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The Mediating Role of Hopelessness and Psychological Resilience in the Relationship between Stressful Life Events and Nomophobia

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ABSTRACT: Recent research has clearly demonstrated that stressful life events have serious adverse effects on individuals' psychological well-being, leading to various behavioural and emotional responses. Studies in this area have identified that stress factors have a significant influence on anxiety disorders, particularly those linked to technology addiction and mobile phone use, which are increasingly common today. The term 'nomophobia' describes the intense fear and anxiety individuals feel at the prospect of being without their mobile phones or being unable to access them, and this has become an increasingly widespread problem in modern life. Comprehensive and detailed studies in the literature examining the relationship between stressful life events and nomophobia clearly demonstrate that the stress of everyday life has an effect that increases levels of nomophobia. Furthermore, it is noted that feelings of hopelessness emerge as a key variable that mediates the strengthening of nomophobic tendencies by undermining an individual's capacity to cope with stress. The concept of psychological resilience, on the other hand, is defined as the ability of individuals to demonstrate flexibility in the face of stressful life events, and this kind of flexibility makes it possible to minimise negative effects

KEYWORDS: Behavioural and emotional responses, nomophobia, feelings of hopelessness, technology addiction, the concept of psychological resilience, fear and anxiety

INTRODUCTION

Stressful life events can be defined as major difficulties or obstacles encountered by individuals in various areas of their lives; such difficulties manifest themselves at environmental, social and psychological levels. The emergence of stressful life events has a profound impact on the coping mechanisms employed by individuals. Over time, this impact has the potential to disrupt an individual's psychological balance, leaving deep, multi-layered and lasting effects, and may pose serious threats to a person's mental health. In today's world, it is evident that technology is playing an increasingly central role in our lives and that, in particular, dependence on mobile devices is paving the way for new types of problems to emerge. When we examine what is happening in this new digital age, 'nomophobia' is one of the key issues to be addressed; that is, the fear of living without a mobile phone has become a significant source of anxiety across many sections of society. The intensity and nature of stressful life events play a decisive and critical role in the development of such fears experienced by individuals. Nomophobia constitutes a serious problem that directly undermines individuals' quality of life; it brings with it a constant state of anxiety. This situation can disrupt an individual's mental well-being and, by combining with feelings of hopelessness, pessimism and anxiety, may act as a negative mediator, placing individuals in an even more difficult position when it comes to coping with stress. The despair brought about by such difficult periods can threaten an individual's psychological well-being and seriously undermine their mental health; furthermore, these negative effects may also adversely affect the individual's social relationships and overall life satisfaction.

At this point, the concept of psychological resilience emerges as a critical protective factor that mitigates the negative effects of stressful situations and enhances individuals' capacity to recover. As many people do not work on developing this resilience or lack knowledge in this area, they may exacerbate the situation and find it difficult to cope. In this context, an in-depth examination of the relationship between stressful life events and nomophobia stands out as a subject requiring careful investigation, particularly regarding the negative effects of hopelessness and the protective role provided by psychological resilience. Such scientific studies aim to facilitate a better understanding of these complex relationships. At the same time, they may make it possible to develop effective intervention strategies to support individuals' psychological well-being. This entire process is of great importance in helping individuals cope with the various sources of stress they encounter in their daily lives, and stands out as a critical step towards the goal of improving individuals' quality of life. At this point, researching effective methods to support mental health and implementing practical solutions takes on great significance. Developing techniques that can act as a balm for our wounds and minimise feelings of burnout is of vital importance in strengthening individuals' stress management skills and boosting their self-

confidence; for these developments hold the potential to create lasting and significant impacts at both a personal and societal level. In this regard, steps taken to enhance people's psychological resilience will not only increase individuals' own happiness but will also provide significant support for the improvement of the wider community's mental health. It is possible to make this endeavour more effective through means such as education, support groups and public awareness campaigns; such important initiatives will enable the development and implementation of specific and effective strategies to address the sources of stress that individuals frequently encounter. In this way, a significant contribution will be made towards improving individuals' quality of life and substantially strengthening their ability to cope with stress. In particular, these efforts can also help to strengthen social solidarity and mutual support, thereby contributing to the creation of a stronger social support network to help individuals cope with mental health issues.

