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An Exploratory study to assess the nomophobia and its relationship with anxiety among adolescents in selected colleges of Haryana & Delhi 2022

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Abstract: In this era, it's difficult for everyone to stay away from mobile phones, but it seems the adolescent age are more indulge in it. Sometimes for leisure activity, on social media or even for studies. They don't want to be away from their mobiles. They are in the obsessive use of a smartphone (mobile addiction). This study aimed to explore the nomophobia and its relationship with anxiety among adolescents and to find the correlation between nomophobia and anxiety among adolescents A descriptive research approach and non-experimental research design was used in the study. The data was collected from 106 subjects from Haryana & Delhi.59.4% were having moderate level of Nomophobia and only 0.9% had absence of Nomophobia. 34.9% had severe anxiety related to Nomophobia and 18.9% were having minimal anxiety rest 30.2% had moderate anxiety related to Nomophobia. There was no association with demographic variables like age, gender, educational status, state, religion, place of stay, hours of using mobile ($p<0.05$) in both Nomophobia and anxiety. Result: There is significant correlation between Anxiety and Nomophobia among adolescents in selected colleges of Haryana & Delhi 2022.

Keywords: Nomophobia, anxiety, mobile phone addiction

INTRODUCTION

Smartphones are technological devices that have a great impact on people's daily lives changing their habits and behaviours. The utilities and capabilities of these devices are increasing, and the foresight is that this tendency will grow in the next years.[1]. The excessive usage has given rise to a condition termed as nomophobia or a feeling of discomfort or anxiety experienced whenever unable to use the smartphone.[2]. Nomophobia, a state of socio-psychological illness, refers to a fear of lack of access to mobile phone, which is thought to be a modern age disorder that causes negative health risks and harmful psychological effects.[3]. it is not surprising that some young people are extremely attached to their mobile phone considering the integration of mobile phone on people's lives and the number of its functions.[4] Nomophobia is seen as a type of contemporary phobia that emerged in the digital age [5]

Pavithra MB1 , Suwarna Madhukumar2 , Mahadeva Murthy TS3. 2015 conducted a study on Nomophobia in 200 students of a medical college in Bangalore that shows majority 74% students spent 300-500 Rs per month on mobile recharge. About 23% students felt they lose concentration and become stressed when they do not have their mobile around, 79(39.5%) students were Nomophobic in this study and another 27% were at risk of developing Nomophobia.[6]

Dixit S, Shukla H, Bhagwat A, Bindal A, Goyal A, Zaidi AK, Shrivastava A. 2010 conducted a cross sectional study on Mobile phone dependency among 200 students of medical college and associated Hospital of central India. According to the study the sample screened consisted of 53% males and 47% females of which 18.5% were found to be Nomophobic. The result of the study shows that this disorder is equally prevalent among the study group irrespective of gender.[7]

A study from United Kingdom on 2163 people revealed that 53% of the subjects tend to be anxious when they lose their mobile phone, run out of battery or credit or have no network coverage. The study found that about 58% of men and 48% of women suffer from the phobia, and an additional 9% feel stressed when their mobile phones are off. About 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.[8]

NEED OF THE STUDY

Several surveys and studies suggested that adolescents are more prone to nomophobia or smartphone addiction because they are more frequently use smartphones than other age groups. [9] Numerous studies have investigated the negative consequences of the excessive use of smartphone and nomophobia symptoms. [10]

Jing Luo1†, Shixiu Ren2†, Yuxin Li 3 and Tour Liu3,4,5 A correlational study was done between Nomophobia and Adaptability among 678 college students. This study used traditional multiple regression to explore the associations between adaptability and nomophobia. Results showed that emotional adaptability, homesickness adaptability, and learning adaptability were significantly related to nomophobia. [11]

Researcher wants to check whether there is a relationship between level of nomophobia (i.e., fear of being without a mobile phone or disconnected from mobile phone communication) and level of anxiety among adolescents.

Statement of the problem: "An Exploratory study to assess the nomophobia and its relationship with anxiety among adolescents in selected colleges of Haryana & Delhi 2022"

Objectives:

1. To assess the level of nomophobia and level of Anxiety among adolescents in Haryana & Delhi 2022"
2. To find out association between level of nomophobia and selected demographic variables.
3. To find out association between level of anxiety and selected demographic variables.
4. To find out correlation between level of nomophobia and level of anxiety among adolescents

Hypothesis:

H_1 There will be significant association between level of Nomophobia and level of anxiety among adolescents

Research Methodology

Research methodology is the steps, procedures, and strategies to gather and analyse the data in a research project. It also indicates the general pattern of organizing the procedure for empirical study together with the method of obtaining valid and reliable data for the problem under investigation.

Research approach & design:

descriptive research approach and non-experimental research design

Research setting:

Web based / internet research

Target population

Adolescents 16 – 21years

Sample and sampling technique

106 sample size selected by non- probability purposive sampling technique

Inclusion criteria

- Both male and female
- People who are cooperative

Exclusion Criteria

- People who were not willing to participate.

Selection and development of tool

- The Nomophobia Questionnaire (NMP-Q) and Beck Anxiety Inventory (BAI) were used to measure participants' nomophobia levels.

