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## SMARTPHONE NOMOPHOBIA: TO ANALYZE THE SMARTPHONE NOMOPHOBIA AMONG TEENAGERS AND PARENTS CONTROL OVER IT

JAYASHREE PRAKASH MAHAJAN

ASST. PROFESSOR

GODAVARI INSTITUTION OF MANAGEMENT & RESEARCH

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### ABSTRACT

The study has been undertaken to analyze how Smartphones dominates life of teenagers. Every year, new technologies are invented; technology is made to simplify the way we do things. We use technology in our daily lives to carry out various tasks. There are so many ways technology is being used today, such as, we use technology in education, use it in communication, use it in business, entertainment, data and home security, we use technology in human resource management, in transportation, and so much more. Modern technology or evolved technology at times may replace previously used technology due to its increased benefits or newfound popularity. In the same way as Smartphone has replaced mobile phones today. Cell phones are around us from so many years then what happen suddenly that people cannot think to live without Smartphone's even for a day? It is the features that Smartphone has and its easiness to use. Therefore, the use of Smartphone has increased tremendously. In every family at least 1 Smartphone is available. And this causes a problem of Smartphone addiction. In official term Smartphone addiction is called as "Nomo phobia". It occurs in situations when each experience anxiety due to the fear of not having access to a mobile phone. This fear can be viewed in many persons of different age group and of different gender. The most affected age group is between 13 to 19 years. Teenagers are strongly attached to their Smartphone, and they regard a Smartphone as their second self. To put it in a simple term, cell phone addiction referred to as a dependence syndrome. This term is used by WHO in 1964 and is categorized either as a substance abuse or a behavioral addiction. And cell phone addiction falls into this category. 67% of Smartphone users said that they check their phones for calls, instant messages, or updates when even their phones did not ring? This study was carried out by PEW Research Center and it is a clear sign in telling us that something is not right with our behavioral attachment to cell phones. In the study focus is given on Nomo Phobia among teenagers and how parents try to control Nomo Phobia of their Children.

### KEYWORDS

technology, smartphone, nomo phobia, teenagers, parents.

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### INTRODUCTION

The impact of technology in modern life is immeasurable, we use technology in different ways and sometimes the way we carry out various technologies do more damage than good. What we call modern technology is technically not so new in most cases. For example, mobile phone technology has evolved from what it was in the year 2000 and continued to do so today; today we use Smartphone which is merely an advanced version of an older mobile phone. A Smartphone combines the services of the Internet and a mobile phone. Smartphone offer qualitatively different services in addition to the benefits that the Internet offers. Young people watch videos, express themselves, communicate with friends, and search for information using Smartphone's, while older people use their Smartphone for having video calls with their children living far away and for playing games. The portability and accessibility of a Smartphone make it possible to use it anywhere, for any duration. Smartphone's offer several conveniences in our life, but we also be aware of the negative effects of Smartphone use, the most about is being Smartphone addiction.

"Smartphone addiction is considered as the inability to control the Smartphone use despite negative effects on users". Smartphone addiction has distracted lives of human beings. Smartphone addiction shows dependency on mobile phones.

The official name to Smartphone addiction is Nomo Phobia (no-mobile-phobia).

"Nomo Phobia is defined as the fear of being out of cell phone contact. They are so consumed with their Smartphone's it looks like it is their world. Anxiety is provoked by several reasons, such as the loss of a mobile phone, loss of reception, and a dead mobile phone battery. Respiratory alteration, perspiration, agitation, disorientation, tachycardia and trembling are some of the symptoms of Nomophobic person. Along with all these symptoms, there are various serious symptoms which is seen very often in mobile phone addicted person these serious. Smartphone has many good features but excessive use of that features will definitely have side effects on users. For example, calling helps users to call from anywhere and at anytime it's a good feature as it helps to get in contact easily but if the users go on talking with someone for long hours then it will have side effects on ears and brain causing ear pain and headache.

Increasing studies had focused on most important body of behavior addiction today - the Internet, Cell phones and video games. Specifically, teenagers are a high risk group for Smartphone addiction. Teenagers are strongly attached to their Smartphone, and they regard a Smartphone as their second self. To put it in a simple term, cell phone addiction is referred to as a dependence syndrome. This term is used by WHO in 1964 and is categorized either as a substance abuse or a behavioral addiction. And cell phone addiction falls into this category. 67% of Smartphone users said that they check their phones for calls, instant messages, or updates when even their phones did not ring? This study was carried out by PEW Research Center and it is a clear sign in telling us that something is not right with our behavioral attachment to cell phones.

