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Emotional Regulation, Nomophobia and Task Procrastination Among Young Adults

Dharsana S[1], Ms. Soumya Simon[2]

[1] M. Sc, Student, Department of Psychology
Kristu Jayanti College (Autonomous), Bangalore.
[2] Guide, Department of Psychology
Kristu Jayanti College (Autonomous), Bangalore.

Abstract

Smart phones have largely taken over the lives of people in which they are used for communication, learning, and social connection. The excessive use of such gadgets has led to Nomophobia, the anxiety or fear of being without one's mobile phone. The present study seeks to explore the role of emotional regulation in the relationship between nomophobia and procrastination of the task in young adults. To get the research done, the authors employed a quantitative, correlation research design. The research participants included 341 people aged 18 to 30 years; these persons were university students and working professionals. The participants were given the Nomophobia Questionnaire (NMP-Q), Emotion Regulation Scale (ERS), and General Procrastination Scale (GPS), through which the main variables were measured. The data analysis method included descriptive statistics, correlation statistics (Pearson's correlation coefficient), and simple linear regression. The findings revealed that emotional regulation was strongly associated with nomophobia ($r = 0.276$, $p < .001$) and task procrastination ($r = 0.201$, $p < .001$), and nomophobia was also positively correlated with task procrastination ($r = 0.269$, $p < .001$). Also, regression analyses revealed that emotional regulation could significantly predict both nomophobia and procrastination and that nomophobia could strongly predict task procrastination. This work shows that the use of a cell phone turns into a source of emotional discomfort and young adults who procrastinate are those that have difficulty regulating their emotions. The current study highlights the importance of emotional regulation training and also digital well-being intervention to help develop healthy coping strategies, get more focused, and be productive in the technology-driven environment.

Keywords: emotional regulation, nomophobia, task procrastination, young adults, digital well- being.

1. Introduction

1.1 Overview:

According to a UK post office study given to YouGov in 2008, the term nomophobia has firstly used by a worldwide research and analytics group organization setup in the UK. The study's aim was to measure the risk of stress issues that had been brought on by intense use of smartphone. Based on the report, nearly 53% of participants were worried about detached to their phone, having a low battery, or not having proper network connection, 48% of women and 58% of men had experienced those stress from their mobilephones, where 9% of people experienced anxiety when their phones were switched off.

From the participants in the survey, 55% agree that unable to be in contact with people or their loved ones was the major cause of such phobia. After Four years, a study was administered in England, 66% of participants reported feeling anxious and nervous when their mobile phone has any system error or lost network access (León-Mejía et al., 2021).

The development of technologies for communication and information (ICTs) has been a primary motivation behind recent significant digital usage at the societal level, specifically in organizations. The usage of devices has been widely increased after the innovation of smart phones and the Internet access to the public in 1994. In 2019, there are lot of mobile phone subscription rather than people for the first time. In 2022, 8.6 billion people are mobile phone users. When comparing to the common population, people between the ages of 15 and 24 are more prone to use internet for 1.24times more frequently. The excessive usage of mobilephones with Internet access and opportunities have changed for social interactions and communication, work/ academic settings, and other areas of daily life, such as shopping and exploring. However, improper use of ICTs can result negative impacts like nomophobia, which is described as "the fear of being detached to use or access to mobile phones,"(Tárrega-Piquer et al., 2023).

Procrastination, Nomophobia and Emotional regulation are interconnected problems that have a huge influence on college students in their academic achievement and mental health and well being. This study try to look at these connections in the Peruvian universities, where 92.7% of young under the age of 18, uses the internet largely in free times, frequently delaying academic works and prioritizing other activities like extracurricular activities. Uncontrollable urge to use of online platforms that intervenes with day-to-day working is referred to as social media addiction. Escurra Mayaute and Salas Blas shown that increased usage patterns, absence of self-control, and obsession with online social networks are some of the ways that this behavioral compulsion. According to Steel, Irrational procrastination is the purposeful delaying of scheduled tasks in the face of anxiety of negative outcomes, represent by unreasonable, postponement, and stress. According to Steel's Temporal Procrastination Model, which explains the interconnection between these behaviours, procrastination begins from the desire for immediate pleasure at the expense of the emotional difficulty that comes with problematic activities. Tuckman emphasized how the immediate rewards affects long-term goal achievement, whereas Rozgonjuk et al. showed how social media use during class lectures balance the relationship between procrastination and problematic use of mobile phones (Chavez et al., 2025).

Emotional regulation is one of the major significant mediating factors between mobile devices addiction and procrastination, which Gross defines as the efficiency to apply techniques to modify emotional experiences, externalizing or reacting to such situations. This psychological process includes techniques for repressing emotions and cognitive reappraisal that could help people adapt to the demands of their environments. A theoretical framework for understanding the connection given by Kuss and Griffith’s Emotional Regulation and Problematic Internet Use Model. According to their hypothesis, social networks are more often used as a additional emotional management tool by those people who struggle with regulating emotions, especially to reduce negative emotions like loneliness, anxiety or sadness (Chavez et al., 2025).

1.2 Background of the study

In 21st century, there is a drastic transformation of people interaction, communication, learning and working through technological development like mobile phones. Mobile phones used not only for

communication but also plays an major role in human beings. It provides network access to information, making friends through social media platforms, entertainment, games, and also comfortable to reach out people. This digital era has established lot of opportunities to connect and making it for people convenience to use (Yildrim & Correia, 2015). It created variety of new ways to psychologically dependent and challenging behaviors. Among nomophobia, or fear of being detached to mobile phone which became a developing problems all over the world, especially among young adults. This aspect shows that it connects emotionally and addict more than just excessively using them, it may affects cognitive and behavioral patterns. Eventually, modern people like students and working professionals are more likely to struggle with procrastinating tasks and activities which is both academic and workplace. It became a habit of delaying projects and responsibilities rather than thinking about future consequences. Putting off tasks is not big issue under time managing but it is emotionally related which shows anxiety, detachment and lack of self regulation. (Jin et al., 2024). An Italian study have discovered that most of the university students are prone to nomophobia and it affects academic performance and sleeping difficulties which relates to anxiety, distress and self-esteem problems, social anxiety and frustration has been accompanied. This study also examines about the interrelated terms like depression, panic disorder and other related psychological disorders (Gallè et al., 2024).

The capability to control and handling to an emotional experience is most commonly known to as "Emotional regulation." People are more frequently use some emotion management techniques unconsciously to deal with distressing situations throughout the day. The majority of people use emotion control techniques and are actually able to apply them in various situations and areas. There are some people who are really healthy and some are not. Healthy coping mechanisms can help without any harm, like a stress-reduction program. They can support in relaxing deep feelings, which frequently allows a good understanding of problematic situations which results in bad emotional experience. (Rolston & Lloyd-Richardson, n.d.).

Nomophobia, also known as "NO MObile PHone PhOBIA," occurs when a person has a fear or anxious about not having access to their mobile phone. It can cause trouble like agitation, breathing difficulties, and so on. Where some people can manage without their phone for even long period of time, others are very afraid of network down (Fletcher, 2022). Nomophobia is also known for the "Modern world disorder." Accordingly, it is classified as a "situational phobia" under the criteria of DSM-V's "specific phobia" category. "The feelings of difficult or anxiety gone through by individuals when absence mobile phones or getting offers and discounts provided by devices" is commonly defined (Arpaci, 2020).

