A Review Paper on Prevalence of NOMOPHOBIA among Students and Its Impact on Their Academic Achievement

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Abstract

Nomophobia is an abbreviated form of "no- mobile-phone phobia." The term was first coined in a 2008 study that was commissioned by the UK Postal office. Mobile phones have become an important part of everyone's lives. In recent times, there seems to have been a transformation of the mobile phone from a status symbol to a necessity because of the countless advantages it provides. Excessive and addicting use of mobile phone, especially smart phone results in physical and psychological symptoms such as loneliness, interpersonal anxiety, poor self –control, low self esteem etc. Excessive use of mobile phone also impacts on students academic achievement. Keeping in view all these issues an attempt has been made to discuss about the prevalence of nomophobia among students, various symptoms, causes of nomophobia among students and its impact on their academic achievement through literature review.

Keywords: Prevalence, Nomophobia, Student Academic Achievement

Introduction:

Mobile phones have become an indispensable part of everyone's lives. In recent times, there seems to have been a transformation of the mobile phone from a status symbol to a necessity because of the countless advantage it provides. Due to multiple advantages, mobile phones now become a common choice for consumers along with the use in business. Besides providing various advantages, excessive use of mobile phones can lead to many type of problems. It can cause social, physical and psychological pathologies such as damages related to electro magnetic field radiation, car accidents and distress linked to the fear of not being able to use new technological devices. Various studies have shown that excessive and addicting use of mobile phone is related to loneliness, depressive symptoms, interpersonal anxiety, poor self –control, low self sufficiency and low self esteem. Nomophobia is known as fear of being unable to communicate through a mobile phone. Nomophobia literally means " no mobile phone phobia" that is the fear of being away from the mobile phone". If a person is in the area of no network , has no balance or battery, the person gets anxious, which adversely affects the health. Individual who exhibit nomophobic behaviors become anxious when they forget to take their mobile phones with them, when the battery charge runs out or when they have no network coverage. This state of anxiety adversely affects an individual's concentration to perform their daily activities. Nomophobia is not yet included in current DSM-V, it has been recommended as a "specific phobia" based on definitions given in the DSM-IV. Nomophobia affects the mind as well as the social relationships, where a person is physically present but mentally absent. Phone dependency may also cause work problems if people are unable to resist checking smart phone or answering calls when at work. Therefore through this study the researchers try to study about the prevalence of NOMOPHOBIA among students and its impact on their academic achievement. The researchers also try to find out the symptoms of Nomophobia and try to provide some suggestions to get rid of Nomophobic behavior through this study.

Significance of the study:

Mobile phones have become a important part of modern life. Not only do they serve as a way to communicate, but also act as a social network tool, personal organizer, online shopping tool, calendar, alarm clock, mobile bank etc. Mobile phones are basically invented and introduced to make human life easier, but if the same mobile phone becomes the reason of deterioration of human health then definitely it is not a good indicator. Many research studies showed that the excessive use of mobile phone leads to depression, anxiety, insomnia etc. among individual. India is one of the fastest-growing Smartphone markets in the world. Considering the tremendous growth in the Smartphone market, it is threatening to imagine the dependency that people would face with their mobile device specially students. Thus this rising trend of excessive Smartphone usage challenges the well-being of the population. At this point, it is very important to provide knowledge of Nomophobia among students and in depth understanding of its effects are required to self monitor the dependent and addicted behavior.

Objectives of the Study:

The objectives of the study are as follows-

i)   To study about the prevalence of Nomophobia among students and its impact on their academic achievement.
ii)   To find out the symptoms of Nomophobia among students
iii)   To provide some suggestions to get rid of nomophobic behavior.

Methodology of the study:

The study is descriptive in nature. The data presented here are basically collected from secondary sources like journals, research papers, books, internet, newspapers etc.

Review of Literature:
Studies carried outside India:

Kateb, S.A. (2017). Conducted a study on, "The prevalence and psychological symptoms of nomophobia among university students". It was a empirical study. The aim of the study was to investigates the prevalence and symptoms of nomophobia among university students in Saudi Arabia. Depression, Anxiety and Stress Scales was used to assess the psychological status of the participants and Nomophobia Questionnaire (NMP-Q) was used to assess the prevalence of nomophobia dimensions. Statistical analysis and tests were used to identify associations among the study variables and to test the hypothesis. The findings of the study revealed that there was a high level of mobile phone involvement, high levels of the nomophobia dimensions. Females were significantly more involved than males.

