

Exploring the Interplay of Nomophobia, Fear of Missing Out & Quality of Life among Young Adults

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Abstract: *Aim of the study is to assess Nomophobia, Fear of missing out and Quality of life among young adults. A total of 200 participants were selected from different places of Kozhikode district of Kerala. The tools used for study are NMP - Q (Nomophobia questionnaire) developed by Yildirim, C. & Correia, fear of missing out scale developed by Przybylski, Murayama, DeHann, & Gladwell and Quality of life scale - 100 was developed by World Health Organization. Correlational analysis, Mann Whitney U test and regression analysis were used for statistical analysis with the help of SPSS software. The results revealed that there is no relationship between fear of missing out and quality of life, similarly with quality of life and nomophobia, but there is a relationship between nomophobia and fear of missing. Moreover, while studying gender there is a significant difference in fear of missing out, whereas there is no gender difference in quality of life and Nomophobia. The regression results reveal that Nomophobia influences fear of missing out and Nomophobia does not influence Quality of life.*

Keywords: Nomophobia, Fear of Missing Out, Quality of Life, young Adults, Psychological Impact

1. Introduction

Nomophobia (NP) is the severe overpowering fear of going without your mobile phone, is new phobia that has emerged as result of the rising dependence and preoccupation that people have in relation to their Mobile phone. Millions of people were suffering from nomophobia around the world. Mostly Young adults are more prone to nomophobia when compared to another age groups. The excessive use of mobile phone is an emerging threat to social, mental and physical health. According to DSM IV definition, the term Nomophobia is defined as a fear of particular or specific thing. (Kanmani et al., 2017)

Fear of missing out (FOMO) first coined to describe a phenomenon seen on social networking platform in 2004 and has subsequently become widely used. In 2013 it is finally made into Oxford dictionary. According to British psychologist (2013,) FOMO refers to the apprehension that others may have rewarding experiences from which oneself is absent. It is characterized by a constant desire to stay informed about what other people are doing. (Gupta & Sharma, 2021)

Quality of life (QOL) is a person's view of their situation in life in relation to their objectives, expectations, standards and concerns is what the world health organization. The subjective measures of happiness are also known as quality of life. It is crucial factor in many financial decisions (Kagan., 2022).

Young adulthood is a distinct developmental stage that takes place between the ages of 18 and 25 years, at the time when adolescence and adulthood are merging. During this time, the young adult is able to engage in self - exploration to build a unique identity and set of beliefs while also acquiring independence and autonomy (Higley., 2019).

The study helps to understand the influence of Nomophobia, fear of missing out and Quality of life of young adults There are limited studies conducted using the combination of three variables especially from the area of Calicut (Kerala) which is chosen in this study. The findings of this study can be used to create awareness program to reduce Nomophobia and Fear of missing out among young adults which may intern enhance quality of life.

2. Literature Survey

Novalika & Kartasasmita conducted a study on the relationship between FOMO and quality of life in K pop fans. This research consisted of 143 adult participants aged 18 – 17 years who are K pop fans and usage of social media. This study's data collection methods include the purposive technique and snowball sampling. The WHOQOL - BREF, which Purba (2016) translated into Indonesian, and the Fear of Missing Out Scale (FOMOS), developed by Przybylski et al. (2013), are the measuring tools used in this study.

The results of this study indicate that FOMO does not have correlation with quality of life of K pop fans. That means fear of missing out has no influence on quality of life. (Novalika & Kartasasmita, 2022)

Gezgin et. al conducted a study on relationship between Nomophobia and fear of missing out among Turkish University students. The study aims to examine the effect of FOMO on Nomophobia by investigating the relationship between Nomophobia and FOMO. Data were gathered using a Nomophobia questionnaire and FOMO measures from a suitable sample of 538 university students. The findings indicate a moderately positive connection between nomophobia and FOMO. The findings indicate a moderately positive correlation between nomophobia and FOMO (Gezgin et al., 2018) .

Pavithra MB et. al conducted a study on “Nomophobia among students of medical college in Bangalore”. The study aims to assess the prevalence of nomophobia among the students of medical college. It is a cross sectional study carried out in 200 students of medical college in Bangalore. Nomophobia Questionnaire were used in the study. The study population of 200 students consists of 47.5% females and 52.5% males. Majority of the students spent rupees 300 to 500 per month on mobile recharge. About 23% of students felt they lose concentration and become stressed when they do not have their mobile around. 79% students were nomophobic in this study and another 27% were at risk of developing nomophobia. (Pavithra et al., 2015)

Manjusha et. al conducted a study on “Nomophobia & its impact on quality of life in medical students and Resident doctors”. The study's objective was to comprehend nomophobia's impact on residents and medical students' quality of life in the area of a tertiary care hospital. The study sample consisted of 252 participants with mean of 21 to 23 years. In these samples 66.7% individuals were females and 33.3% were males. Nomophobia Questionnaire and Quality of life Questionnaire were used in the study. The results shows that there is a negative correlation between Nomophobia and overall Quality of life. The physical and environmental dimensions of QOL are most impacted. Among medical students, nomophobia is very common and has a big influence on quality of life (Manjusha et al., 2022)

3. Problem Definition

To study Nomo phobia, Fear of missing out and Quality of life among young adults.

4. Methodology

In this study quantitative correlational survey method were used. Participants were selected using convenient sampling technique. The main statistical analysis used in the present study was spearman correlation, Mann Whitney U test, Regression analysis. NMP - Q (Nomophobia questionnaire) developed by Yildirim, C. & Correia, A (2015) was used to measure nomophobia, fear of missing out scale developed by Przybylski, Murayama, DeHann, & Gladwell (2013) used to measure fear of missing out and Quality of life scale developed by WHO is used to measure Quality of life.

