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Original Research Article

STUDY OF INSOMNIA SEVERITY INDEX AND NOMOPHOBIA SCORE AMONG MALE AND FEMALE RESPONDEN

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ABSTRACT

Background: Nomophobia is a term that describes a terrible feeling of being without a mobile device, or outside mobile phone communication, in today's world. It's on the rise between today's high school and college students. A number of college students are now using their mobile phones to shower. Sign and symptoms include Irritation, Panic, Nervousness, Anguish, and Inability to regulate or avoid using activities, severe disability, Depression, Anxiety, Social phobia. The treatment consisted of the use of medication, cognitive-behavioral therapy (CBT) and the application of evaluation tools.

Objective: The survey on Nomophobia among Pakistan is a prospective research that was led during the months of November and December 2020 at various places of Pakistan

Methods: For the data collection of volunteers, we designed an online survey form.

Results: Out of the total respondents 65.2% were female and 34.8% male. Female preponderance was seen in our study. Most of the participants were in the age group of 15 to 25 years. The use of mobile phone in population varies from between 4 to 6 years 34%, 7 to 9 years 22.3%, between 1 to 3 years 20.5%, between 10 years 20.5% and less than 1 year were a very few. The time spent on usage of phone on daily basis differ from 1-2 hours 13.4%, 3-4 hours 33%, 5 hours or more, 8-10 hours 19.6%, more than 12 hours 8.5%. The frequency of checking phone every 30 minutes.

Conclusion: High levels of nomophobia especially among young women and men have been shown in the current study. The amount of hours spent using a Smartphone was the best indicator of nomophobia.

Keywords: nomophobia, prevalence, signs, symptoms, mobile device, cognitive-behavioral therapy

INTRODUCTION

The anxiety of becoming separated from mobile phone interaction is considered a condition of contemporary virtual and digital society that relates to irritation, panic, nervousness and anguish triggered while out of touch with a smart phone are Nomo phobia (NO-Mobile Phone-PHOBIA) When they lose their cell phone, run out of power or credit, or have no network coverage, users in Britain appear to be nervous.[1] It can be said that smart phone dependency comes under the category of technology addiction. Such a dependency is occurring when technologies is compulsively used, contributing to concern, tolerance, inability to regulate or avoid

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using activities, withdrawals, loss of power, severe disability, Although cell phones offer a technologically advanced method of social interaction, the risk of being addicted can impede enjoyment, or neglect in any realm of life, lying to family members about the extent of Participation with the app and the use of the system as an outlet or to reduce mild depression.[2][3]

It is a reality around the world, millions of individuals struggle from Nomo phobia. [4]The most impacted are between the ages of 18-24. Some features can classify a typical Nomo phobia, such as never switching off the screen, obsessively monitoring missed messages and calls, taking the mobile anywhere, using smart phones at inconvenient times and lacking face-to-face contact options when choosing over smart phone.[5] When their phone dies or is otherwise unusable, individuals can also face physical side effects such as panic attacks, shortness of breath, shaking, sweating, increased heart rate, pain in the hand joints, neck and back pain, etc.[6]

The growing need for digital technology and virtual interaction concerning computers (PCs), gadgets and smart phones is changing gradually in the daily routines and actions of people.[7]

The treatment consisted of the use of medication, cognitive-behavioral therapy (CBT) and the application of evaluation tools.[8]

Cognitive-behavioral psychotherapy however has been proposed as a successful treatment of nomophobia, although there is currently a lack of randomized trials. A fast counseling that requires organized meetings and explicit goals is cognitive-behavioral psychoanalysis. Its structured practice is based on particular objectives and activities; the patient and the therapist both play an active role.[9] Phubbing is a term coined to explain the phenomenon of avoiding one's partner or companions in attempt to respond to one's mobile or other electronic gadget as sort of a linguistic study from Macquarie Dictionary. [10]

Phubbing is literally a case of snubbing somebody in favor of your phone with whom you're co-

municating in person.[2][11]Phubber may have an impairment to adequately track or regulate their use of their Smartphone and Internet, a compulsive anxiety of losing a chance for other rewarding activities,Incapability to monitor the use and etiquette of cell phones when temptation is experienced. [12] Nevertheless, it is hard to ascertain which of these factors triggers

are and which are effects of phubbing, because ongoing study is correlational. A dynamic interplay between such variables is also likely to occur. However, it does indicate that phubbing requires adverse encounters for the phubbe. [11] , A sleeping disorder (insomnia) is a resting issue in which you experience trouble falling or possibly remaining oblivious. The condition can be available second (exceptional) or can continue going a long time (continuous). It may moreover go to and fro. Exceptional a sleeping disorder continues to go from 1 night to a large portion of a month. A sleeping disorder is consistent when it happens in any occasion 3 nights consistently for an exceptionally prolonged stretch of time or more.[12]

The point of the current examination was to decide the pervasiveness of confused web use among young adult college understudies and its relationship with different wellbeing objections and practices, and in particular to inspect the psychometric

properties of 9-thing Internet Disorder Scale-Short Form utilizing factor investigations and Ranch investigation. [13]

METHODOLOGY

The survey on Nomophobia among Pakistani people is a prospective research that was led during the months of November and December 2020 at various places of Pakistan. For the data collection of volunteers, we designed an online survey form. The prepared questionnaire is basically based on total eight (8) sections and twenty nine (29) questions which were supported by the supervisor of the study Dr.Samina Alam. Due to pandemic COVID-19, the designed questionnaire was virtually shared among the people of Pakistan and a link of survey form was sent to them. The link contains project description, socio demographic details, validated NMP-Q comprising age, gender, level of education and smart phone usage information consisting of the duration and intent of use of the smart phone in Google form were included.

