

RELATIONSHIP BETWEEN NOMOPHOBIA AND PERSONALITY DIMENSIONS AMONG YOUNG ADULTS

Amisha Chhabra

*Student, Amity Institute of Behavioural and Allied Sciences, Amity University , Lucknow
Campus*

Ms. Reetika Pal

*Assistant Professor, Amity Institute of Behavioural and Allied Sciences, Amity University ,
Lucknow Campus*

Abstract:-

21st Century has witness a lot o technological advancements which impacted the life style of individual to a much wider extent. The invention of mobile phones created revolution in the technological stream as it manifested connecting people throughout the world. With each year the evolution of mobile technology brought out many interesting features and applications resulting in the discovery of smart phones- a device which works as mini computer storing all types of important files. This dependency of smart phones has led to the development of a phobia known as **NOMOPHOBIA**. The literal meaning of Nomophobia is no- mobile phone phobia. As defines Nomophobia is referred to the growing fear in today's world i.e fear of being without a mobile device or loosing important data stored in the phone. The dependency in cell phones has created a lot of significant difference in personality. The present research seeks to find out how Nomophobia is related with the personality dimensions among young adults.

INTRODUCTION

Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power. A phobia is by definition an irrational fear. The term 'phobia' is often used to refer to a fear of one particular trigger. In the case of nomophobia, the events that the user fears are not terribly unlikely, so that part of it isn't irrational. What is irrational is the degree of discomfort the users feel at the thought of being, in effect, separated from their smartphones. Since it leads to a great degree of discomfort it causes significant changes in the personality pattern of the individual. A study from United Kingdom by Katherin B(2008) was conducted on 2163 people declared that 53% of the subjects tend to be fidgety when

they lose their mobile phone, run out of battery or credit or have no network coverage . This shows that the young adults has become reliant on mobile phone which has influenced their social behaviour as well as their mental health.

The **Big Five personality traits**, also known as the **five-factor model (FFM)**, and the **OCEAN model**, is a taxonomy for personality traits. The five factors have been defined as openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism, often represented by the acronyms **OCEAN**. **Openness To Experience** features characteristics such as imagination and insight. People who are high in this trait also tend to have a broad range of interests. They are curious about the world and other people and eager to learn new things and enjoy new experiences. People who are high in this trait tend to be more adventurous and creative. People low in this trait are often much more traditional and may struggle with abstract thinking. **Conscientiousness** include high levels of thoughtfulness, good impulse control, and goal-directed behaviors. Highly conscientious people tend to be organized and mindful of details. They plan ahead, think about how their behavior affects others, and are mindful of deadlines.

Extraversion (or extroversion) is characterized by excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness. People who are high in extraversion are outgoing and tend to gain energy in social situations. Being around other people helps them feel energized and excited. People who are low in extraversion (or introverted) tend to be more reserved and have to expend energy in social settings. Social events can feel draining and introverts often require a period of solitude and quiet in order to "recharge." **Agreeableness** includes attributes such as trust, altruism , kindness, affection, and other prosocial behaviour. People who are high in agreeableness tend to be more cooperative while those low in this trait tend to be more competitive and sometimes even manipulative. **Neuroticism** is a trait characterized by sadness, moodiness, and emotional instability. Individuals who are high in this trait tend to experience mood swings, anxiety, irritability and sadness. Those low in this trait tend to be more stable and emotionally resilient.

According to a recent study revealed 24.12% of prevalence of nomophobia and 40.97% of prevalence of having risk of being nomophobes and more of nomophobes were from preclinical (32.6%) and less were from clinical (18.6%) whereas, risk of nomophobes was maximum among clinical (52.6%) and less among interns (32.2%). Another study conducted

by SecurEnvoy (2012), a security company in the UK, surveyed 1,000 employees and showed that the number of people suffering from nomophobia increased from 53% to 66%.

