



**NOMOPHOBIA, CYBER-LOAFING AND PSYCHOLOGICAL  
WELL-BEING AMONG UNIVERSITY STUDENTS**

**A Research Project**

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**School of Professional Psychology**

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BS. Psychology**

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**SCHOOL OF PROFESSIONAL PSYCHOLOGY BAHRIA  
UNIVERSITY- ISLAMABAD CAMPUS (E-8)**

**Nomophobia, Cyber-Loafing and Psychological -Well-Being among University  
Students**

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**DECLARATION OF AUTHENTICATION**

We certify that the research work presented in this research project, to the best of my knowledge, is our own. All the sources used, and any help received in the preparation of this thesis have been acknowledged. We hereby declare that we have not submitted this material, either in whole or in part, for any other degree at this or any institution.

Signature(s):

Mahnoor Rehman \_\_\_\_\_

Mairaj Iftikhar \_\_\_\_\_



## DEDICATION

*We dedicate our effort to our beloved parents and respected supervisor who always trusted us and are a constant support for us. They have been with us through out our research and shaped us into who we are today. Also we acknowledge our teamwork which made it possible.*

## ACKNOWLEDGEMENT

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We were highly encouraged to wind up this study because of responses and passionate participation of our respondents from private, government, semi government Universities of Islamabad and Rawalpindi, Pakistan. We are grateful for all those who assisted in gathering data for this study. We also acknowledge the support of authors for granting us permission to use their respective scales in our research (Ryff, 1989, Akbulut et al., 20016, Yildirim & Correia ,2015) And lastly, we appreciate and express gratitude towards participants who took part in this study by filling questionnaire and contributing to new research.

**(Mahnoor Rehman & Mairaj Iftikhar)**

## **THESIS REVISION CERTIFICATE**

It is to clarify that Mahnoor Rehman (01-171202-041) and Mairaj Iftikhar (01-171202-042), respectively, session Fall 2020 from School of Professional Psychology, Bahria University Islamabad conducted their undergraduate thesis entitled “NOMOPHOBIA, CYBER-LOAFING AND PSYCHOLOGICAL WELL-BEING AMONG UNIVERSITY STUDENTS.” under my supervision. They have revised their thesis in the light of the examiners’ suggestions, and to my satisfaction and to the best of my belief, its standard is appropriate for acceptance. Moreover, this thesis is an excellent work in terms of scope and quality for the award of the degree of BS psychology.

Supervisor

Dated



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## ABSTRACT

The present study aimed to investigate the association between Nomophobia, CyberLoafing and Psychological Well-Being among University Students. Data was gathered from the university students of age range 18-25 years from the twin cities Rawalpindi and Islamabad ( $n=300$ ) using convenient sampling technique. To study and measure the relationship of study variables, three respective tools were used. The Nomophobia Questionnaire (NMP-Q). The Cyber Loafing scale (CLS) and Psychological Well-Being scale (PWB). Findings revealed negative relationship between nomophobia, cyber-loafing and psychological well-being. Further, results stated that nomophobia and cyber-loafing significantly negatively predicts psychological well-being among university students also results revealed significant differences in levels of nomophobia among men and women.

*Keywords:* Nomophobia, Cyber-Loafing, Psychological Well-Being, University Students.

**CHAPTER 1****INTRODUCTION**

Over the past few years technology has undergone a lot of transformations and has become more accessible for every individual, which is contributing to making life trouble-free and increasing global connections. With rapid evolution in the field of communication and information technology the involvement of people and society towards diverse communication services has been accelerated. The process of communication across the world has changed along with evolution (Talan & Kalinkara, 2022).

It is evident that in today's era these advanced techniques have become an important part of modern life and have an impact on behavioral development of an individual. Moreover, smartphones are not limited to communication services, but they also serve as social networking tools, personal organizers, educational course managers and much more (Garcia,2020). The consumption of smartphone has gradually increased over past few years as developers launched advanced and futuristic features and services within a smartphone device such as internet access, entertainment, navigation system, health and fitness tools, mobile payments, education by this it has become easier for people to engage themselves in a dreamy life (Garud et al., 1997).

Launching of these portable communication and information devices a revolutionary change was noticed in institutions, organizations and within societies. Alongside all these productive and effective factors Related to these handheld devices some concerns apart from electromagnetic fields released by smartphones have been raised (Augner & Hacker, 2011). According to the analysis report of 2021 there are 7.1 billion smartphone users across the globe with the prediction that this number will increase in 2022

approximately by billion 7.26 (Statista, 2021). These statistics advocate that people are slowly and gradually depending on their smartphones which is adversely affecting quality of life and health of an individual. Addicted to or depending upon technology is not a new phenomenon, people especially adolescents and young adults are into these activities (Statista, 2021).

In today's world technology is speedily developing and introducing new AI technologies therefore teenagers and adults are more relying on them for the accomplishments of their tasks. Investigations have been conducted in this matter, and these investigations have characterized the unhealthy usage of smart phones as “addictive” and “problematic” usage of smart phones. Mobile phone addiction is so prevalent that excessive usage and dependency on these devices have led to new clinical phenomena known as nomophobia. (Garcia et al, 2020). Phobia is determined as continuous and excessive fear individual experiences when encounters with a stimulus whereas the term nomophobia cited as “no mobile phone phobia” is the fear and discomfort which individual experiences because of not having mobile phone or not access to mobile device or internet when required. (Apracia, 2009; Kuss & Griffith's, 2017; Oula Virta, Rattenbury, Ma & Raita, 2012). This fear of being without a smartphone device is often considered as a sign of problematic digital use or increase in nomophobia. The term is identified and registered under “specific” or “situational” phobias in diagnostic and statistical manual of mental disorders 5th edition (American Psychiatric Association, 2013; Bragozzi & Del Puente, 2014).

Nomophobia is structured in four main aspects such as individual have fear or they experience anxiety when they are unable to communicate with other people, secondly they have fear that they will not be able to connect, they have fear that they won't be able to access any information which they require in that particular situation or moment and lastly

fear of denial of comfort which is provided by smart phone devices. (Garcia, 2020; Guerrero & Belmonte, 2020).

These days nearly all individuals, especially teenagers and young adults, have been found to be cemented with their mobiles without a break regardless of their surroundings. Individuals experiencing nomophobia evinced the mixture of different moods and demands to remain stick with their phone. nomophobia can foster growth of many disorders and along with this it mainly can affect self-esteem and the happiness of young adults as they are engaged in excessive use of mobile phones (Sudip et al., 2019). These factors can negatively impact individual life in aspects of study and work as these factors create significant dependence on mobile technology and in return affect their professional practice. This dependence indicates a huge influence on individual's face to face interactions, and eventually leads to social isolation. nomophobia is a digital disease as it confers significant link between internet use and social networking with anxiety and this is more concerning that more of the young adults have increased tendencies to develop nomophobia (Santle, 2022; Brajkovic & Kopalas, 2020).

People with nomophobia are easily distracted by the perception that their smartphone is ringing this will affect their quality of sleep as they are subconsciously attentive towards all the distractions coming out of their phones such as vibrations, notifications, missed calls. Undergo a high level of worry as compared to others in situations where the use of the phone is controlled, in places like educational sectors, hospitals, airports and in offices (Mohanapriya, 2022). These individuals will engage in those activities which have potential to reduce their anxiety. This eventually will lead individuals to do frequent checks of social media accounts and engage in online activities which divert their attention from other chores towards their phones. All these behaviors



lead to cyber loafing, cyber-loafing itself is a form of behavior in which people makes break from their responsibilities and commitments to involve themselves in online activities. In literature cyber-loafing is coined as cyber deviance or cyber-slacking which is defined as the personal use of internet other than work purposes (Keklik et al., 2015; Yazgan & Yıldırım, 2020). Moreover, cyber loafing involves activities such as online shopping, sharing, real-time updating and accessing content online.

