

PHFR ASSIGNMENT II

Mobile Related Issues- FOMO (Fear Of Missing Out), NOMOPHOBIA

SECTION – A

Group Members :

Name	Roll No.	ID
ATITHI JAIN	1912937	BTBTC19268
AYUSHI KHANDEWAL	1912941	BTBTC19089
CHARU SAINI	1912950	BTBTC19070
CHITRANSHI SRIVASTAVA	1912952	BTBTC19233



MOBILE RELATED ISSUES-

**FOMO (FEAR OF
MISSING OUT),**

**NOMOPHOBIA
(NO-MOBILE-PHONE
PHOBIA)**

FEAR OF MISSING OUT



“The compulsive fear that a more interesting or enjoyable event is currently happening elsewhere.”

Charu Saini
1912950

Fear of Missing Out

- ☐ The fear of missing out refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things than you are.
- ☐ It involves a deep sense of envy and affects self-esteem.
- ☐ It is often exacerbated by social media sites like Instagram and Facebook.





- ❑ It can apply to anything from a party on a Friday night to a promotion at work, but it always involves a sense of helplessness that you are missing out on something big.
- ❑ Smartphones and social media have escalated the occurrence of FOMO through online apps and websites like Twitter, Facebook, Instagram and Snapchat.

users are constantly comparing their lives to the idealized experiences they see posted online.

TYPES OF FOMO



Classification 1: FOMO When Others Do Not Interact as Expected

Kinds of FOMO	Preoccupied with
Fear of missing the ability to be popular	Lack of participation Missing prior interactions Loss of reputation
Fear of missing the ability to be interesting	The post is not appealing enough Profile less active
Fear of missing the ability to get the right interpretation	Whether the message is delivered Whether the message has been understood

Classification 2: FOMO When Unable to Interact or Connect as Wished

Kinds of FOMO	Preoccupied with
Fear of missing information due to large volume	Missing a particular post Reaching the necessary information
Fear of missing the ability to deal with different social networks	Locating an important message Prioritising the response
Fear of missing temporally available information	Removed by a person or naturally disappeared Frustration with speed versus temporal availability information Frustration with limited data usage versus temporal availability information



Classification 3: FOMO When Unwilling to Engage in Social Interaction	
Kinds of FOMO	Preoccupied with
Fear of missing valuable information	Ad hoc requests Lose the benefits of the group
Fear of missing the ability to defend your popularity	Misunderstanding (i.e., ignoring friends)



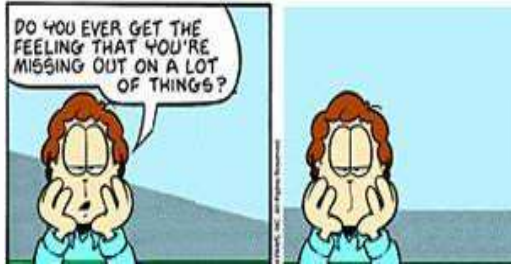
Classification 4: FOMO When Having to or Feeling a Need to Engage in Continuous Untimed Interactions

Kinds of FOMO	Preoccupied with
Fear of missing empathy and leaving a good impression	Missing self-image (rude) Missing empathy Hurting others' feelings (e.g., affect others' self-esteem)
Fear of missing the opportunity to know others' impressions	Need to reply Need for appreciation
Fear of missing a valuable opportunity	Missing commercials Missing employment opportunities

Classification 5: FOMO When an Online Social Gathering is Expected

Kinds of FOMO	Preoccupied with
Fear of missing the opportunity to attend an online event	Missing the live chat
Fear of missing the sense of relatedness	Missing peoples' availability on social media
Fear of missing the ability to be popular	Missing social rank

The Psychology of FOMO



43% OF SMARTPHONE USERS CHECK THEIR PHONE WITHIN FIVE MINUTES OF WAKING UP.



