

# NOMOPHOBIA AND RESILIENCE IN YOUNG ADULTS: A CORRELATIONAL STUDY

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## Abstract

The study explores the complex interplay between Nomophobia, the fear of being without one's mobile phone, and resilience among young adults. The research utilized a sample of 250 participants aged 15 to 29, employing two well-established instruments: the Nomophobia Questionnaire (NMP-Q) developed by Yildirim and Correia (2015) and the Connor-Davidson Resilience Scale (CD-RISC). The data analysis, conducted using SPSS software, incorporated both descriptive and inferential statistical methods to provide a comprehensive understanding of the relationship between these two variables. The findings of the study revealed a significant positive correlation between Nomophobia and resilience, revealing that individuals with higher levels of nomophobia tend to exhibit higher resilience scores. This positive relationship highlights individuals may develop adaptive coping mechanisms to manage the anxiety associated with being disconnected from their mobile devices. However, further research is needed to explore the underlying factors contributing to this relationship. These findings have important implications for mental health interventions targeting young adults in the digital age.

**Keywords:** Nomophobia, resilience, young adults

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## INTRODUCTION

In today's digital age, individuals are increasingly engaging with the online and digital world daily, as it allows them to express themselves freely and seek out things they cannot find in the physical world. They also used it to watch, have fun, and pass the time. Smartphone are among the best tools for connecting people to the virtual world in their daily lives. People's daily habits and behaviors have changed as a result of the increased use of new technologies such as computers, tablets, and mobile phones, as well as the increased use of virtual communication. This has also resulted in psychosocial issues. These include Internet addiction, ego surfing, mood disorders, academic failure, virtual laziness, unhappiness, resilience, sleeplessness, eating disorders, digital hoarding, digital addiction, photo lurking, stalking, YouTube narcissism, and anxiety disorders (Batu et al., 2020; Saribay & Durgun, 2020).

Resilience, defined as the capacity to adapt positively in the face of adversity or stress, plays a crucial role in moderating the psychological impact of such dependencies. Understanding the correlation between Nomophobia and resilience among young adults is essential to identify protective factors that can mitigate negative outcomes associated with excessive mobile phone use. This study aims to explore the relationship between Nomophobia and resilience, providing insights into how young adults cope with mobile phone-related anxieties and the extent to which resilience influences their digital behaviors and mental well-being.

The extensive use of various platforms and the awareness of their functions through smart phones have led to certain fears and negative experiences. This new wave of anxiety stems from the potential loss of access to social media, the Internet, and smart phones. According to Saribay and Durgun (2020), netlesphobia is the fear of being disconnected from the Internet anywhere, FOMO refers to the fear of missing out on social media updates, and Nomophobia is the fear of being without a phone or going out in public without one. When individuals are separated from their smart phones, they may exhibit anxious, tense, or hostile behavior (Polat, 2017). These individuals might begin to engage in risky and antisocial behaviors (Billieux, 2012). Consequently, the reasons behind Nomophobia include psychological and socio-demographic factors such as self-esteem, happiness, communication challenges, anger, resilience, as well as socio-demographic factors like age, gender, marital status, and income level.

Nomophobia has increasingly become a significant mental health concern as smart phones have become integral to daily life, influencing social interactions, work, and access to information. The persistent reliance on mobile technology can exacerbate feelings of vulnerability and dependency, leading to heightened stress when access is restricted or lost. This dependence not only impacts emotional well-being but may also impair cognitive functions such as attention and memory, contributing to a cycle of anxiety and avoidance behaviors.

Resilience, defined as the ability to adapt and recover from stress or adversity, plays a crucial role in moderating the psychological impact of Nomophobia. Individuals with higher resilience levels are better equipped to manage the anxiety associated with disconnection from their devices, maintaining emotional stability and adaptive coping strategies. Studies suggest that resilience can buffer against the negative effects of technological dependence by fostering problem-solving skills, emotional regulation, and social support utilization. Integrating resilience-building interventions into Nomophobia management could mitigate its adverse effects. Techniques such as mindfulness, cognitive-behavioral strategies, and social skills enhancement may empower individuals to reduce their reliance on smart phones and develop healthier relationships with technology. Understanding the interplay between Nomophobia and resilience is essential for designing effective prevention and treatment programs that promote psychological well-being in an increasingly digital world.