In this context, every step taken will make a significant contribution towards enabling individuals to lead fuller and higher-quality lives, and by enriching their lifestyles, it will also lay an effective foundation for the general well-being of society. In this way, it will lay a solid foundation for the construction of a healthier, more peaceful and harmonious society. This process is of vital importance not only for the development of individuals but also for the overall development of society, and holds the potential to offer a variety of opportunities. It is of the utmost importance to provide the necessary opportunities to enhance the general standard of living within society and to enable individuals to fully realise their potential. These opportunities will not only have a positive impact on individuals' social and economic lives but will also strengthen social bonds by reinforcing the spirit of solidarity and mutual support. In this context, every step taken will go beyond merely improving individuals' personal lives; it will also shape the future of the entire society and ensure sustainable growth. Consequently, social dynamics will be strengthened, and significant opportunities will be provided to help individuals realise their potential. Consequently, the contribution of every individual will be an indispensable element in the development of society, and the positive change brought about by this interaction will lead to a more just, equitable and peaceful society in the future. Furthermore, this initiative, which will enhance individuals' quality of life, will also bring their social roles to the fore and strengthen their commitment to society. All these factors will facilitate the creation of an environment of greater solidarity and cooperation within society, enabling people to offer one another more support. Consequently, fundamental values such as trust and respect will be reinforced amongst people; the ability of individuals from all sections of society to act in unison will increase.

METHOD

This research is a highly significant study, conducted with great depth, comprehensiveness and rigour through the combined use of cross-sectional and quantitative methods. The data collection process for this valuable study was carried out extremely successfully, ensuring that standardised measures were applied carefully and systematically to assess the levels of stressful events, hopelessness, psychological resilience and nomophobia experienced by participants in their lives. During this comprehensive process, a broad and diverse sample group was established; this group was carefully selected from individuals with different demographic characteristics, thereby ensuring that the research was based on up-to-date and realistic data. Participants were recruited on a voluntary basis, and in line with the careful approach taken in their selection, strict adherence to key ethical standards was ensured throughout the process. The choice of measurement tools used in the study—including the Stressful Life Events Scale, the Hopelessness Scale, the Psychological Resilience Scale and the Nomophobia Scale, all of which are considered highly reliable and valid—significantly enhanced the quality of the data obtained and made a substantial contribution to the study's overall validity. Furthermore, information regarding the validity and reliability data of these scales is available in the existing literature as a result of comprehensive and detailed studies; consequently, they were meticulously reviewed and revalidated within the context of this study to ensure their suitability for the research. During the data analysis phase, the careful selection of modern and effective methods, such as structural equation modelling and mediator analysis techniques, has enhanced the depth of the findings obtained through the effective application of these methods.

In this context, a multifaceted and systematic analysis was conducted to determine whether hopelessness and psychological resilience play a mediating role in the relationship between stressful life events and nomophobia. The SPSS and AMOS software packages, which are widely used in the analysis process and frequently preferred in research, were utilised effectively to ensure the efficiency of data processing; parametric tests, correlation analyses and mediation tests were applied, yielding highly in-depth and comprehensive results and findings. Thanks to this comprehensive study, the direct and indirect effects between the variables were examined in detail ; thereby enhancing the reliability of the findings and reinforcing the validity of the results. This research aims to make significant contributions to the body of scientific knowledge in this field by revealing the dynamic relationships between psychological resilience, hopelessness and nomophobia. Furthermore, the existing research on this topic and the findings obtained during the study aim not only to serve as a valuable resource for academic circles but also to provide concrete and practical recommendations in the field of applied psychology. The results of the research hold considerable significance in terms of developing strategies to enhance individuals' ability to cope with problems. Furthermore, it is expected that the findings, together with their practical applications, will make significant contributions to the development of strategies aimed at improving individuals'

