Review Paper
Effects of Nomophobia – A Theoretical Perspective

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Abstract:

People's life changed drastically with the change in technology. Internet is one of them which is connecting the global communities through which new ideas, knowledge being shared more easily than before. Introduction of Smart Phones have made internet more accessible round the clock. This has led to higher usage of Mobile Phones, especially in adolescent population. Nomophobia means, 'No Mobile Phobia', feeling of missing out. Nomophobia is indicating danger to the larger part of population. Adolescents with Nomophobia experiences anxiety issues, impulsivity, sleep disorders, irritability, impacts learning and attention in class room, obsessions and compulsions and effects their eating habits and physical activity. A systematic review of the literature in done to explore the effects of Nomophobia on adolescent population. Effects of Nomophobia has been discussed in the research paper along with future directions of research and interventions that can help overcome Nomophobia.

Keywords: 1.Nomophobia, 2.smart phones, 3.adolescents

1. Introduction

Technology is making drastic change in the lives of people. Making our lives more comfortable and easier. One of such inventions is of Mobile Phone which was initially created only for communication. Introduction to smart phones have made internet more accessible round the clock. Mobile Phones are used for multiple purposes such as Whats App chats, Face Book, Instagram, Video calls, Snap Chats, Twitter, connecting people has become more easier. Not only chats and calls, people started playing online games. A group of adolescents play online games irrespective of the fact that the persons with whom they are playing with are complete strangers to them.. Introduction of eCommerce, online shopping has added an another feature and online shopping has become a hit over night. Watching movies on Mobile, listening to favourite music, using mobile as still and video camera are the common things now. This has led to higher usage of mobile phones, especially in adolescent population. Adolescents attract to mobile phones more as they want to be in constant connect with their peers and rest of the world. They has a feeling if they are not active in their groups, they will be excluded from the groups. The fear of excluding and wanting to be inclusive of the group makes them spend more time with their mobile phones. And also the curiosity to know more, to explore new things in the world make them addicted to mobile phones. During the last 3 years due to Covid-19, the usage of mobile phones has increased. Self-isolation has encouraged adolescents to turn to their smart phones to connect with their peers groups. Increased usage of mobile phones has made the people get addicted to mobile phones. Mobile phones have become so common now a days, that every person irrespective of age, socio-economic status, has a smart phone.

2. Review of Literature

2.1 Academic Performance

According to the research done by Mendoza.J.S et.al.2018, Excessive cell phone use and Nomophobia impacts learning and attention in classroom. In the process of research two experiments were conducted, participants watched a 20 minute lecture under different conditions. With cell phones and without cell phones. Quiz is conducted to all participants from two groups. Results showed participants higher in Nomophobia performed worse in quiz. Nomophobia has a greater impact on attention and learning.

According to the research done by Qutishat.M et.al.2020, there is a relation between nomophobia and academic performance. A convenient sampling technique is used. 735 students participated in the research from Sultan Qaboos University in Oman. The study showed that students with severe nomophobia reported weak academic performance, but the data was not statistically significant

A study done by Ramos-Soler, I et.al(2021), worked on to measure the levels of nomophobia among 850 adolescents aged 12 to 16 years. In the study it has been observed that the prevalence of nomophobia among adolescents is high. Adolescents with high levels of nomophobia showed low levels of academic performance. In this study it has been observed there is an influence of gender on the levels of nomophobia. Girls have higher levels of nomophobia than boys.

2.2 Internet Usage

DijleAyar et al.(2018) conducted a research examining the effects of problematic internet use, social appearance anxiety, and social media use on the levels of nomophobia among undergraduate nursing students in western Turkey. To observe the correlation between the variables four models were created in this study . First model has examined the relationship[between social media use and nomophobia levels, second model examined the relationship between social appearance anxiety and nomophobia levels, third model examined the relationship between problematic internet use and nomophobia levels and fourth model examined the relationship between all the above three variables and nomophobia levels. The results of the study showed that participants with high social dependency levels, social appearance anxiety and problematic internet use also have high levels of nomophobia.

According to the research done by Mertkan.D et.al.2018, there is a relation between Nomo phobic levels and the Internet addiction among high school students. A sample of 929 high school students were randomly selected who are in 9th to 12th grade from Turkish high schools. In the research process Nomophobia scale and Internet addiction scale were administered. The study showed the higher the levels of internet addiction higher is the Nomo phobic levels.

In the study done by Kaviani.E et.al.2020, 2838 participants were taken as samples from different online platforms. The study has shown that there is a positive correlation between all three problematic use factors-(problematic dependent, prohibited and dangerous mobile phone use) and Nomophobia. Males were more prone to prohibited and dangerous use while no gender difference was found in dependent use.

2.3 Lifestyle, Mental Health and Mindfulness

A study done by Arpaci.I et.al.2017, showed the effects of mindfulness on the relationship between attachment and nomophobia. A sample of 450 were taken. The results showed nomophobia has positive effect on avoidant and anxious attachment, and mindfulness has negative effect on nomophobia for

women only. The results have shown the participants who are emotionally dependent and seek attention in the relationships are prone to show discomfort and restlessness when they have no access to their mobile phones.

According to the research done by Gazgin et.al.2018, there was a significant relationship between loneliness and nomophobia. A sample of 301 adolescents were taken. The findings ascertained that loneliness of adolescents have increased the intensity of nomophobia. Adolescents who suffer from loneliness showed problematic behaviour when not accessible to their mobile phones.

