Examining The Nomophobic Level And Issues Faced By The Adults

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ABSTRACT

Nomophobia is on the increase as more people use cellphones. Several research conducted in India on young adults have shown that they suffer from nomophobia. In India, the seriousness of nomophobia and associated behaviors is frequently underestimated and unrecognized. There were a total of 250 participants, who were further broken down into three categories: students, working professionals, and retirees. Each respondent's unique psychological struggles with Nomophobia should be expressed accurately in the questions. According to the above poll it is obvious that 99.2% individuals are Nomophobic; yet in comparison to students and working people the condition of Nomophobia is lesser among the retired ones, but there too the conditions are bad. There will likely be a significant impact from mobile phones in the near future.

Keywords: Nomophobic, Information, Fear, Social media, Smartphone

I.   INTRODUCTION

Before the invention of the telephone, people had to rely on pigeons, letters, and eventually telegraph to communicate. Now we live in a time where everyone has a mobile phone and can communicate wirelessly. Nowadays, everyone needs a reliable means of electronic communication with friends, family, and colleagues. Technological progress has entirely shifted the norm, with smartphones now serving as portable data repositories, cameras, music players, and even game consoles.

Each person is profoundly impacted by the rapid development and proliferation of technology across the world. The general public now tends to quickly adapt to any new developments in the realm of communication systems. Cell phones have been one of the best inventions of the 21st century. The mobile phone has rapidly gained acceptance as a vital means of communication and is now an indispensable element of daily life. It's more than just a means of getting in touch with others; it's an integral part of everyday life.

The dread of being cut off from one's mobile phone network has given rise to a new term: nomophobia. Losing a cell phone having it die on them, their credit run out or having to switch networks causes a lot of stress for people especially teens. People suffering with nomophobia are unable to disconnect from their devices at any time; they even take them to bed with them. Nomads are more likely to keep a backup phone on hand in case their primary one ever stops working. If their partner reads their messages and texts, it will cause a lot of tension in their relationships. They won't be able to do their usual jobs because they'll be preoccupied with concerns about the safety of their phones.

Fear of communication failure, loss of connectivity, inability to acquire information, and sacrifice of convenience make up the four elements of the nomophobia experienced by smartphone users. There are four distinct types of irrational anxiety that smartphone users experience, even when they are momentarily deprived of access to their devices.

To many college students, their cellphones are an extension of themselves and an essential part of who they are. Maintaining friendships and communicating the day-to-day necessities are two areas where smartphones are becoming increasingly important. Young adults and teenagers of today can't remember a time before cellphones.

Fearful thoughts and feelings, for example, may be traced back to a combination of internal and external influences, according to social cognitive theory. Those who worry about losing out on updated information, social activities, and instant incentives in a virtual environment like social media may exhibit anxious or problematic smartphone usage patterns, such as nomophobia. Higher levels of smartphone-related activities and social media use are expected to be connected with more problematic smartphone behaviors, as predicted by the Uses and Gratifications hypothesis and the Compensatory Internet Use theory. The common practice of checking one's phone frequently for social communications is a significant gateway to problematic mobile phone use. Instant pleasure from social media messages can lead to greater phone use, including harmful behavior.

II.   REVIEW OF LITERATURE

Dalbudak, İbrahim et al., (2020) While technological progress has greatly facilitated human existence, it has also introduced new forms of dependency. The purpose of this research is to quantify students' degrees of fear of the unknown (or "nomophobia") at Uşak University's Faculty of Sports and the Faculty of Technology at Isparta Applied Sciences University, and to analyses how different personality traits are associated with those degrees. The research involved 408 students from the sports department at Uşak University and the technology faculty at Isparta Applied Sciences University. Participation included volunteer work. Students' levels of nomophobia and personality traits were examined across a wide range of demographic variables, including gender, age, level of education, field of study, years of phone use, minutes per day spent using a smartphone, minutes per day spent using the internet on a mobile device, smartphone

use at night, smartphone use per day, smartphone use per day, smartphone use per night, smartphone use per day, and time spent with friends during the day. Somer, Tatar, and Korkmaz (2001) created the Nomophobia Scale employed in the study, while the 5-Factor Personality Inventory's short form was used by Tatar (whose validity and reliability were established) (2005). The statistical software package SPSS 22.00, designed for quantitative analysis, was utilized for this investigation. Percentage and frequency tables were used to summarize the data. The level of significance used in this analysis was.05. Nomophobia and subscale ratings vary significantly ($p< .05$) and illogically ($p >.05$) by age, gender, department, years of phone use, daily smartphone usage time, daily mobile internet usage time, smartphone night off status, and time spent with friends during the day. Personality traits were shown to be significantly associated with lack of interest in new places ($p <.05$). The study's findings demonstrated the positive effects of nomophobia on college students. This study provides evidence that individual differences have a role in the development of nomophobia. Nomophobia appears to respond to individual differences in personality. The fear of being alone fades away as one's self-confidence grows. As a result, we may finally study the individual's personality as thoroughly as we need to. A fresh study evaluating the impact of nomophobia on students in the unaffected major might also be proposed.