Description of tool:

- **Section – A: Socio- demographic profile**

  Investigator constructed the tool to collect the sociodemographic data of the study subjects. It consisted of demographic variables Age (in years), Gender, Educational status, State, Religion, Place of Stay, Hours of using Mobile.

- **Section - B: Dichotomous questionnaire**
  The NMP-Q has 20 questions, each scored on a 7-point Likert scale.
  The total score on the NMP-Q is 20 at its lowest (20 X 1) or 140 (7 X 20) at its highest

- **Section – C: Beck Anxiety Inventory**
  This scale is a self-report measure of anxiety. It has 21 Items
  The total score is calculated by finding the sum of the 21 items.
  Score of 0 – 21 = low anxiety
  Score of 22 – 35 = moderate anxiety
  Score of 36 and above = potentially concerning levels of anxiety

Data analysis plan

The analysis of data requires several closely related operations such as establishment of categories, application of this category to raw data through coding, tabulation and drawing statistical inferences. The data obtained was analyzed in terms of achieving the objectives of the study using descriptive and inferential statistics.

Statistical analysis of the data

The analysis of the data was done as follows,

- Organization of data in the master sheet.
- Frequency and percentage used for data analysis of demographic variables.
- Calculation of mean, mean percentage, and standard deviation of level of Nomophobia and the selected demographic variables. Application of the **Fisher's Exact Test** to find out the association between demographic variables and level of nomophobia.
- Calculation of mean, mean percentage, and standard deviation of level of Anxiety and the selected demographic variables. Application of the **Fisher's Exact Test** to find out the association between demographic variables and level of Anxiety

Ethical considerations

In the current study in order to consider ethical principles the purpose of the study was explained to all the research participants and informed consent was obtained from them. The participants were assured of the confidentiality of the data.

Review of Literature

Choliz. M. (2010): conducted a study on development and validation of the mobile phone problematic use scale. This study aimed to develop and validate a scale to assess problematic mobile phone use, which includes aspects related to nomophobia. The prevalence of nomophobia was 71.39%, which was more among males (73%) compared to females (69.94%). 'Disturbance of sleep' (41.33%) was most common symptom experienced due to mobile phone dependence. Study participants belonging to nuclear family, 3rd year MBBS batch, age group of 20-22 years and students spending Rs. >400/month on mobile phones were significantly associated with nomophobia. The present study has reported prevalence of nomophobia as 71.39% among undergraduate medical students which is very high. Now a day's nomophobia is an alarming issue and it should be addressed on priority basis. The scale was tested on a sample of 1,879 participants, and the findings revealed a positive correlation between problematic mobile phones use and anxiety related variables.[12]

Yildirim, C., & Correia, A. P. (2015): A study was conducted on the Relationship between Nomophobia and Problematic Smartphone Use among Turkish University Students: A Sequential Mediation Model was used. The results indicated that nomophobia is positively predicted, smartphone use and this relationship was mediated by variables such as fear of missing out and smartphone addiction.[13]

King, A. L., Valenca, A. M., Nardi, A. E., & Nomophobia Study Group (2010):A study on Nomophobia: The Mobile phone in Panic Disorder with Agoraphobia: Reducing Phobias or Worsening of Agoraphobia? This study examined the impact of mobile phone exposure on individuals with panic disorder and agoraphobia. The findings suggested that mobile phones could either reduce phobias by providing a sense of security or worsen agoraphobia by reinforcing avoidance behaviour. The patient was treated with medication

and cognitive-behaviour psychotherapy. He has remained asymptomatic for 4 years. The patient showed significant medical improvement in his panic disorder and phobias, but there has been no change in his nomophobia.[14]

Elhai. J.D., Dvorak, R. D., & Levine, J. C (2017): A study on "Associations between Problematic Mobile phone use and Psychological Parameters in Young Adults. Screened 117 total citations, resulting in 23 peer-reviewed papers examining statistical relations between standardized measures of problematic smartphone use/use severity and the severity of psychopathology. This study explored the associations between problematic mobile phone use, anxiety, depression, and impulsivity in young adults. The results indicated a significant positive relationship between problematic mobile phone use (including aspects of nomophobia) and anxiety, depression, and impulsivity.[15]

Ozdemir, Burhanettin & Cakir, Ozlem & Hussain, Irshad. (2018): This study focused on to examine prevalence of nomophobia among university students; and the relationship among nomophobia, self-esteem, loneliness, and self-happiness with respect to gender and year of study of the university students in Pakistan and Turkey. The study subjects consisted of 729 students 368 (50.5%) of which were from Turkey and 361 (49.5%) from Pakistan. The data were collected by using Nomophobia Scale (NMP-Q), UCLA Loneliness Scale (ULS-8), Self-Happiness Scale, and Rosenberg' Self-Esteem Scale by the researchers from Pakistan and Turkey respectively. The relationship and the effect of each psychological structure on nomophobia were examined with multiple linear regression model. The difference across the categories of independent variables on each of the dependent variables (loneliness, self-happiness, self-esteem, and nomophobia) and on linear combination of dependent variables for each country was examined by multivariate MANOVA. According to multivariate effects results, the main effect of gender on self-esteem and nomophobia was statistically significant which indicates that differences between male and female students with respect to self-esteem and nomophobia were significant. The study demonstrated differences between Turkish and Pakistani students' score on nomophobia, loneliness and self-happiness were significant, while difference on self-esteem across countries was not statistically significant.

