

**TEXTAPHRENIA; TURMOIL FOR ADULTS**

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Article Received on 10/05/2015

Article Revised on 01/06/2015

Article Accepted on 24/06/2015

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ABSTRACT

Now a day's texting via cell phone or use of cell phone is rapidly increasing in teens, youth and adults. According to a new research continuously texting may craft a mental disorder among teens, youth and adults. Textaphrenia is a thinking you've heard or felt a new text message vibration when there is no message yet. Consequently it's very imperative to create awareness about this text bug in young adulthood in the form of this short report.

KEYWORDS: Textaphrenia, text message vibration, text disease, mental disorder, teens and adults.

INTRODUCTION

Mobile phone is a comparatively a new technological device, versatile and useable, and very entertaining, particularly for young people, but whose service involves a likelihood of abuse and behavioral dependency.^[1] Ownership and usage of mobile phone is now enormous and public interests have developed over possible pernicious physiological impacts of their use. Studies have also identified modern day disorders like Textaphrenia which is hearing that a text message has come when it actually hasn't. Textiety which is the feeling of apprehensiveness of not receiving any text or not being able to send any, Post Traumatic Text Disorder which involves the physical and psychological injuries related to texting and Binge Texting which is the sending of multiple texts to feel good about oneself and to captivate responses.^[2]

According to new research, 69.1% of the students are suffering from Textaphrenia. It is analyzed on SPSS version 16.0. Time for study was 3 months and the places were 3 different universities of Karachi and a sample size of 392 conducted. It was a cross sectional study. ⁽³⁾ The continuation of Textaphrenia among the Filipino Youth in Manila and its corresponding correlation with gender, apprehension, mobile phone addiction, and certain mobile phone settings. By convenience sampling, a total of 400 participants aged fifteen (15) to twenty (20) were selected, in which each gender was equally represented. A self-made analysis questionnaire was given to the participants to appraise their action when it comes to the symptoms and their choice over certain items that may be the underlying construct for Textaphrenia. Results affirmed that Textaphrenia exists but in a very minimal degree (Mean = 3.06, or 3). Furthermore, the symptoms of such condition bear a significant correlation with anxiety ($r = 0.72$, $p < 0.05$), mobile phone dependence ($r = 0.32$).^[4]

A person who experience from this kind of disorder needs people who will understand them because they undergo such depression. Also the person who experiences this kind of disorder must help himself/herself to restrict such acts and feelings because we might never know what they are planning to do.^[5]

RESULT AND CONCLUSION

People with mobile have to be conscious of disorders like Textaphrenia. Youngsters are so much dependent on their mobiles and for the persons who instantly keep on checking their cell phones. Such individuals entail to aware this sort of disorder to overcome these hacks and minimize mental health troubles.

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