Developmentally, adolescents experience several physical and psychological changes. While, on one hand, they are dependent on their parents with reference to their life and identity, on the other side they are trying to be independent of their parents, to prove their identity and to create an independent space for themselves. During these changes, a Smartphone becomes indispensable for adolescents. Adolescents, as digital natives, express their thought in an online space, try to keep up with fashion, use many kinds of applications (apps), and search for emotional relationships and support.

Teenagers use many forms of social media—such as Facebook, Instagram, WhatsApp, and Twitter—which allow them to connect with their peers. While these applications give the user with the ability to connect with others all around the world and access news and information, they also can lead to compulsive and problematic cell phone use, cyberbullying, sexting, and Facebook depression, a term coined by researchers to define the depression associated with excessive social media use.

Around half of the teens and pre-teens in India's urban areas now own a mobile phone, according to a study of Ericsson. According to the study there are around 30 million out of 69 million urban teens and pre-teens who own a mobile phone. And of this 20 per cent are actually 11 year or younger. Even infants are prone to mobile phones such that they are ready to do their daily activities only after showing songs, movies or some kinds of cartoons on mobile phones. Cyber bullying: "The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature".

According to recent survey by Microsoft Corporation, India ranks third on the highest rate of cyber bullying, after China and Singapore. As many as 7,600 children between the age group of 8-17 years are the victim of cyber bullying.

**IMPACTS OF CYBER BULLYING**

- Rising student suicides
- Increase of aggression in students
- Loss of self confidence
- Depression
- Increase in student drug intake

**ISSUES WITH TEENS THAT ARE MORE PRONE TOWARDS SMARTPHONE'S**

- **High harm-avoidance:** These people tend to be worrisome, fearful, pessimistic, and shy. Altered reward dependence. The teen becomes dependent on rewards associated with the internet or cell phone as opposed to natural rewards such as spending time with friends and family, getting good grades, or partaking in hobbies.
- **Low self-esteem.**
- **Low cooperation.**

Teens addicted to the Internet tend to experience the following:

- Decreased brain connectivity in parts of the brain that regulate emotions, decision-making, and impulse-control.
- An increased likelihood to consume alcohol and use tobacco.
- An increased likelihood to have poor dietary habits.
- Increased levels of social loneliness

Additionally, addiction to a cell phone could lead to a number of harmful ramifications such as:

- Text neck.
  - Neck pain associated with looking down at a cell phone for too long.
- Digital eye strain.
  - Burning and itching of eyes and blurred vision associated with looking at a screen for at least 2 hours.
- Car accidents.
  - Research has revealed that texting and driving is just as dangerous as drunk driving

Fifty percent of Indian children and teenagers are prone to spinal problems due to the high uses of mobile phones, said a study done by a Mumbai-based hospital. The problem may lead to permanent damage to their cervical spines that could lead to lifelong pain, it said. The neck pain and physical damage sustained from the overuse of one's mobile phone, tablet or other wireless devices has also been described as 'Text neck'.

**ADDICTION CONTROL**

According to the news in Times of India dated April 16, 2018 in Hyderabad city Parents are seeking help of psychiatrist's advice expressing concern over their children's phone addiction. According to a city based psychiatrist, in the past two years, the number of cases of phone addiction has increased to five times. Most people seeking help are parents of teenagers said Dr. Praveen Kumar, consultant Psychologist in city, Apollo Hospital.

Digital addiction among children is emerging as a major problem in the modern world and a reason for adolescent behavioural issues. Comparable to problems like kleptomania or compulsive gambling, doctors have identified the impulse control disorder and the WHO has termed it 'gaming disorder'.

Three medical centres have come up in Uttar Pradesh to help children get rid of the cell phone obsession.

The Institute of Medical Sciences at BHU in Varanasi launched its mobile phone de-addiction cell in January this year while in March, King George's Medical University (KGMU) in Lucknow started the clinic to check "problematic use of technology".

The third clinic launched this week at the Moti Lal Nehru Divisional Hospital in Allahabad.

The increased use of mobile devices that include full featured internet browsers and downloadable applications has created a demand for parental controls on these devices. Some examples of mobile devices that contain parental controls include cell phones, tablets, and e-readers.