Ozdemir,B.,Cakir,O.& Hussain, I. (2017). Conducted a study on, "Prevalence of Nomo phobia among university student". This study focused on to examine the prevalence of Nomo phobia among Pakistani and Turkish undergraduate university students and also try to examine the relationship among nomo phobia, self-esteem, loneliness and self- happiness with respect to gender and year of study of the university students, and to compare these factors related to Pakistan and Turkey and to find out cross country relationship. The data were collected by using Nomophobia Scale (NMP-Q), UCLA Loneliness scale (ULS-8), Self-Happiness Scale and Rosenberg Self-esteem Scale by the researchers from Turkey and Pakistan respectively. The findings of the study revealed that nomophobia had highest correlation with loneliness and it was followed by self-happiness and self-esteem. Female student's self-esteem was higher than male students while male students nomophobia level was higher than female students. The degree of nomophobia level of students tended to increase from first year to fourth year. According to multivariate effect results, the main effect of gender on self-esteem and nomophobia was statistically significant which indicates that differences between male and female students with respect to self-esteem and nomophobia were significant. The study demonstrated differences between Turkish and Pakistani students' score on nomophobia, loneliness and self happiness were significant while difference

on self-esteem across countries were not statistically significant.

Gezgin, D.M., Cakir,O. & Yildirim,S. (2017). Conducted a study on, " The relationship between levels of nomophobia prevalence and internet addiction among high school students: The factors influencing nomophobia". The purpose of this study was to investigate the relationship between nomophobia levels of high school students and their internet addiction. This study also investigated the factors including duration of smart phone and mobile internet use that trigger and create this phenomenon. The survey method was adopted for the study. A demographics questionnaire, nomophobia scale and internet addiction scale were used for collecting data. The findings of the study revealed that the nomophobia levels of high school students were found to be slightly above average. Pertaining to gender differences, female students have a higher tendency to exhibit nomophobic behaviors compared to male students. Additionally students grade levels (which could also be considered as age) has no effect on the prevalence of nomophobia. Considering the duration of smart phone ownership, it was found that the longer the duration of smart phone usage , the higher the risk of exhibiting nomophobic behaviors.

Apak, E. & Yaman, O.M. (2019). Conducted a study on, " The prevalence of nomophobia among university students and nomophobia's relationship with social phobia : The case of Bingol University". The aim of the study was to determine the relationship between nomophobia and social phobia and the prevalence of nomophobia among university students. In order to collect data , a demographic information form with questions about age, grade and gender was applied alongside the Nomophobia Scale and the Liebowtiz Social Anxiety Scale. The findings of the study revealed that, a low positive correlation has been found between nomophobia and social phobia. These results show nomophobia to have become a rapidly spreading problem among university students and preventive studies to be required on the factors affecting nomophobia and social phobia.

Qutishat, M.& Packianathan, S. (2020). Conducted a study on, "University students nomophobia prevalence, socio-demographic factors and relationship with academic performance at a University in Oman". The purpose of the study was to determine the prevalence of nomophobia, demographic factors affecting nomophobic behaviors, and the relationship between nomophobia and academic performance among university students in Oman. A descriptive co relational study design was chosen to describe the prevalence of nomophobia. Nomophobia questionnaire was used to collect data. Descriptive analysis and a Pearson correlation statistical test were used to determine the possible relationship between nomophobia and academic performance. The findings of the study revealed that the prevalence of nomophobia among students was 99.33%, most with a moderate level of nomophobia. Students with severe nomophobia reported weak academic performance. More studies should be conducted in this area to inform policy on cell phones within academic premises to avoid serious ill effects of chronic use.

