

An Examination of Hopelessness in The Relationship Between Stressful Life Events and Nomophobia

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ABSTRACT: In today's world, where the pace and complexity of modern life are steadily increasing, the psychological effects of the noticeable rise in the number of stressors individuals face are being examined in considerable depth. For many people, coping with the various aspects of stress is becoming increasingly difficult with each passing day. Nomophobia, which is particularly prevalent amongst the younger population, is paving the way for the emergence of anxiety and various forms of technology addiction as technology plays an ever-greater role in daily life; this situation is becoming a significant problem amongst young people and is attracting attention as a social phenomenon. Today, young people may find themselves withdrawing from many social activities due to this dependence on their mobile phones. In this context, strong and striking links have been observed between the negative effects of stressful life events on individuals' levels of hopelessness and the development of nomophobia.

KEYWORDS: Modern life, psychological effects, nomophobia, addiction, isolation, feelings of hopelessness and psychological resilience

INTRODUCTION

Individuals with high psychological resilience have developed a distinctive character, characterised by the ability to maintain a steadfast stance in the face of the challenges they encounter at various stages of their lives. This character structure offers considerable benefit in enabling individuals to remain flexible and resilient when confronted with adverse circumstances throughout their lives. The study of psychological resilience is gaining attention as an important topic aimed at making a positive contribution to individuals' lives, and research in this field highlights the fact that it will have significant implications for social life. Strong psychological resilience not only enhances the ability to cope during challenging times but also plays a key role in managing life's difficulties, as it encompasses components such as trust, hope and self-esteem. These relationships are explored in depth in the light of various psychological theories and the existing literature, with particular emphasis on the extent to which the resilience developed in coping with stress contributes to reducing feelings of hopelessness in individuals. The ability to cope with stressful situations not only enhances individuals' quality of life but also plays an extremely critical role in terms of their mental health. This has a positive impact on individuals' overall standard of living. In this context, it is thought that psychological resilience may play a protective role in combating nomophobia—that is, in effectively coping with modern problems such as mobile phone addiction.

Nomophobia encompasses the anxiety and stress experienced by individuals in relation to their use of smartphones. The need for further research in this area is emphasised, and attention is drawn to the significance of these findings. Consequently, examining the mechanisms mediated by hopelessness and psychological resilience is of great importance in gaining a deeper understanding of the relationship between stressful life events and nomophobia. Research in this field aims to contribute to the development of new, effective and beneficial strategies for improving individuals' psychological well-being. In this process, it is of great importance to detail the challenges faced by different groups of individuals and to examine the methods they use to cope with these challenges. Furthermore, it is emphasised that the effects of these situations on individuals' mental health and social lives must be carefully examined, and the aim is to take the necessary measures to raise social awareness. Educational programmes and public awareness campaigns hold great value as important steps to be taken to highlight the significance of these issues and their impact on society, and to help individuals achieve a sustainable psychological balance. Such steps are also of vital importance for strengthening public health and fostering solidarity amongst individuals. The adoption of healthy habits through education and their widespread promotion within society will not only improve individuals' quality of life but also strengthen solidarity across the wider community. It has become essential to actively maintain this process by establishing collaborations across various sectors and to adopt a systematic approach aimed at enhancing individuals' psychological resilience. Furthermore, a detailed analysis of the potential obstacles and opportunities that may arise during this process is of great importance in ensuring the work is effective and efficient. Enhancing individuals' psychological resilience will yield positive results not only at the individual level but also at the societal

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level, and this will ultimately contribute to building a healthier and more sustainable society. In this way, significant steps will have been taken towards improving both the mental and social quality of life of individuals.

