MOBILE PHONE DEPENDENCY, FEAR OF MISSING OUT AND PERCEIVED STRESS AMONG YOUNG ADULTS

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2023

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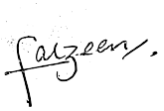

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A BA/BSC RESEARCH REPORT SUBMITTED TO
KINNAIRD COLLEGE FOR WOMEN
IN FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF

BSC (HONORS)
IN
APPLIED PSYCHOLOGY

BY

FARZEEN AWAN

DEPARTMENT OF APPLIED PSYCHOLOGY
KINNAIRD COLLEGE FOR WOMEN, LAHORE
2023

RESEARCHCOMPLETIONCERTIFICATE

It is certified that Ms. Farzeen Awan of BSc (Hons) (session 2019 – 2023), Department ofAppliedPsychologyhascarried outresearchworkentitled**"MobilePhoneDependency,FearofMissingOutandPerceived StressamongYoung Adults"**undermysupervision.

Itisassuredthatresearchworkisoriginalandhas notyetbeenpublishedanywhereelse.

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Designation

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HeadofDepartment

ANTI-PLAGIARISMDECLARATION

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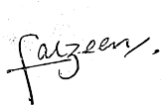

Abstract

With the rapid advancement of technology, today's generation has greater access to technologythan anybody else. Almost every individual has a mobile phone now a days, so todays'generation has to deal with both positive and negative effects of technology. This in turn leadthem to develop high level of Perceived Stress as a result of Fear of Missing out developed inthem whenever they found themselves not using their mobile phones, or if they feel they are notconnected to their friends through social media The aim of the current research was to explorethe negative effects that mobile dependency can have on psychological health, how fear ofmissing out leads to high levels of perceived stress in people, and what steps should be taken toreduce and monitor the amount of time spent using mobile phones. 180participants (90-males, 90-females) from across Pakistan filled out the questionnaire. Theparticipants were between the age ranges of 15-24. A correlational study design was used in thisresearch. The data was collected online as well as in person. The participants completedmeasures of Test of Mobile Phone Dependency (TMD), The FOMO Scale and Perceived StressScale (PSS). The results of this research suggest that there is a significant relationship betweenthree subscales of Mobile phone dependency i.e., abstinence, lack of self-control, tolerance andinterference with other activities, and perceived helplessness that is a subscale of perceivedstress. Whereas, nosignificantrelationshipis foundbetweenthreesubscalesofMobilephonedependencyi.e.,abstinence,lackofself-control,toleranceandinterferencewithotheractivitiesandlackofself-efficacy.

Keywords:mobilephonedependency,fearofmissingout,perceivedstress,youngadults.

MobilePhoneDependency,FearofMissingOutandPerceivedStressamongYoungAdultsTABLEOF

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ListofAbbreviations

Abbreviations	FullForm
PSS	PerceivedStressScale
FOMO	Fear ofMissing Out
MPD	MobilePhoneDependency

List ofSymbols

Symbols	Definition
a	Cronbach's indexofinternalconsistency
f	Frequency
k	Totalnoofitems
N	Totalsample
p	Significantvalue
SD	Standarddeviation
%	Percentage
β	Beta
ΔR^2	R^2Change

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CHAPTERI

Introduction

Ourliveshavebecomemoreadvancedbecauseoftheuseoftechnology Today’sgenerationhasgreateraccesstocontemporarytechnologythananybodyelse. Today’syouthdealwithbothpositiveandnegativeeffectsoftechnology. Technologyiswideningthegenerationgapanditisbecause of the rapid technological improvements thateach generation is distinctfrom thegenerationbeforeit. Ourlivesnowrelyheavilyoninformationtechnology. Therapidgrowthofnew technologies including computers, video games, iPad, and mobile phones are causingchangesinindividualsdailylifehabits.(Oberstetal;2017).

Thelifestyleoftoday’sgenerationisquitedifferentfromothergenerationsas mostoftheiractivities are done through their mobile phones. They are so much dependent on their phones,that they do simple daily life activities through their mobile phones like grocery shopping,buying clothes through websites, studying, doing homework. Technology has without a doubtmade life easier. You can learn so much using your mobile devices. Everything can be foundonline. Although the internet makes everything accessible, it still has a detrimental impact ontheyoungergeneration. Theyhavebecomelazyandsomuchdependentontheir mobilephones. Mobilephonedependencyorphoneaddictionhasbecome aseriousissuenow adays.

Mobile phone dependance, described as improper use of mobile phone is seen as a subtypeof behavioral or technological dependance. Excess use of anything can be harmful for a person,and excess use of mobile phone can cause serious problems like cell phone addiction. The fifthinternational classification of Mental Disorders included mobile phone addiction as a type oftechnology-relateddisorders.(Meietal;2018). Increasedfeelingoflonelinessandreduced

relationswiththelovedonesaretheresultsofexcessivemobilephoneuse.Mobilephoneshavereplaced face-to-faceinteractions,which maymake peoplefeelmorealone.

Fear of missing out is also another problem that the generation today is experiencing. Theuseofmobilephoneandscreentimehasincreasedalotastheyoungadultsworryaboutmissingout if they do not use their mobile phones. They fear they will miss out what their friends aredoing, mobile phone dependency and FOMO are linked with each other. (Upreti&Musalay,2018).

Inscientificwritings,thetermFOMOisusedtodescribetwodistinctmajorcomponentsa)constant desire to be connected to people in one's social system b) fear that others are enjoyingsatisfying experiences while they are not. The first element consists of a behavioral strategy foreliminatingsuchanxiety.Thesecondelementmakesupthereasoningaspectofanxiety,suchasworr ies and thoughts etc. Young adults who are dependent on their phones may experience adreadofmissingout.(Elhai,Yang,&Montag,2020).

Fearofmissingoutcanbedescribedasasubsetofanxiety. Duetothefastadvancementoftheinternetandwidespreaduseof socialplatforms,FOMOisbecomingmorecommon.According to the studies, those who experience high level of FOMO are more likely to developa mobile phone addiction. The impact of FOMO on people's physical and psychological well-beinghasbeguntodrawtheattentionofresearchers.(Milyavskaya,Saffran,Hope,&Koestner,2018).

Perceived stress is how an individual feels or thinks about how much stress they are underat any one time. A person's perspective on the uncertainty and variability of life, the frequencywith which they deal with stressors, the degree to which their lives are changing, and theirconfidenceintheirownability withinconveniencesandchallengesareallfactorsinperceived

stress. The use of devices like cellphones and computers can have negative consequences onpsychological health. (Phillips, 2013). Mobile phone addiction and social media usage werepositivelyassociatedtoPerceivedStressandhadnoteworthysecondaryinfluenceonexhaustion,stress,despairandanxiety(Reineckeetal.,2016).

Theoreticalframework

Duetoitssizeandfunctions, themobilephonehas becomeanextensionofmanypeople'slives; its user carries it around with them constantly. Various apps encourage the urge to beonline constantly and the use of mobile (Okazaki & Hirose, 2009). Applications can bedownloaded and used in a variety of settings, including those involving mobile internet,cameras, and phone connections, among many others. Many individuals find it impossible toimagine life without a smartphone, therefore people are becoming rather reliant on them(Haverlag, 2013). As a result of their constant accessibility, smartphones are used extensively.Thisfrequentuse mightresultinaddiction(Young,1999)

A thorough analysis of the problematic use of smartphones and the internet was justpublishedbyMorettaetal.Itwasproposedtotheoreticallycombinepoorinternetactivitywithproblematic smartphone behavior in order to supposedly put more emphasis on the conductrather than the technology. Accordingly, Davis was the first writer to put forth a cognitive-behavioral model of pathological or problematic internet usage. His approach has twocomponents that are active: one is distant, or the psychopathology of the individual, and theother is proximal, or the maladaptive cognitions connected to internet usage. Later, Caplansuggested a version of Davis's model that includes certain cognitive/behavioral factorsconnected to detrimental effects of internet use, such as the propensity for online socialcontacts.Inparticular,hediscovered thatcommunicatingviaadevicereducesthedistress

brought on by in-person social contacts but results in impaired self-regulation.Suchinadequateself-controlwouldlead tounfavorableeffectsonpeople'slives.

Przybylski et al. employed self-determination theory to comprehend the motivationsbehind Fear of Missing Out. By using self-determination theory, Fear of Missing Out wasinitially intellectualized, which was developed by Edward Deci and Richard Ryan. The ideaseeks to explain how a person's personality is shaped as well as the mental and emotionalrequirementsthatfuelpersonalitydevelopment. Itshowsthatinternalmotivationforrewardissignificant in promoting psychological well-being, which is most strongly induced when aperson feels socially connected to others. Accordingly, social attachment in the self-determination theory can promote intrinsic motivation, which subsequently can enhancepositive psychological well-being. When applying this idea to FOMO, it was suggested thatFOMO is an unpleasant emotional situation that results from social. (Elhai, Yang, & Montag,2020).

The cognitive appraisal theory, which was created by Lazarus and Folkman, explains howaperson'smindreactstostressfulsituations.Accordingtothisnotion,aperson'sunderstandingof his or her bodily and psychological wellbeing is correlated with how they evaluate, assess,anddealwithstressors(Sarah,2012).