- A report titled “**#TheStruggleIsReal: Fear of missing out (FOMO) and nomophobia can, but not always, occur together**” explored the **DEPENDENCE TO THEIR PHONES** that humans are developing.
- From a psychological perspective, they found that both FOMO and nomophobia are linked with addictive behaviours, and that extensive smartphone and social media use are directly connected to lower self-esteem and greater emotional instability.
- It reports that teenagers significantly feel a societal pressure to constantly be available, and that constant incoming alerts contribute to FOMO.
- Moreover, the study found that FOMO in the group of teens led to lower self-esteem, trouble with sleep, and anxiety.

How to Overcome FoMOing ?

What to do when someone is FoMOing ? ...

FOMO is quite common among millennials and makes people feel sad, envious or lonely. We all experience such emotions and sometimes it becomes too overwhelming for us. Here's, somethings or you can say some steps you can take:



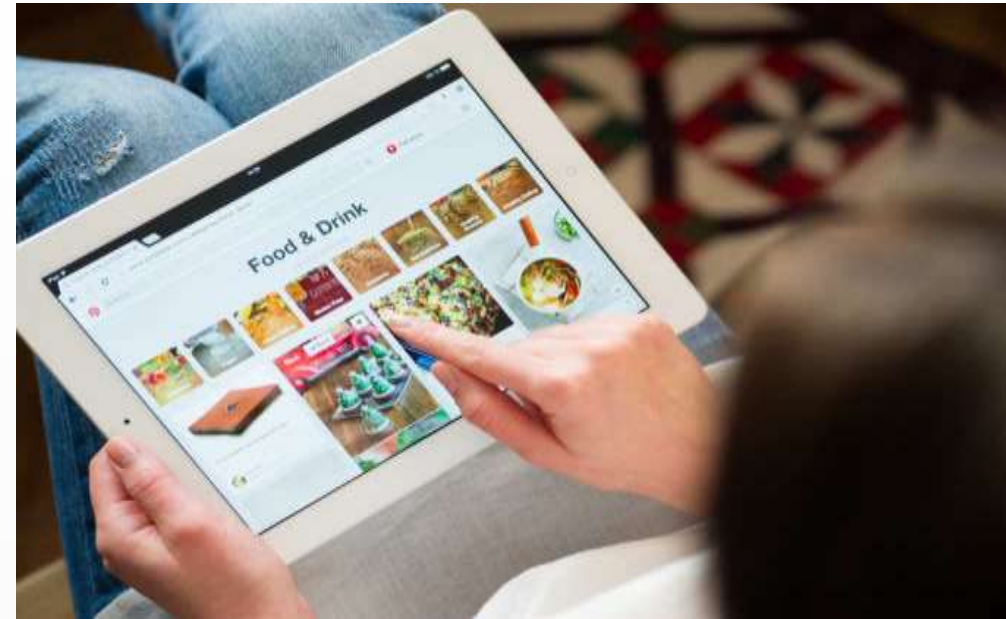
- ❑ **Slow down:** - Escape the fast-paced world of social media. Most of us move at a faster pace than is necessary or beneficial to our best interests. Practice taking your time when eating, driving, talking, making love, or engaging in the tasks of everyday living. Put small reminders on doors, refrigerators of your house that simply read “Slow Down”.
- ❑ **Change Your Focus:** - Rather than focusing on what you lack, try noticing what you have. This can be done better when your phone or social media is not around you... Breathe and do “One thing at a time”.

❑ **Avoid comparisons:** - You need to understand that everyone is different, we have different challenges and goals in life. Stop comparing yourself with others, especially with celebrities and influencers. Posting happy or exciting pictures on social media does not guarantee that they are really happy and fulfilled. Everyone has their issues.

❑ **Replace Negative Thoughts With More Reasonable Ones:** - Tracking negative thoughts also allows us to recognize the

negative words and phrases which we repeat to ourselves. Then, when we catch ourselves saying something negative to themselves, we can redirect our thoughts and replace the negative words with something positive.

❑ **Focus on Gratitude and Seek out real connection:** - Sometimes simply telling Yourself and others what you appreciate about them can lift your spirits as well as those of everyone around you. And who knows A lift in mood may be just what you need to relieve yourself of feeling depressed or anxious. Go and talk to someone whom you consider really close to.