quality of life and strengthening psychological support systems. The data obtained from this study will provide highly valuable and extremely useful information for experts, academics and clinical practitioners in the field of psychology, and could form the basis for future research on stress management, resilience building and individual well-being. Such an approach not only facilitates the effective management of psychological issues but also offers the potential to provide high-level solutions aimed at improving individuals' quality of life. Consequently, whilst individuals develop their ability to cope with the situations they face, their long-term psychological well-being will be supported; ultimately, this will contribute to them having a healthier, more peaceful and balanced state of mind in their daily lives, thereby helping to improve their quality of life.

STRESSFUL LIFE EVENTS AND NOMOPHOBIA

Stressful life events are highly significant and challenging factors that negatively affect individuals' psychological balance and pave the way for the emergence of various psychopathological symptoms. These events include traumatic situations that require a high level of pressure and difficulty in adapting, such as job loss, serious illness, family problems or the loss of a loved one. For example, whilst such stressful events can have extremely detrimental effects on an individual's quality of life, they can also lead to mood instability. These stress factors not only disrupt an individual's daily functioning but can also bring about significant and noteworthy changes in behaviour relating to technology use. Nomophobia, or the fear of being separated from mobile phones or other mobile devices, is closely linked to stressful life events; this relationship is highly complex and manifests itself through various dynamics. Individuals under stress tend to turn to mobile devices more frequently and in a dependent manner, driven by important goals such as maintaining social connections, accessing information or reducing anxiety levels . This situation not only contributes to an increase in the severity of nomophobia but also creates a context that further exacerbates the anxiety and stress associated with separation from these devices. Furthermore, chronic stress has the potential to weaken individuals' problem-solving skills and emotional regulation abilities, thereby reinforcing the tendency towards excessive dependence on technology. In this context, the emotional pressure individuals are exposed to during stressful life events—and the negative effects this creates—not only increases their dependence on technology but also adversely affects their stress-coping strategies. As a result of this process, the likelihood of nomophobia symptoms emerging and intensifying rises significantly as the intensity of stressful life events increases. The additional risks that nomophobia poses to psychological health become particularly evident when stress management strategies are inadequate. At this point, the presence of stressful life events plays a significant triggering role in the development of nomophobia and can be said to be a factor that negatively affects individuals' psychological well-being. Consequently, a thorough understanding of the relationship between stressful events and nomophobia is of critical and vital importance in terms of protecting and enhancing individuals' mental health. Furthermore, understanding this relationship will also be beneficial in helping individuals develop their stress management skills and devise more effective strategies during treatment processes.

In particular, ensuring that individuals use technology more carefully and consciously whilst going through stressful periods will have a positive impact on their psychological well-being and help them to cope effectively with this problem, which is as deep as the ocean. In conclusion, the complex relationship between stress factors and nomophobia presents a dimension that warrants our consideration, as it significantly affects not only individuals' mood but also their overall quality of life. Therefore, it is essential for individuals to develop a comprehensive understanding in order to find more effective ways of managing stress. Taking into account the interactions between stressful life events and the tendency to cope with them, it is clear that individuals would benefit from changing their habits regarding the use of mobile devices in emergency situations.