Mobile device software enables parents to restrict which applications their child can get access to while also allowing parents to check text messages, phone logs, MMS pictures, and other transactions occurring on their child's mobile device; to enable parents to set time limit on the usage of mobile devices; and to track the exact location of their children as well as check calls and texts. This software also allows parents to check social media accounts. Parents are able to view posts, pictures, and any interactions in real-time. Another function of this software is to keep track of bullying.

Most internet providers offer no-cost filtering options to limit internet browsing options and block unsuitable content. Implementing parental controls and discussing internet safety are useful steps to protect children from inappropriate information. The software available in market are Mobicip, Net Nanny, Family Hawk, Qustodio Parental Control., Symantec Norton Family Premier, Kaspersky Safe Kids, Boomerang, Locategy, FamilyTime Premium.

**OBJECTIVES**

1. To analyze usage of Smartphone by teenagers.
2. To study Smartphone Nomo Phobia among teenagers.
3. To examine the impact of Smartphone on the behavior of teenagers.
4. To evaluate parental techniques to control Nomophobia of their children.

**RESEARCH METHODOLOGY**

For accomplishing above objectives I have used both secondary and primary data.

**Primary Data:** I have used Quantitative Research Method. I ready Questionnaire and filled it from both teenagers and their parents in order to analyze whether teenager is suffering from Nomo phobia or not and what measures parents are taking to control it.

**Secondary Data:** Under secondary data I have considered reports by experts on usage of Smartphone's in India and age wise distribution of it. I have also used information from newspaper related to incidence caused by addiction of Smart phone in India.

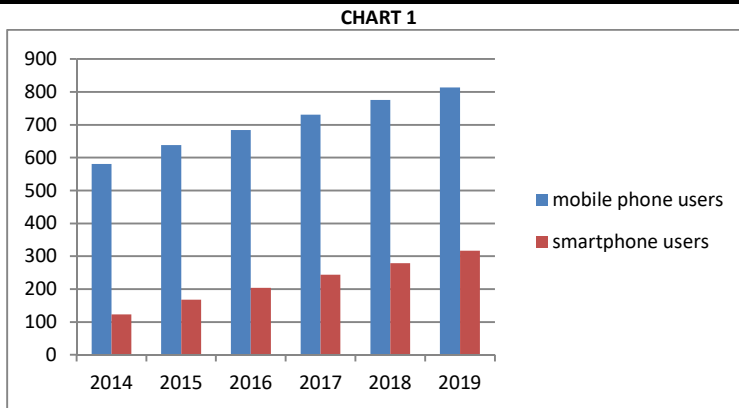
**Sample Size:** I have asked 600 teenagers and 400 parents to fill Questionnaire out of which 391 teenagers and 284 parents had responded from Jalgaon city. I have selected samples randomly.

**DATA ANALYSIS**

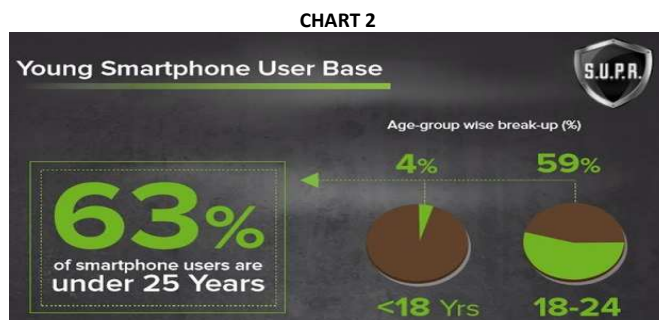
According to e-marketer report, Mobile phone users in India in 2014 to 2019:

TABLE 1

	2014	2015	2016	2017	2018	2019
Mobile Phone users	581.1	638.4	684.1	730.7	775.5	813.2
Smartphone Users	123.3	167.9	204.1	243.8	279.2	317.1



We can analyze from above information that in India use of mobile phone and Smartphone is increasing year after year. People are getting more prone to mobile phones. India has the world’s second highest mobile phone users with the figure standing above one billion.



As of now, there are 318 million users of Smartphone in India, out of which 63% are under the age of 25. With such a vibrant demography of technology users, it becomes interesting to observe how personas are developed and which features of being used extensively by the Smartphone users.

**QUESTIONNAIRE**

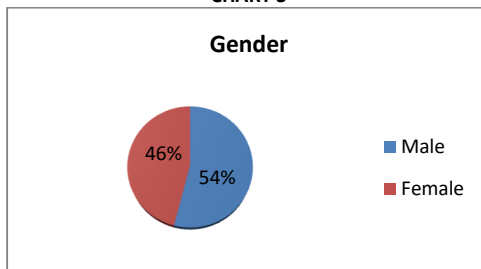
**1. AGE AND GENDER OF TEENAGERS**

Data is collected from the teenagers falling in age group of 11 to 18 years from both Male and female together. From following table you can view that 54% Male and 46% female had responded to questionnaire.