The phenomena of cyber-loafing are explained through two different aspects minor and major. Behaviors such as operating social networks, viewing personal emails, online activities during working hours are all covered in minor domains Whereas, major cyber deviant behaviors are viewed as more serious which may cause harm. This dimension involves gambling or viewing porn sites in work settings (Alan, 2019; Blanchard & Henle, 2008; Kersee, Soyalm & Karabey, 2016; Weatherbee, 2010).

According to Barick Yilmaz (2017) cyber-loafing traditionally originated from three factors including personal, work associated and extraneous factors. Personal factors are related to an individual's personal interests which might distract them from work. The second factor is covering work related fatigue or boredom which is reinforcing behavior shift. Involvement of surroundings or notifications which can divert the attention from the work comes under extraneous factors. Additionally, when individual perceive that their organization is unjust or when they are uninspired by their companies, they enter activities which provide them with relaxation during working hours. This misuse of the internet leads to uncompleted work demands of organization which affects productivity. (Saygili & Orta, 2020).

Along with other domains cyber loafing behaviors are also seen within

educational settings. Usage of Internet during class may facilitate individual ability to find relevant information related to their lectures and it may increase interaction between student and teacher. (Saygili & Orta, 2020). Students often engage in online activities during their class, and this hinders their attention, classroom learning and academic grades (Krishna & Agrawal, 2023).

The extensive consumption of smartphones will eventually lead to health related issues. When people remain glued to their smartphones endlessly to overcome their anxieties and fears of being detached from connectivity, they might experience some psychological, cognitive, emotional and work-related stressors. Most common psychological illnesses experienced while connecting with phone are depression, anxiety and stress (Auger & Hacker, 2013).

Moreover, these social platforms along with positive opportunities may involve in promoting activities which may harm individuals' self-esteem, actions such as bullying and online harassment's are so in common which can lead individuals to have feelings of dissatisfaction and frustration within their work environment. Also, when individuals engage in such behaviors, they may feel anxious or stressed because of the responsibilities they might have. These stressors can strain relationships with colleagues, supervisors, teachers and friends, ending up in self-isolation. All such circumstances can have a negative impact on individual psychological well-being (Mohanapriya et al., 2022).

Psychological well-being is a combination of two things; whether an individual is feeling good and how productively he is functioning in his daily life. The psychological well-being of individuals is disturbed or compromised when these negative emotions or consequences are sustained for a longer period and how it affects individual functioning in daily life. The notion of having good feelings not only includes positive emotions of being

happy and content with life but it also contains affection, engagement, interest and confidence (Huppert, 2009).

Psychological well-being carries a lot of weight as it affects an individual's overall life happiness and contentment. Achieving that level of well-being means an individual is content with their life and the individual has a positive outlook on the overall situation. It can lead to feelings of guilt, decreased level of motivation, self-reproach. Excessive use of smart phones can lead to negative consequences and these negative consequences in return pose negative impact on individual psychological well-being (Griffiths, 2015; Oula Virta et al., 2012).

### **Literature Review**

A study was conducted in Saudi Arabia to examine the prevalence and psychological symptoms of nomophobia among 335 undergraduate students. Findings suggest that the degree of involvement with digital devices will affect students' mental well-being. Students with high level of mobile phone engagement showed normal level of anxiety and stress whereas mild level of depression (kateb, 2017).

Similarly, another study was administered to notice the emerging impact of nomophobia especially in teenagers and university students. It was found out that excessive use of mobile phones can negatively affect a person's psychological wellbeing, make them feel bad about themselves, stressed and affect their grades (Garcia, 2020).

Sharma et al. (2020) conducted a study to investigate the prevalence of nomophobia and its association with psychological symptoms. Outcomes revealed a significant and positive correlation of nomophobia with depression and anxiety whereas negative correlation with quality of life.

Additionally, Bulbuloglu et al. (2019) investigated the effect of nomophobic behavior on time management and mental health of 314 nurses in a Turkish university hospital. Findings concluded that the nomophobic behavior among nurses disrupts effective social interactions with patients as well as with health care professionals along with reducing the quality and amount of work with lower psychological well-being.

A research was carried out by Augner and Hacker. (2012) to explore the potential links between excessive smart phone use and specific psychological factors among young adults. Claimed that individuals dealing with chronic stress along with depression symptoms hold a positive correlation with nomophobia. Moreover, the study discovered that females together with individuals having low emotional stability are more involved in problematic smartphone usage.

In another study with young adults the coping strategies used by nomophobic individuals were explored. The results showed that individuals who score high in nomophobia tend to have ineffective coping strategies and may experience behavioral disengagement, denial along with self-blame when faced with stress (Bragazzi et al., 2019).

Santl et al. (2022) conducted a study exploring the connection between nomophobia and emotional difficulties together with distressing factors among students in Croatia. A significant correlation was found between nomophobia and other examined variables where nomophobia, emotional skills along with emotional competence were pinpointed as consistent predictors of distress including symptoms of depression and anxiety.

Likewise, a study was conducted with the medical students in Jeddah with the sample of both male and female of approximately 19-25 years of age. The study aimed to investigate the effect of demographics and nomophobia on stress, depression along with anxiety. Findings revealed that there is an impact of nomophobia on psychological health and noticeable across both genders, however female students generally have higher levels of nomophobia, stress, depression together with anxiety (Bank et al., 2021).

Moreover, the rise of modern information communication technological tools (ICT) such as mobile phones, tablets, I-pad and personal computers has shaped our daily life. And all these devices bring both positive and negative changes in human behavior. Smartphones are not only playing a significant role in one aspect of our lives, but smartphones have become an integral part of each aspect of our lives. We can clearly see individual's dependence on their smart phones, and it is surprising to note that an average person checks their phones 110 times on daily basis even without any reason and their knowledge. The presence of smartphones has its mark therefore absence of smartphone has impacts too (Kanmani et al., 2017).

In another study nomophobia is defined as fear of being out of mobile contact and because of this, the anxieties which mobile phone users suffer (Ozdemir et al., 2017). Research has shown evidence of a link or association between problematic use of smart phones and mental health issues such as anxiety, insomnia and others (Farchakh, 2021).

Similarly, in a study conducted on Britain smartphone users, the study found that 53% of Britain smartphone users experience feelings of anxiety when they lose their mobile phone, be out of battery or when they have no network coverage. 72% of

smartphone users reported that there is a very slight chance that they will move 5 feet away from their phone (Kanmani et al., 2017).

Taking in account this extreme increase in mobile phone market in India, it is even menacing to think about over dependency on smartphones. Snowball sampling technique was used to collect sample of smartphone users from different states of India. The results show that level of nomophobia in India are not that much threatening. Males were found to have mild level of nomophobia; females were found to have moderate level of nomophobia. Smartphone users experience anxiety because they are unable to communicate with their close ones more than nervousness of losing one's online identity (Kanmani, 2017).

Moreover, a cross-sectional study was conducted between January and July 2019. The study includes residents from Lebanon's Mahafuzat also comprised of divorced parents. The results showed that 46(2.0%) have no nomophobia, 769(34.1%) have mild nomophobia, 1089(48.3%) have moderate nomophobia and 349(15.5%) had severe nomophobia. The results indicated that there is positive correlation between nomophobia and psychological conditions (Farchakh, 2021).

Findings indicate that we all are slowly moving towards a digitally dependent future. However, problematic use of smartphones might lead to such mental problems called nomophobia. The study concluded that students with increased levels of nomophobia tend to suffer from numerous psychological problems (Ozdemir, 2017).

Similarly in another study, findings suggest that the higher intentional digital involvement during work or class hours will increase the chance of psychological symptoms. Additionally, the study discovers that cyber-loafing moderates the relationship

between emotional-focused copings along with psychological well-being. If there is more emotional focused coping together with cyber-loafing behavior, it can lead to high psychological distress (Demirtepe-Sayyili & MetinOrta, 2021).