ANALYSIS AND INTERPRETATION OF DATA

Analysis and interpretation were done in accordance with the objectives laid down for the study. The purpose of analysis is to reduce the data into an interpretable and meaningful form so that the result can be compared, and significance can be identified.

This chapter deals with the analysis and interpretation of data collected. The data was analyzed by calculating the score in terms of frequency, percentage, mean, standard deviation, chi- square, and paired T- test.

Objectives of the study: -

1. To assess the nomophobia and Anxiety among adolescents in Haryana & Delhi 2021"
2. To find out association between level of nomophobia and selected demographic variables.
3. To find out association between level of anxiety and selected demographic variables.
4. To find out correlation between nomophobia and anxiety among adolescents

Plan of Analysis:

Analysis and interpretation of data was done according to the objectives using descriptive and inferential statistics. The level of significance chosen was at $p \leq 0.05$.

Description of demographic profile

This section describes the demographic characteristics of the sample under study. The data obtained describes the characteristics pertaining Age (in years), Gender, Educational status, State, Religion, Place of Stay, Hours of using Mobile.

Organization of Analyzed Data:

The data was collected from 106 adolescents from Haryana and Delhi. Th e collected and analyzed data was organized according to the objectives and presented under the following four sections:

SECTION A

Frequency and percentage of demographic variables among adolescents in selected colleges of Haryana & Delhi 2022

SECTION B

Frequency & Percentage distribution level of Nomophobia and Association between level of Nomophobia Scores and Demographic Variables

SECTION C

Frequency & Percentage distribution level of Nomophobia and Association between level of Anxiety Scores and Demographic Variables

SECTION D

Correlation between the level of nomophobia and level of anxiety among adolescents

SECTION- A

Table No 4.1: Frequency and percentage of demographic variable among adolescents in selected colleges of Haryana & Delhi 2022

N=106

Demographic Variables	Options	Percentage (%)	Frequency(f)
Age (in years)	16-18 years	22%	23
	19-21 years	78%	83
Gender	Male	36%	38
	Female	63%	67
	Prefer not to say	1%	1
Educational status	Matric	2%	2
	Senior secondary	23%	24
	Under Graduation	75%	80
State	Delhi	40%	42
	Haryana	60%	64
Religion	Christian	22%	23
	Hindu	70%	74
	Sikh	5%	5
	Muslim	4%	4
	Other	0%	0
Place of Stay	Home	61%	65
	Hostel	25%	27

	PG	12%	13
	Other	1%	1
Hours of using Mobile	1-4 hours	54%	57
	5-8 hours	33%	35
	5-8 hours	6%	6
	More than 12 hours	8%	8

Table No 4.1: revealed that majority of participants 82 (78%) were in age group of 19-21 years, in that maximum adolescents 67 (63%) were females whereas 80 (75%) adolescents were under graduates, 64 (60%) were from Haryana state and maximum 74 (70%) were Hindu, most of the adolescents 65 (61%0 were staying in home. Majority of adolescents 57 (54%) were using mobile for 1-4 hours.

SECTION – B

Table 4.2 Frequency & Percentage distribution level of Nomophobia.

N=106

CRITERIA MEASURE OF NOMOPHOBIA SCORE		
LEVEL OF SCORES N= 106	**PERCENTAGE**	**FREQUENCY**
SEVERE NOMOPHOBIA. (100-140)	22.6%	24
MODERATE LEVEL OF NOMOPHOBIA (60-99)	59.4%	63
MILD LEVEL OF NOMOPHOBIA. (21-59)	17.0%	18
ABSENCE OF NOMOPHOBIA. (20)	0.9%	1

