

Nomophobia: Impact of Mobile Phone on Student Learning

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Nomophobia is a type of phobia in which discomfort or anxiety caused by non-availability of a mobile phone, or personal computer. It developed as a disorder due to the instantaneous communication and gratification of smart phones which create addictive behaviour. In a research study on nomophobia – mobile phone dependence, among students of a medical college in Bangalore, it was found that majority (74%) of the students spent Rs 300-500 per month on mobile recharge. About 23 percent students felt they lost concentration and become stressed when they do not have their mobile around, 79(39.5%) students were nomophobic in this study and another 27 percent were at risk of developing nomophobia.

Nature of Nomophobia

Nomophobia does not appear in the current Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5). It has been proposed as a 'specific phobia', based on definitions given in the DSM-IV. According to Bianchi and Philips (2005) psychological factors are involved in the overuse of a mobile phone. These could include low self-esteem (when individuals looking for reassurance use the mobile phone in inappropriate ways) and extroverted personality (when naturally social individuals use the mobile phone to excess). It is also highly possible that homophobic symptoms may be caused by other underlying and pre-existing mental disorders, with likely candidates including social phobia or social anxiety disorder, social anxiety, and panic disorder.

Research Evidence of Nomophobia

The term, an abbreviation for "no-mobile-phone phobia" was coined during a 2008 study by the UK Post Office who commissioned Yugo, a UK-based research organisation to evaluate anxieties suffered by mobile phone users. The study found that nearly 53 percent of mobile phone users in Britain tend to be anxious when they 'lose their mobile phone, run out of battery or credit, or have no network coverage'. The study, which sampled 2,163 people, found that about 58 percent of men and 47 percent of women suffer from the phobia, and an additional 9 percent

feel stressed when they are off their mobile phones. Of the 55 percent persons surveyed cited keeping in touch with friends or family as the main reason that they got anxious when they could not use their mobile phones. The study compared stress levels induced by the average case of nomophobia to be on par with those of 'wedding day jitters' and trips to the dentist.

Another study found that out of 547 male, undergraduate students in Health Services, 23 percent of the students were classified as suffering from nomophobia, while an additional 64 were at risk of developing nomophobia. Of these students, approximately 77 percent checked their mobile phones 35 or more times a day. More than one in two nomophobes never switched off their mobile phones. The study and subsequent coverage of the phobia resulted in two editorial columns authored by individuals who minimised their mobile phone use or chose not to own one at all. These authors appeared to treat the condition with light undertones of mockery, or outright disbelief and amusement.

Language classicists do not like this word or approve of it, because of its inherent confusion with the existing, though rare, nomophobia, a fear of laws, rules or regulations. The latter derives from the Greek *nomos* (a law, rule or regulation) seen in such other words as astronomy (rules about the stars), gastronomy (rules about food and eating), autonomy (ruling oneself), economy (rules governing the finances of the state or household), antinomy (a law contrary to another law), metronome (a device to regulate meter or beat), monarchy (the rule of law in society), nomography (the law in written form), nomology (the study or science of law), nomothetic (a lawgiver), and the archaic anomy (lawlessness). The meaning of 'neologistic' referred to in this article, relating to mobile phones, seems to have been adopted by the younger generations, and by those without a deep understanding of the Oxford Dictionary guidelines on word construction.

With the changes of technologies, new challenges are coming up on a daily basis. New kinds of phobias have emerged (the so-called techno-phobias). Since the first mobile phone was introduced to the consumer market in 1983, use of these devices has proliferated overwhelmingly in almost all societies.

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Shambare et al (2012) claimed that cell phones are 'possibly the biggest non-drug addiction of the 21st century', and that college students may spend up to nine hours every day on their phones, which can lead to dependence on such technologies as a driver of modern life and an example of 'a paradox of technology' that is both freeing and enslaving. A survey conducted by SecurEnvoy showed that young adults and adolescents are more likely to suffer from nomophobia. The same survey reported that 77 percent of the teens reported anxiety and worries when they were without their mobile phones, followed by the 25-34 age group and people over 55 years old. Some psychological predictors to look for in a person who might be suffering from this phobia are 'self-negative views, younger age, low esteem and self-efficacy, high extroversion or introversion, impulsiveness and sense of urgency and sensation seeking. Among students, frequent cell phone usage has been correlated with decreases in grade point average (GPA) and increased anxiety that negatively impacts self-reported life satisfaction (well-being and happiness) in comparison to students with less frequent mobile usage. GPA decreases may be due to the over-use of cell phone or computer usage consuming time and focus during the study hours, attending classes, working on assignments, and the distraction of cell phones during class. Over-usage of cell phones may increase anxiety due to the pressure to be continually connected to social networks and could rob chances of perceived solitude, relieving daily stress that has been linked as a component of well-being.