A study by Sapmaz et al. (2023) aimed to explore the effect of digital game addition together with cyber-loafing over psychological wellbeing among the primary school students. Results revealed that with the increase in digital media addition and cyber-loafing behavior psychological well-being tends to decrease. Furthermore, results showed that boys are more addicted to digital games along with cyber-loafing behaviors.

Additionally, in accordance with a study conducted by Orta and Sayyili. (2023) focuses on positive and negative emotions caused by cyberloafing behavior among university students. According to the analysis online content, especially gaming and gambling, were associated with positive emotions whereas sharing was linked with negative emotions. Moreover, results revealed that boys are more involved in online gaming and gambling as compared to girls.

Mihelic et al. (2023) conducted a research study aiming to investigate the influence of cyber-loafing along with role of norms, moral disengagement, multitasking self-efficacy and psychological outcomes among Gen Z. analysis revealed that cyberloafing behaviors were found to increase psychological disconnection and tend to decrease cognitive engagement additionally, states that moral disengagement was positively, whereas subjective norms were negatively associated with cyber-loafing behavior.

Similarly, with technological advances, the use of digital devices has increased. With extensive usage of the internet, all these digital sites or platforms have started to be

used more frequently and interpersonal communication and relations are dependent upon digital devices because of which today's generation is labeled as wired generation.

Spending a lot of time on digital sites can adversely affect mental wellbeing (Zincir, 2023).

During Covid-19 pandemic, a study was conducted in which data was collected from individuals of Indonesia, who worked in government institutions. Data was collected with an online survey tool to see the relationship between psychological distress and work home interactions. In times when individuals experience negative work home interactions, they engage themselves in cyber loafing behaviors which in turn affect their well-being. Hence, they experience psychological distress. Based on findings of this study, negative or positive work home interactions influence cyber loafing, which will increase mental distress (Novianti & Sjabadhyni, 2021).

Similarly, another study was conducted by Yaqub et al. (2022) to examine the relation of cyber-loafing with personality traits, emotional distress and boredom along with work creativity in the higher educational institutes of southern Punjab, Pakistan. Based on results, it was stated as personality traits were found to be non-significantly correlated whereas, emotional exhaustion, boredom and work creativity were found to be positively corrected with cyberloafing behaviors.

In a study was conducted on undergraduate students at public university in Turkey was taken. The findings showed that the class level to which an individual belongs, their familial income and residential place didn't have significant impact on students' level of cyber loafing, smartphone addiction and perceived stress. Significant differences in the level of stress and social support were seen in individuals who lived with one of their parents or with no one. There were significant differences between genders in context of



social support, stress and mobile phone addiction but significant differences in terms of cyber loafing didn't exist. (Gokcearslan, 2018).

Additionally, it was also found that income level of family and their socioeconomic status or class level don't have significant effect on smartphone addiction. Meanwhile another study which was conducted with high school students concluded that because of class level there were significant differences in the level of cyber loafing. Students who were living in universities/ college hostels demonstrate more addictive behaviors (Gokcearslan, 2018).

Gozumi et al., (2020) conducted a research study to investigate how student's willingness to learn mobile phone can affect their engagement in smartphone addiction along with nomophobia and cyber-loafing. Results revealed that mobile learning is positively associated with smartphone addiction whereas negatively correlated with nomophobia and cyber-loafing. Moreover, study states that nomophobia and cyberloafing are positively correlated with each other.

Furthermore, a study conducted to examine the effect of nomophobia on cyberloafing with a sample of employees at tourism company. Analysis showed that cyberloafing behavior is increased with increase in nomophobia levels also indicates that excessive use of mobile phone can lead in the engagement of non-work activities while at work(Yildiz et al., 2023).

In another study on cyber-loafing by Hussain et al. (2019) aimed to explore how the usage of digital devices at workplace would influence work neglection in Pakistan. The data was collected from the IT sector and findings reveal a positive correlation between smartphone usage and work neglection in the workplace.

Likewise, a study was conducted to examine the prevalence of cyberloafing along with nomophobia in university undergraduate students, the overall results of study concluded that the level of nomophobia among undergraduate was moderate whereas the level of cyber loafing was high among undergraduate students (Masadeh, 2021).

Students had moderate level of nomophobia and their level of cyber loafing was low. In terms of demographic variable such as gender, females tend to have higher level of nomophobia than males. There were significant differences between the levels of nomophobia, cyber loafing and participant's age. The findings revealed that nomophobia level of students who use their smart phones more than 6 hours per day is higher than that of other students. Whereas the number of hours spent on smartphones has no influence on their level of cyber loafing (Talan & Kalinkara, 2022).

Moreover, in a study carried out in Lahore, Pakistan to explore nomophobia and its relevant predictors among undergraduate students. Findings concluded that hours of smartphone usage per day were found to be a significant predictor of nomophobia. Additionally, study showed that women's reported to have more nomophobia level than of men's (Schwaiger & Tahir, 2020).

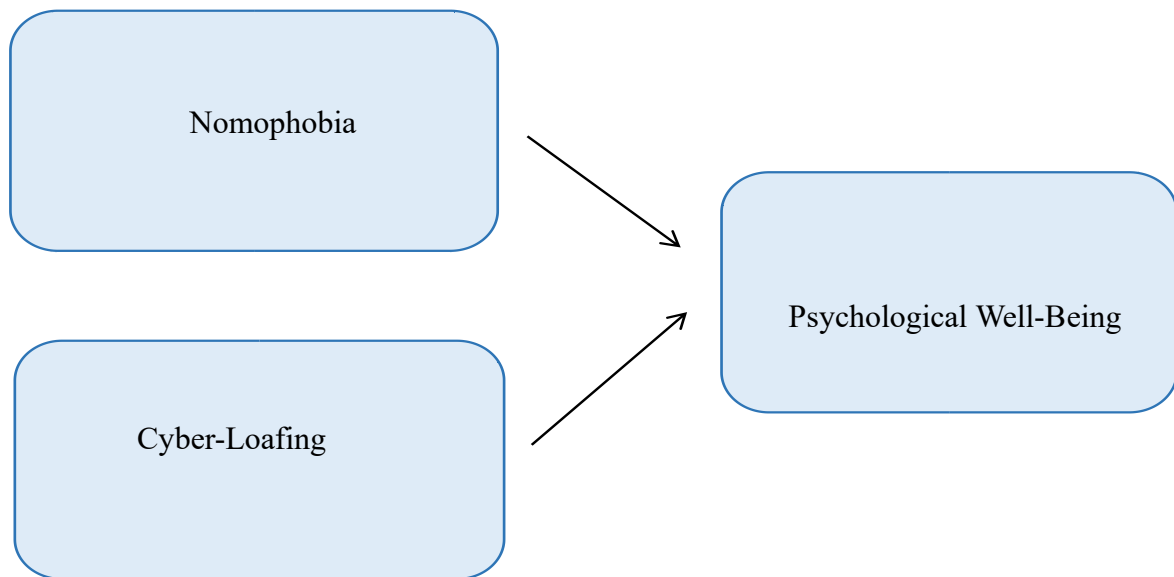
Similarly, another study explores nomophobia and its relevant components along with its correlation with age and gender among Pakistani undergraduates. According to the results it was concluded that the wide range of Pakistani undergraduate young student were suffering from mild to severe level of nomophobia (Farooq et al., 2022).

Masadeh(2021), conducted a study which comprised of undergraduate students from Najran university. The findings indicated that students do have nomophobia and the level of nomophobia ranged from high and low. Students

experienced anxiety which accelerates nomophobia. Undergraduate students' responses to nomophobia factor clearly indicates that not being able to communicate with close ones, assessing information and Losing connection leads to moderate level of nomophobia.