A study done by Sarma.M et.al.2019, on 1386 high school students between the age 14 and 17 years are taken as samples. The study has shown that there was a statistically significant relationship between Nomophobia and Anxiety, Depression and Quality of life. A positive correlation is found between nomophobia and depression, anxiety. While a negative correlation was found between nomophobia and quality of life.

A study done by Goncalves.S et.al.2020, states there is a relationship between Nomophobia and lifestyle (a style of behaving in a particular way). A sample of 495 participants were taken. Results show that there is a positive correlation between Nomophobia and psychopathological symptoms like interpersonal sensitivity, obsessive compulsive disorder.

According to the research done by DidemKuscu et.al.2020, not being able to access information and losing connectedness were higher in the group with internalising disorder than the healthy group and group with externalising disorder. 139 adolescents aged 13 – 18 years were taken as samples. Divided into 3 groups based on internalising, externalising and healthy group. The results showed Social phobia, Generalised anxiety, Separation anxiety, depression, oppositional and hyperactive problems positively correlated with nomophobia among the 3 groups.

The research done by Kara.M et.al.2021, aims to investigate loneliness and anxiety in relationship between duration of usage of mobile phone and their nomophobia levels. The sample is taken from 274 adolescent population. The results showed that there is significant positive correlation between the duration of mobile phone usage, loneliness, anxiety, and nomophobia.

According to the research done by Lin.C.Y et.al.2021, 1098 adolescents were taken as samples. The research aimed at use of longitudinal design to observe temporal relationships between nomophobia, addictive use of social media and insomnia among Iranian adolescents. Results have shown nomophobia and use of social media have a direct and positive relationship with insomnia.

In the research done by Lea. S et.al (2022), the relationship between nomophobia and distress factors and emotional difficulties have been examined. 257 Croatian students were taken as samples whose average age is 22 years. It has been observed that Nomophobia acts as a significant predictor in expression of distress factors such as depression symptoms, anxiety symptoms and stress symptoms.

3. **Inclusion Criteria**

Requirements for inclusion in this review are the researches from all over the world have been picked up.

4. **Exclusion Criteria**

Researches on population other than adolescents and young youth have been excluded.

5. **Discussion**

Nomophobia no mobile phobia, is the feeling of missing out. People with Nomophobia experiences both psychological as well as physiological symptoms. Psychological symptoms such as fear, worry or panic when not able to access mobile phone; Anxious and irritability when need to be away from mobile phone for a while; Anxious and panic when not able to find phone (lost). And some of the physiological symptoms like breathing problems, stiffness or tightness in chest sweating, shaking or trembling, palpitations, feeling dizzy. Some of the behaviours which can alert us the presence of nomophobia or dependent behaviours on mobile phones are Helpless feeling without phone; Using phone for several hours even if its on charging; Checking phone several times, thinking that some important notification can be missed; Carry the mobile phone to bathroom, gym, classroom everywhere. To avoid these behaviours in adolescents, physical activities can be involved in their lifes

The current literature review provides a brief understanding of the outcomes of Nomophobia.Many researches have been done to study the impact of nomophobia on adolescents in classroom set up.Nomophobia has a negative impact on attention and learning in classroom. And it has been observed that when there is internet addiction among the adolescents is high the nomophobia levels are high. The higher the levels of nomophobia in adolescents , low is their academic performance.In most of the high schools they have imposed restrictions of not using/carrying mobile phones during school hours. This can help adolescents spend more time productively without phones. But in colleges this restriction has been limited to classroom.

In the literature review it has been observed that there is a direct and positive correlation between problematic internet use and nomophobia. It is a good concept to keep no social media day/no mobile day. It can be once a week or twice a week. And restricting the number of hours usage of mobile phones. Keep tracking the screen time. Avoid carrying mobile phones to some places such as gym or if going for walks or when spending time with friends and family. Wi-Fi can be used for a limited period of time such as switching off WIFI two hours before going to sleep in the night and switching on the Wi-Fi two hours after waking up in the morning. Parents should be aware of their children's online activities and the number of hours they spend time on their mobile phones. If there is a change in their children's behaviour, parents should observe and take the help from psychologists. Making adolescents aware of the dangers of mobile phone usage for longer hours and other illegal internet activities

It has been seen in the review of literature that with high levels of nomophobia in samples, the more psychopathological symptoms like interpersonal sensitivity and obsessive compulsive disorder. The studies show that loneliness in adolescents has increased the intensity of nomophobia. There is a positive corelation between anxiety, depression and nomophobia.it has been seen in the researches that adolescents were stressed out when away from their mobile phones for longer hours. It has been observed in research findings that loneliness in individuals increases the levels of nomophobia. Cognitive Behavioural Therapy and relaxation techniques are some of the interventions along with medications have shown satisfactory results in the procedure of treatment of nomophobia. Physical exercises/activities can help. Spending more time with family and friends and keeping oneself occupied. Developing interests in one's own hobbies such as painting, photography.While Government of India has issued safety/precautionary guidelines for mobile phone users on radiation but not there are no specific guidelines on Nomophobia.

6. **Future Direction of Research**

More research has to be done in the areas what is causing nomophobia. Is it inclusion and exclusion criteria in the social networking groups that is causing nomophobia. That is, wanted to be a part

of the group, and does not want to be excluded from the group. And for that reason keeping constant touch on updates on mobile phones. Peer pressure is another important aspect in the life of an adolescent. Nomophobia can be due to peer pressure which is forcing themselves to be on social media for longer hours which is resulting in getting addicted.

7. References

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