

# NOMOPHOBIA AND AGGRESSION AMONG STUDENTS OF EARLY ADULTHOOD

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## Abstract

Early adulthood is an age an individual falls under 18 to 30 where everyone has lots of confusion in their life. In this peculiar age group there will be emotional, hormone and cognitive changes. Nomophobia and aggression can make an individual more prone to sit alone and engage in phone. Nomophobia (anxiety) is a normal emotion in which a person feels stressed and day to day life will be disturbed and a person who has aggression with anxiety makes the person more curious. He may have some mood disorder. Anxiety and aggression are a combination in which anxiety is a disorder and aggression, taking the anxiety to the next level that leads the person to behave abnormally. The amygdala is the brain area that is in care for anxiety and aggression. A person having one of the above issue has chances to have others too. This thematic paper has content review methodology and gone through the researches related to the topic and analytically summarised them. The conclusion of the thematic paper states that the Nomophobia and aggression among students of early adulthood are high and it need to be catered at an early. This paper also discussed the ways to resolve it like CBT, Exposure therapy, Anti anxiety-medications etc.

**Keywords:** Nomophobia, Aggression, Early Adulthood, Amygdala

## INTRODUCTION

Mental health wellbeing is necessity for a good life. Early adulthood is an age an individual falls under 18 to 30 where everyone has lots of confusion in their life. In this peculiar age group there will be emotional, hormone and cognitive changes. As per statistics say 7.33 billion People uses mobile phone in the world. Ministry of Information and Broadcasting New Delhi India says that India has over 1.2 billion mobile phone users and 600 million smart phone users. Today the mobile phone is one of the common, usual and very necessary thing. India is a developing country and it develops in every field and the world is running fast with technology. As we develop with technology the technology also impacts our mental health the number of disorders also increased with that. One of the psychological disorder is Nomophobia is defined as the fear of being out of mobile phone contact and is considered to be a phobia of the modern age( American Psychological Association). Mobile phone use among school students can help them regard to their studies and it also have many negative sides. Nomophobia can also be said as a digital disorder students who are facing nomophobia will face problem with their education daily life and social life they can't even sit without Phone with them. Nomophobia can also be said as a fear of not having connection with mobile phone. Anger and aggression differs anger is an emotion while aggression is a way by behaving to harm someone. Behavior aims to harm other individual by physically or psychologically(American Psychological Association).

## RELATIONSHIP OF NOMOPHOBIA AND AGGRESSION

Nomophobia is considered to be one of a severe mental health issue relate to the rise of technology. Nomophobia is a fear or anxiety disorder in which the individual is having a fear of not having a connection with phone. Early adulthood is an age an individual falls under 18 to 30 where everyone has lots of confusion in their life. In this peculiar age group there will be emotional, hormone and cognitive changes. Anxiety and fear is controlled by amygdala in brain, aggression is also under the control of amygdala as amygdala is the centre for emotions. If an individual is having an anxiety disorder the chances to have other disorders which is under the control of amygdala is more. The brain amygdala plays a key role in modulating fear and anxiety. Patients with anxiety disorders often show high amygdala response to anxiety. The amygdala and other limbic system structures of brain connects to prefrontal cortex regions (Nita V Bhatt 2019).Amygdala and the hypothalamus

are the two brain areas involved in the neural network of aggressive behaviour (Flavia venetucci Gouveia, PhD et.al 2019). These all can make a poor academic performance and distress in normal and social life of students.