**TABLE 2**

Age	Gender	
11-18 years	Male	Female
	54%	46%

**CHART 3**

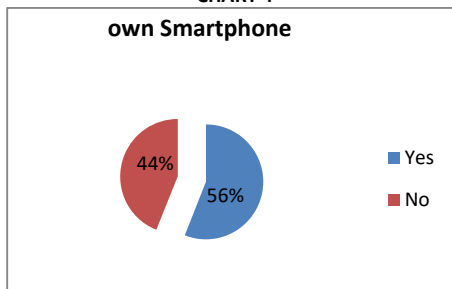


**2. DO YOU OWN SMARTPHONE?**

**TABLE 3**

Options	Respondents	Percentage
Yes	221	56%
No	170	44%
Total	391	100%

**CHART 4**



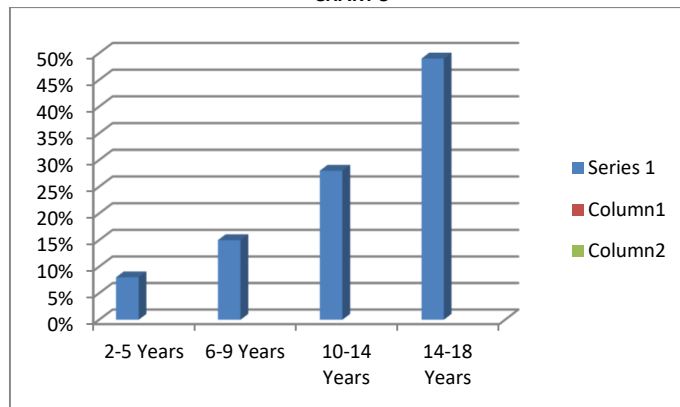
As per research conducted 56% children said that they Own Smartphone while 44% don’t have their own mobile. In such situation they use either their mother’s or Father’s mobile, mostly used their mother’s mobile.

3. EXPOSURE TO SMARTPHONE

TABLE 4

Year	Respondents	Percentage
2-5	31	8%
6-9	59	15%
10-14	109	28%
14-18	196	49%
Total	391	100%

CHART 5



You can view from above data that 8% teenagers have exposure to Smartphone from 2 to 5 years and 15% have exposure from 6 to 9 years. Today parents are giving Smartphones from very early stage to their children to make them quiet, or to feed them, this make them to have exposure to Smartphone at very early stage which have side effects on them causing eyestrain, brain hemorrhage, neck problem etc.

4. BEST PART TO HAVE SMARTPHONE

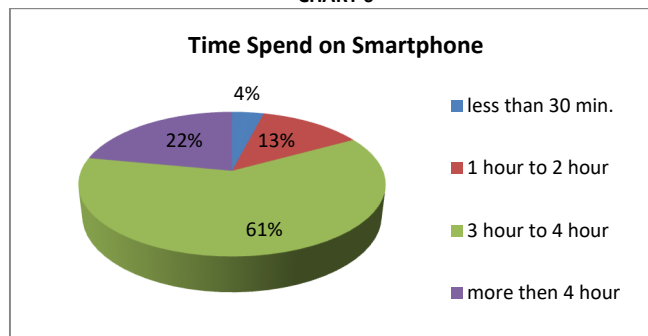
TABLE 5

Best part to have mobile	Respondent	Percentage
Others have so you also bought it	164	42%
Stylish	105	27%
Different features available	86	22%
Easy to communicate	19	5%
Make life easier	12	3%
Study Purpose	4	1%
Total	391	100%

My neighbor or friend has branded watch, video game, Smartphone then I also want it and from here children make their parents to buy same thing for them also. From above table it is clear that 42% teenagers buy Smartphone because others have. 27% wanted to look stylish with Smartphone in their pocket, 22% have Smartphone because of different features are available in it. 5% think that it is easy to communicate when we needed and wherever we are, 3% think that it makes life easy and only 1% used it for study purpose. But now a day because of easy access of internet on Smartphone students are able to search their study material easily on Smartphone.

