A STUDY ON PREVALENCE & SEVERITY OF NOMO PHOBIA IN ADULT SELECTED AREA OF DISTRICT AMBALA, HARYANA.

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ABSTRACT Nomophobia is the term used to the person's dependence to their mobile phone for any purpose such as study, contact to the society and for the entertainment and other purpose. Now days a majority of the population mainly young adults are getting dependent to their cell phone. Which can have the both positive and mostly the negative consequences. The present study was aimed to assess the presence and severity of that dependence. 20 item Nomophobia questionnaire (NMP-Q) was used. Total 169 samples were obtained with convenient sampling & Electronic method was used for data collection. Data was analyzed and presented with descriptive and inferential statistics. The result showed that majority (135) participant was between 18- 23 year where majority of the participants (134) were female & 149 participants were students. There was a significant association between nomophobia score and type of mobile data (.01). Gained scored about nomophobia showed that (97) had moderate symptoms & 44 participants had severe symptoms of nomophobia, where not a single participant did not fall in the category of "No Symptoms"

INTRODUCTION AND BACKGROUND OF THE STUDY

We are living in an era where we trust technologies rather than human being, so we are getting attached towards our smart gadget drastically. Previously when there was no such development in technology. Human being were living happily an thereby the technology advanced we are become more attached towards our smart phones, thereby becoming robots. This addiction towards technologies is some time harmful for us.

Cell phone addiction is a new psychological problem where people become addicted towards their cell phones. And when the addiction increases above to extents it is known as NOMOPHOBIA. The dependence on mobile phone can be seen in larger population of young adult as they want to be more socialized during this period Cell phone dependence is also increased by a variety of factors; one of the latest examples of cell phone dependence is the current pandemic situation i.e. COVID- 19. Where almost everybody is dependent to their smart gadgets for update, information, connecting to the family or friend or even for work from home. As the adult age group (18-40) years are mostly depends on the cell phones for these things so the chances of psychological dependencies increases.

Nomo phobia can be defined as" a fear of being away from your cell phone". People develop associated anxiety because of fear of loosening their mobile phones. Nomo phobia was declared as people's word of 2018 by Cambridge dictionary after running a public poll. Nomo phobia refers to the fear or worry at the idea of being without your mobile phone or unable to use it.

Nomophobia occurs when a person feel anxious without a mobile phone near to him. The over connection syndrome is when excessive mobile phone use reduces the amount of direct interaction. The term Techno stress is another way to explain and individual who avoid direct interaction.

The prevalence of nomophobia is ranges between 77%and 99% in both developed and developing countries and is more prevalent among the young adult populations. Nomophobia affects 18.5-73% of college students.

According to who studies excessive usage of smart phones disturb the lifestyle of a person and may lead to bad behaviors and mood swings. In expansion, web utilization through the Smartphone has been considered to cause unsafe behavior such as violence and cyber bulling. If the current situation remains same in which people are increasingly attached to their phones and gradually increasing their virtual communication, then it makes individual isolated from the real world.

The term Nomo Phobia was discovered in 2010 by UK Post Office when they conducted the survey to see the fear of losing mobile phone. The survey revealed that around 53 % of UK population was suffering with this problem. At present it could be more. Now a day's not only the UK or other developed country but also the developing country like us is depending a lot on mobile phone. Theses condition is also triggered with various factors such as emotional deprivation and by the natural disaster or even by the pandemic diseases. A fine example of the relationship between cell phone and humans are current situation COVID- 19, where the people need to be dependent mostly on their mobile phone for their earnings as well as for information, and updates.

PROBLEM STATEMENT

A Study on Prevalence & Severity of Nomo Phobia in Adult selected area of District Ambala, Haryana

OBJECTIVES:-
* To assess the prevalence of nomo phobia.
* To assess the severity of nomophobia among population.
* To find the association between nomophobia with their selected socio- demographic variables.
* To find the correlation between Nomophobia Score with their selected socio demographic characteristics.

OPERATIONAL DEFINITIONS-
Prevalence- in the present study the term prevalence is defined as the total number of people who score 21 or above in NMP-Q questionnaire.

Nomophobia- Nomophobia is a condition in which a person is having fear of being away from his/ her phone and they becomes dependent to their cell phones.

Adult- A person aged above 18 years and below 45 years.

ASSUMPTION:-
* Use of mobile phones can leads to development of nomo phobia.

RESEARCH METHODOLOGY
* **Research Approach**- Quantitative Research Design.
* **Research Design**- Cross Sectional survey design
* **Population**- Adults above the 18 year.
* **Sample**- Adults between the age group of 18- 40 years.
* **Sample Size**- Total 168 sample were selected.
* **Sampling-** Convenient sampling.

Material and method- 20 item Nomophobia questionnaire (NMP-Q) was used. This tool was developed by Yildirim, C. & Correia, A. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior, 49*, 130-137.

The electronic method was used to collect the data from the samples. Google form was used as electronic method.