According to Lazarus, cognitive appraisal happens when an individual weighs twoimportant conditions that have a substantial impact on his reaction to stress. These elementsinclude thefollowing:

- Theindividual'ssensitivitytostress'spotentiallyharmfuleffects
- Theassessmentofavailableoptionsforreducing,enduring,oreliminatingthestressorandthe discomfortitgenerates.(Sarah,2012).

Literaturereview

A research study was done by Upreti and Musalay, (2018). which aimed to study therelationship between MPD, FOMO, and entrapment in undergraduate students in Hyderabad,India. The purpose of the study was to determine whether undergraduate students' feelings ofentrapment, dependence on their phones, and fear of missing out were influenced by theirgender, type of college, or both. A correlational design of undergraduate students fromgovernmentandprivatecollegesrevealedastrongcorrelationbetweenFOMO, dependenceonmobile devices, and entrapment. According to the ANOVA results, there are significantdifferences between undergraduate students at government and private colleges in terms ofFOMO,dependenceonmobiledevices,andentrapment.Thefindingsshowedthatfearoflosing mobile phone contact appears to be an issue for undergraduate college students inpresent times, as mobile phones have stopped being a status symbol and have instead becomenecessities due to their vast features, which enable them to play numerous roles from apersonalassistanttoahandymusicalgadget.

Sonali and Nipa, (2021) conducted a cross-sectional study on a total of 100 numbers ofcollege students. The study's goal was to look into the relationship between mobile phone useand stress, anxiety, and sleep quality. Use of mobile phones for longer periods of time waslinked to higher stress. The goal of using a cell phone, however, was not taken into account inthis study. This study demonstrated that prolonged mobile phone use increased the likelihoodofsleeplessness.Numerousstudieshavelinkedsmartphoneaddictiontoalterationsinlifestyle.Significant positive relationship was seen between smartphone addiction and stress as well asbetweensmartphoneaddictionandanxiety.Amildassociationbetweensmartphoneuseand

depressionwasalsodiscovered,inadditiontoamoderatecorrelationbetweensmartphoneuseandsleepquality.

Sibel and Gonca, (2019), highlighted problematic mobile phone use and the degree offear of missing out in adults. The studied showed majority of students are connected to socialmedia and internet through their mobile phones. The students' mean scores on FOMO and PUshowed significant differences depending on frequency of mobile phone use. A significantrelationshipwasfoundbetweenthemeanscoresofproblematicmobilephoneuseandFOMO.

The purpose of the study was to discover whether utilizing social networking sites (SNS)have adverse effects on adolescents with psychopathological issues, particularly anxiety anddepression, and whether these effects are mediated by FOMO and the frequency of socialnetworkingsites.Themajorfindingsofthisstudyconfirmedthenotionthat FOMOcontributesto the harmful effects of adolescents' excessive technology use in adults. Additionally, females'interest in SNSs appears to be stronger when they are depressed. Boys that experience anxietyengage theirSNSmore.(Oberstetal;2017).

The study among teenagers investigated an extended framework that looked at themediating role of teenagers' fear of missing out in the relationships between teenagers' use ofFacebook and their need to belong and be popular, as well as the relationships between theirFearofmissingoutandteenagers'perceivedstress relatedtousingFacebook.Teenagerswhofelt a larger need for acceptance or popularity also experienced more FOMO. Teenagers withhigher FOMO levels accessed Facebook more frequently. Teenagers with high FOMO levelsfoundthatbeingunpopularonFacebookcausedthemmorestress.(Ine, Eline, Steven,2016).

Fear ofmissingoutislinkedwithgreatersusceptibilitytostressrelatedtotheexperiencesofabandonmentandundesirablereactionsbypeopleonsocialmedia.Numerousphilosophers

have pin-pointed that participants with elevated levels of FOMO have a tendency to havehigher needs of membership with groups and acceptance by these groups and FOMO facilitatesthe associationbetweenabovementioneddesiresanddistress(Beyensetal.,2016;Oberstetal.,2017).

Fearofmissingoutcanbefoundmajorlyinsocialnetworkingsitesincludinggamingandsocial media sites as adolescents can be very simply socially left out by their fellows on SocialNetworking Sites for instance; not being popular or known among peers or not getting invitedon different social events etc. (Moreland, 2015). All of these things can be extremely stressfulforadolescentswhichconsequentlydevelopsfeelingsofstress(Frankel&Leary,1990). FOMO inadolescentsisprobabletoincreasePerceivedStressamongadolescents(Beyens,Frison&Eggermont,2016).

Due to its widespread use, rapid expansion, mobile phone addiction has become aconcern. 899 Chinese teenagers who made up the sample completed tests for smartphoneaddiction,self-control,mindfulness,andperceived stress.Inthisstudy,amoderatedmediationmodel was created. to investigate whether and how mobile stress is related to perceived stress,phone dependency The findings demonstrated that perceived stress was not only directly butalso indirectly related to a mobile phone addiction through the mediator of control. Addictionto cell phones among teenagers was positively correlated with perceived stress.Therelationship between perceived stress and smartphone addiction was mediated by self-control.(Liuetal.,2018).

Cheever,Rosen,Carrier,andChavez(2014)discoveredalinkbetweenworryandbeingunable to use portable devices. FOMO is very much associated to worry and worry is oftenaccompaniedwithmanifestationsofstressamongstadolescents.

Individualswhoarepreviouslyexperiencingstressmightbeproducingfurtherstressdueto Fear of missing out which naturally leads to a stress intensification and health problems(Baker,Krieger,&Leroy,2016).

Stresscausedbydigitalplatformsshouldbeinvestigatedinordertocompletelyrecognizeits effects, as with greater intensities of FOMO will have greater intensities of perceived stress.SinceFOMOisprobabletobeexperiencedas asubcategoryofanxiety,itlooks asitispossible that it is linked with upsurges in general perceived stress. When pupils are sufferingwith FOMO and perceived stress, these are all factors that can distress their motivationregarding academia. Hence, people with higher intensities of FOMO will experience greaterlevelsofPerceivedStress(Loton,2020).

TeenagerswithhighlevelsofFOMOaremorelikelytobeexposedtoinflatedemotionalsympto ms like stress and anxiety due to the intensified feeling that they are missing out onimportant mutual experiences, do not belong to a group and as well as a result of exhaustioncausedbysocialnetworking(Dhiretal.,2018).

1.1 Rationaleofthestudy

With the rapid advancement of technology, today's generation has greater access totechnology than anybody else. 184 (46%) of the total participants in the research self-identifiedas addicted to their mobile phones. According to a recent study on medical students in Karachi,Pakistan,51.5%ofsmartphoneuserssufferfrommobilephone dependency.Almosteveryindividual has a mobile phone now a days, so todays' generation has to deal with both positiveand negative effects of technology. All teenagers and adults are so much dependent on theirmobilephones.Eventhesmallactivitiesaredonethroughtheirphone.Young adultstodayhavebecomelazieraseverythingisaccessible,theydo nothavetoworkhardtogainaccessto

information. Excessive use of anything is bad. Young adults have developed the fear of missingout if they do not use their phone, they might think they are missing out on a lot of things in life.Life without a phone for young adults has become nearly impossible.This in turn lead them todevelop high level of Perceived Stress as a result of Fear of Missing out developed in themwhenever they found themselves not using their mobile phones, or if they feel they are notconnected to their friends through social media.Also, People with sensitivity to stress are likelyto interrupt their quality of life. This research study aims to study the impact of Mobile phonedependency and Fear of Missing Out on apparent Perceived Stress among young adults. Notmuch research has been done on the assessment of the relationship between Mobile phonedependency,FearofMissingOutandPerceivedStressinPakistan,whichwillactasagapofthisresearch. This research study will help people understand the adverse effects that Mobiledependency can have on the psychological well-being and how Fear of Missing Out in them isconsequently developing high levels of Perceived Stress in the individuals and what measuresshouldbetaken inordertolessenandmonitorthetimespentonusingmobile phones.

Understanding the adverse effects of mobile phone dependency and fear of missing out onperceived stress is crucial for several reasons. Firstly, high levels of perceived stress cannegatively impact an individual's mental health and overall well-being. Identifying the factorsthat contribute to increased perceived stress, such as mobile phone dependency and fear ofmissing out, will help us develop effective strategies to mitigate their effects on young adults.Secondly, this study will have practical implications for interventions and strategies aimed atreducing mobilephonedependencyand managing fearofmissingoutamong youngadults.Byidentifyingthespecificaspectsofmobilephoneusagethat contributetoperceivedstress,

recommendationscanbemadetopromotehealthierand moremindfulmobilephoneusagepractices. Moreover, the research findings can also have policy implications. If the study identifiessignificantnegativeeffectsofmobilephonedependencyandfearofmissingoutonperceivedstress, it can inform policymakers about the need for guidelines or regulations to promoteresponsiblemobile phoneuse amongyoungadults.

Furthermore, while this study focuses on young adults in Pakistan, the findings may havebroadergeneralizability.Understandingtherelationshipbetweenmobilephonedependency, fearof missing out, and perceived stress in this specific context can contribute to the globalunderstanding of these issues, as mobile phone usage patterns and the psychological impact arelikelytohave similaritiesacrossdifferentregionsandpopulations.

Inconclusion,thisresearchstudyaimstoinvestigatetheimpactofmobilephonedependencyand fear of missing out on perceived stress among young adults. By addressing the gap inresearch in Pakistan and shedding light on the adverse effects of mobile dependency onpsychological well-being, this study will provide valuable insights for interventions, policydevelopment,and promotinghealthiermobilephoneusagepracticesamongyoungadults.