The need for this study arises from the increasing integration of smart phones into daily life, which has led to widespread psychological and behavioral issues such as Nomophobia—anxiety related to being without a mobile phone. Despite the growing recognition of Nomophobia as a significant mental health concern, there remains a gap in understanding how resilience, the capacity to adapt positively to stress, influences individuals' ability to cope with this anxiety. Given that excessive Smartphone dependence can cause emotional distress, cognitive impairment, and risky behaviors, investigating the relationship between Nomophobia and resilience among young adults is crucial. This research will provide valuable insights into protective factors that can mitigate the adverse effects of mobile phone-related anxieties, informing the development of targeted interventions to promote healthier digital habits and psychological well-being in an increasingly connected world.

The scope of this study encompasses examining the relationship between Nomophobia and resilience specifically among young adults, a demographic characterized by high Smartphone usage and vulnerability to mobile phone-related anxieties. It focuses on identifying how resilience influences coping mechanisms in the face of Nomophobia and explores the psychological and behavioral consequences of excessive Smartphone dependence. The study aims to assess protective factors that can mitigate emotional distress, cognitive impairments, and risky behaviors linked to Nomophobia. Additionally, it considers socio-demographic variables that may affect this relationship, with the ultimate goal of informing the development of targeted interventions to promote healthier digital habits and enhance psychological well-being in an increasingly connected society.

## REVIEW OF LITERATURE

The phenomenon of Nomophobia, defined as the fear or anxiety of being without access to a mobile phone or mobile connectivity, has emerged as a significant behavioural addiction in the context of increasing Smartphone and mobile internet use (King et al., 2013; Yildirim & Correia, 2015). It is characterized by distress and discomfort when individuals are unable to communicate virtually via their mobile devices (Bragazzi & Puente, 2014). The growing body of research highlights nomophobia's association with various psychological and behavioural variables such as anxiety, distraction, resilience, and academic performance (Aguilera-Manrique et al., 2018; Lee et al., 2018; Gezgin et al., 2018; Mendoza et al., 2018). However, the relationships between Nomophobia and constructs like mindfulness and psychological resilience remain underexplored, despite their relevance to behavioural addictions (Arpaci, 2020). Mindfulness, broadly conceptualized as the non-judgmental awareness of the present moment, has gained considerable attention for its psychological benefits, including reductions in anxiety, depression, and behavioural addictions (Bishop et al., 2004; Brown & Ryan, 2003; Spears et al., 2017). Empirical studies have demonstrated negative associations between mindfulness and addictive behaviours such as Smartphone addiction and Nomophobia (Arpaci, Baloglu, & Kesici, 2019; Yang et al., 2019). Mindfulness is posited to reduce maladaptive cognitive and emotional responses, thereby mitigating the risk of behavioral addictions (Thompson, Arnkoff, & Glass, 2011).

Psychological resilience, defined as the capacity to maintain or recover psychological well-being in the face of adversity, plays a critical role in moderating the impact of stress and addictive behaviors (Fletcher & Sarkar, 2013; Masten, 2001). Studies have consistently reported negative correlations between resilience and various forms of addiction, including Smartphone addiction, internet addiction, and problematic social media use (Yildiz-Durak, 2018; Nam et al., 2018; Hou et al., 2017; Canale et al., 2019). Resilience enhances coping mechanisms that help individuals manage the challenges associated with behavioral addictions, potentially reducing Nomophobia (Hou et al., 2017; Park & Choi, 2017).

The interrelationship between mindfulness and psychological resilience is supported by theoretical and empirical work suggesting mindfulness fosters resilience by promoting adaptive emotional regulation and disengagement from automatic maladaptive responses (Kalmanowitz, 2016; Kurilova, 2013; Bajaj & Pande, 2016). Empirical evidence confirms a positive relationship between mindfulness and resilience, with resilience mediating the effects of mindfulness on well-being outcomes (Sünbül & Güneri, 2019; Bajaj & Pande, 2016). Given that resilience is negatively associated with Nomophobia, it is plausible that psychological resilience mediates the relationship between mindfulness and Nomophobia, a hypothesis that aligns with findings in related behavioral addiction contexts (Hou et al., 2017; Park & Choi, 2017). Despite the growing interest, the literature reveals a gap in studies explicitly examining

the mediating role of psychological resilience in the mindfulness-Nomophobia relationship, particularly among adolescents. Addressing this gap is essential for developing targeted interventions that enhance mindfulness and resilience to prevent or reduce Nomophobia and its associated negative outcomes.

