

IF MOLYBDENUM TARGETED BILE IS MOBILE THEN NOMOPHOBIA DANCES IN OWN STYLE BECAUSE TECHNOLOGY SHOULD BE A SERVANT, NOT A MASTER

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ABSTRACT

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. The term NOMOPHOBIA is constructed on definitions described in the DSM-IV, it has been labelled as a “phobia for a particular/specific things”. Do you know this word? Nomophobia is a term describing a growing fear in today’s world—the fear of being without a mobile device, or beyond mobile phone contact. Among today’s high school and college students, it’s on the rise. An increasing number of college students now shower with their cell phone. The average adolescent would rather lose a pinky-finger than a cell phone. A growing percentage text or tweet instead of actually talking to others. Nomophobia is everywhere in industrialized nations. The term is an abbreviation for “no-mobile-phone phobia,” which was coined during a 2010 study by the UK Post Office. The Post Office commissioned YouGov, a research organization, to look at anxieties suffered by mobile phone users. The study found that nearly 53 percent of mobile phone users in Britain tend to be anxious when they “lose their mobile phone, run out of battery or credit, or have no network coverage.” The study found that about 58 percent of men and 47 percent of women suffer from the phobia, and an additional 9 percent feel stressed when their mobile phones are off. The study sampled 2,163 people. 55 percent of those surveyed cited keeping in touch with friends or family as the main reason that they got anxious when they could not use their mobile phones. The study compared stress levels induced by the average case of nomophobia to be on par with those of “wedding day jitters” and trips to the dentist. 65 percent, or about two in three people, sleep with or next to their smartphones. (Among college students, it’s even higher.) 34 percent admitted to answering their cell phone during intimacy with their partner. (Hey, what happened to valuing the person you are with in-person?). One in five people would rather go without shoes for a week than take a break from their phone. (It’s a good way to lose your sole and your soul). More than half never switch off their phone. (I’d call that an addiction.) A full 66 percent of all adults suffer from “nomophobia.” Whenever, I find myself needing something in order to cope, I always check my lifestyle and my health. This may sound crazy, but my rule of thumb is that I don’t allow myself to be brought under the control of anything. Outside of food, water, and shelter, I guard myself against subjection to any addiction that begins to dictate my behaviour. This includes technology. I recognize that cell-phones, tablets, computers and other technology introduced in the future will make my life easier and enable me to work more efficiently. So, what should we do to model a balanced approach for students? Be sure there are daily times you turn off the cell-phone and experience either face-to-face conversations or solitude. Balance screen time and in-person time each week. For every hour you invest in front of a screen, you invest in human contact. Try a technology fast every month, where you actually go for a day or more without a computer, tablet or phone. You’ll feel liberated. Place your phone at least 15 feet away from you when you sleep at night. I realize you’ll have to get up to push “snooze,” but it’s safer this way. Block your day in time zones, where you spend time using technology, but also have blocks of time for organic, genuine interaction with people.

KEYWORDS: Mobile, Networking, Telecommunication, Snooze.

OVERVIEW

Ohh my God! No mobile? How can I survive in this sedentary lifestyle! My entire data is in mobile. Businessman: My all-meeting agenda is in mobile! Student community: My all-class notes are in mobile! Office goers: My all-official records are in mobile. Kids: My all games are in mobile! Geriatrics: My all-spiritual songs are in mobile! Housewives: My all-TV serials are in mobile! Without mobile I am nowhere! How to survive???? Newly married couple: My all-honeymoon trips are in mobile! Metal elements have many applications in mobile phones. And today we tend to mention two important ones—molybdenum and titanium. The main use of tantalum materials in electronic products comes in the creation of the tantalum capacitor; and the main use of molybdenum in mobile phones mainly related to the liquid crystal display coating: using

magnetron sputtering to sputter metal molybdenum from the molybdenum target onto the surface of a liquid crystal display.^[1] Molybdenum has a high melting point, high electrical physical phenomenon, low specific resistance, smart corrosion resistance, and smart environmental protection. Therefore, it's wide employed in the electronics industry, mainly for flat panel displays, electrodes of skinny film star cells, and barrier materials for semiconductors. Coating the phone screen with molybdenum sputtering target will greatly improve the brightness, contrast, color, and lifetime of the screen. Nomophobia (short for 'no mobile phobia') is a humorous word for the fear of, or anxiety caused by, not having a working mobile phone. It has been considered a symptom or syndrome of problematic digital media use in mental health, the definitions of which are not standardized.^[2]



Figure-1: Chase for mobile.