Maximum =140 Minimum=20

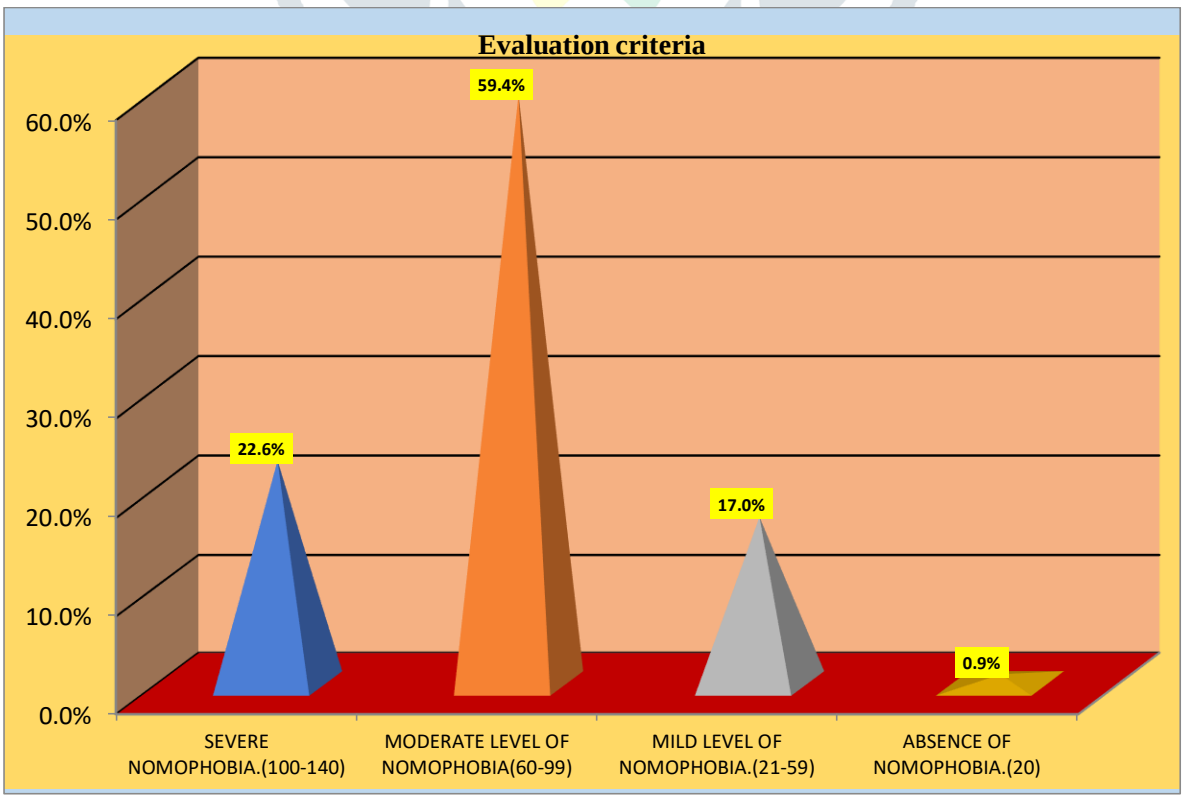

Figure no.4.2: Pyramidal diagram showing the percentage distribution level of Nomophobia

Table & Figure 4.2 describe that one (0.9%) of the adolescent have Absence of Nomophobia, 18 (17%) adolescents are having Mild Level of Nomophobia, majority of the adolescents 63 (59.4%) has Moderate level of Nomophobia and 24 (22.6%) are having Severe Nomophobia.

Table No 4. 2a: Descriptive statistics of Nomophobia

N=106

DESCRIPTIVE STATISTICS	Mean	Median	S.D.	Maximum	Minimum	Range
NOMOPHOBIA SCORE	82.83	84	26.32	140	20	120