The Concept of Nomophobia

Nomophobia can be defined in more detail as a state of excessive dependence on and anxiety regarding mobile phone use. This term is derived from the English phrase 'No Mobile Phone' and encompasses psychological disturbances arising when mobile phones are not used or access to these devices is restricted. The concept of nomophobia came to the fore particularly with the rapid technological developments at the start of the 21st century and has become increasingly prevalent, especially amongst the younger generation. As young people have begun to view mobile technology as an integral part of their social lives, the condition of nomophobia has also become more pronounced in this demographic. At the root of nomophobia lies not only the extremely strong emotional bond individuals form with their mobile devices, but also the fact that fundamental human needs—such as communication, accessing information, entertainment and social interaction—are constantly met through these devices. Mobile technologies create a sense of security for people, thereby increasing their desire to continue social interactions and their technological dependence. Nomophobia is generally observed alongside psychological issues such as anxiety, stress and loneliness, and can have a negative impact on various aspects of daily life. In line with modern technological developments, this concept has become a fundamental problem of contemporary life and has attracted the attention of academic research as a significant sub-type of digital addiction. As the definition of nomophobia is recognised as a new type of disorder that threatens both individual and public health, comprehensive research and studies are being conducted on this subject. Whilst the concept of nomophobia is being examined in depth in terms of the problems arising from the excessive use of technology and the psychological consequences of this situation, it also involves ongoing efforts to understand the dynamics that threaten individuals' quality of life and lead to behavioural problems in the long term. The negative effects caused by mobile device addiction can create serious problems in individuals' social lives and psychological well-being. Furthermore, the level of anxiety associated with nomophobia tends to increase over time, and this can negatively affect individuals' overall life satisfaction. Influenced by social media, individuals may feel a constant need to be online, leading to feelings of loneliness and helplessness.

The theoretical foundations of nomophobia provide an important basis for explaining the emergence and persistence of this condition. In this context, a detailed examination of various theoretical frameworks in the fields of psychology and communication serves as an extremely useful and guiding resource for understanding the causes of nomophobia and uncovering the dynamics underlying this phenomenon. Cognitive-behavioural theories make a significant contribution by proposing that the thoughts and beliefs shaping individuals' relationships with technology play a critical role in the development of phobic behaviours. In particular, an in-depth analysis is conducted on the psychological foundations of individuals' need for constant connection and their search for security, and the effects and consequences of these two factors on personality are examined in detail. Furthermore, social learning theory focuses on the processes by which individuals imitate and internalise behaviours in their environment, and examines how technology addiction—along with the fears and anxieties associated with it—develops and evolves over time as a result of these processes. This is directly linked to how social relationships and forms of communication have changed. Various scientific studies on computer and internet addiction have revealed that nomophobia has developed and persisted in parallel with the increase in technology use. Furthermore, the pace and complexity of modern life reinforce the sense of obligation to be constantly reachable, thereby forming the basis for the interaction between anxiety and technology addiction and deepening this relationship. When these theoretical elements are considered as a whole, they demonstrate that the psychological, social and technological components of nomophobia interact with one another, and that this situation may have adverse effects on individuals' daily lives and mental health, with these effects potentially becoming more pronounced over time. Consequently, these theoretical foundations provide an important and comprehensive framework for understanding the multi-layered and multifaceted nature of nomophobia, and lay a solid groundwork for the development of intervention strategies. These approaches are of critical importance in enabling individuals to address and cope with this serious issue; by utilising psychological support services such as those at , individuals can overcome this condition more comfortably.

Causes and Risk Factors

The underlying causes and risk factors in the development of nomophobia are indeed of significant importance. Alongside the rapid spread of technology, the fact that mobile devices have become an inescapable part of daily life and the habits resulting from their constant use are among the key triggers of this condition. In particular, the intensive use of technology by the younger population stands out as one of the most significant factors increasing the risk of nomophobia. Among individuals in this group, tendencies towards digital addiction, experiences of social isolation and low levels of self-discipline markedly increase the likelihood of nomophobia emerging. The many opportunities and conveniences offered by mobile technology are causing individuals' dependence on these devices to increase, and this dependence creates a vicious cycle that negatively affects their mood. Furthermore, emotional factors such as security concerns, feelings of worthlessness and loneliness emerge as key triggers of nomophobia. This situation threatens not only one's state of mind but also their social relationships. Under these conditions, it is an inevitable outcome that

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individuals who engage excessively with technological devices will, over time, begin to feel restless and anxious. A decline in their ability to spend time on their own also weakens their capacity to form social relationships.