The delaying tasks and assignments without any valuable reason, even when you are aware it is going be negatively impact in future is known as “Procrastination”. When people tend to postpone works, they might need some distractions. While it may feel similar to laziness but there are significant differences between the laziness and procrastination. In general, Laziness doesn’t mean not to try anything, for example: refusing from group project at work because you are not interested to go with them or rejecting an invitation to a meeting because you don't want to engage in social gatherings (Sonnenberg, 2025). Academic procrastination, is basically delaying tasks and other study-related tasks like studying for exam or assignments or essay writing has a huge effect on one's helath and academic accompolishment. Kim and Seo (2015) have stated a negative correlation between procrastination and

academic performance. When students feels difficult to meet deadlines or expect high-quality work, lesser achievement often becomes unavoidable because there is a detached connection between intentions and behaviors of an individual, students who put things off are more likely to feels difficult. For example: Exam stress, current tension from unfinished tasks, extreme tiredness, and even a loss of motivation and eagerness in learning. Understanding the background and causal factors is very important to decrease academic procrastination among college students.

According to current studies, Electrical devices have been interconnected to more procrastination problems. These gadgets are playing major role in day to day life. They influence student's productivity, effective planning and scheduling, as well as making it easier for them to get distracted by social media and other online platforms with notifications. Thus, the need of this study is to investigate how much students procrastination is affected by their use of digital devices. It mainly focuses on how students using gadgets to handle academic procrastination (Lee et al., 2025b).

1.3 Theoretical framework

Gross's process model of Emotional Regulation (1998), James Gross is an emotion researcher who specializes in the regulation of emotions. Gross created the process model of emotion regulation in 1998 and 2002. Situation selection, Situation alteration, attentional deployment, cognitive change, and response modulation are the five emotion regulation techniques identified by this paradigm as occurring at various stages of the emotion experience. These tactics are further separated into antecedent-focused and response-focused approaches by Gross (1998). Response-focused regulation takes place after the emotion has fully evolved, while antecedent-focused regulation takes place either before or during the emotion experience. Because they have already "responded" to the eliciting event, those who are response-focused have gone through all of the emotion component adjustments. People who are response-focused can try to alter any aspect of their emotions in order to control them. They may alter their verbal intonation and facial expressions, repress their thoughts, alter their subjective emotions, and raise or lower their level of physiological arousal (Yarwood, n.d.).

Self Regulation Theory by Albert Bandura (1991), Self-regulation is the ability of the self to change its actions. It significantly boosts human behavior's flexibility and adaptability, allowing individuals to modify their conduct in response to an incredibly wide range of social and situational demands. It serves as a crucial foundation for both socially acceptable behavior and the widely held belief in free will. Both the individual and society gain from it, and it appears that self-control is linked to a wide range of positive outcomes, such as task performance, success in school and at work, popularity, mental health and adjustment, and positive interpersonal connections (Baumeister et al., 2007).

FOMO Theory by Patrick J. McGinnis (2004), there has been an increase in empirical research on the fear of missing out (FOMO) on fulfilling events in recent days. The apparent need to constantly stay in touch with one's social network is at the heart of FOMO, which leads to frequent and for some, excessive use of messaging apps and social networking sites (SNS). The increased emphasis on FOMO in science parallels the growing public discussion about the potential risks of excessive digital "screen time" for both adults and children. Nevertheless, a review paper synthesizing the empirical research on FOMO has not yet been produced. This paper aims to define and discuss the FOMO construct and its

theoretical foundations. It also reviews recent empirical research on the correlations between FOMO and socio demographic traits, problematic internet use (PIU), negative affectivity, and levels of online social engagement (Elhai et al., 2020).

1.4 Statement of the problem:

Nomophobia is the growing factor among young adults, it is unclear how it relates to emotional problems and procrastinating tasks. The study is about how emotional regulation challenges for the association between task procrastination and nomophobia which has less research gap. The majority of studies look at procrastination or nomophobia separately, without examining the emotional regulation processes involved.

1.5 Objectives of the study:

1. To find out the relationship between the Emotional regulation and Nomophobia.
2. To understand the role of emotional regulation influences Nomophobia and how it leads to Task Procrastination.
3. To analyze whether emotional regulation being the effect of Procrastination and Nomophobia.

1.6 Research Questions:

1. How do Emotional Regulation plays a major role in the relationship between Nomophobia and Task procrastination?
2. What are emotions that triggers to use mobile more than usual which later results in Nomophobia and leads to Task procrastination?

1.7 Hypothesis

- **H1**: There is a significant positive relationship between nomophobia and task procrastination.
- **H2**: Emotion regulation are positively associated with both nomophobia and procrastination.
- **H3**: Emotion regulation difficulties significantly mediate the relationship between nomophobia and task procrastination.

1.8 Need and Significance of the study:

Mobile phones becoming the most crucial tool for young adults for communication, educational purpose and source of entertainment. To understand the psychological outcome of Nomophobia became the highest cause in current life and Task Procrastination is another major global that affects academic and workplace performance. Identifying challenges in emotional regulation as intervening factor that can develop therapies targeted to digital dependency and excessive self regulation. This study's results could help Counselling professionals, Educators and Other psychologists who can handle Nomophobia among young adults.

1.9 Operational Definitions of the Key terms

1.9.1 Nomophobia:

In this study, Nomophobia refers as the tendency where an individual have the fear of detachment towards their mobile phones. People use mobile phone excessively to access informations and may feel anxious when they are unable to use or ignoring notifications. It leads to mobile phone

addiction, lack of communication and interaction, low esteem, social anxiety and other psychological disorders (Bhattacharya et al., 2019).

1.9.2 Emotional Regulation:

In this study, Emotional Regulation refers to the ability of an individual to self regulate their own emotions by understanding the situation, adapting to environments and aware of expressing emotions with the help of identifying triggers. It involves both positive and negative emotions, resilience and emotional experiences in early life. The process should be conscious and unconscious with controlling the automatic reactions (De Jesús Gómez & Cornu-Labat, 2024).

1.9.3 Task procrastination:

In this study, Task procrastination refers to the tendency to delaying of completing works, assignments and activities without knowing the consequences of institutions and organizations. Individual tend to unnecessarily avoid or postpone things when it is undesirable or more stressful at the moment (Yan & Zhang, 2022).

2. REVIEW OF LITERATURE

2.1 Literature Review

2.1.1 Nomophobia and Emotional Regulation

Caglar Yildirim & Ana-Paula Correia has reported that nomophobia have four dimensions identified as unable to communicate, lack of connection, unable to receive information and inconvenience. This study used exploratory sequential mixed method design and has two phases. In first phase will conducting qualitative study with semi-structured interviews for 9 undergraduate students. In second phase, 20 Item Nomophobia questionnaire (NMP-Q) has administered to 301 undergraduate students. NMP-Q is valid and reliable, used to measure the severity of Nomophobia with four factor structure (Yildirim & Correia, 2015).

Muhammad Anshari, Yabit Alas and Exzayrani Sulaiman has found that Excessive use of Mobile phones made people to get too depended by having multi-dimensional traits which are social, biological and physical symptoms among young adults which emerges from less capability in communication with others, Detached connection & Lack of accessing information. The study used qualitative approach through interviewing 230 first year university students to understand the patterns, attributing factors and proper solutions for nomophobia (Anshari, Alas, & Sulaiman, 2019).