Maximum=140 Minimum=20

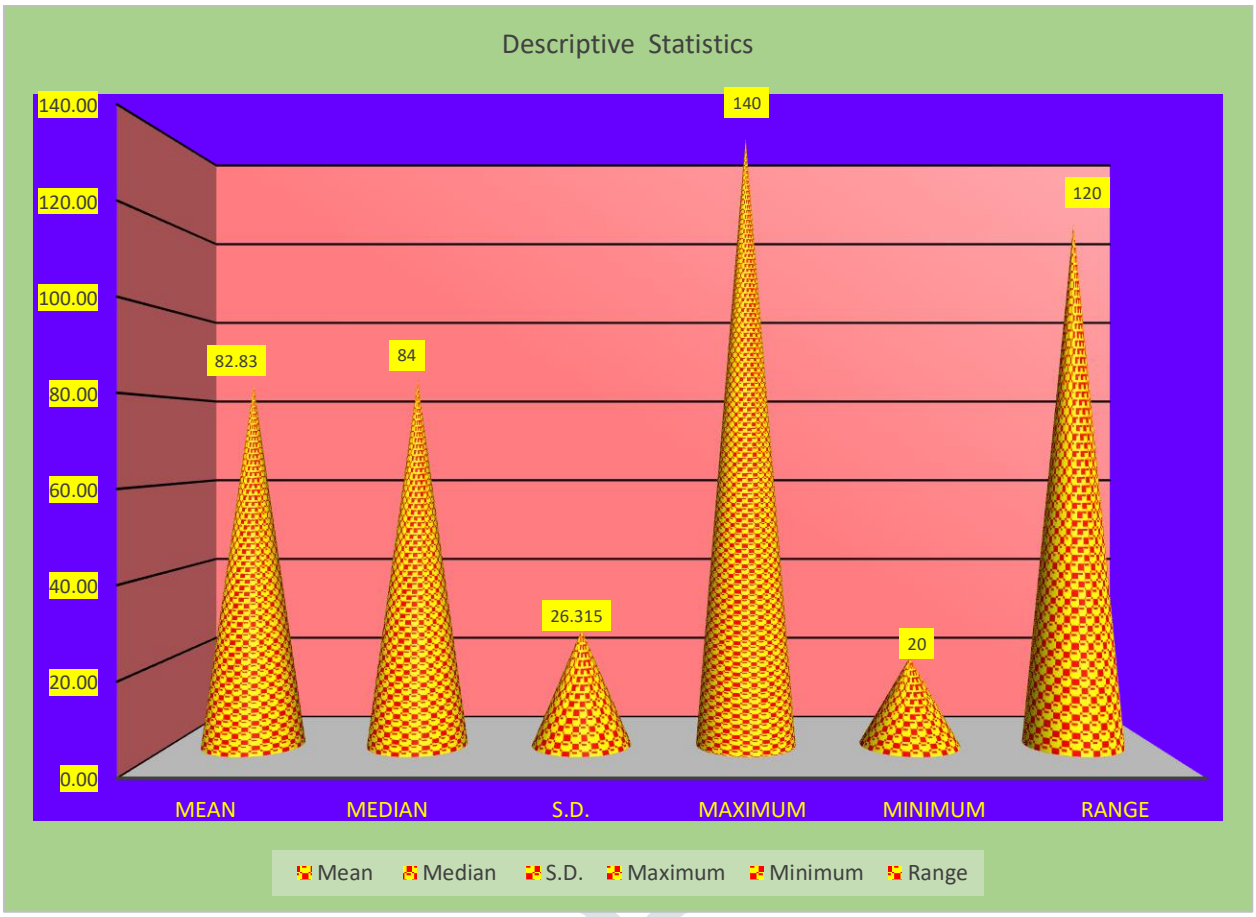

Figure no. 4.2a: Conical Shaped diagram representing descriptive statistics level of Nomophobia

Table & Figure 4.2a Represents the descriptive statistics of Nomophobia. It was found that the mean value was 82.83, median score was 84, standard deviation was26.32, maximum score was 140, minimum score was 20, range of score was 120.

Table No 4.2 b: Table Showing Association of Level of Nomophobia Scores and Demographic Variables

This section deals with the findings related to the association between score and selected demographic variables. The Test Statistics test was used to determine the association between the score levels and selected demographic variables

DEMOGRAPHIC DATA		LEVELS OF NOMOPHOBIA (N=106)				ASSOCIATION WITH NOMOPHOBIA SCORE				
Variables	**Opts**	SEVERE NOMOPHOBIA	MODERATE LEVEL OF NOMOPHOBIA	MILD LEVEL OF NOMOPHOBIA	ABSENCE OF NOMOPHOBIA	**Fisher's Exact Test**	**P Value**	**df**	**Table Value**	**Result**
Age(in years)	16-18 years	5	14	4	0	0.536	0.911	3	7.815	Not Significant
	19-21 years	19	49	14	1					
Gender	Male	9	16	12	1	17.752	0.007	6	12.592	Significant*
	Female	14	47	6	0					
	Prefer not to say	1	0	0	0					
Educational status	Matric	0	2	0	0	9.340	0.155	6	12.592	Not Significant
	Senior secondary	6	10	8	0					
	Under Graduation	18	51	10	1					
State	Delhi	11	21	10	0	3.953	0.267	3	7.815	Not Significant
	Haryana	13	42	8	1					
Religion	Christian	6	12	5	0	8.657	0.470	9	16.919	Not Significant
	Hindu	16	46	11	1					
	Sikh	0	3	2	0					
	Muslim	2	2	0	0					
	Other	0	0	0	0					
Place of Stay	Home	9	43	13	0	17.024	0.048	9	16.919	Significant*

	Hostel	10	14	2	1					
	PG	5	5	3	0					
	Other	0	1	0	0					
Hours of using Mobile	1-4 hours	9	40	8	0	16.441	0.058	9	16.919	Not Significant
	5-8 hours	12	14	9	0					
	5-8 hours	2	4	0	0					
	More than 12 hours	1	5	1	1					

The Test Statistics value shows that there is significance association between the level of Nomophobia score and demographic variables ***such as gender and place of stay.*** The calculated Test Statistics values were more than the table value at the 0.05 level of significance.

There is no significance association between the level of Nomophobia scores and other demographic variables (Age (in years), Educational status, State, Religion, Hours of using Mobile) The calculated Test Statistics values were less than the table value at the 0.05 level of significance.

SECTION C

Table 4.3 Frequency & Percentage distribution level of Anxiety.

N=106

CRITERIA MEASURE OF ANXIETY SCORE		
LEVEL OF SCORES N= 106	**PERCENTAGE**	**FREQUENCY**
SEVERE ANXIETY. (30-63)	34.9%	37
MODERATE ANXIETY (16-25)	30.2%	32
MILD ANXIETY. (8-15)	16.0%	17
MINIMAL ANXIETY. (0-7)	18.9%	20

