A Study The Level Of Nomophobia And Its Impact Among Depression, Anixety And Stress Among College Students.

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Abstract:

This study is aimed at understanding the intensity of nomophobia among college and its impact on depression, anxiety and stress among college students by correlation design. Data was collected using Nomophobia questionnaire by Yildirim and Correia (2015) (NMPQ) and Depression, anxiety and stress scale by Lovibond. S.H and Lovibond. P.F(1995) (DASS21). The research design for the study used quantitative correlational design. The study used convenient sampling method and data was collected from 100 college students by administering the questionnaires through google forms. The total data was analyzed using product moment correlation to find the relationship between the variables and it was found that there was significant positive relationship between Nomophobia and anxiety, and depression at 0.05 levels but there was no significant relationship between nomophobia and stress . Which implies that the higher the intensity of nomophobia in an individual the higher the person can experience depression and anxiety.

Keywords: nomophobia, depression, anxiety, stress, students

Introduction:

Every day, the world around us expands. We have no idea where the globe and technology will be in another 50 years. It saves us time and improves our quality of life, making every day functioning easier and more pleasant. However, this ease is making people get addicted to the use of technology every where and the most prominent one used by majority of the population all over the world id mobile phones. The gadget that was designed for communication has become the gateway for the virtual world. Mobile phone of today offer greater functional options and have become the source for the

gratification of numerous personal and professional needs. Today the mobile phones are used more for purposes other than individual interpersonal communications such as such as navigating social media, browsing the internet, playing games, entertainment such as listening to music or watching movies, recording events, getting geographical directions, financial transactions, access to sources of knowledge available in the virtual space etc. with the onset of covid -19 pandemic which triggered complete lockdown these smart phones have become the only channel through which academic activities could be carried out making the forcing the students to be glued to it for academic purpose or otherwise. This has also lead to the status where the parents could not limit the usage of mobile phones by their wards irrespective of their age in the current population mobile phones have become an essential part of everyday life and every functioning seems to be getting derailed whenever the person is not in procession of his mobile.

The fact that all smart phones have a resolution higher than a standard camera and that using smart phones for photography or recording videos for all situations has gotten easier and more user friendly could be one of the reasons for their widespread use. Wi-Fi in schools and libraries has made it easy to record lectures and download large amounts of data from books without needing to carry a textbook. Smartphones provide numerous benefits, including improved virtual contact which can improve the social skills, entertainment any time anywhere, and the preservation of social identity. However, it is a habit that can turn into an addiction, and it is a frequent problem among people worldwide, leading to all these negative consequences in the social, mental, and scholastic worlds

Phobia is the excessive fear of object, person or situation. A person is likely to experience feeling of panic, extreme, irrational fear and intense anxiety when exposed to the object of their phobia. Nomophobia or No Mobile Phone Phobia is termed as fear of being detached from mobile phone connectivity. The term NOMOPHOBIA described in the DSM-IV; it has been labelled as a "phobia for a particular/specific thing". Wang et al. (2014) defined it as the feelings of discomfort, anxiety, nervousness or distress that result from being out of contact with a mobile phone, even causing suicidal ideation as well as attempts. King et al. (2014) revised the definition of nomophobia in order to increase its modern day relevance as a fear of being unable to communicate through a Mobile Phone. for some time now most of the people have been found to be glued to their phones most of the time irrespective of the surroudings which they are in and the overall time they spend on their mobile phone in a day exceeds the time spent on all other activities. The prevalence of addiction to mobile phones has also

been on high to the extent that some of the studies have reported that globally the prevalence of nomophobia is between 77% and 99% in both developed and developing countries, and highest among young adults and Overall, 66% of population shows sign of nomophobia. The reasons found were the fear that they may lose their phone, run out of battery or credits, or have no network connection. This sometimes also lead to worry, fear, or panic when they think about not having their phone or being unable to use it. It has also been noticed that students who are prone to nomophobia have habits like checking their phones frequently during the day, carrying the charger with them at all times, not turning off their smartphones at night, spending time on their phones in bed before going to sleep, and checking their phones as soon as they wake up in the morning etc.

