

# Nomophobia (NO MOre PHOne phoBIA): A Serious Threat to Mankind

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**Abstract— Background:** - The disorder termed Nomophobia (a portmanteau for “no mobile phone”) or mobile phone addiction is a result of the development of new technologies that enable virtual communication. Nomophobia is considered a disorder of the contemporary digital and virtual society and refers to discomfort, anxiety, nervousness or anguish caused by being out of contact with a mobile phone or computer.

**Objective:** - The objective of this research is to find out the prevalence of Nomophobia among people and how its increasing number is going to be a threat to the entire mankind.

**Methods:** - The study was completed with 120 participants Pan India. Total of 120 people participated; who were further divided on 3 parts, students, working professionals, and retired. Out of the 120 participants; 70 of them were students; 28 were working professionals; and 30 of them were retired personnel. The questionnaire was prepared in such a way that the psychological issues of Nomophobia faced by each one be reflected clearly.

**Results:** - According to the above survey it is clear that 99.2% people are Nomophobic; but in comparison of students and working people the condition of Nomophobia is lesser among the retired ones, but there too the conditions are serious. The nearing future has a great threat of mobile phones on them.

**Discussion:** - All the feelings that the participants faced are leading towards anxiety disorders, stress and panic attacks. It is quite obvious that with coming time people would be so much depended with their smart phones that would make them sick and would require huge amount of medical assistance for getting them out. It is the greatest non-drug addiction of the 21st century.

**Index Terms:** Design.

## INTRODUCTION

The term NOMOPHOBIA is constructed on definitions described in the DSM-IV; it has been labeled as a “phobia for particular/specific things”.

The disorder termed Nomophobia (a portmanteau for “no mobile phone”) or mobile phone addiction is a

result of the development of new technologies that enable virtual communication. Nomophobia is considered a disorder of the contemporary digital and virtual society and refers to discomfort, anxiety, nervousness or anguish caused by being out of contact with a mobile phone or computer. Generally speaking, it is the pathological fear of remaining out of touch with technology.

- To use regularly a mobile phone and to spend considerable time on it, to have one or more devices, to always carry a charger with oneself.
- To feel anxious and nervous at the thought of losing one’s own handset or when the mobile phone is not available nearby or is misplaced or cannot be used because of lack of network coverage, flattened battery, and/or lack of credit, and try to avoid as much as possible the places and the situations in which the use of the device is banned (such as public transit, restaurants, theaters, and airports).
- To keep the mobile phone always switched on (24 hours a day), to sleep with the mobile device in bed
- To have few social face-to-face interactions with humans which would lead to anxiety and stress; to prefer to communicate using the new technologies;
- To incur debts or great expense from using the mobile phone.

Ringxiety can assume sometimes intriguing and particular clinical forms of presentation, from the sensation of hearing “phantom ring tones” or “false mobile sounds” or confusing the sound of a cell phone ringing with a sound similar to it to the knee-jerk reaction to search for one’s own mobile after hearing or presuming to have heard a ring tone. The various psychological factors are involved when a person overuses the mobile phone, e.g. low self-esteem, extrovert personality. Other mental disorders

like, social phobia or social anxiety and panic disorder may also precipitate NOMOPHOBIC symptoms.

It is very difficult to differentiate whether the patient becomes NOMOPHOBIC due to mobile phone addiction or existing anxiety disorders manifest as NOMOPHOBIC symptoms.

In a 2016 study, researchers proposed that Nomophobia may be less of a specific phobia or anxiety and more of an addiction. They proposed changing the name and making a classification called “Smartphone addiction disorder.”

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.”

**OBJECTIVES**

The objective of this research is to find out the prevalence of Nomophobia among people and how its increasing number is going to be a threat to the entire mankind.

**METHODS**

**RESULT**

Table: Distribution of participants saying yes to the questionnaire prepared to understand the Nomophobic level among them.