## THEORETICAL FRAMEWORK

The theoretical framework for the study is primarily grounded in the Transactional Model of Stress and Coping developed by Lazarus and Folkman (1984). This model explains how individuals perceive, evaluate, and respond to stressors based on cognitive appraisal and available coping resources. Nomophobia, understood as the anxiety experienced when individuals are unable to access their mobile phones, can be viewed as a modern stressor arising from digital dependency. According to Lazarus and Folkman, when individuals appraise a situation as threatening and believe their coping resources to be insufficient, stress intensifies. In this context, resilient young adults may use smart phones as tools to manage academic pressure, social expectations, or emotional strain. This can result in a paradox where resilience, rather than reducing anxiety, contributes to increased reliance on digital devices. Thus, the model helps explain why resilience may coexist with, or even amplify, nomophobic tendencies.

The study draws on Self-Regulation Theory proposed by Baumeister and Vohs (2007), which posits that individuals use external aids to regulate emotions, behaviours, and psychological states. Smartphone's serve as accessible self-regulation tools by providing instant communication, entertainment, reassurance, and social connectivity. For resilient individuals, these devices may enhance coping by offering quick solutions to stress or discomfort. However, frequent reliance on such tools can gradually foster dependency, contributing to Nomophobia when the device is unavailable. The theories provide a comprehensive foundation for understanding the interaction between resilience and Nomophobia. They reveal that resilience does not always function as a simple protective factor; instead, it may encourage adaptive and sometimes excessive Smartphone use. The theoretical integration supports the study's examination of how psychological strengths and digital anxieties intersect in the lives of young adults.

### Problem statement

The study attempted to find the relationship between Nomophobia and resilience among young adults. In an era where mobile phone use has become deeply integrated into daily life, concerns about excessive dependence have increased, giving rise to conditions such as Nomophobia. At the same time, resilience—the ability to adapt, cope, and recover from stress or adversity—remains a crucial psychological attribute for healthy development. Despite the growing prevalence of Nomophobia, limited research has explored how this dependency may influence or relate to the resilience levels of young adults. Therefore, the present study seeks to address this gap by examining whether a significant association exists between Nomophobia and resilience, thereby contributing to a better understanding of the psychological implications of mobile phone dependence.

## METHODOLOGY

The study adopted a quantitative descriptive survey research design to examine the relationship between Nomophobia and resilience among young adults. The approach enabled the collection of measurable data necessary for identifying patterns and associations between the variables. To analyze the relationship, inferential statistics were applied, using Pearson's Product-Moment Correlation Coefficient to determine the strength and direction of the linear association between Nomophobia and resilience. Through this method, the study titled "Nomophobia and Resilience in Young Adults: A Correlational Study" provides a systematic assessment of how mobile phone dependency relates to the coping abilities of young adults.

### Aim

To examine the relationship between Nomophobia and resilience among young adults, with the objective of understanding how mobile phone dependency may influence their ability to cope with stress, adapt to challenges, and maintain emotional well-being. The study seeks to provide insights into whether higher levels of Nomophobia are associated with variations in resilience, thereby contributing to the broader understanding of psychological outcomes linked to excessive mobile phone use

### Objectives

1. To study the level of Nomophobia among young adults
2. To study the level of Resilience among young adults
3. To study the relationship between Nomophobia and Resilience among young adults

### Hypothesis

H<sub>0</sub>: There is no significant relationship between Nomophobia and resilience.

### Sampling description

The sample for the study comprises 250 young adults ( $N = 250$ ) between the ages of 18 and 26 years. The age group was selected as it represents a developmental stage marked by high mobile phone usage, increasing independence, and evolving coping abilities. The sample size is adequate for conducting correlational analysis and allows for meaningful interpretation of the relationship between Nomophobia and resilience within this population.