People with Nomophobia exhibit mood swings and want to hold on to a phone, and even while sleeping, they have hallucinations of phone mobile sounds and ring tones. They are easily distracted by the alert sounds associated with notification of e-mail, message or smart apps. They start feeling stressed when their phone battery drops into the red zone. The distress may not only be associated with the inability to have access their to their phone but also due to reduced sleep due to and poor quality of sleep due to the subconscious vigilance to any alerts noises related to information received on the phone

Compared to other people, people with nomophobia experience high levels of anxiety in places where mobile phone use is restricted such as airport, academic institution, hospital and work. They canbe irritable, restless and also exhibit irrational and extreme reaction due to anxiety and stress. Some of the recent research has linked cell phone use to headaches, neuro vegetative dysautonomia, irritability, sleep difficulties, exhaustion, and dizziness. Addiction, reliance, anguish, anxiousness, discomfort, and even suicidal ideation are all linked to nomophobia. Other clinical features of nomophobia include a decreased number of face-to-face interactions with humans, which is being replaced by a growing preference for communication via technological interfaces, keeping the device in reach while sleeping and never turning it off, and frequently checking the phone screen to worry about missing any message, phone call, as well as notification (also called ring anxiety). Due to the excessive usage of data and the various devices that a person can have, nomophobia can also result in financial stress.

According to American psychiatric associationDepression is the most common mental illness.Depression is termed as mood condition characterized by chronic sorrow and a loss of interest. It affects how we feel, think, and behave and can lead to a number of mental and physical difficulties.

Depression is caused by a complex combination of social, psychological, and biological variables. Childhood suffering, loss, and unemployment are all factors that can contribute to and increase the onset of depression.According to Iyer k (2012) Depression manifests itself as lack of interest and pleasure in daily activities, significant weight loss or gain associated with the eating behavior either loss of appetite or binge eating , insomnia or excessive sleeping, fatigue, inability to concentration, feelings of emptiness or excessive guilt, and constant thoughts of death or suicide. Chronic sorrow and a loss of interest or pleasure in formerly fulfilling or pleasurable activities characterize and people can also feel fatigued and have difficulty concentrating. Depression is a leading cause of global, accounting for a major portion of the global disease load. The effects of depression can be long-term or chronic, and they can have a powerful impact on a person's life.Depression's consequences can be long lasting or recurrent, and they can have a significant impact on a person's capacity to function and live a satisfying life.

Anxiety is a consistent intense fear or apprehension that can lead to the development of uneasiness either confined to a specific situation or spread across various situations. It can exhibit itself in the form of increase in perspiration irrelevant to the room temperature, feeling of restless, muscle tension and increase in the rate of heart beats. According to world Health Organization (WHO), anxiety is symptomatically manifested by tense feelings, disturbed thoughts, and bodily changes such as high blood pressure. Anxiety disorders are characterized by repeated anxious thoughts or concerns which can also lead to avoidance behavior.   Anxiety occurs due to aroused bodily conditions when a person expects impending danger, disaster, or misfortune. Although the terms are frequently used interchangeably, anxiety and fear are psychologically and physically distinct.Fear is a reasonable, present-oriented, and narrow response to a clearly defined and precise threat, whereas anxiety is future-oriented, long-acting response largely focused on diffuse threat.

According to H. Selye A (1974) sense of emotional or bodily tension is referred to as stress. Any behavior or thought that makes you feel irritated, upset, or nervous can trigger it. A challenge or demand causes your body to react with stress. Stress can be beneficial in short bursts, such as when it aids in avoiding danger or meeting a deadline.Stress is termed as feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is a psycho-physiological reaction to a challenge or demand.While anxiety manifests itself in a sudden acute manner stress is more chronic and the manifestations are not so obvious. Stress affects how people feel and act by causing changes in practically every system in the body. Palpitations, sweating, dry mouth, shortness

of breath, fidgeting, faster speech, enhancement of negative emotions (if already present), and prolonged duration of stress exhaustion are examples of symptoms.Stresscontributes directly to psychological and physiological disorders, as well as affecting mental and physical health and lowering quality of life, by triggering these mind–body changes.