Usual symptoms and signs of NOMOPHOBIA: Anxiety. Respiratory alterations. Trembling. Perspiration. Agitation. Disorientation. Tachycardia.

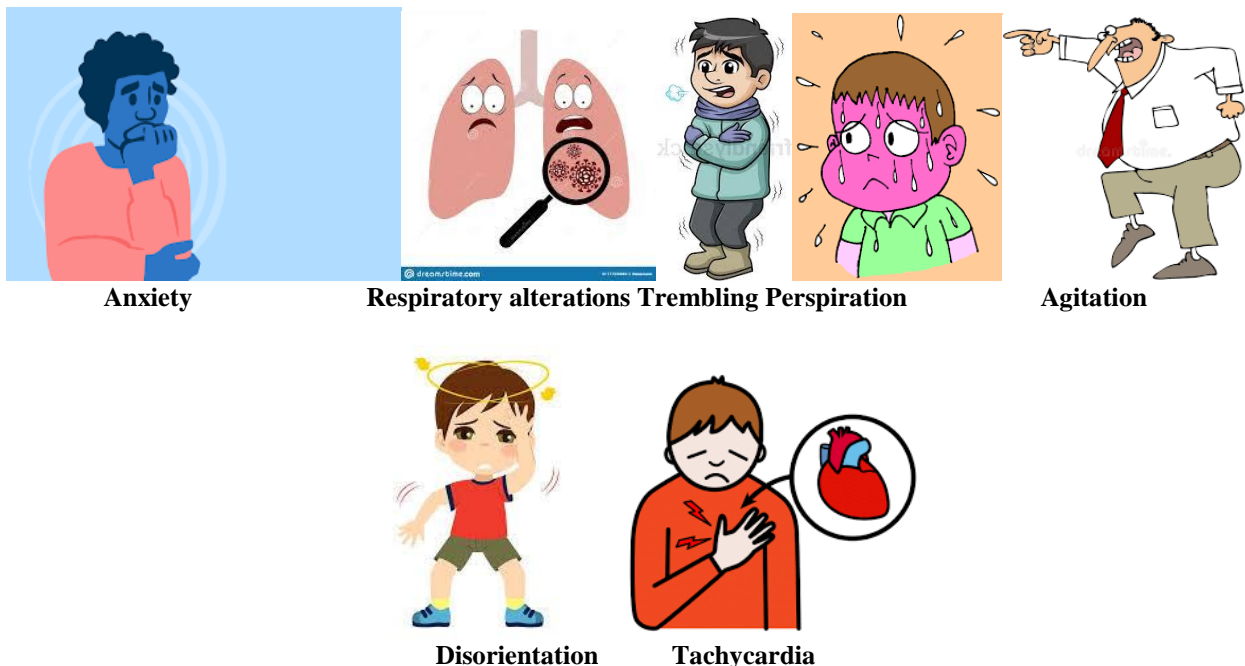


Figure-2: Symptoms of nomophobia.

Do you have trouble putting down your smartphone or feel anxious when you know you'll lose service for a few

hours? Do thoughts of being without your phone cause distress? If so, it's possible you could have nomophobia,

an extreme fear of not having your phone or not being able to use it. Most of us depend on our devices for information and connection, so it's normal to worry

about losing them. Suddenly not being able to find your phone probably sparks worries about how to deal with losing photos, contacts, and other information.^[3]



Figure-3: Mobile hankering age group.