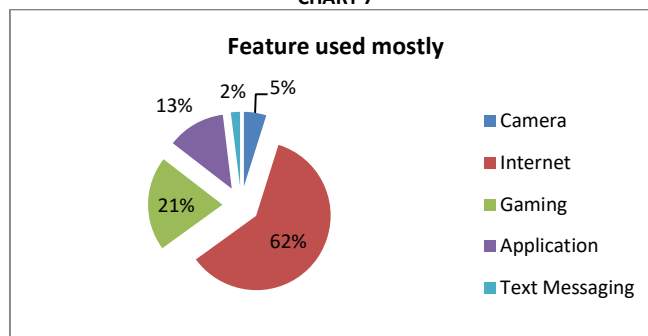
5. ON AN AVERAGE HOW MUCH TIME YOU SPEND ON SMARTPHONE

CHART 6



6. ON WHICH FEATURE YOU SPEND YOUR TIME MOSTLY

CHART 7



From above data we can view that 61% teenagers spend around 3 hours to 4 hours on Smartphone watching or playing different features or games on Smartphone. 62% said they like Internet browsing, watching youtube on internet, music, movies and many more, 21% teenagers like to play games on Smartphone, they also use internet to play games online, 13% like to view different apps, 5% says that they use camera as they like to take photos and selfies.

7. TYPES OF GAME PLAYED AND TIME SPEND ON PLAYING GAMES

CHART 8

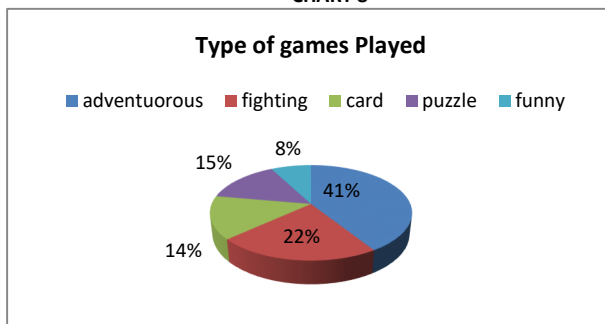
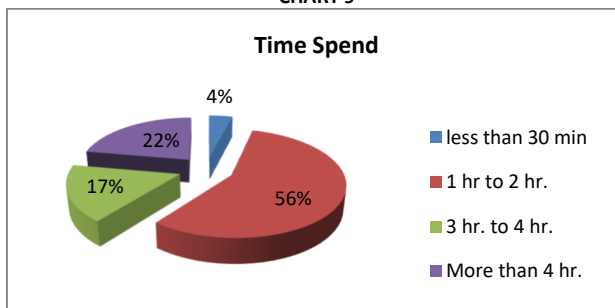


CHART 9



From above data it is interpreted that 41% of teenagers like to play adventurous games, and 56% says that they spend around 1 hour to 2 hours on playing games. As different types of games are available on Smartphone, children are more attracted towards them and spend more time on playing games which not only have effect on their studies but due to this their physic and behavior is also get affected.

8. PRIMARY PURPOSE OF USING INTERNET

TABLE 6

Purpose of using Internet	Respondent	Percentage
To browse website	186	48%
To use online applications	104	27%
To chat on social site	85	22%
To read or send mails	4.82	1%
Any other	12	3%

All have different purpose of using internet. On the basis of that I have asked teenagers the purpose of using internet. 48% said that they browse website like for study purpose or for watching videos, movies, music. 27% replied that they use different online applications, Teenagers falling in age group of 14-18 years have accounts on social site and 22% said that they like to chat on social site, 1% said that they use internet to read or send mails and 3% response to other.