Another study was conducted to examine prevalence of nomophobia and its relationship with loneliness, self-happiness and self-esteem among university students in Pakistan and Turkey. The result indicates that when level of nomophobia in student's increases, students' self-esteem tends to decrease. For sample of Turkey, it was found that nomophobia level in female students were higher. For sample of Pakistan, the result showed that nomophobia levels are high in undergraduate students and loneliness tend to increase while their self-esteem and self-happiness tend to decrease (Ozdemir et al., 2017).

### Conceptual Framework



*Figure 1: Conceptual framework.*

### Theoretical framework

#### Cognitive Behavior model

Cognitive behavioral model was proposed by Aaron T. Beck 1960s. The model emphasizes how thoughts, feelings, and actions are interconnected and how maladaptive thoughts lead to harmful behaviors and emotional distress.

In the context of cyber loafing (using the internet for personal purposes while at educational institutions) and nomophobia (the fear of being without a phone), the cognitive behavioral model provides valuable insights about the recurrent nature of harmful behaviors, negative thoughts, and mental distress. Irrational thoughts and perspectives are the root causes of both cyber loafing and nomophobia. As, individuals who experience nomophobia may believe that they have to be available and connected all the time, which could result in frequently checking their phones and using social media excessively. Cyber loafers could also think they deserve an extended or a little entertainment, which leads to

non-academic internet use. Nomophobia and cyber loafing behaviors lead to a continuous cycle of unfavourable ideas and emotions which contribute to tension and anxiety, which negatively affects a person's psychological health.

## **Rationale**

Numerous innovations in digital world have increased the interests of individuals within a society as now these devices along with their respective applications are a crucial part of today's world. People all over the globe are excessively using these technologies to get most amount of knowledge and information as well as for their external emotional support these digital dependence lead to behaviors such as nomophobia and cyber-loafing which can significantly influence behavior, emotions and cognitions of a person as they are more involved in digital interactions as compared to real world interactions.

The purpose of the research study is to help create understanding among young adults about nomophobia and cyber-loafing so they can explore challenges within digital society. By having insights about the effects of nomophobia and cyber loafing, they can acknowledge and tackle their own behaviors, perception and emotional connections towards the real world.

This study is the combination of the unique digital phenomenon's including nomophobia and cyber-loafing. Current study is contributing to the existing literature and explores the effect of nomophobia and cyber-loafing on psychological well-being among young adults of Pakistan. also as the existing literature on cyber-loafing are in work place our study aims to bridge the knowledge gap by investigating the phenomenon in educational contexts, providing valuable insights into the impact of cyber-loafing on academic performance and institutional productivity. In today era this digital dependency is increased due to Borden or emotional validation and support leading to behavioral and

psychological dysfunctions in young adults. In Pakistan not as much research has been there related to these variables thus the goal of the current study is to divert focus on the speeding issues related digital dependency.

The study can be beneficial as by having information and awareness about negative consequences related to excessive use of digital platforms and devices, individuals can limit and regulate their use of technology and develop healthier behaviors. Understanding nomophobia and cyber-loafing can help in public health initiatives, education programs and policy development. As individual's dependence on technology is increasing day by day, having knowledge about psychological effects of these behaviors can help to create guidelines and interventions on societal level. The study will foster healthier use of technology and aims to prevent psychological distress and promote a balanced and sustainable relationship with digital devices.

**Research Objectives**

1. To study the relationship between nomophobia, cyber-loafing and psychological well-being among university students.
2. To examine the predictive role of nomophobia, cyber-loafing on psychological well-being among university students.
3. To determine the mean difference of study variables on the basis of demographics among university students.

**Research Hypotheses**

1. Nomophobia and cyber-loafing will have a negative relationship with psychological well-being among university students.
2. Nomophobia and cyber-loafing will negatively predict psychological well-being among university students.
3. There will be gender differences across the study variables among university students.

## CHAPTER 2

### METHODS

#### Research study design

The current study was based on quantitative approach and incorporated cross-sectional method.

#### Participants

The study involved both male and female participants ( $N=300$ ). The age range of the participants in the research was 18-25 years university students. Convenient sampling technique was used to gather data from the twin cities, Rawalpindi and Islamabad. Whereas the sample size was calculated through (3.1.9.7) version of G.Power.

#### Inclusion criteria

Research comprises of both female and male university students. These participants fall within the age range of 18 to 25 years according to the World Health Organization criteria for young adults. Participants who were involved in research had sufficient education to understand and complete the questionnaires easily.

#### Exclusion criteria

In this research study individuals who were facing any physical or psychological challenges were excluded.



## **Measures**

### **Informed Consent Form**

Informed consent forms were provided to the research participants before starting the study, as they approval for their participation in the study. They were further made aware regarding the true objectives of the study along with their right to discontinue the study at any point in time. Additionally, they were assured that their identities would remain confidential and anonymous.

### **Demographic Information Sheet**

Together with the consent forms participants were handed over with demographic information sheet. The sheet comprised the information related to participants age, gender, educational level, socio-economic status and educational institution they are affiliated with.

### **Nomophobia questionnaire-NMP-Q (Yildirim & Correia, 2015)**

The NMP-Q is a 20-item questionnaire developed by Yildirim and Correia (2015) use to assess four domains of nomophobia (i) not being able to communicate, (ii) losing connectedness, (iii) not being able to access information, and (iv) giving up convenience, the questionnaire is measured on a 7 point Likert type scale (1= strongly disagree) and (7= strongly agree). The Cronbach's alpha is  $\alpha = .92$

### **Cyber Loafing Scale (Akbulut et al., 2016)**

Cyber loafing scale by Akbulut et.al. (2016) is a 30-item scale used to address the frequency of Cyber-Loafing behavior during lectures. The scale evaluates 5 sub domains of cyber-loafing {sharing (.93), shopping (.87), real time updating (.93) accessing online

contact (.94) and gaming/gambling (.80)} with 5-point Likert type scale. The Cronbach's alpha is  $\alpha = .92$ .

**Psychological Well-Being Scale-PWB (Carol D. Ryff, 1989).**

Psychological well-being (PWB) 42-item scale developed by Carol D. Ryff (1989). It is designed to evaluate six aspects of well-being and happiness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Is measured on a 6-point Likert scale (1= strongly agree) and (7= strongly disagree). The Cronbach's alpha reliability is  $\alpha = .93$  to  $.86$ .

## **Operational Definitions**

### **Nomophobia**

Nomophobia also known as “no mobile phone phobia” is a phenomenon which is used to describe mental distress mainly anxiety which an individual experiences when an individual loses or is away from their smart phones along with this, they be afraid of being detached from mobile phone connectivity nomophobia is labeled under phobia of specific/particular things (Sudip et al., 2019).

### **Cyber-Loafing**

Cyber-Loafing is defined as the use of internet and technology during work hours for personal or non-organizational purposes. This terminology means wasting time at work by surfing the internet, shopping online, or engaging /involvement in other nonwork-related activities (Saygili & Porta, 2020).

### **Psychological well-being**

The term psychological well-being refers to the overall state of mental health and happiness of a person. This includes having a positive mindset, managing emotion and stress in a healthier way, maintaining healthy relationships and experiencing fulfillment and sense of purpose in life. The simple conception of person’s welfare, happiness, advantages, interests, utility and quality of life (Burriss et al., 2010).

### **Procedure**

Bahria University Islamabad ethical board approved the research topic. After approval was granted, respected authors were emailed to get permission for the relevant scales. While conducting the research informed consent forms were handed over to the participants and they were guided about the actual purpose of the study and their participation rights along with the assurance that their identities will remain private. Then

a questionnaire was provided to them which approximately took 20-25 min. additionally, participants were voluntary, and no incentives were provided while conducting the research.

### **Ethical Considerations**

Proper ethical guidelines were followed, the study was evaluated by the ethical committee Bahria University Islamabad to make sure that the research study was aligned according to the ethical codes of research. In the study informed consent was taken, confidentiality and rights of the participants were assured, objectives of the study were explained without any deception.