But nomophobia, shortened from “no mobile phone phobia,” describes a fear of not having your phone that’s so persistent and severe it affects daily life. Results of multiple studies suggest this phobia is becoming more widespread. According to 2019 research Trusted Source, almost 53 percent of British people who owned a phone in 2008 felt anxious when they didn’t have their phone, had a dead battery, or had no service. A 2017 study Trusted Source looking at 145 first-year medical students in India found evidence to suggest 17.9 percent of the participants had mild nomophobia. For 60 percent of participants, nomophobia symptoms were moderate, and for 22.1 percent, symptoms were severe. No scientific studies have reported on United States statistics. Some experts suggest these numbers may be higher, especially among teens. Read on to learn more about symptoms and causes of nomophobia, how it’s diagnosed, and how to get help. What are the symptoms? Nomophobia isn’t listed in the latest edition of the

Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Mental health experts haven’t yet decided on formal diagnostic criteria for this condition. However, it’s generally agreed that nomophobia presents a concern to mental health. Some experts have even suggested nomophobia represents a type of phone dependence or addiction. Phobias are a type of anxiety. They provoke a significant fear response when you think of what you’re afraid of, often causing emotional and physical symptoms.^[4]

Possible Symptoms of Nomophobia

Emotional symptoms include: Worry, fear, or panic when you think about not having your phone or being unable to use it. Anxiousness and agitation if you have to put your phone down or know you won’t be able to use it for a while. Panic or anxiety if you briefly can’t find your phone. Irritation, stress, or anxiety when you can’t check your phone.



Figure-4: Emotional & Romantic mood.

Physical symptoms include: Tightness in your chest. Trouble breathing normally. Trembling or shaking. Increased sweating. Feeling faint, dizzy, or disoriented. Rapid heartbeat. If you have nomophobia, or any phobia, you might recognize your fear is extreme. Despite this awareness, you may have a difficult time coping with or managing the reactions it causes.^[5]



Figure-5: Mobile hub.

To avoid feelings of distress, you might do everything possible to keep your phone close and make sure you can use it. These behaviors could appear to suggest dependency on your phone. For example, you might:

Take it to bed, the bathroom, even the shower. Check it constantly, even several times in an hour, to make sure it's working and that you haven't missed a notification. Spend several hours a day using your phone. Feel helpless without your phone. Make sure you can see it whenever it isn't in your hand or pocket.^[6]

What causes this phobia?: Nomophobia is considered a modern phobia. In other words, it most likely stems from increased reliance on technology and concern over what might happen if you suddenly couldn't access needed information. Existing information about nomophobia suggests it occurs more frequently in teenagers and young adults. Experts haven't yet discovered a specific cause of nomophobia. Rather, they believe several

factors can contribute. A fear of isolation may, understandably, play a part in the development of nomophobia. If your phone serves as your main method of contacting the people you care about, you'd most likely feel pretty lonely without it. Not wanting to experience this loneliness can make you want to keep your phone close at all times.^[7]

Another cause might be a fear of not being reachable. We all keep our phones close if we're waiting for an important message or call. This can become a habit that's hard to break. Phobias don't always develop in response to a negative experience, but this does sometimes happen. For example, if losing your phone in the past caused significant distress or problems for you, you might worry about this happening again. Your risk for developing nomophobia may increase if you have a close family member who has a phobia or another type of anxiety. Living with anxiety in general can also increase your risk for developing a phobia.



Figure-6: Mobile networking.

Advertisement: Try a top-rated app for meditation and sleep. Experience 100+ guided meditations with Calm's award-winning meditation app. Designed for all experience levels, and available when you need it most in your day. Start your free trial today.^[8]

How is it diagnosed?: If you recognize some signs of nomophobia in yourself, it can help to talk to a therapist. Frequently using your phone or worrying about not having your phone doesn't mean you have nomophobia. But it's a good idea to talk to someone if you've had

symptoms for six months or longer, especially if these symptoms:

Nomophobia is frequent and persist throughout your day by hurt your work or relationships, make it difficult to get enough sleep, cause problems in your day-to-day activities, have a negative impact on health or quality of life. There's no official diagnosis for nomophobia yet, but trained mental health professionals can recognize signs of phobia and anxiety and help you learn to cope

with symptoms in a productive way to help overcome their effects.