Guicy D Valenti, Rosella Bottaro, Palmira Faraci investigated that direct and indirect effects of problematic regulating emotions and social interaction anxiety on Nomophobia through loneliness and also studied about how suppressing emotions. When cognitive reappraisal strategy present, it will not be a mediator. Explaining the relationship with the predicating factor and the result during pandemic for those who experiences Loneliness must be important.
Theories and Implications and suggestions were applied for future work. This study had used Nomophobia questionnaire, UCLA Loneliness Scale (version 3), Emotional Regulation Questionnaire and Social Interaction Anxiety Scale to 456 participants (Valenti et al., 2022).

Irene Tarrega Piquer et al. have found that Nomophobic people were possibly having increased social anxiety by evaluating the relationship and procrastinating behaviour along with the presence of Nomophobia. It was correlated with social anxiety in high level, regular smartphone use for long time and how frequently people checks mobile phone during class. This study used observational, descriptive and cross sectional study for 308 nursing students by administering Nomophobia Questionnaire (NMP-Q), Academic Procrastination Scale- Short form and Social Anxiety Questionnaire for adults. It results that social anxiety and nomophobia had been correlated to each other.(Tárrega-Piquer et al., 2023).

Sharon Horwood and Jeromy Anglim have found that personality is a main factor on influencing emotion regulation which hinders to engage in problematic smart phone use among university students. 692 Australian University students had participated in this online survey by completing the Difficulties in Emotion Regulation Scale and Big Five Personality to measure the level of smart phone use. Emotional regulation difficulties and impulse control problems are related with excessive smartphone use and Neuroticism and conscientiousness were highlighted in Big Five . Findings says that personality could be predictor of problematic smartphone use (Horwood & Anglim, 2020).

Triantoro Safaria, Nofrans Eka Saputra and Diana Putri Arini found that self-control, spiritual significance, and emotional regulation all significantly influenced nomophobia indirectly. It is a cross-sectional study with purposive sampling among the 704 respondents in this model, they used three sets of students in which 245 junior school students, 235 high school students and 209 college students, among them 380 women and 309 men. This study used structural equation model (SEM) and questionnaires used are Nomophobia Questionnaire (NMP- Q), UCLA Loneliness Scale, Difficulties in Emotional Regulation Scale and the degree of smartphone use is a strong mediator that heightens nomophobia. Applying educational programs to develop strategies to balance digital engagement also proven to be beneficial (Safaria et al., 2024).

Mengjie Cui et al. indicate that the association between nomophobia and cognitive reappraisal may be masked by college students' resilience, which might also mitigate the negative effect of cognitive reappraisal techniques on nomophobia. This study investigates how emotional regulation and cognitive reappraisal that directly and indirectly affects nomophobia. The prevalence of expressive suppression techniques has an immediate and positive effect on nomophobia among 756 university students volunteers. This study had used Pearson correlation analysis method and with tools were used to collect data by admistering Nomophobia Questionnaire (NMP-Q), Emotional Regulation Questioannaire (ERQ) and The resilience scale- 14 through Bootstrap sampling method (Cui et al., 2024).

Triantoro Safaria ,Muhammad Nubli Abdul Wahab , Hadi Suyono and Dody Hartanto found that students from Pahang use smartphones more frequently and are more phobic than their Yogyakarta colleagues. Across national settings, emotional dysregulation and smartphone use consistently show a significant positive impact in nomophobia. This study used cross- sectional design involving university students from Yogyakarta and Pahang totally 426 students were participated through purposive sampling. Manova and Regression had used for analysis.
Results indicate that people from Yogyakarta are more more to smartphone use than people from Pahang. Data collected using Nomophobia Questionnaire (NMP-Q), Self-control scale and Difficulties in Emotional Regulation Scale. (Safaria, Wahab, et al., 2024).

Nasrin Abdoli et al. found that high level of nomophobia has the relationship into depression, anxiety, stress and other psychological health issues among young adults. Under the lists of modern age phobia, Nomophobia has been included because people use mobile phones to build and maintain communication through online which causes Nomophobia when usage becomes higher. The study included 537 students participated by completing self reported questionnaires covers depression, anxiety, stress, insomnia , obsessive-compulsive disorders and nomophobia includes socio-demographic details of the participants. The result shows that high score in Nomophobia were associated with high scores in other psychological issues like depression, anxiety but not for insomnia and OCD. The concluded with nomophobia will occur with mood disturbance that strongly associates with anxiety symptoms and to lesser extent with depression and stress and it is not associated to sleep issues and OCD (Abdoli et al., 2023).

Shahlan Surat, Yamuna Devi Govindaraj, Shalinawati Ramli & Yusni Mohamad Yusop have found the influence of gadget addiction affects the individual's emotional regulation causes depression, anxiety, sleep quality and stress among Gen Z students. The study used stratified sampling method, in which 31 college students were participated by administering Smartphone Problematic Use Questionnaire, Depression Anxiety Stress Scale and Pittsburg Sleeping Quality Index. The study used Pearson correlation analysis and Linear regression to identify the relationship between variables. The results shows gadget addiction is predicting depression, anxiety, stress and sleep disturbances. There is a Positive correlation between gadget addiction and levels of depression, anxiety, stress and sleep quality among trainers are significant. The implications of this study is very useful for heavy gadget users and academics, and who are hooked with gadgets in everyday life (Surat et al., 2021).

Lea Santl, Lovorka Brajkovic & Vanja Kopilas found that Nomophobia causes various difficulties in emotional regulation and stressful factors. Basically, Nomophobia is a fear of not being able to get new features and benefits provided by smartphones. The main goal is to examine the relationship between nomophobia and other emotional difficulties and distress factors. The study used 257 students as participants by administering Nomophobia Questionnaire (NMP-Q), Scales of Depression, Anxiety and Stress (DASS), Social and Emotional Loneliness Scale (SELSA) and Emotional Skills and Competences Questionnaire (ESCQ-15). There are correlated with each other between nomophobia and other variables. The results shows that Nomophobia and emotional skills and competence are the predictors in expression of distress factors, 30% of variance of symptoms of depression, 24% of anxiety and 26% of stress symptoms are explained. (Santl et al., 2022).

Nayana A had found that increased level of Nomophobia will affect the sleep quality and higher emotional regulation difficulties along with some psychological impacts. A structured questionnaire administered through Google forms includes Nomophobia Questtionaire (NMP- Q), Pittsburgh Sleep Quality Index (PSQI), Difficulties in Emotional Regulation Scale (DERS) for 200 participants. The study used Shapiro-Wilk test for Nomophobia followed a normal distribution and for Sleep quality and emotional regulation followed a non-parametric test.
Spearman 'rho correlation analysis has been used and showed positive relationship between nomophobia and poor sleep quality. The results shown that higher levels of Nomophobia are linked to poore sleep and high emotional regulation difficulties which focuses on Psychological impact of excessive smartphone dependence (A, 2025).

Zoonish Aziz, Palwasha Nasir Abbasi & Saher Fazal had investigated that how self esteem impacts the young adults to depend on mobile phones by nomophobia as a mediating factor. The study used standardized scales such as Rosenberg Self-Esteem Scale, Nomophobia Questionnaire and the Smartphone Addiction Scale administered for 300 university students. Regression analysis found negative correlation between self-esteem and smartphone addiction. Mediation analysis shows that high level of nomophobia results in higher level of smartphone dependence. This study asked to target interventions on boosting self esteem by providing programs for healthier coping startegies and more balanced, mindful engagement with technology (Aziz et al., 2025).

