Original Research Article

Effects of Nomophobia on Psychological Well-being

Aishani Banerjee [1], Dipanjana Chatterjee[2]

[1]Student, BA(H) Applied Psychology, Amity Institute of Psychology & Allied Sciences, Amity University Kolkata.
[2]Assistant Professor (Grade III), Amity Institute of Psychology & Allied Sciences, Amity University Kolkata.
Corresponding author: Aishani Banerjee
Email – aishani_banerjee@rediffmail.com

ABSTRACT

Background: Nomophobia, short for no-mobile-phone phobia, describes an unreasonable fear or distress caused by the absence of a mobile phone or the inability to use it. Psychological well-being (PWB) reflects a person's mental, emotional, and social stability, including aspects like self-worth, happiness, and the ability to handle life's challenges effectively. The continuous use of smartphones especially social media and not able to live without it is a major concern nowadays. This is resulting in low self-esteem, anxiety, depression and social isolation.
Methodology: This study aims to find out the effects of nomophobia on psychological well-being among individuals aged 18-40 years. This is a quantitative study that uses tools like Nomophobia Questionnaire and questionnaire on psychological well-being and statistical analyses like Descriptive statistics, Pearson's Correlation Coefficient and t-test. The sample size used is 138 participants with both males and females.
Results: The findings indicate a negative correlation between nomophobia and all the dimensions of psychological well-being. The results also indicate that all the participants experienced some level of nomophobia.
Conclusion: The study finding suggests the need for proper intervention techniques that will reduce the rate of nomophobia and improve psychological well-being among individuals.
Keywords: Nomophobia, Psychological Well-being, Self-esteem, Anxiety, Depression, Social isolation.

(Paper received – 13th June 2025, Peer review completed – 15th July 2025, Accepted – 18th July 2025)

INTRODUCTION

In recent times, the use of smartphones has been growing rapidly with an increase of addiction to smartphones. A study examined the prevalence and pattern of mobile phone usage and assessed the relationship between certain selected health problems and mobile phone usage among adults [1]. The prevalence of mobile phone usage was found to be 70%. Several problems in health, which include pain in the head, tinnitus, pain in the ear, restlessness and pain in fingers were found to be in positive association with the usage of mobile phones. Hypertension has been found to be in negative association with the usage of mobile phones.

The term "Nomophobia" stands for "NO Mobile Phone Phobia" which was first coined in 2018. It refers to the fear or worries that are experienced by individuals when they are without their mobile phone or are unable to use it [2]. Various psychological factors such as extrovert personality and low self-esteem are involved with the overuse of mobile phones of individuals. The signs and symptoms observed in the cases of Nomophobia include respiratory alterations, trembling, disorientation, agitation, anxiety and tachycardia. This condition and its complexity become very challenging to the family members of the patients as Nomophobia shares common clinical symptoms with other disorders [3].

Psychological well-being describes an individual's general mental and emotional condition, including their self-image, the quality of their relationships, and how effectively they handle life's difficulties. It is a state where a person achieves their full mental potential, embraces both their strengths and limitations, maintains meaningful goals, and fosters healthy, positive connections with others [4].

According to Carol Ryff, psychological well-being is a complex concept made up of six core dimensions: Autonomy, Environmental Mastery, Personal Growth, Positive Relations, Purpose in Life, Self-Acceptance [5]. Autonomy refers to the capacity to act independently and make self-directed choices, resisting outside influences and guiding one's behavior based on internal values and personal criteria. Environmental mastery is the ability to effectively handle life's demands, feel confident in navigating one's surroundings, and shape external conditions to suit personal goals and values. Personal growth involves an ongoing process of self-improvement and learning, with a sense of evolving into the individual one aspires to become. Positive relations involve forming close, fulfilling connections with others, showing empathy and care, and appreciating the mutual nature of healthy relationships. Purpose in life refers to having clear goals and a meaningful direction, along with a sense that life holds significance guided by personal beliefs and values. Self-acceptance means maintaining a favorable view of oneself, recognizing both strengths and flaws, and feeling at peace with one's past experiences.