Figure-7: Web Hub in wired generation.

A PhD student and an associate professor at Iowa State University worked to develop a questionnaire that could help identify nomophobia. They then conducted a study in 2015 that looked at 301 university students to test this questionnaire and explore nomophobia and its effects. Results of the study suggest the 20 statements in the survey could reliably help determine varying degrees of nomophobia. Similar research may help experts work to develop specific diagnostic criteria.

How is a phobia treated?: A therapist will probably recommend treatment if you experience significant distress or have a hard time managing your daily life. Therapy can usually help you address symptoms of nomophobia. Your therapist might recommend cognitive behavioral therapy or exposure therapy.^[9]

Cognitive behavioral therapy: This (CBT) can help you learn to manage negative thoughts and feelings that come up when you think about not having your phone. The thought “If I lose my phone, I’ll never be able to talk to my friends again” might make you feel anxious and sick. But CBT can help you learn to logically challenge this thought. For example, instead you might say, “My contacts are backed up, and I’d get a new phone. The first few days would be hard, but it wouldn’t be the end of the world.” Exposure therapy: Exposure therapy helps

you learn to face your fear through gradual exposure to it. If you have nomophobia, you’ll slowly get used to the experience of not having your phone. This may seem frightening at first, especially if you need your phone to stay in touch with loved ones. But the goal of exposure therapy isn’t to completely avoid using your phone, unless that’s your personal goal. Instead, it helps you learn to address the extreme fear you experience when you think about not having your phone. Managing this fear can help you use your phone in healthier ways.^[10]

Medication: Medication can help you deal with severe symptoms of nomophobia, but it doesn’t treat the root cause. It’s usually not helpful to treat a phobia with medication alone. Depending on your symptoms, a psychiatrist may recommend using medication for a short time as you learn to cope with your symptoms in therapy. Here are a couple examples: Beta blockers can help reduce physical symptoms of phobia, such as dizziness, trouble breathing, or rapid heartbeat. You usually take these before you face a situation that involves your fear. For example, they could help if you have to go to a remote location without phone service. Benzodiazepines can help you feel less afraid and anxious when you think about not having your phone. Your body can develop a dependency on them, though, so your doctor will generally only prescribe them for short-term use.

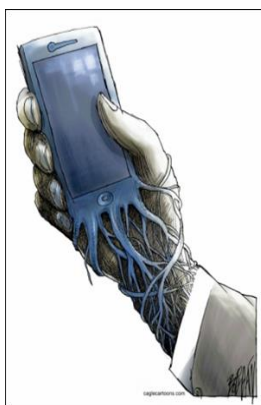


Figure-8: Mobile in hand: Makes world in demand.

Self-care: You can also take steps to cope with nomophobia on your own. Try the following:

Turn off your phone at night to get more restful sleep. If you need an alarm to wake up, keep your phone at a distance, far enough away that you can't easily check it in the night.^[11] Try leaving your phone at home for short periods of time, such as when you make a grocery run, pick up dinner, or take a walk. Spend some time each day away from all technology. Try sitting quietly, writing a letter, taking a walk, or exploring a new outdoor area. Some people feel so connected to their phones because they use them to maintain contact with friends and loved ones. This can make it tough to take space from your phone, but consider doing the following:

Encourage friends and loved ones to have in-person interactions, if possible. Host a meetup, take a walk, or plan a weekend getaway. If your loved ones live in different cities or countries, try to balance the time you

spend on your phone with other activities. Set aside a period of time each day when you turn off your phone and focus on something else. Try to have more in-person interactions with people physically near you. Have a short conversation with a co-worker, chat with a classmate or neighbor, or compliment someone's outfit. These connections might not lead to friendships — but they could. People have different styles of relating to others. It's not necessarily a problem if you have an easier time making friends online.^[12] But if online interactions and other phone use affect your daily life and responsibilities or make it hard to complete necessary tasks, talking to a mental health professional can help. It's especially important to get help if you have a hard time talking to others because of the effects of bullying or abuse, or symptoms of mental health concerns, such as depression, social anxiety, or stress. A therapist can offer support, help you learn to cope with these issues, and guide you to other resources if needed.