9. DO YOU HAVE HABIT OF CHECKING MOBILE DURING MEALTIME & MIDDLE OF NIGHT?

CHART 10

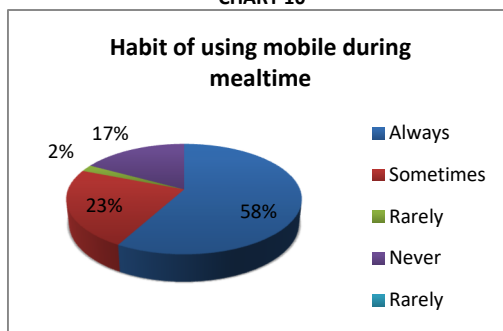
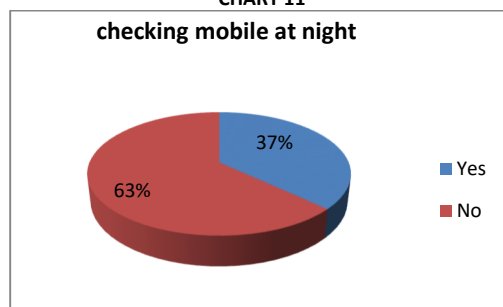
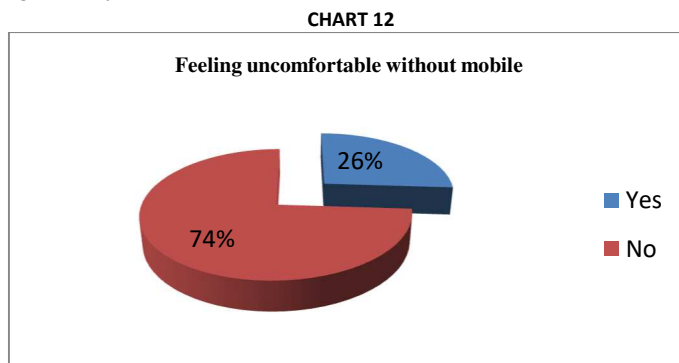


CHART 11



Habit is doing same thing daily. Teenagers who use Smartphone have some common habits. So I included these questions in my research study. Using mobile during mealtime, or those who own mobile check their mobile even at night to see whether some message is there, or checking likes to status uploaded by him/her and many other. These habits make them use to mobile so much that they feel uncomfortable if they do not handle Smartphone even for a day. 58% says that they use their mobile while mealtime, 37% says that they check mobile during mealtime and 74% says that they cannot live for a day without Smartphone.

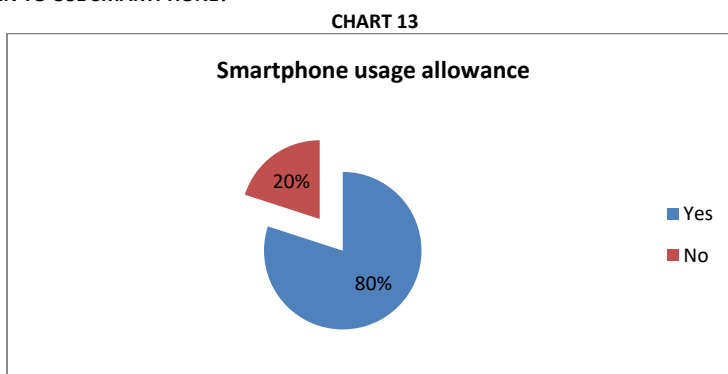
**10. CAN YOU DO WITHOUT A MOBILE FOR A DAY?**



I have also taken point of view of parents as they are the true viewer of their son/ daughter using Smartphone and side effects caused due to excess use of Smartphone on their children.

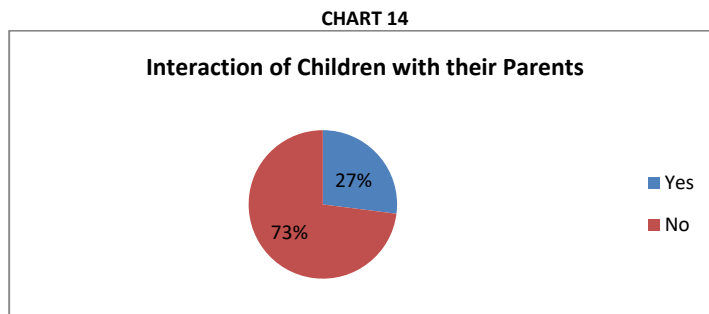
**QUESTIONNAIRE**

**1. DO YOU ALLOW YOUR CHILDREN TO USE SMARTPHONE?**



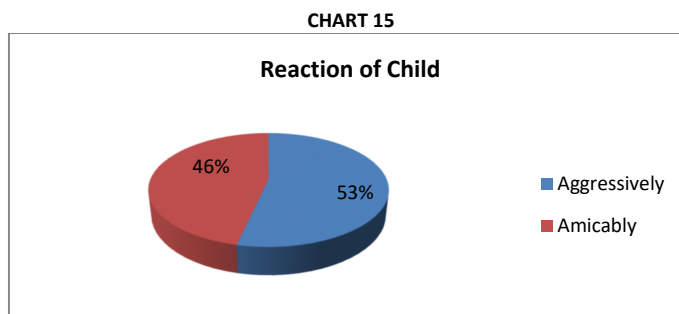
80% said that they allow their children to use Smartphone. About 60% teenagers have their own Smartphone. And the remaining who does not own Smartphone mostly uses his/her Mother Smartphone. There are many reasons why parents allow their children to use Smartphone.

