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Nomophobia - strah pred izgubo mobilnega telefona

Če vas je strah, da bi izgubili mobilni telefon, niste edini. V letu 2012 se je uveljavil izraz nomofobija, strah pred izgubo mobilnega telefona in vseh števil v njem. Oglejte si še [listo ostalih fobij](#).

The study found that nearly 53% of mobile phone users in Britain tend to be anxious when they "lose their mobile phone, run out of battery or credit, or have no network coverage". The study found that about 58% of men and 48% of women suffer from the phobia, and an additional 9% feel stressed when their mobile phones are off. The study sampled 2,163 people. Fifty-five percent of those surveyed cited keeping in touch with friends or family as the main reason that they got anxious when they could not use their mobile phones.