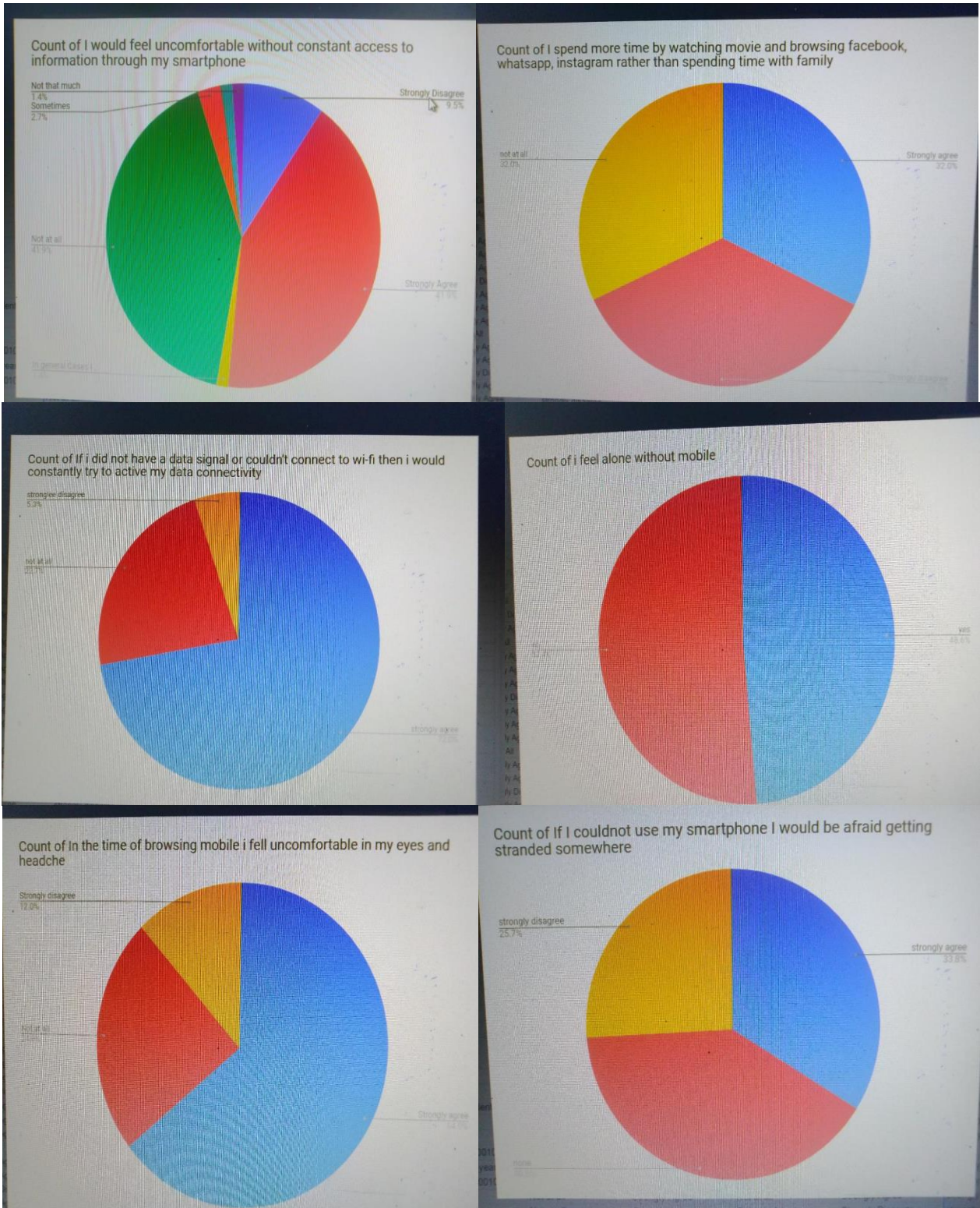
Figure-9: Innereye of brain sticks in mobile.

