



A Comparative Study on Nomophobia

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Abstract

The main objective of the particular study was to find out gender difference in relation to nomophobia. Nomophobia means No Mobile Phone Phobia. Nomophobia is a state in which individual feel anxious, mentally-stressed, restlessness, discomfort and a sense of uneasiness when his smartphone is not available to him/her. It is found that low self-esteem may leads to nomophobia. This study was conducted on the sample of 86 male and female participants (44 male and 42 female) between the age range 18-25 years from Hisar and Bhiwani district of Haryana. “Nomophobia Questionnaire (NMP-Q)” was used for data collection and data were collected by online google form. All of the participants show some level of nomophobia. The data was analyzed statistically by employing mean, SD and t-test. The results revealed that there is a significant difference between male and female with regards to Nomophobia. Female participants suffered more from nomophobia in comparison to male participants, but there is no significant difference in Age, and marital status with regards to nomophobia.

Key words: Nomophobia, Gender Difference, Marital Status.

These days technology plays a major role in our daily life. Most activity of our daily routine depends on Electronic gadgets and ICTs. Dependency on ICT gadgets such as smartphone, computer tablet leads to psychological disorders, because it leads us to virtual reality. Dependency on smartphone may be increased due to easy access to its application and Internet services. We spend most of the time on social media like tweeter, WhatsApp, Instagram, Facebook, and YouTube which leads to the youth away from reality. However, excessive use has adverse effects. One of them is called nomophobia.



The person who suffer from Nomophobia have a tendency to develop some other problems such as; stress, anxiety, depression, loneliness, social anxiety (Argumosa-Villar, L. et al., 2017). Digital phone use often study with stress, anxiety, self - esteem and when we inspect self - esteem in relation to uncertain digital phone use, it was found negatively correlated, individual with low self - esteem indicates more tendency for nomophobia. Due to the advancement of technology and easily availability of smart phones, it's use becomes very common but the younger population seems to be very affected by the problem of nomophobia (Bartwal, J., & Nath, B., 2020).

Reason May be change in work structure and change in educational system, because due to the concept of work from home and online education system individual spent their most of the time with screen and start living in virtual reality. Individual disconnected with physical reality and found himself safer and secure beyond the screen.

In case of gender there are not any significant difference that indicates gender differences in relation to nomophobia, but there are few studies that indicates women have more tendency for nomophobia in comparison to male (Yildirim, C. et al.,2016). In some studies it found that the women who are married indicate more symptoms of nomophobia in comparison to unmarried (Vagka, E. et al., 2023).

In case of employment status there are some studies that indicate nomophobia in an organization may affect both positively and negatively (Wang, G., & Suh, A., 2018). It was found that some employee with high level of nomophobia, are more productive with their work and feel more engaged with their work and on the other hand some employee with high level of nomophobia feels more mentally exhausted that leads to less productive with their work (Vagka, E. et al.,2023). Mostly researches indicates that nomophobia decrease the productivity of employees.



In case of marital status researches indicates that there is not a significant difference between married and unmarried (Khilnani, A. K. et al., 2019). But some studies indicates that married peoples have more symptoms of nomophobia in comparison to unmarried peoples (Vagka, E. et al., 2023). Reason of nomophobia may the home environment, parent's profession or parent's educational background. In case of parent's educational background researches indicates that individual who's parent's have higher education have low level of nomophobia but lower level of educational background of parents are significantly correlated with higher symptoms of nomophobia (Vagka, E. et al.,2023).

The main objective of the study is to find whether gender, age, employment status, marital status and parents educational background are significantly different in relation to nomophobia.

Main objectives of the Study:

1. To find out whether male and female participants are significantly differ on nomophobia.
2. To find out whether age range (18-21) and (22-25) of the participants significantly differ on nomophobia.
3. To find out whether married and unmarried participants significantly differ on nomophobia.

Hypotheses:

1. There will be no significant gender difference on nomophobia (Ho).
2. There will be no age difference on nomophobia (Ho)
3. There will be no significant difference in marital status on nomophobia (Ho).