Several studies have shown the prevalence of nomophobia in today's generation and how the growing rate of nomophobia among individuals results in poor self-esteem, psychological distress, anxiety and depression. One previous study revealed a significant decline in psychological well-being associated with nomophobia, marked by high levels of anxiety and stress [6]. Nomophobia involves feelings of fear, anxiety, and unease triggered by being without a mobile phone or not being able to operate it, along with the fear of being disconnected from the digital world. It is linked to various psychological issues [7].

There have been a lot of previous studies conducted on nomophobia as well as psychological well-being, portraying the relationship between the two variables, how nomophobia affects other variables, and how prevalent this condition is nowadays. Some of the previous studies are gathered to understand the following.

A study explored how nomophobic behaviors among surgical nurses impact their time management and mental well-being. The study identified a statistically significant link between various components of the Nomophobia Scale and psychological health. Stepwise regression analysis further revealed significant associations between the independent variables and the sub-dimensions of the scales [8].

Another study investigated how self-esteem relates to nomophobia tendencies among migrant students, addressing inconsistencies found in prior research. Results from Pearson's correlation analysis revealed a significant negative association between the two variables, indicating lower nomophobia levels among people with greater self-esteem levels. These findings emphasize the value of fostering self-esteem as a potential strategy to reduce nomophobic behavior, pointing to the importance of healthy self-image and face-to-face social engagement [9].

A review of key studies was conducted focusing on how widespread nomophobia is among young adults and how it relates to their mental, social, and physical well-being. The prevalence rates varied significantly, ranging from 15.2% to 99.7%. The study highlighted that overuse of smartphones is linked to various adverse effects, including psychological distress, emotional issues, social challenges, and physical health problems [10].

A study was conducted to examine how Problematic Mobile Phone Use (PMPU) mediates the relationship between nomophobia and psychological well-being. The results indicated that PMPU fully mediated this relationship. Additionally, the study found a significant positive association between nomophobia and PMPU, while both nomophobia and PMPU were negatively associated with psychological well-being [11].

Research was carried out to examine how widespread and severe nomophobia is among undergraduate medical students, focusing on its connection with feelings of loneliness, personal happiness, and self-esteem. The findings revealed that every participant experienced some level of nomophobia. The study underscores the significant occurrence of nomophobia in this group and its potential impact on their psychological well-being [12].

A study explored whether adolescents diagnosed with internalizing or externalizing disorders experience higher levels of nomophobia compared to their healthy peers. The study also examined how nomophobia is associated with symptoms of these disorders. Results showed that adolescents with internalizing disorders

had significantly higher nomophobia sub-scores than the control group, whereas no notable difference was found between those with externalizing disorders and healthy individuals. Positive correlations emerged between nomophobia scores and symptoms such as separation anxiety, social phobia, overall anxiety, depression, hyperactivity, and oppositional behaviors. Conduct issues were linked only to the LC sub- score. Furthermore, total anxiety and hyperactivity were identified as predictors of overall nomophobia levels [13].

This study aimed to investigate nomophobia among older children and adolescents by using computer-mediated, interactive scenario-based vignettes. The findings supported the four-factor structure of the IENT and confirmed a comprehensive nomophobia score, showing strong correlations both among the subscales and between each subscale and the overall nomophobia score. Gender-based differences were evident across all models in the invariance testing. Additionally, cluster analysis identified two to three distinct groups, with notable associations between cluster types, gender, and grade level [14].

Another study investigated how depression in young adults relates to smartphone use and examined nomophobia using data from a pilot study focused on youth depression. The results indicated a positive link between nomophobia and both depressive symptoms and negative emotional states. Additionally, individuals with higher nomophobia levels showed reduced physical mobility based on geolocation data and expressed greater ease with smartphone-based monitoring [15].