All these factors can have a negative impact on their social lives and may lead to serious psychological health issues, causing them to experience deep anxiety and stress. Consequently, it is of great importance to analyse these factors thoroughly and, where necessary, seek professional help in order to overcome nomophobia. If individuals review their situations and make an effort to change these behaviours, this can yield very beneficial results in the long term. Ultimately, the pervasive role of technology in our lives is forcing us to confront such anxiety-inducing situations that have a lasting impact on us. The importance of raising social awareness and fostering individual awareness in order to cope with nomophobia is steadily increasing. Developing healthy technological habits has become a critical necessity for individuals' mental health. For this reason, it is essential not only for individuals but also for society as a whole to raise awareness of this issue and address it. Taking these factors and their interactions into account will help us understand that nomophobia is not merely a form of addiction, but also part of a broader spectrum of social and psychological issues.

Individuals' psychosocial structures are among the key factors determining the risk of nomophobia. This is closely linked to their mental health and the general state of their psychological well-being. In particular, anxiety, depression and similar psychiatric disorders have the potential to directly increase individuals' technological dependence. Such psychological conditions can negatively affect individuals' interactions with technology in their daily lives. Furthermore, their social relationships, work performance and overall quality of life may also be adversely affected by this situation. Furthermore, excessive use of social media, constantly checking notifications and increased online interactions can lead individuals to exaggerate their online presence and become accustomed to this situation. Over time, this paves the way for this situation to develop into an addiction.

The sense of loss of security and control that individuals experience in various areas of their lives may lead to an increased reliance on mobile devices; consequently, this situation brings with it the compulsion to remain constantly connected. Furthermore, parental attitudes, educational factors and the family's approach to technology also emerge as significant factors influencing the risk of nomophobia. These factors come to the fore as a situation that can seriously affect individuals' lifestyles and the choices they make regarding their lives. Parental attitudes that are either overly controlling or excessively permissive may facilitate children's tendency towards technological addiction; consequently, it is of the utmost importance for parents to strike a healthy balance regarding their children's use of technology. Consequently, it is necessary to seek ways to ensure technology is used more healthily, whilst taking into account the mental well-being of children and young people and considering the dynamics within the family. This represents a crucial aspect in terms of safeguarding individuals' quality of life and mental health.

Social environment and cultural factors emerge as elements that exert a significant influence on individuals' lives and, as such, occupy a critical position amongst risk factors. The intensive use of technology in society, the constant transformation of communication methods, and a lack of digital literacy play a role in the proliferation of such issues and negatively affect individuals' daily activities. In particular, the younger generations' dependence on technology is becoming increasingly pronounced as the time they spend in the digital world increases; this situation can lead to numerous adverse consequences. Economic factors are also directly linked to the ease with which people can access mobile devices; this situation can trigger nomophobia and seriously undermine individuals' quality of life. Furthermore, economic conditions, which vary according to individuals' living standards, can make the use of mobile devices even more widespread.

Individuals' personal characteristics, psychological states, family structures and environmental dynamics are among the key factors that can trigger nomophobia; these factors interact with one another in a complex manner. The emergence and severity of these risk factors vary depending on various social, psychological and cultural factors; a different risk profile may emerge for each individual, and each person's situation is unique. This situation has a significant impact on the general health of society and the psychological well-being of individuals, highlighting the need for society to take these complex issues into account. Furthermore, the manner in which these factors are addressed at a societal level, along with the role of education systems and health services in this regard, must be carefully assessed. Education policies present a significant opportunity to enhance individuals' digital literacy; improving digital literacy helps individuals use technology in a healthier manner whilst also contributing to positive changes in their communication habits. Educational programmes are of great importance in providing young people with information about the digital world and the disadvantages it brings, as well as in contributing to the development of social skills. In this context, families playing a conscious role in this process can help ensure that children's relationship with technology is established on a healthier footing. In this way, it will be possible to contribute to the creation of a healthy environment for communication and interaction across society as a whole; relationships between individuals will be strengthened and this will have a positive impact on the overall fabric of society.

