiety. The basic hypothesis of the study is there is a correlation between Nomophobia and Anxiety. The investigation takes place with the help of Nomophobia questionnaire (Yildirim) to assess reaction of the individual after being away from mobile phone and Beck anxiety inventory (Aaron t. Beck) to assess the anxiety of that individual. The sample of 40 university students (18-27 years) through convenience sampling technique was taken. The results indicated that there is a positive correlation between these two variables which means if one will increase so will the other.

Keywords: *Nomophobia, Anxiety, Ringxiety, Hypothesis, Questionnaire.*

Introduction

The widespread accessibility of costly advancements like the mobile phone has enriched the lives of many. As a result of advancements in electronics, mobile phones have dropped in price and become more widely available. Its powerful processing capabilities and ease of use have made this once-rudimentary instrument indispensable. Though essential to advancement and productivity gains, new and improved technology can have unintended consequences. The invention of the mobile phone has brought the world's population closer together, almost by magic; yet, there are drawbacks to using them excessively, and one of them is highlighted here.

These days, the term "nomophobia" is used to describe a fear of being without access to technology. The term "Nomophobia" was created by an Englishman to describe people's fear of being separated from their mobile devices and, by extension, their social and professional networks.

As stated by King, Valença, Silva, Sancassiani, Machado, and Nardi (2014), "the inconvenience or tension caused by the inaccessibility of a mobile phone, personal computer, or any other virtual specialized gadget" is the definition of nomophobia. It's a general term for the myriad of negative habits and health issues that can arise from excessive smart phone use. The mix of psychological and physiological dependence on one's mobile device is what sets smart phone addiction apart as a unique sort of social obsession. It's the stress, agitation, and annoyance that come from not being able to get in touch with someone through mobile phone.

It's no surprise that mobile phones have gone from being a passing trend to a necessary tool, given their versatility (they can be used as a diary, email dispatcher, number cruncher, game player, camera, and music player, among other things).

When it comes to mobile phones, the Indian market is now larger than China's. Since the number of cell phone users in India has risen rapidly over the past decade, we wanted to see how common the phenomenon of worrying about missed calls is there. Improvements in written communication have an impact on how individuals collaborate, how they view the world, and how they

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respond to actual events. Because of its portability and ease of use, cell phones allow users to be reached at any time and promote more intimate forms of communication. In addition, mobile phones allow for system-free, remote communication between individuals. The miniaturization of correspondence advancements has allowed for greater portability, customization, and adaptability.

These streamlined advancements emphasize the value of people over groups by providing probabilistic expressions of choices, intentions, and behaviour. Revolutionary, intuitive, and rudimentary skills are what modern technology offers to us right now. The Internet, remote collaboration, constant communication, and the ability to solve problems and deliver services without leaving one's current position are just a few of the reasons why mobile phones are so popular. Technology advancements are directly responsible for the great acclaim and interest in these gadgets.

According to International Business Times (2013), the term "nomophobia" refers to the fear of being separated from one's mobile device. Nomophobia, often known as "cell phone anxiety," is the fear of being without one's mobile device for an extended period of time. Fear of being isolated due to the use of wireless technology or a mobile device. Some of the events that lead people to get restless are described here, and this helps with understanding nomophobic tendencies. Our concept will centre on the fear of being without a cell phone. According to King et al. (2010), modern technological and collaborative advancements have spawned a new phobia: nomadophobia. As we've seen, the phrase "mobile phone" has largely superseded the terms "cell phone" and "Personal Digital Assistant."

Cell phones, with their multiple functions, allow users to contact one another instantly regardless of where they happen to be, and they also serve as a constant source of information.

As a result, people are more reliant on their mobile devices than ever before (Park et al., 2013), which, as far as we can tell, only increases the stress associated with temporary interruptions in their ability to stay in touch digitally. This suggests that persons who suffer from a phobia of being in new environments should be considered when assessing the usefulness of modern cell phones, which offer not only the standard phone features (calling, texting, etc.), but also internet access, applications, and sensors (Park et al., 2013).

Short for "no mobile phone" anxiety, nomophobia refers to an excessive obsession with and dependency on mobile devices. Anxiety, tension, apprehension, and pain associated with being separated from one's cell phone or computer has been given the name "nomophobia" to reflect its prevalence in today's increasingly computerized and virtual society. This fear of falling behind in technology is so extreme as to be pathological.

According to Thomee et al., a life dominated by mobile devices is associated with increased risk of stress, sleeplessness, sadness, mental suffering, and physical illness. Customers believe they need a Personal Digital Assistant because of their obsessive reliance on their mobile gadgets. It has highlighted the dangers that prolonged cell phone use poses to students' health and safety. Medical research into the affects of cell phones has indicated that they are not healthy for their users.

Many people who are afraid of silence suffer from what is variously called "Ringxiety" (a combination of the words "ring" and "anxiety"), "phantom vibration syndrome," "phantom ringing," "hypovibrochondria," or "fauxcellarm" (which suggests a false vibe of ringing of cell phones).