This study examined how fear of missing out (FOMO) affects students' psychological well-being, considering nomophobia as a possible mediating factor. The path analysis indicated that: (a) nomophobia served as a partial mediator in the link among Fear of missing out and psychological well-being; (b) Fear of missing out has been found to be in positive association with increased nomophobia; (c) A significant and direct negative impact by Fear of Missing Out was found on Psychological Well-being and (d) Nomophobia itself directly and negatively influenced psychological well-being [16].

There were two among the pioneers to examine the link between nomophobia, an outcome of excessive smartphone use and life satisfaction, with psychological well-being and academic performance acting as mediating factors. Their study uniquely highlighted how smartphone-induced nomophobia influences individuals' overall life satisfaction and explored the mediating roles of various aspects of psychological well-being and academic achievement in this relationship [17].

This study investigated how nomophobia and feelings of loneliness among married individuals in Türkiye influence their overall life satisfaction, with a particular focus on whether loneliness serves as a mediating factor in the relationship between nomophobia and life satisfaction. The study's findings indicated that both nomophobia and loneliness have an impact on the life satisfaction of married individuals [18].

This study explored how nomophobia affects the psychological well-being of Pakistani youth, with personality traits serving as a mediator. The results revealed a significant decline in psychological health linked to the presence of nomophobia, with anxiety and stress being commonly observed. The study emphasizes the importance of creating culturally relevant approaches to mitigate nomophobia and psychological stress in young people in Pakistan, while promoting healthier smartphone usage and improved mental health [6].

This study investigated how nomophobia relates to psychological factors such as stress, loneliness, and depression in adolescents. The findings revealed that 76.7% of the participants demonstrated high levels of nomophobia, with the depression had a negative but statistically non-significant link to nomophobia [12].

This study assessed how common nomophobia and psychological distress symptoms were among adults in Saudi Arabia and examined the connection between the two. On average, participants demonstrated a moderate level of nomophobia, with a mean score of 73.71, while psychological distress levels averaged 22.08, indicating a mild condition being more common among females (78.72%) than males (69.76%). The students also reported elevated stress levels and significant social isolation, while the intensity for depression was relatively less. Female participants showed greater intensities of both isolation and stress compared to males. The study identified stress and social loneliness as strong predictors of nomophobia, with both showing positive relationships and high correlation values. On the other hand, level of distress. The study also found that Saudi nationals had significantly higher nomophobia scores compared to non-Saudis [19].

In a meta-analysis, examining nomophobia in Turkey through a gender lens, findings indicated that females generally exhibited higher levels of nomophobia than males, as measured by the Nomophobia Questionnaire

(NMP-Q). However, in 2 out of the 10 studies analyzed, the gender-based differences were not statistically significant [20].

METHODOLOGY

The study aimed at looking at the effects of Nomophobia on Psychological Well-being.

Objectives

- To determine a significant negative correlation between Nomophobia and all the dimensions of Psychological Well-being.
- To examine the impact of Nomophobia on Autonomy of young and middle adults.
- To examine the impact of Nomophobia on Environmental Mastery of young and middle adults.
- To examine the impact of Nomophobia on Personal Growth of young and middle adults.
- To examine the impact of Nomophobia on Positive Relations of young and middle adults.
- To examine the impact of Nomophobia on Purpose of Life of young and middle adults.
- To examine the impact of Nomophobia on Self-Acceptance of young and middle adults.

Hypotheses

H1: There is no significant positive correlation between Nomophobia and all the dimensions of Psychological Well-being.

H2: There is no significant relationship between Nomophobia and Autonomy in young and middle adults.

H3: There is no significant relationship between Nomophobia and Environmental Mastery in young and middle adults.

H4: There is no significant relationship between Nomophobia and Personal Growth in young and middle adults.

H5: There is no significant relationship between Nomophobia and Positive Relations in young and middle adults.