❑ **Be kind to yourself:** - Take a break from your busy life and explore your surroundings. It is always good to go out and meet new people. Once in a while plan a trip with our friends or go solo. Being close to nature calms your mind and helps to manage your anxiety. You can take a walk near your place. This will also have a similar effect.



❑ **Acknowledge the problem and seek help:** - Most people suffer from FOMO but do not consider it a very serious mental health issues. This is their biggest mistake. Acknowledge that there is some issue, which needs to be resolved. Living with such issues can be harmful to your health in the long run. So, if your condition is severe, seek professional help.



How to avoid FOMO ?

Here are several ways to avoid feeling FOMO — I, myself, am going to try these out:



Realize That You Might Not Actually Be Missing Out: - A lot of what we do on social media is exaggerated to make our lives seem a lot better, and frankly more fun, than they really are. The bigger issue is that when social media and FOMO collide, we might find we're comparing ourselves to these exaggerated lives of others. We'll never match up to it, because it's simply not realistic. Stop and realize these lives you're witnessing online don't actually exist.

Avoid Over-Using Social Media: -Here may be the root of your problem. As discussed above, social media offers up a fantasy world. Cut down your social media timing





Keep a Journal: - Writing a journal helps you in several ways and has a positive impact on your life. Write down all the good or positive things that happened to you. This will remind you that there are so many things you should be thankful for. It will also help you to think positively and will ease your anxiety.

Keeping a journal can help you to shift your focus from public approval to private appreciation of the things that make your life great. This shift can sometimes help you to get out of the cycle of social media and FOMO.

Take note of the things you are grateful for: - remember the things you do have to be grateful for, whether that may be family, friends, or past experiences. FOMO is fear of not having something that is necessary for our well being. Gratitude allows us to count the blessings in our life right now, in this moment, where life is actually going on.





Be OK With Not Being Able To Do It All: - Needs are limited. Desires are endless. Accepting the essential futility of trying to fulfill every desire we have is much wiser than indulging all of our impulses for gratification. Prioritizing certain activities enables us to let go of others. Decide what your highest priorities are and focus on them.

Savor the moment: - Take time to linger on pleasurable experiences rather than rushing through them in the hunt for the next thrill. *Really* smell the coffee (and the roses and the other delightful scents that you encounter).

Take the time to thoroughly take pleasure in the sensory delights that enter into your field of awareness and cultivate the fine art of savoring the tastes, sights, and other sensations that you encounter in your daily life.



Enjoy the process: - Integrating these practices into your life can be a labor of love and can be experienced as a blessing and an opportunity, rather than a series of obligations. Let yourself take pleasure in the heightened level of relaxation and ease that comes into your life as you gift yourself with these experiences. It's not just you — everyone in your life benefits from losing FOMO!





NOMOPHOBIA

No-Mobile-Phone Phobia



Name – Chitranshi Srivastava
Roll no – 1912952



NOMOPHOBIA:

THE FEAR OF BEING WITHOUT OR LOSING YOUR MOBILE PHONE

The term –

“NOMOPHOBIA”