**2. DOES YOUR CHILD INTERACT WITH YOU IN SAME WAY AS BEFORE?**



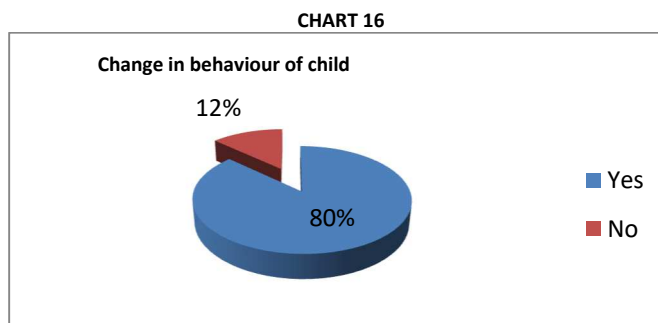
From above data we can analyze that 73% parents agree that their children do not interact with them in the same way as before. Most of children are busy in playing with Smartphone and their social interaction with their family or relatives become less. They even don't care about what is happening around them and if someone scold them for using Smartphone they get angry or behave aggressively.

**3. HOW DOES YOUR CHILD REACT IF YOU SCOLD HIM/HER FOR USING SMARTPHONE?**



53 % Parent says that their child behaves aggressively and 46% said that they behave amicably if they scold him/her for using Smartphone.

4. HAVE YOU FOUND ANY CHANGE IN YOUR CHILD'S BEHAVIOR AFTER HE OR SHE STARTED USING SMARTPHONE?



From above graph we can interpret that 80% parents said that they found change in behavior of their child. Parents felt that they are becoming arrogant, not listening to them, interacting less, their studies are also getting affected, they are not focusing in school etc. this are the reasons given by parents as a change in behavior of their children.

5. DO YOU FOUND ANY OF THE FOLLOWING SYMPTOMS IN YOUR CHILD?

**TABLE 7**

Symptoms	Regularly	Sometime	Not at all
Headache	19%	28%	47%
Anger issues	49%	17%	34%
Lack of Concentration	37%	22%	41%
Low academic performance	44%	53%	9%
Anxiety	16%	26%	58%
Eyestrain	50%	42%	8%
Body ache	62%	28%	10%

Excess use of Smartphone Causing many physical problems. In my theory I have mentioned it. When I asked parents about the symptoms they mostly viewed in their child caused due to excess use of Smartphone 62% found that they child regularly complaint about body ache mostly neck and back problem. 50% said that he/ she have eyes problem, prolonged use of Smartphone cause Dry Eye Disease problem. While 49% found anger issues, 44% said that their study is getting affected causing low academic performance. 37% found lack of concentration in their children and 19% said that their child had headache problem.

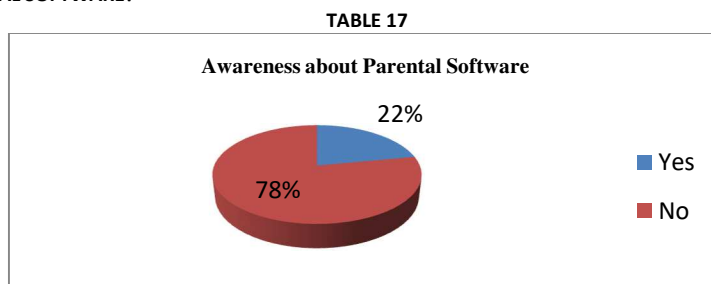
6. HOW DO YOU CONTROL THE CONTENT WATCHED BY YOUR CHILD ON SMARTPHONE?

**TABLE 8**

Control By Parents	Respondent	Percentage
Keeping Watch on him/her while using Smartphone.	95	33%
Keeping Password.	95	33%
Asking him/her to watch selected things.	57	20%
Making sure that he/she has no access to internet	38	13%
Total	284	100%

