

## Nomophobia Around Us!

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**Abstract:** This paper aims to improve awareness of the dangers of Nomophobia. Where is the tendency of people now use their smartphones are not only for accessing information, but it has become a habit to communicate with people who are known or not familiar with their social media. The primary of its advanced of smartphone compared to mobile phone are on interesting features which are supported by internet connection including social media. Social media likes facebook, twitter, snapchat, instagram, path, ask.fm, tumblr, a blog, etc. From the habit of accessing the social media, some people exhibiting the behavior of dependence on their smartphone, which is characterized by carrying a charger everywhere, mobile phone active for 24 hours, have one or more mobile phone, feel uncomfortable when they not connected with the network and when the battery low. When these signs persist, the person with the behavior of smartphone addiction will become to nomophobia. People with nomophobia more focus on communication through his smartphone rather than with face-to-face communication. So that makes him less able to socialize with the surrounding environment, and also lose his social intelligence. Computation in writing descriptions is trusted to be a suitable method of this paper research, because of its characteristic in analyze and explain the existing data and seen from the field. The data collection is done by taking some references from literature reviews, and also did research study in approach with the smartphone user. The sample of the study consisted of 111 students of the Islamic University of Indonesia using voluntary sampling. Where a student voluntarily becoming a subject of research by filling out the question form provided. In this study, we used NMP-Q of Yildirim and Correia (2015) to do a preliminary test in order to get a real case. From the research that has been done, reliability coefficients of NMP-Q show that Cronbach Alpha  $\alpha = 0.911$  (N = 20 items) and the mean of 53.7. These results indicate that nomophobia began to invade the Islamic University of Indonesia students. Of the exposure, then this article focuses discuss how one should be wise in using the smartphone without neglecting herself and the surrounding environment.

**Keywords:** Nomophobia, Social intelligence, The internet, Social media etc.

### Introduction:

#### Statement of the Problems:

The social interactions between individuals in the communication has undergone various changes from generation to generation. This bias seen from the development of communications, starting from telegraph, evolved into a phone that could use to communicate until by the existence of mobile phone or commonly known as a cell phone. Cell phone is a communication the most influential and most control human life now, especially in big cities. The information through a cell phone is expected to exceed in speed any models of communication. In addition to frugal, right, easier and cheaper, also reduced risks for the wearer.

Currently, cell phone develop into smartphone, where smartphone having features more sophisticated especially in matters internet connection. The internet is the series of which

connecting computer one with a computer that other. But, with as time progress, not only computer can connect with each other, even cell phones are having a device that able to connect with the internet. Who adopted mobile internet system called smartphone.

In a smartphone many offer the social media applications interesting, social media have many forms, among the most popular namely twitter, facebook, path, instagram, skype, linkedin, ask.fm, youtube, pinterest, tumblr, we heart it, myspace, flicker, and the latest is snapchat. Zarella (2010) revealed that, basically social media an outgrowth latest of new technologies web based the internet, that is easy to everyone to be able to communicate, participate, share and forming a network online, so that it can disseminate content their own. Social media according to Kaplan and Haenlein (2010) is a group application internet based who built on basic ideology and technology web 2.0 that allows the

creation and exchange user-generated content. The smartphone often the current problems. The someone busy and was consumed by they smartphone, so he is already been confirmed could not be separated from they smartphone. When someone already depends on smartphone so he would have a tendency to undergo nomophobia.

Nomophobia or commonly known by the acronym "No Mobile Phone Phobia" or disease can not be far away from the mobile phone dependence is a disease suffered by an individual on his cell phone, so they can bring concerns that excessive if his phone is not nearby. Nomophobia in the study of psychology is categorized as a specific phobia, which means that phobia on things that are specific, example is the mobile phone. People who are diagnosed with Nomophobia will spend more time with mobile phones than interacting with the people around him (Yildirim, 2014). Fear will not be able to communicate through technology owned, away from the smartphone, or not connected to the web is a sense nomophobia according to King, et al (2014). Nomophobia not only feels fear when away from the smartphone, the user turns it can not otherwise do browsing to look for things that are needed, or just to add information. People with nomophobia will focus on his mobile phone compared with its surroundings, so that the person is not able to socialize with optimal. It can make a person's social intelligence decreases.

Social intelligence is defined by Marlowe, who regards it as an ability to understand other people and social interactions, and apply this knowledge in leading and influencing other people for their mutual satisfaction (Birknerova, Frankovsky, and Zbihlejeva, 2013). Ford and Tisak (Beheshtifar and Roasaei, 2012) defined social intelligence in terms of behavioral outcomes and were successful in supporting a distinct domain of social intelligence. They defined social intelligence as "one's ability to accomplish relevant objectives in specific social settings".

### Literature Review

Nomophobia means to "No Mobile Phone Phobia", that phobia without smartphones. Nomophobia is a term that refers to behaviors or symptoms that are associated with the use of smartphones (King, Valenca, Silva, Sancassiani, Machado, and Nardi,

2014). Nomophobia new terms as only perceived at present with the advancement of technology especially smartphone as a tool of communication and helps in doing everything. Nomophobia makes users become unusual in behave and give impact to the surrounding environment.

Fear will not be able to communicate through technology, a far cry from smartphones, or not connected to the web is the sense of nomophobia according to King (Uysal, Ozen, and Madnogl, 2016). Nomophobia not only feels afraid when away from your smartphone, it turns out that this user also cannot otherwise do browsing to find the needed things or simply to add information.

