

# The Study On Nomophobia and Shyness Among Teenagers

Gayathri V. Menon<sup>1\*</sup>, A. Rhimsha Fathima<sup>2</sup>, Sannet Thomas<sup>3</sup>

<sup>1,2,3</sup>Department of Psychology, Yuvakshetra Institute of Management Studies, Mundoor, India

**Abstract:** Shyness is the tendency to feel awkward, worried or tense during social encounters, especially with unfamiliar people (APA, 2012). Shyness is a social problem affecting many people worldwide. Increasing use of social media, replacing real, direct social interactions does not foster proper development of social skills. Difficulties in establishing or maintaining relationships with other people lead to or exacerbate social anxiety, associated with both shyness and social phobia. The aim of this study was to investigate about the relationship between nomophobia and shyness among teenagers. **Methods:** a quantitative study was conducted. And the sample size was 100 from different parts of Kerala. It comprised of 70 girls and 30 boys. The sample was elected through online. All sample are teenagers around the age of 15 to 20. In the 1<sup>st</sup> section the rapport is done followed by nomophobia questionnaire (Yilidirim C and Coereia A, 2015) contains 20 items and social reticence scale (Jones and Briggs, 1975) contains 20 items we distributed. The study is done using purposive sampling techniques. **Results:** this study shows that there is no significant difference in level of nomophobia among teenagers across gender. There is no significant difference in level of shyness among teenagers across gender. And there is no significant relationship between nomophobia and shyness among teenagers.

**Keywords:** Nomophobia, Shyness.

## 1. Introduction

The term nomophobia or no mobile phone phobia is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity. However, the term “phobia” is a misnomer, because mostly it seems to be a kind of anxiety disorder.

Smart phones have become today an important part of our technoculture especially among the younger population, whose primary need is to socialize, join in and to be liked. Research shows that nomophobia is on the rise across the globe and more people fear of being without or losing their mobile devices. A study conducted in the UK in 2008 stated that 66% of the teenagers and younger population are troubled with the idea of losing their mobile phone. Our study was intended to find the prevalence of nomophobia among the student in our college since the younger generation is the largest consumer of the mobile phone and they use mobile phones more frequently.

Shyness is an emotion that affects how a person sees and behave around others. Shyness can mean feeling uncomfortable, self-conscious, nervous, bashful, timid, or

insecure. People who feel shy sometimes notice physical sensation like blushing or feeling speechless, shaky or breathless.

Shyness is the opposite of being at ease with yourself around others. When people feel shy, they might hesitate to stay or do something because they are feeling unsure of themselves and they are not ready to be noticed.

Shyness is partially a result of genes a person has inherited. It is also influenced by behavior they have learned the ways people have reacted to their shyness, and life experiences they have had.

Definition of the key words:

**Nomophobia:** The term nomophobia or no mobile phone phobia is used to describe a psychological condition when people have fear of being detached from mobile phone connectivity (Sudip Bhattacharya).

**Shyness:** The tendency to feel awkward, worried or tense during social encounters especially with unfamiliar people (Encyclopedia of psychology).

## 2. Review of Literature

Madhusudan M et al (2017) conducted a study on Nomophobia and its determinants among the students of a medical college in Kerala concluded that there was high pervasiveness of nomophobia among the undergraduates of the therapeutic college. Nomophobia was not observed to be related with sex, quota of admission, place of inception and place of stay. The most normal utilize was calling relatives. Shyness, social anxiety and phobia shyness is considered a concept that is quite blurry and difficult to define.

Sharma N et al., (2015) conducted a study on Rising concern of nomophobia amongst Indian medical students reflected that the prevalence and its effects. Headache and lethargy was the common side effect noted among medical students. The author concluded that there was a need felt for the further studies on this topic, there is the need felt to aware the general public too.

King A and Valenca A (2014) conducted a study on Nomophobia: impact of cell phone use interfering with symptoms and emotions of individuals with panic disorder compared with a control group revealed that Investigation is a novel and innovative commitment to the collaboration of current innovation with regular psychopathology. The

\*Corresponding author: [gayathriv073@gmail.com](mailto:gayathriv073@gmail.com)

investigations of the connections among people and new advancements are applicable in light of the fact that the new innovations deliver conduct changes and in addition emotions and side effects that ought to be considered and observed persistently in a present day society.

#### *Rationale:*

After reviewing the literature, researcher found that there are no studies that test the relationship between nomophobia and shyness among teenagers. So that researcher is trying to research on this topic.

### 3. Methodology

#### *Problem:*

Is there any significant difference in nomophobia and shyness among teenagers across gender. And is there any significant relationship between nomophobia and shyness.

#### *Objectives:*

1. To study nomophobia and shyness among teenagers based on their gender.
2. To study the relationship between nomophobia and shyness.