Maximum =63 Minimum=0

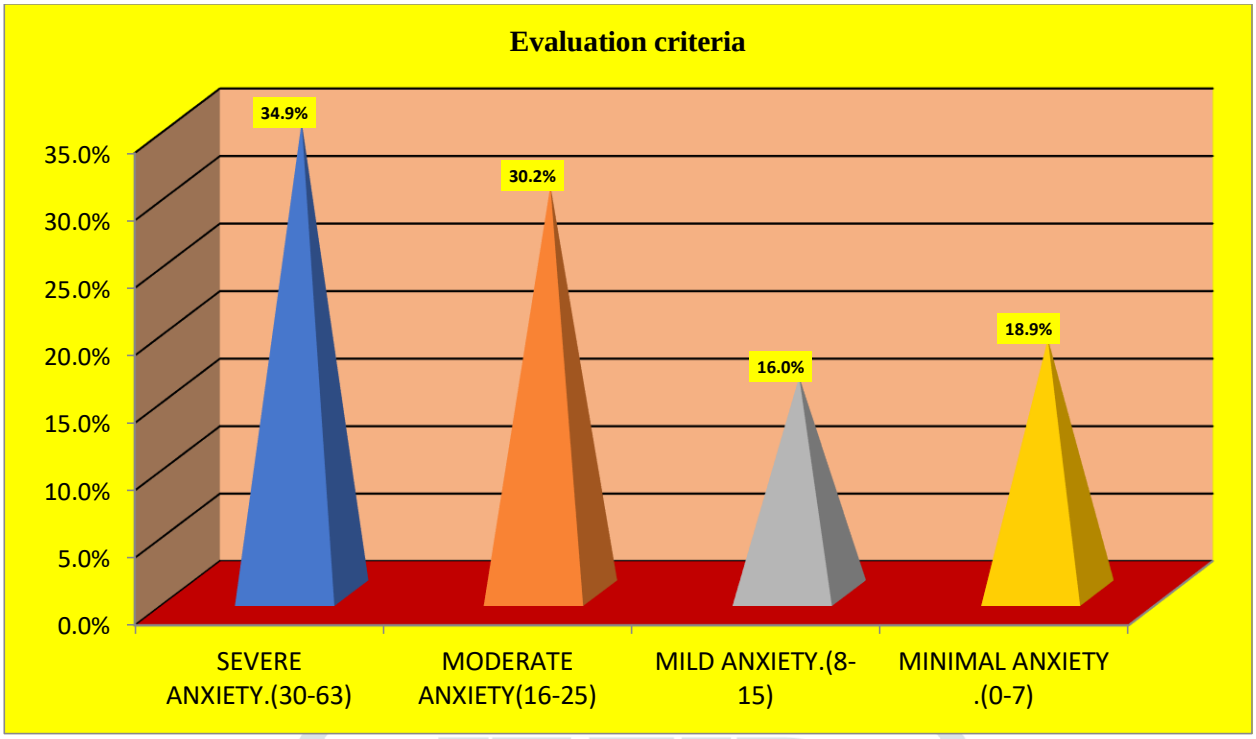

Figure no. 4.3: Pyramidal diagram showing the percentage distribution level of Anxiety

Table & Figure 4.3 depicts that 17 (16%) of the adolescent have mild Anxiety, 20 (18.9%) adolescents are having minimal Level of Anxiety, 32 (30.2%) has Moderate level of Anxiety and majority of adolescents 37 (34.9%) are having Severe level of Anxiety.

Table No 4.3a: Descriptive statistics of Anxiety

N=106

DESCRIPTIVE STATISTICS	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
ANXIETY SCORE	23.91	23	15.31	61	0	61	37.95

