

Lui Ki Hon

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Nomophobia

This article is about Nomophobia. Nomophobia actually means people who fear that they go by without their phones. Most of them have a high sense of insecurity, lack of self-discipline and they feel bored and lonely. They are especially prone to panic attacks when separated from their phone.

I think this is a kind of addiction since smartphones have become an indispensable part of their lives. This situation is very common on teenagers, especially nowadays we have smartphones and Wifi everywhere. It is convenient to share, to chat, to connect with their friends anywhere anytime. People have no limitation and do whatever they want. Although this may help you to expand your friend zone, it does bring drawbacks, too. Most of the teenagers like to socialize, which share their photos on Facebook or Instagram, asking for 'likes' from their followers, so they spend lots of time on it. Also, those social networking sites and apps allow us to get the latest, the most popular and hottest news from your friend, people build up a strong bond with each other, so they can get more interactive and more time to talk about.

In my opinion, perhaps people should drop their phones and looking for other things to do, such as doing exercises, doing sports and reading. Those activities may help you come back to the reality instead of reveling on the internet. People should build their relationship in real life, talk face to face in order to enjoy the moment. Texting in the mobile phones seems to be too 'dry', sometime I don't even feel the emotions from the receiver. I hope that the new generation can notice this problem, guiding our society back to reality.