### **Sampling Technique**

The sampling technique used in the study is the simple random sampling method. The approach was chosen because the sample size is sufficiently large, allowing each individual in the population an equal chance of being selected. Simple random sampling enhances the representativeness of the sample and ensures high external validity, making the findings more generalizable to the broader population of young adults.

### **Inclusion Criteria**

1. Respondents comprise any gender.
2. Respondents between the age of 18–26 years are included.
3. Respondents who use smart phone.

### **Exclusion Criteria**

1. Respondents who are younger than 18 years and older than 26 years are excluded
2. Respondents who are unwilling to participate in this study.
3. Respondents with known cognitive impairments are excluded.

### **Variables**

**Independent variable** – Nomophobia

**Dependent variable** – Resilience

### **Tools Used:**

1. Nomophobia Questionnaire (NMP-Q) (Yildirim and Correia (2015).
2. Connor Davidson Resilience Scale (CD-RISC) - 2010.

### **Tool description:**

**Tool 1:** Nomophobia Questionnaire (NMP-Q)

A Nomophobia Scale (NMP-Q), which was developed by Yildirim and Correia (2015), which has 20 questions, each scored on a 7-point Likert scale. The total score on the NMP-Q is 20 at its lowest ( $20 * 1$ ) or 140 ( $7 * 20$ ) at its highest. NMP-Q score of 20 indicating the absence of Nomophobia; an NMP-Q score greater than 20 and less than 60 corresponding to a mild level of Nomophobia; an NMP-Q score greater than or equal to 60 and less than 100 corresponding to a moderate level of Nomophobia; and an NMP-Q score greater than or equal to 100 corresponding to a severe Nomophobia. The Cronbach's Alpha reliability coefficient of the scale was 0.95 and concurrent validity was indicated.

### **Tool 2:**

Each of the 10 assertions was accompanied by a 4- point Likert scale on which the sample respondents were asked to indicate their level of agreement or disagreement, with scores ranging from 0 (showing the least resilient) to 4 (representing the most resilient). Each respondent was assigned a score between 0 and 40 based on the sum of their statement-by-statement resilience ratings. If you scored below 14, your resilience is low; if you scored between 27 and 28, it's moderate. The whole scale's Cronbach's alpha was 0.89, indicating high reliability. The validity coefficient value was 0.8.

### **Statistical Analysis:**

The collected data were analyzed using descriptive and inferential statistics in order to specify summarized information about the variables, to highlight potential relationships between the variables, and to provide elucidation on the relationship between Nomophobia and resilience.

### **Conceptual Definitions**

**Nomophobia:** Nomophobia is "the anxiety that arises from a person's belief that they may lose access to their mobile phone and, consequently, their connected world," according to Yildirim and Correia (2015). Nomophobia, also known as "NO Mobile Phone Phobia," is the fear or anxiety that comes with not being able to use a mobile device. Agitation, breathing abnormalities, and other symptoms may result from it.

**Resilience:** The ability to cope well with social deprivation or extreme adversity is what we mean when we talk about resilience. Problems in one's personal life, such as those with one's family or significant other, one's health, or one's professional or financial situation, can be a source of stress and difficulty.

### **Procedure**

The purpose of this study is to determine the relationship between Nomophobia and Resilience among young adults. In order to do so, these two scales were used in the research process – Nomophobia Scale (NMP-Q) to determine the level of Nomophobia and CD-RISC scale to measure one's resilience levels among young adults. The prepared survey consists of both the variables' scale and demographic details. The questionnaires were distributed and were filled in by respondents. Data was collected from both men and women. Data was collected by simple random sampling method directly. The sample consists of 250 young adults within the age of 18–26 years.

## RESULT & DISCUSSION

**Table 1: Distribution of samples based on age group**

Age	Gender		Total
	Male	Female	
18 – 20	48	101	149
21 – 23	38	39	77
24 – 26	13	16	29
<b>Total</b>	<b>99</b>	<b>156</b>	<b>255</b>