Essel, H.B., Vlachopoulos, D.& Menson, A.T. (2021). Conducted a study on, " The relationship between the nomophobic levels of higher education students in Ghana and academic achievement". The aim of the study was to investigate the prevalence of nomophobia and the socio-demographic variables and the association with academic achievement of the understudied population. It was a descriptive cross-sectional study. This study applied the quantitative method of research, particularly the descriptive, transversal and correlation research designs. The findings of the study revealed that there is a high nomophobia prevalence among university students in Ghana as the use of smartphones increases. The relative impact of socio demographic variables on nomophobia, no statistically significant variations between gender and the Smartphone use were found. The study also found that there was no significant variation between students who were resident on campus and those were not.

Kubrusly, M. et al.(2021). Conducted a study on, " Nomophobia among medical students and its association with depression, anxiety, stress and academic performance". The aim of this study was to assess the effect of nomophobia on medical students at a private institution and its association with depression, anxiety, stress and academic performance. It was a cross-sectional observational study. Nomophobia was measured by using the Nomophobia Questionnaire (NMP-Q). The findings of the study revealed that all students had some degree of nomophobia. 64.5% had a moderate or severe level of nomophobia. More than 50% of the students had higher than mild degrees of stress. The study also revealed that nomophobia is likely to increase anxiety, stress and depression and as a result leads to a decrease in academic performance.

Studies carried out in India:

Dixit,S.et al(2010). Conducted a study on, " Evaluate mobile phone dependence among students of a medical college and associated hospital of central India." The aim of this study was to find out the prevalence of nomophobia in the Indian scenario considering the tremendous increase in the number of mobile phone users in the past decade. It was a cross-sectional study. The findings showed that overall 18.5% students were found to be nomophobes. In gender based observation males were found to be more nomophobes than females. Most of the students agreed that they lose their concentration and become stressed when they do not have their mobile around or their mobile run out of battery.

Pavithra, M.B., Madhukumar,S. & Murthy,M.T.S.(2015). Conducted a study on, " Nomophobia- mobile phone dependence among students of a medical college in Bangalore". The objective of the study was to assess the prevalence of nomophobia and mobile phone dependence among the students of a medical college. It was a cross sectional study. The findings of the study revealed that majority of the students spent rupees 300-500 per month on mobile recharge. About 23% students felt they lose concentration and become stressed when they do not have their mobile around. 39.5%

students were nomophobic in this study and another 27% were at risk of developing nomophobia.

Madhusudan, M. et al. (2017). Conducted a study on, " Nomophobia and its determinants among the students of a medical college in Kerala". The objective of the study was to find out the prevalence of nomophobia and its determinants among students of a medical college. It was a cross sectional study. The prevalence of nomophobia was assessed using the new nomophobia questionnaire (NMP-Q). The findings of the study revealed that 97% of the students of the medical college were nomophobic. The grades of nomophobia showed no statistically significant association with sex, admission quota and residence , whereas statistically significant association with phase of the MBBS with highest prevalence among phase II students.

Sethia,S.et al.(2018). Conducted a study on, " To assess the degree of nomophobia among the undergraduate students of a medical college in Bhopal". The aim of this study was to find out the prevalence of nomophobia in Gandhi Medical College, Bhopal. It was a cross-sectional study. The findings of the study revealed that more than 57% participants started using smart phones before attaining age of 18 years. 61.5% were having moderate, 6.1% having severe nomophobia and only one participant was not suffering from nomophobia.

 Shankar,V.,Singh, K.&Jangir, M.K.(2018).Conducted a study on, "Nomophobia:Detection and analysis of smart phone addiction in Indian perspective". This study was concern about usability of smartphone and its future consequences. The findings revealed that 40.93% Indian who are above 18 year old addicted to smart phone addiction called nomophobia. Females are more addicted as compared to males. It was also revealed that person who belongs to 26 to 35 age group are more nomophobic as compare to other defined age groups.

Harish, B.R.& Bharath, J. (2018). Conducted a study on, "Prevalence of nomophobia among the undergraduate medical students of Mandya

Institute of Medical Sciences, Mandya". The objective of the study was to determine the prevalence of nomophobia among undergraduate medical students of Mandya . It was a cross sectional study. The researcher used purposive sampling for the study. The findings of the study revealed that the prevalence of nomophobia among students was 99%. Main reasons for using smart phones were to call family members, using internet for academics, and for social networking. Severe nomophobia was found among those who were residing in home. No statistical significant difference was observed between gender and nomophobia.