Contrary to the 2008 study, the 2012 study found out that women were more susceptible to nomophobia, with 70% of the women compared to 61% of the men expressing feelings of anxiety about losing their phone or not being able to use their phone (SecurEnvoy, 2012). In terms of the relationship between age and nomophobia, the study found that young adults, aged 18-24 were most prone to nomophobia with 77% of them analyzed as nomophobic, followed by users aged 25-34 at 68%. Moreover, mobile phone users in the 55 and over group were found to be the third most nomophobic users. A survey (2012) on American mobile users constructed that 94% of people are anxious about losing their phone. When asked to select which feeling they best analyzed with, when they lost their phone, 73% reported feeling "panicked" and 14% reported feeling "desperate". 72% of people told that there is very limited chance that they will ever move 5 feet away from their phone.

A cross sectional study (2010) was organized among 200 M.B.B.S students in Indore selected using systematic random sampling technique to find out the prevalence of Nomophobia. The data were collected using structured questionnaire. The sample belonged to 17-28 years of age. The results revealed that overall 18.5% students were to be Nomophobic. Almost 73% students keep their mobile phones with them while sleeping. Moreover 20% lose their concentration and become stressed have their mobile phones with them.

A descriptive study (2011) to survey the risk of mobile phones and addiction was organized among 160 students from Belarus University. The data was collected using a questionnaire which also covered the test of mobile phone addiction. 1/10th of the students had the symptoms of addiction. 68.11% applied to the age group of 18-20 years; and 1/3rd of them had two mobile phones. Roughly, half 43.16% of the sample had awareness about mobile phone addiction and only 28.8% were conventional with the word Nomophobia.

According to Bragazzi and Puente (2014), the traits and characteristics of people contracted nomophobia is spending time using mobile phones, has one or more gadgets and always carry Chargers, feel anxious and nervous when the mobile phone is not available or is not in place, it also feels uncomfortable when interference or no network and when the battery is weak, always look and check out their mobile phone screens to figure out the message or incoming call. By David Laramie is called ringxiety. Ringxiety is feeling considers a cell phone to

vibrate or sound. Next up is do not turn off the mobile phone and always ready 24 hours, while sleeping mattresses placed on the mobile phone, the less comfortable communicating face to face and prefer to communicate using new technologies, as well as the costs incurred for a great mobile phone.

King et al (2014) explored mobile phone use routine and examined cell phone use related possible emotional alterations and symptoms in panic disorder patients. In the study, the sample was composed of 50 patients and 70 controls and Mobile Phone Use Questionnaire (MP-Use Questionnaire) was administered to obtain the data. Findings revealed that panic disorder patients exhibited more significant increases in panic, anxiety, fear, depression, tachycardia, respiratory alterations, perspiration and perspiration in the absence of mobile phone. Moreover, both panic disorder patients and control group were comforted in the presence of mobile phone and both groups exhibited dependence on a mobile phone; however, panic disorder and agoraphobia patients exhibited more emotional alterations.

Akillı and Gezgin (2016) investigated the prevalence of nomophobia and how behavior patterns are affected by level of nomophobia. The sample of the study was 683 undergrad students who were studying in 19 different state universities in various cities of Turkey. Data were collected via Nomofobia Scale (NMP-Q). Findings of the researched pointed out that university students' nomophobia level was above moderate and the highest scores were obtained from inability to access information and inability to communicate dimensions. Participants with more nomophobic score were observed to present similar habits such as, constant phone checking habits, carrying a charger constantly, checking and spending time on their phone as a first thing in the morning and before sleep, and keeping their phones turned on throughout the night.

RATIONALE OF THE STUDY

With the growing technological advancement the use of smart phone has been corresponded in our regular lifestyle essential. People store not only contact numbers but also many important documents and files in their devices. Transfer of funds and payments sending emails are all completed with the help of smart devices. This multi tasking abilities have created dependency on the smart phones and hence when people loose their cell phones various abnormal behavioral patterns can be observed like anxiety, irritation, palpitation and in some cases phobia too. Even WHO has identified nomophobia to be associated with a

serious issue of mental problems. In the present study the researcher seeks to explore and find out a relationship between Nomophobia and personality dimensions of the college students. College students are more technology savvy and completely dependent on their devices for all tasks employed to them and through the reviews it has been clearly focused that they are more prone to be diagnosed with nomophobic tendencies that even bring out changes in their personality pattern.

METHODOLOGY

Objective of the study: To assess the relationship between nomophobia and personality dimensions among young adults.

