

Assessment for No Mobile Phone Phobia (Nomophobia)

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Abstract

Background: Background: mobile phones today have grown to be an important section of our techno-culture mostly on more youthful human population. Discomfort, anxiety, nervousness, or distress caused by moving away from the cell phone is called "Nomophobia".

Objective: this study was conducted to identify and assess the nomophobia and some variables that have a relationship and influence the subject of the study.

Methodology: assessed for nomophobia through a special questionnaire to measure. The questionnaire consisted of (20) question. Each question consists of seven levels of answer according to the Likert scale. The ratings of each element were classified and the grades were classified into "mild "21-59", "moderate" "66-99", and "severe "more than 100" degrees. A study was conducted on random sample of one hundred individuals from different age groups. A tool was used to measure nomophobia in the participating sample. The information analyzed by applying descriptive statistical measures in addition to inferential statistical measures.

Results: The results showed that the highest participation rate was 52% in males for the sex, whereas urban area was 54% and 53% were unemployed. The percentage of young people was the highest by 81% and the percentage of unmarried was the highest by 64%, as well as the proportion of recipients of university degree is the highest by 70% This confirms that the proportion of unemployed graduates are the highest in the sample as well as the age group

(15-30) is highest share of research. The severe nomophobia is 70% and the lowest percentage is mild nomophobia by 9% and the moderate nomophobia rate is 21%.

Conclusion: mobile phones and new technology formed our daily life, several aspects, the most important negative and positive.

Recommendations: The study recommended practical tips to reduce the disadvantages of relying on mobile phone, which is to spend time with family at the end of the week without using technology and not take the phone to the bedroom because it is harmful to human health and do not use the phone in the indoor, such as car or elevator and Do not talk in the mobile phone while charging and keep the phone away from you while you sleep, eat, sit with family members, do not use some social applications everyday unless necessary, receive urgent messages and set up centers and sanatoriums to reduce addiction and phobia in children and young people.

Keywords: nomophobia, mobile phone

Introduction

Nomophobia is no mobile phobia that is the particular the fear of being away from contact with owns cell phone (situational phobia)¹.The word "nomophobia" started in England and is based on the expression "No Mobile Phobia", that is the phobia without having a mobile phone.² Nomophobia refers to stress anxiety, nervousness or suffering caused by being away of contact with a cell phone or computer. Usually speaking, it is the pathological worry of remaining away from contact with technology.³ With great technological improvements and low cost of cellphones, cellphone dependency is increasing in world.⁴ Nowadays, cellphones have become an essential part of our lifestyle, a means of communication and a prerequisite as the cellphone provides endless benefits such as the Internet, social networks, personal notes, email sender, calculator, calendar, camera ,video and music player.⁵ In today's world, mobile technology brings new senses of speed and connection to community life. The cellphone has many features that make it very attractive for youth and elderly.⁶ Mobile phone markets have become the most attractive market for consumers to buy mobile phones.⁷ Data now started emerging with regards to the negative psychological, physical and emotional consequences of excessive usage of cellphones. New study has shown excessive

make use of cellphones resulting in development of symptoms effective of dependence syndrome.⁸

Objective of the Study:

- Assess the level of no mobile phone phobia (Nomophobia).
- Identify the Sociodemographic characteristics to sample.

Importance of studying:

The Internet generation is different from previous generations. As a result of his excessive handling of technology devices, a weak generation of personality has become affected by factors, however weak, so the importance of our study is to no mobile phone phobia (Nomophobia). This study is one of the rare studies in the Arab world that studies the phenomenon of "Nomophobia" which has spread around the world. It is characterized by what we expect from these studies (recommendations), as well as the psychological analysis of a patient "Nomophobia", and the development of tools to measure the severity of the disease, the state of addiction and the disease in school curricula and university and finally opens the study for researchers to conduct further studies.

Methodology

A descriptive analysis study was conduct through the entire duration of 6th November 2018 to 9th April 2019 to evaluating no cellphone phobia (Nomophobia). A simple random sample of 100 participation. Data are gathered by using interview style .Data are examined through utilizing the Statistical Package of Social Sciences (SPSS, Edition 26) performed by use descriptive statistical analysis approach; for example frequencies, percentages, and bar-chart and use inferential statistical analysis approach for example Chi-Square test.

The Study Instrument:

The researchers reviewed the researches and preceding studies to derived questionnaire to scaling nomophobia. The researchers depended also on The Nomophobia Scale (NMP-Q) the Arabic version with reliability ($\alpha = 0.89$), the questionnaire consists of two parts, the first part - demographic - social characteristics such as (age, gender, marital status, education level, occupation, residency) and second part of the questionnaire consisted of (20) question.

Each question consists of seven levels of answer according to the Likert scale. The ratings of each element were classified and the grades were classified into "mild "21-59", "moderate" "66-99", and "severe "more than 100" degrees.

Results

Table1: Distribution of participation according to Demographic Social characteristics.

Demographic Social Variable			Demographic Social Variable		
Gender	frequency	percentage	Education level	frequency	percentage
male	52	52%	illiterate	3	3%
female	48	48%	Primary	11	11%
Total	100	100%	Secondary	16	16%
age	frequency	percentage	academic	70	70%
15-30 year	81	81%	Total	100	100%
31-60 year	19	19%	residence	frequency	percentage
Total	100	100%	Urban	54	54%
Occupation	frequency	percentage	Rural	46	46%
Employee	13	13%	Total	100	100%
un employee	53	53%	marital status	frequency	percentage
Housewife	10	10%	single	64	64%
free works	24	24%	married	36	36%
Total	100	100%	Total	100	100%

The table present that the elevate percentage of participation were males (52%) ;(81%) (15-30) years old; single (64%); academic (70%); (54%) Urban, (53%) unemployed.

Table (2) Distribution of participation according to their Nomophobia Level.

Nomophobia Level	Nomophobia Score	frequency	percentage
Mild nomophobia	21-59	9	9%
Moderate nomophobia	60-99	21	21%
Severe nomophobia	100 more	70	70%
Total	63	100	100%

The conclusion indicated that there was the severe nomophobia is 70% and the lowest percentage is mild nomophobia by 9% and the moderate nomophobia rate is 21%.

Discussion

The finding of the current study present that the highest participation rate is 52% in males for the sex either urban housing was higher than the rural 54% and work was the category of the unemployed is much higher 53%. The percentage of young people is the highest by 81% and the percentage of single is the highest by 64%, as well as the proportion of those who have a university degree is the highest by 70%, and this confirms that the proportion of unemployed graduates is the highest in the sample^{7, 4, 9}, see in table (1).

The results of the current study show that the highest nomophobia is 70% sever nomophobia The lowest percentage is the low nomophobia of 9% and the moderate nomophobia is 21%^{1, 4, 10}, see in table (2).

Conclusions

1. The elevate percentage of participants in the sample was university education.
2. The elevate percentage of participants in the sample was the age group (15-30)
3. The fear ratio was the highest when measured nomophobia.

Recommendations

It is practical tips to reduce the disadvantages of relying on mobile phone:

1. Make it a habit: sit for a while without using the phone a day and try not to use it for more than five minutes and use Bluetooth or earphones.

2. Spend time with family at weekend end without using technology.
3. Do not take the phone to the bedroom because it is harmful to human health. Place the phone in a metal casing, as this increases the absorption rate of electromagnetic waves.
4. Use SMS as an alternative to long calls as much as possible.
5. Identify technology-free places in the home such as living room and bedrooms
6. Do not use some social applications every day except when necessary and receive urgent messages.
7. Establish centers and treatment centers to reduce addiction and phobia in children and young people.

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