1.2 Objectivesofthestudy

Thefollowingisthestudy'smaingoal

- ToassesstherelationshipbetweenMobilephonedependency,FearofMissingOutandPerceived Stressamongyoungadults.
- TocheckMobilephonedependencyan**d** FOMOarepredictorsofPerceivedStressamongyoungadults

- Tocheckiftherareanygenderdifferencesintermsof Mobilephonedependance,andFOMO andPerceivedstressamongyoungadults.

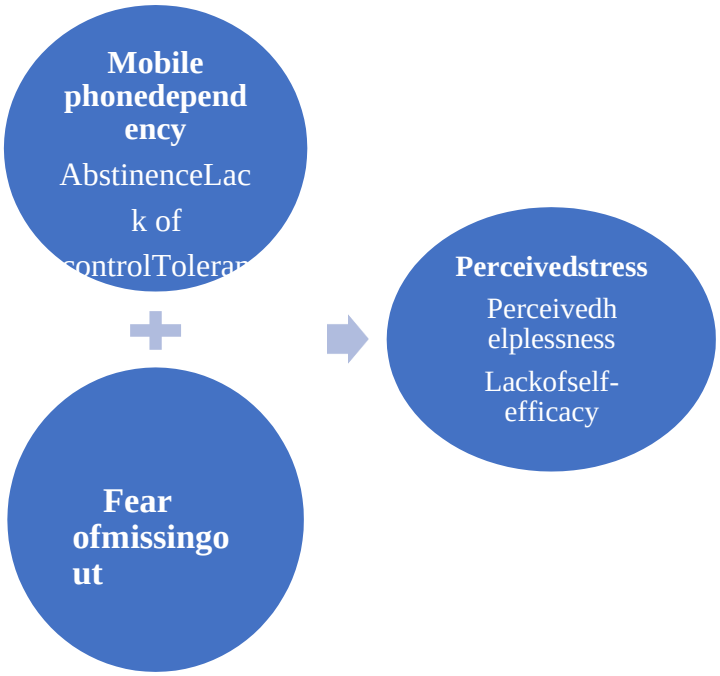
1.3 Hypotheses:

- Thereisasignificantrelationshipbetween Mobilephonedependency,FOMOandPerceivedStre ssinyoungadults
- Mobilephonedependency,FOMOarelikelytobeasignificantpredictorof PerceivedStressinyo ungadults.
- Thereislikelytobesignificantgenderdifferencesinterms ofMobilephonedependance,andFOMOandPerceivedstressamongyoungadults.

ProposedTheoreticalModel

Figure 1.1

ProposeModelofMobilePhoneDependency,FearofMissingoutandPerceivedStressamongyoungadults.



Chapter

IIMethod

2.1. Researchdesign

For the present study, Correlational research design was used to assess the relationshipbetweenMobile phonedependency,FOMOand PerceivedStressinyoung adults.

2.2. Participants

Thetargetpopulationforthisresearchisyoungadultsincludinguniversitystudents.UsingaRando m sampling method, 180 university students between the ages of 15 and 24 were chosen asthe sample.The dataconsistsof(males=90,females=90)inLahore.

2.2.1 Inclusioncriteria:

Criteriaofparticipant selectionincludedthefollowing:

- ParticipantslivinginLahore
- Participantswholieintheage15-24.(WHO, 2023).
- Participantswhohavetheirownmobilephones
- Participantsenrolledinacollegeor university
- Participantsdoingundergraduationorpost-graduation

2.2.2 Exclusioncriteria:

Exclusioncriteriaofparticipantselectionincludedthefollowing:

- Participantswhodo notholdPakistaninationalitywillbeexcluded.
- Participantswithanyphysicalorpsychologicalimpairmentwillbeexcluded.
- Participantswhoarebelowtheage19 andabovetheage29
- Participantswhodonotownamobilephone
- Participantswilllessthan3-hour screentimewillbeexcluded

Table1

SociodemographicCharacteristicsofParticipants

Variables	*M(SD)*	*f (%)*
Age	21.27(2.02)	-----
Gender		
Men	-----	90(50)
Women	------	90(50)
Availabilityofinternet	------	
Yes		178(98.9)
No		2(1.1)
DoyouhaveaMobilephone		
Yes	------	180(100)
Socialmediawebsites youuse		
WhatsApp	------	55(30.6)
Instagram	------	48(26.7)
Snapchat	------	31(17.2)
Facebook	------	15(8.3)
YouTube	------	13(7.2)
Other	------	18(10)
Averagetimespentonusing mobilephone perday		
Lessthan4hours	------	40(22.2)
Morethan5hours	------	109(60.6)
10hoursormoreE	------	31(17.2)
ducation		-------
10years	------	17(9.4)
12years	------	71(39.4)
16years	------	92(51.1)

Note. Men = 90; *Women* = 90, *M* = mean, *S*D = Standard Deviation, f = Frequency, *%* =Percentage

2.3 ConceptualDefinitionsofkeyterms:

2.3.1 Mobilephone Addiction:

Apersonwhois"heavilyattached"tohismobilephoneissaidtohaveamobiledependency.Abstinence,alackof self-control,toleranceand interferencewithotheractivities,arefourcharacteristics that characterize addiction and dependency in students. Mobile phone addiction isseentobe dangerous andproblematic.(Choliz,2012).

2.3.2 FearofMissingOut:

A persistent fear that other people or peers may have enjoyable experiences from which oneis lacking, or the need to always be involved in what others are doing, is known as FOMO.(Przybylski,Murayama,Dehaan&Gladwell,2013).

2.3.3 PerceivedStress:

The term "perceived stress" refers to an individual's assessment of their current degree ofstress. It takes into account ideas such as how unpredictable and uncertain life is, how frequentlyone must deal with bothersome problems how much change is occurring in one's life, and howpreparedoneistohandlethe tasksathand.(Lazarus &Folkman,1984).

2.4 Measures

Three sets of instruments will be used to assess each of the variables, such as mobile phoneaddiction, fear of missing out, and perceived stress, in addition to the demographic sheet createdtocollectdemographicdata.

2.4.1 DemographicInformationSheet:

The demographic information sheet will be used to gain the personal information of theparticipant. The form included age, gender, education, marital status, availability of internet,average timespentonmobilephoneperday.

2.4.2 Test ofMobilephoneDependence(TMD).

Thesequestionswerecreatedin accordancewith theDSM-IV-dependentTR'sdisordercriteria. After the pilot study, the original 101-item questionnaire was downsized to 46 items. Ona Likert-type scale, the first 18 questions were answered from 0 (never) to 4. (frequently). Thefinal 28 questions required respondents to rate a set of statements on a Likert-type scale from 0(totallydisagree)to4(absolutelyagree) statements.Forthepurposeofadjustingfortheacquiescence effect,sixinverteditemswereincluded.

2.4.3 FearOfMissingOutScale:

Przybylski et al. (2013) developed the Fear of Missing Out Scale, a ten-item, one-factor self-reportquestionnaire.EachitemisscoredonaLikertscalefrom1to5,with1representingtheleastlikelihood thatitistrueand5representingthegreatestlikelihood.Themeasure'stotalscoresrangefromtentofifty,wit hhighervaluesindicatinggreaterFOMO.TheCronbachalphacoefficientforthe scale'slegalversionis.90.(Przybylskietal.,2013).

2.4.4 PerceivedStressScale:

The Perceived Stress Scale is one of the most popular tools for assessing psychological stress.According to Cohen et al. (1983, p. 385), it is a self-reported questionnaire made to measure howmuch people perceive stressful situations in their lives. The scale's two dimensions are perceivedhelplessness and lack of self-efficacy. The PPS questions gauge how much respondents feel theirliveshavebecomedisorganized,unmanageable,andoverburdened over thepastmonth.

ALikertscaleisusedtoscorethetenitems,withamaximumscoreof5.ThePSSisusedtoscorethefourfavorablystatedthings(items4,5,7,and8).Responsesarereversed (e.g.,0 =4,1 =3,2 =2,3= 1,&4 =0),and allscaleitemsarethenadded up.(Cohen&Williamson,1988).

2.5 Procedure

Institutional approval will be obtained from Kinnaird College (KC) to carry out this research.To choose participants random sampling will be used. Getting the approval for the study, aquestionnaire will be created that includes sections for informed consent, demographic data,Mobile phone dependency scale, the Fear of Missing Out Scale, and Perceived stress. The study'sgoals will be briefly explained to the participants, and it will be assured that all informationgathered would be kept private. After data collection, correlation and regression analyses will runonthedatausingSPSS.

2.6 EthicalConsiderations:

- Participants'informedconsent willbeobtained.
- Beforebeginningthestudy,permissionfromthescales'author willberequested.
- Alloftheparticipants'questions,concerns,andconfusionwill beaddressed.
- Theconfidentialityoftheparticipants'personal informationwillbeguaranteed.
- Onlythoseindividualswhowerewillingtoengageinthestudywillbeincluded;noonewillbecompelledtotakepart.
- Withdrawalwillbeanoptionforparticipants.

2.7 StatisticalAnalysis

The statistical package for the social sciences (SPSS) software will be used to analyze thedata.Theassociationbetweenmobilephonedependency,FOMO,andperceivedstresswillbeexaminedusingProductMomentCorrelation.FOMOandmobilephonedependency willbe

investigatedasthepredictorsofperceivedstressusingregression.T-testswillbeusedtoanalyzethegenderdifferencesinMobilephonedependency,FOMO,andperceivedstress.