Asok, A.S. et al .(2019). Conducted a study on, "Prevalence of nomophobia among college students in Bishnupur District of Manipur". The aim of the study was to assess the prevalence of nomophobia among college students in Bishnupur district of Manipur. It was a cross sectional study. Cluster sampling technique was used for the selection of the sample. Nomophobia questionnaire (NMP-Q) was used to collect data. The findings of the study revealed that the prevalence of nomophobia among students was 98.8%. Most of the students agreed that using mobile phones affect their academic performance in a negative way. In this study it was found that there was no association of nomophobia with socio- demographic characteristics like age, gender, current place of stay, type of family, family income etc.

Jilisha, G., Venkatachalam, J.& Olickal, J.J. (2019). Conducted a study on, " Nomophobia: a mixed methods study on prevalence, associated factors and perception among college students in Puducherry, India".
It was a mixed-method study with both a cross sectional , analytical and a qualitative descriptive component. The findings of the study revealed that among the 774 participants, 23.5% had severe nomophobia scores. Older age, male gender, duration and frequency of smart phone usage, use for social networking, checking without reason, and checking smart phone after waking up in the morning were significantly associated with nomophobia. The in-depth interview showed attributes of addiction among the students, like dependency and compulsive behavior. Students also experienced anxiety and frustration when they had to part with their Smartphones.

Khilnani, A.K., Thaddanee, R. &Khilnani, G. (2019). Conducted a study on, " Prevalence of nomophobia and factors associated with it: a cross- sectional study. The of the study was to know the prevalence and factors leading to nomophobia in general population. The findings of the study revealed that there was no significant difference in average NMP scores with respect to gender, age brackets, marital status and profession. However, NMP scores were significantly more in individuals who spent more time on mobile phones per day, checked their mobile phones more frequently and in whom phantom ringing syndrome was also present. 241 respondents felt that their mobile phone use was consuming time and affecting their other daily activities.

Cherukula,S.S., Acharya, I., Acharya, J.P.,& Devalapalli, S. (2019). Conducted a study on, " Prevalence of nomophobia in college students in Ranga Reddy District, Telangana". The findings of the study revealed that most of the participants were either moderately nomophobic or severely nomophobic individuals.20 years old participants showed more of moderate and severe nomophobic behaviours as compared to the senior. Most of the students neither had an idea about nomophobia or its ill effects.

Ahmed, S. et al. (2019). Conducted a study on, " Impact of nomophobia: A non drug addiction among students of physiotherapy course using an online cross-sectional survey". The aim of this study was to determine the impact of nomophobia among the students of physiotherapy course. It was an online cross-sectional survey study. NMP questionnaire was used for collecting data. The findings of the study revealed that 45% of students have been using smart phone for 5 years and 54% students have muscluskeletal disorders during their prolonged smart phone use. It was also found that there exists an inverse relation between the NMP scores and students academic performance.

Bajaj, S., Maheswari, S.K. & Maheswari,P.S. (2020). Conducted a study on, "Prevalence of nomophobia among college students". The aim of the study was to assess the prevalence of nomophobia among smart phone using college going undergraduate and post graduate students. Quantitative, exploratory research approach with cross-sectional survey design was used to assess the degree of nomophobia in 300 conveniently selected college students of Faridkot, Punjab using socio-demographic datasheet and Nomophobia Questionnaire. The findings of the study revealed that 99.7% of the college going students had nomophobia. Of them, two-third (32.7%) of the participants had severe level of nomophobia and majority of the study participants (59.9%) had moderate level of nomophobia. Excessive use of smart phone may result in dependency on mobile phone. It is an alarming sign for the public and health care professionals. More focus should be given for the early detection and intervention for treat nomophobia.

Sood, R.S.& Butt, A.A.(2020). Conducted a study on, " Nomophobia: Review on smart phone addiction in Indian perspective". The aim of this study was to define the aspects of Nomophobia by following a phenomenological approach. It was also deals with the impact of nomophobia on people's daily lives, the symptoms and signs of nomophobia , the usability of smart phones and their future consequences. It was a qualitative study. The findings revealed that 43% of Indians over 18 years of age are addicted to nomophobia. The study also reveals that females are more addicted in nomophobia than males. It was also found that 26 to 35 age group are more nomo-phobic than other established age groups.

