

Literature Study of Specific Phobias (Nomophobia) from an Islamic Perspective

Novita Puji Hastuti¹

¹ Faculty of Psychology, University of Muhammadiyah Surakarta

Abstract

Purpose: Phobia is an anxiety disorder with symptoms of feeling afraid excessively of something usually not dangerous . Phobias can be experienced by anyone without looking at type gender, age, and social status economy . The purpose of this study is to describe one type of a specific phobia called Nomophobia from an Islamic perspective. The term NOMOPHOBIA or NOMObilePhonePhoBIA is used to describe a psychological condition in which the individual fears excessively regardless of cell phone connectivity. The term NOMOPHOBIA builds on the definition described in the DSM-IV, it has been labeled as "the phobia of specific things". *Methodology:* The writing of this research uses the method of library research or library research. In this study, both books, journals, articles and facts related to nomophobia were collected

Results: The results of this study will provide an explanation of what nomophobia is, its causes, factors and how to overcome it according to an Islamic perspective. The main factors of nomophobia are internal factors, external factors and the demands of the times. *Cognitive Behavioral Therapy* and Islamic counseling are ways to overcome nomophobia .

PRELIMINARY

The use of *smartphones* today has a major influence on the human life cycle in carrying out their daily activities. Especially in Indonesia, according to the digital marketing survey agency e-Marketer, active *smartphone users* have reached 100 million users (Rahmayani, 2015) and are ranked 4th in the world after China, India and the United States as countries whose population uses *smartphones* (Novalius, 2018). .

Statistical data based on the survey results of the Indonesian Internet Service Providers Association (APJII), there are 210.03 million internet users in the country in the period 2021-2022. That number increased by 6.78% compared to the previous period of 196.7 million people. It also makes the internet penetration rate in Indonesia to be 77.02%. Looking at his age, the highest internet penetration rate is in the 13-18 year age group, which is 99.16%. The second position is placed by the age group 19-34 years with a penetration rate of 98.64%. The internet penetration rate in the age range of 35-54 years is 87.30%. Meanwhile, the internet penetration rate in the age group of 5-12 years and 55 years and over was 62.43% and 51.73%, respectively.



Graph 1. Number of Internet Users in Indonesia

Smartphones make activities and work easier and other needs have been replaced by *smartphones*. With this shift in functionality, *smartphones* have largely replaced the role of one's social relationships. Technology available on smartphones today tends to create individual social interactions with the surrounding environment that becomes less under control. Attitude apathy, often berating on social media, spreading false news (hoax) and decreasing sensitivity on individuals who use smartphones.

Compulsivity and excessive use of smartphones described by Caglar (in Prasetyo, 2016) are conditions that lead to a new anxiety disorder called *nomophobia*. Hardianti (in Fajri, 2017) explains that in the study of psychology, *nomophobia* is categorized as a specific phobia, meaning that it is a phobia of things that are specific, in this case being an example of a *mobile phone*.

The formulation of the problem in this scientific paper is to find out the meaning, aspects, factors and methods of handling the specific phobia of *Nomophobia* according to an Islamic perspective.

Methods

The writing of this research uses the method of library research or *library research*. In this study, both books, journals, articles and facts related to nomophobia were collected, especially from an Islamic perspective. The reference for searching the journals used is *Google Scholar* and searching for news using *the Google web browser*. Researchers conducted an in-depth review of ten journals relevant to the research theme. These three types of references will contain the results of research topics related to what the author wants to raise. The journal will be studied carefully in order to obtain information and explanations regarding what *nomophobia* is, the causes of *nomophobia*, the types of *nomophobia*, as well as solutions to overcome *nomophobia* from an Islamic perspective.

Results and discussion

Based on the literature review process conducted on ten previous research journals, the following results were obtained:

Table 1. Research Journal Review

NO	TH	TITLE	WRITER	CONCLUSION
1	2021	Adolescent Depression and Anxiety Review From a Health and Islamic Perspective	Hafifatul Auliya Rahmy, Muslimahayati (UIN Sulthan Thaha Saifuddin Jambi)	Increasing religiosity as an effort to reduce cases of depression and anxiety in adolescents
2	2019	No Mobile Phone Phobia Among Graduate Students	Abdul Aziz (UIN Sunan Kalijaga Yogyakarta)	The phenomenon of nomophobia is a new symptom in students. Handling by experts (psychologists) can use a <u>humanist approach</u> .
3	2020	Nomophobia: Differential Diagnosis and Treatment	Ece Bekaroğlu, Tuğba Yılmaz (Ankara Hac Bayram Veli University, Ankara, Turkey)	Nomophobia is a new specific phobia. however, there is some research that CBT is effective in the psychotherapy of nomophobia.
4	2020	The relationship between social support and nomophobia in adolescents	Gunawan Ari Wibowo (Sunan Ampel State Islamic University Surabaya)	There is no relationship between social support and nomophobia. The negative correlation value means the higher the social support, the lower the nomophobia .
5	2019	NOMOPHOBIA: NO MOBILE PHONE PHOBIA	Sudip Bhattacharya, Md Abu Bashar, Abhay Srivastava, Amarjeet Singh	Nomophobia is a new phenomenon that is emerging