MustaFa Ercengiz, Banu Yildiz, Mustafa Savci & Mark D. Griffiths has found that Problematic mobile usage causes negative emotions intense anxiety when not in use and negative consequences on mental health. It was increasing globally among university students. It was firstly tested in the relationship between differentiation of self and nomophobia and secondly between the emotion management skills and nomophobia. The scales used are Emotional Management Skills Scales, Differentiation of Self Inventory-Revised, Nomophobia Questionnaire and Intolerance of Uncertainty Scale with 398 university students 250 Females and 148 Males participants (Ercengiz et al., 2020).

Cahit Nuri, Cemaliye Direktor & Ahmet Arnavut had found that mobile phone addiction has proven that nomophobia is related to aggression level among students. The study used convenience sampling method to collect data from 307 university students using Smartphone Addiction Scale Short Form, Buss Perry Aggression Scale and Nomophobia Scale. Using Relational survey method, Baron and Kenny analyzed the mediation effect of smartphone. The result shows that there is a relationship between nomophobia and physical aggression but there is no relationship between verbal aggression and hostility. The study concludes that it has a minimal level of positive relationship on nomophobia, physical aggression and verbal aggression and moderate level of hostility and anger (Nuri et al., 2021).

2.1.2 Emotion Regulation and Task Procrastination

Jahangir Mohammadi Bytamar et al. studies about the role of emotion regulation and procrastination which found that individuals with high level of procrastination have higher difficulties in emotional regulation. People tend to delay academic tasks intentionally without the knowing the future impact. The study had used cross sectional study and tools used will be Tuckman Procrastination Scale (TPS) and Difficulties in Emotional Regulation Scale (DERS) for 250 students. It results that individuals with High procrastination end-up with having high difficulties in emotional regulation than who have low level (Bytamar et al., 2020).

Nancy N Harris and Robert I Sutton have studied about the procrastination and the organisation which explains that putting off tasks in organisation that affects the person's routine in workplace. It says that procrastination happens more based on the environment people working in rather than their personality traits. These are situational variables which has three variables such as characteristics of the task, association with focal and other kind of task assigned and the attributes of the organisation help predicting procrastination. This framework useful for empirical research and subsequent theory generation. It suggested to not to focus only on negative aspect of procrastination for future research and theory building (Harris & Sutton, 1983).

Ruti Gafni and Nitza Geri found that academic procrastination among students who are good at performing individual tasks are likely to perform less when collaborative tasks arises in the online platforms due to human tendency of distracting to social media. It examines from attention economy perspective that when people have two different deadlines, they tend to choose to delay it into last deadline rather choosing earlier deadline. Data were collected from 120 MBA Students through online board. It also shows that students have assignments by individually as well as group. Individual assignments were completed on time but group one was delayed to end of the semester until it is compulsory and it was not done and none of them had volunteered. So author wants to study about the time management of collaborative tasks through online mode (Gafni et al., 2010).

Roman Prem et al. studied about how situation leads procrastination in work settings due to work pressure, cognitive appraisal and lack of self regulation that triggers an individual to putting off the tasks that are assigned. Research on procrastination focused on only academic settings but there is less study on how situational factors affects procrastination in workplace settings. In this study, there are three particular characteristics of work that can trigger challenges and hindrance appraisal simultaneously, they are time pressure, problem solving and planning and decision making. Results showed negative effects on work characteristics due to challenge appraisal and it had reduced self regulation while positive effects on work characteristics when hindrance appraisal increases self regulation effort. So te study concludes that within person processes on cognitive appraisal are interlinked to work characteristics but not every work characteristics trigger hindrance appraisal. It is fully depends on the perspectives on procrastination. Cognitive appraisal affects self regulation effort only on within-person level but negatively related on between-person level (Prem et al., 2018).

Muhammad Usman Ahmad et al. reported that increased social media usage leads to workplace procrastination though some study shows positive effects of time management skills on procrastination. This study explores the relationship between time management and procrastination. Severe workplace procrastination could happen because of excessive use of social media. Highlights This study used convenience sampling and tools used are Bergan Social Media Addiction Scale (BSMAS), Workplace Procrastination Scale and Preference for Organisation (PFO) subscale of the Time Management Behaviour Scale (TMBS) for 500 participants 329 men and 171 women. It shows significant effect on social edia addiction and workplace procrastination through preference for organisation. It also highlights the training and programs for employees to reduce procrastination (Ahmad et al., 2024).

Pascal Wilhelm and Jarick Nijman have found that procrastination can not only affect academic performance but also affects stress and frustration because of online education which causes distractions among engineering students. This study explores what cause procrastination through online platform and digital devices affects procrastination level and the coping mechanisms of students. Interviews are transcribed and coded to detect general themes of student's responses. Students have some beliefs about causal factor of procrastination for instance, situational temptations, distractions and task aversion. In online education students will delay more. Digital devices leads to threat for student's productivity because they different apps and settings for distractions (Wilhelm & Nijman, n.d.).

Sandra Elizabeth Fuentes Chavez shows that irrational procrastination and emotional regulation are both strongly impacted by social media addiction, and that the relationship between procrastination and emotional regulation among university students aged 18 to 36 years. The research study used non-

experimental explanatory design with latent variables using scale conducted to 342 university students. Data collection using quota sampling with Emotional Regulation Questionnaire (ERQ), Social Media Addiction Questionnaire and Irrational procrastination Questionnaire (IPS) had been administered. The findings says that social media addiction influences both irrational procrastination and emotional regulation. Results indicate that 9.5% of the variance in procrastination and 12% in emotional regulation. It concludes with understanding complex dynamics of digital behavior, emotional regulation and academic procrastination. (Chavez et al., 2025)

Guo Wei & Lee Phaik Gaik found that students who had strong emotional regulation are able to handle academic pressure, overcome challenges, and refrain from academic procrastination. Emotional Regulation can help people to deal with unfavourable reactions and mental health isssues caused by academic procrastination. The study udes two theories for conceptual framework which are self- determination theory and B.F.Skinner's Reinforcement Theory of Motivation to explain procrastination. The study used cross sectional design and questionnaire administered would be followed on self regulation, self esteem, self efficacy, fear of failure and academic procrastination among 1184 health students (Wei & Gaik, 2022).

Pierluigi Diotaiuti, Giuseppe Valente, Stefania Mancone & Fernando Bellizzi had found that self regulation can be affecting both emotional regulation and procrastination while performance affects more than procrastination of a student. The study has conducted with a 450 university students administed by MPP and AIP. Exam grades of the students are collected to measure the average of academic procrastination while performance quality has been analyzed for measuring procrastination. The meditational role of emotional regulation effects in which action orientation influences on procrastination and procrastination influences the action and academic performance. Results focusing on student support and procrastination behaviour through such training programs to improve Attitude, Planning skills, Self monitoring and Time management and Emotional awareness and response to stress and anxiety in performance (Diotaiuti et al., 2021).

S Suparna' s study explained that emotional regulation and procrastination can be strengethened through resilence because it has a power to increase emotional regulation to reduce task delay. Resilience can help handle well being and good interpersonal skills. The study had goal to know whether resilience plays role in strengethening emotional regulation in reducing procrastination. The test conducted to 80 IT participants through snowball technique using Lay's General Procrastination Scale, Emotional Regulation Questioannaire and Resilience Assessment Quotient analyzed through Multiple regression model. The results indicate that resilience strengthens negative relationship between cognitive reappraisal ad procrastination while nothing between emotional suppression and procrastination (Suparna, n.d.)