The study by Sureka V et.al,(2020), in which a sample of 167 medical and dentistry students were assessed for. Nomophobia, stress, anxiety, and its depression were all assessed using separate questionnaires. According to the findings, found that 59 percent of students had a high prevalence of nomophobia, and 14 percent, 29%, and 8% of students experience severe/extreme despair, anxiety, and stress. Aswin.et.al, 2022 study during the Covid 19 outbreak, done to evaluate the severity of nomophobia and its link to anxiety, stress, and depression among medical students in a sample of 307 found that 19.2 percent of the students had severe nomophobia and that the intensity of nomophobia was strongly linked to the severity of stress, anxiety, and depression.The studyMarcos kubrusly et.al,(2021) which investigated the effect of nomophobia on medical student and its association with depression, anxiety, stress and academic performance in sample of 292 students showed that nomophobia is likely to increase the depression, anxiety and stress and it's lead to decrease in academic performance.Aleksandar .et. al (2018) investigated the relationship between mobile phone use and mental health by measuring the levels of depression, anxiety and stress in a sample of 785 university students and concluded that the intensity and modality of mobile phone use could be a factor that can influence causal pathways leading to mental health problems.The study by Uzma Asif ,et.al (2022) investigated the prevalence of nomophobia in nursing students and the impact of depression, anxiety and stress on nomophobia in nursing students in a sample of 311 students'sample was used for this study found that there is a significant positive correlation existed between nomophobia and depression. Navya M Patel Et al, (2021) analyzed the social networking usage, nomophobia and depression symptoms among males and females in a sample of 200and the result showed that there was no significant difference among male and females with respect to social networking usage, nomophobia and depression symptoms. Majid Noori. et. al. (2019) explored to the effect of nomophobia in a sample of 100 medical students of Islamic Azad university and concluded that that longer duration of mobile phone use might lead to significant decreased in discomfort, anger, and insensibility among users.

Since most of the recent studies which were accessed, related to nomophobia and its impact on depression anxiety and stress had been done on medical and paramedical students during pandemic period and immediately after an attempt was made to conduct the same study in a normal population of

college students to check and confirm whether the existing results stands good for students from other discipline in the current period.

Methodology:

Aim:

To determine the level of nomophobia and its impact on depression, anxiety and stress among college students.

Hypothesis:

H0. There will be no significant relationship between nomophobia and depression

H1. There will be no significant relationship between nomophobia and anxiety

H2. There will be no significant relationship between nomophobia and stress

Research design:

The research design is quantitative-correlational research design. The research was Conducted using standardized questionnaires to collect data which were statistically analyzed to identify the relationship between Nomophobia and depression, anxiety and stress.

Sample design:

The convenient sampling technique was adopted and questionnaires were circulated in the social media groups and the data of 50 males and 50 females college students between the age of 18 to 26 who were the first to complete the questionnaires fully was taken for data analysis to arrive at results

Statistical analysis:

Collected data was analyzed using SPSS package to calculate the product moment correlation to establish the relationship between the variables

Tools used:

Nomophobia Questionnaires (NMPQ) developed by Yildirim and Correia (2015). The NMPQ has 20 questions, each scored on 7- point Likert scale. The Cronbach's Alpha reliability coefficient of scale is 0.95. The score ranges from (20-140). The total score on NMP-Q is 20 at its lowest (20*1) or 140 (7*20)

at its highest. Based on the total score the highest score indicating the highest level of nomophobia and least total scores indicating the least level of nomophobia.

Depression Anxiety and Stress Scales 21 (Dass21)developed by Lovibond. S.H and Lovibond. P.F(1995). The scale has three dimensions depression, anxiety and stress. Each subscale has 7 items. The reliability of DASS-21 showed that it has excellent Cronbach's alpha values of 0.81, 0.89 and 0.78 for the subscales depressive, anxiety and stress respectively. It was found to have excellent internals consistency, discriminative and concurrent validity. The score ranges from (0-40).The total number of score has been multiplied by 2.The higher the score in ieach subsale indicates the higher the intensity of depression, anxiety and stress.

Result and discussion:

The tables show the level of nomophobia and its impact on depression, anxiety and stress.

Table 1shows the relationship between nomophobia and depression

Variable	Mean	SD	N	r
Nomophobia	80.93	21.95	100	.227*
Depression	18.97	10.40		

*Correlation is significant at 0.05 level(2-tailed)

In this table, nomophobia and its impact on depression is given. The table has two content that is nomophobia and depression. The Nomophobia mean is 80.93 standard deviation 21.9578 and N is 100. The depression mean is 18.97 standard deviation 10.40829 and N is 100. The 2-tailed correlation coefficient r value is 0.227 which is significant at the level of 0.05. Hence the null hypothesis is rejected suggesting that when nomophobia increases the intensity of depression also increases among college students.