The Individual and Societal Impacts of Nomophobia

The individual and societal impacts of nomophobia are a matter of great importance in today's dynamic societies. In particular, the fact that this condition gives rise to multi-faceted and complex consequences makes it all the more critical. Comprehensive research conducted on individuals clearly demonstrates that nomophobia negatively affects the quality of daily life and, consequently, has a

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distinct negative impact on people's lives. Studies conducted in recent years have shown that excessive dependence on technology leads to an increase in anxiety, depression, attention deficit and similar psychological problems, and this situation has a highly adverse effect on individuals' mental health. In this context, factors and influences that complicate many areas of individuals' lives are coming to the fore. Problems such as disrupted sleep patterns and the erosion of social relationships are increasing day by day, and this is seriously reducing individuals' overall quality of life. From a physical health perspective, prolonged screen use is leading to a rise in eye disorders, musculoskeletal problems and other health issues, which in turn cause various difficulties in individuals' daily lives. At a societal level, the spread of nomophobia is leading to marked changes in social behaviour; face-to-face communication is gradually diminishing, and this is causing social bonds within society to weaken over time and leading to increased social isolation. Whilst individuals' interactions with their social circles are being negatively affected, many are experiencing a sense of loneliness. This sense of loneliness is further exacerbating individuals' mental well-being and deepening their feelings of isolation. In particular, such negative effects in people's lives become increasingly complex over time and also have a detrimental impact on their socialisation skills. Furthermore, these negative effects are clearly observable in both work and educational settings; problems such as lack of concentration, loss of productivity and lack of motivation profoundly affect both professional and academic success, making it more difficult for individuals to achieve their set goals. The increasing prevalence of nomophobia also creates a breeding ground for tension and conflict within family relationships, thereby leading to various problems in individuals' relationships and negatively affecting family dynamics. Generally speaking, it is anticipated that the negative effects associated with nomophobia, at both the individual and societal levels, will weaken social cohesion in the long term and lead to further adverse psychosocial consequences. These negative developments underscore the need for various policies and intervention strategies aimed at fostering healthy lifestyle habits and making society more resilient. It is of the utmost importance that, as societies, we take conscious and effective steps to address these issues. Furthermore, organising educational programmes and seminars to raise individuals' awareness of this issue and teach strategies for coping with nomophobia would be extremely beneficial. Such measures will go a long way towards helping individuals, as highlighted at , to protect their psychological well-being and forge stronger social bonds at a societal level. The implementation of educational interventions and projects designed to raise social awareness is undoubtedly among the most effective ways to combat nomophobia. In this way, individuals' mental well-being and social bonds can be strengthened once again, and social solidarity can increase. Furthermore, strengthening social support networks will help individuals feel more secure, thereby contributing to social cohesion and integration.

Prevention and Intervention Approaches

Numerous different strategies have been developed with the aim of preventing nomophobia and ensuring effective intervention in this area. Such approaches aim to help individuals review their mobile technology usage habits in a more deliberate and conscious manner, whilst taking significant and effective steps towards establishing a healthy and sustainable digital balance. In the initial stage, awareness-raising initiatives play an extremely important and critical role. Individuals are encouraged to understand the potential risks of mobile device addiction and, in this context, to question their own usage habits. This assessment process enables individuals not only to question their own habits but also to re-evaluate their relationship with technology. At this stage, psychological counselling services and awareness programmes are of great importance as powerful and effective tools for protection against nomophobia.

The scope of such programmes aims to help individuals acquire accurate information so that they can engage in in-depth self-reflection on their use of technology and assess the personal and social impacts of technological devices in their daily lives. Furthermore, various restrictive methods and strategies are available for both individuals and families. Apps that restrict mobile device use during specific time periods and conscious limits set by families for their children are among the highly effective measures for preventing excessive technology use . Such restrictions not only strengthen communication within the family but also provide significant support in mitigating the negative effects of technology on social relationships. Digital literacy training and awareness-raising activities on the healthy use of technology organised in schools play a vital role in individuals' development. The primary aim of these programmes is to ensure that young people use technology in a more conscious, mindful and controlled manner. The aim of these programmes, offered to pupils, is to raise a generation that is more aware of the potential risks posed by technology and to enhance individuals' ability to cope with technological addiction. Furthermore, the development of alternative activities that encourage a break from technology is of great importance.