			(Department of Community Medicine, Himalayan Institute of Medical Sciences, Dehradun, Uttarakhand, Department of Community Medicine, PGIMER, Chandigarh, India)	as a threat in social, mental and physical health.
6	2016	The Relation of Internet Addiction and Nomophobia With Al-Qur'an Verses from the Perspective of Indonesian Mufassir.	Mauludi, Mochammad Ilham (2016) UIN Sunan Ampel Surabaya.	Addiction brings negative impacts such as individualism and loss of order. In the Qur'an nomophobia is only a joke and a game.
7	2021	Islamic Counseling with Self-Contracting Techniques to Overcome Nomophobia in A Teenager Due to the Covid-19 Pandemic Era in Sekapuk Village, Ujung Pangkah Gresik	Ahmad Septian Alghifari (Sunan Ampel State Islamic University Surabaya)	Islamic counseling provided is giving understanding and understanding of the prohibition in overwork (addicted gadgets), along with the impact of something in excess. Then, about the prohibition of wasting time and have an extravagant personality.
8	2020	The Relationship Between Sensation Seeking and Nomophobia on Teens	Rizaldy Dwiasmara (Sunan Ampel State Islamic University Surabaya)	There is no relationship between sensation seeking and the tendency of nomophobia in adolescents in the city of Surabaya.
9	2020	Factors related to nomophobia in students of the Faculty of Public Health, Samratulangi University	Anita Pasongli, Budi T. Ratag, Angela FC Kalesaran (Faculty of Public Health, University of Sam Ratulangi Manado)	Factors that influence nomophobia in samratulangi students include: gender, age, status of residence and intensity of smartphone use.
10	2022	Nomophobia in Generations X, Y, And Z	Maya Khairani, Irmayana, Marty Mawarpury, Haiyun Nisa (Psychology Study Program, Faculty of Medicine, Syiah Kuala University, Banda Aceh)	Research with 360 subjects born in 1960 – 2007 that generation X have mild (4.2%) and moderate (95.8%). Generation Y has a level of nomophobia is moderate (75.8%) and severe (24.2%), and generation Z has a high level of nomophobia weight (100%).

According to Dwiasmara (2020) the tendency of *nomophobia* is a phobic tendency where individuals feel anxious and afraid when they are away from their cell phones, cannot contact other people, do not get a signal, run out of battery, cannot open the internet or social media, and experience *anxiety*. There are several characteristics of nomophobia, such as a) regular use of cell phones and the amount of time spent using them, b) feelings of anxiety and worry if you lose your cell phone or if you can't use it (so always carry a charger with you), c) excessive attention to the screen telephone to ensure that there are incoming messages or calls, and d) minimal interaction with other people directly (face to face), preferring to interact via cell phones, and taking cell phones when sleeping (Pavithra, Suwarna, & Mahadeva, 2015). Factors that influence nomophobia include gender, self-esteem, age, extraversion, and neuroticism (Yildirim, 2014). In addition, according to Pasongli

(2020) the intensity of *smartphone use* is a factor that greatly influences nomophobia. Nomophobia has four aspects, namely the inability to communicate, loss of connection, inability to access information, and the convenience provided by *smartphones* (Fajri, 2017).

According to Islamic psychology, anxiety is described in the Qur'an as the emotion of fear (Cahyandari, 2019). The fear referred to here is the fear of Allah SWT. Fear of Allah SWT is the nature of the Prophet, the nature of the scholars, the nature of the pious. In Surah Al-Baqarah: 155 (Kemenag RI, 2011) it is also explained that humans will be tested with fear, which is translated as follows: " *And We will certainly test you with a little fear, hunger, lack of wealth, souls, and fruits. And give glad tidings to those who are patient.*" This shows that basically humans living life in this world will always be tested in the form of feelings of fear and anxiety in order to be more obedient to Allah SWT.

The effects of fear experienced by individuals with nomophobia tendencies in life include: individualistic attitudes and loss of order. In the Qur'an QS Al-A'raf: 31 it is explained that the habits of individuals with nomophobia tendencies are included in excessive behavior. So it has actually been explained that Allah does not like people who are excessive, especially in worldly affairs (Mauludi, 2016).

Allah SWT explains in QS Al-An'am: 32 that the nature of life in this world is so that humans have a clear and precise view so that they are able to take an attitude in living their daily lives. The purpose of human creation in this world is none other than to worship Allah SWT as His word in QS Adz-Dzariat: 56 ' *wama kholaqtul jinna wal insa illa liya'buduni*' which means 'and I did not create jinn and humans but to worship. to me'. This shows that the habits of individuals with nomophobia have a bad impact on their daily lives.

