

NOMOPHOBIA AND MENTAL HEALTH

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Received: 28 Aug 2018

Accepted: 03 Sep 2018

Published: 08 Sep 2018

ABSTRACT

The mobile phone was one's need but now-a-days this need has turned into an addiction and this addiction has serious consequences over our mental health which in turn affects the lives of people. The present research was conducted to study the relationship between nomophobia and mental health. Nomophobia is a term used for defining no-mobile phone-phobia. Difficulty in daily life functioning and social interaction is one of the problems associated with this addiction. This study investigates the relationship between nomophobia and mental health. For this purpose, a sample of 70 females was collected from college-going students from the age range of 18-22. The purpose of the study was explained to them and their consent was taken. Correlation between nomophobia and mental health of the respondents was calculated.

KEYWORDS: *Nomophobia, Mental Health, Anxiety, FOMO*