In order to participate in this research, attempting the questionnaire survey was regarded as provided consent. A total of 224 individual of both genders in the 15-35 age group responded to questionnaire. With the aid of computer, the estimate of individual's response is determined.

The interpretation with the aid of bar is shown in percentage. The bar is used to assess how many individual have signs of NMP or have NMP as a disease. NMP comprise of twenty nine elements that discuss 7 NMP related factors:

- a) Mobile usage experience
- b) Insomnia severity Index (ISI)
- c) Internet Disorder Scale (IDS)
- d) Nomophobia
- e) Pubbing Scale
- f) Smartphone Application-Based Addiction Scale (SABAS)

All items are rated using point scales ranging from (strongly disagree) to (strongly agree), from (very satisfied) to (very dissatisfied) and from (never) to (never) (always).

Evaluated things were not being able to communicate, Losing contact, Not being able to access data, Giving up comfort, insomnia problems, and even mobile use limitations of everyday usage were evaluated.

RESULT

This survey questionnaire was distributed among 224 participants. Out of the total respondents 65.2% were female and 34.8% male. Female preponderance was seen in our study. Most of the participants were in the age group of 15 to 25 years. In addition, 90% smoke cigarette. The use of mobile phone in population varies from between 4 to 6 years 34%, 7 to 9 years 22.3%, between 1 to 3 years 20.5%, between 10 years 20.5% and less than 1 year were a very few. The time spent on usage of phone on daily basis differ from 1-2 hours 13.4%, 3-4 hours 33%, 5 hours or more, 8-10 hours 19.6%, more than 12 hours 8.5%. The frequency of checking phone every 30 minutes. The reduction of using the internet made people feel anxious, irritable were found to be 34.4%, 23% were unsure and those didn't

undergo were 42%. Furthermore, 46.9% people thought that being online had become dominant activity in their life, out of which 38.4% disagreed to it and 14.7% were uncertain. According to the results given, 33% believed that they faced difficulty trying to control online activity and 48.7% had no issue to cut down their time spent online. The majority participants (59%) felt annoyed if they were unable to use their phone while others (19.6) opposed it. On top of that 39% thought that they felt scared when running out of battery. 44.6% check their phone when they wake up in the morning and 21% would often do it. Due to the excessive use of mobile phone some reported to have conflict between their families while other believed (36.6%) that it is wrong. 40% manage to cut down the use of phone for a while but found themselves spending more time than before. Moreover, 33.5% agree with the time spent with mobile interferes with their professional life and study 53.6% of respondents were having activated internet data services on their mobiles while 46% students had to recharge.

Table 1. Insomnia severity Index (Rate w.r.t current month sleeping problems)

ISI	(n)	%
None	103	46%
Mild	58	25%
Moderate	43	19%
Severe	20	9%

Table 2. Nomophobia score among the male and female respondents in the study.

Score grade	Male	Female	Total
10-15 No evidence of nomophobia	8%	3%	11%
16-28 On a slippery note	7%	8%	15%
29-40 Nomo phobic	35%	38%	73%

DISCUSSION

Nomophobia is a term describing a rising anxiety of being without a mobile device, or outside mobile phone communication, in today's world. It's on the rise between today's high school and college students. A growing number of college students are now using their mobile phones to shower. According to the survey 73% of the population addicted to their phones and spend 6-8 hours on daily basis. This behavior plays a crucial role in people's health. Excessive use of mobile phone causes insomnia, anxiety disorder, panic, depression, social phobia, nervousness and many other health related problems. The reduction of using the internet made people feel anxious, irritable were found to be 34.4%. In survey, the majority participants (59%) felt annoyed if they were unable to use their phone. Nomophobia could not yet be listed as an official disorder of mental health. Experts, however, accept that this topic of the age of technology is a growing problem that can impact mental health. Nomophobia is most common in young people, although some symptoms are encountered by many telephone users.

CONCLUSION

Nomophobia is arising as a challenge/threat to our society. This highlights the alarming indication that 73% of the population around is addicted to their phones while the 15% are just on slippery note. High levels of nomophobia especially among young women and men have been shown in the current study. The amount of hours spent using a Smartphone was the best indicator of nomophobia. This illustrates the importance of informing and raising awareness of nomophobia, its causes and potential ways of minimizing the harmful effects of using a cell phone. It seems that among young adults, this condition is becoming prevalent. Given this behavior plays a crucial role in people's health, it is important to make proactive decisions and plan educational initiatives that could be conducted in the form of workshops and to hold some media literacy consultation sessions to talk about these things. In order to encourage the steps to be taken to manage the evolving problem of nomophobia, more studies are needed to examine the current problem.

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