This research is a highly significant study, conducted with great depth, comprehensiveness and rigour through the combined use of cross-sectional and quantitative methods. The data collection process for this valuable study was carried out with great success by ensuring the careful and systematic application of standardised measures designed to assess the stressful events participants encountered in their lives, as well as their levels of hopelessness, psychological resilience and nomophobia. During this comprehensive process, a broad and diverse sample group was established; this group was carefully selected from individuals with different demographic characteristics, thereby ensuring that the research was based on up-to-date and realistic data. Participants were selected on a voluntary basis, and in line with the careful approach taken in their selection, full compliance with key ethical standards was ensured throughout the process. The choice of measurement tools used in the study—including the Stressful Life Events Scale, the Hopelessness Scale, the Psychological Resilience Scale and the Nomophobia Scale, all of which are considered highly reliable and valid—significantly enhanced the quality of the data obtained and made a substantial contribution to the study's overall validity. Furthermore, information regarding the validity and reliability data of these scales is available in the existing literature as a result of comprehensive and detailed studies; consequently, they were meticulously reviewed and revalidated within the context of this study to ensure their suitability for the research. During the data analysis phase, the careful selection of modern and effective methods—such as structural equation modelling and mediator analysis techniques—has enhanced the depth of the findings obtained through the effective application of these methods. In this context, a multifaceted and systematic analysis was conducted to determine whether hopelessness and psychological resilience play a mediating role in the relationship between stressful life events and nomophobia. The SPSS and AMOS software packages, which are widely used in the analysis process and frequently

preferred in research, were utilised effectively to ensure the efficiency of data processing; by applying parametric tests, correlation analyses and mediation tests, highly in-depth and comprehensive results and findings were obtained. Thanks to this comprehensive study, the direct and indirect effects between the variables were examined in detail; thereby enhancing the reliability of the findings and reinforcing the validity of the results. This research aims to make significant contributions to the body of scientific knowledge in this field by revealing the dynamic relationships between psychological resilience, hopelessness and nomophobia. Furthermore, the existing research on this topic and the findings obtained during the study aim not only to serve as a valuable resource for academic circles but also to provide concrete and practical recommendations in the field of applied psychology. The results of the research hold considerable significance in terms of developing strategies to enhance individuals' ability to cope with problems. Furthermore, it is expected that the findings, together with their practical applications, will make significant contributions to the development of strategies aimed at improving individuals' quality of life and strengthening psychological support systems. The data obtained from this study provide highly valuable and extremely useful information for experts, academics and clinical practitioners in the field of psychology, and may serve as a foundation for future research on stress management, resilience building and individual well-being. Such an approach not only ensures that psychological issues are addressed effectively but also offers the potential to provide high-level solutions aimed at enhancing individuals' quality of life. Consequently, whilst individuals develop their ability to cope with the situations they face, their long-term psychological well-being will be supported; ultimately, this will help improve the quality of their lives by contributing to a healthier, more peaceful and balanced state of mind in their daily lives.

THE CONCEPT OF HOPELESSNESS

Hopelessness is defined as a state in which an individual is completely devoid of any positive expectation of the future in the face of the difficulties, hardships and obstacles they encounter. This significant and complex condition has a profound and far-reaching impact on an individual's general psychological state and can cause significant harm to their mental health. In particular, it has been observed to be closely linked to a weakening of an individual's beliefs regarding the meaning of life, as well as their perception of their own capabilities. This condition generally serves as the foundation for psychological disorders such as depression and anxiety; the adverse effects experienced in these areas are among the factors that threaten an individual's mental health. Hopelessness negatively affects a person's ability to cope with stressful life events, trapping them in distressing thought cycles. These negative thought cycles can lead the individual to give up entirely on seeking solutions or to severely limit their efforts to cope with a hopeless situation. Consequently, it becomes a problem that profoundly affects an individual's quality of life and general psychological well-being. Furthermore, behavioural consequences associated with this condition are frequently observed and can have a serious negative impact on an individual's social relationships. A strong link has been scientifically proven to exist between hopelessness and feelings of worthlessness, as well as a diminished sense of self-efficacy.