Mengi, A., Singh, A.& Gupta, V. (2020). Conducted a study on, " The prevalence of nomophobia and its related impact among medical students in Southern Haryana, India". The aim of the study was to estimate the prevalence of nomophobia among students and interns of medical college and its impact on their sleep quality and academic performance. A pre tested, pre designed and standardized questionnaire was used to collect data. The findings of the study revealed that nearly two fifth of the study subjects were found to have nomophobic with scores more than 24. The Pearson's chi-square analysis reflected that most of the academic performance variables such as decline in study habits and grades, reduced concentration and coming late for classes have a statistically significant association with nomophobe score. The findings of the study also revealed that the prevalence of nomophobia was higher among the female study subjects as compared to male subjects. It was noticed from the study that , a significant burden of mobile phone addiction and a tendency for impaired control that compromises the health and wellness were prevalent in medical students. Measures need to be taken to address this challenge in view of the current era of growing information technology.

Guin, N.B. et al. (2020). Conducted a study on, " Prevalence of nomophobia and effectiveness of planned teaching program on prevention and management of nomophobia among undergraduate students". The objectives of the study were to determine the prevalence of nomo- phobic undergraduate students, to assess the level of knowledge of undergraduate students regarding prevention and management of nomophobia, to evaluate the effectiveness of planned teaching programme on the level of knowledge among undergraduate students regarding prevention and management of nomophobia, to find association between the level of knowledge of undergraduate students and the selected demographic variables and also to find the association between the prevalence of nomophobia among undergraduate students and selected demographic variables. An experimental research approach with quasi-experimental design was adopted for the study. The findings of the study revealed that 57% undergraduate students had moderate nomophobia, while 21.5% had mild and 21.5% had severe nomophobia. The knowledge levels of the undergraduate students ranged between poor to moderate 85% of the undergraduate in both the groups had poor knowledge and 15% had moderate knowledge regarding prevention and management of nomophobia. The planned

teaching program was effective in increasing knowledge of undergraduate students.

Sureka, V. et al. (2020). Conducted a study on, " Prevalence of nomophobia and its association with stress, anxiety and depression among students". The aim of this study was to understand the prevalence of nomophobia and try to find out the association of nomophobia with stress, anxiety and depression. It was a cross sectional study which was conducted among first year medical and dental college students. The results of the study showed a wide prevalence of nomophobia among students. Nomophobia was significantly associated with stress and depression. Chronic mobile phone users have also reported very low quality of sleep leading to mental health issues.

Batwal, J. et al .(2020). Conducted a study on, " Evaluation of nomophobia among medical students using smart phone in north India". The aim of this study was to evaluate nomophobia among medical students who are using smart phones. It was a cross-sectional study. The findings revealed that 15.5% of the students had mild nomophobia, 67.2% were having moderate nomophobia and 17.3% were suffering from severe nomophobia.

Setia, R. & Tiwari, S. (2021). Conducted a study on, " Nomophobia among youth in Indian perspective". The aim of the study was to find out the prevalence of nomophobia among youth in India aged above 18 years to 40 years. The findings of the study revealed that college going students are more prone to nomophobia as compared to working professionals and there exists that 100% of the population who owns a smartphone is nomophobic to some extent of degree. Also findings suggests that nomophobia is related to FOMO because mostly youngsters are nowadays connected to others through the social lives and identify they have built and seek external validation and recognition from others. However, it is seen seen that when age increases nomophobia decreases, moreover in terms of smart phone usage frequency it is different, as usage frequency of smart phones increases, nomophobia increases as well.