Hildebert Moulie, Robin van den Berg & Jan Treur had said about procrastination has been turned by involving self control and emotional regulation. It has the effect on stress regulation therapy for procrastination. This means a temporal-causal network includes learning and control of the learning. The study investigates the effect of stress regulation-therapy. The model's Hebbian learning behavior was mathematically shown to be correctly applied and the results proven the model ability to different types of individuals all with various stress sensitivity. Therapy was more beneficial (Moulie et al., 2021).

Marek Wypych, Jacek Matuszewski & Wojciech L. Dragon had found that procrastination can be correlated with impulsivity in the level of inheritance, behavioural and neural; motivational issues and difficulties in emotional regulation and tries to untangle the three connections to procrastination. 600 subjects were participated in the study with different questionnaires such as Pure Procrastination Scale, Impulsive behaviour scale, Emotion Regulation Questionnaire and Motivational Diagnostic Test. The study investigated the effects on status on students and their age. The structural model plays moderate role between impulsivity and procrastination. There might be two parts that deals with negative emotions and impulsivity. The insight between relationship on emotional regulation, self-control and task delay (Wypych et al., 2018).

Tanja Lischetzke et al. have examines the approach called perfectionistic strivings and adopting it into self regulation like procrastination and emotional regulation to measure whether each individual can be different in achieving and their well being in both academic and work settings. The study used sample of 183 pre-service teachers with ambulatory assessment that measures well being, procrastination and emotional regulation during 910 preparatio phases that preceded performance situations. Mean of achievement, well being and emotion regulation were stable. whereas procrastination reduced on preparation phases. Latent variable interaction model gives changes in individuals in the association of perfectionistic strivings and well being which results negative relationship rather in expected direction (Lischetzke et al., 2024).

Manuel Gonzalez et al. found that emotional regulation can involve in emotional experiences to achieve our goals but it also interferes with goal directed behaviour which directs the relationship between procrastination, life satisfaction and resilience to stress. The study included 366 individuals as a participants with age of 33 years. Procrastination is positively associated to positive affect and life satisfaction and distress are negatively correlated. Life satisfaction and distress have less lacking of strategies. It concludes with age is more releted for procrastination whose score of people with younger than 21 years which is positively correlated to six dimensions of difficulties of emotion regulation where less goals and clarity.(González et al., 2023).

Elsaeed A Dardara and Khalid A. Al-Makhalid examines relationship, Negative emotions and mental well-being where single ones used to procrastinate more than married ones that leads to poor mental health and procrastination. The study included 886 participants from Saudi Arabia using Irrational Procrastination Scale, Depression Anxiety Stress Scale and Mental Health Continuum- Short Form. It shows that females are lesser procrastinates than males. It relates to bad mental health and high level of depression, anxiety and reduced well being. Afe, gender , depression, stress and anxiety are predictable for procrastination. (Dardara & Al-Makhalid, 2022).

Zubair Ahmed Ratan, Anne-Maree Parrish, Mohammad Saud Alotaibi & Hassan Hosseinzadeh has investigated about that smartphone addiction might affect both physical and psychological wellbeing and people who is addicted to mobile phones are possibly have very low quality of life There is less explored on smartphone addiction and its effect of health related quality of life. The study aimed to target this research gap by collecting data through convenience sampling method with the sample of 440 young adults through online survey between july 2021 and February 2022 in Bangladesh. Social and high usage of mobile phone and support by friends can also be a predictor of smartphone addiction. They have a lower life quality compared to others. The study gave implications on prevention program

and policy for smartphone addiction and its effects (Ratan et al., 2025).

2.1.3 Nomophobia and Task Procrastination

Huiyuan Xue et al. studied that possible profiles categories and investigate the existing condition of job procrastination among clinical nurses. It also examines the effects of demographic variables and mobile phone addiction on clinical nurses' procrastination. According to the medical field, The quality of patient care must be significant that can be enhanced through effective time management by clinical nurses. Majority of the nurses put their patient in risk by using mobile phone longer which may worse procrastination. This study has aimed to explore the present state of work procrastination among clinical nurses and to find the individual potential. The study used convenience sampling to collect data from three tertiary hospitals from china and 1536 nurses were participated. The result shows that nurses who are still at career growth are prone to high procrastination than nurses are medium to lower prone to work procrastination as in getting high pay and positions (Xue et al., 2024).

Nidhi Gupta have found that increased use of Mobile wireless device leads to procrastination, lack of focus and distraction, highlighting constant checking of phone, unable to use them limitedly, with some withdrawal symptoms among healthcare professionals and medical students. Nowadays it is raising concern on the negative consequences of high usage of mobile devices. This will create loss of work time while engaging in mobile devices. This habit can be related with Incentive sensitization theory of addiction which explains the dopamine release followed by an immediate craving that mediates to use mobile devices and gets rewarded. It is not only about spending time on mobile phones but also it might distracted from personal issues are reported. This probably increase errors in clinical settings. This study concluded that mobile wireless devices are the frequents distracting factor for procrastination and make errors in healthcare settings while professionals tend to achieve mindfulness and better wellbeing than distracting and procrastination (N. Gupta, 2022).

Muhammet Mavibas, Yunus Emre Cingoz, Murat Turan, Bugra Cagatay Savas, Selim Asan had found that nomophobic people tends to delay physical activity also and investigated about how self control associates with this behavior by understanding the dynamics among young adults. This study had used correlational design with large number of physically active participants as a sample of 467 university students using Nomophobia Questionnaire (NMP-Q) and The Brief Self-Control Scale (BSCS. This study findings says that it is a behavioural risk factor that affects motivation to do physical exercises regularly. When digital wellness programs increase self-regulation and increase the effectiveness (Mavibaş et al., 2025).

Aneta Przepiorka, Agata Blachnio and Andrzej Cudo found that students who are more prone to procrastinating things might engage in excessive problematic new media usage and high level of anxiety. In recent days, people are more attracted to new media using for entertainment, meetings and work purpose but they are more focused on social media when they yet to finish family duties. This study also tests how future anxiety affects procrastination and problematic new media use. Data were collected from 478 students by administering General Procrastination Scale, Decisional Procrastination Scale, Facebook Intrusion Questionnaire, Adapted Mobile Phone Use Habits and The Future Anxiety Scale-Short Form. This study shows that High level of procrastination leads to high level of future anxiety and tend to involve in problematic new media use. (Przepiorka et al., 2021).

Ellen O'Hare have studied that Nomophobia might give predictable results that could correlate with procrastination and loneliness with high level of nomophobia. The participants were administered using Nomophobia Questionnaire (NMP-Q), The Loneliness Scale (UCLA) and The Irrational Procrastination Scale. The results showed the high level of procrastination, loneliness and Gen z people were more related with high level of Nomophobia. The participants involved around 17 participants through online survey. The survey has includes all the questions through social media platforms to examine nomphobia, loneliness and procrastination (O'Hare, 2023).

2.2 Research gap:

In today's generation, mobile phones became an integral part of daily life that living without them are difficult and cause stress for most of the people. This persistent connection develops Nomophobia, the fear of being without smart phones. Most of the studies have focused on how nomophobia affects anxiety, loneliness or addiction but rare attention given to how people actually dealing with their emotions and how it leads to procrastination which is delaying important task and activities intentionally. However, this study begins to shows that procrastination is frequently motivated by emotional difficulties such as fear of rejection, failure, distress or lack of confidence. Emotional regulation is the ability to understand and handle own feelings that allows to manage digital use and daily life struggles. There is very limited research with these topics among young adults. This gap highlights the purpose to know how emotional regulation influences nomophobia and that leads to procrastination. This current study utilizes to fill this gap by exploring the psychological factors which affects young adult's well being and everyday functioning.