SecurEnvoy defines nomophobia, or No Mobile Phone Phobia, is "terrified to come out of mobile phone contact. (Yildirim & Correia, 2015). According to Yildirim (2015) nomophobia is the modern fear of not being able to communicate through a mobile phone (smartphone) or the internet. Nomophobia is a term that refers to the collection of behaviors or symptoms that are associated with the use of mobile phones. Nomophobia is circumstantial phobia associated with agoraphobia and fear that including into illness and did not immediately accept the help. Nomophobia is felt also cannot do everything that needs the internet. Especially for the present all communication be facilitated by using the internet.

Pavithra MB and friends (2015) describes nomophobia is the feeling of fear if the smartphone is out of reach. Nomophobia refers to discomfort, anxiety, restlessness, or sadness caused by Smartphones that are outside the range. Nomophobia not only feel fear but the presence of feeling anxious, nervous, sad or even can experience stress if far from a smartphone, smartphone or is outside the range.

In this definition, King et al. (2014) seem to emphasize nomophobia as inability to communicate via mobile phone. Another thing that ought to be considered is the description of nomophobia as circumstantial phobia associated with agoraphobia. While the previous definition appearing to embrace the feelings of anxiety resulting from the unavailability of devices such as a computer or virtual device communication. Recently the definition has more to do with a mobile phone and showing nomophobia as circumstantial phobias.

Bivin and friend (2013) posited that nomophobia is one addictive behavior will be included in your smartphone and dependence psychology or just the same as physical symptoms. Is a physical symptom is people who experience or suffer nomophobia continually behave is unusual as it is not able to turn off your smartphone for quite some time, feel am if ran out of batteries, continually check the message, call, email or social networking, and more unnatural behavior that is often brought smartphones to the bathroom because it was too anxious or can't get away from the smartphone.

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. The main objective of this paper is to show how smartphones can affect a person's social intelligence. In addition, the paper is expected to increase awareness of the dangers of social media if used excessively.

**Method**

Compotition in writing descriptions is trusted to be a suitable method of this paper research because of its characteristic in analyze and explain the existing data and seen from the field. The data collection is done by taking some references from literature reviews, and also did research study in approach with the smartphone user.

**Result**

**Reliability Statistics**

| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
|------------------|--|------------|
| ,911             | ,911   | 20         |

**Scale Statistics**

| Mean    | Variance | Std. Deviation | N of Items |
|---------|----------|----------------|------------|
| 53,7524 | 165,438  | 12,86227       | 20         |

Preliminary research results by using a Questionnaire Nomophobia (NMP-Q) Yildirim and Correia (2015), which has been done on the 111 students at the Islamic University of Indonesia found that Nomophobia scale reliability coefficient has a Cronbach Alpha  $\alpha = 0.911$  (N = 20 item). Item discrimination index moved from 0410 to 0717 and the reliability index item moves from 0.905 to 0.910. While the correlation between the social desirability nomophobia is 0,000. From Reviews These results it can be seen that the nomophobia scale good for used and student Islamic University of Indonesia has the potential to nomophobia. Views of nomophobia traits 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. So from there, researchers assume that it can reduce an individual's social intelligence. Because people with nomophobia will tend to prefer smartphone rather than interact with the surrounding people.

**Discussion and Conclusion**

Judging from the characteristics of nomophobia (Bragazzi & Puente, 2014) as spending time using mobile phones, has one or more gadgets, always carry Chargers, feel anxious and nervous when mobile phones are not nearby or out of place, feel uncomfortable when interference or no network and when the battery is weak, always look and check

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out their mobile phone screens to find out a notification message or incoming call, do not turn off your phone or cell phone on hand 24 hours, less comfortable communicating face-to-face, and the cost of large mobile phone such as buying a packet of data, researchers assume that nomophobia has a tendency to reduce social intelligence in human self, which almost from all social activities are replaced by a smartphone. Examples of fact such as work meetings online, talk through social media or talk with face-to-face but through a video call. It is actually good because it facilitates the activities of people and saves time. However, when all the social activity are replaced by smartphones, then the person's sensitivity to the surrounding environment will be perceived decline. In addition to this, there are several other cases that are caused by smartphones. For example such as those quoted on the news portal bintang.com (2016) Note that a Chinese woman addicted smart phones should be stretchable lives. The middle of the serious play cellphone, she might fall into rivers and eventually sank. Wang, a 28-year came from Zhejiang province had to lose it once might fall into a river. The cause is not another because the woman did not focus on the road. Wang had tried to swim but was unable to.

The other case was a result of the tragic death of smartphone that comes from China, quoted from the Indonesia news portal merdeka.com which was written by Biantoro (2016, April 8) this time the victim was a woman in Zhongshan, Guangdong, China. Video at the time of the accident the woman was even already on YouTube. In the video it shows a woman who was crossing the road. Allegedly too preoccupied looking at smartphones, he did not realize there was a big truck passing on the left side and right. The first truck is already braked but eventually keep crashing the women of yesteryear. The first truck had braked but finally crashing into the woman. When dropped, the woman's body was immediately crushed by a second truck that was left. The woman was immediately died. This accident is fairly ironic since the two trucks had actually not sped because it was going through congested streets.

From the explanation of the already submitted above, can be drawn the conclusion that nomophobia can affect social intelligence on society in the digital age. Ideally, use a smartphone when it is reasonably necessary or indeed in condition urgent or important.

However, the current reality is far different, which at the time were gathered together with friends, family or relatives, people tend to more often use smartphone compared to talk or socialize. If this continues, then the human relationships will be difficult and cause insensitive on the social environment. From not sensitive to the social environment, researchers assume that will cause the nature individualists and selfish. So, through the exposure this is the researchers expect the emergence of consciousness and knowledge of harm will nomophobia for himself or his environment. Expected by the existence of this very simple research able to open awareness for readers to be more prudent with their smartphone which still give priority to safety and the environment.

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