**CHAPTER 3****RESULTS**

As data collection was completed. Data has been statically evaluated with the help of Statistical package for social sciences (SPSS-IBM 27th Version). G.Power has been utilized for calculating sample size. In the current study frequency and percentage of respective demographics were computed using descriptive statistics. To measure the quality of connection between study variables correlation also known as Pearson product moment correlation coefficient was used. To assess the casual relationship between variables Multiple linear Regression analysis was carried out whereas independent sample t.test was employees to check difference between two groups.

Table 1  
Descriptive Statistics of Participants ( $N=300$ )

Characteristics	<i>f</i>	%	M	SD
Age			21.05	1.75
Gender				
Male	139	46.3		
Female	161	53.7		
Educational Level				
Bachelors	265	88.3		
Masters/M.phil	18	6.0		
Diploma	17	5.7		
Socio-economic Status				
Lower	22	7.3		
Middle	230	76.6		
Upper	48	16		
Educational institution				
Private	116	38.7		
Public	73	24.3		
Semi-government	111	37		

Table 1 shows the descriptive statistics of the participants. University students with age range of 18-25 years are 100% , the male adults who participated in the study are 46.3% , as compared to female adults who are 53.7% Bachelor's participants are 88.3%, Masters participants are 6.0% and Diploma participants are 5.7%, participants who are from lower socioeconomic status are 7.3% , participants who are from medium socio-economic status are 76.6 % , and participants from upper socio-economic status are 48% . participants who belong from private education institution are 38.7, participants from public education institution are 24.3% and participants from semi-government education institution are 37 %.

**Table2***Psychometric Properties of Study Variables (N=300)*

Scale	<i>k</i>	M	SD	Range	$\alpha$
Nomophobia	20	86.99	27.69	20-139	.90
Cyber-loafing	30	2.95	0.73	1-4	.94
Sharing	9	3.01	0.73	1-5	.83
Shopping	7	2.86	0.83	1-5	.84
Real time updating	5	2.80	1.02	1-5	.88
Assessing-online content	5	3.16	0.91	1-5	.86
Gaming / Gambling	4	2.96	1.00	1-5	.88
Psychological wellbeing	42	148.72	17.41	108-199	.79

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M= mean, SD= standard deviation,  $\alpha$ = Cronbach's alpha reliability, *k*= number of items.

Table 2 shows psychometric properties of scales utilized in the study. The Cronbach's alpha value for nomophobia questionnaire is .90 which indicates high internal consistency. The Cronbach's alpha value for cyberloafing scale is .94 which shows internal consistency as high. The Cronbach's alpha value for subscales .83 to .88 which also indicates high internal consistency. The Cronbach's



alpha value for psychological well-being scale is .79 which indicates adequate internal consistency.

**Table 3**  
*Pearson Product Moment Correlation between Nomophobia, Cyber-Loafing and Psychological-Well-Being (N=300)*

	1	2	3	4	5	6	7	8
1. Nomophobia	—	.36**	.38**	.29**	.27**	.34**	.20**	-.40**
2. Cyber-loafing		—	.84**	.88**	.84**	.82**	.79**	-.25**
3. Sharing			—	.64**	.56**	.63**	.52**	-.18**
4. Shopping				—	.74**	.66**	.63**	-.26**
5. Real-timeupdating					—	.60**	.67**	-.29**
6 accessing online content						—	.62**	-.11*
7. Gaming/Gambling							—	-.19**
8. Psychological well-being								—

\*p<0.05, \*\*p<0.01

Table 3 show correlation between scores of scales and their sub scales. nomophobia is positively correlated with cyber-loafing, sharing, shopping, real time updating, accessing online content along with gaming/gambling whereas nomophobia is negatively correlated with psychological well-being. Furthermore, cyber-loafing is positively correlated with sharing, shopping, real time updating, accessing online content and with gaming/ gambling while it is negatively correlated with psychological well-being. However, sharing is positively correlated with shopping, real time updating, and accessing online content and gaming/gambling while negatively correlated with psychological well-being. Similarly, shopping is positively correlated with real time updating, accessing online content along with gaming and gambling and negatively correlated with psychological well-being. Moreover, real time updating is positively correlated with accessing online content together with gaming/gambling whereas negatively correlated with psychological well-being. Additionally, accessing online content positively correlated with gaming/gambling and negatively correlated with psychological well-being. Similarly gaming/gambling is negatively correlated with psychological well-being.

**Table 4**

*Multiple Linear Regression Analysis Predicting Psychological Well-Being through Nomophobia and Cyber-Loafing (N=300)*

Predictors	Psychological Well-Being					$\beta$	$R_2$
	95% CI						
	<i>B</i>	<i>SE</i>	<i>LL</i>	<i>UL</i>			
Constant	176.99***	4.15	168.8	185.17		.17***	
Nomophobia	-.22	.03	-.29	-.15	-.35***		
Cyber-Loafing	-3.02	1.34	-5.67	-.37	-.12*		

*Note:* CI= confidence interval, LL= lower limit, UL= upper limit.

Table 4 shows the impact of nomophobia along with cyber-loafing on psychological well-being of university students. Predictors are explaining 17% variance in outcome variable with  $F(2, 297) = 31.23, p < .001$ . Results revealed that nomophobia and cyber-loafing were found to be significant negative predictors of psychological well-being among university students.

**Table 5**

*Multiple Linear Regression Analysis Predicting Psychological Well-Being through Nomophobia and Cyber-Loafing Sub-scales(N=300)*

Predictors	Psychological Well-Being					
	<i>B</i>	<i>SE</i>	95% <i>CI</i>		$\beta$	<i>R</i> <sup>2</sup>
			<i>LL</i>	<i>UL</i>		
Constant	173.43***	4.20	165.15	181.69		.23***
Nomophobia	-.24	.03			-.39***	
Sharing	1.54	1.75	-.31	-.17	.06	
Shopping	-3.64	1.83	-1.91	5.0	-.17*	
Real -timeupdating	-3.47	1.41	-7.25	-.03	-.20*	
Accessing online content	4.83	1.48	-6.26	-.69	.25**	
Gaming/Gambling	-1.00	1.31	1.92	7.75	-.05	
			-3.36	1.58		

*Note:* CI= confidence interval, LL= lower limit, UL= upper limit.

Table 5 showed the impact of nomophobia, cyber-loafing sub scale of sharing, shopping, real time updating, accessing online content and gaming/gambling on psychological well-being of university students. Predictors are explaining 23% of variance in output variable with  $F(6, 293) = 14.85$ ,  $p < .001$ . Findings suggested cyber-loafing scale of accessing online content is significant positive. Whereas, shopping and real time updating are significant negative predictor of psychological well-being.

**Table 6**

*Independent Sample t-test Showing Mean Differences Between Men and Women on Nomophobia, Cyber-Loafing and Psychological Well-Being (N=300)*

Variables	Men		Women		<i>t</i> (318)	p	Cohen's <i>d</i>
	M	SD	M	SD			
Nomophobia	80.03	27.87	93	26.17	4.15	.001	.48
	2.95	0.69	2.96	.76	.17	.86	.02
Cyber-Loafing							
Psychological Well-Being	149.56	16.88	148	17.88	.77	.43	.09

Table 6 shows mean differences between men and women on nomophobia, cyber loafing and psychological well-being with  $t(298) = 3.152$ ,  $p < 0.05$ . Findings show that females exhibit higher scores on nomophobia as compared to males. The value of Cohen's  $d$  is .48 which indicates medium effect size. While other results indicated non-significant mean differences on cyber-loafing and psychological well-being.

## CHAPTER 4

### DISCUSSION

The current study was directed with the purpose of examining the relationship between nomophobia, cyber loafing and psychological well-being among university students. To study and measure the relationship of study variables, three respective tools were used. The Nomophobia Questionnaire (NMP-Q) was used to assess an individual's nomophobia level (Yildirim & Correia, 2015). The Cyber Loafing Scale was used to measure frequency of cyber loafing behaviors during lectures (Akbulut et al., 2016). Psychological Well-Being (PWB) was used to measure aspects of well-being (Ryff, 1989).