**Figure 1: Pictorial representation of sample based on age group**

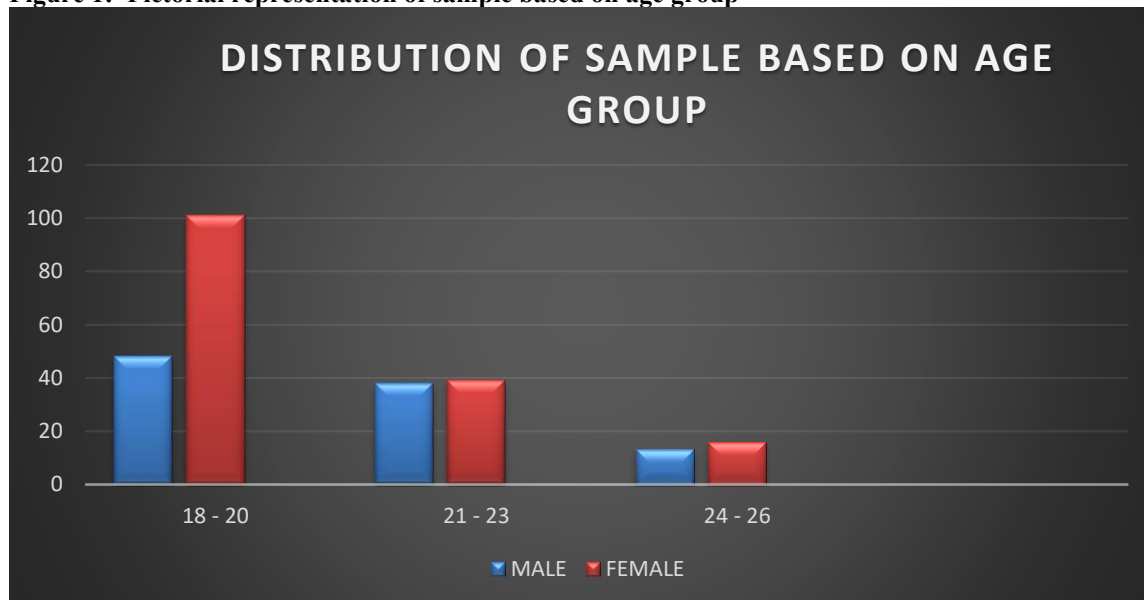
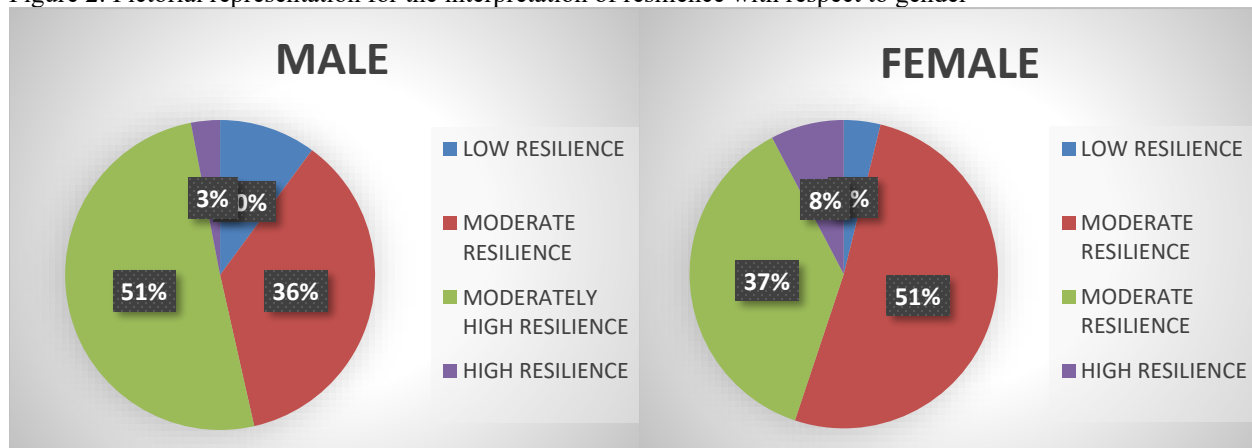


Table 1 and figure 1 show the distribution of sample based on age group. Out of 255 of participants, in age group of 18 – 20, there were 48 males and 101 females; in age group of 21 – 23, there were 38 males and 39 females; in age group of 24 – 26, there were 13 males and 16 females.

