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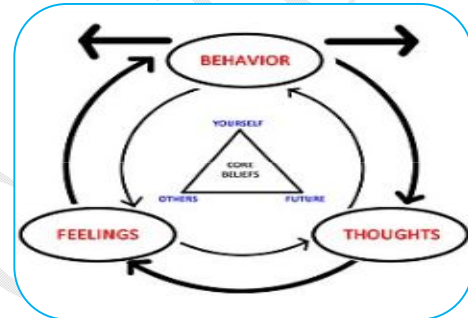


NOMOPHOBIA IN ADOLESCENTS AND RATIONAL EMOTIVE BEHAVIOUR THERAPY (REBT)

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ABSTRACT:

Nomophobia or 'no mobile phone phobia,' is also called as Smartphone addiction which is the onset of severe anxiety upon someone losing access to his or her smartphone. Adolescents become addicted more quickly than adults. The focus of the present research is on taking steps to reduce addiction. REBT is increasingly used to and is effective to treat no of maladaptive behaviours based on irrational thinking. The present research aims to study the impact of REBT on smartphone addiction among adolescents. Experimental method was employed using one group pre-test- post-test design which was conducted in three phases- I. Pre-test, II. Intervention programme. III. post-test. Sample of the study included 30 adolescents selected by Purposive sampling method. Mobile phone addiction Test by Dr.S.Velayudhan and Dr.S.Srividya was used for pre-test and post-test. Statistical analysis Mean, SD, & t-test were used to compare the scores of pre and post-test. Result showed that there is significant difference between pre-test and post-test for Nomophobia. The obtained result supports stated hypothesis hence it can be concluded that Rational Emotive Behavior Therapy (REBT) has positive impact on Nomophobia among adolescents. REBT was found to be effective in reducing Nomophobia in adolescents.



KEYWORDS: Nomophobia, REBT, Adolescent.

INTRODUCTION

Nomophobia or 'no mobile phone phobia,' is also called as Smartphone addiction which is the onset of severe anxiety upon someone losing access to his or her smartphone. Rapid increase in the cases of Nomophobia has focused the attention of research on behavioural addictions. Investigation on physical and psychological problems have been

reported. Steps are to be taken to reduce this situation as maximum adolescents are moving to words psychological and physical problems. REBT can contribute for treating the behavioural addiction. Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power. Nomophobia, coined from a term "no-mobile-phone-phobia"

describes the level of fear generated when a user is unable to communicate through their cell phone. Nomophobia is not only just a teenager issue but it has affected the mental health of adults as well. Over 60% of individuals around the world reported that smartphone usage has an effect on their self-esteem and self-confidence over time. Treating nomophobia should be primary focus to save the youths from nomophobia.

Rational emotive behaviour therapy (REBT) was originated in 1955 as a pioneering cognitive-experiential-behavioural system of psychotherapy. It is heavily cognitive and philosophic, and specifically uncovers clients' irrational or dysfunctional beliefs and actively-defectively disputes them. It holds that they disturb themselves with disordered thoughts, feelings, and actions, all of which importantly interact with each other and with the difficulties they encounter in their environment. Therefore, with emotional and behavioural disturbed people, REBT employs a number of thinking, feeling, and action techniques that are designed to help them change their self-defeating and socially sabotaging conduct to self-helping and socially effective ways. (science direct,2001)

Rational Emotive Behaviour Therapy (REBT) can be used effectively in reducing irrational fear. Rational emotive behaviour therapy is an approach to therapy that focuses on altering clients' patterns of irrational thinking to reduce maladaptive emotions and behaviour. Rational Emotive Behaviour Therapy (REBT) is the first form of cognitive-behavioural therapy (CBT), founded by the American psychologist Albert Ellis. REBT holds that it is not events that directly cause emotions and behaviours. Rather, it is one's beliefs about the events that lead to emotional and behavioural reactivity. This is a common cognitive-behavioural philosophy shared across various approaches. REBT places this central idea or philosophy into an ABC framework where the event is represented by the letter A (activating event or adversity), the beliefs are allocated the letter B, and finally emotions and behaviours are represented by C (consequences).

Working towards reducing addiction is the priority of the nation and world REBT is increasingly used to and is effectively used to treat no of maladaptive behaviours and substance addiction based on irrational thinking.

OBJECTIVES OF THE STUDY:

1. To study the impact of REBT on Nomophobia among adolescents.

HYPOTHESES OF THE STUDY:

1. Rational Emotive Behaviour Therapy (REBT) will have positive impact on Nomophobia among adolescents

METHODOLOGY:

Experimental Design: One group pretest- posttest design was used for the study.

Sample: Sample included 30 adolescents selected by Purposive Sampling Method

Tools: Tool used for the research was Mobile phone addiction Test by Dr.S.Velayudhan and Dr.S.Srividya.

Statistical Analysis: Mean, SD, & t-test were used to compare the scores of pre-and post-test.

Procedure: Identification of Nomophobia was carried on by using self-made smartphone addiction test. One group pre-test- post-test design was employed for the study. Sample of 30 adolescents were included in the group. The score on addiction scale were considered as pre-test scores. REBT intervention programme were taken for 7 weekly sessions. After the intervention programme smartphone addiction test was employed to gain post test score. Statistical analysis Mean,SD& t-test will be used to compare the scores of pre-and post-test and to observe the impact of REBT on Nomophobia.

