

Nomophobia

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Abstract:

Nomophobia represents the irrational fear of being without a mobile phone. A global meta-analysis involving more than 30,000 participants from 18 countries found in 2025 that one in two people suffered from nomophobia. The growth of these smartphones has been exponential. According to the data portal Globe Chart, around **70% of the world's population in 2026** are smartphone users, compared with 39% in 2016. Experts agree that this increase, combined with easier access to the internet, has been the catalyst for the development of this technological dependency.

Introduction:

“Use Mobile, Do Not Let Mobile Use You” Limit Screen Time – Live Real Life!”

Nomophobia—Mean “No Mobile Phone Phobia.”

The term **NOMOPHOBIA** is used to describe a psychological condition in which people have a fear of being detached from mobile phone connectivity. However, the term “phobia” is a misnomer because it seems to refer to a type of anxiety disorder.

Definition: Nomophobia represents the irrational fear of being without a mobile phone. Dependence on electronic devices causes an unfounded sense of communication in users who do not have the device, either because they have left it at home, the battery has run out, or they are out of range of the signal. These findings show that nomophobia now goes beyond the occasional fear of running out of battery or a signal. After the pandemic, the intensive use of mobile phones for work, information, and social interaction reinforced a model of constant connection. This habit has strengthened both digital anxiety and the need for immediate stimuli that trigger the release of dopamine. As a result, the problem is no longer just being without a phone but the difficulty of switching off in a context that demands constant availability of the phone.

Main aspects of nomophobia: Specialists have identified four main aspects of nomophobia



Communication



Connectivity



Information



Convenience

- **Communication:** Fear of not being able to contact others or be contacted.

- **Connectivity:** Anxiety about losing access to the Internet and social media.
- **Information:** The compulsive need to check the news and content.
- **Convenience:** Dependence on the device's practical functions (e.g., payments, maps, and calendars)

Reflection on Nomophobia:



- **The Morning Reflex:** Is checking your phone the first thing you do when you wake up, even before getting out of bed?
- **The Phantom Vibe:** Do you regularly feel your phone vibrate or hear it ring, only to check it and find no new notifications?
- **The Low-Battery Panic:** Does seeing your battery drop below 20% or having no network bars cause a physical spike in anxiety or irritability?
- **The Constant Companion:** Do you take your phone with you into spaces where you do not actually need it, like the bathroom or the kitchen just to grab water, or while walking short distances?
- **The Safety Blanket:** If you accidentally leave your house without your phone, do you feel an overwhelming urge to turn around and get it, even if you are only going to be gone for an hour?

- **The Interrupt:** Do you find yourself checking notifications in the middle of conversations with friends, family or colleagues?

Signs:

Psychological Signs:

- Anxiety, panic, or helplessness when the device is missing or non-functional.
- Compulsive screen checking (often called "ringxiety" or phantom vibrations).
- Using the phone to avoid facing real-world stressors or social interactions.
- A constant dread of being disconnected from social networks or news.

Symptoms:

- Increased heart rate and blood pressure were also observed in the study.
- Sweating or tremors.
- Shortness of breath and agitation were also noted.
- Disrupted sleep patterns due to late-night scrolling or waking up to check notifications.

Management Of Nomophobia:

1. Develop Insight:

- Track daily screen usage.
- Recognize situations that encourage frequent phone checking.
- Keep a record of how frequently you check your phone.

2. Develop Healthy Digital Habits

- Establish designated **phone-free periods** during meals, study sessions, family interactions, and before bedtime.
- Delay smartphone use for a specified period after waking up.
- Minimize digital interruptions by disabling non-essential notifications.

3. Set Boundaries Of Phone Usage

- Screen time should be gradually decreased rather than abruptly.
- Fix specific times to use messages and social media.
- Use app timers or digital well-being.

4. Engage in Alternative Activities

- Read books.
- Exercise regularly.
- Practicing hobbies such as music, painting, gardening, and cooking.
- Spend time with family and friends in person.

5. Improve Time Management

- Create a daily routine.
- Prioritize important tasks before using social media.
- Set realistic goals for the use of mobile phones.

6. Practice Stress-Management Techniques

- Deep-breathing exercises.
- Meditation and Mindfulness.
- Yoga and relaxation techniques were also used.

- Progressive muscle relaxation (PMR)

7. Improve Sleep Hygiene

- Avoid mobile phone use for 1–2 hours before sleep.
- The phone was kept away from the bed.
- Use an alarm clock instead of a phone when possible.

8. Strengthen Real-Life Social Connections

- Participate in community activities.
- Join clubs, sports, or volunteer groups to meet new people.
- Increase face-to-face communication with patients.

9. Digital Detox

- Plan regular digital detox periods (a few hours, a day, or a weekend).
- Spend time outdoors without constantly carrying your phone.

10. Seek Professional Help

- Consulting a mental health professional if nomophobia causes:
 - Significant anxiety
 - Poor academic or work performance
 - Sleep disturbances
 - Relationship problems

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