Physical symptoms of nomophobia

- Respiratory alterations · Trembling
- Perspiration · Agitation
- Disorientation · Tachycardia

Emotional symptoms of nomophobia

- Depression · Panic
- Fear · Dependence
- Rejection · Anxiety
- Loneliness

Management

Various therapies are applied to address the problem.

- Cognitive modification Therapy
- Relaxation Therapy
- Guidance & Counseling
- Pharmacotherapy: Anti-depressants, Anxiolytics

and psychostimulant

- Supportive therapy

Impact of Mobile on Student Learning

Bad Impact on Studies: The biggest worry of teachers in regards to cell phones is that they lead to student distraction and off task behavior. They can be seen playing games, chatting, and talking to their friends. This added distraction negatively impacts students' school performance as it stops them to pay more attention to their studies.

Accident and Health Issues

Most of the accidents that happen daily arise because of mobile phones. The mobile phones have resulted in dangerous driving, whose direct impact can be seen in increasing number of accidents.

Effects on the Brain: Mobile radio waves penetrate deep in to brain not just around the ear; it may lead to disturbed learning activity.

Psychologists recommend a balanced approach for use of mobile phones by students. The steps to be taken can include: placing the phone at least 15 feet away from you when you sleep at night; demarcating time zones i.e. for each activity; daily fix hours of turn off the mobile giving time to either face-to-face dialogues or solitude.

Dual Impact of Mobile Phones: Admittedly, Smartphones have proved to be highly useful educational tools. The students are enabled to learn many relevant things from mobiles many of which might have remained uncovered in classroom, or even in books. The disadvantage is, they are rendered at risk due to the spate of entertainment these offer. At the same time, research has brought out the many risks associated with their use in class room setting. However, it can have negative impact on learning through distraction. In one study researchers found that students not using during lecture hours wrote 62 percent more notes, and also had better recall of the subject than their mobile using counterparts.

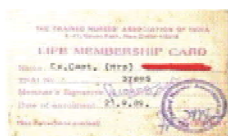
Role of Teachers and Parents: Teachers and parents, both have a significant role to play in setting of limits and providing appropriate guidance to derive maximum mileage and also warding off from its insidious influences. The students have to take note in situations that demand exclusive concentration, phone is not be used under any circumstance. Given the attraction phone offers, convincing the students to minimize its use is a challenging task but in the ulterior interest of students, all-out efforts need to be made to ensure a fitting balance.

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Attention to the TNAI Members

TNAI's Council had decided to give one time photo ID Membership card free of cost for the Members having old membership card without photograph. Filled application forms to be send to the TNAI Headquarters.



← Sample of the old & New TNAI life membership card →



Members who had already taken Photo ID Membership card and require a Duplicate photo-ID Membership Card (in case of lost/ damage), are requested to fill the Application Form along with a payment of Rs. 50/- through Demand Draft drawn in favor of "The Trained Nurses Association of India, New Delhi" and send it to TNAI Headquarters. Application Form which can be downloaded from TNAI website: www.tnaionline.org. Filled application forms to be send to the TNAI Headquarters.



Application form for Photo Identity Membership Card/ Duplicate Membership Card



The Trained Nurses' Association of India
Incorporating Student Nurses' Association, The Health Visitors' League,
Midwives & Auxiliary Nurse – Midwives Association
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New Delhi – 110 016.

Tel.: 91-11-26566665, 26966873, Membership (Direct line) 011-40195407
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**Applicants
Passport size
Photograph
Only**

**Please do not sign
on the photograph**

Instructions for Applicants

- ☐ Write with ball pen (black) in **CAPITAL LETTERS** only
- ☐ Applicant should sign in full, clearly within the spaces provided.
- ☐ Incomplete form will be rejected.

Applicant's full Signature

TNAI Membership No. _____	
NAME: _____ *Attach the copy of the proof for change of name, if required	
Address: _____ _____ _____ Pin Code: _____	
*Attach the copy of the proof for change of address, if required	

Date of Birth	<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table>								

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