H6: There is no significant relationship between Nomophobia and Purpose in Life in young and middle adults.

H7: There is no significant relationship between Nomophobia and Self-Acceptance in young and middle adults.

Sample

The sample size used is 138 participants, ensuring statistical reliability and generalizability of the results. The sample includes both male and female participants ranged from an age of 18-40 years. The study uses a purposive sampling technique to select participants from a specific population segment, focusing on individuals within a particular age group.

Tools Used

The present study used tools like Nomophobia Questionnaire (NMP-Q) and Ryff's Psychological Well-being Scales (PWB).

Nomophobia Questionnaire (NMP-Q) - The Nomophobia Questionnaire (NMP-Q) is a widely used self-report instrument developed by Caglar Yildirim and Ana-Paula Correia in 2015 designed to measure the severity of nomophobia. It consists of twenty items, and each item is rated on a seven-point Likert scale (1 = Strongly Disagree to 7 = Strongly Agree). Greater scores indicate greater levels of nomophobia. The scoring is done by summing up the responses to each item. Higher scores indicate more severe levels of nomophobia [21].

Ryff's Psychological Well-being Scale (PWB) - The Psychological Well-being Scale (PWB) by Ryff is a standardized instrument designed to assess psychological well-being across six dimensions: Autonomy, Environmental Mastery, Personal Growth, Positive Relations, Purpose in life and Self-Acceptance. The scale consists of 42 items (long version) or 18 items (short version), rated on a six-point Likert scale (1 =

Strongly Disagree to 6 = Strongly Agree). Higher scores indicate greater psychological well-being. It consists of six dimensions – [5]

- **Autonomy:** The capacity to withstand social influence and govern one's actions independently.
- **Environmental Mastery:** The ability to successfully navigate and take control of one's personal life and environment.
- **Personal Growth**: Consistent self-improvement and realizing inner potential.
- **Positive Relations:** Maintaining fulfilling and meaningful connections with others.
- **Purpose in Life:** Establishing clear objectives and purpose in life.
- **Self-Acceptance:** Maintaining a positive self-view and embracing various facets of one's identity, including past experiences.

Procedure

Data was collected from both males and females (18-40 years) who own a smartphone, by taking the means of online survey (using google forms) and distributing it to the concerned age range. The participation took highly 15 minutes. An informed consent form was given to participants, outlining the study's objectives, the voluntary nature of participation, confidentiality measures, and how the data would be used. Only individuals who agreed to these terms were included in the study.

Statistical Analyses

Descriptive Statistics, Pearson's Correlation Coefficient and t-test have been used.

RESULTS

Table 1: Descriptive Statistics for Nomophobia

Variables	Mean		Standard Deviation	
	Male	Female	Male	Female
Nomophobia	82.94	88.42	24.38	21.79

It illustrates descriptive statistics for Nomophobia showing difference between male and female participants based on mean and standard deviation. It can be found that in the domain of nomophobia, female participants score higher than male participants. Whereas females in the domain of Nomophobia have low standard deviation than the males suggesting less variability.

Table 2: Descriptive Statistics for Psychological Well-being

Variables	Mean		Standard Deviation	
Psychological Well-Being	**Male**	**Female**	**Male**	**Female**
Autonomy	28.97	27.81	5.37	5.13
Environmental Mastery	26.53	26.14	4.73	4.12
Personal Growth	29.02	31	5.42	5.89
Positive Relations	28	29.57	4.84	5.84
Purpose in Life	28.64	29.51	5.46	5.61
Self-Acceptance	26.51	27.33	6.26	6.20

It illustrates descriptive statistics for Psychological Well-being showing the difference between the male and female participants based on mean and standard deviation. The females score higher than the males in the areas of positive relations, Personal growth, Positive Relations, self-acceptance, purpose in life. Male participants indicated high standard deviations in comparison to their female counterparts, mainly in Autonomy, Environmental Mastery and Self-Acceptance whereas the females indicate higher standard deviations than the males in the areas of Personal Growth, Positive Relations and Purpose in Life.