Maximum=63 Minimum=0

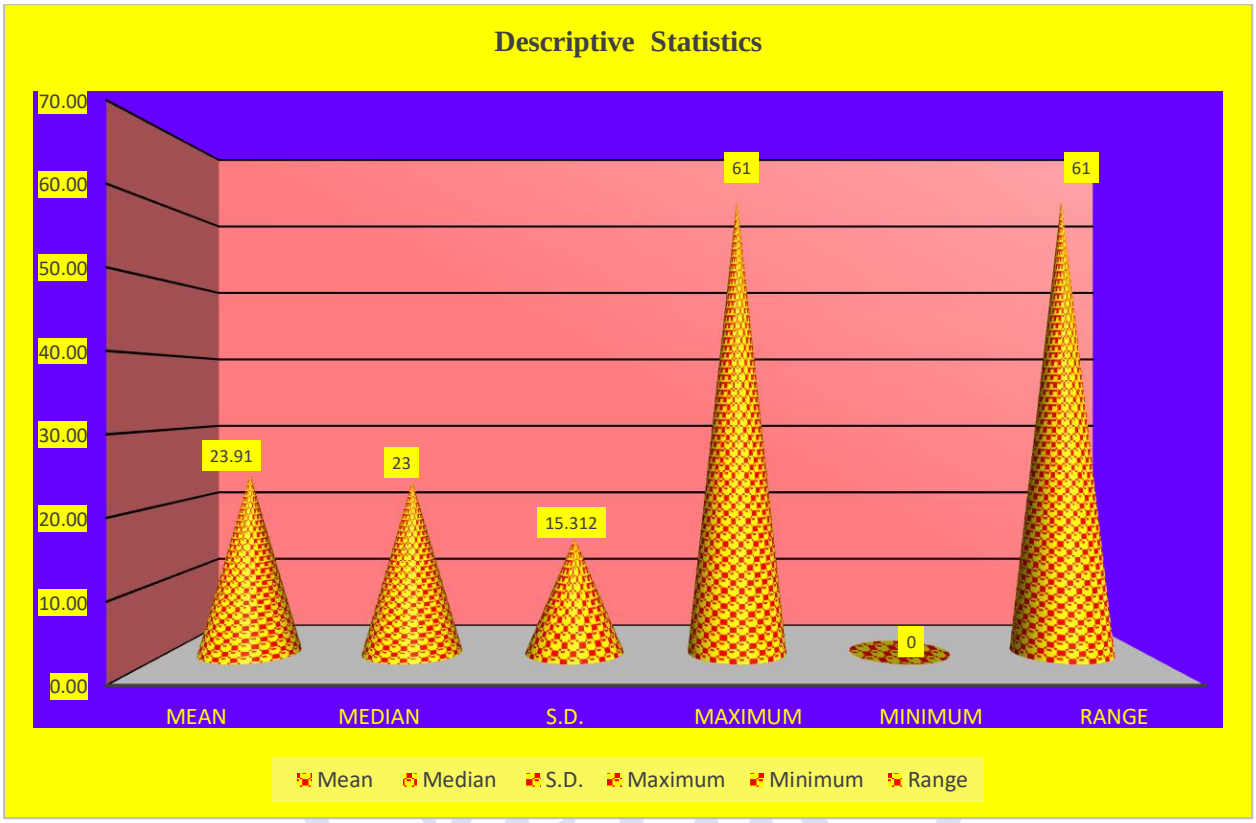

Figure no. 4.3a: Conical Shaped diagram representing descriptive statistics level of Anxiety

Table and figure 4.3a Represent the descriptive statistics of Anxiety. It was found that the mean value was 23.91, median score was 23, maximum score was 61, minimum score was 0, range of score was 61 and mean percentage was 37.95%.

Table No 4.3b: Table Showing Association of Level of Anxiety Scores and Demographic Variables

This section deals with the findings related to the association between score and selected demographic variables. . determine the association between the score levels and selected demographic variables

DEMOGRAPHIC DATA		**LEVELS OF ANXIETY (N=106)**				**ASSOCIATION WITH ANXIETY SCORE**				
Variables	**Options**	SEVERE ANXIETY	MODERATE ANXIETY	MILD ANXIETY	MINIMAL ANXIETY	**Fisher's Exact Test**	**P Value**	**df**	**Table Value**	**Result**
Age (in years)	16-18 years	5	9	5	4	3.013	0.390	3	7.815	Not Significant
	19-21 years	32	23	12	16					
Gender	Male	12	6	9	11	11.863	0.065	6	12.592	Not Significant
	Female	24	26	8	9					
	Prefer not to say	1	0	0	0					
Educational status	Matric	1	1	0	0	2.990	0.810	6	12.592	Not Significant
	Senior secondary	6	8	4	6					
	Under Graduation	30	23	13	14					

State	Delhi	18	11	4	9	3.653	0.301	3	7.815	Not Significant
	Haryana	19	21	13	11					
Religion	Christian	7	9	2	5	7.199	0.616	9	16.919	Not Significant
	Hindu	25	22	13	14					
	Sikh	4	0	1	0					
	Muslim	1	1	1	1					
	Other	0	0	0	0					
Place of Stay	Home	21	23	9	12	8.604	0.475	9	16.919	Not Significant
	Hostel	10	7	6	4					
	PG	6	1	2	4					
	Other	0	1	0	0					
Hours of using Mobile	1-4 hours	17	18	11	11	5.780	0.762	9	16.919	Not Significant
	5-8 hours	13	9	5	8					
	5-8 hours	2	2	1	1					
	More than 12 hours	5	3	0	0					

The Test Statistics value shows that there is no significance association between the Anxiety level of scores and demographic variables such as Age (in years), Gender, Educational status, State, Religion, Place of Stay, Hours of using Mobile. The calculated Test Statistics values were less than the table value at the 0.05 level of significance.

SECTION D

Table No 4.4: Correlation between the level of nomophobia and level of anxiety among adolescents

This section deals with correlation between level of Nomophobia and level of Anxiety among adolescents.

Pearson's Correlation	PAIR	
	ANXIETY SCORE	NOMOPHOBIA SCORE
Mean	23.9057	82.8302
SD	15.312	26.315
N	106	
Correlation	0.407	
Table Value	0.191	
P Value	0.000	
Result	Significant	