3. METHODOLOGY

3.1 Methodology overview:

This chapter explains the methodology used to study that connects between Emotional Regulation, Nomophobia and Task procrastination among young adults. It includes the quantitative, cross- sectional, correlational design used for data collection and all informations provided to participants, sampling methods, measures and procedures. Furthermore, this describes the statistical analysis used to test the hypotheses and follows the ethical guidelines during the entire study with APA standards

3.2 Research design:

The present study uses a Non-experimental research with Quantitative approach for data collection and Correlational design to examine the relationship between Emotional regulation, Nomophobia and Task procrastination among young adults. Only Standardized Questionnaires has been used to collect data from the participants.

3.3 Participants:

The participants of the study involved young adults aged between 18 to 30 through purposive sampling**.**

3.4 Sample:

Inclusion criteria:

1. Participants who are young adults aged from 18 to 30 years.
2. Individuals who uses mobile phone excessively more than 10 hours and should procrastinate works in both academic and workplace settings.

Exclusion criteria:

1. Participants who have psychological illness or chronic illness.
2. Participants who have less screening time.

3.5 Tools for the study:

Nomophobia Questionnaire (NMP-Q):

Nomophobia Questionnaire developed by Yildirim and Correia (2015) is a 20- item self report questionnaire to measure fear and anxiety experienced due to unable to access or use their mobile phones. The key dimensions that occurs are unable to communicate, lack of connection and lack of information access. This scale is used to explore the dependency on digital devices like mobile phone among young adults. It is a 7-point Likert scale with responses such as Strongly Disagree scored as (1); Disagree scored as (2); Somewhat Disagree scored as (3); Neutral scored as (4); Somewhat Agree scored as (5); Agree scored as (6) and Strongly Agree scored as (7). It has a strong construct validity on its major four dimensions, Convergent and Criterion validity have approached and higher internal consistency (Cronbach alpha ~ .945) and reliability on subscales ranges from 0.81 to 0.93 and test re-test reliability (r=0.90- 0.95).

Emotional Regulation Questionnaire (ERQ):

Emotional Regulation Questionnaire developed by James J. Gross and Oliver P. John (2003) is a 10-item scale to measure the tendency to regulate their emotions in Cognitive Reappraisal and Emotional Suppression. It also focus on how these factors impact on the behaviours. Each item measured through 7-point Likert scale with responses such as Strongly Disagree scored as (1); Disagree scored as (2); Somewhat Disagree scored as (3); Neutral scored as (4); Somewhat Agree scored as (5); Agree scored as (6) and Strongly Agree scored as (7) which has strong validity and higher consistency (Cronbach alpha~ 0.79- 0.86) and test re-test reliability (r= 0.69- 0.79).

General Procrastination Scale (GPS):

The General Procrastination Scale (GPS) was developed by Lodha et al. (2016) is a 23 item self report scale to measure the tendency to delay tasks and activities intentionally across various areas in life. GPS has 4 domains to focus such as Acadmeic, Workplace, Medical and Civic responsibilities. It is a 5-point Likert scale with following responses such as Never scored as (1); Rarely scored as (2); Sometimes scored as (3); Often scored as (4) and Always scored as
(5) which demonstrates good validity and strong internal consistency (Cronbach alpha ~ 0.80- 0.86) and test re-test reliability (r= 0.65- 0.74)

3.6 Procedure:

After getting ethical approval from the institutional, participants who are young adults aged between 18 and 30 will be selected through purposive sampling from College /University students and

Working professionals. Informed consent will be gathered digitally before participation. Confidentiality will be maintained and Non judgemental space has been provided to welcome honest answers. Data will be collected using a structured online questionnaire administered through Google Forms, which includes socio-demographic details, scales are Nomophobia Questionnaire (NMP-Q), Emotion Regulation Questionnaire (ERQ), and the General Procrastination Scale (GPS). The main data collection will occur a period of 2 to 4 weeks. Participation will be completely voluntary and anonymity will be maintained, and all responses will be stored securely and used only for research purposes. Once data collection is complete, responses will be shown for accuracy. Statistical analysis, including descriptive statistics, Pearson correlation in SPSS, will be carried out further to test the research hypotheses.

3.7 Research ethics:

This research will abide by standard guidelines to ensure participant's well being, rights, intergrity throughout the study. Participants were provided informed consent regarding the purpose and procedure of the study at beforehand. Participants are completely voluntary and they have all the rights to withdraw the study at anytime during the study without getting any penalties or consequences. All the information were strictly kept confidential and anonymity will be maintained. There is no physical or emotional harm for participants during the process of research. The data used only for research purposes and it is non-judgemental space to open-up honest responses.

3.8 Statistical Analysis

The data for this study were carefully analyzed using Jamovi (version 2.6.44) to understand how Nomophobia, Emotional Regulation, and Task Procrastination relate to each other. Firstly, perform descriptive statistics to get the mean, median and standard deviation for each variable and variability in participants' responses. This step helped in identifying typical scores, as well as any unusually high or low responses. To understand how these variables were connected, study used Pearson's correlation analysis to measure the strength and direction of relationships between emotional regulation and its components such as Nomophobia and task procrastination. This analysis allowed us to see whether higher levels of emotional regulation were connected to low Nomophobia or procrastination tendencies. Before executing the correlation, assumptions such as normal distribution was checked to ensure accurate results. All findings were interpreted at a significance level of $p < .001$, helping to provide meaningful insights into how these psychological framework interact in young adults.

4. RESULTS AND DISCUSSION

4.1 Overview:

This chapter explains the discussion and interpretation of the data for the research that involves the correlation between emotional regulation, nomophobia and task procrastination among 341 young adults who are university students and working professionals aged between 18 and 30 years. The results show that both Nomophobia and Task procrastination were positively correlated with emotional regulation. This indicates that if people are low in emotional regulation are more tend to focus on mobile phones and likely to procrastinate.

Moreover, Regression analyses given that emotional regulation significantly predicted nomophobia and task procrastination, while nomophobia significantly predicated with task

procrastination. This chapter findings emphasizes the need of emotional well being and time management to maintain the negative outcomes related with Nomophobia and task procrastination.

4.2 Results

The study aimed to find the relationship between Emotional Regulation, Nomophobia and Task procrastination. The sample consisted of 341 university students and working professionals, 58.4% of females, 41.3% of males and 0.3% of preferred not to say. The demographics of the participants are given in Table 1 & Table 2.

Table 1

Descriptive statistics of age of the sample

Descriptive	N	Mean	Median	Mode	SD	Minimum	Maximum
Age	341	21.5	21	22	2.18	18	30

Table 1 shows the descriptive statistics for the age of the participants. The data show that the sample of 341 young adults as a participants age ranges from 18 to 30 with the Mean (M= 21.5, SD= 2.18). This implies that most the participants were in young adulthood where this age group has increasing in academic and workplace challenges with digital dependence.

Table 2

Frequencies of gender and occupation

Frequencies	Gender			Occupation		
	Female	Male	Prefer not to say	University students	Working professionals	Unemployed
Counts	199	141	1	258	70	13
% of Total	58.4%	41.3%	0.3%	75.6%	20.5%	3.8%

Table 2 illustrates the gender and occupation distributions of the participants. In gender, there are 341 participants in total where 58.4% were females, 41.3% were males and 0.3% preferred not to say. In occupation, 75.6% were university students, 20.5% were working professionals and 3.8% were unemployed. Though university students are comparatively higher than others which shows that they tend to experience more academic pressure and prone to mobile phone dependence. They are more likely to show poor emotional regulation, nomophobia and task procrastination especially when comes to academic and personal tasks.