Activities such as sport, the arts and various social events not only help individuals to stay away from technology but also support their ability to form healthier social relationships. By participating in such activities, individuals gain the opportunity to develop discipline, time management and social skills, whilst also having the chance to significantly reduce the negative effects of technological addiction. Finally, various forms of intervention, such as professional psychotherapy and support groups, are frequently utilised in the treatment of technological addiction. These methods make significant contributions to addressing the emotional and psychological issues caused by nomophobia and offer approaches that help individuals develop strategies to cope with the personal emotional difficulties they face. Generally speaking, adopting a multidisciplinary approach is essential for the implementation of effective prevention and intervention strategies. Within this framework, positive and lasting results will be far

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more achievable through collaboration between psychologists, educators and families. In this way, the aim is to ensure that individuals demonstrate healthier social and psychological development whilst tackling nomophobia. It should not be forgotten that, in this process, continuous innovation and innovative methods are of great importance in helping individuals maintain a healthy balance in the digital world. Furthermore, strengthening social support mechanisms can help individuals to be more effective in their efforts to tackle this issue. In this context, organising awareness-raising campaigns at a societal level to develop individuals' ability to cope with the challenges they face would also be an important and beneficial step.

CONCLUSION

Nomophobia, which has emerged as a result of the increasing use of mobile devices alongside today's technological advancements, has become a significant psychological issue that negatively affects individuals' quality of life. This serious condition manifests itself in individuals' inability to disconnect from their mobile phones, a constant need to stay connected, and the behavioural changes caused by this anxiety, and it is drawing in more and more people with each passing day. The underlying causes of nomophobia are highly multi-layered, and this condition arises from the complex interplay of individuals' personal characteristics, social dynamics and technological factors. Particularly prevalent amongst young people, this phenomenon is directly linked not only to individual risk factors such as loneliness, low self-esteem and social anxiety, but also to rapidly evolving technological innovations, such as the desire for instant access to information. In this context, the phenomenon of nomophobia is not merely an individual problem; it is also paving the way for a transformation in social relationships and lifestyles.

Studies conducted using both qualitative and quantitative research methods confirm that nomophobia has various adverse effects on individuals' personal health and their relationships within a social context. These effects include, in particular, significant psychological issues such as anxiety, depression, attention deficits and sleep disorders. Consequently, the use of measurement and assessment tools developed in this field, alongside the development of preventive and intervention strategies in line with legislation, is of great importance. Whilst educational and awareness-raising activities aim to promote healthy technology use, policymakers must also adopt strategic and sustainable approaches to this issue. Finally, in today's world where technological advancements are rapidly increasing, it has become essential for all stakeholders to develop multidisciplinary studies and ethical approaches to combat nomophobia. In the future, an increase in the number of studies in this field and the wider adoption of solution-oriented practices will make a significant contribution to protecting individuals and societies from the negative effects of this problem. Today, mobile devices continue to be ever-present in our lives and to exacerbate our ongoing dependence on technology. In this context, nomophobia has become a phenomenon that threatens not only individuals' mental health but also social structures and forms of social interaction. Although we live in the age of technology, human psychology and health remain a critical area for everyone, going beyond merely being a source of data.

Finding ways to cope with nomophobia is an indispensable necessity for safeguarding the health of both individuals and social groups. Consequently, it is of the utmost importance for the authorities to take the right steps to raise awareness of this issue within society and implement the necessary measures. The younger generation, in particular, is the group most affected by this issue due to their familiarity with technology; consequently, providing educational programmes and support services is absolutely essential. Conducting more comprehensive and in-depth research into the psychological effects of mobile devices on people has become a critical task, aimed at encouraging individuals to adopt healthy technology habits. Otherwise, coping with contemporary challenges such as nomophobia will become increasingly complex. Amidst the rapidly changing dynamics of technology, the importance of educational programmes in helping individuals cope with this situation is growing even further. Projects aimed at raising awareness and increasing public understanding of the health effects of mobile devices will have a positive impact on individuals' mental health. Such initiatives, , offer significant opportunities not only for young people but for individuals of all age groups to improve their attitudes towards technology use.

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