Sample: 100 participants aged 19yrs to 26yrs(), college students of Amity university Lucknow Campus participated in this study. Both males and female had equal chance of being selected as the participants for the study

Sampling Method:- Probability sampling method using simple random sampling

Variables:- Nomophobia and personality dimensions

Research Paradigm:- Quantitative research

Research Design:- Exploratory research design.

Tools used: Nomophobia Questionnaire (NMP-q)

The NMP-Q constructed by Caglar Yildirim has 20 questions, each scored on a 7 point Likert Scales ranging from 1 Strongly disagree to 7 (strongly agree). The total Score on NMP-Q is 20 at its lowest (20*1) or 140(7*20) at its highest.

Neo PI-R

Neo Personality Inventory- Revised by Paul T. Costa, Jr., Phd, &Robert R. McCrae, Phd provides a concise measure of the five major domains of personality, as well as the six traits or facet that define each domain. In the most recent publication there are two forms for the NEO, self report (form S) and observer report (form R) versions. Both forms consist of 240 items (descriptions of behaviour)answered on 5 point Likert Scale. The internal consistent of NEO PI-R was high at : N=.92, E=.89, O=.87 , A=.86, C=.90. The internal consistency of

facet scales ranged from .56 to .81. The test-retest reliability of NEO PI-R was also found to be satisfactory. The psychometric properties of the scales have been found to generalise across ages, cultures, and methods of measurement.

Statistical Analysis: Correlation using SPSS software.

RESULTS:-

Sub scale	Neuroticism	Nomophobia
Neuroticism	.038	1
Nomophobia	1	.038

INTERPRETATION

Nomophobia refers to the fear or anxiety of being away from mobile phone contact- is considered a disorder of the contemporary digital and virtual society that refers to discomfort, anxiety or agitation caused by being out of contact with a mobile phone.

A typical Nomophobic individual can be distinguished by some attributes such as keeping the smartphone on all the times, checking texts, calls and updates obsessively, always keeping the mobile phone with herself/himself, preferring contact to people over the mobile phone instead of face to face interaction, using mobile phone even it is not appropriate, and experiencing feelings such as anxiety and nervousness when the one think that he/she loses own mobile phone or when it is not close by or is misplaced or cannot be used due unavailability of network coverage, battery failure, and deprivation of available data to access internet, thus avoiding the occasions and places that it is not possible to the smartphone.

Personality refers to a characteristic way of thinking, feeling, and behaving. Personality enfold moods, attitudes, and opinions and is most certainly expressed in interactions with other people. Allport (1961) stated that two people would never look exactly like each other. According to Allport, each person's behavior is unique to him, and the most effective term in the study of behaviors and individual differences is the concept of "trait". He believed that basic units of the personality are traits (Cervone & Pervin, 2014). Allport (1961) defined the

trait concept as a personality dimension that classifies individuals according to their specific personality characteristics and to what extent they reflect this characteristic

To demonstrate the interpretation of **NEUROTICISM** with **PERSONALITY DIMENSIONS** are as follows:

There is a positive relationship between personality dimensions and neuroticism. A trait that is often identified as emotional stability and emotional fluctuation (Barrick & Mount, 1991). Common characteristics in neuroticism are described as being anxious, depressed, nervous, bored, emotional, sad, and not trusting others (Barrick & Mount, 1991).

EXTRAVERSION SUBSCALE was positively and significantly correlated with nomophobia level. Extraversion level of the participants increased, their nomophobia level increased. Extraversion trait is associated with adjectives such as activeness, warm heartedness, thrill-seeking, positive emotions, and tend to be more open for self disclosure (Anastasi & Urbina, 1997; McCrae & Costa, 1985).

AGREEABLENESS SUBSCALE was not significantly correlated with nomophobia level. Agreeableness as a dimension represents the humanitarian side of individuals (Digman, 1990). Characteristics of agreeable people are sociable, warm-hearted, trusting, and friendly, whereas individuals scoring low in agreeableness are considered as harsh, argumentative, uncooperative and less pleasant to others.

CONSCIENTIOUSNESS subscale was not significantly correlated with nomophobia level. Agreeableness as a dimension represents the humanitarian side of individuals (Digman, 1990).. These individuals strive to achieve goals. On the other hand, unconscientious individuals are considered as disorganized people who act impulsively and tend to postpone tasks (John et al, 2010).