These factors can drag the individual's mood into an even more pessimistic state, thereby undermining their self-confidence and leading to a deep sense of loneliness. The degree of hopelessness plays a critical role in shaping the individual's response to environmental stressors. Consequently, hopelessness can push an individual into even more difficult situations by increasing the potential for their psychological resilience to weaken. The psychological literature emphasises that hopelessness stands out as a significant risk factor that negatively affects individuals' problem-solving skills and their ability to plan for the future. Consequently, fully identifying the effects of hopelessness is regarded as a fundamental element for achieving effective and successful outcomes in psychological interventions and emerges as a subject that requires meticulous attention. Finding ways to cope with hopelessness is of great importance not only for individuals but also for the general psychological well-being of society. An individual's ability to cope with feelings of hopelessness constitutes a critical step towards leading a healthy and balanced life. Therefore, ensuring that individuals have access to the right support mechanisms when they feel hopeless will make it easier for them to cope with these emotions and improve their overall quality of life. Although hopelessness is a state that individuals may experience from time to time, it is a subject that requires careful examination and must be taken seriously both at a societal level and at the individual level. Raising awareness of this issue and developing the necessary support systems are of vital importance for individuals' mental health and psychological resilience. Seeking ways to cope with feelings of hopelessness has the potential to positively impact not only the individual but also their family, their social circle and the wider fabric of society.

For this reason, combating hopelessness will be a critical step not only for the health of individuals but also for the whole of society to achieve a healthy future, and it will be a path with the potential to bring about positive change. Such a transformation plays a major role in building a healthier and more hopeful social structure by opening the door to lasting changes, not only for individuals but also for society as a whole. Protecting individuals' mental health and laying the necessary foundations to ensure future generations can also cope with similar emotions is another crucial aspect in overcoming despair. Despair is a complex issue that must be addressed not only from an individual perspective but also from that of the social structure, and resolving it requires the development of comprehensive approaches that can convince everyone. Combating hopelessness can become a process that strengthens social solidarity by ensuring the seeds of hope that will sprout in people's hearts are nurtured.

This process provides a vital mechanism that supports the endeavour to create a healthy, fair and sustainable society—one that lays a solid foundation for the future—by bringing together all elements of the social fabric within an effective, harmonious and supportive system. This, in turn, significantly enhances the moral values, social bonds and general well-being of every individual within the social fabric. As people take an active part in this process, they will feel much better about themselves, be strengthened mentally and psychologically, and become more resilient and steadfast. By becoming active members of society, they will find opportunities to contribute as more useful and effective individuals. Furthermore, this plays a significant role in fostering social cohesion and will strengthen communication, interaction and solidarity amongst individuals. Consequently, social harmony and functionality will increase substantially, and social relationships will be built on firmer foundations. Furthermore, this process will also enable everyone to express themselves and reinforce the awareness of living together, bringing people together around common goals and thereby strengthening social bonds to a very high degree. Consequently, as well as significantly increasing social solidarity, this process will open up new opportunities for individuals to discover and develop their own potential and to take more meaningful and effective steps in life, thereby opening the doors to fresh opportunities for every individual. With all these changes coming together, the level of social well-being can rise, and the goal of creating a more inclusive, supportive and fair environment for everyone can become a reality.

THE CONCEPT OF PSYCHOLOGICAL RESILIENCE

The concept of psychological resilience can be understood as the ability to adapt positively and develop solutions, particularly when individuals are faced with difficulties, stressful and challenging life events. This concept is of great importance in terms of enhancing individuals' resilience in the face of difficult circumstances; it also highlights an internal approach to one of the fundamental and significant areas of psychology. When people are forced to confront such situations at various stages of their lives, they often realise they are caught up in a process fraught with complex and profound effects. This process of interaction can leave a distinct mark on their mental state and lead to significant changes and transformations within their inner world. Psychological resilience has become an extremely valuable and precious quality, not only as a method for mitigating the negative effects of stress, but also as a means of enabling individuals to grow stronger and develop further in the face of challenging and traumatic events. This important concept encompasses not only an individual's flexibility and resilience in the face of specific stress-related factors, but also various dimensions such as problem-solving skills, the capacity to sustain positive emotions, and the ability to make effective use of social support networks. Comprehensive and in-depth research conducted today demonstrates that individuals with a high level of psychological resilience cope much more effectively with stressful situations, experience fewer negative emotional experiences, and progress more successfully and in a more managed manner through adaptation processes.