#### *Variables:*

Independent variable: Gender

Dependent variable: Nomophobia, shyness

#### *Hypothesis:*

On the basis of above objectives, the following hypothesis are formulated and are to be tested on a sample of 100 teenagers.

1. There will be no significant difference in the level of nomophobia among teenagers across their gender.
2. There will be no significant difference in the level of shyness among teenagers across their gender.
3. There will be no significant relationship between nomophobia and shyness among teenagers.

#### *Research Design:*

The research study was quantitative in nature and correlational study was used to determine if there exists a relationship between nomophobia and shyness and study also adopted a between group research design to assess the difference in nomophobia and shyness among teenagers.

#### *Research Sample:*

Purposive sampling method was used for this study. The study sample was comprised of 100 teenagers at age range from 15 to 20 from different part of Kerala, out of which 30 are males and 70 are females. The sample belongs to different gender, religious family type, area of residence.

#### *Sampling Criteria:*

#### *Inclusion criteria:*

- Those who have given consent for the participation.
- The samples are around the age of 15 to 20.

#### *Exclusion criteria:*

- Those who haven't given consent for the participation.
- Those who have physical disability and mental retardation.

#### *Tools:*

The following tools were administered to each participants in

order to collect the required information.

1. Nomophobia Questionnaire (Yilidirim C and Coereia A, 2015).
2. Social reticence scale (Jones and Briggs, 1975).

#### *Procedure:*

The purpose of the study has explained to the participants via online and their willingness to participate in the study ascertained. The first step being that a rapport was established by participants and the researcher through social media, after this each participant were individually educated about the purpose of the study as well as they were informed about the confidentiality of their response. Finally, Nomophobia questionnaire (Yilidirim C and Coereia A, 2015) of 20 items and the Social reticence scale (Jones and Briggs, 1975) of 20 items were given to sample through online with proper instructions one after the other. The scoring of the assessment was done and interpreted according to the manual. The participants were not asked to disclose any of their personal information.

#### *Analysis of data:*

The collected data were analysed using following statistical test:

1. Mean, Standard deviation
2. Mann-Whitney U Test
3. Spearman rank correlation

#### *Ethical issues:*

1. Informed consent of each and every participant was acquired.
2. Confidentiality of the response were maintained.
3. The data collected will be solely used for research purpose.

### 4. Results

#### *A. Data Analysis and Interpretation*

The aim of the study was to find the relationship between Nomophobia and shyness among teenagers. The study consisted of 100 teenagers out of which 30 were boys and 70 were girls. For the purpose of study, the investigator formulated 3 hypothesis and results are shown below:

Table 1  
Significant difference in the level of nomophobia and shyness among teenagers across their gender

	Gender	N	Mean Rank	U	sig.
Nomophobia	Boys	30	54.35	934.500	.385
	Girls	70	48.85		
	Total	100			
Shyness	Boys	30	56.43	872.00	.180
	Girls	70	47.96		
	Total	100			

Table 1 shows that the significant value of nomophobia among teenagers across gender is .385 which is not significant at the 0.05 level of significance. So the null hypothesis is accepted. Therefore, there is no significance level of nomophobia among teenagers across gender. The significant value of shyness among teenagers across gender is .180 which is not significant at the 0.05 level of significance. So the null

hypothesis is accepted. Therefore, there is no significant level of shyness among teenagers across gender.

The mean value of boys are 54.35 whereas the girls have the mean value of 48.85. The boys have higher level of nomophobia compared to girls. In case of shyness, the mean value of boys are 56.43 whereas the girls have the mean value of 47.96. The boys have higher level of shyness compared to girls.

Table 2  
Correlation coefficient of nomophobia and shyness

		Nomophobia	Shyness
Spearman's rho	Correlation coefficient	1.000	.062
	Sig(2-tailed)		
	N	.100	.538 100
	Correlation coefficient	.062	1.000
	Sig(2-tailed)		
	N	.538 100	100

Table 2 shows that the significant value of nomophobia and shyness is .538 which is not significant at the 0.05 level of significance. Therefore, hypothesis 3 is accepted.

## 5. Major Findings and Conclusion

### A. Major Finding

1. There is no significant difference in the level of nomophobia among teenagers across their gender.
2. There is no significant difference in the level of shyness among teenagers across their gender.
3. There is no significant relationship between nomophobia and shyness among teenagers.

4. Boys have higher level of nomophobia compared to girls.
5. Boys have higher level of shyness compared to girls.

### B. Limitations

1. The sample size was small.
2. Sample are not equally distributed across gender.

### C. Implications

As indicated, nomophobia and shyness do not show correlation between each other. There is no significant difference in nomophobia as well as in shyness. Boys have higher level of nomophobia and shyness compared to the girls, so we can develop intervention program for reducing nomophobia and shyness in boys for their better life.

### D. Scope for further study

Further study can be done on a larger population.

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