The cutting-edge item can be used irresponsibly as a protective shell or shield, a transitional object, or a tool of avoiding social connection (the so-called "new advances paradox"), all of which are symptoms of nomophobia.

To utilize normally a cell phone and to invest significant energy in it, to have at least one gadget, to consistently convey a charger with oneself.

Avoiding places and situations where using a gadget is prohibited (such as public transportation, cafes, theatres and airports) due to anxiety and worry about losing one's own phone or when the phone isn't close by or lost, or when it can't be used due to a lack of system inclusion, a dead battery or insufficient credit.

To take a gander at the telephone's screen to see whether messages or calls have been gotten (a propensity alluded to by David Laramieas "Ringxiety"—a portmanteau for ringer and tension);

To keep the cell phone consistently turned on (24hoursperday), to lay down with the cell phone in bed;

To have not many social up close and personal associations with people, this would prompt uneasiness and worry; toward to convey utilizing the new advances;

To bring about obligations or extraordinary cost from utilizing the cellphone

Symptoms

- Anxiety
- Respiratory modifications
- Trembling
- Perspiration
- Agitation
- Disorientation

Manifestations

- Depression
- Panic
- Fear
- Dependence
- Rejection
- Low confidence
- Loneliness

Physical Effects of Addiction

Abuse of your wireless or cell phone can bring about various a wide ranges of physical problems, some of which may be chronic or difficult to treat:

- Eye strain from screens.
- The agony and uneasiness related with review a computerized screen for more than 2hours.
- The eyes begin to burn and itch.
- Blurre division.
- Eye exhaustion.
- Headaches are a common symptom of digital eye strain.
- Neck issues.
- Content neck or neck pain from staring at a smartphone or tablet for too long, has another name: "tech neck."
- Increased ailments due to germs.
- 1in6 mobile phones have fecal issue onit.

Review of Literature

(Deniz Merthan, GezinOzleum, Cakirsoniryildrin 2010),Why high school students today suffer from high rates of Nomophobia and Internet Addiction using nomophobia scale among University Students.The Nomophobia levels of participants students were tend to exhibit more Internet Addiction.

(Ahmed, Naggat, December 2012). While in the exploration investigation of "Prevalence and associated factors of phobia and social anxiety among university students" The objective of this examination was to decide the predominance of the most widely recognized phobias and related elements among college understudies. This cross-sectional investigation was done at Management and Science University (MSU) with the assistance of Liebowitz Social Anxiety Scale (LSAS). 400sixty eight (468) understudie stook an interest in this examination. It come to an end result that the predominance/prevalence of phobic side effects among college understudies and staff; was high due to smoking, status and history of physical maltreatment during early youth altogether impacted social tension among college understudies. A Training and directing college understudy is important to instruct the understudies who experience the ill effects of phobia to adapt to various circumstances during study period.

Objective

- To explore the relationship between the dimensions of Nomophobia and Anxiety.

Hypothesis

- There will be significant difference in Nomophobia amongst males and females.
- There will be a significant difference in anxiety among males and females.
- There will be significant relationship between Nomophobia and Anxiety among males.
- There will be significant relationship between Nomophobia and Anxiety among female.

Research Design

The study is an empirical type study which is quantitative in nature.

Sample

Data was collected from 100 participants from different locations of India. Only the young adults falling in the desired age range of i.e. 18 to 25 years were included in the study.

Tools

The following two tools were used in this study were:

Nomophobia questionnaire: (Yildirim and Correia, 2015)

The NMP-Q (Nomophobia Questionnaire) was created by Caglar Yildirim of Iowa State University to classify phobias. The questionnaire consists of three parts. The report's initial section focused on demographic information. In the second half, we saw the common ways that individuals use their smartphones. In Section III, we asked participants to score their level of Nomophobia on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree) along four dimensions (inability to communicate, loss of connectedness, inability to acquire knowledge, and sacrifice of convenience). Its Cronbach's Reliability is 0.945 and Validity is 0.95.

General Anxiety Disorder (GAD)

Generalized anxiety disorder, panic disorder, social phobia, and post-traumatic stress disorder are the four most common anxiety disorders, and the GAD-7 can be used to screen for all four and quantify the severity of their symptoms in primary care and mental health settings. There are 2 components to it. There is a four-point Likert scale for each item (0 = not at all sure, 3 = almost daily.)

- **Procedure:** The Google forms were made after compiling the questionnaires. The participants were contacted via phone after brief those about the study and consent were taken, the participants were also ensured about the confidentiality and that will be used only for research purpose. And then the links was forward to them and ask them to notify the researcher once they submit the form and were requested to forward the same to their friends as well. Researcher duly thanked all the participants for being a part of this research and for their co-operation.
- **Statistical Analysis:** To find out the correlation among the variables Pearson correlation has been applied by using SPSS version 20.0.
- **Result:** The purpose of the study is to correlate and compare gender on nomophobia and anxiety with the help of standardized tool used in the study.

H₁: There will be significant difference in Nomophobia among males and females.

