

# NOMOPHOBIA -REVIEW ARTICLE

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**ABSTRACT:** Nomophobia is a term describing a growing fear in today's world, his fear of being without a mobile device, or beyond mobile phone contact. Among today's high school and college students, it's on the rise. An increasing number of college students now shower with their cell phone. The average adolescent would rather lose a pinky-finger than a cell phone. A growing percentage text or tweet instead of actually talking others. Nomophobia is everywhere in industrialized nations. The term is an abbreviation for "no-mobile-phone phobia," which was coined during a 2010 study by the UK Post Office. The Post Office commissioned YouGov, a research organization, to look at anxieties suffered by mobile phone users. The study found that nearly 53 percent of mobile phone users in Britain tend to be anxious when they "lose their mobile phone, run out of battery or credit, or have no network coverage."

**KEY WORD:** Nomophobia, or "no-mobile-phone phobia."

## BACK GROUND OF THE STUDY:

Today smart phone addiction is a phenomenon becoming more and more common but also as damaging as any other addiction, such as alcohol or gambling. It's normal to see all the people obsessively looking at their phone screens all the time checking in on face book twitter sharing something on instagram regardless of place, on the bus at the office, in toilet while walking on the street or even on a date. Its' so serious that some people experience anxiety and stress due to the fear of not having access to a mobile phone.

Mobile phones are invented and introduced to make human life easier, but if the same mobile phone becomes the reason of deterioration of human health then definitely it is not a good signal. Very often we have seen that elderly people ask their children to keep away from smart phones, but the reality is that elderly people are also addicted of smart phone.

In the era of science and technology as far as communication is concern it is very important and trending field of research. Since the period of telegram to Long Term Evolution and IP based Smart phone, the pattern of growth is very interesting and it implicates the amazing transformation in human life. Even though the innovation in communication made human

Life very easy, fast and productive but on the other hand its excessive mining can be reason of deteriorating the human health. Although numerous studies have examined factors that influence Smartphone addiction, few have analyzed the potential protective factors inherent in individual that may benefit future intervention programs for smart phone addiction. In this paper our concern is usability of smart phone and its future consequences. We did questionnaire based survey of 196 Indian people, which includes sexes, teachers and students. Questionnaire set contains 30 different mobile phone usability related questions.

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A study by the Boston Medical College on some families during having a meal in restaurants in 2004, it was found that one third of family members were busy on a mobile phone during having a meal. Regarding to usability of Mobile phone a survey was held in California State of the United States of America on public space say school, metro station and restaurants in 1999. In this survey, 90% people argued that it is rude to use a mobile phone in a public place.

The study found that about 58% of men and 47% of women suffer from the phobia and an additional 9% feel stressed when their mobile phone are off. The study sampled 2,163 people. 55% of those surveyed cited keeping in touch with friends or family as the main reason that they got anxious when they could not use their mobile phones.

### **NEED FOR THE STUDY:**

The term is an abbreviation for no-mobile-phone phobia which was coined during a 2010 study by the UK post office. The post office commissioned YouGov, a research organization to look at anxieties suffered by mobile phone users.

**According to the Lancet medical journal** says that a 34year –old woman used her mobile messaging service to such a great extent, that she landed up in the hospital and had to be treated for severe wrist pain. The diagnosis was bilateral extensor pollicis longus tendinitis of the thumb. The doctor nicknamed as whats Appitis.

To promote the cope with the fear of not having access to their mobile phone is called Nomo phobia, this term was first used by YouGov. The reasons for not being able to access may be the mobile is not having signal or another reason may be mobile is not having battery.

Nomophobia is very latest and is found all around world so there is lot of scope to research in this field. How to prevent it is really challenging tasks one can think to create platform regularly assist user and alarm him if one crosses the limit.

### **STATISTICS**

Nomophobia is a term describing a growing fear in today's world — the fear of being without a mobile device, or beyond mobile phone contact. The study found that about 58 percent of men and 47 percent of women suffer from the phobia, and an additional 9 percent feel stressed when their mobile phones are off.

### **LITERATURE SURVEY**

**soumitra Sethia(2018) reported to assess the degree of nomophobia among the undergraduate Students of a medical college in Bhopal.**

The study was a cross sectional study conducted for a period of 3 months (June to September) in 2016 on students of first proff, second proff junior, second proff senior, junior final proff and senior final proff of Gandhi Medical College, Bhopal. A total of 473 students were selected by purposive sampling. The data was collected using a questionnaire Scoring was calculated as per NMP Q. The study was conducted on a total of 473 student's undergraduate MBBS students. The percentage of female participants was 51.6%. Majority (56.1%) of participants belonged to age group of 20-22 years. More than 57% participants started using

smart mobile phones before attaining age of 18 years. 291 (61.5%) were having moderate, 6.1% having severe nomophobia and only one participant was not suffering from nomophobia. The introduction of mobile phones and new technologies has shaped our daily life, with both positive and negative aspects.

## DEFINE

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.

## CAUSES

Women and teenagers have a propensity to this disease. Most common causes are

1. Low self-esteem – Reflected in the need to be in continuous contact with others fear of isolation or loneliness.
2. Excessive perfection – Caused by the thought of losing social events and consequent anxiety for not being present.

## SYMPTOMS

Nomophobia occurs in situations when an individual experiences anxiety due to the fear of not having access to a mobile phone. Anxiety is provoked by several reasons, such as the loss of a mobile phone, loss of reception, and a dead mobile phone battery. Respiratory alteration, perspiration, agitation, disorientation, tachycardia and trembling are some of the symptoms of Nomophobic person. Along with all these symptoms, there are various serious symptoms which can be seen very often in mobile phone addicted person these serious symptoms are Depression, Panic, Fear, Dependence, Rejection, Low self-esteem and Loneliness.

## DIAGNOSIS

Diagnostic and Statistical Manual of Mental Disorder is the base for assessing the mental health for History collection, psychometric scale, and questionnaire, dependence of mobile phone test.

## TREATMENT

### I NEUROPSYCHOPHARMACOLOGY

1. Ant anxiety drugs like a tab.benzodiazepine tab. diazepam, tab. clonazepam
2. Anti psychotics these are occasionally used in low doses tab.clozapine Tab. olanzapine Tab. Quetiapine Tab.Risperidone,tab haloperidol.
3. Anti depressants drugs a tab.sertraline tab.fluoxetine tab.citalopram tab.escitalopram

### II PSYCHOLOGICAL METHODS

- A. **Cognitive behavior therapy** is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems.
- B. **Reality therapy** is a therapeutic approach that focuses on problem-solving and making better choices in order to achieve specific goals.

**C. Eye Movement Desensitization and Reprocessing (EMDR)** is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches.

## PREVENTION

1. Turn off your cell phone at least an hour before bed.
2. Get the sleep you need
3. Explore your creativity
4. Be sure you get enough sunlight
5. Exercise with others for support
6. Choose an exercise you enjoy
7. Work out to change the way you feel
8. Keep friends and family in your life
9. Get involved in your community

## FUTURE SCOPE OF THE ARTICLE

1. To prevent the mental disorders
2. To reduce the fear and anxiety disorders
3. To maintain good mental Health and psychological well being.

## REFERENCES

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