Chapter IIIResults

Themainconclusionsandfindings arepresentedinthischapter.Toinitiallyconfirmthescales'psychometric properties for this study, a reliability analysis was done. The scales were usedexactlyasthe creatorsintended;nomodificationsweremade tothem.

Table2
PsychometricPropertiesofStudyVariables(N=180)

Variables	M	SD	Range	Cronbach'sα
Abstinence	22.22	7.30	0-36	.85
Lackofcontrol	3.41	4.67	0-24	.71
Toleranceand interference	17.1	3.52	0-28	.75
Fearofmissingout	25.11	8.04	10-50	.87
Perceivedhelplessness	13.62	4.04	0-24	.72
Lackofself-efficacy	7.30	2.80	0-16	.72

Note: M = mean; SD = Standard Deviation, Mobile Phone Dependency Scale include 3subscales,PerceivedStressscaleinclude 2subscales

Thefindings implythatsampledistributionsareapproximatelynormalandfreeof significantskewnessandkurtosisvalues, withallvalues fallingwithintheacceptablerangeof ±1.96. Table 1 also includes the Cronbach alpha values for each scale, and all results show thatthequestionnairesusedinthisstudyrangefromhavinglowtohighreliability.Thereliabilityofthe mobile phone dependency is excellent, according to the Cronbach alpha value. Abstinencehas a good Cronbach alpha value, whereas the other two subscales have fair Cronbach alphavalues. The Fear of Missing Out Cronbach Alpha value is good. The value demonstrates fairreliabilityforperceivedstress.

Table3

Pearson Product Moment Correlation Coefficient among Mobile Phone Dependency, Fear ofMissingOutandPerceivedStressamongYoungAdults*(N=180)*

Variables	*n*	*M*	*SD*	1	2	3	4	5	6
1.Abstinence	180	2.47	.81	-------					
2.Lackofcontrol	180	1.56	.78	.52***	------				
3. Tolerance andinterferance	180	2.44	.79	.73***	.55***	------			
4. Fearofmissing out	180	2.51	.80	.41***	.37***	.37***	------		
5.Percived helplessness	180	2.24	.72	.35***	.24**	.27***	.35***	------	
6.Lackofself-efficacy	180	1.83	.70	.09	.07	-.02	.05	.17*	

Note:M=mean;*SD* =standard deviation;*N*=sample

*p<.05.**p<.01. ***p<.001

The results above shows that there is a significant moderate and positive relationship betweenAbstinence and Perceived helplessness among young adults. This shows that young adults withhigher levels of Abstinence are likely to have higher levels of Perceived helplessness and viceversa. There is no significant relationship between abstinence and lack of self-efficacy amongyoungadults.Asignificant,positiveandweakrelationshipwasfoundbetweenLackofself-controland Perceived helplessness among young adults. No significant relationship was found betweenLackofself-controlandLackofself-efficacyamongyoungadults.AsignificantweakandpositiverelationshipwasfoundbetweenToleranceInterferencewithotheractivitiesandPerceived

helplessnessamongyoungadults.ThereisnosignificantrelationshipbetweenToleranceInterference with other activities and Lack of self-efficacy among young adults. A significantmoderateandpositiverelationshipwasfoundbetween FearofmissingoutandPerceivedhelplessnessamongyoungadults.ThisshowsyoungadultswithhigherlevelsofFOMOarelikelytohavehigherlevelsofPerceivedhelplessnessandviceversa.ThereisnosignificantrelationshipbetweenFearofmissingoutandLackofself-efficacyamongyoungadults.

Table4

Independent Sample t-test showing Gender Differences in Mobile phone dependency, Fear ofmissingout,PerceivedstressamongYoungAdults

	Males		Females				95% *CI*		
Variable	*M*	*SD*	*M*	*SD*	*t(df)*	*p*	*LL*	*UL*	Cohen's *d*
Abstinence	2.31	.82	2.63	.78	-2.72(178)	.007*	-.56	-.090	-0.4
Lackof control	1.60	.76	1.53	.80	.51(178)	.611	-.17	.29	0.09
Tolerance andinterferancewith other activites	2.44	.73	2.44	.85	.03(178)	.979	-.23	.24	0
Fomoscale	2.42	.81	2.60	.80	-1.50(178)	.136	-.43	.057	0.22
Percivedhelplessness	2.13	.59	2.35	.82	2.10(161.61	.038*	-.43	-.013	0.31
Lackofself-efficacy	1.73	.60	1.92	.78	-1.88(166.96)	.062	-.40	.01	0.27

*Note:*Males=90;Females=90;*M*=mean;*SD*=standard deviation;;CI=confidenceinterval *LL*=lowerlimit;*UL*=upperlimit
*p<.05. **p<.01. ***p<.001

Results in table 3 indicate that gender differences are significant in terms of AbstinenceandPerceivedhelplessness.TheresultssuggestthatfemaleshavesignificantlymoreAbstinenceand Perceived helplessness. The results also show no gender differences in terms of Lack ofcontrol,Tolerance,FearofmissingoutandSelfefficacy.

Multiple Hierarchical Linear Regression was used to test the predictors of PerceivedDistress among young adults. Mobile phone dependency subscales (abstinence, tolerance andinterference with other activities, lack of control) and Fear of Missing Out were entered aspredictor variables in the regression model. Perceived Helplessness was entered as an outcomevariable.Noinfluentialcaseswereobservedinthedata.Theassumptionofindependenterrorswasmet as the value of Durbin Watson was between the acceptable range of 1 and 3. The assumptionof no perfect multi-collinearity was tested by checking the tolerance values, and the assumptionwasmetbecausealthevalueswereregreaterthan.2.Theassumptionsofhomoscedasticity,linearityandnormallydistributederrorswere alsomet.

Table5

MultipleRegressionshowingMobilephonedependency, FearofMissingOut,andPerceivedStressamongyoungadults(N =180)

Predictors	B	95%CIforB		SEB	β	R^2	ΔR^2
		LL	*UL*				
PerceivedHelplessness							
Model1						.13***	.13***
Constant	1.45	1.11	1.80	.18	-----		
Abstinence	.29	.103	.47	.10	.32**		
Lackofcontrol	.07	-.08	.23	.08	.08		
Toleranceinterference	-.01	-.21	.18	.10	-.02		
Model2						.18***	.05**
Constant	1.15	.77	1.54	.20	-----		
Abstinence	.23	.05	.42	.09	.26*		

Lackofcontrol	.03	-.13	.19	.08	.03		
Toleranceinterference	-.03	-.22	.16	.10	-.03		
Fearofmissingout	.22	.08	.35	.07	.24**		
			Lackofself-efficacy				
Model1						.03	.03
Constant	1.74	1.38	2.10	.18	-----		
Abstinence	.17	-.02	.36	.10	.20		
Lackofcontrol	.07	-.08	.24	.08	.09		
Toleranceinterference	-.18	-.38	.02	.10	-.21		
Model2						.03	.00
Constant	1.72	1.32	2.13	.20	-----		
Abstinence	.17	.03	.36	.09	.19		
Lackofcontrol	.08	-.09	.24	.08	.08		
Toleranceinterference	-.19	-.39	.02	.10	-.21		
Fearofmissingout	.01	-.13	.15	.07	.01		

Note:CI=confidenceinterval;LL=lowerlimit;UL= upperlimit
*p<.05. **p<.01. ***p<.001

In model 1, three dimensions of mobile phone dependency were entered as predictorvariables and the regression model was significant, R^2= .13, F (3,176) = 8.76, p < .001. In model2, fear of missing out along with three dimensions of mobile phone dependency were entered aspredictorvariablesandtheregressionmodelturnedouttobesignificant,R^2=.42,F(4,175)=9.38,p < .001. When the effect of model 1 was excludedfrom model 2, model 2 still remainedsignificant.ΔR^2=.05,F(1,175)=9.90.Amongallthepredictorsentered,onedimensionofmobilephonedependency(abstinence)andfearofmissingoutemergedasasignificantpositivepredictor

of perceived helplessness. This suggest that young adults with who had abstinence, discomfortthey felt when unable to use mobile phone and use of mobile phone to alleviate psychologicalproblems were more likely to show patterns of perceived helplessness. On the other hand,

youngadultswhohadfearofmissingoutweremorelikelytoshowpatternsofperceivedhelplessness.

Afterwards, multiple hierarchical regression analysis was run again to find the predictorsof lack of self-efficacy. The assumption of independent errors was met as the value of DurbinWatson was between the acceptable range of 1 and 3. The assumption of no perfect multi-collinearity was tested by checking the tolerance values, and the assumption was met because allthe values were greater than .2. The assumptions of homoscedasticity, linearity and normallydistributed errors were also met. The results of the hierarchical linear regression analysis showedneither the first nor the second model was significant. In model 1, three dimensions of mobilephonedependencywereenteredaspredictorvariablesandtheregressionmodelwasnotsignificant, R^2= .03, F (3,176) = 1.64, p > .001. In model 2, fear of missing out along with threedimensions of mobile phone dependency were entered as predictor variables and the regressionmodel was not significant, R^2= .27, F (4,175) = 1.23, p > .00. When the effect of model 1 wasexcludedfrommodel2,model2stillremainednotsignificant.ΔR^2=.00, F(1,175)=.02.