**Figure 2: Pictorial representation for the interpretation of resilience with respect to gender**



It indicates the interpretation of resilience in males (99) and females (156) in the study. Among males, 10 have low resilience, 36 have moderate resilience, 50 have moderately high resilience, and 3 have high resilience. Among females, 6 have low resilience, 80 have moderate resilience, 58 have moderately high resilience, and 12 have high



resilience. In the "moderate resilience" category, females (80) outnumber males (36), indicating that more females report moderate level of resilience compared to males; it might be because, the number of data collected from females were higher than males.

Figure 3: Pictorial representation for the interpretation of Nomophobia with respect to gender

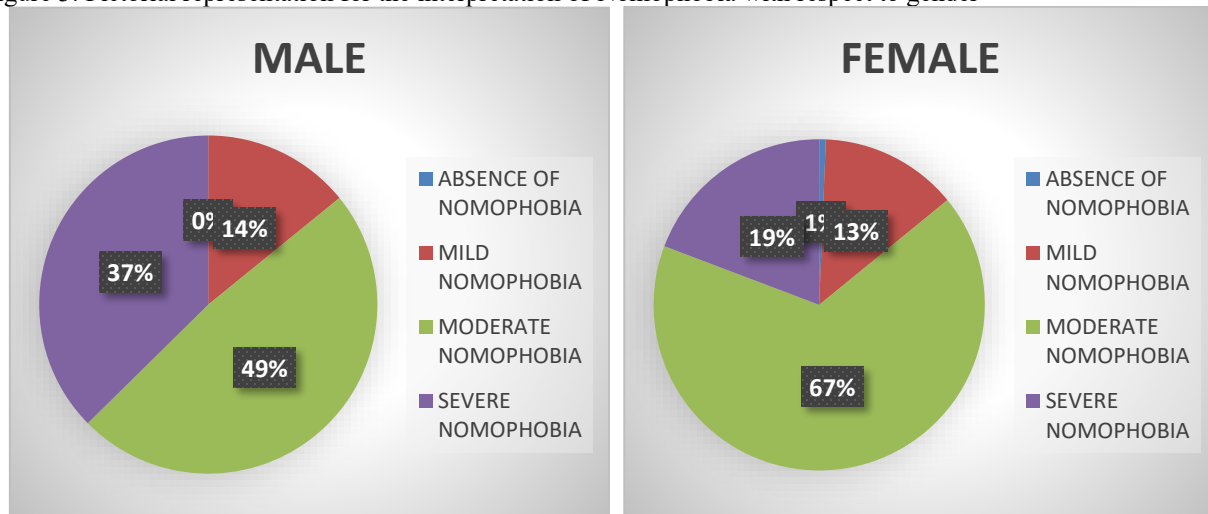


Figure 3 indicates the interpretation of Nomophobia in male (99) and female (156) in the study. Among males, 0 have absence of Nomophobia, 14 have mild loneliness, 48 have moderate Nomophobia, and 37 have severe Nomophobia. Among females, 1 has absence of Nomophobia, 21 have mild Nomophobia, 104 have moderate Nomophobia, and 30 have severe Nomophobia.

Table 2: Correlation between Nomophobia and resilience

Variables	Mean	Standard deviation	N	Pearson correlation	Sig
Nomophobia	83.3	21.536	255	0.24*	0.010
Resilience	49.47	9.134	255		

The correlation between Nomophobia and resilience was examined in a sample of 255 participants. The mean score of Nomophobia was 83.3 (SD = 21.536), resilience had a mean score of 49.47 (SD = 9.134). Pearson's correlation analysis revealed a significant positive correlation between Nomophobia and resilience, [ $r = +0.24$ ], [ $p = 0.010$ ]. This indicates that higher Nomophobia scores are associated with higher levels of resilience among the participants. The findings demonstrate a statistically significant positive relationship between Nomophobia and resilience in this sample. Although the correlation coefficient suggests a modest association, it is meaningful and implies that as Nomophobia increases, resilience may also tend to rise. This result may seem counterintuitive, as resilience is often thought to protect against technology dependence. However, some recent literature posits that in certain contexts, resilient individuals may turn to digital devices as adaptive coping resources, especially when facing academic, social, or personal stress. The findings contribute to a nuanced understanding of the interplay between psychological coping strengths and technology-related anxieties, suggesting that resilience does not uniformly reduce vulnerability to Nomophobia but may sometimes coexist with it. Future research should investigate possible moderating factors, such as social support or coping style, to further elucidate this relationship.