Table 3: Correlation Coefficient between Nomophobia and Psychological Well-being

	Nomophobia
Autonomy	-0.31231
Environmental Mastery	-0.134511399
Personal Growth	-0.09475
Positive Relations	-0.17034
Purpose in Life	-0.16583
Self-Acceptance	-0.24326

The table illustrates that Nomophobia is negatively correlated with Autonomy, Environmental Mastery, Personal Growth, Positive Relations, Purpose in Life, Self-Acceptance indicating if one variable increases, the other tend to decrease.

Table 4: t-test for Nomophobia and Psychological Well-being

Variable	**Male**	**Female**
Nomophobia		
Mean	82.39	88.56
Df	136	
P(T<=t) two-tail	0.15	
Autonomy		
Mean	28.97	27.81
Df	136	
P(T<=t) two-tail	0.24	
Environmental Mastery		
Mean	26.53	26.14
Df	136	
P(T<=t) two-tail	0.62	
Personal Growth		
Mean	29.02	31
Df	136	
P(T<=t) two-tail	0.07	
Positive Relations		
Mean	28	29.57
Df	136	
P(T<=t) two-tail	0.13	
Purpose in Life		
Mean	28.64	29.51
Df	136	
P(T<=t) two-tail	0.40	
Self-Acceptance		
Mean	26.51	27.33
Df	136	
P(T<=t) two-tail	0.48	

The above table illustrates t-test for Nomophobia and Psychological Well-being of males and females based on mean, df (degree of freedom) and p value. The above table shows that the p values for Nomophobia and

all the dimensions of Psychological Well-being is greater than 0.05, indicating that the two groups differ insignificantly.

DISCUSSION

The present study aimed to examine the "Effects of Nomophobia on Psychological Well-being" among individuals aged between 18-40 years. This study involved 138 participants including both males and females, aiming to determine how these variables interact and influence one another. The tools used in this study included Nomophobia Questionnaire (NMP-Q) and Ryff's Psychological Well-being Scales (PWB).
Descriptive Statistics for Nomophobia revealed higher scores of female participants than male participants whereas females displayed low variability than males. Descriptive Statistics for Psychological Well-being also revealed that females scored higher than the males in the domains of Positive Relations, Personal Growth, Self-Acceptance, Purpose in Life and whereas males indicated greater standard deviations than females in the domains of Autonomy, Environmental Mastery and Self-Acceptance.
Higher mean scores of females than the males indicate that on average, females exhibit a greater level of Nomophobia than males. This finding is also consistent with a previous study that this condition being more common among females (78.72%) than males (69.76%) [7]. This finding also reveals that females may experience more anxiety or discomfort when they are without their phones. The findings revealed that every participant experienced some level of nomophobia, with most of them experiencing moderate level of Nomophobia and very less of them experiencing mild nomophobia. This finding is inconsistent with the previous finding which indicated most of the individuals experiencing mild nomophobia [6].

