

## ASSESSING THE RELATIONSHIP BETWEEN NOMOPHOBIA, PSYCHOLOGICAL WELL-BEING, AND RESILIENCE AMONG SCHOOL STUDENTS IN MADURAI

*\*Ms.R.Jeya Nisha Praisy, BSW Student, Department of Social Work, Madurai Institute of Social Sciences, Madurai, TamilNadu, India.*

*\*\*Dr.P.Jayakumar, Assistant Professor and Principal (i/c), Madurai Institute of Social Sciences, Madurai, TamilNadu, India.*

*\*\*\*Mr.S.Charles, Assistant Professor, Department of Social Work, Madurai Institute of Social Sciences, Madurai, TamilNadu, India.*

### Abstract

This study aimed to assess the relationship between nomophobia, psychological well-being, and resilience among school students in Madurai. With increasing mobile phone usage among adolescents, concerns regarding their emotional and behavioral well-being are growing. A descriptive research design was employed, and data were collected from 140 students studying in secondary and higher secondary classes using a stratified random sampling method. Standardized scales were used. Findings revealed that a majority of students showed moderate levels of nomophobia (51.5%), psychological well-being (45.7%), and resilience (46.4%). There is no significant relationship was found between nomophobia and psychological well-being or resilience. A strong positive correlation was observed between psychological well-being and resilience ( $r = 0.623$ ,  $p < 0.001$ ), suggesting that higher well-being is closely linked to greater resilience.

### Introduction

In the present day context, mobile phone and its dependency have increased a lot and we claim it's the Digital age. Our daily routine life have undergone a change, the sleeping patterns, communication, face to face interaction reduced to a larger extent and in turn loneliness, feeling of in secured is reflected in many of our behaviours. Nomophobia, a portmanteau of "no mobile phone phobia," refers to the fear or anxiety of being without a mobile device or unable to use it. This is common among all irrespective of their age, but is more often considered to be high among the people in the adolescent age group 10-16 years. It includes panic and compulsive behaviors when individuals are without phone. Due to the dependency on the gadgets the overall functioning of the individuals are also affected. The emotional health, social relationship, autonomy, self acceptance and personal growth is also affected to a larger extent unknowingly. This state of feeling is referred as Psychological well being is low in an individual. Every individual needs to have positive mind set inorder to deals with the routine challenges of the life. Else even for the small or minor failures individuals reflect negativity in all aspect of life. To overcome the dependency and to be positive the young individuals need to be resilient. It means to cope up, adapt and overcome from the stress and the fear of life. The COVID 19 and post COVID situation the educational system have embraced the mobile to a larger extent. So the adoption to mobile culture is high from the schools. In order to Assess the Relationship between Nomophobia, Psychological Well-being, and Resilience the researcher have carried out a study among School Students in Madurai.

**Review of literature**

Albikawi and Abuadas (2025) explored the complex interplay between nomophobia, emotional regulation, self-efficacy, loneliness, and anxiety among nursing students. Employing structural equation modeling, the study demonstrated that nomophobia significantly predicted higher levels of anxiety. Furthermore, poor emotional regulation and low self-efficacy were identified as mediators in this relationship, while loneliness exacerbated the anxiety associated with nomophobia.

Maghaireh et al. (2024) investigated the impact of nomophobia on stress, loneliness, and depression among adolescents. Utilizing an explanatory sequential mixed-methods design, 180 students completed the Nomophobia Questionnaire, Perceived Stress Scale, Beck Depression Inventory, and UCLA Loneliness Scale. Subsequently, semi-structured interviews were conducted with 30 students exhibiting high levels of nomophobia. The findings revealed that higher nomophobia scores were significantly associated with increased levels of stress, loneliness, and depression. The qualitative data further emphasized that adolescents experiencing acute nomophobia often reported feelings of isolation and heightened anxiety when separated from their mobile devices. The study underscores the necessity for educational interventions aimed at promoting balanced mobile phone use to enhance adolescents' psychological well-being.

Abukhanova et al (2024), research examined the relationship between nomophobia and academic performance, focusing on the mediating effects of depression and anxiety. The study found a significant negative association between nomophobia and learning performance, indicating that increased nomophobic tendencies correlated with lower academic achievement. Depression did not serve as a significant mediator, anxiety was identified as a critical factor exacerbating the impact of nomophobia on academic outcomes.

Bhardwaj and Singh (2024), conducted a study on the loneliness, Nomophobia and Psychological Well-being among the 178 individuals. It is found that there is a weak relationship between Nomophobia and loneliness, there is a relationship between Nomophobia and psychological well being.

Arpaci and Gundogan (2022), studied the relationship between nomophobia, psychological resilience, and mindfulness among 300 Turkish college students. They have found that nomophobia was negatively associated with both mindfulness and psychological resilience, while mindfulness and psychological resilience were positively linked. Additionally, psychological resilience played a mediating role in the connection between mindfulness and nomophobia.

