

THE ERA OF NOMOPHOBIA OR MOBILE DEPENDENCE

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✖ Regarding the [Mobile World Congress](#) which is being held in Barcelona between the On March 2 and 5, it seems appropriate to talk about the disease of the 21st century: nomophobia or more popularly, the fear of being without a mobile phone. Either due to running out of battery or having left it at home, but experts say that there is an addiction, or rather, a fear of missing out on something if we are not in possession of our smartphones.

This fear, known as [FOMO \(Fear Of Missing Out\)](#), creates enormous stress and irritation (which can lead to rapid heartbeat, headaches or stomach aches) among people who suffers from not being in contact with their social environment and with the *global world*. Lack of self-esteem or excessive perfection are the main causes of this dependency caused by today's flagship product.

Informal discussions between friends are long overdue, the dispute has become to see who is faster to consult the doubt on the phone. According to statistics, smartphone users consult their phones an average of 34 times a day. 53% of Spaniards, if not more, suffer from this anxiety that today very few people realize they suffer from. In addition, it is difficult to measure since many people, due to their work lives or for various reasons, are connected to their mobile phones all day, which raises doubts as to whether it is dependency or necessity.

There are no comments yet.