To examine the psychometric properties of scales and their sub-scales applied in a study, the value of Cronbach's alpha was evaluated. The internal consistency for the scales along with the sub-scales was from .90 to .79, which are considered as acceptable ranges for Cronbach's alpha reliability (Taber, 2018).

According to the first hypothesis that nomophobia and cyber-loafing will have a negative relationship with psychological well-being among university students. Current study indicates that nomophobia, cyber-loafing negatively correlated with psychological well-being. The findings of the study were consistent with the existing literature, displaying that the individuals with extreme levels of fear of being detached from their respective devices tend to suffer more from diverse psychological issues (Ozdemir, 2017). Moreover, people using their smartphones excessively were more likely to engage in cyber-loafing behaviors during work hours (Yildiz et al., 2023). Additionally, it was also observed that psychological dis-functioning is high across those who excessively use their

smartphones during work hours (Zincic et al., 2023). The reason behind this can be that, as with the advancement in technology, individuals are more involved in virtual world other than the actual world. Digital platforms are being frequently consumed for personal emotional support which leads to digital dependency which may affect individuals' well-being (Naeemi, 2017).

The second hypothesis of the study nomophobia and cyber loafing will negatively predict psychological well-being. Findings showed that nomophobia and cyber loafing along with cyber-loafing scale of shopping and real time updating were found to be significant negative predictors whereas, cyber loafing scale of accessing online content was positive predictors of psychological well-being. The results of the present study were compatible with the previous literature, stated that people with high digital addiction along with cyber-loafing behaviors are experiencing emotional together with mental distress (DemirtepeSayyili & MetinOrta, 2021). As in Pakistan students are more involved in cyber loafing behavior and have digital media addiction, they are constantly checking out their phones, looks for notifications, important updates, checking their emails, all this creates pressure on them which in return influence their mental health (Masadeh, 2021). Cyber loafing leads to decreased productivity. individual who spent a lot of time on their mobile phones during work hours, they might not finish their work on time which further leads to feelings of stress. Digital media addiction also causes emotional distress as individuals do a lot of comparison of their own life with people on social media, this led to feelings of inferiority, inadequacy and much more negative emotions. All these factors have adverse effects on individual psychological well-being

(Zincir et al., 2023).

According to third hypothesis, there will be gender differences across the study variables among university students. Findings revealed that females exhibit higher scores on nomophobia as compared to males while other results indicated non-significant



differences between gender in terms of cyber-loafing and psychological well-being. The current research study was in accordance with the earlier studies which also concluded that generally females are having high level of nomophobia, and they tend to experience moderate level of distress when distanced from their digital devices than males (Kanmani, 2017). Moreover, in Pakistan females are more involved in their social life as compared to men to communicate their issues with their close ones instead of meeting them on daily basis (Camilli, 2019). As in eastern culture females are considered as more emotional, they need someone on whom they can emotionally depend so they might share their concerns with their close ones or friends over digital media or seek validation by watching influencers, so they have a constant connection with their smartphones (Camilli, 2019).

### **Conclusion**

The Findings concluded that there is a significant negative correlation between nomophobia, cyber-loafing and psychological well-being among university students. Moreover, nomophobia and cyber-loafing are negative predictors of psychological wellbeing among university students. Additionally, there were significant gender differences in nomophobia women tend to have higher level of nomophobia behavior as compared to men.

### **Limitation**

The research has revealed fundamental information regarding the correlation between the study variables as well as gender differences in levels of nomophobia among university students. In the current study, participants might showed social desirability, where they give responses in a way that their answers are acceptable, such responses may exert a great impact on the result of the study. Secondly, the study was time bounded which may serve as a limitation in the study.

**Practical Implication**

The findings of study can be used to create understanding among university students about nomophobia and cyber loafing so that they are able to explore difficulties and certain challenges within digital society. Furthermore, these findings can be used in educational institutions such as colleges, schools, and universities. They can incorporate study findings into their curricular and extracurricular activities by holding or conducting seminars, value-based workshops in which students would be briefed about the effects of nomophobia and cyber loafing behaviors on psychological well-being. These programs can help to establish understanding of these phenomena on their psychological well-being.

**Future Recommendation**

Future studies should study the effect of nomophobia, cyber loafing on psychological well-being among students enrolled in virtual universities. Data should be gathered from diverse cities instead of two major cities (i.e.; Rawalpindi, Islamabad). Study should be comprised of different age groups. Study should contain equal categories of students such as college students, Bachelors, Masters / M.Phil. so that data can be more generalized.

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**APPENDICES**

**ANNEXURE- A (Informed Content Form)**

## INFORMED CONSENT FORM

I Mr/Ms

State that I voluntarily agree to participate in the BS Psychology research entitled“**NOMOPHOBIA, CYBERLOAFING AND Psychological WELL-BEING AMONG YOUNG ADULTS**” conducted by Mahnoor Rehman and Mairaj Iftikhar under the supervision of Sr. Lecturer Ms. Fariha Hayat, school of professional psychology, Bahria University Islamabad Campus. The researchers have explained the purpose and procedure of the research to me. They have informed me that I may withdraw from participation at any time without prejudice and penalty. Furthermore, they have assured me that any information that I give will be used for research purpose only and will be kept confidential and anonymous.

Signature of participant:

---

**ANNEXURE - B**

**( Demographic Information Sheet)**

## DEMOPGRAPHIC INFORMATION SHEET

1. Age \_\_\_\_\_
2. Gender:
  - i. Male
  - ii. Female
3. Educational Level:
  - i. Undergraduate
  - ii. Graduate
  - iii. Other
4. Socio-economic status:
  - i. Lower Middle
  - ii. Middle
  - iii. Upper
5. Current relationship Status:
  - i. Single
  - ii. Committed
  - iii. Married
  - iv. Divorced
  - v. Widowed
  - vi. Others
6. What type of educational institution are you currently affiliated with?
  - i. Private
  - ii. Public
  - iii. Semi-government
7. Number of hours spent on phone per day.
  - i. Less than 1 hour
  - ii. 1-2 hours
  - iii. 2-3 hours
  - iv. 3-4 hours
  - v. 4-5 hours
  - vi. More than 5 hours
8. Number of hours spent on social networking sites (Instagram, Facebook, whats-app etc) ?
  - i. Less than 1 hour
  - ii. 1-2 hours
  - iii. 2-3 hours
  - iv. 3-4 hours
  - v. 4-5 hours
  - vi. More than 5 hours
9. Which social networking sites do you frequently use? (can choose more than one)
  - i. Facebook
  - ii. Instagram
  - iii. Twitter/X
  - iv. Snap-chat
  - v. TikTok
  - vi. Pinterest
  - vii. Linked-In
  - viii. YouTube

**ANNEXURE - C ( Nomophobia Questionnaire NMP-Q)**

### QUESTIONNAIRE NO.1

**Instructions:** Encircle the right option for the following statements

S.No.	Statements	Strongly- disagree	Mildly- disagree	disagree	neutral	agree	agree	strongly agree
1.	I would feel uncomfortable without constant access to information through my smartphone.	1	2	3	4	5	6	7
2.	I would be annoyed if I could not look information up on my smartphone when I wanted to do so.	1	2	3	4	5	6	7
3.	Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.	1	2	3	4	5	6	7
4.	I would be annoyed if I could not use my smartphone and/or its capabilities when I Wanted to do so.	1	2	3	4	5	6	7
5.	Running out of battery in my smartphone would scare me.	1	2	3	4	5	6	7
6.	If I were to run out of credits or hit my monthly data limit, I would panic.	1	2	3	4	5	6	7
7.	If did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network.	1	2	3	4	5	6	7
8.	If I could not use my smartphone, I would be afraid of getting stranded somewhere.	1	2	3	4	5	6	7
9.	If I could not check my smartphone for a while, I would feel a desire to check it.	1	2	3	4	5	6	7
10.	If I did not have my smartphone with me, I would feel anxious because I could not instantly communicate with my family and/or friends.	1	2	3	4	5	6	7