Correlation Findings

In Table 3, the findings reveal a negative correlation between nomophobia and autonomy, with a correlation coefficient of -0.312. Autonomy refers to a person's ability to function independently and make decisions without undue influence from external sources. This finding describes that as nomophobia increases, the individual's sense of autonomy decreases. Similarly, the findings revealed a negative correlation between nomophobia and other dimensions of psychological well-being, meaning as nomophobia increases, the respective aspect of psychological well-being tends to decrease. The table also indicates a negative correlation between nomophobia and environmental mastery (-0.134), suggesting that individuals who feel less in control of their environment or life situations are more likely to experience nomophobia. This contrasts with a previous study that identified social loneliness as strong predictor of nomophobia. Personal Growth also shows a negative correlation (-0.094), indicating that those with higher nomophobia levels may experience stagnation in personal development. Positive Relations has a negative correlation of -0.170, highlighting that individuals with stronger nomophobic tendencies may struggle with forming or maintaining fulfilling interpersonal relationships. This finding supports a previous study that revealed improvement of interpersonal relations and problem-solving skills with the decrease of nomophobia [14]. Purpose in Life correlates negatively with nomophobia at -0.165. This suggests that individuals lacking a clear sense of life direction may be more prone to nomophobia. Self-Acceptance also shows a negative correlation (-0.243) implying that people with higher levels of nomophobia might have lower levels of self-acceptance. Excessive use of mobile phones, especially social media, can amplify self-comparison and diminish self-esteem. A previous study also found a negative correlation between nomophobia and self-esteem and emphasized the value of fostering self-esteem as a potential strategy to reduce nomophobic behaviour, pointing to the importance of healthy self-image and face-to-face social engagement [10]. These findings suggest that nomophobia is inversely related to key indicators of psychological well-being. Individuals who exhibit higher nomophobia tend to report lower levels of personal growth autonomy, autonomy, positive relations, environmental mastery, self-acceptance and purpose in life. These results emphasize the importance of promoting healthy digital habits and psychological resilience to mitigate the adverse effects of mobile phone dependency.

Results of the t-test

The independent t-test was conducted to compare the levels of nomophobia between male and female participants. The results, as presented in Table 4, reveal the mean nomophobia scores for males to be 82.39, while the mean score for females is 88.56. The test has 136 degrees of freedom, and the p-value exceeds the standard alpha threshold of 0.05, suggesting that the result is not statistically significant. This finding supports a previous study which found females to be more nomophobic than males and found the gender differences to be non-significant [17].

Males reported a slightly higher score (28.97) than females (27.81). However, the p-value obtained was 0.24 which is greater than the standard alpha level of 0.05 level of significance. This indicates that the difference between males and females is not statistically significant. Even in environmental mastery, males had a score of 26.53, while females had a score of 26.14. The p-value for this comparison is 0.62, which is also greater than 0.05 and displays no significant difference between males and females in terms of environmental mastery. Scores on personal growth shows that females (M=31) scored higher than males (M=29.02). Despite this numerical difference, the p-value of 0.07 exceeds the 0.05 threshold, indicating that the difference is not statistically significant. Females had a higher mean score (M = 29.57) compared to males (M=28) in positive relations. However, the p-value obtained was 0.137, which exceeds the conventional alpha level of 0.05. This means that although females scored higher on average, the difference is not statistically significant. Therefore, gender does not appear to have a meaningful effect on the quality of positive relations among participants. Females (M = 29.51) again scored slightly higher than males (M = 28.64) in terms of purpose in life. The p-value for this comparison is 0.40, which is well above 0.05. This result indicates that there is no significant gender difference in individuals' sense of purpose in life within the sample. Males scored a mean of 26.51, while females scored 27.33 for self-acceptance. The p-value of 0.48 confirms that this difference is not statistically significant. Hence, both genders demonstrate similar levels of self-acceptance. No statistically significant differences were found between male and female participants in terms of nomophobia and the various aspects of psychological well-being, including autonomy, environmental mastery, personal growth, positive relationships, purpose in life, and self-acceptance. Although there are slight variations in mean scores, the p-values consistently exceed the 0.05 threshold, suggesting that gender does not significantly influence these aspects of psychological well-being in this study. As all the p-values in all the variables and its dimensions is greater than the standard level of significance that is 0.005, the results prove to be statistically non-significant. Also, there is a negative correlation between nomophobia and all the dimensions of psychological well-being. Therefore, this study found no statistically significant difference between males and females in nomophobia as well the dimensions of psychological well-being. This study could not provide enough evidence to reject the null hypotheses and establish a significant relationship between nomophobia and the dimensions of psychological well-being. This does not really mean that there is not at all any relationship. Several reasons could be that may be the effect is not truly there in the sample chosen. Other several possible reasons could be that the size of the sample being small. Also, the ratio of males and females were not equal in this study which could also be an important factor. Another reason could be that males and females in this study act similarly in all the dimensions for which the difference is so small. Thus, this can be concluded that as the results are non-significant, the null hypotheses are being supported.