#### Implications of the Study

The study's findings emphasize the need for digital well-being interventions that do not solely focus on reducing Nomophobia but also foster adaptive resilience and coping strategies in young adults.

- Educational and clinical programs should consider that resilience might not always protect against digital anxieties; instead, interventions could be designed to help students recognize when technology use shifts from adaptive to maladaptive.
- Further research is warranted to explore the moderating role of factors such as social support or coping styles. Longitudinal studies could clarify whether the relationship between resilience and Nomophobia changes over time.
- Policymakers and educators can utilize these findings to develop holistic programs addressing healthy Smartphone use, integrating resilience training also tackling the psychological roots of technology dependence

### Final reflections of the study

1. The study revealed a significant positive correlation between Nomophobia and resilience among young adults, indicating that higher levels of Nomophobia are associated with higher resilience.
2. The finding challenges the common belief that resilience always acts as a protective factor; suggesting resilient individuals might use digital devices adaptively during stressful situations.
3. Most participants were young adults aged 18-26, with females showing slightly higher resilience levels than males, highlighting demographic variations.
4. The results suggest that resilience might sometimes facilitate increased Smartphone use as an adaptive coping strategy, rather than simply reducing dependence.
5. The positive relationship between Nomophobia and resilience indicates that resilience does not uniformly protect against digital anxieties and in some cases, may coexist with or even promote dependence.
6. The findings emphasize the importance of designing interventions that foster healthy resilience and coping skills, also addressing excessive Smartphone dependence.
7. The study highlights the complexity of the relationship between psychological resilience and technological dependence, indicating that resilience can mean different things in different contexts.
8. The finding reveals that future mental health programs should consider the nuanced role of resilience when addressing digital and behavioral dependencies in young adults.

### Limitations of the study

1. The sample is composed solely of young adults aged 18-26, limiting the generalizability of the findings to other age groups or cultural backgrounds.
2. Data collection relied on self-reported questionnaires, which may introduce bias due to social desirability or inaccurate self-assessment.
3. Additional psychosocial factors beyond resilience such as coping styles, social support, or personality traits were not assessed and could moderate the observed relationship.
4. The singular focus on two psychological constructs means other relevant variables linked to digital dependence, such as mindfulness or mental health symptoms, were not directly explored

## CONCLUSION

In today's rapidly digitalizing world, young adults navigate a psychological environment shaped by constant connectivity and growing dependence on mobile devices. Within this context, understanding how psychological strengths like resilience interact with technology-related anxieties is increasingly important. The present findings reveal a statistically significant positive correlation between Nomophobia and resilience, indicating that higher resilience levels may coexist with greater Smartphone dependence. Contrary to the assumption that resilience uniformly protects individuals from digital anxieties, the results suggest that resilient young adults may sometimes use Smartphone's as adaptive tools to manage academic, social, and emotional pressures. The study highlights the multifaceted nature of resilience in the digital era, where technology can function both as a supportive resource and, in some cases, a source of dependence. These insights emphasize the need to distinguish between adaptive technology use and behaviours that reflect dependence. The implications for mental health professionals, educators, and policymakers are substantial. Interventions should focus not merely on reducing Smartphone usage but on cultivating balanced digital habits. Integrating resilience-building programmes with digital well-being education can help young adults identify when their device use supports healthy coping and when it becomes counterproductive. Strengthening skills in emotional regulation, stress management, and accessing social support can further reinforce this balance. The study contributes valuable evidence, limitations such as reliance on self-reported data, a young adult sample, and a cross-sectional design warrant careful interpretation. Future research should adopt longitudinal approaches and examine moderating variables such as personality traits, social support systems, and coping styles to deepen understanding of the dynamics between resilience and Nomophobia. The findings underscore the complex interplay between psychological strengths and digital dependence, highlighting that resilience can both protect against and inadvertently contribute to technology-related anxieties. Recognizing this dual role is essential for designing holistic, effective strategies that support psychological well-being in an increasingly connected world.

### Conflict of interest statement

The authors affirm that they have no known financial or interpersonal conflicts that would have appeared to have an impact on the research presented in this study.

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