Table 3

Correlational analysis for the Emotional regulation, Nomophobia and task procrastination.

Variables	df	M	SD	Emotional Regulation	Nomophobia	Task procrastination
Emotional Regulation	339	46.1	10.7	-		
Nomophobia		81.3	23.6	0.276***	-	
Task procrastination		70.3	11.3	0.201***	0.269***	-

The correlational analysis shows that emotional regulation significantly correlated with significantly correlated with nomophobia (r=0.276,p< 0.001) and Task procrastination (r=0.201, p< 0.001) and nomophobia is significantly correlated with task procrastination (r= 0.269, p< 0.001). This indicates that poor emotional regulation are more likely to experience Nomophobia and task procrastination. And higher nomophobia results in delaying tasks. It might because of more of distractions with mobile phones or feel anxious due to putting off tasks. Overall, there is a significant positive relationships among these variables that emotional regulation leads to mobile phone dependence and procrastination among young adults.

Table 4

Variables	R	R Square	Adjusted R Square	F	p	Std. Error
Nomophobia	0.276	0.0762	0.0734	27.98	< .001	
Emotional Regulation						0.115

Table 4 shows a simple linear regression analysis was executed to determine whether emotional regulation significantly predicted levels of nomophobia among young adults. Results showed a moderate positive correlation between emotional regulation and nomophobia ($R = 0.276$, $R^2 = 0.0762$), indicating that emotional regulation explained 7.6% of the variance in nomophobia scores. The regression model was significant, $F = 27.98$, $p < .001$. This suggests that individuals with greater difficulties in emotional regulation tend to experience higher levels of nomophobia.

Table 5

Variables	R	R Square	Adjusted R Square	F	p	Std. Error
Task Procrastination	0.269	0.0725	0.0697	26.52	< .001	
Nomophobia						0.0251

Table 5 represents a simple linear regression, to examine whether nomophobia significantly predicted task procrastination. Findings revealed a positive relationship between nomophobia and task procrastination ($R = 0.269$, $R^2 = 0.0725$), indicating that nomophobia accounted for 7.2% of the variance in task procrastination levels. The overall model was significant, $F = 26.52$, $p < .001$. This indicates that higher nomophobia scores are associated with greater tendencies toward procrastination among young adults. It means that fear of being detached to one's mobile phones might influence tasks to procrastinate.

Table 6

Variables	R	R Square	Adjusted R Square	F	p	Std. Error
Task Procrastination	0.201	0.0403	0.0375	14.20	< .001	
Emotional Regulation						0.0563

Table 6 demonstrates a simple linear regression, to assess the extent to which emotional regulation predicted task procrastination. The analysis demonstrated a significant positive relationship between emotional regulation and procrastination ($R = 0.201$, $R^2 = 0.0403$), meaning emotional regulation explained about 4% of the variance in task procrastination. The model was statistically significant, $F = 14.20$, $p < .001$. These findings indicate that individuals with greater emotional regulation difficulties are more likely to postpone their works and projects even though they are important.

4.3 Discussions

The current study aims to investigate the relationship between emotional regulation, nomophobia, and task procrastination among young adults. Smartphones have become crucial tools for communication, learning, and entertainment in the modern digital era; yet, overly dependent on these devices has resulted in nomophobia, or the anxiety of being separated from one's mobile phone (Yildirim & Correia, 2015). Emotional regulation, or an individual's ability to effectively control and respond to emotional situations, has also been identified as a key element impacting both technology reliance and procrastination behaviors (Horwood & Anglim, 2020). The study aims to investigate how challenges in emotional management predict nomophobia and task procrastination, as well as whether nomophobia has the relationship between emotional regulation and procrastination among young adults.

The study found that emotional regulation issues were a strong predictor of nomophobia, accounting for around 7.6% of its variance. This suggests that young adults who fail to regulate their emotions are more likely to feel anxiety and reliance from mobile phone use. These findings are similar with Yildirim and Correia (2015), who identified four primary features of nomophobia: difficulty to communicate, loss of connection, failure to access information, and inconvenience, all of which cause emotional pain when disconnected. The current study offers support to the theory that such anxiety worsens in people who struggle with emotional regulation.

Several research have found support for this association. Horwood and Anglim (2020) found that personality factors including high neuroticism and low conscientiousness will lead to poor emotion regulation and more mobile phone dependence. Similarly, Safaria, Saputra, and Arini (2024) found that nomophobia among teenagers and university students is influenced by emotional regulation, self regulation, and spiritual values, with mobile phone use serving as a powerful mediator. Valenti, Bottaro, and Faraci (2022) also noted that people who have difficulty regulating emotions and social anxiety frequently tend to use their phones as coping strategies for loneliness and distress.

Santl, Brajković, and Kopilaš (2022) found that nomophobia is connected to depression, anxiety, and stress, considering for up to 30% of the variance in depression and 24% in anxiety. These findings confirm the current study's conclusion that low emotional regulation not only increases distress to nomophobia but also contributes to related emotional issues. Similarly, Cui et al. (2024) found that suppressing expression, rather than cognitive reappraisal, is positively correlated to nomophobia, highlighting the role of emotional regulation techniques in Nomophobia.

Thus, the current findings support the study that poor emotion regulation contributes constant mobile phone use, as people try to manage negative feelings through constant access to a coping practice that ultimately predicts nomophobic proneness. Nomophobia strongly predicted task procrastination, accounting for 7.2% of the variation. This implies that those with higher degrees of nomophobia are more tend to delay or avoiding finishing works and tasks.

These findings are consistent with previous research that indicated technological dependency as a major supportive to distraction and procrastination (Gupta, 2022; O'Hare, 2023; Przepiórka et al., 2021).

Gupta (2022) analyzed that healthcare professionals who excessively uses wireless devices often come across distractions, cognitive burden, and mistakes, associating these behaviors to the sensitization hypothesis of addiction, which states that often mobile checking influences dopamine-driven compulsion. Similarly, O'Hare (2023) discovered that Generation Z people with high levels of Nomophobia had experienced greater procrastination and loneliness, showing that emotional and digital component interact to influence performance and motivation.

Przepiórka, Blachnio, and Cudo (2021) found that people with high procrastination tendencies also have excessive usage of digital media and increased concern about the future. Their study found that problematic media use can be a symptoms and a motivating factor of procrastination. Similarly, Mavibaş et al. (2025) discovered that nomophobic people have lack of self-control, which affects both productivity and physical health. These findings show that nomophobia contributes to behavioral avoidance, in which people use their phones as an defence mechanism to cope with stress, tasks, or negative feelings.

As a result, the present study evaluates the concept that nomophobia is a behavioral and emotional disturbances, shown as procrastination and low concentration in young adults. The study also found a significant positive relationship between emotional regulation and task procrastination, which describes around 4% of the variance. This finding is consistent with that of Bytamar et al. (2020), who found that students with higher procrastination tendencies had more difficulty with managing their feelings and emotions. Emotional regulation issues frequently leads to the staying away from unfavourable emotions interlinked with putting off tasks . Similarly, Wei and Gaik (2022) found that students with increased emotional regulation are more able to manage academic pressure and are less tend to procrastinate.