According to Ece Bekaroğlu (2020), there are several ways to overcome nomophobia, namely *Cognitive Behavioral Therapy* (CBT) and counseling techniques. According to Alghifari (2021), Islamic counseling techniques that can be used to overcome nomophobia are as follows. The first stage is the understanding and understanding stage, which provides an understanding of excessive behavior in accordance with QS Al-a'raf: 31, the importance of time in accordance with QS ad dhuha, QS Al Lail and QS Al Asr, negligent attitude according to QS Al Maun: 4-5, and extravagant personal according to QS Al Isra: 27. The second stage is, *stage* assessment and change by carrying out *productive* activities involving many people. The third stage is agreeing on a predetermined target with someone the subject trusts, for example mother or father.

Conclusion

Based on the description of the discussion, it can be concluded that Nomophobia is one type of specific phobia with symptoms of excessive fear. Individuals with a tendency to nomophobia experience feelings of fear when they have to be away from their smartphone. They also tend to use smartphones excessively to forget the time. The feeling of fear experienced by individuals with nomophobia tendencies can be caused by interrelated internal and external factors. According to the Islamic perspective, it is known that Nomophobia is a behavior that has a negative impact on humans, including: individualism and loss of order. This is contrary to the nature of human creation as explained in the Qur'an that humans were created to worship Allah SWT and the feelings of fear that humans have should only be directed to Allah SWT, not inanimate objects such as smartphones. Treatment efforts that can be done to reduce the symptoms of nomophobia include therapy using the Cognitive Behavior Therapy approach and Islamic counseling.

References

- Alghifari, USA (2022). *Islamic Counseling with Self-Contracting Techniques to overcome Nomophobia behavior in a teenager due to the Covid-19 Pandemic Era in Sekapuk Village Ujungpangkah Gresik* (Doctoral dissertation, UIN Sunan Ampel Surabaya).
- Aziz, A. (2019). No Mobile Phone Phobia Among Graduate Students. *COUNSEL: Journal of Guidance and Counseling (E-Journal)*, 6 (1), 1-10.
- Bhattacharya, S., Bashar, MA, Srivastava, A., & Singh, A. (2019). Nomophobia: No mobile phone phobia. *Journal of family medicine and primary care*, 8 (4), 1297.
- Bekaroğlu, E., & Yılmaz, T. (2020). Nomophobia: Differential diagnosis and treatment. *Psikiyatride Guncel Yaklasimlar*, 12 (1), 131-142.

- Cahyandari, R. (2019). The Role of Spiritual Emotional Freedom Technique in Handling Nosocomephobia. In *Esoteric* (Vol. 5, Issue 2, p. 282). <https://doi.org/10.21043/esoterik.v5i2.6514>
- Dwiasmara, R. (2020). *The Relationship Between Sensation Seeking and Nomophobia Tendencies in Adolescents in Surabaya* (Doctoral dissertation, UIN Sunan Ampel Surabaya).
- Fajri, FV, & Ruhaena, L. (2017). *The relationship between smartphone use and nomophobia in students* (Doctoral dissertation, University of Muhammadiyah Surakarta).
- Khairani, MK, Irmayana, I., Mawarpury, M., & Nisa, H. (2022). Nomophobia in Generations X, Y, And Z. *Psychopolytan: Journal of Psychology*, 6 (1), 20-31.
- Mauludi, MI (2016). *The relationship between Internet Addiction and Nomophobia with the verses of the Qur'an from the perspective of Mufassir Indonesia* (Doctoral dissertation, UIN Sunan Ampel Surabaya).
- Muslimahayati, M., & Rahmy, HA (2021). Adolescent Depression and Anxiety in terms of Health and Islamic Perspectives. *DEMOS: Journal of Demography, Ethnography and Social Transformation*, 1 (1), 35-44.
- Novalius, Feby. Journalist. (2018). Indonesia is the 4th Smartphone User in the World. Accessed from https://economy.okezone.com/read/2018/02/17/320/1860752/indonesia-smartphone_users-ke-4-dunia-begini-tekad-menperin-dongkrak-industritelematika
- Pasongli, A., Ratag, BT, & Kalesaran, AF (2020). Factors related to nomophobia in students of the University of Sam Ratulangi's Faculty of Public Health. *KESMAS*, 9(6).
- Prasetyo, R. Adi, AMir, M., & Psi, M. (2017). *The relationship between gadget (smartphone) addiction and empathy in students of the psychology faculty of the University of Muhammadiyah Surakarta* (Doctoral dissertation, University of Muhammadiyah Surakarta).
- Rahmayani, I. (2015, October 02). https://www.kominfo.go.id/content/detail/6095/indonesiaraksasatechnology-digital-asia/0/sorotan_media. Retrieved September 14, 2018, from [www.kominfo.go.id:https://www.kominfo.go.id/content/detail/6095/indonesiaraksasatechnology-digital-asia/0/sorotan_media](https://www.kominfo.go.id/content/detail/6095/indonesiaraksasatechnology-digital-asia/0/sorotan_media)
- Wibowo, GA (2020). *The relationship between social support and Nomophobia in adolescents* (Doctoral dissertation, UIN Sunan Ampel Surabaya).