

Y. S. Rybalko

NOMOPHOBIA IS A NEW DISEASE OF THE 21ST CENTURY

Tutors: senior teacher Menjinskaya – Voitova A. V.

Department of Foreign Languages

Belarusian State Medical University, Minsk

Resume. In this article the results of the analysis of dependence of mobile phone among pupils are reported. A comparative analysis is made.

Keywords: nomophobia, psychological health, addiction, calls, messages.

Topicality. Nowadays a huge number of people are suffering from a new disease called 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.

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

Tasks:

- to identify the main symptoms of mobile addiction in teenagers;
- to conduct a social survey on mobile dependence among teenagers;
- to find the ways of getting rid of it.

Materials and methods

Data were collected via surveys simultaneously completed by pupils in their classrooms. Researchers and previously trained teachers provided a series of instructions about how to respond to the questions. They also emphasised the need for honesty when filling out the survey and guaranteed the confidentiality of the responses.

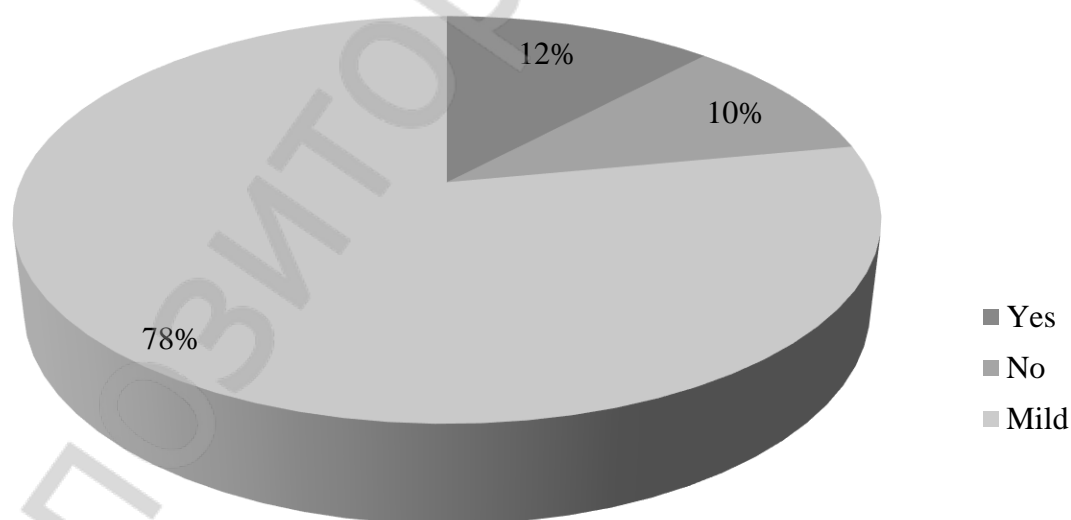
The sample consisted of 72 adolescents between 11-17 years of age. All pupils completed surveys consisting of various sections, the most prominent of which focussed on the following:

- Sociodemographic and academic characteristics, such as sex, age, current grade in school, grades repeated;
- Basic parameters of mobile-phone use, including number of calls, messages, and missed calls per day; average amount of time spent using mobile phones per day (messages and calls); monthly cost of mobile-phone use; ways of financing this cost; form of payment (prepaid card or contract); hours of the day and place of greatest use and availability of the phone.
- Test of Mobile-phone Dependence (TMD).

Results

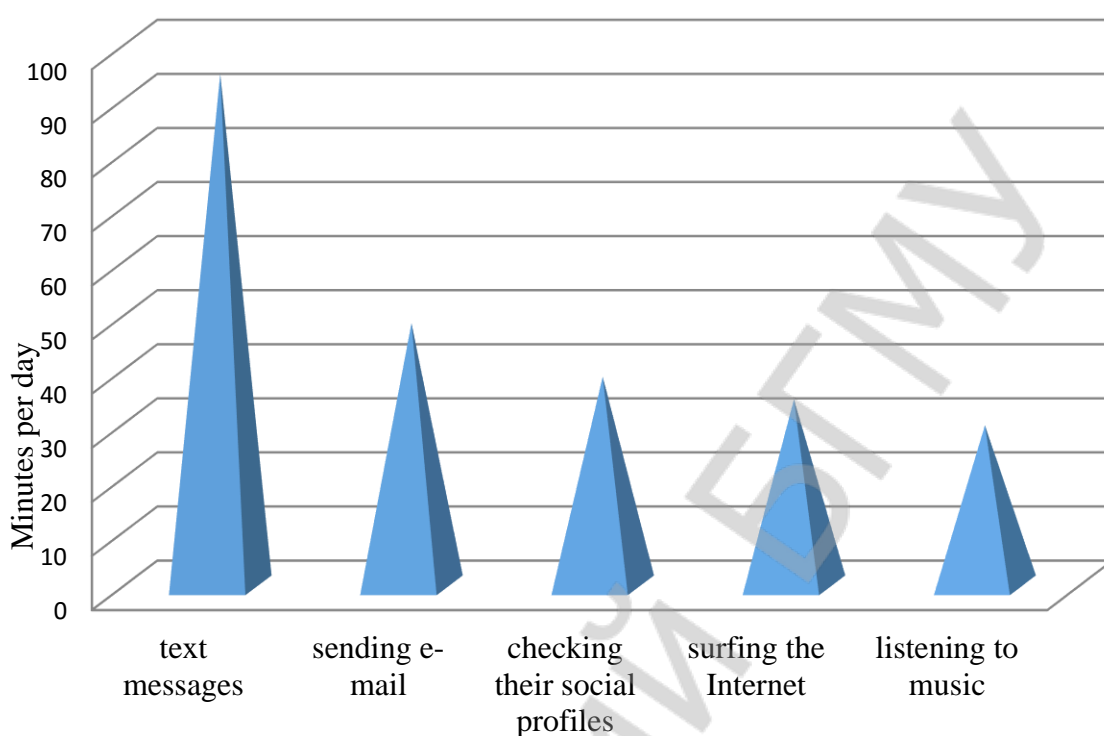
Most of the pupils are addicted users of mobile phones. The majority of young mobile users are people who make long calls; they ignore their face-to-friends preferring to be with their cell phone. They have complaints concerning their continuous usage of phone: sleep loss, depression or uneasiness, a decline in their productivity.

The dependence on the mobile phone was observed in 12% of pupils, and 10% of the respondents didn't use mobile phones. Mobile phone addiction was slight in 78% of pupils.



The picture 1 - The dependence on the mobile phone

The pupils spent most of the time on writing text messages (94.6 minutes per day), sending e-mails (48.5 minutes per day), checking their social profiles (38.6 minutes per day), surfing the Internet (34.4 minutes day) and listening to music (26.9 minutes per day).



The Picture 2 - Time spent by pupils while using a mobile phone

This study provides a good clarification of addictive behavior and its disadvantages in itself. However there are several enhancements that may be made. This study can be repeated with many different respondents like parents, friends and other related people, and these respondents might be appropriate as they are directly affected by one's behavior and habits and the disadvantages can also be repeated in detail; and findings of the study would enhance the findings of existing studies as well as current analysis.

Conclusion

The majority of pupils showed emotional instability after using mobile phones (anxiety, restlessness, sleeplessness and depression). The long-term users of mobile phone also are exposed to a risk of various mental, physical and psychological diseases. People should avoid such a bad habit.

Literature

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