Chapter IVDiscussion

The study investigates a proposed research framework that was developed with the aid ofearlierliteraturetobetterunderstandanypotentialrelationshipsbetweenmobilephonedependency, FOMO, and perceived stress. First, the research examined the relationships betweenMobile phone dependency, FOMO, and Perceived stress. Typically, empirical analysis showedgood support for the hypothesis that is proposed. A survey method is utilized to gather data fromyoungadultswhoownamobilephoneinordertoempiricallyassesstherelationshipofhypothesized statements.SPSSisusedtoanalyzethedata.

The reason of this study was to assess whether there is an association between MobilephonedependencyandPerceivedStressandisthereany relationshipbetweenFOMOandperceived stress. Also, to assess whether Mobile phone dependency and Fear of Missing Out actasapredictorofperceivedstress.

H_1: There is a significant relationship between Mobile phone dependency, Fear of MissingOutandPerceivedStressinyoungadults

The hypothesis was partially proved. The results of correlation analysis revealed asignificant positive moderate relationship between Abstinence, Fear of missing out andPerceived helplessness among young adults. This shows that young adults with higher levels ofAbstinence which is experiencing discomfort when they are unable to use phone and using it toget rid of psychological problems are likely to have higher levels of Perceived helplessness. Italso shows young adults with higher levels of fear of missing out are more likely to haveperceived helplessness. One study found that higher levels of perceived helplessness wereassociated withgreaterlevelsofmobilephoneaddiction(Kim,Kim,&Park,2015).A

significant,positiveandweak relationshipwasfoundbetweentoleranceinterferencewithotheractivities, lack of self-control and Perceived helplessness among young adults. This showsyoung adults with lack of control when using mobile phone despite the efforts have a weakrelationship with perceived helplessness. It also shows increasing use of mobile phone andinterference of it with other activities also has significant positive but weak relationship withperceived helplessness. Researchers from the Jinnah Sindh Medical University conducted astudy called "Mobile Phone Addiction and its Association with Perceived Stress AmongUniversity Students in Karachi, Pakistan" in 2019. According to the study, among universitystudents in Karachi, there is a significant positive association between dependence onsmartphonesandperceivedstress.

No significant relationship was found between abstinence, lack of control, tolerance, fearofmissingoutandlackofself-efficacy. This showsthatperceivedhelplessnessthatisafeelingof lack of control over the situation or their emotions was significant among young adultswhereas lack of self-efficacy that is a person’s inability to handle problems was not significantamong young adults. The result why lack of self-efficacy was not significant among youngadults could be because the adults might not be aware that their dependence on mobile phonescancauseinabilitytocontroltheirdependencyontheirphone.Theymightbelievethattheycan control their mobile phone dependency but the results show otherwise. While research onthe awareness of people's inability to control their mobile phone addiction may not have beenundertaken specifically in Pakistan, there is some evidence to show that many young peoplemay underestimate the negative consequences of excessive mobile phone use. According to across-sectional study titled "Perception and Self-Control of Mobile Phone Use and AddictionAmong UniversityStudents: AMalaysianStudy,"manyuniversitystudentsstillbelieved they

hadcontrolover theirmobilephoneuseevenifthey wereexhibitingindicatorsofaddiction.According to the study, many young people may overestimate their abilities to control theirmobile phone use and be unaware of the harmful effects of addiction and excessive mobilephone use.

H_1:Mobilephonedependency,FearofMissing Outarelikely to bea significantpredictorofPerceivedStressinyoungadults.

Results of multiple linear hierarchical regression showed that three dimensions of mobilephone dependency, such as abstinence, lack of self-control, tolerance and interference withother activities, and fear of missing out were significant positive predictors of perceivedhelplessness. The subscale of mobile phone dependency (abstinence), and fear of missing out,suggested a significant positive predictor of perceived helplessness among all the predictorsincluded. This suggests that young adults who feel uncomfortable without mobile or use amobile phone to relieve their psychological issues are more likely to exhibit patterns ofperceived helplessness. Young adults who have fear of missing out, however, were more likelyto exhibitpatternsofperceived helplessness.AstudyconductedbyYen,Yen,and Chen(2013)found that excessive mobile phone use was linked to higher levels of perceived helplessnessamong college students. Results of multiple linear hierarchical regression showed that threesubscales of mobile phone dependency, such as abstinence, lack of self-control, tolerance andinterference with other activities, and fear of missing out were not significant predictors of lackof self-efficacy. So, the hypothesis was partially proved. According to the studies, many youngpeople may overestimate their abilities to control their mobile phone use and be unaware of theharmfuleffectsofaddictionandexcessivemobilephone use.

H_1Thereislikelytobesignificant genderdifferencesintermsofMobilephonedependance,andFearofMissingOutandPerceivedstressamongyoungadults.

Significantgenderdifferencesarefoundintermsof Abstinenceand Perceivedhelplessness. The results suggest that females have significantly more Abstinence and Perceivedhelplessness than males. Women experienced more discomfort when they were unable to usetheir mobile phones, and women were more dependent on their phones to relieve psychologicalproblemsmorethanmen.ResearchersattheJinnahSindhMedicalUniversityconducted astudyin 2019 called "Mobile Phone Addiction and its Association with Perceived Stress Amo ngUniversity Students in Karachi, Pakistan," which also revealed that female students had higherlevels of perceived stress and mobile phone addiction than male students did. Women arefrequently expected to stay at home and engage in less social interaction outside of the homethan males do. Women can interact with people and have a sense of social connectednessthrough their mobile devices, which may lead to mobile phone dependency. In Pakistan, a lot ofwomenbalancedomesticdutieswithoutsideemployment.Agreaterrelianceonmobiledevices can result from using them to stay in touch with loved ones and contacts for business. The resultsalso showed no gender differences in terms of Lack of control, Tolerance, Fear of missing outandSelf-efficacy.

4.2 Conclusion

Theresultshowsthatthereisasignificantrelationshipbetween threesubscalesofMobilephone dependency i.e., abstinence, lack of self-control, tolerance and interference with otheractivities, and perceived helplessness that is a subscale of perceived stress. Whereas, nosignificantrelationshipisfoundbetweenthreesubscalesofMobilephonedependencyi.e.,

abstinence,lackofself-control, toleranceandinterferencewithotheractivitiesandlackofself-efficacy.Allthesefindingsarealsosupportedbyliterature.

4.3 Strengths

Thestrengthsofthe studyinclude:

1. Thesamplecomprisedbothmaleandfemaleyoungadults.
2. Lahore,ametropolitancityinPakistan,providedthesampleforthisstudy,whichhelpsgeneralizethefindings.
3. In the study, standardized measuring instruments such as the demographic form,the Test of Mobile Phone Dependency, the FOMO Scale, and the Perceived StressScale wereemployed.
4. Anestablishedand commonlyusedtoolfor dataanalysisinsocialscienceresearch,SPSS,wasemployedinthestudytoanalyzethestudy'sdata.

4.4 Limitations

1. Itisdifficulttogeneralizetheresultstootherdemographicsbecausethesamplewasrestrictedtoyoungadultswhousemobile phones.
2. Theresearchusedself-reporteddata,whichmightbebiasedandmaynotaccuratelyreflectactualactions oremotions.
3. Otherrelevant factors,suchassocialsupport,copingmechanisms,andpersonalityqualitiesthatmayaffectperceivedstresswerenottakenintoaccountinthisstudy.
4. Noqualitativeinformationwascollected.Itmighthavehelpedtheinvestigatorobtainafullerpictureoftherelationship.

4.5 Recommendations:

The followingrecommendationsaremade foradditionalresearch:

1. SincetherehavebeenfewstudiesonthesesubjectsinPakistantodate,moreresearchisneededtounderstandtherelationshipbetweenmobilephonedependence,fearofmissingout,andperceivedstress.

2. AsamplefromvariousregionsofPakistanshouldbetakeninordertoincreasethegeneralizabilityofthedata.

4.6 Implications

Since the result showed that there is a significant relationship, so this his will enable laterresearchers to concentrate on, examine, and further develop this part of the subject. Futureresearch will be able to identify mobile phone dependency as a significant problem for youngadults. Future studies should aim to build a more comprehensive picture of the prevalentpsychological issues connected to mobile phone dependency in young adults and people of allages. The study on the relationships between mobile phone dependence, fear of missing out, andperceived stress has important implications for comprehending the potential negative impacts ofmobile phone use on the mental health of young adults. First, the study emphasizes thesignificanceoftreatingyoungadults'relianceonmobilephones,particularlyinlightofperceivedhelplessness.Thissuggeststhatprogramsdesigned tolessen mobilephonedependence, including cognitive-behavioral therapy or mindfulness-based therapies, may aidyoung adults in creating coping mechanisms and enhancing their sense of control over their useof mobile devices. Second, the study proposes that fear of missing out is an important indicatorofyoungadults'perceivedhelplessness, suggestingthatfearofmissingoutmaycontributetotheemergence andmaintenanceofmobilephone dependency.