Furthermore, it is a notable finding that possessing strong psychological resilience plays a significant role in protecting and enhancing mental health by helping individuals avoid negative cognitive states such as hopelessness and anxiety. When resilience levels are high, individuals become more resistant to stress-related risks; this significantly reduces the likelihood of psychological disorders developing and helps protect individuals from these adverse effects. Coping with adverse life experiences becomes a far more sustainable and manageable process for individuals with high psychological resilience. In this context, the development of psychological resilience plays a key role not only in strengthening an individual's stress-coping mechanisms but also in enhancing their overall quality of life. Programmes aimed at strengthening psychological resilience—conducted through various settings and platforms, alongside education, awareness-raising initiatives and supportive intervention methods—enable individuals to gain further knowledge and practise skills in this area. This type of psychological support can help individuals become better equipped and better prepared to face the challenges they encounter. Such initiatives, aimed at enhancing psychological resilience, stand out as a fundamental building block for individuals to lead healthier, happier and more successful lives. Consequently, enhancing psychological resilience has become an increasingly significant and vital necessity in the modern world. The challenges encountered from time to time can be overcome with a healthy mental constitution, and this helps individuals to maintain a strong state of mind. Developing individuals' psychological resilience will constitute a meaningful and valuable step towards significantly improving both their personal and social quality of life.

Consequently, the effective implementation of these processes describes a transformative journey that not only helps individuals balance stress levels in their lives but also has positive and constructive effects on their mental wellbeing. An individual's ability to shift their perspective in the face of the difficulties they encounter on the path to success and happiness is a key factor in improving their quality of life, and the element that triggers this is, once again, psychological resilience. Any form of work or intervention that strengthens psychological resilience acts as a protective shield in individuals' lives, enabling them to adopt a more robust and resilient stance against various external influences. These protective elements hold the potential to strengthen individuals' emotional and mental health in the long term; consequently, the development of psychological resilience is of great importance for every individual's psychological and social development. It is at this point that all the strategies and methods applied to enhance psychological resilience, as outlined at , present a significant opportunity to elevate individuals' overall quality of life to a higher standard.

BASIC RELATIONSHIPS

Not only is there a statistically significant positive correlation between stressful life events and nomophobia, but this relationship also plays a significant role in individuals' lives. This situation leads to an increasing dependence on mobile phones and a growing fear of separation in later periods, in direct proportion to the increase in stressful experiences individuals undergo. Various studies have shown that the stressful situations individuals face significantly increase their dependence on mobile phones, thereby causing them to spend more time using these devices. This situation not only affects individuals' phone usage but also has profound negative effects on their overall quality of life. The relationship between hopelessness and nomophobia also exhibits a similar positive trend; when individuals experience high levels of hopelessness, this increases their dependence on technology and carries the risk of isolating them. When combined with excessive technology use, an increase in hopelessness can lead to a marked decline in individuals' social interactions. The emotional difficulties experienced by individuals lead them to turn to their mobile phones more frequently, and this situation has the potential to negatively affect their social interactions. Furthermore, it has been found that psychological resilience plays a significant role as a protective factor in the relationship between stressful life events and nomophobia. Individuals with high psychological resilience experience the negative effects of stressful life events on nomophobia to a lesser extent; this also prevents them from feeling an excessive dependence on mobile devices. For example, individuals who successfully cope with stressful situations are able to safeguard their own psychological well-being and, as a result, have the opportunity to use technology in a healthier manner. Furthermore, individuals with high psychological resilience may be more open to seeking social support, which in turn enhances their overall social connectedness.