Variables	Group	Mean	Standard Deviation	Std. Error of Mean	T	Significance
Nomophobia	Male	45.85	7.836	1.752	1.072	Insig.
	Female	43.40	9.427	1.054		

According to Table 1, the mean difference and standard deviation for male and female on nomophobia came out to be 45.85 ± 7.836 and 43.40 ± 9.427 . The standard error of mean for both the groups were 1.752 and 1.054. The result shows that there is an insignificant difference in nomophobia among male and female ($t=1.072$, $p=0.00$). Therefore, H₁ has not been supported.

39.5% of students surveyed agreed that getting more phone time affects their performance on professional examinations. 24.7% of students reported regularly using their cell phones in class or while completing clinical work. In total, 24.12% of the students were found to be nomophobic, and 40.97% were in danger of developing this phobia. Regarding the utilization, regarding the effect of mobile phones on undergraduates, graduates, residents, and fellows, a statistically significant difference was found. Kumar JK, Malhi R, Pandita V, Prasad M, Patthi B, Singla A, Gupta R, Saha S. Nomophobia: A Cross-Sectional Analysis of Dental Students' Use of Mobile Devices was conducted. Clinical Diagnosis Research. 2017; 11(2):ZC34–ZC39

H₂: There will be significant difference in Anxiety among males and females.

Variables	Group	Mean	Standard Deviation	Std. Error of Mean	T	Significance
Anxiety	Male	10.35	7.36	1.647	-.615	Insig.
	Female	11.38	6.48	.725		

According to Table 2, the mean difference and standard deviation for male and female on nomophobia came out to be 10.35 ± 7.36 and 11.38 ± 6.48 . The standard error of mean for both the groups was 1.647 and 0.725. The result shows that there is an insignificant difference in anxiety among male and female ($t = -.615$, $p = 0.540$). Therefore, H₂ has not been supported.

All of the pupils had phobias to varying degrees. Nomophobia was present to a moderate extent in the majority of pupils (56.5%) and 8.1% had moderate nomophobia, compared to 35.4% who had severe nomophobia. These results are in line with research done at a medical college in Pune, where 22.1% of participants had severe nomophobia and 60.0% had mild to moderate asthma (Farooqui, Pore, & Gothankar, 2018). 42.6% of young people in a study of 537 college students in Turkey reported having nomophobia. (Yildirim & Correia, 2015). There is a need for a solution to stop nomophobia among university students because it is becoming more prevalent.

H₃: There will be significant relationship between Nomophobia and anxiety among males.

Variable	N	M	S. D	R	Significance
Nomophobia	100	30.25	4.98	.319**	Sig.**
Anxiety	100	18.98	11.69		

**Correlation is significant at the 0.01 level(2-tailed)

The Pearson's correlation between nomophobia and anxiety among males came out to be $r = .319$ (significant at 0.01 level) It means if nomophobia increases, anxiety will also increase. Therefore, H₃ has been supported.

According to a regression analysis, smartphone addiction is a substantial predictor of both nomophobia ($p = .58$) and social anxiety ($p = .197$, $p.001$). Results revealed that 13% of male student's and 13% of female's students had smart phone addiction, whereas 15% of female students and 11% of male students had a higher level of nomophobia. In addition, 11% of women and 15% of men had significant levels of social anxiety.

H₄: There will be significant relationship between Nomophobia and anxiety among females.

Variable	N	M	S. D	R	Significance
Nomophobia	100	35.36	8.406	.501**	Sig.**
Anxiety	100	34.91	8.008		

**Significant correlation (2-tailed p 0.01)

The Pearson's correlation between nomophobia and anxiety among females came out to be $r = .501$ (significant at 0.01 level) it means if nomophobia increases, anxiety will also increase as follow in case of males. Therefore, H₄ has been supported.

There was no statistically significant difference between the groups on the total scores of the nomophobia scale. Although the group with internalizing disorder had much higher LC and NAI sub scores than healthy controls, there was no significant difference between the groups. Separation anxiety, social phobia, general anxiety, depression, attention deficit hyperactivity disorder, and oppositional behaviour were all substantially correlated with higher total scores of agoraphobia. Only LC was linked to disruptive behaviours. Total anxiety and hyperactivity predicted the nomad fear score overall.

We face a growing social, psychological, and physical danger from NOMOPHOBIA. Wellbeing, which is why it was chosen to be investigated and studied thoroughly whereas main objective of the study was to find out whether there, is any Nomophobia and Anxiety based upon the hypothesis that there is correlation between these two variables. In this study the hypothesis has been proved that there is a positive correlation between Nomophobia and Anxiety among University Students.

This examination additionally affirms that as a form of situational anxiety, nomophobia arises when one fears losing their mobile phone or being unable to contact loved ones in an emergency. Taking into account the DSM-5 Criteria for Specific Phobia (American Psychiatric Association, 2013), Nomophobia might be classified as a situational phobia falling under the category of specific phobia.

Recommendations/ Implications

- The study can be used by educators.
- The study can be used by parents.

Limitations

- This study focuses on the Young Adult (18-27 years) population only, and thus the conclusions can not be generalized on all the age group.
- The sample size is limited to 100 only and hence it may not be generalized for a large population.

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