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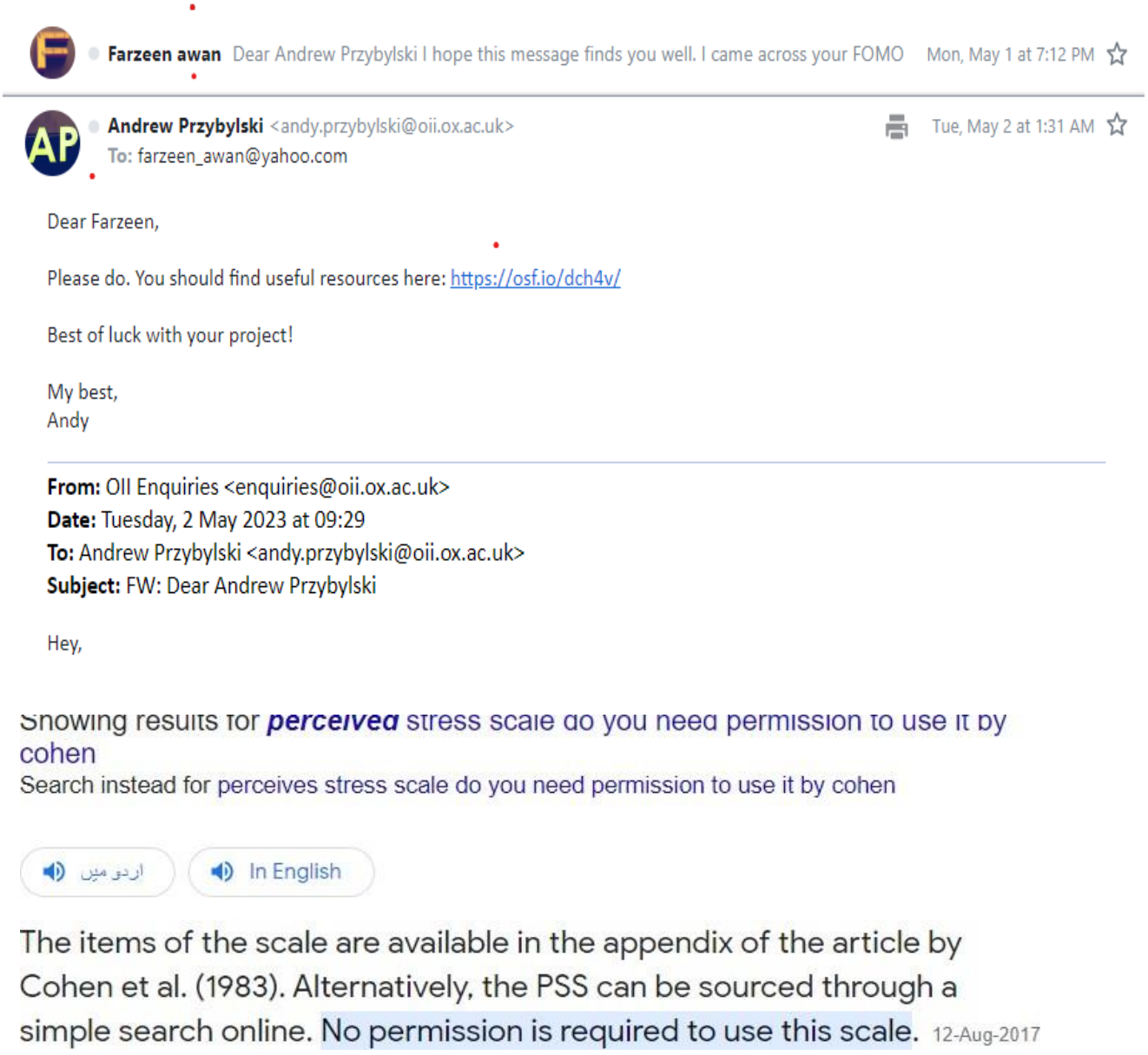
Appendix AQuestionnairePermissionForms



Farzeen awan Dear Andrew Przybylski I hope this message finds you well. I came across your FOMO Mon, May 1 at 7:12 PM

Andrew Przybylski <andy.przybylski@oii.ox.ac.uk> Tue, May 2 at 1:31 AM
To: farzeen_awan@yahoo.com

Dear Farzeen,

Please do. You should find useful resources here: https://osf.io/dch4v/

Best of luck with your project!

My best,
Andy

From: OII Enquiries <enquiries@oii.ox.ac.uk>
Date: Tuesday, 2 May 2023 at 09:29
To: Andrew Przybylski <andy.przybylski@oii.ox.ac.uk>
Subject: FW: Dear Andrew Przybylski

Hey,

Showing results for ***perceived*** stress scale do you need permission to use it by cohen
Search instead for perceives stress scale do you need permission to use it by cohen

اردو میں In English

The items of the scale are available in the appendix of the article by Cohen et al. (1983). Alternatively, the PSS can be sourced through a simple search online. No permission is required to use this scale. 12-Aug-2017

Appendix

BInformed

ConsentCONSEN

TFORM

The current research is being conducted by Farzeen Awan (B.Sc Applied Psychology, KinnairdCollegeforWomenUniversity),underthesupervisionofMa'amMahiraAhmad.Itaimstofin doutMobilePhoneDependency, FearofMissingOutandPerceivedStressamongYoungAdults

Selectionbasis:

- Participantsfromage rangeof15-24wereincluded
- Participantswhoownamobilephonemobilewere selected
- ParticipantslivinginLahore,Pakistanwereincluded.

Thisquestionnaire willrequire 8-10minutestofulfill.Yourparticipationiscompletelyvoluntary, and you have the right to withdraw at any point during the research, without anypenalty.Yourconfidentialitywillbe maintainedthroughoutthestudy,and yourresponseswillbeused for research purposes only. In case of any questions, please contact:Farzeen_awan@yahoo.com

Forthe participant:

1	I understand thetermsand conditionsofthisstudy.	
2	I understandthatmyparticipationinthisstudyisvoluntaryand thatIhave rightstowithdrawatanypointwithoutanypenalty.	
3	Ihave beengiventheopportunitytosatisfymyconcernsregarding participation.	
4	I agreetosignthisinformedconsent.	

Signatureofthe participant:_____

Appendix

CDEMOGRAPHICINFORMATIO

N

Gender: Male ☐ Female ☐

Age: ☐

Education: ☐

Availabilityofinternet: Yes: ☐ No: ☐

DoyouhaveaMobilephone: Yes: ☐ No: ☐

Marital status: ☐

Socialmediawebsites: ☐

Averagetimespent onusingmobilephoneperday: ☐

TestofMobile-phoneDependence(TMD)

Indicatehowfrequentlythestatementsthatappearbelowapplytoyouusingthefollowingscaleasaguide:

0	1	2	3	4
Never	Rarely	Sometimes	Often	Frequently

1	Ihavebeencalledonthecarpetorwarnedaboutusingmymobilephonetoomuch.	0	1	2	3	4
2	Ihaveputa limitonmymobilephoneuse andIcouldn’t sticktoit.	0	1	2	3	4
3	Ihavearguedwithmyparentsorfamilymembersaboutthecostofmymobilephone.	0	1	2	3	4
4	I spendmoretimethan Iwould liketotalkingonthemobilephone,sending SMSs,orusingWhatsApp.	0	1	2	3	4
5	Ihavesentmorethan fivemessagesinoneday.	0	1	2	3	4
6	IhavegonetobedlaterorsleptlessbecauseIwasusingmymobilephone.	0	1	2	3	4
7	Ispendmoremoneyonmymobilephone(calls,messages…)thanIhadexpected.	0	1	2	3	4

8WhenI'mbored,Iusemymobilephone.	0	1	2	3	4
9 Iusemymobilephone(calls,SMSs,WhatsApp...)in situationswere,eventhoughnot dangerous,itisnotappropriatetodoso(eating,whileotherpeopletalktome,etc.).	0	1	2	3	4
10Ihavebeencriticizedbecauseofthecostofmymobilephone.	0	1	2	3	4

Indicatetowhatdegreeyouagreeordisagreewiththestatementspresentedbelow.

0	1	2	3	4
Completelydisagree	Disagreesomewhat	Neutral	Agreesomewhat	Completelyagree

11	WhenIhaven'tused mymobilephoneforawhile,I feeltheneed tocallsomeone,sendan SMS,or useWhatsApp.	0	1	2	3	4
12	SinceIgotmymobilephone,IhaveincreasedthenumberofcallsImake.	0	1	2	3	4
13	If my mobile phone were broken for an extended period of time and took a long time tofix,Iwouldfeelverybad.	0	1	2	3	4
14	Ineedtouse mymobilephonemore andmoreoften.	0	1	2	3	4
15	IfIdon'thavemymobilephone,Ifeelbad.	0	1	2	3	4
16	WhenIhavemymobilephonewithme,Ican'tstopusingit.	0	1	2	3	4
17	SinceIgotmymobilephone,IhaveincreasedthenumberofSMSs Isend	0	1	2	3	4
18	As soon as I get up in the morning, the first thing I do is see who has called me on mymobilephoneorifsomeonehas sentmeanSMS.	0	1	2	3	4
19	Ispendmoremoneynow onmymobilephonenowthanwhenIfirstgotit.	0	1	2	3	4
20	I don'tthinkIcould standspendingaweek withoutamobilephone.	0	1	2	3	4
21	WhenIfeellonely,Iusethemobilephone(calls,SMSs,WhatsApp...).	0	1	2	3	4