## TREATMENT

1. Cognitive behavioural therapy (CBT):-is the most common type of psychotherapy used with anxiety and aggression. CBT for anxiety teaches you to know thinking patterns and behaviours that lead to distress feelings. It needs to be worked on changing them Cognitive-behavioural therapy for anxiety , an update on the empirical study by Antonia N. Kaczurkin, PhD and Edna B.Foa,PhD (2015).
2. Exposure therapy: It focuses on dealing with the fears behind the anxiety. Therapist may also use relaxation exercises and imagery with exposure therapy (Exposure therapy for Anxiety ( Johanna S.Kaplan,PhD,David F.Tolin,PhD Psychiatric Times (2011).
3. Anti-anxiety medications: Anti-anxiety medications, such as benzodiazepines, decrease your anxiety, panic and worry (Drugs to Treat Anxiety Disorder. Rebecca Barnhart, PharmD, BCPP (2021).
4. Anti depressant medications: -It helps with anxiety disorders. They tweak how your brain uses certain chemicals to enhance mood and reduce stress (Used to treat Mental Disorders (Smitha Bhandari MD (2021).
5. Deep brain stimulation: - studies have shown proof using deep brain stimulation to treat symptoms of amygdala damage. Deep brain stimulation can help in solving some psychological and behavioural effects (Deep brain stimulation for aggressiveness: long-term follow-up and tractography study of the stimulated brain areas (Cristina V.Torres PhD et.al (2020).
6. Meditation: - A set of way that are intended to encourage a state of mindfulness and attention (The effects of meditation on individuals facing loneliness: Gurleen K.Saini et.al.(2021).
7. Yoga: - The use of Yogic principles to a person with an aim of achieving a spiritual, psychological, or physiological goal (Yoga as a practice tool. Amy Novotney (2009).
8. Family therapy:-Family therapy is helpful for adults struggling with aggression to connect broken bonds with loved ones that may have occurred due to their aggressive behaviour (Family therapy activities for anger (2021).
9. Group therapy: - Working with others in group who has similar psychological or physical problems can be a great relief for those who have similar tendencies. Through the group, we will learn anger management, coping techniques, relaxation exercises (Cognitive group therapy for aggressive boys: Yifrah Kaminer. J Am Acad child Adolescent Psychiatry.(2005).
10. Exercises:- Exercise improves mental health by hormonal production and balance reduces anxiety, depression and negative mood and by improving self-esteem and cognitive function (Anxiety Exercises to help You Relax: Erica Cirino (2020).

## DISCUSSION

Early adulthood is a stage of life that possesses a lot of uncertainties. This study deals with how nomophobia and aggression works in early adulthood who are students. It has been also discussed about the relationship of nomophobia and aggression in early adulthood and the areas which controls these problems in the brain. The study shows at how it effects the individual and education, also mentioned some treatment ways to control or resolve it. Mental health issues should be diagnosed and treated promptly. The conclusion of the thematic paper states that the nomophobia and aggression in early adulthood are high and it need to be catered at an early. The article shows the importance of mental health wellbeing and the an issue that early adulthood faces. Nomophobia is one of the main concerns that nowadays faces. A person is having a problem of nomophobia (anxiety) or aggression have some problem with the function of emotions and cognitive processes there were curing methods which they can get rid of the problem they are facing. Amygdala is the brain area which controls anxiety and aggression. A person having some amygdala function issue will surely face anxiety and/or related mental illness. There are some coping ways to overcome these problems which have been discussed.

## CONCLUSION

The study aims to show the relationship of nomophobia and aggression among students of early adulthood and how it effects their academics. Mental health is important for a good academic performance. In this decade we can't think about living without internet connection or mobile phones. People are conditioned of that and the study shows the significance of how a individual with nomophobia is prone to aggression or an individual having aggression has chances of nomophobia in future and both works under the amygdala of brain, as the number of mobile phone users is increasing day by day and mental health concerns also grew with this regard. Early adulthood is a peculiar age of an individual with ups and downs and confusions. In this age there will be emotional fluctuations, physical development changes, hormonal production new relationships were formed

and new roles came to us in academics or may be in working place or in family life. An individual having nomophobia and aggression will face troubles in day to day living and chances if social withdrawal is more as they spent more time in digital life & mobile phones. The study concludes that amygdala is the region of brain having control of aggression and anxiety so the chances of having nomophobia and aggression is more and it will effect the academics of students of early adulthood population. There are some coping ways to overcome these problems which have been given.

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