Table-2 shows the relationship between nomophobia and anxiety

VARIABLES	MEAN	SD	N	r
Nomophobia	80.93	21.95	100	.198*
Anxiety	19.38	9.76		

*Correlation issignificant at 0.05 level (2-tailed)

In this table, nomophobia and its impact on anxiety is given. The table has two content that is nomophobia and anxiety. The Nomophobia mean is 80.93 standard deviation 21.95784 and N is 100. The anxiety mean is 19.38 standard deviation 9.7636 and N is 100.The 2-tailed correlation r value is 0.198 which is significant at the level 0.05. Hence the null hypothesis isrejected which implies that When nomophobia increases theintensity of anxiety also increases among college students.

Table-3 shows the relationship between nomophobia and stress:

Variable	Mean	SD	N	R
Nomophobia	80.93	21.95	100	.161
Stress	19.24	8.92		

In this table, nomophobia and its impact on stress is given. The table has two content that is nomophobia and stress. The Nomophobia mean is 80.9300 standard deviation 21.9578 and N is 100. The stress mean is 19.24 standard deviation 8.92066 and N is 100. The 2-tailed correlation coefficient r is 0.161 which is not significant at the level of 0.05. Hence the null hypothesis is accepted that change in the intensity of nomophobia does not have any impact on the stess levels of college students. When nomophobia is increase the impact of stress is also decrease among college students.

Discussion

Nowadays, mobile phones are necessary for all ages of people from kids to teenagers to adults. We use it for many purposes. Even though there are benefits from the usage of mobile phones, it is harmful to our mental and physical health. The results show that when the intensity of nomophobia increases the intensity of Depression also increases. This may be because when the there is significant fear of loss of access to use mobile phones and the users are in situations where they are denied the access to mobile phones they experience significant feeling of helplessness. feelings of dependency on mobile phones for everything also makes a person feels helpless and worthless especially in situations,when they feel the intense need to recall some essential information which they already know

but are unable to, it creates a sense of worthlessness which develops as a result of the irrational thought that without mobile phone they are nothing, not in a position to carry out even their activities associated with their routine life which can cause depression. When more and more such situations arise the intensity of nomophobia increases which further increases the intensity of depression. Nomophobiacan also increase the intensity of depression due to the consistent pressure the individual suffers from being continuously connected to mobile phones and there is no possibility to escape.

Phobia by itself is anxiety spectrum disorder, hence nomophobia has direct relevance to anxiety. Since the use of mobile phones especially in people with nomophobia is grown to the extent that they start perceiving the mobile phone as an inseparable part of their self and any apprehension of the loss of a part of themselves can increase the anxiety significantly. This can be the possible reason why the increase in the intensity of nomophobia has a direct impact of anxiety levels in the individual. The other possible reason is if the person had experienced crisis with no source to provide information about his status and how it should be managed, inability to call people for help or support, or access some information in the crucial time of need, any situation where they feels they will not be in a position to use mobile phones can create severe apprehension on how they would be able to manage the situations which in turn increases their anxiety levels, Nomo phobia and anxiety are mutually contributory variables.

The result shows there is no correlation between the nomophobia and stress variables. This may be true in the current student's population because during the pandemic lockdown period the students were forced to be glued to mobile phones for long hours since all academic activities were happening online. Being glued for long hours to mobile phones for academic purpose with significant restrictions on using the mobile phone for any other activities including intermittent relaxations and entertainments would a created a status where they feel more relaxed if they are able to get a break in between these long hours and the only possibility of taking break is to be away from their mobile phone. More over the student's population mostly being late adolescents and young adults the peer group contact and face to face interpersonal relationship are the most valuable thins in their life. An extension of the existing interpersonal direct contact into the virtual world is acceptable for this population and lack of direct interpersonal contact can be more stressful than the lack of access to mobile phones. Moreover various other stresses such as financial stress, being confide to home for long hours under the consistent monitoring and interference by parents or significant others, stress experience due to lack of physical

and social activity can have higher impact when compared to the stress levels experienced due to the fear of loss of accessibility to mobile phones. Even though this result is not in tune with the results of the previous researches it may still be true because the life of the population of the whole world was subject tis significant stress due to various other factors which was completely out of their control which was true for the student population also. Only further studies after complete normalcy of life returns and the loss experienced due to pandemic is recouped can confirm whether nomophobia has any impact on stress levels in individuals.

Conclusion:

From the study we come to the conclusion that there significant positive relationship between nomophobia and depression, and nomophobia and anxiety among college students. However there no significant relationship between nomophobia and stress among college students in the current period when the whole world is in the phase of recovery from the deviations caused by COVID19 pandemic

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