The bottom line: Nomophobia might not yet be classified as an official mental health condition. However, experts agree this issue of the technology age is a growing concern that can affect mental health. Nomophobia appears most common in young people, though many phone users experience some degree of symptoms. If you regularly use your phone, you might experience a brief moment of panic when you realize you don't have it or can't find it.^[13] This doesn't mean you have nomophobia. But if you worry so much about not having your phone or not being able to use it that you can't focus on what you need to do, consider reaching out to a therapist for help. Nomophobia can improve with treatment and lifestyle changes.^[12]

CONCLUSION

Basically, human beings are social creatures. Previously our social bonding was quite strong. We used to do a lot of face-to-face social interaction. Due to rapid urbanization, migration and increasing numbers of nuclear families, disintegration of social fabric has taken place in our society leading to a vacuum kind of situation. Mobile phones have effectively filled this vacuum, e.g., with the help of social media through which we are connected with others, nearly all the time.

Now we have thousands of social media friends (virtual friends), while in reality, may be with very few we really interact. The continuous pressure of remaining on social media, we tend to use our mobile phones continuously and that is creating problem for us, viz., NOMOPHOBIA. Now a days, after college education most children are usually away from their home for education or job purpose. Overuse of mobile phone by parents and their children is a way to obtain a mutual sense of security and social control via mobile phones. Simultaneously, when children use their mobile phones, they are virtually free from parental supervision in spite of the fact that they are sitting in the same room. They can be blissfully 1000 miles away through mobile phones networking/chatting with their peers. Mobile phone gives them a sense of "connection" with people, virtually. It is a type of an "over-connection syndrome" because our excessive mobile phone use reduces the number of face-to-face interactions. This interferes with our social and family interactions, significantly. The terminology "techno-stress" is frequently used to address a similar condition when people avoid face-to-face social interactions and are restricted within themselves, without concern for others.





Eventually they become depressed in later life. As already described, anxiety is induced in nomophobia cases by many factors, such as the loss of a cell phones, loss of signal, and with drained batteries of mobile phones. NOMOPHOBICS show some peculiar characteristics, such as – using mobile phone impulsively, as a protective mechanism to avoid social communication. Sometimes they carry multiple mobile phones along with battery charger to avoid the experience of disconnection from the virtual world. Nomophobics prefer virtual interactions and avoid face to face social interactions. As a result, they keep their phone in reach even when they are sleeping (the phone remains on 24 × 7 hours). Some of them look at the phone screen frequently to avoid missing any notification, which is termed as “ringxiety”. NOMOPHOBIA can put economic strain in the family due to use of excessive data which is costly also. NOMOPHOBIA may also lead to physical problems like pain in elbows, hands, and necks due to constant use. Anxiety and stress reactions may be experienced by a normal individual in public settings where mobile phone use is restricted (such as in airports, teaching institutions, and workplace). Overusing a mobile phone apps for

purchasing like “Amazon”, “Flipkart” etc., items can cause financial insecurity for the individual. The ability to remain in touch through a mobile phone gives the individual peace of mind and security unless they feel anxious and depressed. NOMOPHOBIA may also act as a proxy to other disorders. So, we have to be very judicious regarding its diagnosis. Some mental disorders can precipitate nomophobia also and vice versa. The complexity of this condition is very challenging to the patients’ family members as well as for the physicians as nomophobia shares common clinical symptoms with other disorders. That's why NOMOPHOBIA should be diagnosed by exclusion. As previously described, that, NOMOPHOBIC behaviour reinforces social anxiety tendencies. The affected persons get addicted to virtual and digital communications to ventilate their stress generated by social anxiety.

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This survey of mobile users and network usage is done among college goers immediate pass out from high school getting vast domain in college/university from restricted domain of school and tremendous using of mobile getting some obstacles in frequently mobile

using. The histogram & pie chart of outcomes will describe the usage of mobiles.

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