11.	If I did not have my smartphone with me, I would be worried because my family and/or friends could not reach me.	1	2	3	4	5	6	7
12.	If I did not have my smartphone with me, I would feel nervous because I would not be able to receive text messages and calls.	1	2	3	4	5	6	7
13.	If I did not have my smartphone with me, I would be anxious because I could not keep in touch with my family and/or friends.	1	2	3	4	5	6	7
14.	If I did not have my smartphone with me, I would be nervous because I could not know if someone had tried to get a hold of me.	1	2	3	4	5	6	7
15.	If I did not have my smartphone with me, I would feel anxious because my constant connection to my family and friends would be broken.	1	2	3	4	5	6	7
16.	If I did not have my smartphone with me, I would be nervous because I would be disconnected from my online identity.	1	2	3	4	5	6	7
17.	If I did not have my smartphone with me, I would be uncomfortable because I could not stay up-to-date with social media and online networks.	1	2	3	4	5	6	7
18.	If I did not have my smartphone with me, I would feel awkward because I could not check my notifications for updates from my connections and online networks.	1	2	3	4	5	6	7
19.	If I did not have my smartphone with me, I would feel anxious because I could not check my email messages.	1	2	3	4	5	6	7
20.	If I did not have my smartphone with me, I would feel weird because I would not know what to do	1	2	3	4	5	6	7



**ANNEXURE - D (Cyber- Loafing scale)**

**QUESTIONNAIRE. NO.2**

**Instructions:** how often you are involved in these activities during your work hours?. please indicate the degree of involvement by using a scale which ranges from never(1) to a great extent(5)

No	Statements	never	Very little	Rarely	Mostly	Toagreat extent
1	I check my friends story	1	2	3	4	5
2	I check my friends social networking sites.	1	2	3	4	5
3	I share content on social media	1	2	3	4	5
4	I like post that are interesting	1	2	3	4	5
5.	I comment on shared photos	1	2	3	4	5
6.	I post status updates on social networks.	1	2	3	4	5
7.	I tag friends on photos.	1	2	3	4	5
8.	I chat with friends.	1	2	3	4	5
9.	I watch shared videos.	1	2	3	4	5
10.	I shop online.	1	2	3	4	5
11.	I visit deal -of-the-day websites.	1	2	3	4	5
12.	I visit online shopping sites.	1	2	3	4	5
13.	I visit auction sites.	1	2	3	4	5
14.	I use online banking services.	1	2	3	4	5
15.	I visit online shops for used products.	1	2	3	4	5

17.	I re-tweet a tweet I like.	1	2	3	4	5
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16.	I check job advertisements.	1	2	3	4	5
18.	I favorite a tweet I like.	1	2	3	4	5
19.	I post tweets	1	2	3	4	5
20	I read tweets	1	2	3	4	5
21.	I comment on trending topics.	1	2	3	4	5
22.	I download music.	1	2	3	4	5
23.	I watch videos online.	1	2	3	4	5
24.	I listen to music online.	1	2	3	4	5
25.	I download videos.	1	2	3	4	5
26.	I download applications I need.	1	2	3	4	5
27.	I visit betting sites.	1	2	3	4	5
28	I bet online.	1	2	3	4	5
29	I check online sport sites.	1	2	3	4	5
30	I play online games.	1	2	3	4	5

**ANNEXURE - E (Psychological Well-Being scale)**

### QUESTIONNAIRE.NO.3

**Instructions:** The following set of questions deals with how you feel about yourself and your life. Please remember that there are no right or wrong answers.

No	Statement	strongly disagree	Disagree	Neutral	Slightly Agree	Agree	Strongly agree
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people	1	2	3	4	5	6
2	In general, I feel I am in charge of the situation in which I live.	1	2	3	4	5	6
3	I am not interested in activities that will expand my horizons.	1	2	3	4	5	6
4	Most people see me as loving and affectionate.	1	2	3	4	5	6
5	I live life one day at a time and don't really think about the future.	1	2	3	4	5	6
6	When I look at the story of my life, I pleasedam with how things have turned out.	1	2	3	4	5	6
7	My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5	6
8	The demands of everyday life often get me down.	1	2	3	4	5	6
9	I think it is important to have new experiences that challenge how you think about yourself and the world	1	2	3	4	5	6
10	Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6
11	I have a sense of direction and purpose in life	1	2	3	4	5	6
12	In general I feel confident and positive about myself.	1	2	3	4	5	6

13	I tend to worry about what other people think of me.	1	2	3	4	5	6
14	I do not fit very well with the people and the community around me.	1	2	3	4	5	6
15	When I think about it, I haven't really improved much as a person over the years.	1	2	3	4	5	6
16	I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5	6
17	My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	6
18	I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4	5	6
19	I tend to be influenced by people with strong opinions.	1	2	3	4	5	6
20	I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
21	I have a sense that I have developed a lot as a person over time.	1	2	3	4	5	6
22	I enjoy personal and mutual conversations with family members or friends.	1	2	3	4	5	6
23	I don't have a good sense of what it is I'm trying to accomplish in life.	1	2	3	4	5	6
24	I like most aspects of my personality.	1	2	3	4	5	6
25	I have confidence in my opinions, even if they are contrary to the general consensus.	1	2	3	4	5	6
26	I often feel overwhelmed by my responsibilities.	1	2	3	4	5	6
27	I do not enjoy being in new situations that require me to change my old familiar ways of	1	2	3	4	5	6
	doing things.						

28	People would describe me as a giving person, willing to share my time with others.	1	2	3	4	5	6
29	I enjoy making plans for the future and working to make them a reality.	1	2	3	4	5	6

30	In many ways, I feel disappointed about my achievements in life	1	2	3	4	5	6
31	It's difficult for me to voice my own opinion on controversial matter	1	2	3	4	5	6
32	I have difficulty arranging my life in a way that is satisfying to me.	1	2	3	4	5	6
33	For me, life has been a continuous process of learning, changing, and growth.	1	2	3	4	5	6
34	I have not experienced many warm and trusting relationships with others.	1	2	3	4	5	6
35	Some people wander aimlessly through life, but I am not one of them.	1	2	3	4	5	6
36	My attitude about myself is probably not as positive as most people feel about themselves.	1	2	3	4	5	6
37	I judge myself by what I think is important, not by the values of what others think is important.	1	2	3	4	5	6
38	I have been able to build a home and a lifestyle for myself that is much to my liking.	1	2	3	4	5	6
39	I gave up trying to make big improvements or changes in my life a long time ago.	1	2	3	4	5	6
40	I know that I can trust my friends, and they know they can trust me.	1	2	3	4	5	6
41	I sometimes feel as if I've done all there is to do in life.	1	2	3	4	5	6
42	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	1	2	3	4	5	6



**ANNEXURE - F ( Permission for Nomophobia Questionnaire)**




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## Permission to use NMP-Q

2 messages

shafat <mairajiftikhar057@gmail.com>  
To: correia.12@osu.edu <correia.12@osu.edu>

Thu, 7 Dec 2023 at 8:54 pm

I am Mairaj Iftikhar-student of BS Psychology from the department of Professional Psychology, Bahria University, Islamabad, Pakistan. I along with my classmate is about to begin thesis on "Nomophobia" under the supervision of Ms. Fariha Hayat (Sr. Lecturer, Department of Professional Psychology). During the literature review I came across 20 item scale (NMP-Q) in one of the article and after comprehensively studying it, I wanted to use this scale to measure Nomophobia in my research. Therefore, it is my humble request if you could provide us with the complete scale and scoring procedure along with the permission to use it for our study.