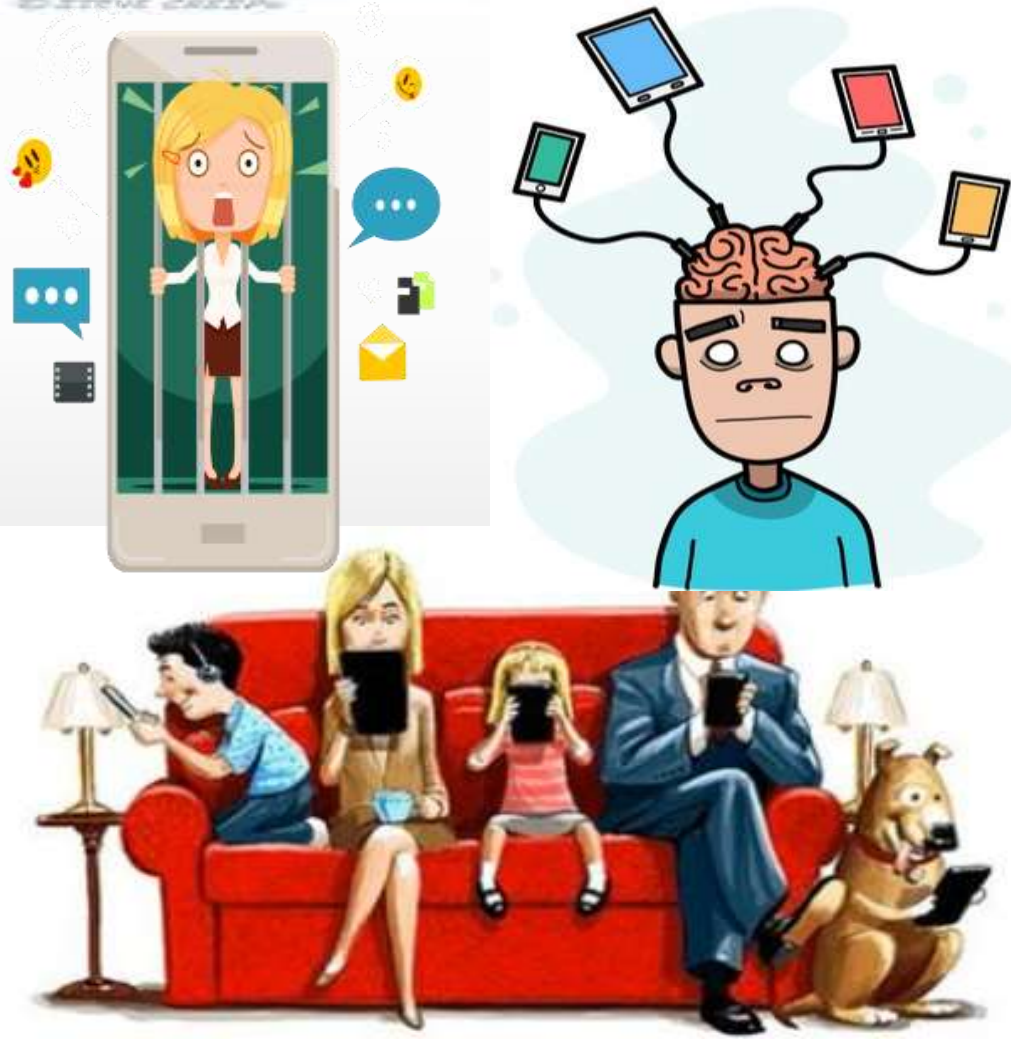
or

**“ NO MOBILE
PHONE PHOBIA ”**

is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity.

Name – Chitranshi Srivastava

Roll no – 1912952



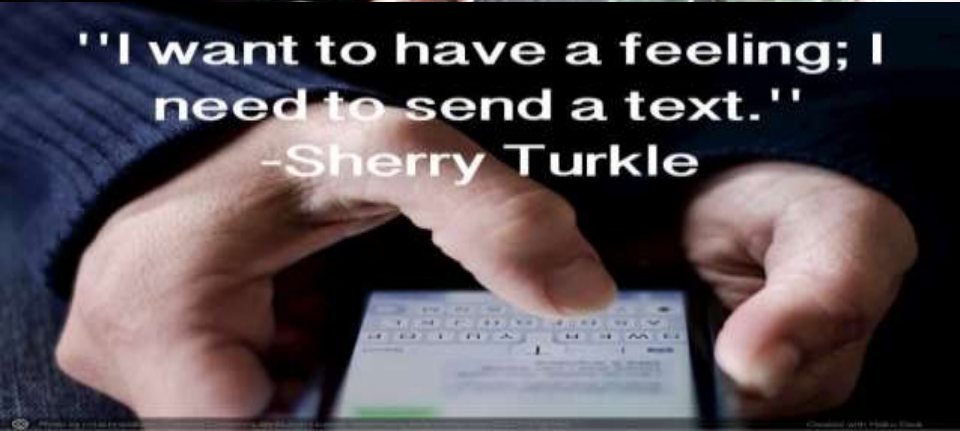
- ❖ Mobile phones have become a ubiquitous part of modern life.
- ❖ Not only do they serve as a way to communicate, but they also act as a social network tool, personal organizer, online shopping tool, calendar, alarm clock, and mobile bank.
- ❖ While they are without a doubt beneficial devices, some suggest that overreliance on digital devices may be a form of behavioral addiction.
- ❖ Nomo phobia is an abbreviated form of "**no-mobile-phone phobia**." The term was first coined in a 2008 study that was commissioned by the UK Postal Office.
- ❖ 84% worldwide sat they couldn't go a single day without their mobile devices in their hands – TIME MOBILITY POLL.