OPENNESS TO EXPERIENCE SUBSCALE was negatively and significantly correlated with nomophobia level. Openness to experience level of the participants increased, their nomophobia level decreased. Openness to experiences trait refers individuals who are adventurous, original, creative, curious, orientated to their own thoughts and feelings; while low-level ones are described as traditional, conservative, and indifferent (Costa & McCrae, 1995)

CONCLUSIONS

Mobile technology is a part of the lifestyle. Today, a growing number of people use mobile phones owing to easy access to Internet through mobile and wireless technologies as well as increased capacity and decreasing prices of mobile devices. Despite providing several advantages, mobile phones may have an adverse impact on our lives causing addiction, discomfort, anxiety, which adversely affects the person.

Personality term is derived from the word "persona" in Latin. Allport (1961) stated that two people would never look exactly like each other. According to Allport, each person's behavior is unique to him, and the most effective term in the study of behaviors and individual differences is the concept of "trait".

Cell phone use related possible emotional alterations and symptoms in panic disorder are seen in patients. Separation of mobile phones when participants were working on puzzles, indicate that heart rate and blood pressure increases; participants reported decreased cognition of extended self and increased anxiety and unpleasant feelings when they could not answer their ringing mobile phone. The research pointed out low but significant level of association between nomophobia and social phobia disorder. Young adults' nomophobic behaviors predicted their social phobia levels to a small extent. It was indicated that when nomophobia score increases, academic success decreases. According to study individuals with high level of openness to experience trait were less likely to miss calls and low openness to experience score was associated with high SMS usage. Study indicated that individuals who have a habit of checking their mobile phones every 15 minutes or more frequently, exhibit a higher level of nomophobia than the ones who check their mobile phones less frequently.

There have been found that there is a positive relationship between neurotic and personality dimensions. On the subscale of Extraversion there was positive and significant correlation with nomophobia level. Extraversion level of the participants increased, their nomophobia level increased. In Agreeableness subscale there was no significant correlation with nomophobia level. Agreeableness as a dimension represents the humanitarian side of individuals (Digman, 1990). In Conscientiousness there was no significant correlation with nomophobia level. Agreeableness as a dimension represents the humanitarian side of individuals (Digman, 1990). In Openness to Experience there was negative and significant correlation with nomophobia level. Openness to experience level of the participants

increased, their nomophobia level decreased.

REFERENCES

1. Bragazzi, N. L., & Del Puente, G. (2014). A proposal for including nomophobia in the new DSM-V. *Psychology research and behavior management*, 7, 155.
2. King, A. L. S., Valença, A. M., & Nardi, A. E. (2010). Nomophobia: the mobile phone in panic disorder with agoraphobia: reducing phobias or worsening of dependence?. *Cognitive and Behavioral neurology*, 23(1), 52-54.
3. King, A. L. S., Valença, A. M., Silva, A. C. O., Baczynski, T., Carvalho, M. R., & Nardi, A. E. (2013). Nomophobia: Dependency on virtual environments or social phobia?. *Computers in Human Behavior*, 29(1), 140-144.
4. King, A. L. S., Valença, A. M., Silva, A. C., Sancassiani, F., Machado, S., & Nardi, A. E. (2014). "Nomophobia": impact of cell phone use interfering with symptoms and emotions of individuals with panic disorder compared with a control group. *Clinical practice and epidemiology in mental health: CP & EMH*, 10, 28.
5. Pavithra, M. B., Madhukumar, S., & Mahadeva, M. (2015). A study on nomophobia-mobile phone dependence, among students of a medical college in Bangalore. *National Journal of community medicine*, 6(3), 340-344.
6. Sharma, N., Sharma, P., Sharma, N., & Wavare, R. R. (2017). Rising concern of nomophobia amongst Indian medical students. *International Journal of Research in Medical Sciences*, 3(3), 705-707.
7. Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49, 130-137.
8. Yildirim, C., Sumuer, E., Adnan, M., & Yildirim, S. (2016). A growing fear: Prevalence of nomophobia among Turkish college students. *Information Development*, 32(5), 1322-1331.