22	Iwouldgrabmymobilephoneandsendamessageormakeacallrightnow.	0	1	2	3	4

Please encircle the most appropriate number ofeach statement which correspond most closelyaboutyourfeelingsandthoughtsduringthela stmonth to indicate by circling how often you feltorthoughtacertainway.	**Never**	**AlmostNever**	**Sometimes**	**FairlyOften**	**VeryOften**
1.Inthelastmonth,howoftenhaveyoubeenupsetbecause of somethingthathappened unexpectedly?Distress,helplessness	0	1	2	3	4
2.In the last month, how often have you felt thatyouwereunabletocontroltheimportantthings inyourlife?Distress	0	1	2	3	4
3.Inthelastmonth,howoftenhaveyoufelt nervousand"stressed"?distress	0	1	2	3	4
4.In the last month, how often have you feltconfident about your ability to handle yourpersonalproblems?Coping	0	1	2	3	4
5.Inthelastmonth,howoftenhaveyoufeltthatthingsw eregoingyourway?Coping	0	1	2	3	4
6.Inthelastmonth,howoftenhaveyoufoundthat youcouldnotcopewithallthethingsthatyouhadtod o?Distress	0	1	2	3	4
7.Inthelastmonth,howoftenhaveyoubeenabletocont rolirritationsinyourlife?Coping	0	1	2	3	4
8.Inthelastmonth,howoftenhaveyoufeltthatyouwere ontopof things?Coping	0	1	2	3	4
9.In the last month, how often have you beenangeredbecauseof thingsthatwereoutsideofyourcontrol?Distress	0	1	2	3	4
10.In the last month, how often have you feltdifficultieswerepilingupsohighthatyoucouldn otovercomethem?Distress	0	1	2	3	4

Below is a collection of statements about youreverydayexperience.Usingthescaleprovidedplease indicate how true each statement is ofyour general experiences. Please answeraccording to what really reflects yourexperiences rather than what you think yourexperiences should be. Please treat each itemseparatelyfromeveryotheritem	Notatalltrueof me	Slightlytrueofme	Moderatelytrueof me	Verytrueofme	Extremelytrueofme
1.Ifearothershavemorerewardingexperiences thanme.Ifearmyfriendshavemorerewardingexperiencesthanme.	1	2	3	4	5
2.Ifearmyfriendshavemorerewardingexperiences thanme.	1	2	3	4	5
3.IgetworriedwhenI findoutmyfriendsarehavingfunwithoutme.	1	2	3	4	5
4.IgetanxiouswhenIdon’tknowwhatmyfriendsareupto.	1	2	3	4	5
5. It is important that I understand my friends “injokes.”	1	2	3	4	5
6.Sometimes,IwonderifI spendtoomuchtimekeepingupwithwhatisgoingon.	1	2	3	4	5
7.ItbothersmewhenImiss anopportunitytomeetupwithfriends.	1	2	3	4	5
8.WhenIhaveagoodtime,itisimportantformetosharethedetailsonline(e.g.updatingstatus).	1	2	3	4	5
9.WhenImissoutonaplannedget-togetheritbothersme.	1	2	3	4	5
10.WhenIgoonvacation,Icontinuetokeeptabsonwhatmyfriendsaredoing.	1	2	3	4	5

AppendixD

SPSSOUTPUTSHEET

FrequencyTable

Gender

		Frequency	Percent	ValidPercent	Cumulative Percent
Valid	Male	90	50.0	50.0	50.0
	Female	90	50.0	50.0	100.0
	Total	180	100.0	100.0	

Education

		Frequency	Percent	ValidPercent	Cumulative Percent
Valid	10	17	9.4	9.4	9.4
	12	71	39.4	39.4	48.9
	16	92	51.1	51.1	100.0
	Total	180	100.0	100.0	

Availabilityofinternet

		Frequency	Percent	ValidPercent	Cumulative Percent
Valid	Yes	178	98.9	98.9	98.9
	No	2	1.1	1.1	100.0
	Total	180	100.0	100.0	

Availabilityofinternet

		Frequency	Percent	ValidPercent	Cumulative Percent
Valid	Yes	178	98.9	98.9	98.9
	No	2	1.1	1.1	100.0

	Total	180	100.0	100.0	

Availabilityofinternet

		Frequency	Percent	ValidPercent	Cumulative Percent
Valid	Yes	178	98.9	98.9	98.9
	No	2	1.1	1.1	100.0
	Total	180	100.0	100.0	

Availabilityofinternet

		Frequency	Percent	ValidPercent	Cumulative Percent
Valid	Yes	178	98.9	98.9	98.9
	No	2	1.1	1.1	100.0
	Total	180	100.0	100.0	

Explore

CaseProcessingSummary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
I have been called on thecarpet or warned aboutusing my mobile phone toomuch.	180	100.0%	0	0.0%	180	100.0%
I have put a limit on mymobile phone use and Icouldn'tsticktoit.	180	100.0%	0	0.0%	180	100.0%
I have argued with myparents or family membersabout thecostofmymobile phone.	180	100.0%	0	0.0%	180	100.0%

IspendmoretimethanI wouldliketotalkingonthe mobilephone,sending SMSs,orusingWhatsApp.	180	100.0%	0	0.0%	180	100.0%
Ihavesentmorethanfive messagesin oneday.	180	100.0%	0	0.0%	180	100.0%
Ihavegonetobedlateror sleptlessbecauseIwas usingmymobile phone.	180	100.0%	0	0.0%	180	100.0%
Ispendmoremoneyonmy mobilephone(calls, messages…)thanIhad expected.	180	100.0%	0	0.0%	180	100.0%
WhenI'mbored,Iusemy mobilephone.	180	100.0%	0	0.0%	180	100.0%
Iusemymobilephone (calls,SMSs,WhatsApp...) insituationswhereeven thoughnotdangerous,itis notappropriatetodo so (eating,whileotherpeople talktome,etc.).	180	100.0%	0	0.0%	180	100.0%
Ihavebeencriticized becauseof thecostofmy mobilephone.	180	100.0%	0	0.0%	180	100.0%
WhenI haven'tusedmy mobilephoneforawhile,I feeltheneedtocall someone,send anSMS,or useWhatsApp.	180	100.0%	0	0.0%	180	100.0%
SinceIgotmymobile phone,Ihaveincreased the numberofcallsImake.	180	100.0%	0	0.0%	180	100.0%
Ifmymobilephonewere brokenforanextended periodof timeandtooka longtimetofix,Iwouldfeel very bad.	180	100.0%	0	0.0%	180	100.0%
Ineedtousemymobile phonemoreandmore often.	180	100.0%	0	0.0%	180	100.0%

If Idon’thavemymobile phone,Ifeelbad.	180	100.0%	0	0.0%	180	100.0%
When Ihavemymobile phonewithme, Ican’tstop usingit.	180	100.0%	0	0.0%	180	100.0%
SinceIgotmymobile phone,Ihaveincreased the numberofSMSsIsend	180	100.0%	0	0.0%	180	100.0%
AssoonasIgetupinthe morning,thefirstthingI do isseewhohascalledmeon mymobilephoneor if someonehassentmean SMS.	180	100.0%	0	0.0%	180	100.0%
Ispendmoremoneynowon mymobile phonenowthan whenIfirstgotit.	180	100.0%	0	0.0%	180	100.0%
Idon’tthinkIcouldstand spendingaweekwithouta mobilephone.	180	100.0%	0	0.0%	180	100.0%
WhenIfeel lonely,Iusethe mobilephone(calls,SMSs, WhatsApp...).	180	100.0%	0	0.0%	180	100.0%
Iwouldgrabmymobile phoneandsendamessage ormakeacall rightnow.	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoubeen upset becauseofsomethingthat happenedunexpectedly? Distress,helplessness	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoufeltthatyouwere unabletocontrolthe importantthingsinyourlife? Distress	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoufeltnervousand “stressed”?distress	180	100.0%	0	0.0%	180	100.0%

Inthelastmonth, howoften haveyoufeltconfident aboutyourabilitytohandle yourpersonal problems? Coping	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoufeltthatthings weregoingyourway? Coping	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoufoundthatyou couldnotcopewithallthe thingsthatyouhadtodo? Distress	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoubeenableto controlirritationsinyour life?Coping	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoufeltthatyouwere ontop ofthings?Coping	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth,howoften haveyoubeen angered becauseofthingsthatwere outsideofyourcontrol? Distress	180	100.0%	0	0.0%	180	100.0%
Inthelastmonth, howoften haveyoufeltdifficulties werepiling up so highthat youcouldnot overcome them?Distress	180	100.0%	0	0.0%	180	100.0%
Ifearothershavemore rewardingexperiencesthan me.I fear myfriendshave morerewardingexperiences thanme.	180	100.0%	0	0.0%	180	100.0%
I fear myfriendshavemore rewardingexperiencesthan me.	180	100.0%	0	0.0%	180	100.0%

Iget worried whenIfindout myfriendsarehavingfun withoutme.	180	100.0%	0	0.0%	180	100.0%
IgetanxiouswhenIdon't knowwhatmyfriendsare up to.	180	100.0%	0	0.0%	180	100.0%
ItisimportantthatI understandmyfriends"in jokes.	180	100.0%	0	0.0%	180	100.0%
Sometimes,IwonderifI spendtoomuch time keeping up withwhatis goingon.	180	100.0%	0	0.0%	180	100.0%
It bothersmewhenImiss anopportunitytomeetup withfriends.	180	100.0%	0	0.0%	180	100.0%
WhenI haveagoodtime, it is importantformetoshare thedetailsonline	180	100.0%	0	0.0%	180	100.0%
WhenImissout ona plannedget-togetherit bothersme.	180	100.0%	0	0.0%	180	100.0%
WhenI goonvacation,I continueto keeptabson whatmyfriendsaredoing.	180	100.0%	0	0.0%	180	100.0%