**Methodology:****Objectives**

- To assess the levels of nomophobia, psychological well-being, and resilience among school students in Madurai.
- To examine the relationship between nomophobia and psychological well-being.
- To analyze the association between nomophobia and resilience.
- To study whether psychological well-being and resilience act as protective factors against nomophobia.

**Research Design:** The researcher have adopted descriptive research design, for assessing the existing levels of nomophobia, psychological well-being, and resilience of the school students

**Sampling:** A stratified random sampling method was adopted, Students enrolled in secondary and higher secondary education. Regular mobile phone users were taken into the study, with a sample size of 140 respondents

**Tools for Data Collection:** Questionnaire was used to collect the data from the respondents. It consists of a scale to measure Nomophobia. It was developed by Yildirim & Correia (2015) consist of 20-item self-report scale. To measure the Psychological Well-being, Scale consist of 18-item developed by Carol D. Ryff was used. The assess the resilience, scale developed by Gail M. Wagnild & Heather M. Young (1987) was used. It consists of 25 items.

**Data Collection Procedure:** Data was collected from school students using a structured questionnaire, Ethical considerations, including informed consent, confidentiality, and voluntary participation, were ensured.

#### **Major findings:**

The analysis of the data shows that more than half of the respondents were male (55.7 percent) and more than two fifth of the respondents were female (44.3 percent). The Majority (93.6 percent) of the respondents were not first-generation learners and less than one tenth (6.4 percent) of the respondents were first generation learners. More than two third (69.3) of the respondents were from nuclear family and less than one third (30.7) of the respondents were form joint family.

More than half (52.9 percent) of the respondents equally use mobile phone for academic and entertainment purpose, little more than one tenth (12.1 percent) of the respondents use mobile phone for entertainment purpose alone, and less than one tenth (5.7 percent) of the respondents use mobile phone only for academic purposes. More than one third (34.3 percent) of the respondents very often check their mobile phone notification in an hour, one tenth (10 percent) of the respondents check their notification once in an hour and only 0.7 percent of the respondents never check for any kind of notification. Interestingly little less than two third (64.3) of the respondents use more than 3 mobile applications in their mobile phone. More than three fourth (77.9 percent) of the respondents use the mobile phone for more than three hours.

**Level of Nomophobia:** The analysis shows that nearly half of the respondents (51.5 per cent) in the moderate level, 25.7 per cent are in the high level and the remaining were in the low level.

**Level of Psychological well being:** It is found that 45.7 per cent of the respondents were in the moderate level, 28.6 per cent were in the high level and the remaining were have low level of Psychological well being.

**Level of Resilience:** It is found that 46.4 per cent were having moderate level, 30 per cent were having high level and 23.6 per cent were having low level of resilience.

### Association between Personal and key variables

The further analysis shows that age of the respondents have an association with Nomophobia ( $F=7.401$ ,  $p=0.000$ ), with significant differences (Scheffe post-hoc test) between the 14-15 age group and 16 years, but not with the 17-year-old group). Similarly there is an association between grade level and nomophobia ( $F=8.874$ ,  $p=0.000$ ), with significant differences between the 9th grade and higher grades. There is no association between age, Grade level and Psychological well being, Resilience.

The gender, first generation learner, type of family, the number of mobile applications used and mobile usage pattern have no association with Nomophobia, Psychological well being and Resilience.

### Relationship between the key variables:

|                          |                     | Nomophobia | Psychological well being | Resilience |
|--------------------------|---------------------|------------|--------------------------|------------|
| Nomophobia               | Pearson Correlation | 1          | -.112                    | .045       |
|                          | Sig. (2-tailed)     |            | .192                     | .598       |
|                          | N                   |            | 138                      | 139        |
| Psychological well being | Pearson Correlation |            | 1                        | .623**     |
|                          | Sig. (2-tailed)     |            |                          | .000       |
|                          | N                   |            |                          | 139        |
| Resilience               | Pearson Correlation |            |                          | 1          |
|                          | Sig. (2-tailed)     |            |                          |            |
|                          | N                   |            |                          | 140        |

\*\* . Correlation is significant at the 0.01 level (2-tailed).

There is no relationship between nomophobia and psychological well-being, nomophobia and resilience. A strong positive correlation ( $r=0.623$ ,  $p<0.001$ ) was found between psychological well-being and resilience. Students with higher psychological well-being tend to have greater resilience, highlighting a significant interconnection between these two factors.

### Conclusion:

The findings indicate no significant relationship between nomophobia and psychological well-being or resilience, suggesting that nomophobia operates independently of these constructs in this population. The strong positive correlation and regression results highlight the important role of psychological well-being in enhancing resilience among school students. Programs targeting improvements in psychological well-being may directly contribute to greater resilience, equipping students to better handle academic stress and challenges. The weak correlations involving nomophobia warrant further investigation into other potential mediating or moderating factors influencing its impact on psychological constructs.

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