Kaviani, Fareed et al., (2020) Behavior, relationships, communication, and the dynamics of physical settings are all being impacted by the widespread use of mobile phones. This has resulted in a greater reliance on the gadget in general. That's why there's a new phobia called "nomophobia" (the dread of being without a mobile phone). This research set out to ascertain whether or not a fear of being without a mobile phone was associated with an increased risk of engaging in problematic patterns of dependent, illegal, and potentially harmful mobile phone usage. There were a total of 2838 people (1337 men and 1501 females) that were culled from various online communities for this study. Both nomophobia and problematic mobile phone usage were examined with questionnaires. The former was the Nomophobia Questionnaire (NMP-Q), while the latter was the Problematic Mobile Phone Use Questionnaire (PMPUQ-R). The results showed a substantial positive connection between nomophobia and the three problematic usage variables. Regression models showed that younger age and greater time spent on a mobile phone every day significantly increased problematic reliance, restricted usage, and risky use, in addition to nomophobia. Unlawful and harmful use was more common among males, but dependent usage showed no significant gender differences. These results highlight the need for more study into the connection between nomophobia and particular characteristics of hazardous mobile phone use, such as using a cell phone while driving.

Sanduja, Mohit & Gupta, Jyoti (2018) An unreasonable dread of being without a mobile phone or of being unable to use one due to factors like a lack of signal or running out of minutes or battery life is known as nomophobia. In the strictest sense, a phobia is an unreasonable dread of something. Nomophobia isn't completely unreasonable because

the things people dread aren't all that out of the ordinary. The level of anxiety that consumers experience at the prospect of being "removed from" their cellphones is unreasonable. Nomophobia is a portmanteau forming no + mobile + phone + phobia. The United Kingdom-based research firm YouGov coined the phrase. 53% of mobile phone users reported feeling concerned when they couldn't use their phones, and over half of mobile phone users said they never turned their phones off.

Tams, Stefan et al., (2017) Smartphone use becomes problematic when people become so reliant on their devices that they begin to fear for their safety, as evidenced by a growing body of studies demonstrating this. The dread of being without one's phone is known as Nomophobia. The research (particularly on techno stress and problematic smartphone use) has thrown a lot of light on the subject of whom circumstances lead to the development of Nomophobia, but it is less obvious how, why, and under what situations Nomophobia itself results in bad outcomes, notably stress. Using the demand-control-person paradigm as a jumping off point, this investigation creates a unique research model showing that Nomophobia affects stress via the sense of social danger, with the context of a phone withdrawal situation being crucial to this indirect effect. With the use of multi-group path analysis, we tested our model using data from 270 smartphone users, and the results confirmed our hypotheses. When individuals know how long they would go without their phones and feel like they have some say in the matter, the results demonstrated that the hypothesized indirect effect is insignificant. Managers may aid their nomad-averse staff by increasing the autonomy of smartphone usage in meetings and fostering an atmosphere of trust and social presence.

Yildirim, Caglar & Correia, Ana-Paula. (2015) Some believe that the widespread use of mobile information and communication technology like smartphones has given rise to a new phobia: nomophobia. Having identified and described the features of nomophobia, and having created a questionnaire to test nomophobia, this study aimed to add to the existing academic literature on the topic. Hence, a mixed-method, sequential, exploratory approach was used in this investigation. The first step was a qualitative investigation of nomophobia using semi-structured interviews with nine first-years at a big Midwestern institution in the United States. Four elements of nomophobia were discovered as a result of the first stage: the inability to communicate, the loss of connectivity, the inability to acquire knowledge, and the sacrifice of convenience. The results of this preliminary qualitative research informed the creation of a 20-item nomophobia questionnaire (NMP-Q). Phase two involved verifying the NMP-Q with a representative sample of 301 college freshmen. The NMP-Q was subjected to an exploratory factor analysis, which found that it is composed of four factors that map onto the different characteristics of nomad phobia. Validity and reliability studies on the NMP-Q indicate that it can be used to evaluate the extent to which an individual suffers from nomophobia.

