

Exploring the Association between Nomophobia (Smartphones Addiction) and Perceived Stress among Young Generation

Radha¹, Dr. Sushma Sharma²

¹Department of Psychology, Kanpur University
Email: radhashrivastav262[at]gmail.com

²Department of Psychology, Kanpur University

Abstract: ***Background:** Nomophobia, a fear that is increasingly seen in contemporary society, refers to the anxiety associated with being without a mobile phone. Nomophobia (no mobile phone phobia) means fear of not having a mobile phone and the perceived stress indicates that the person has a feeling of stress over time, thoughts are irrational and uncontrolled. The primary aim of this study was to investigate the relationship between nomophobia and perceived stress in the young population. **Method:** The study employed a correlational research design, and the sampling method used was non-probability purposive sampling. The sample consisted of 100 students from Kanpur and Mainpuri. Data collection tools included the Nomophobia Questionnaire (MPQ) and the Perceived Stress Scale (PSS). **Result:** The result of the research elaborated that the mean value of nomophobia is 71.33 and perceived stress is 28.3 and standard deviation value is 17.92 and 11.50 and the correlation value of both the variables is 0.69 which explains the variables are positively correlated. **Conclusion:** The findings revealed a positive correlation between nomophobia and perceived stress, indicating that both are prevalent among the young population.*

Keywords: Nomophobia; Cellphones Addiction; Perceived Stress; Young Population

1. Introduction

In recent year mobile phone use has become the center of the attraction highlighting the uses of smart device. Our smartphones are our constant companions in our social, professional, entertainment and personal lives. This excessive use can lead the problem of addiction, fear and anxiety. This type of addiction and anxiety is called nomophobia, which means that is the phobia of mobile phone when people are not using their mobile phones they become anxious and nervous. Nomophobia is basically part of phobia means irrational and over willing fear related to specific object, situation and even the fear is intense and offend defies logical explanation. The term nomophobia has coined in 2009 study by the UK post office commission by YouGov. Best on DSM-4 classification nomophobia is a term that refers to the " phobia of a particular/ specific things". The excessive phone uses maybe influenced by various psychological factor such as extrovert personality or low self-stream. Additional mental illness such as anxiety disorder and social anxiety of social phobia

The four dimension of nomophobia-

- Inability to communicate-people in this dimension fear not being able to communicate with their family and friends
- Loss of connectedness-in this dimension people fear that they are not connected with their phones their phones are switch off the network is missing
- Inability to access information-within this context people for that they will not able to access information. They feel that the connection is broken and they will not be able to get information about anything
- Giving up convenience-in this perspective people flirt that they are not able to use the facility of smartphone

Perceived stress

Perceived stress the part of stress, in psychology stress means the natural response of any challenging situation that produces anxiety, tension and stress. according to Lazarus and Folkman "stress as that which occurs when an individual perceives death demands of the external situation are beyond his or her perceived ability to cope with them". These are three types of stress acute stress, episodic stress and chronic stress. Perceived stress is a part of acute distress which means perceived stress is a person feeling or thoughts of level stress he or sea is experiencing at a given time or overall specific period of time. feeling of unpredictability and uncontrollability the frequency of an upsetting this comforts the amount of challenge is a person life and confidence is one's own ability to cope with challenge are components of perceived stress.it access of persons perception of the overall level of stress in his or her life and his and her ability to cope with it, not just the type of frequency or stressful events that occurs in his or her life.

Causes of perceived stress

There are many causes of perceived stress work related stress, financial problem, family dispute, job issue, relationship problem, illness, academic stress, social issues and other issues.

2. Methodology

Objective:

Here are some of the objectives of the study-

- To examine the extent of nomophobia within the youth population
- To evaluate the level of perseverance among young students

- Examine the relationship between nomophobia and perceived stress among young population

Hypotheses:

The study followed the null and alternative hypothesis

- Nomophobia would not exhibit in the youth population
- The level of nomophobia varies among young individuals.
- The young population would not reveal any perceived stress
- The younger population would experience higher levels of perceived stress.
- There would not be a significant relationship between nomophobia and perceived stress in young people
- Numerous relationship would be exist between perceived stress and nomophobia.

Research design: The study conceived correlation research design and employed a quantitative research approach.

Sampling and sample size: This study was carried out among a population of student of Kanpur and Manipur cities consisting adults is 18- 25 years. The sampling procedure was (purposive) non- probability sampling.