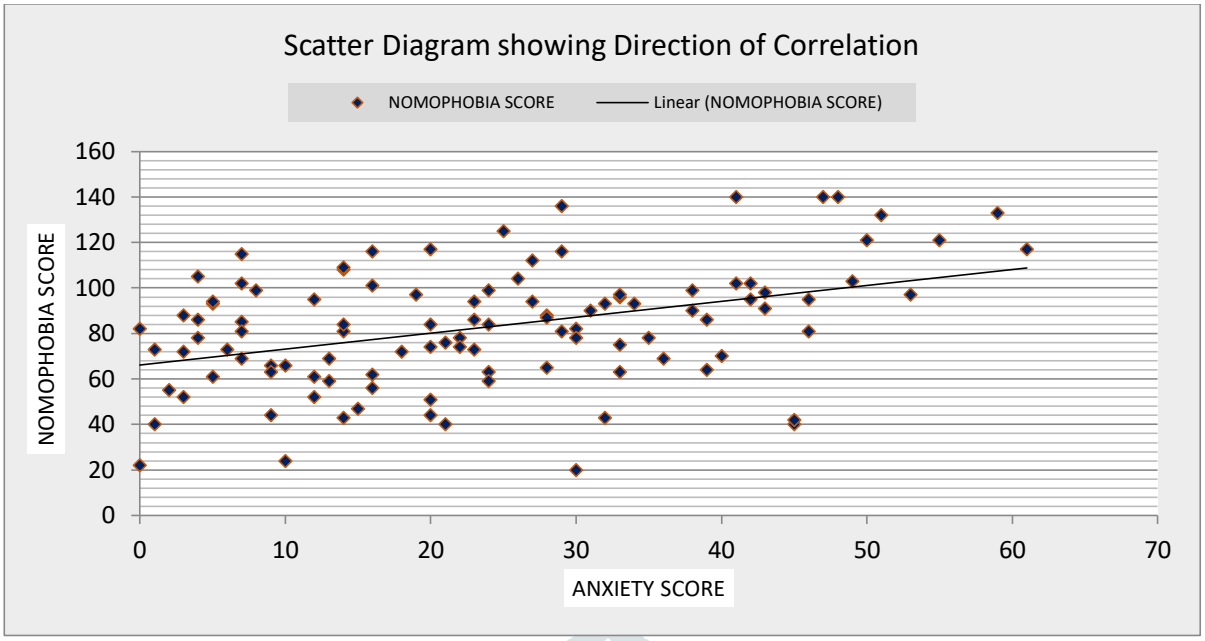

Figure 4.4: Scatter diagram showing direction of correlation

Correlation coefficients measure the strength of the relationship between two variables. A correlation between variables indicates that as one variable changes in value, the other variable tends to change in a specific direction.

Table and figure 4.4 The Pearson's correlation test was used to find the relation between level of Nomophobia scores and level of Anxiety scores, and it is **statistically significant**.

Major findings of the study

Description of demographic variables

In the present study the demographic data regarding age revealed that highest percentage revealed that majority of participants 82 (78%) were in age group of 19-21 years, in that maximum adolescents 67 (63%) were females whereas 80 (75%) adolescents were under graduates, 64 (60%) were from Haryana state and maximum 74 (70%) were Hindu, most of the adolescents 65 (61%0 were staying in home. Majority of adolescents 57 (54%) were using mobile for 1-4 hours.

Objectives of the study

- To assess the nomophobia and Anxiety among adolescents in Haryana & Delhi 2021"
- To find out association between level of nomophobia and selected demographic variables.
- To find out association between level of anxiety and selected demographic variables.
- To find out correlation between nomophobia and anxiety among adolescents

Objective 1-To assess the nomophobia and Anxiety among adolescents in Haryana & Delhi 2021

Findings of the study revealed that one (0.9%) of the adolescent have Absence of Nomophobia, 18 (17%) adolescents are having Mild Level of Nomophobia, majority of the adolescents 63 (59.4%) has Moderate level of Nomophobia and 24 (22.6%) are having Severe Nomophobia

This study shows regarding anxiety that 17 (16%) of the adolescent have mild Anxiety, 20 (18.9%) adolescents are having minimal Level of Anxiety, 32 (30.2%) has Moderate level of Anxiety and majority of adolescents 37 (34.9%) are having Severe level of Anxiety.

Objective 2-To find out association between level of nomophobia and selected demographic variables

The Test Statistics value shows that there is significance association between the level of Nomophobia score and demographic variables ***such as gender and place of stay.*** The calculated Test Statistics values were more than the table value at the 0.05 level of significance.

There is no significance association between the level of Nomophobia scores and other demographic variables (Age (in years), Educational status, State, Religion, Hours of using Mobile) The calculated Test Statistics values were less than the table value at the 0.05 level of significance.

Objective 3-To find out association between level of anxiety and selected demographic variables.

The Test Statistics value shows that there is no significance association between the Anxiety level of scores and demographic variables such as Age (in years), Gender, Educational status, State, Religion, Place of Stay, Hours of using Mobile. The calculated Test Statistics values were less than the table value at the 0.05 level of significance.

Objective 4-To find out correlation between nomophobia and anxiety among adolescents

The Pearson's correlation test was used to find the relation between level of Nomophobia scores and level of Anxiety scores, and it is **statistically significant**

Discussion.

The findings of the study contributed to the existing literature on nomophobia and anxiety. The relationship between nomophobia and anxiety is statistically proved.by understanding the relationship of nomophobia and anxiety among adolescents it can help to identify adolescents at risk and develop appropriate intervention strategies. Future research may further investigate the underlying mechanisms and explore potential mediators or moderators of this relationship.

Suggestions

- Future research can be done on a large sample for improving generalizability of the finding to a large population.
- A study can be done for revealing the side-effects of Nomophobia between people of different states of India.
- A comparative study can be done to check the relationship between Nomophobia and other side-effects like lack of concentration among population.

Conclusion

The present study helped us to understand the level of Nomophobia and its relationship with level of anxiety among adolescent of Haryana and Delhi. It gives clear information about the nomophobia and its relationship with anxiety and demographic variables such as Age (in years), Gender, Educational status, State, Religion, Place of Stay, Hours of using Mobile. This research study intends to contribute to the existing body of knowledge, ultimately guiding the development of intervention and preventive measures to promote healthy smartphone use among adolescents.

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