

Nomophobia is a new the disease of the 21st century

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Introduction

Nowadays a huge number of people are suffering from a new disease - nomophobia. Fascination with modern gadgets carries a destructive beginning. The study is based on the extent of mobile phone use among pupils associated with personal and family factors.

Aim

To study the scientific articles about the influence of mobile phone addiction on psychological health of the young users.

Materials and methods

The sample consisted of 72 adolescents between 11-17 years of age. All pupils completed surveys consisting of various sections, the most prominent of which focussed on the following: sociodemographic and academic characteristics, basic parameters of mobile-phone use, test of Mobile-phone Dependence. All the data were analysed using the Microsoft Excel.

Results

Most of the pupils are addicted users of mobile phones. The majority of young mobile users are people who make longer calls; they ignore their face-to-friends to be with their cell phone. They have complaints concerning their excessive usage of phone: sleep loss, depression or uneasiness; they suffer a decline in their productivity. The dependence on the mobile phone is in 12% of pupils, and the mobile relationship is absent in 10%. It is manifested as mild in 78% of pupils. Most of the time the pupils spent on text messages (94.6 minutes per day), sending e-mail (48.5 minutes per day), check the profile of VKontakte (38.6 minutes per day), Internet surfing (34.4 minutes day) and music (which is 26.9 minutes per day).

Conclusion

The majority of pupils showed emotional instability towards mobile phones, and this situation causes anxiety, restlessness, sleeplessness and depression. The excessive users of mobile phone also are exposed to become victims of various mental, physical and psychological diseases. People should avoid such a bad habit.