Limitations

The research is largely based on participants' self-reported responses, which may be influenced by biases such as the desire to present oneself favourably or misjudgements in personal evaluation. As a result, individuals may either downplay or overstate their experiences of nomophobia or related psychological challenges. Moreover, the study's findings may not be widely generalizable, as the sample may be confined to a particular demographic or geographic group. For example, if the participants are predominantly students or belong to a specific age range, the outcomes might not reflect the experiences of the general population. Additionally, the absence of longitudinal data makes it challenging to understand how nomophobia and its impact on mental well-being change over time. Cultural, societal, and technological differences across various regions may also shape individuals' experiences of nomophobia, which could affect how applicable the results are in other settings.

Implications

The results of this study can help raise awareness among mental health professionals about the potential psychological effects of excessive mobile phone use. This awareness could lead to the development of targeted intervention strategies aimed at managing or preventing anxiety and stress associated with nomophobia. Educational institutions might also use these findings to create digital literacy and mental health programs that encourage healthy mobile phone habits among students and young adults. While no significant connection was found between nomophobia and psychological well-being, the findings underline the necessity for further research to examine additional factors that could influence this relationship. Future studies should consider larger and more diverse participant groups, as well as more accurate measurement tools, to uncover potential subtle or indirect effects. Moreover, the study stresses the importance of considering individual differences in mobile phone usage and their impact on mental health, which could lead to more tailored approaches in both research and interventions. Ultimately, this research advocates for continued exploration of the psychological effects of technology in contemporary society.

Future Scope

While this study did not reveal a significant link between nomophobia and psychological well-being, it paves the way for future research. Increasing the sample size and including a more diverse range of participants—across different ages, cultural backgrounds, and professions—could provide more widely applicable insights. Longitudinal studies tracking participants over time may offer a clearer understanding of the long-term impact of nomophobia on mental health. Future research could also investigate how factors such as self-esteem, coping mechanisms, social support, and personality traits affect the relationship between nomophobia and well-being. Additionally, designing and testing interventions aimed at reducing nomophobia could be a valuable direction for future studies to assess their potential benefits on mental health.

CONCLUSION

The current research explored the effects of Nomophobia and Psychological Well-being. The correlation revealed that there is a negative correlation between nomophobia and all the dimensions of psychological well-being. The independent samples t-test indicated a non-significant difference between males and females in nomophobia as well as the dimensions of the psychological well-being. The findings also indicate that every participant in this study experienced some level of nomophobia. This finding suggests the need for proper intervention techniques that will reduce the rate of nomophobia and improve psychological well-being among individuals.

This study supports the null hypothesis as the results are non-significant. The findings of this study indicate that there is no statistically significant effect of nomophobia on psychological well-being within the sampled population. This suggests that, in this particular sample, nomophobia may not have a measurable impact on individuals' emotional, cognitive, and social functioning.

While the study did not find a statistically significant link between nomophobia and psychological well-being, the results still add valuable insight to existing research by emphasizing the nuanced nature of this relationship. The absence of a clear effect suggests that other variables might influence or interact with the connection between mobile phone usage and mental health. It also implies that nomophobia, on its own, may not have a direct impact on psychological well-being, or that its influence could differ depending on personal or situational factors. Future investigations involving broader and more varied participant groups, along with more precise measurement methods, may help identify subtle or indirect relationships. Even without significant findings, this research highlights the ongoing need to examine the mental health effects of technology in today's digital age.

REFERENCES

1. Stalin P, Abraham SB, Kanimozhy K, Prasad RV, Singh Z, Purty AJ. Mobile phone usage and its health effects among adults in a semi-urban area of southern India. J Clin Diagn Res 2016;10(1):14–6.

