

## THE EFFECT OF NOMOPHOBIA ON PERFORMANCE

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Leah DiPietro, a senior Psychology major with Social Work & Religious Studies minors, graduating in December 2024, presents at the Transformative Learning Conference (TLC) in April 2024.

### Abstract

No mobile phone phobia (nomophobia; NOMO) refers to anxiety or distress that a person experiences when not able to access their mobile phone (Yildirim & Correia, 2015). Current literature illustrates a negative correlation between NOMO and academic performance, but this trend only appears indirectly through means such as poor sleep hygiene and distractions while studying. The purpose of this study was to explore the effects of NOMO on performance when participants do not have access to their phone. It was hypothesized that participants with higher levels of NOMO would take more time and make more moves on a puzzle. Participants were asked to shut down their phone entirely, work on the digital slide puzzle for as long as they wanted, and then complete a survey (demographics & NMP-Q). Two one-way between subjects ANOVA were conducted and the results did not support the hypothesis ( $F_s < 1.18$ ,  $p_s > 0.27$ ). These results may be due to participants not believing they were truly disconnected from their phone as they could leave at any time. Preliminary analysis of NOMO level and age did not show a significant correlation, but upon removing an outlier (below 3  $SD$  from  $M$ ), a significant negative correlation was discovered ( $r(33) = -0.36$ ,  $p = 0.03$ ). This suggests that those who did not have access to mobile smartphones at a younger age were less likely to demonstrate NOMO. Future studies may want to explore performance differences between participants with access to their phones and those without. ■

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