I will be highly grateful and will be waiting for your kind response.

Regards,

Mairaj Iftikhar

Department of Professional Psychology,

Bahria University, Islamabad.

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Correia, Ana-Paula <correia.12@osu.edu>  
To: shafat <mairajiftikhar057@gmail.com>

Fri, 8 Dec 2023 at 6:14 pm

Thanks for your interest in my work.

You have my permission to use the "NMP-Q Nomophobia" for academic purposes. Please give credit to our work:

Yildirim, C., & Correia, A.-P. (2015). Exploring the dimensions of nomophobia: development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49 (August 2015), 130-137. <https://doi.org/10.1016/j.chb.2015.02.059>. And please send me a copy of your research manuscript when it is complete, even if it is not in English!

Best wishes, Ana-Paula Correia <https://www.ana-paulacorreia.com/> <https://twitter.com/correia65>

**ANNEXURE - G ( Permission for Cyber-Loafing)**



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## Cyberloafing Scale

4 messages

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Yavuz Akbulut <yavuzakbulut@gmail.com>

Thu, 9 Nov 2023 at 8:21 pm

To: shafat <mairajiftikhar057@gmail.com>

Dear Colleague,

You can adapt the scale to your research context, or use any items you find useful. Attached are the original items from Akbulut et al. (2016, see the citation below). The scale is in a 5-point Likert form where the frequency of cyberloafing ranges from 1 (never) to 5 (a great extent).

Average of indicators can be used to have the factor scores: 1. sharing with nine items, 2. shopping with seven items, 3. real-time updating with five items, 4. accessing online content with five items and 5. gaming/gambling with four items

You can check the following articles to see the scale statistics:

Dursun, O. O., Donmez, O., & Akbulut, Y. (2018). Predictors of cyberloafing among preservice information technology teachers. *Contemporary Educational Technology*, 9 (1), 22-41.

Akbulut, Y., Dönmez, O., & Dursun, Ö.Ö. (2017). Cyberloafing and social desirability bias among students and employees. *Computers in Human Behavior*, 72, 87-95.

Akbulut, Y., Dursun, Ö.Ö., Dönmez, O., & Şahin, Y.L. (2016). In search of a measure to investigate cyberloafing in educational settings. *Computers in Human Behavior*, 55, 616-625.

In order to reduce socially desirable responding, we do not use the word 'cyberloafing' in the scale instructions. In scale instructions, we indicate some usual information: "We indicate that we investigate the prevalence of some "in-class" technology use behaviors. The administration is likely to take 7-8 minutes. We got ethical permissions from the institutional review board. Participation is voluntary. Anonymity of the participants is sustained and so on."

The scale has been validated in other cultures as well.

Malaysia: Koay, K. Y. (2018). Assessing cyberloafing behaviour among university students: A validation of the cyberloafing scale. *Pertanika Journal of Social Sciences & Humanities*, 26(1), 409-424.

Indonesia: Simanjuntak, E., Purwono, U., & Ardi, R. (2019). Skala cyberslacking pada mahasiswa. *Jurnal Psikologi Universitas Diponegoro*, 18(1), 41-54.

Please feel free to contact for any other inquiries.

Best,

Yavuz Akbulut

**ANNEXURE - H (Permission for Psychological Well-Being)**



## Permission to use psychological well-being scale

2 messages

shafat <mairajiftikhar057@gmail.com>  
To: cryff@wisc.edu <cryff@wisc.edu>

Thu, 9 Nov 2023 at 8:40 p

I am Mairaj Iftikhar student of BS Psychology from the Department of Professional Psychology, Bahria University, Islamabad, Pakistan. I along with my classmate is about to begin thesis on "psychological well-being " under the supervision of Ms. Fariha Hayat (Sr. Lecturer, department of Professional Psychology). During the literature review I came across your 42-item psychological well-being scale (RPWB), I wanted to use this scale to measure psychological well-being in my research. Therefore, it is my humble request if you could provide us with the complete scale and scoring procedure along with the permission to use it for our study.

I will be highly grateful and will be waiting for your kind response.

Regards,

Mairaj Iftikhar

Department of Professional Psychology,

Bahria University, Islamabad.

Theresa Berrie <berrie@wisc.edu>  
To: mairajiftikhar057@gmail.com [mairajiftikhar057@gmail.com](mailto:mairajiftikhar057@gmail.com)

Tue, 14 Nov 2023 at 7:05 p

Greetings,

Thanks for your interest in the well-being scales I am responding to your request on behalf of Carol Ryff she has asked me to send you the following:

You have her permission to use the scales for research or other non-commercial purposes.

They are attached in the following files:

"Ryff PWB Scales" includes:

- psychometric properties, scoring instructions, how to use different lengths of the scales

(see note about the 18-item scale, which is NOT recommended. It does a bad job measuring the six dimensions.)

Ryff PWB Reference Lists" includes:

- a list of the main publications about the scales

- a list of published studies using the scales

There is no charge to use the scales and no need to send us the results of your study. We do ask that you please send us copies of any journal articles you may publish using the scales to: [berrie@wisc.edu](mailto:berrie@wisc.edu) and [cryff@wisc.edu](mailto:cryff@wisc.edu).

Best wishes for your research,

**ANNEXURE - I (Permission for Collection of Data)**



**Bahria University**  
Discovering Knowledge

20-Feb-2023

## TO WHOM IT MAY CONCERN

### REQUEST FOR DATA COLLECTION

It is stated that **Ms. Mairaj Iftikhar** Enrollment No. 01-171202-042 is a student of BS Psychology (8<sup>th</sup> Semester) Bahria University Islamabad Campus conducting research on "Nomophobia, cyber loafing and psychological wellbeing among young adults" under supervision of undersigned. It is requested that kindly allow her to collect the data from your esteemed institution.

Regards,

*Fariha Hayat*  
20-2-24

**Fariha Hayat**  
Senior Lecturer  
Bahria School of Professional Psychology (BSPP)  
Bahria University  
E-8 Islamabad

*Approved*  
*[Signature]*  
5/2/24

Bahria School of Professional Psychology (BSPP) Shangrilla Road E-8 Islamabad  
Tel: 051-9260002 Ext. No. 1406 Fax: 051-9260889





**Bahria University**  
Discovering Knowledge

20-Feb-2023

## TO WHOM IT MAY CONCERN

### REQUEST FOR DATA COLLECTION

It is stated that **Ms. Mahnoor Rehman** Enrollment No. 01-171202-041 is a student of BS Psychology (8<sup>th</sup> Semester) Bahria University Islamabad Campus conducting research on "Nomophobia, cyber loafing and psychological wellbeing among young adults" under supervision of undersigned. It is requested that kindly allow her to collect the data from your esteemed institution.

Regards,

*Fariha*  
20/2/24

Fariha Hayat  
Senior Lecturer  
Bahria School of Professional Psychology (BSPP)  
Bahria University  
E-8 Islamabad

*Approved*  
*[Signature]*  
*5/3/24*  
*DST*

Bahria School of Professional Psychology (BSPP) Shangrilla Road E-8 Islamabad  
Tel: 051-9260002 Ext. No. 1406 Fax: 051-9260889

**ANNEXURE - J (Plagiarism Report)**

## Nomophobia, Cyberloafing and Psychological Well-being

### ORIGINALITY REPORT

<b>13%</b>	<b>9%</b>	<b>9%</b>	<b>5%</b>
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

### PRIMARY SOURCES

<b>1</b>	<b>www.researchgate.net</b> Internet Source	<b>2%</b>
<b>2</b>	<b>ijip.in</b> Internet Source	<b>1%</b>
<b>3</b>	Burhanettin Ozdemir, Ozlem Cakir, Irshad Hussain. "Prevalence of Nomophobia among University Students: A Comparative Study of Pakistani and Turkish Undergraduate Students", EURASIA Journal of Mathematics, Science and Technology Education, 2018 Publication	<b>1%</b>
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