QUESTIONS ASKED (yes/no /5 point options)	STUDENTS (70)	WORKING PRO (28)	RETIRED (30)	PSYCHOLOGICAL ISSUE FACED
I would feel uncomfortable without constant access to information through my Smartphone	68- yes	28-yes	10-yes	Irritability
I would be annoyed if I could not look information up on my Smartphone when I wanted to do so	70- yes	25-yes	25-yes	Annoyed Restless
Being unable to get the news on my Smartphone would make me nervous	48-yes	20-yes	15-yes	Nervousness
If I were to run out of credits or hit my monthly data limit, I would panic	62-yes	25-yes	27-yes	Worry Fear palpitations
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	45-all the time 10- mostly 15- rarely	28-yes	15-yes	Restlessness racing thoughts
Running out of my battery in my Smartphone would scare me.	68-yes	28-yes	18-yes	Scare Chills sweating
If I did not have my Smartphone with me, I would feel anxious because I could not instantly	70-yes	28-yes	30-yes	Restlessness Sweating

- Total number of participants

The study was completed with 120 participants Pan India.

- Inclusion area

All the participants were divided in a group of 3, namely:-

- Students
- Working professionals
- Retired

- Population Type and survey

People from many states of India participated in this survey. No age specification was present. A Google form was made with 20 questions; it was a questionnaire to assess the type of symptoms a person suffers while s/he detaches themselves from their smart phones.

The survey was done only after informing that no personal details were to be used and briefing them with their identity as confidential.

Total of 120 people participated; who were further divided on 3 parts, students, working professionals, and retired. Out of the 120 participants; 70 of them were students; 28 were working professionals; and 30 of them were retired personnel. The questionnaire was prepared in such a way that the psychological issues of Nomophobia faced by each one be reflected clearly.

connect with my family or friends				anxiety
I would feel awkward because I could not check notifications for update from my connections and online networks	62-yes	20-yes	19-yes	Racing thoughts Anxiety
reaching out to my pocket and not finding my phone would scare me	70-yes	28-yes	30-yes	Anxiety Stress Nausea Sweating
my heart would speed up immensely if I drop my phone on the floor	70-yes	28-yes	30-yes	Palpitations Instant stress Insomnia
I would be panic if I am disconnected from my social identity for more than an hour	58-yes	17-yes	10-yes	Irritability Depression
keeping my phone away for long would make me feel hungry even after a full meal	44-yes	10-yes	08-yes	Mood swing
I would be anxious if I couldn't check my emails	21-yes	21-yes	09-yes	Bored Excessive worry
If I do not have my Smartphone, I would feel weird as to what to do and what not	68-yes	19-yes	30-yes	Worry Fear irritability
I feel restlessness, anxious, sweaty, and high pulse rate if someone detaches me from my Smartphone	65-yes	19-yes	20-yes	Restlessness Anxious/Sweaty
I like using my phone while eating and going to the loo	69-yes	24-yes	08-yes	Lack of concentration
I feel the sudden strong urge to check my phone(social media) while studying or attending a meeting	49-yes	26-yes	15-yes	Racing thoughts Irrational worry
Not having my Smartphone would scare me of being stranded somewhere	60-yes	25-yes	25-yes	Palpitations Depression Chills
I feel extremely bored, and aloof if I go somewhere without my Smartphone	55-yes	24-yes	22-yes	Worry

### RESULTS

According to the above survey it is clear that 99.2% people are Nomophobic; but in comparison of students and working people the condition of Nomophobia is lesser among the retired ones, but there too the conditions are serious. The nearing future has a great threat of mobile phones on them.

It's very clear through the survey that the people using smart phones are becoming very prone to chronic anxiety disorders. The survey had the questions such as what they feel when a particular situation happens; some feel depression, anxiety, chills, anxiousness, palpitations, nausea, sweating and many more listed in the table.

### DISCUSSION

All the feelings that the participants faced are leading towards anxiety disorders, stress and panic attacks. It is quite obvious that with coming time people would be so much depended with their smart phones that would make them sick and would require huge

amount of medical assistance for getting them out. It is the greatest non-drug addiction of the 21st century.

According to research firm dscout, the average user touches their phone 2,617 times a day, while last year Apple revealed that iPhone users unlock their phone around 80 times every 24 hours.

Some of the possible precautions that can be taken to save from the future crisis are:-

- 1 Keep yourself on a schedule
- 2 Turn off as many push notifications as possible
- 3 Take distracting apps off your home screen
- 4 Kick your device out of bed
- 5 If you have a smart speaker, put it to use
- 6 Try turning on your phone's grayscale
- 7 Stay accountable

These can be some of the ways to save oneself from the upcoming threat of NOMOPHOBIA (NO More PHOne phobia) to mankind in the nearing future.

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