Data tools: For nomophobia the NMPQ questionnaires was used developed by Vildirim and Correia (2017) and for perceived stress the PSS-14 developed by Cohen (1983) was used.

Significant of the study-Cellphones are a necessity in this digital world, people of the Alpha generation cannot imagine their lives without phones. The aim of the study is to investigate smartphone addiction and its effects. Many studies have done their research work in this field, but the special thing in the study is that the sampling area has not been used. This research work will contribute to the well-being of the social and mental environment.

3. Result

The results of the study show that nomophobia level of students varies. Mild level of nomophobia in adolescents is 31% and moderate level is 59% and severe level is 10% and low level of perceived stress of students is 28%, moderate level is 49% and high level is 23%. This means that nomophobia and perceived stress are positively correlated.

Table 1: This table provides information about the t-values for perceived stress and nomophobia. The mean values are 72.33 and 28.3, the value of standard deviations is 11.50 and 17.92, and the correctional value is 0.69.

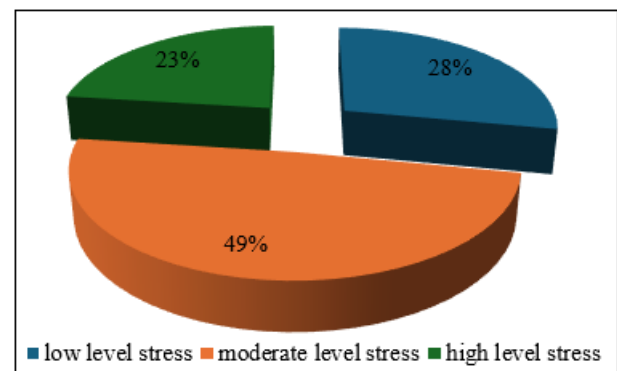
	<i>nmpq</i>	<i>pss</i>
Mean	71.33	28.3
Variance	321.1728	132.3535
Observations	100	100
Pearson Correlation	0.692168	
Hypothesized Mean Difference	0	
Df	99	
t Stat	33.18748	
P(T<=t) one-tail	9.49E-56	
t Critical one-tail	1.660391	
P(T<=t) two-tail	1.9E-55	
t Critical two-tail	1.984217	

Table 2: The table represented the value of correlation between nomophobia and perceived stress. The value of 0.692 indicates that both variables nomophobia and perceived stress are positively correlated.

	<i>nmpq</i>	<i>pss</i>
<i>nmpq</i>	1	
<i>pss</i>	0.692168	1

Table 3: The research data in this table explained that 100 students have different levels of perceived stress; low level is 28 among the respondents, medium level is 48 and high level is 23, which represent that 100% of the population has experienced stress

Number of Students	Low Level	Moderate Level	High Level
100	28	49	23

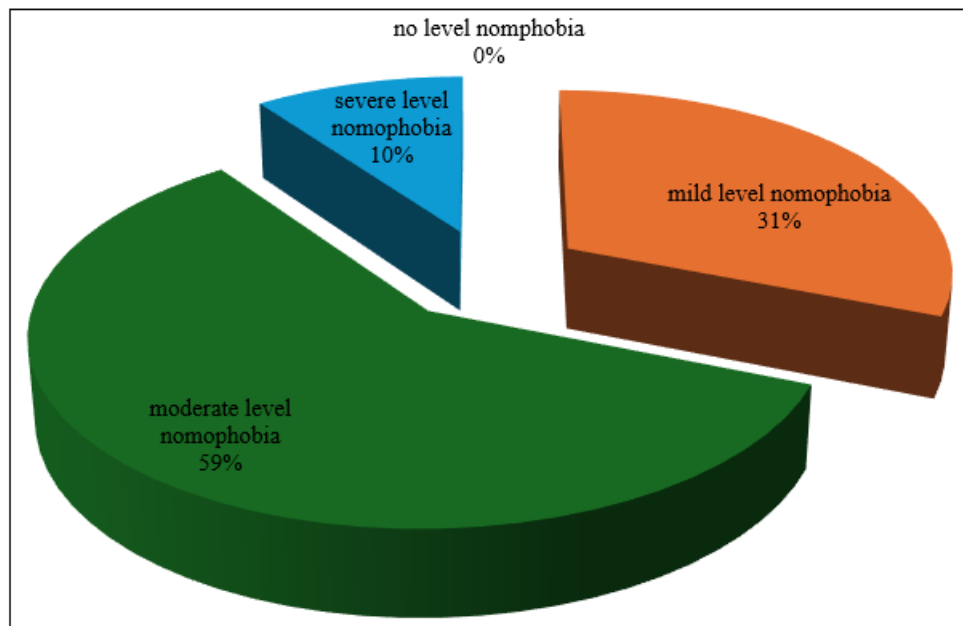


Graph 1: This graph indicates the level of perceived stress among adult students, low perceived stress level is 28%, medium level is 49% and high level is 23%. This means that the level of perceived stress varies among adults.

