

Impact of nomophobia among Btech students

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Abstract- This review analyzes the most recent works on nomophobia. Of the 18 papers that made up the initial sample, 07 were included and underwent in-depth analysis. The results indicate that the existing body of research is exploratory in nature and that descriptive and cross-sectional studies that focus on the prevalence of nomophobia, particularly among students, predominate. The Yildirim and Correia Nomophobia Questionnaire (NMP-Q) is the most often utilized assessment tool. Additionally, according to the research, nomophobia has a detrimental impact on personality, self-esteem, anxiety, stress, academic performance, as well as other issues with physical and mental health. According to the results of the survey, students who have health issues experience negative psychological effects as well as physical and behavioral abnormalities.

Keywords: Nomophobia, students.

INTRODUCTION

There are several ways to describe nomophobia. The fear of going without your phone is known as nomophobia. Other scholars categorize behavioral issues as detrimental and useless. The dread a person feels when they can't access or use a mobile phone is known as nomophobia, which is the term used to describe excessive and problematic smartphone use. Through their cellphones, people are constantly interacting with information as well as social media and other online applications. When these applications are unavailable, people begin to experience anxiety and trepidation. Their ability to focus on daily tasks is significantly impacted as a result.(1)

Every day, the world in which we live expands. The state of the globe and technology in 50 years is beyond our ability to even comprehend. We are given more time back and our lives are made simpler and more comfortable. But we are progressively becoming addicted to technology. They were designed exclusively for communication, much like cell phones, but over time they added a ton of functionality. Currently, it serves a variety of functions. We eventually started to include it in a significant portion of our lives, and as a result, we became dependent on it.(2)

Due to the fact that smartphones have become a necessary component of daily life and are used for a variety of tasks, including communication, social networking, media streaming, information retrieval, etc., smartphone usage has become unavoidable. Spending a lot of time using smartphones for a variety of tasks could lead to dependence on them for a variety of reasons, which could result in addictive usage and the emergence of related psychiatric problems. Excessive and compulsive smartphone use is linked to a number of impairments, including a rise in the risk of stress and sleeping problems, a sense of being less active, a decline in mental health, and even depression.

The cognitive mechanism of impaired working memory has an effect on attention and performance, as does phobias and even the mere presence of smartphones. Working memory is used when a smartphone, a personally meaningful stimulus, is available. This results in a decreased ability to suppress reactions and trouble with complex attentional activities. Understanding smartphones' cognitive impact on this user group is crucial given the rise in smartphone ownership, particularly among young adults in developing countries and in college classrooms.(3)

IMPACT OF NOMOPHOBIA

To research the incidence of nomophobia among aspiring primary and early childhood educators. On a sample of n = 849 future teachers, the standardized nomophobia questionnaire NMP-Q was administered. Most of the factors' results suggest average levels of nomophobia. Due to the inability to speak instantly, the higher levels of trepidation, fear, or worry stand out. Additionally, a larger incidence of the issue is seen in the segment of the sample that claims to forgo rest time due to mobile phone use.(4)

To evaluate NMP's effects on SPPC. The average age of the students was 22.2 3.2 years; there were 42.9% men and 57.1% women among them. Over 5 years of smartphone use, 54% of students had musculoskeletal disorders, and over 45% of students have used smartphones for over 5 years. The mean NMP score was 77.6 (72.96-82.15) with a 95% confidence interval. There is no statistically significant difference between the NMP scores, P = 0.152, and there is an inverse relationship between the NMP scores (NMPS) and students' academic achievement. NMP has been established among the SPPC. The relationship between NMP and academic achievement might not be favorable.(5)

In order to evaluate smartphone addiction, this study uses objective measurements of characteristics used in real-time smartphone usage. It has been found that both linear models function admirably with greater than 80% accuracy. The longest session spent on entertainment, total time used for communication, longest session spent on communication, longest session spent on work, longest session spent on news and surfing, and data usage in other activities are among the technical factors that have the greatest impact on smartphone addiction.(6)

Studying nomophobia's prevalence among mobile phone users was one of the goals. The majority of the individuals were between the ages of 16 and 20. Nomophobia was present in 68.92% of the study participants. In comparison to women (31.25%), a greater percentage of men (82.91%) were dependent on their cell phones. Lack of sleep was the most often reported self-perceived symptom

associated with increased mobile phone use (70.61%), followed by eyestrain (42.46%).

Since the majority of mobile phone users are younger people, health education initiatives should be directed on them in order to limit the negative effects of this wonderful invention.(7)

In this study, nomophobia among 433 Turkish college students enrolled in a public university during the 2014–2015 academic year will be examined. Data were gathered for the study utilizing a survey approach, and one-way analysis of variance, independent sample t-test, and descriptive statistics were used for analysis. Based on average scores, the results show that college students have nomophobia levels that are higher than moderate. There is no discernible difference in terms of gender, grade, or amount of time spent using a mobile phone or smartphone.(8)

Nomophobia is the shorthand for "no-mobile-phone phobia." Everyone now depends heavily on their mobile devices. Due to all the benefits, it offers, it appears that the cell phone has changed in recent years from a status symbol to a necessity. Using a mobile phone excessively and compulsively, especially a smart phone, causes both physical and psychological symptoms, such as loneliness, social anxiety, poor self-control, low self-esteem, etc. Overuse of mobile devices has an effect on pupils' academic performance. In an effort to address these difficulties, a literature study has been conducted to analyze the prevalence of nomophobia among students, as well as its varied symptoms, causes, and effects on students' academic progress.(9)

The goal of the study was to determine how limiting mobile phone use over time affected undergraduate students who had mild nomophobia in terms of their anxiety levels. 64 undergraduate students from an Islamabad-based university made up the participants. According to the results of the multivariate analysis, participants with mild nomophobia who were not in contact with their mobile phones experienced much more state anxiety over time than was anticipated. The anxiety in stressful situations may, however, only be marginally delayed by cognitive and sensory diversions. Students' anxiety levels are significantly impacted by time and nomophobia when they are removed from their mobile devices amid the typical cognitive and sensory distractions in academic settings.(10)

CONCLUSION

Modern life is completely reliant on mobile technology. Mobile phones have many benefits, but they may also negatively affect our lives by leading to addiction, discomfort, anxiety, or reliance. Nomophobia, a term used to describe the irrational dread or worry of not having access to a mobile phone or being out of reach of a mobile phone, is seen as a modern phobia. The concentration of the individual on daily chores is negatively impacted by this anxiousness. Several important findings have resulted from this survey that students are at a severe level with respect to the presence of nomophobia.

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