Methodology

Subjects: The particular study on nomophobia includes 86 participants (44male and 42 female) between the age ranges 18- 25 years. They are categories on working status, marital status and also on parent's educational background which is subdivided into two groups (i.e. Graduate and non-graduate).



Study procedure: The sample for this study was recruited from Hisar and Bhiwani district of Haryana. Data was collected by online google form, both questionnaire were shared in some groups. For those participants, who fulfilling the criteria for the study are requested to fill the form. The study researcher provided all required information and was available online via the Microsoft Teams platform; data were obtained electronically.

Data Collection Tools: The data was collected in two parts;

(A) Socio-demographic characteristics (i.e., age, gender, and marital status).

(B) **Nomophobia Questionnaire (NMP-Q):** The nomophobia questionnaire includes 20 items. It is Likert scales with 7 points from strongly disagree to strongly agree. 1 indicates strongly disagree and 7 indicates strongly agree, higher the number indicates higher level of nomophobia. This scale has score between 20 -140 (20 absence, 21–59 mild, 60–99 moderate, and 100–140 severe). This scale measure four dimensions: (a) Not being able to communicate, (b) Losing connectedness, (c) Not being able to access information, and (d) Giving up convenience. The Cronbach alpha values of is 0.94, which represents higher internal consistency.

Results: The obtained data was processed with the help of SPSS and the results are as under:

Table 1: Shows the Mean, Standard Deviation and T- Ratio for Testing the Significant Difference in male and female participants regarding nomophobia.

	Sex	No.	Mean	SD	S.ED	T-valve	Significance
NOMOPHOBIA	Female	42	86.00	21.70			
	Male	44	76.15	25.28	5.09	1.93	Sig. at 0.05

Table 1 show that there is a significant difference between the male and female participants on nomophobia. The obtained t-values on nomophobia is 1.93 which is significant



at 0.05 level of significant. The mean score of female and male participants are 86.00 and 76.15 respectively, mean score of female participants are higher than male participants this shows that female participants shows higher level of nomophobia in comparison to male participants. Hence the hypothesis (Ho) no-1 is rejected. Female participants clearly show higher level of nomophobia in comparison to male participants.

Table 2: Shows the Mean, Standard Deviation and T- Ratio for Testing the Significant Difference in Age range (18-21) and (22-25) regards nomophobia.

	Age range (years)	Mean	SD	S.ED	T-valve	Significance
Nomophobia	18-21	85.87	21.46			
				6.82	1.18	Not sig.
	22-25	79.06	24.79			

It is evident from the Table 2 that the mean scores of the participants between age range 18-21 and 22-25 on nomophobia are 85.87 and 79.06 respectively. The t-ratio of both groups is 1.18 which is not significant at 0.05. It indicates that both the age groups have more or less some level of nomophobia. The participants between the age groups of 18-21 had more score then the age group 22-25 but it was not significant as t-valve obtained is 1.18. Thus, hypothesis (Ho) no- 2 is retained.

Table 3: Shows the Mean, Standard Deviation and T- Ratio for Testing the Significant Difference in marital status regards nomophobia.

		Mean	S.D	S.ED	T-valve	Significance
Nomophobia	Married	82.03	20.22			
				5.23	5.10	Not sig.
	Unmarried	80.44	25.74			



From the table 3 the mean score of married and unmarried participants are 82.03 and 80.44, respectively. The standard error of diversion is 5.23 for both the groups and the t-value for both the groups is 5.10 which is not significant at 0.05 level. Scores obtained from the table shows that there is no significant difference between married and unmarried participants regards nomophobia. Thus, hypotheses (Ho) no-3 is retained.

Discussion: The data collected through the investigation showed that all the participants suffered from nomophobia. Most of the participants suffered from moderate level of nomophobia and some participants suffered from mild and severe type of nomophobia. It was found that Female participants more suffered from nomophobia in comparison to male participants. In the case of their age range both groups are not significantly differed.

Limitations of the study: This study was conducted on a limited area and has a small sample size and it includes sample only the age range between 18 years to 25 years.

Future suggestions: In a future this kind of studies can be conducted on large sample for better generation. This type of studies can also be conducted on adolescence and old age population.



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