III.   METHODOLOGY

Several residents of different Indian states took part in the study. There was no mention of minimum or maximum age requirements. Twenty questions were compiled in a Google form as part of a survey designed to gauge how people feel when they disconnect from their smartphones. The survey was completed only after participants were briefed on the importance of maintaining the confidentiality of their identities and were assured that no personally identifying information would be utilized in any way. There were a total of 250 persons who took part, and they were split evenly between students, working adults, and those in retirement. There were a total of 250 people who took part; 180 were students, 40 were working professionals, and 30 were retired military. The questionnaire was written in a way that allows for the clear reflection of the individual's unique psychological difficulties with Nomophobia.

IV. RESULT AND DISCUSSION

Table 1: Understanding the Nomophobic level

Questions asked	Yes/No	Students (%)	Working professional (%)	Retired (%)	Psychological issue faced
I would feel uncomfortable without constant access to information through my Smartphone	Yes	70	90	85	Irritability
	No	30	10	25	
I would be annoyed if I could not look information up on my Smartphone when I wanted to do so	Yes	85	75	90	Annoyed, Restless
	No	15	25	10	
Being unable to get the news on my Smartphone would make me nervous	Yes	60	80	50	Nervousness
	No	40	20	50	
If I were to run out of credits or hit my monthly data limit, I would panic	Yes	62	70	88	Worry, Fear palpitations
	No	38	30	12	

if I did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network	Yes	65	99	55	Restlessness, racing thoughts
	No	35	1	45	
Running out of my battery in my Smartphone would scare me.	Yes	68	71	60	Scare, Chills, sweating
	No	32	29	40	
If I did not have my Smartphone with me, I would feel anxious because I could not instantly connect with my family or friends	Yes	98	70	100	Restlessness, Sweating anxiety
	No	2	30	0	
I would feel awkward because I could not check notifications for update from my connections and online networks	Yes	65	75	60	Racing thoughts, Anxiety
	No	35	25	40	
reaching out to my pocket and not finding my phone would scare me	Yes	100	70	100	Anxiety, Stress, Nausea, Sweating
	No	0	30	0	
my heart would speed up immensely if I drop my phone on the floor	Yes	97	87	95	Palpitations, Instant stress, Insomnia
	No	3	13	5	
	Yes	85	50	30	

I would be panic if I am disconnected from my social identity for more than an hour	No	15	50	70	Irritability, Depression
keeping my phone away for long would make me feel hungry even after a full meal	Yes	15	20	10	Mood swing
	No	85	80	90	
I would be anxious if I couldn't check my emails	Yes	30	25	15	Bored, Excessive worry
	No	70	75	85	
If I do not have my Smartphone, I would feel weird as to what to do and what not	Yes	90	81	60	Worry, Fear, irritability
	No	10	19	40	
I feel restlessness, anxious, sweaty, and high pulse rate if someone detaches me from my Smartphone	Yes	80	65	55	Restlessness, Anxious/Sweaty
	No	20	35	45	
I like using my phone while eating and going to the loo	Yes	98	70	90	Lack of concentration
	No	2	30	10	
I feel the sudden strong urge to check my phone(social media) while studying or attending a meeting	Yes	75	65	55	Racing thoughts, Irrational worry
	No	25	35	45	
	Yes	80	75	70	

Not having my Smartphone would scare me of being stranded somewhere	No	20	25	30	Palpitations, Depression, Chills
I feel extremely bored, and aloof if I go somewhere without my Smartphone	Yes	95	96	92	Worry
	No	5	4	8	

According to the data shown above, 99.2 percent of the population suffers from Nomophobia; nevertheless, the illness is less severe among retirees than it is among students and working adults, despite the fact that it is still rather widespread among the elderly population as a whole. The prevalence of mobile phones in the future is a major concern. The study results clearly show that smartphone users are at increased risk for developing persistent anxiety disorders. In the poll, participants were asked to check off a list of emotions they experienced when faced with various scenarios.

V. CONCLUSION

Anxiety disorders, stress, and panic attacks are the end result of all the sentiments experienced by the individuals. It's not hard to imagine that in the not-too-distant future, people may rely on their smartphones so much that they become ill and require extensive medical care to recover. In the twenty-first century, it has become the most widespread behavioral disorder that does not include drugs. Students can benefit from mobile phone use in many ways, including access to online courses and research tools, but they must exercise restraint to avoid becoming overly reliant on their devices.

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