Table 4: According to this table, the degree of nomophobia in the adult population varied, the level of nomophobia was 0, mild level of nomophobia was 31, moderate level was 56 and severe level was 10, which indicates that 100% of the population suffers from nomophobia.

Number of students	No level nomophobia	Mild level nomophobia	moderate level nomophobia	Severe level nomophobia
100	0	31	56	10

Graph 2: This graph shows the research data, which shows the level of nomophobia in students, the degree of mild nomophobia is 31%, moderate nomophobia is 56% and severe nomophobia is 10%. The results elaborate that the population carried in this study was 100% nomophobic.



4. Discussion

Digitalization is good for the current generation because in today's time everything is online and in digitalization cellphone plays the most important role. Cellphone is the best companion of our social professional and personal life. But mobile addiction plays a vital role in mental and physical health issues, this addiction is called nomophobia. Many psychological factors are associated with nomophobia. The objective of this study was to discover the relationship between nomophobia and perceived stress. The results of the study examined that students had a low level of perceived stress of 28%, medium level of 49% and high level of 23%, while mild level of nomophobia was 31%, moderate level of 59% and severe level of 10%, which means that nomophobia and perceived stress were positively correlated. The findings of some studies are similar to our study.

Samnath and colleagues (2023) examined the relationship between perceived stress and nomophobia, focusing on the role of social support. The study was escorted on Malaysian university students during COVID 19. The study procedure was cross sectional involving 547 university students. Respondents were replied self-administered questions to explore social support, nomophobia, and perceived stress. The research found that Perceived stress and nomophobia during COVID 19 were positively correlated which was similar to our study.

According to Perna Dahiya (2021) This research work revealed nomophobia and its impact on stress and loneliness in young adults. The main aim of the study was to discover the relationship between nomophobia, loneliness and stress. The respondents were aged 18-25, with 44 (25 female, 19 male). The funding was indicated by a significant relationship between nomophobia, stress and loneliness. This means that the young population may have psychological problems due to excessive use of mobile phones

According to Muskan Hussain (2020) the study revealed the widespread presence of perceived stress on the population of West Bengal (Kolkata) during COVID 19. The objective of the research was to find out the perceived stress among adults of Kolkata students during social isolation. The content and method of the study work was based on students aged 18 to 25 years. The set of data tools used were both PSS 10 and PSS 14 inventories. The funding indicates the highest level of perceived stress in women of both inventories. The conclusion shows that the perceived stress these days was eliminating the maintenance of physical health and mental health of the students.

5. Limitation

The study of nomophobia and perceived stress are beneficial for mental and physical health but here are some restrictions in the study

- The sampling areas were not wide and the number of respondents was not good enough for accurate results
- The sampling procedure was not sufficiently accurate to ensure good representation
- If the questionnaire was in Indian language it would have been good for this research
- The study used one variable associated with nomophobia. Other aspects could be better understood if more variables were used.

6. Suggestion

This research which focuses to know the connection between nomophobia and perceived stress is very useful for future social environments but some suggestions to make it more convenient the future are as follows-

- If the new researcher can use a larger sample, then it is good for the authenticity of the research work.
- The questionnaire is not our mother tongue, if the research can change it then it will be better for the understanding of the respondents
- In this study two variables Nomophobia and perceived stress are used if in the coming time new researchers

adopt more variables then it will be good for other aspects

7. Conclusion

The study had to know the relationship between nomophobia and perceived stress variables. Nomophobia refers to smartphone addiction which means people not being able to use cell phones and perceived stress refers to the feeling when a person feels anxious and indiscriminate thoughts at a given time. The result explained that both the variables nomophobia and perceived stress are positively correlated, which indicates that if students use the phone unlimitedly they will suffer from perceived stress.

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Declaration of competing interests - This investigation is original authentic work, it is a part of my PhD research work. The data of the study is primary, which is available in my research work.

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