



Effect of Parenting Style in Increasing Pattern of Nomo Phobia Behavioural Pattern in Children's

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Received: 07 February 2023

Accepted: 26 April 2023

Published: 01 June 2023

Abstract: *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. The term NOMOPHOBIA is constructed on definitions described in the DSM-IV; it has been labelled as a "phobia for particular things". The current study aims to examine the relationship between nomophobia and parenting style among college students to gain insight how these variables affect the samples. Correlational design was used. Total sample of 169 participants (males 84, females 85) age ranging from 8 to 17 from various peoples in India and samples were collected through using Convenient Sampling Method. The data were collected using the Nomophobia Questionnaire [NMP-Q]-Yildirim & Correia [2015] and Perceived Parenting Style Scale -Divya T.V & Manikandan K. This research finding there is to check the significant relationship of the effects of parenting style on Nomophobia. It is to be found that the relationship is not evident but it was observed that constant monitoring does help to prevent the development of this selected phobia.*

Keywords: *Parenting Style, Nomophobia, Adolescents, Addiction.*

1. INTRODUCTION

Nomophobia, or the fear of being without a mobile phone or being unable to use it, has become a growing concern among children and adolescents. Sudip Bhattacharya ; Amarjeet Singh [2019]

Several studies have investigated the impact of parenting styles on the development of nomophobic behaviour patterns in children.

One study conducted in Turkey found that children with authoritarian parents were more likely to develop nomophobia behaviour patterns compared to those with authoritative parents. Authoritarian parents tend to have strict rules and limits on their children's behaviour, which can lead to a fear of punishment if the child is separated from their phone or unable to use it. In contrast, authoritative parents have a more balanced approach to parenting, providing



guidance and support while also setting reasonable limits and expectations. Tuncay Ayas; Gozde Gultekin [2019]

Another study conducted in India found that parental monitoring played a significant role in the development of nomophobia behaviour patterns. Children who reported high levels of parental monitoring were less likely to exhibit nomophobia behaviours, while those who reported low levels of parental monitoring were more likely to exhibit these behaviours. Dr. J. Venkatachalam [2019]

Overall, these studies suggest that parenting style and parental monitoring can play a crucial role in the development of nomophobic behaviour patterns in children. Parents should consider adopting an authoritative parenting style and actively monitor their children's mobile phone use to help prevent the development of nomophobia. Xinchun Fu; Jingxuan Liu [2020]

Sources:

Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49, 130-137.

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Parenting style (Divya T. V., and Manikandan, K. 2013)

Literature review

Another study by Hussain et al. (2018) found that parental overprotection was positively associated with nomophobic behaviour patterns in children. Overprotective parents may restrict their child's mobile phone use to an excessive degree, leading to a fear of being without their phone or unable to use it.

Furthermore, a study conducted in China found that permissive parenting, characterized by low levels of control and high levels of warmth, was associated with higher levels of nomophobia in adolescents. In contrast, authoritarian parenting, characterized by high levels of control and low levels of warmth, was associated with lower levels of nomophobia (Liu et al., 2020).

In contrast, a study by Salehan and Negahban (2013) found that parents who promoted self-esteem and autonomy were less likely to have children with nomophobic behaviors. Parents who encourage their children to develop a sense of independence and self-efficacy may help to reduce the likelihood of developing nomophobia.

Overall, these studies suggest that parenting style and parental monitoring can play a crucial role in the development of nomophobic behaviour patterns in children. Parents should consider adopting an authoritative parenting style and actively monitor their children's mobile phone use to help prevent the development of nomophobia.

Objectives

The study has the following objectives:

- To determine the effect of Parenting style in increasing patterns of Nomophobia behavioural pattern in children
- To understand If an authoritarian parenting style leads to increasing nomophobic patterns in children.



- To understand If a permissive parenting style leads to increasing patterns of nomophobia in children

Hypothesis

1. There will be a significant difference in the nomophobia scores in different parenting styles.

Sample

Sample Around N=169 samples of school and college students were collected from all over India in the sample, there are 84 boys and 85 girls have been taken. The population of the present study is below 17 and parents from all over India. The samples were collected through using Convenient Sampling Method.

Tools

The data were collected using the Nomophobia Questionnaire [NMP-Q]-Yildirim & Correia [2015] and Perceived Parenting Style Scale -Divya ,T.V & Manikandan K

2. RESULTS

Table.1 shows the Spearman correlation for Nomophobia and Parenting styles dimensions among kids from 8 to 17 years, and adults

SPEARMEN CORRELATION TEST

	Authoritative	Authoritarian	Permissive	Parenting Total	Nomophobia Total
Authoritative	1.000	-.346**	-.014	.254**	.109
		.000	.858	.001	.158
	169	169	169	169	169
Authoritarian	-.346**	1.000	.518**	.647**	-.101
	.000		.000	.000	.191
	169	169	169	169	169
Permissive	-.014	.518**	1.000	.862**	-.034
	.858	.000		.000	.659
	169	169	169	169	169
Parenting Total	.254**	.647**	.862**	1.000	-.025
	.001	.000	.000		.748
	169	169	169	169	169
Nomophobia Total	.109	-.101	-.034	-.025	1.000
	.158	.191	.659	.748	
	169	169	169	169	169

** Correlation is significant at the 0.01 level (2 - tailed)

By using Spearman correlation method, it is to be seen that Authoritative parent style holds a negative correlation with Authoritarian and Permissive parenting style. There is no significant



correlation with Nomophobia. Authoritarian parenting style has negative correlation with nomophobia at significance level of 0.01 level. Permissive parenting style is negatively correlated to nomophobia.

Authoritative parents invest time and energy into preventing behaviour problems before they start. They also use positive discipline strategies to reinforce positive behaviour, like praise and reward systems. Children raised with authoritative discipline tend to be happy and successful. They're also more likely to be good at making sound decisions and evaluating safety risks on their own.

Authoritarian parents may use punishments instead of discipline. So, rather than teach a child how to make better choices, they're invested in making kids feel sorry for their mistakes. Children who grow up with strict authoritarian parents tend to follow rules much of the time. But their obedience comes at a price. They may also become hostile or aggressive. Rather than think about how to do things better in the future, they often focus on the anger they feel toward their parents or themselves for not living up to parental expectations.

Permissive parents usually take on more of a friend role than a parent role. They often encourage their children to talk with them about their problems, but they usually don't put much effort into discouraging poor choices or bad behaviour. Kids who grow up with permissive parents are more likely to struggle academically. They may exhibit more behavioural problems as they don't appreciate authority and rules. They often have low self-esteem and may report a lot of sadness.

The Meta-analysis indicates that Nomophobia does not significantly depend on the parenting style, but monitoring over the children does help to restrain the development of Nomophobic behaviour patterns.

3. CONCLUSION

In conclusion, the result of the study proved that the parenting styles has no significant effects on nomophobia in kids and adolescent. It can be interpreted that the proper monitoring, guidance and support of the parents can play a crucial role. The result of this study can be useful for the parents and the teacher to create a proper parenting model for children development to prevent nomophobia.

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