Reliability

Scale:fomoscale

ReliabilityStatistics

Cronbach's Alpha	Cronbach'sAlpha Based onStandardized Items	N of Items
.870	.870	10

Scale:(TMD)abstinence

ReliabilityStatistics

Cronbach's Alpha	Cronbach'sAlpha Based onStandardized Items	N of Items
.844	.845	9

Scale:lackofcontrol(TMD)

ReliabilityStatistics

Cronbach's Alpha	Cronbach'sAlpha Based onStandardized Items	N of Items
.706	.705	6

Scale:tolerance(TMD)

ReliabilityStatistics

Cronbach's Alpha	Cronbach'sAlpha Based onStandardized Items	N of Items
.753	.753	7

Scale:PSS

ReliabilityStatistics

Cronbach's Alpha	Cronbach'sAlpha Based onStandardized Items	N of Items
.751	.748	10

Correlations

Correlations

		TMDABSTINENCE	TMDLackofcontrol	TMDtolerance interferance	FOMOscale	PSShelplessness	PSSlackofefficacy
TMDABSTINENCE	Pearson Correlation	1	.517**	.729**	.409**	.354**	.088
	Sig. (2-tailed)		.000	.000	.000	.000	.240
	N	180	180	180	180	180	180
TMDLackofcontrol	Pearson Correlation	.517**	1	.547**	.371**	.240**	.073
	Sig. (2-tailed)	.000		.000	.000	.001	.331
	N	180	180	180	180	180	180
TMDtoleranceinterferance	Pearson Correlation	.729**	.547**	1	.369**	.265**	-.019
	Sig. (2-tailed)	.000	.000		.000	.000	.805
	N	180	180	180	180	180	180
FOMOscale	Pearson Correlation	.409**	.371**	.369**	1	.349**	.045
	Sig. (2-tailed)	.000	.000	.000		.000	.551
	N	180	180	180	180	180	180
PSShelplessness	Pearson Correlation	.354**	.240**	.265**	.349**	1	.171*
	Sig. (2-tailed)	.000	.001	.000	.000		.022
	N	180	180	180	180	180	180
PSSlackofefficacy	Pearson Correlation	.088	.073	-.019	.045	.171*	1
	Sig. (2-tailed)	.240	.331	.805	.551	.022	
	N	180	180	180	180	180	180

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

*. Correlation is significant at the 0.05 level (2-tailed).

T-Test

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality ...
		F	Sig.	t
TMDABSTINENCE	Equal variances assumed	.066	.798	-2.722
	Equal variances not assumed			-2.722
TMDLackofcontrol	Equal variances assumed	.079	.779	.510
	Equal variances not assumed			.510
TMDtoleranceinterferance	Equal variances assumed	3.432	.066	.027
	Equal variances not assumed			.027
FOMOscale	Equal variances assumed	.733	.393	-1.497
	Equal variances not assumed			-1.497
PSShelplessness	Equal variances assumed	9.435	.002	-2.092
	Equal variances not assumed			-2.092
PSSlackofefficacy	Equal variances assumed	5.063	.026	-1.876
	Equal variances not assumed			-1.876

Independent Samples Test

		t-test for Equality of Means		
		df	Sig. (2-tailed)	Mean Difference
TMDABSTINENCE	Equal variances assumed	178	.007	-.32346
	Equal variances not assumed	177.578	.007	-.32346
TMDLackofcontrol	Equal variances assumed	178	.611	.05926
	Equal variances not assumed	177.531	.611	.05926
TMDtoleranceinterferance	Equal variances assumed	178	.979	.00317
	Equal variances not assumed	173.846	.979	.00317
FOMOscale	Equal variances assumed	178	.136	-.17889
	Equal variances not assumed	177.972	.136	-.17889
PSShelplessness	Equal variances assumed	178	.038	-.22222
	Equal variances not assumed	161.605	.038	-.22222
PSSlackofefficacy	Equal variances assumed	178	.062	-.19444
	Equal variances not assumed	166.959	.062	-.19444

Regression

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.361[a]	.130	.115	.67668	.130	8.764	3	176	.000	
2	.420[b]	.177	.158	.66021	.047	9.892	1	175	.002	1.983

a. Predictors: (Constant), TMDtoleranceinterferance, TMDLackofcontrol, TMDABSTINENCE

b. Predictors: (Constant), TMDtoleranceinterferance, TMDLackofcontrol, TMDABSTINENCE, FOMOscale

c. Dependent Variable: PSShelplessness

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF
1	(Constant)	1.451	.175		8.310	.000	1.106	1.795					
	TMDABSTINENCE	.287	.093	.323	3.081	.002	.103	.470	.354	.226	.217	.449	2.229
	TMDLackofcontrol	.074	.079	.080	.936	.351	-.082	.231	.240	.070	.066	.671	1.491
	TMDtoleranceinterferance	-.013	.098	-.015	-.135	.893	-.207	.180	.265	-.010	-.010	.429	2.333
2	(Constant)	1.151	.195		5.899	.000	.766	1.536					
	TMDABSTINENCE	.233	.092	.263	2.527	.012	.051	.416	.354	.188	.173	.433	2.307
	TMDLackofcontrol	.029	.079	.032	.375	.708	-.126	.185	.240	.028	.026	.649	1.541
	TMDtoleranceinterferance	-.030	.096	-.033	-.318	.751	-.219	.159	.265	-.024	-.022	.427	2.340
	FOMOscale	.216	.069	.242	3.145	.002	.081	.352	.349	.231	.216	.795	1.257

a. Dependent Variable: PSShelplessness

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.165[a]	.027	.011	.69636	.027	1.644	3	176	.181	
2	.165[b]	.027	.005	.69831	.000	.021	1	175	.884	1.883

a. Predictors: (Constant), TMDtoleranceinterferance, TMDLackofcontrol, TMDABSTINENCE

b. Predictors: (Constant), TMDtoleranceinterferance, TMDLackofcontrol, TMDABSTINENCE, FOMOscale

c. Dependent Variable: PSSlackofefficacy

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF
1	(Constant)	1.739	.180		9.678	.000	1.384	2.093					
	TMDABSTINENCE	.168	.096	.195	1.758	.081	-.021	.357	.088	.131	.131	.449	2.229
	TMDLackofcontrol	.077	.082	.086	.944	.346	-.084	.238	.073	.071	.070	.671	1.491
	TMDtoleranceinterferance	-.184	.101	-.208	-1.829	.069	-.384	.015	-.019	-.137	-.136	.429	2.333
2	(Constant)	24	.206		8.352	.000	1.317	2.132					
	TMDABSTINENCE	66	.098	.192	1.696	.092	-.027	.359	.088	.127	.126	.433	2.307
	TMDLackofcontrol	.075	.083	.083	.900	.369	-.089	.239	.073	.068	.067	.649	1.541
	TMDtoleranceinterferance	-.185	.101	-.209	-1.829	.069	-.385	.015	-.019	-.137	-.136	.427	2.340
	FOMOscale	.011	.073	.012	.146	.884	-.133	.154	.045	.011	.011	.795	1.257

Double-click to activate

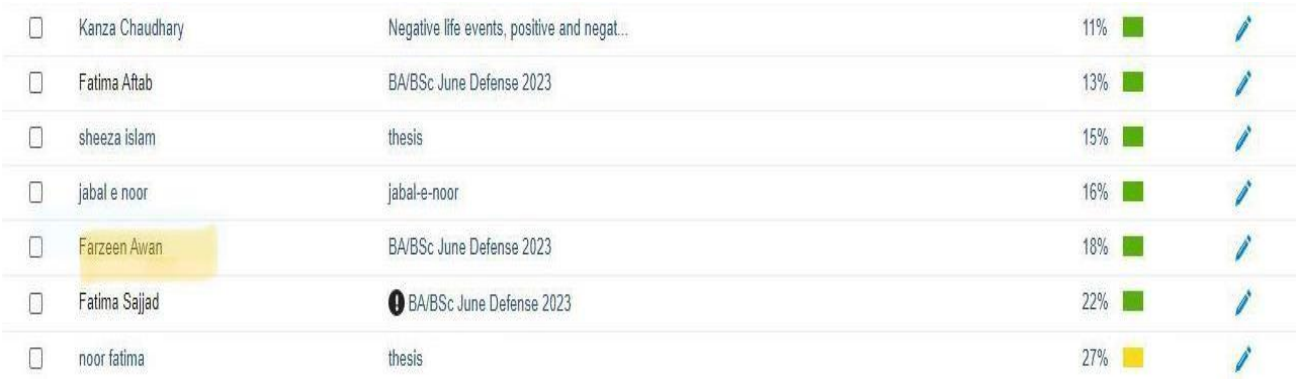
a. Dependent Variable: PSSlackofefficacy

Excluded Variables[a]

Appendix

EPlagiarismrepo

rt



☐	Kanza Chaudhary	Negative life events, positive and negat...	11%	
☐	Fatima Aftab	BA/BSc June Defense 2023	13%	
☐	sheeza islam	thesis	15%	
☐	jabal e noor	jabal-e-noor	16%	
☐	Farzeen Awan	BA/BSc June Defense 2023	18%	
☐	Fatima Sajjad	BA/BSc June Defense 2023	22%	
☐	noor fatima	thesis	27%	