Vaishali, Mandonca, L.M.& Bishnoi, S. (2021). Conducted a study on, " The prevalence of nomophobia and knowledge and effect of using smart phone among college students in selected colleges of Fatehabad, Haryana with a view to develop an information booklet". Descriptive survey method was used for the study. Nomophobia scale, structured knowledge questionnaire and checklist were used to collect data. The findings of the study revealed that majority of samples have moderate levels of nomophobia. Majority of samples had moderate level of effect on their life due to smart phone use. There is significant association between level of nomophobia of samples with years of using mobile phone and frequent reason of using mobile phone. There is a significant association between level of knowledge of samples with their age and education level. There is positive correlation between level of nomophobia and effects of using smartphone among college students. There is negative correlation between level of knowledge and effects of using smart phone.

Findings: The findings of the literature review can be discussed objective wise as follows-
O1: Prevalence of NOMOPHOBIA among students and its impact on their academic achievement

The findings of the literature review revealed that all students have some degree of nomophobia. Majority of the students have moderate level of nomophobia. More than 50% of the students had higher than mild degrees of stress. Most of the students agreed that using mobile phones affect their academic performance in a negative way. Students with severe nomophobia reported weak academic performance. In this study it was also found that nomophobia is likely to increase anxiety, stress and depression and as a result leads to a decrease in academic performance. Main reasons for using smart phones among students were to call family members, using internet for academics, and for social networking. Most of the study showed that female students are more addicted in nomophobia than male students. It was also found that 18 to 35 age group are more nomo-phobic than other established age groups.

Excessive use of smart phone among students may result in dependency on mobile phone. It is an alarming sign for the public and health care professionals as well as academic institutions. Therefore more focus should be given for the early detection and intervention for treat nomophobia.

O2: Symptoms of Nomophobia among students

There are various sign and symptoms are observed in NOMOPHOBIA among students from the literature review. These are as follows-

- Anxiety
- Trembling
- Sweating
- Depression
- Agitation
- Changes in breathing
- Disorientation
- Tachycardia
- Respiratory alterations
- The inability to turn off mobile phone.
- Constantly checking phone for missed message, emails or calls.
- Charging battery even when phone is almost fully charged.
- Repeatedly checking to make sure that the person has the phone with himself /herself.
- Fear of being without wifi or being able to connect to a calculator data network.
- Worrying about negative things happening and not being able to call for help.
- Stress over being disconnected from one's online presence or identity.
- Skipping activities or planned events in order to spend time on the mobile device.

O3: Suggestions to get rid of NOMOPHOBIC behavior

The following suggestions can be provided to get rid of NOMOPHOBIC behavior –

i)   In India there is no limit of mobile phone usage. Single person can use multiple phones. It is adding fuel to the pre existing problem of NOMOPHOBIA.   Telecom Regulatory Authority of India should play an active role by making a policy/ law that " setting

based approach" on mobile phone restriction among people should be followed. An act may be formulated under this act. There should be minimum upper limit of age for mobile use. It will help a lot to curb the situation.

ii)   Parents should motivate their children to participate in outdoor games, religious festivals. It will give them more chance to face to face interaction.

iii)   Parents must have awareness regarding such psychological problems like NOMOPHOBIA.

iv)   School authorities should appoint counselor and health team personnel for educating and dealing with such incidences. In many schools/ colleges mobile phone restriction is strictly enforced.

v)   Youngsters' energy needs to be channelized in a creative way. Mechanisms may be devised to engage them in physical activities, outings, social interaction etc.

vi)   Medical treatment should be provided to severely nomophobic person.

Conclusion

Nomophobia or mobile phone separation anxiety has become commonplace in today's world where the use of smartphones play an important part in the wellbeing of people and their adaptation to their environment. The study has showed most of the students of college and university level has suffering from mild to severe level of nomophobia prevalence and it's negatively impact on their academic achievement. We observed significant gender difference concerning nomophobia among students. It is very important to give concern on this matter in this technological era otherwise it may lead to severe mental illness among students. Educational seminars must be given at schools and solutions need to be proposed with the contribution of all related parties in order to fight against the prevalence of nomophobia, which is considered as one of the key-technology related problems of the coming age. In educational settings understanding the characteristics of students allows teachers and practitioners to develop interventions to improve student learning. Considering the current dissemination of mobile learning applications in education , students smartphone use behaviors

have become a considerable issue for educators. Understanding factors that contribute to internet addiction and nomophobia among students will yield better use of mobile applications in an educational context in the future.

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