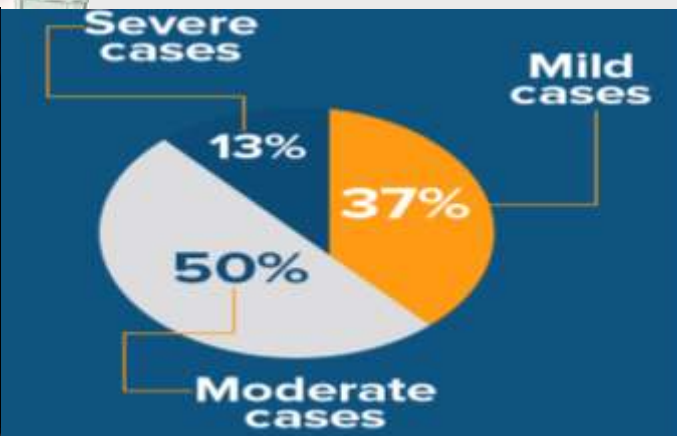
"I once counted eight people at a table, all interacting with their phones." -Leah Wihler



"I want to have a feeling; I need to send a text." -Sherry Turkle



- The term NOMOPHOBIA is constructed on definitions described in the DSM-IV, it has been labeled as a “phobia for a particular/specific things”.
- According to SecurEnvoy, 67% of mobile phone users become anxious when-
 - ‘lose their phone’
 - ‘run out of battery’
 - ‘have no network coverage’
- 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.
- They are reported spending an average of 94.6 minutes a day TEXTING – Baylor University.
- 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.



In fact, 80% of people admit to being on their smart phone while watching TV.

6 Stages of **NOMOPHOBIA**

Nomophobia Definition: Fear of being without a working cell phone.



Shock



Denial



Anger



Ashamed



FOMO



Resourceful

ASIA'S SMARTPHONE ADDICTION

MAIN IDEA

The signs of addiction to smartphone such as the feeling of anxiety when their hand is empty without phone.

PURPOSE

To persuade the audience to concern of how is addiction to phone and what is their early warning signs.

TONE

CONCERN

Intended audience

Smartphone's users

SUPPORTING DETAILS

- Constantly checking your phone for no reason.
- Feeling anxious or restless at without phone.
- Avoiding social interaction in favour of spending time on your phone.
- Decline in academic or work performance
- Easily distracted by emails or smart app.

CONCLUSION/ OPINION

- The continent will be shared something positive and not just anxiety.
- Language used is simple and easy to understand.
- Article has factual support.

CAUSES, SYMPTOMS AND TREATMENT OF NOMOPHOBIA



CAUSES

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.

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.
- ❖ 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.
- ❖ 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. *Social Media* is also an another cause of nomophobia.



Pictures showing Causes of Nomophobia



By close family member



Living in Anxiety



Fear of Isolation



Social Media

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.