A detailed analysis of the underlying relationships clearly demonstrates the contribution of hopelessness as a mediating variable and the effect of psychological resilience in mitigating the intensity of this relationship. In this context, stressful life events stand out as factors that directly influence the effects of nomophobia on individuals; however, they also exert indirect effects through psychological components such as hopelessness and resilience. The significance of these relationships brings to light the complex effects of negative life experiences on psychological processes , whilst providing important and valuable insights into how individuals respond differently to these processes. Furthermore, this situation can have a marked impact on individuals' mental health and social relationships, and consequently may leave its mark on changes in social structures. Consequently, the stressful situations and feelings of hopelessness experienced by individuals lead to significant changes in their use of technology and, consequently, indirectly affect their social lives. These interactions can profoundly affect the bonds individuals form with their social circles, potentially leading to a sense of isolation over time. For this reason, the connections between individuals' psychological states and the stress factors they face require more in-depth examination within the complex dynamics of modern life. In particular, understanding how the challenges individuals face affect them in terms of technological dependence can have significant implications at both the individual and societal levels. These concepts and relationships offer important insights into the future direction of technological dependence and the shaping of individuals' social lives, and as a result, societal structures may also undergo change.

Consequently, it is of critical importance for individuals to engage in social interactions with care over time and to take healthier steps in managing their dependence, as this contributes to the improvement of their mental well-being and the strengthening of their relationships with their social circles. In this context, understanding individuals' psycho-social dynamics enables us to gain broader perspectives by considering how they relate to their daily lives. Thus, whilst maintaining a balance between stress factors and technological addiction, individuals have the opportunity to develop a healthier lifestyle by strengthening their social interactions.

CONCLUSION

The findings of the study clearly demonstrate that stressful life events do not have a direct effect on nomophobia; rather, it is understood that individuals' sense of hopelessness plays a significant mediating role in this complex relationship. In other words, the deep sense of hopelessness arising from having to cope with stress significantly increases feelings of attachment to mobile phones and the fear of separation; consequently, this situation may also elevate individuals' levels of nomophobia. The emotional turmoil caused by these negative circumstances arising during the stress process further exacerbates the difficulties and obstacles individuals face in their daily lives, increasing their dependence on mobile devices and, consequently, creating a complex structure that effectively leads to a psychological vicious circle. However, numerous studies have shown that a high level of psychological resilience can counterbalance this complex and challenging process. Furthermore, it plays a significant role as a protective factor against the risk of developing nomophobia by mitigating the negative effects of hopelessness. This significant finding provides clear and strong support for the view that psychological resilience plays a critical role in mitigating the psychopathological effects of stressful events on the individual. In this context, it is evident that the implementation of educational programmes focusing more on individuals' emotional resilience and coping skills constitutes an effective strategy for managing issues related to nomophobia. In the implementation phase, it is emphasised that priority should be given to strategies aimed at strengthening psychological resilience, alongside reducing levels of hopelessness, in the prevention of nomophobia and in intervention efforts in this field. Furthermore,

these research findings strongly highlight the need for a more comprehensive and in-depth examination of individuals' stress coping mechanisms and psychological resources.

It is recommended that future studies examine the effects of these mediating variables on different age and demographic groups and address causal relationships in greater detail through longitudinal research. In this way, by developing more effective and functional intervention models to cope more effectively with current and widespread psychological problems such as nomophobia, individuals' ability to cope with psychological problems can be enhanced efficiently and on a solid foundation. In this context, strengthening psychological resilience and stress-coping mechanisms stands out as a key factor in helping individuals develop a more robust mental constitution, particularly in today's fast-paced, complex and dynamic world. Consequently, individuals' psychological well-being can be positively influenced. Furthermore, it is clear that the development of multifaceted and varied strategies aimed at improving individuals' quality of life necessitates taking individual differences into account. If individuals are supported using the methods most suitable and effective for them, they can tackle issues such as nomophobia, social media addiction and similar problems in a more equipped, successful and self-confident manner. This kind of support also makes a significant contribution to individuals' psychosocial development, encouraging and supporting them on their journey towards becoming stronger individuals. In this context, developing individuals' emotional intelligence and coping skills is of the utmost importance for addressing such issues from a broader perspective. Through various support mechanisms, such as appropriate educational programmes and group therapy, individuals can be helped to develop coping strategies that suit them; this process should be designed to have a positive impact on both their mental health and their social relationships. Furthermore, it is important to carry out awareness-raising campaigns across society to increase understanding of this issue.

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