5. Result and Discussion

Table 1: Mean and Standard deviation of scores on Fear of missing out, Quality of life and Nomophobia

Variable	M	SD	n
FOMO	25.13	4.179	200
QOL	106.06	11.135	200
NP	71.61	16.013	200

The Table shows the descriptive statistics of the variables, mean and standard deviation of fear of missing out, quality of life and nomophobia. The mean and standard deviation of variable fear of missing out was found to be 25.13 and 4.179 respectively which indicate that the selected sample has mild level of fear of missing out. The study conducted by Gezgin et. al in 2017 shows that fear of missing out among

preservice teachers is at intermediate level (Gezgin et al., 2017) . The mean and standard deviation of quality of life was found to be 106.06 and 11.135 respectively which indicate that the selected sample has high level of quality of life. The mean and standard deviation of nomophobia as 71.61 and 16.013 respectively which indicate that selected sample has moderate level of nomophobia. The study conducted by Gurbuz and Ozkan in 2020 shows that 71.5% of young adults in Turkey are moderately nomophobic (Gurbuz & Ozkan, 2020) .

Table 2: Spearman correlational test of fear of missing out, quality of life and nomophobia among young adults

Variable	n	M	SD	1	2	3
1. FOMO	200	25.13	4.179	-		
2. QOL	200	106.06	11.135	0.180	-	
3. NP	200	71.61	16.013	0.010	0.377	-

$P^* < 0.05$

Table 2 shows the result of spearman rank order correlation of the variables Nomophobia, Fear of missing out and Quality of life, The correlation results revealed that there is no significant relationship between fear of missing out and quality of life as the obtained significant value was (0.180 > 0.05). The study conducted by Novalika & Kartasasmita in 2022 also shows that there is no significant relationship between fear of missing out and quality of life among K pop fans (Novalika & Kartasasmita, 2022) . The correlation results revealed that there is a significant relationship between nomophobia and fear of missing out as the obtained significant value was (0.010 < 0.05). There is anepligible positive correlation between nomophobia and fear of missing out ($r=0.181$), which means when nomophobia increases fear of missing increases. The study conducted by Gezgin et. al in 2018 also shows that a positive moderate level of relationship was found between Nomophobia and FOMO among Turkish university students (Gezgin et al., 2018) . The correlation results revealed that there is no significant relationship between quality of life and nomophobia as the obtained significant value was (0.377 > 0.05). The study conducted by Sharma et. al in 2019 shows that a significant negative correlation between Nomophobia and quality of life (Sharma et al., 2019).

The Mann Whitney U test results revealed that there is a significant gender difference in fear of missing out among males and females as the obtained significant value was (0.001 < 0.05). The mean score among males was 86.42 and females were 114.58 which indicated females score more in fear of missing out. The study conducted by Brailovskaia in 2023 also shows that there is a significant gender difference between fear of missing out among males and females of Germany (Brailovskaia et al., 2023) . There is no significant gender difference in quality of life among males and females as the obtained significant value was (0.0822 > 0.05). The study conducted by Mercier et. al in 1998 also shows that there is no significant difference between quality of life (Mercier et al., 1998) . There is no significant gender difference in Nomophobia among males and females as the obtained significant value was (0.797 > 0.05). The study conducted by Bhattathiripad & Patel in 2021 also shows that there is no significant difference between nomophobia among young adults (Bhattathiripad & Patel, 2021) .

The linear regression analysis shows that the impact of nomophobia on fear of missing out among young adults. The R^2 value was 0.027 which indicate 2.7% of the variation in the fear of missing out which is explained by nomophobia for the overall respondents. The obtained significant value ($0.020 < 0.05$), therefore there is significant evidence to conclude that nomophobia has an influence on fear of missing out. The impact of nomophobia on fear of missing out among young adults The R^2 value was 0.016 which indicate 1.6 % of the variation in the Quality of life which is explained by the nomophobia for the overall respondents. The obtained significant value ($0.077 > 0.05$), therefore there is significant evidence to conclude that nomophobia does not have influence on Quality of life.

6. Conclusion

The results revealed that there is no significant relationship between fear of missing out and quality of life. Similarly with quality of life and nomophobia. But there is a significant relationship between nomophobia and fear of missing out. Moreover, while studying gender there is a significant difference in fear of missing out, whereas there is no gender difference in quality of life and Nomophobia. The regression results reveal that Nomophobia influence fear of missing out and Nomophobia does not influence Quality of life.

7. Future Scope

7.1 Limitation of the study

- The study was conducted in a limited period as this was part of the academic program which was time bounded.
- Limited samples were able to take due to vacation time.
- Samples were restricted to Calicut district.
- In this study only female and male and female sexual orientations are considered others were excluded.
- The study was based on a self - report questionnaire so there might be response bias which cannot be ignored.
- No qualitative data was procured
- In this study only one demographic variable is considered, others were excluded

7.2 Suggestion for further study

- The samples of present study restricted to Calicut district; thus, further research could be done including the rest of the districts in Kerala
- There were only limited variables used in the study, inclusion of other variable can be used in further exploration.
- A pre - test and post - test can be conducted in the future to understand adequate intervention strategies that can be applied for nomophobia, fear of missing out and quality of life.
- Limited samples were included due to vacation time, thus further research could be done including a greater number of samples

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