Physical symptoms include:

- tightness in your chest
- ***trouble breathing*** normally
- trembling or shaking
- increased sweating
- feeling ***faint, dizzy***, or disoriented
- ***rapid heartbeat***
- muscular tension at shoulder level, stiffness in the neck and ***discomfort in the cervical area***
- ***headaches, eye discomfort*** and even problems with the proper production of ***melatonin***, ***Tendinitis*** or thumb syndromes

THE WARNING SIGNS OF **NOMOPHOBIA**

...the irrational fear of losing
or not having access to one's
mobile phone



WITHDRAWAL SYMPTOMS
when your mobile phone or
network is unreachable



ANXIETY
you begin to feel stressed when your
phone battery drops into the red zone



BOREDOM OR DEPRESSION
losing yourself online evaporates
depression & boredom into thin air



DISTURBED SLEEP
affects your ability to think clearly
& reduces cognitive and learning skills



RISK
you put your life at risk
to check your phone

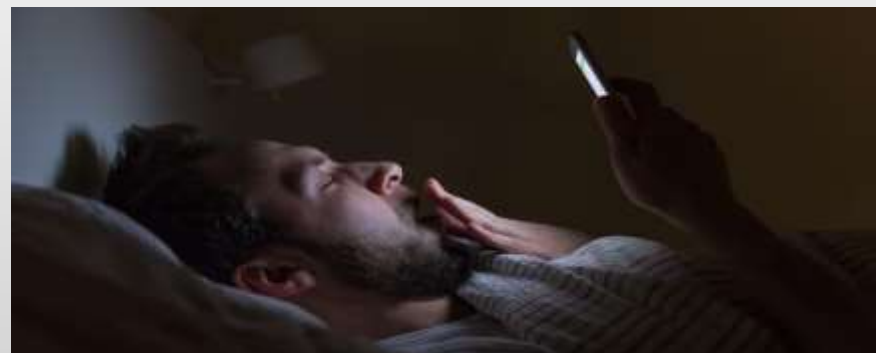


ALWAYS WITH YOU
you're unable to contemplate
being without your phone

NOMOPHOBIA FEAR OF BEING WITHOUT YOUR PHONE

SYMPTOMS

- 1 INABILITY TO TURN OFF YOUR PHONE**
- 2 CONSTANTLY CHECKING YOUR PHONE**
- 3 CHARGING YOUR BATTERY DESPITE FULLY CHARGED**
- 4 TAKING PHONE EVERYWHERE**
- 5 REPEATEDLY CHECKING ON YOUR PHONE**
- 6 NOT ABLE TO CONNECT TO THE INTERNET**
- 7 NOT BEING ABLE TO CALL**
- 8 STRESS OVER BEING DISCONNECTED FROM SOCIAL PRESENCE**



Not getting enough sleep

5 SIGNS YOU'RE SUFFERING FROM NOMOPHOBIA



- ☐ *YOU FEEL ANXIOUS WHEN YOUR PHONE BATTERY GETS LOW.*
- ☐ *YOU CAN'T LEAVE THE HOUSE WITHOUT YOUR SMARTPHONE.*
- ☐ *YOU FEEL ANNOYED WHEN YOU CAN'T ACCESS YOUR PHONE.*
- ☐ *YOU PUT YOUR LIFE OR OTHERS' LIVES AT RISK TO CHECK YOUR SMARTPHONE.*
- ☐ *YOU USE YOUR PHONE TO CHECK FOR WORK UPDATES WHILE ON HOLIDAY.*

TREATMENT

If you have symptoms of nomophobia or if you feel like your mobile phone use is causing problems in your life, talking to a mental health professional can help. While there is no specific treatment for nomophobia:

- ***Exposure Therapy*** helps you learn to face your fear through gradual exposure to it.
- ***Cognitive-Behavioral Therapy*** aims to change your maladaptive thoughts, feelings, and behaviors into healthy and positive ones.
- ***Medications*** Depending on your symptoms, a psychiatrist may recommend using medication for a short time as you learn to cope with your symptoms in therapy.
- ***Coping***
 - i. *Set boundaries by **Download an application** to help cut down on cell phone use.*
 - ii. *Find a balance.*
 - iii. *Take short breaks.*
 - iv. *Find other ways to occupy your time.*





Consult Doctor



Read Books



Meet More People