- I. Pre-test (screening phase)
- II. Intervention programme (REBT, 7 weekly sessions)
- III. Post-test

REBT, 7 weekly sessions:

REBT	Sessions	REBT intervention
A- Identification of the Activating Event.	1	Summarize the situation causing nomophobia i.e expression and identification of feelings
B-Identify the Irrational Beliefs and "Musts.	2	Exploring the roles played by the musts and irrational beliefs in the creation phobia
C- Identify Consequences of holding the irrational belief.	3	Pointing out unhealthy negative emotions and self-defeating behaviours.
		Rational-Emotive Imagery: Establish new emotional patterns by making the adolescents imagine themselves the worst thing that could happen, unhealthy and upset feelings
D- Disputing the irrational belief:	4	Instruction of the model ABC; exercises regarding the role played by one's thoughts in his/her feelings and behaviours.
		Discussing about rational and irrational beliefs; instruction of how to recognize rational from irrational beliefs.
	5	Helping to Identify New Rational Beliefs based on non-demands, realistic evaluations and high frustration tolerance
	6	Rational Coping Self Statements: Adolescents are encouraged to prepare Rational Beliefs (RBs) and coping statements
		Encouraging Adolescents to substitute their Irrational Beliefs (IBs), and to keep using them steadily until they consistently believe and act on them.
E- Adopting a New Effect.	7	Helping adolescents to feel new healthy emotions and overcome cell phone phobia

Analysis and Interpretation of Data:

Hypotheses: Rational Emotive Behavior Therapy (REBT) will have positive impact on Nomophobia among adolescents

Table.1.1- Showing the mean &SD score of pre-test and post test.

Nomophobia		N	Mean	SD
	Pre-test	30	135.83	19.002
Post- test	30	113.27	31.153	

Table no 1.1 reveals the mean score & SD of pre-test and post-test for Nomophobia of adolescents. It indicates that the mean score of the pre-test stage M= 135.83(SD=19.002) is decreased in post-test stage M=1135.27 (SD =31.153). To test whether there are significant differences exist, the data is further subjected to t-test.

Graph1: Showing the mean &SD score of pre-test and post test

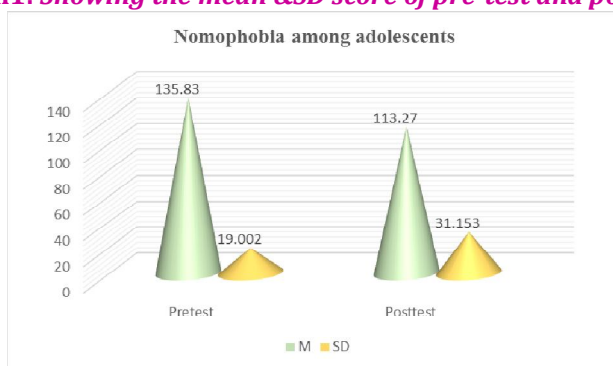


Table 1.2 - Showing significant difference between pre-test and posttest for Nomophobia

Nomophobia		N	Mean	SD	t-test	Sig
	Pre-test	30	135.83	19.002	3.387	0.001 P < 0.05
	Post-test	30	113.27	31.153		

Table no.1.2 shows that the obtained 't' value is 3.387 which is significant as $p < 0.05$ ($p = 0.001$). It also shows that there is significant difference between pre-test and posttest for Nomophobia. The obtained result supports stated hypothesis hence it can be concluded that Rational Emotive Behavior Therapy (REBT) has positive impact on Nomophobia among adolescents.

DISCUSSION & CONCLUSION:

The present research has aimed at exploring the theory and the techniques of REBT which can be applied to treat Nomophobia among the adolescence. The results show that REBT methodology has been effective and has decreased the level of Nomophobia among adolescents.

Nomophobia is the compulsive use of "a smartphone phone" by adolescents across the world. A new kind of health disorder in this category among adolescents, Nomophobia is now challenging health policy makers globally to think on this rapidly emerging issue. (Davey, Sanjeev and Davey Anuradha, 2014). Negative effects of nomophobia has given rise to physical and mental health of individual like anger, depression, moody swings, anxiety, fear, irritability, sadness, loneliness, boredom, restlessness and upset digestion problems etc Cognitive capacity and overall brain power are significantly reduced when smartphone is within glancing distance even if it's turned off and face down according to a recent study (This new report from the University of Texas at Austin, 2017). Evidences of attentional difficulties, most specifically ADHD, in children and adolescents (Visser et al., 2014). Today's youth population or student community is passing through the chaos, disturbance and mental incapacitation. It is recommended that awareness need to be created regarding advantages and disadvantages of mobile phones, Risk of using Smartphone overuse, and how this is damaging the personal life.

Thus, REBT treatment sessions may help the Adolescents Recognize irrational belief patterns and replace them with alternative rational and efficient belief patterns. The results of the present study showed that making prompt use of REBT could help the adolescent achieve a process of rational thinking and, accordingly, this method can be applied to the treatment of Nomophobia among

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