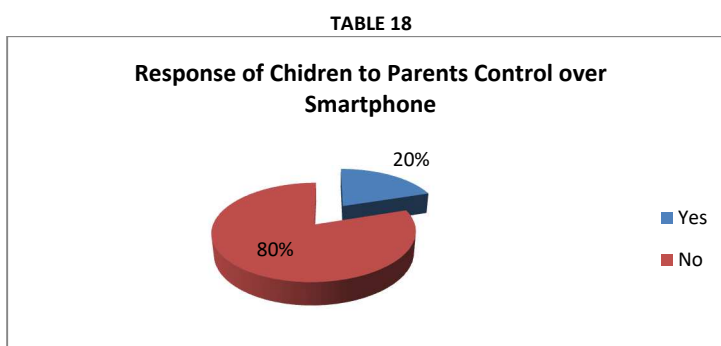
Smartphone have access to many contents and using internet by teenagers exposed them to many unwanted sites or videos. So I asked above question to parents. 33% said that while he/she is using Smartphone I keep watch on him/her as what he/she is watching on Smartphone, what he/ she is playing etc. 33% said that they keep Password so that they don't have access to internet, 20% said that they ask their children to Watch selected contents, 13% said that they make sure that he/she has no access to internet.

7. DO YOU KNOW ABOUT PARENTAL SOFTWARE?



Parental control software is useful to keep watch on children or to keep them away from unwanted sites and track their access of Smartphone even when parents are not at home. But unfortunately around 78% parents does not have any idea about parental control software.

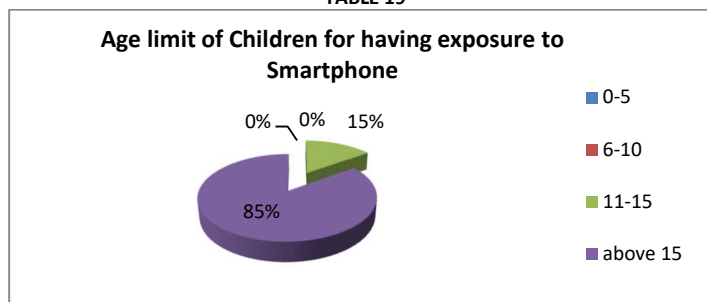
8. DOES CONTROL BY YOU HAS ANY EFFECT ON THE USAGE OF SMARTPHONE BY YOUR CHILD?



80% said No to above question while 20% said yes. Children listen to parents for a while and again start using it.

#### 9. ACCORDING TO YOU AT WHAT AGE CHILDREN MUST OWN MOBILE?

TABLE 19



#### FINDINGS

1. Smartphone addiction is seen more among teenagers. They are addicted to Smartphone in such a way that they perceive it as their second self.
2. Most of teenagers use internet to browse different website, for playing online games, watching videos on youtube and many more. They are so busy with their Smartphone that they had forgotten the outer world. It had affected the behavior of teenager as they have become less interactive, aggressive, less focused, due to which their study is also getting affected.
3. According to research excess use of Smartphone have physical side effects like eyestrain, neck pain, brain hemorrhage etc. and parents had marked some of these symptoms in their children.
4. Teenagers are becoming so possessive for their Smartphone that they cannot think to live for a day without it and here we can see Nomophobia among teenagers.
5. Parents are doing everything that they can do to take out their children from addiction of Smartphone. Most of parents said that if they scold their children for using Smartphone they become aggressive and this further increase the problems of parents, so now a day's parents are taking help of psychiatrist to bring their children out of Nomophobia.
6. About 85% parents said that children must have exposure to Smartphone at the age above 15 years, but now a day as we can see that elders in every family carry Smartphone and most of the teenagers use their elders Smartphone so it may be quiet difficult to keep children away from Smartphone, but steps must be taken to have limited access to them.

#### SUGGESTIONS

1. Parents should not offer Smartphone to their children at an early stage.
2. Children must be educated about the pros and cons of Smartphone.
3. Parental software can be used by parents to control the use of Smartphone by their Children.
4. If parents found any symptoms of Nomophobia among their children, then quick action should be taken against it.
5. Parents should also avoid excessive use of Smartphone in front of their children.

#### CONCLUSION

Smartphone has many features which can prove beneficial for its users, but as we have heard that every coin has two sides that are positive and negative, so it is up to the user which side he/she wants to go with. Excessive use of anything creates harm, in the same way excessive use of Smartphone is also harmful to its users. Today in every house we can see Smartphone and if children are there then they are most attracted towards it as different types of features are available in Smartphones. Parents also give Smartphone to children at an early stage due to which they are able to handle Smartphone easily and this creates the problem of Nomophobia among them. They are so addicted towards Smartphone that they like to stay in that world only, every time they want their Smartphone besides them whether it is meal time or during their studies or at night, and if someone says something to them they lose their temper, and this problem can be viewed everywhere. So measures must be taken to control the addiction of children towards Smartphone.

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