2. Notara V, Vagka E, Gnardellis C, Lagiou A. The emerging phenomenon of nomophobia in young adults. Addict Health 2021;13(2):120–36.
3. Bhattacharya S, Bashar MA, Srivastava A, Singh A. Nomophobia: No mobile phone phobia. J Family Med Prim Care 2019;8(4):1297–1300.
4. Tajab M, Setiawan W, Abdi YH, Estiningsih D, Rizkiana A. The impact of digital technology on psychological well-being. E3S Web Conf. 2025;622.
5. Ryff CD. Happiness is everything, or is it? Explorations on the meaning of psychological well-being. J Personal Soc Psychol 1989;57(6):1069-77.
6. Salman M, Rauf N, Ilyas MU, Mumtaz A. Exploring the impact of nomophobia on psychological well-being among Pakistani youth: the mediating role of personality traits. J Media Entrep Stud. 2025;5(1).
7. Maghaireh DFA, Shawish NS, Kamel AA, Kawafha M. Acute nomophobia and its psychological correlates in adolescents: an explanatory sequential mixed-methods approach. J Multidiscip Healthc. 2025;18:1445–60.
8. Bülbüloğlu S, Özdemir A, Kapıkıran G, Sarıtaş S. The effect of nomophobic behavior of nurses working at surgical clinics on time management and psychological well-being. J Subst Use 2019;25(3):318–23
9. Putri BC, Wibowo HD. Nomophobia and self-esteem: a study of migrant student's psychological well-being. J Bimbing Konseling Terapan. 2024;8(2):223–35
10. Antonysamy S, Parameswari J. The mediating role of problematic mobile phone use between nomophobia and psychological well-being of college students. J Indian Acad Appl Psychol. 2024;50:97–105.
11. Chethana K, Nelliyanil M, Anil M. Prevalence of nomophobia and its association with loneliness, self-happiness and self-esteem among undergraduate medical students of a medical college in Coastal Karnataka. Indian J Public Health Res Dev 2020;11(3):523-8.
12. Kuscu TD, Gumustas F, Rodopman A, Goksu M. The relationship between nomophobia and psychiatric symptoms in adolescents. Int J Psychiatry Clin Pract 2020;25(1):56–61.
13. Kazem AM, Emam MM, Alrajhi MN. Nomophobia in late childhood and early adolescence: the development and validation of a new interactive electronic nomophobia test. Trends Psychol 2021;29(3):543–62.
14. Zhang T, Camargo A, Schmaal L, Kostakos V, D'Alfonso S. Nomophobia, psychopathology, and smartphone-inferred behaviours in youth with depression: longitudinal study. JMIR Form Res. 2024;9:1–17.
15. Wibowo A, Safaria T. The role of FOMO on psychological well-being with nomophobia as a mediator among college students. Curr Psychol 2025;44(2).
16. Yanqing L, Wenjie F. How does nomophobia exert impact on life satisfaction? Exploring the mediating effect of psychological wellbeing and academic performance. WHICEB 2019 Proc 2019;21:463–70.
17. Aslan M, Kalaman S, Özdemir F. The impact of nomophobia and loneliness on life satisfaction in married couples. J Erciyes Commun. 2023;10(1):23–39.
18. Alhusseini N, Alghanem J, Haque S, Shahin SM, Alsaeed M, Kalou W, et al. Nomophobia and Psychological distress among the Saudi Population. PLOS Digit Health 2025;4(3):1–14.
19. Avci E. The difference between gender in terms of nomophobia in Turkey: a meta-analysis. Eur Res J. 2022;8(1):74–83.
20. Karaoglan Yilmaz F, Yilmaz R, Erdogdu F. The relationship between nomophobia, emotional intelligence, interpersonal problem-solving, perceived stress, and self-esteem among undergraduate students. J Technol Behav Sci 2023;8:27–35.

****

Acknowledgements – Nil
Conflict of Interest – Nil
Funding – Nil