DATA ANALYSIS AND RESULT

Table 1 (a) Frequency and Percentage Distribution of Participants characteristics

S.No.	Characteristics	Frequency	Percentage
1.	Age in Years • 18-23 • 24- 29 • 30- 35 • 35 & Above	135 26 7 1	79.9 15.4 4.1 .60
2.	Gender • Male • Female	35 134	20.7 79.3
3	Occupation • No Occupation (Student) • Private • Government	149 20 00	88.2 11.8 00
4	Educational Status • No Formal education • Higher Secondary • Graduation • Post Graduation	11 37 99 22	6.5 21.9 58.6 13.0
5	Type of Mobile Phone • Touch Screen • Keypad	156 13	92.3 7.7
6	Type of Data • Mobile data • Through WIFI • Other	158 7 4	93.5 4.1 2.4
7	Monthly Income • No Individual income • 1000- 20000 • 21000-30000 • 31000- 40000 • 41000- 50000	148 8 5 5 3	87.6 4.7 3.0 3.0 1.7

Table no. 1 (a) Depicts that majority (79.9%) participants were between 18- 23 years of age, where (79.3%) of Participants were Female & 87.6 % participants were students. More than half (58.6%) participants were educated up to graduation, 92.3% Participants were using touch type Smartphone and 93.5% participants were using mobile data for the connectivity
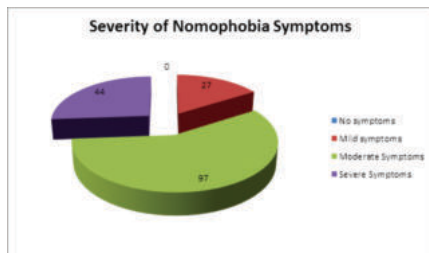
Figure 1 A

Figure 1 A depicts that out of 169 participants, 97 had moderate symptoms of nomophobia, 44 participants had severe symptoms of nomophobia and 27 participants were experiencing Mild symptoms of Nomophobia. There was not a single participant who not had any symptoms.

Table1 b: Association between symptoms of Nomo phobia with their selected Socio Demographic Characteristics:- N=169

S.No.	Characteristics	Frequency			Chi Square Value	P Value
		Mild	Moderate	Severe		
1.	Age in Years • 18-23 • 24- 29 • 30- 35 • 35 & Above	22 3 1 1	75 18 04 01	38 05 01 00	7.23	.30
2.	Gender • Male • Female	05 23	26 71	05 39	05.08	.07
3.	Occupation • No Occupation (Student) • Private • Government	24 05 00	83 10 00	41 06 00	.59	.74
4.	Educational Status • No Formal • Up to the Higher Secondary • Up to the Graduation • Post Graduation	02 09 14 04	08 16 59 14	02 11 25 04	3.44	.48
5.	Type of Mobile Phone • Touch Screen • Keypad	25 01	88 08	42 04	.65	.722
6.	Type of Data • Mobile data • Through WIFI • Both	24 00 03	92 05 01	41 02 01	12.40	.01*
7.	Monthly Income • No Individual income • 1000- 20000 • 21000-30000 • 31000- 40000 • 41000- 50000	24 02 02 01 00	85 05 04 03 00	39 02 01 01 00	1.98	.921

Table 1 (b) depicts that there was a significant association between type of mobile data and gained Nomo phobia score (0.01). The association was calculated with Karlpearson formula and as the calculated value is more than tabulated value so there was no significant association between any other selected socio demographic characteristics with their gained score.

Table 1(c): Co-relation coefficient between Nomophobia Score and with Selected Socio Demographic Variables N=169

S.No.	Characteristics	Frequency			Karl Pearson Correlation Coefficient	p Value
		Mild	Moderate	Severe		
1.	Age in Years • 18-23 • 24- 29 • 30- 35 • 35 & Above	22 3 1 1	75 18 04 01	38 05 01 00	-.088	.255
2.	Gender • Male • Female	05 23	26 71	05 39	.05	.45
3.	Occupation • No Occupation (Student) • Private • Government	24 05 00	83 10 00	41 06 00	-.05	.50
4.	Educational Status • No Formal • Up to the Higher Secondary • Up to the Graduation • Post Graduation	02 09 14 04	08 16 59 14	02 11 25 04	-.01	-.153
5.	Type of Mobile Phone • Touch Screen • Keypad	25 01	88 08	42 04	.04	.56
6.	Type of Data • Mobile data • Through WIFI • Both	24 00 03	92 05 01	41 02 01	.091	.24

7.	Monthly Income				.059	.44
	• No Individual income	24	85	39		
	• 1000-20000	02	05	02		
	• 21000-30000	02	04	01		
	• 31000-40000	01	03	01		
	• 41000-50000	00	00	00		

Table no. 1 (c) depicts that there is no correlation between socio demographic characteristics and gained Nomo phobia score. Karl Pearson formula was used to determine the correlation and as the calculated value is more than tabulated value so there were no significant correlations between variable.

Discussion

As the technologies are advancing the dependency to the gadgets are also increasing, almost everyone is having any kind of electronic gadgets for any kind of purposes. This dependency to the gadgets especially to the mobile phone can leads to a variety of problems. The present study was aimed to assess the prevalence and severity of that dependency. Out of 169 samples whose were obtained via convenient sampling technique 44 samples had severe symptoms of Nomo phobia where 97 participants fall in moderate symptoms category. Not a single sample was found who did not have any symptoms of Nomo phobia. Majority of samples were adolescents female and students who don't had any income to purchase the data facility, which means this dependency also act as economic burden to the earner of the family. There were a significant association between type of mobile data and Nomo phobia score (.01) was found, but there were no relationship between the variables. The above finding suggests that this kind of dependency specially by the young adults needs to be controlled by the family, friends and society as this can not only leads to psychological dependence, but also economical burden and social dissatisfaction also.

Funding sources

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