According to research, delaying tasks has also been associated with emotion-focused coping. According to Diotaiuti et al. (2021), self-regulation and emotional insight have a major impacts on task procrastination and academic attainment. Suparna (n.d.) showed that ability to emotional bounce back strengthens the connects between emotional regulation and declined procrastinating behavior, pointing out resilience to avoid task delay. Chavez (2025) found that social media addiction builds up the correlation between poor emotional regulation and procrastination, suggesting that mobile platforms function as emotional release for avoidance.

Furthermore, Wypych, Matuszewski, and Dragon (2018) associates procrastination to recklessness and problems in emotional regulation, implying a neurobiological and behavioral foundation for this relationship. This study and the present findings highlights the significance of emotional regulation in self-control behavior and initiating tasks, and people who is absence of such skills are more tend to procrastinate things.

By incorporating the results, the current study shows that these three factors have a interlinked relationship each other. Nomophobia, a result of poor emotional regulation, is a forecasting of task procrastination. The self-regulation failure model (Baumeister & Heatherton, 1996), which suggests that inadequate emotional regulation causes to impulsive behaviours, avoidance, and an increased rely on external stimulus like mobilephones, supports this pattern. This hypothesis is further supported by the distress and coping mechanism (Lazarus & Folkman, 1984), which states that people with less coping skills might utilize mobile phones as keeping away to handling stress, which motivate procrastination.

According to supporting data from Santl et al. (2022) and Safaria et al. (2024), excessive smart phone use acts as an emotional barrier, reducing stress levels but decreasing productivity over the long period of time. Ratan et al. (2025) found that mobile phone dependence is interlinked to diminished physical and mental well-being, illustrating the cyclical nature of emotional regulation, digital dependency, and task performance. In this way, the results demonstrate how technological and emotional weaknesses feed off one another, creating an unhealthy cycle of fear and avoidance.

The study's findings have important consequences for both practical solutions and psychological well-being. First, the results highlight the necessity of emotional regulation training programs in educational and professional contexts to reduce procrastination and nomophobia. Emotion-focused coping, cognitive reappraisal, and mindfulness are some strategies that help people deal with emotional pain without constantly reaching for electronics. Second, to encourage balanced mobile use, awareness campaigns about time management and digital well-being might be put in place. To assist students control their smartphone habits and increase productivity, educational institutions can implement "digital detox" programs and self- regulation seminars. Lastly, using larger and more varied samples, future studies should examine nomophobia as a mediation factor between procrastination and emotional regulation.
Longitudinal designs and structural equation modeling may provide a fuller understanding of the ways in which emotional factors influence behavioral results over time.

5. SUMMARY & CONCLUSION

5.1 Summary

The current study looked at how young individuals in an increasingly digitalized setting relate to emotional regulation, nomophobia, and task procrastination. The results showed that nomophobia itself was positively correlated with procrastination, and that emotional regulation had a substantial positive link with both nomophobia and task postponement. Procrastination tendencies were strongly predicted by nomophobia, and poor emotional regulation was found to be a significant predictor of both procrastination and nomophobia.

These findings imply that those who have trouble controlling their emotions are more likely to use smartphones as a coping strategy, which leads to behavioural avoidance and task delays. This is consistent with previous research that highlights how inadequate emotional regulation and an excessive dependence on technology encourage maladaptive behaviours like procrastination The results demonstrate that emotional dysregulation has a role in both the anxiety associated with digital isolation and the wider issue of diminished self-regulation in both academic and personal contexts.

5.2 Conclusion

The current study explores how emotional regulation, nomophobia and task procrastination are related among young adults. This concludes that young people' digital dependence and behaviour management are significantly influenced by emotional regulation. People who struggle to control their emotions are more likely to suffer from nomophobia, which in turn causes them to put off tasks longer. The result shows that emotional regulation is not a major causal factor of nomophobia but avoiding and distraction behaviours which indirectly leads to procrastination.

The study has strong evidence that poor emotional regulation plays an integral role in nomophobia. People who struggles to manage stress, anxiety or other negative emotions generally seeks temporary relief in mobile phone use which is like reading messages, social networks or any online games and activities that might results in nomophobia. When people are less prone to mobile phones are more tend to concentrate, schedules time and plans and great self-control ability and also has less effect on procrastination in both college and workplace settings.

5.3 Implications of the study

The findings of this study highlight the crucial role of emotional regulation in managing digital dependency and task behaviours among young adults. The results suggest that improving emotional regulation can reduce nomophobia and procrastination. This has meaningful implications for educators, counsellors, and mental health practitioners. Integrating emotional regulation and mindfulness-based training in university settings can help students manage anxiety, enhance focus, and reduce reliance on smartphones. Counselling interventions can also emphasize emotional awareness, self-regulation, and digital balance to prevent procrastination linked to mobile dependency. Moreover, awareness programs promoting healthy technology use can enhance students' academic performance and overall well-being.

5.4 Limitations and Future Directions

Although the study offers insightful information, there are several limitations that should be noted. The use of a cross-sectional design makes it impossible to determine the causal relationships between procrastination, nomophobia, and emotional regulation. Because individuals may overestimate or underestimate their activities, self-reported data may also be prone to response bias. Also, the sample was primarily made up of young adults and university students, which may restrict the implications of the results to other age groups or demographics. To better understand the mechanisms connecting emotional regulation and technology-related behaviours, future research might use longitudinal or experimental methods, incorporate more varied samples, and investigate additional variables including self-control, resilience, and personality characteristics.

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APPENDICES APPENDIX A
INFORMED CONSENT RESEARCH SUBJECT INFORMATION SHEET

This informed consent form is for the participants, who have been invited to participate in research on the title "Emotional Regulation, Nomophobia and Task procrastination Among Young Adults".
Name of principal investigator & department: Dharsana S Research Supervisor: Ms. Soumya Simon
Name of Organisation: Kristu Jayanti (Deemed to be University), Bangalore

I am Dharsana S, studying as a postgraduate student in the Department of Psychology at Kristu Jayanti (Deemed to be University), Bangalore. I am researching the influence of caffeine intake on memory functions. I will give you adequate information and invite you to be a part of this research. You can decide whether or not you will participate in the research. Before you decide, Please feel comfortable talking to me about the research.
This consent form may contain words that you do not understand. Please ask me to stop as we go through the information and I will take time to explain. If you have questions later, you can ask them, I will be providing my contact details for the same.
Purpose of the research:

To examine the relationships between Emotional Regulation, Nomophobia and Task procrastination Among Young Adults
For demographic factors:

Age should be from 18-30 years

You should be enrolled in College/ University and Work

You should be an excessive mobile phone user for more than 8 hours

You are being invited to take part in this research because we feel that your responses will aid as a very important tool to help us identify the factual details of the concerned experiment.

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. The choice that you make will have no bearing on your role here. You may change your mind later and stop participating even if you agreed earlier.
The information recorded is confidential, your name will not be included in the data collected, and no one else except me and my supervisor will have access to the form. Nothing that you share today or with me will be made public with anybody outside the research, and nothing will be attributed to you by name.

Participation in this study does not pose any risks. There will be no direct benefit to you, but your participation will help us identify the factual details of the concerned experiment.
I am now available to answer any questions.

If you have any questions, you would like to ask later, you may contact me at Email ID: 24mpsc21@kristujayanti.com
Dharsana S, Department of Psychology

This research proposal has been reviewed and approved by the Department of Psychology that includes the research scholar and the supervisor at Kristu Jayanti (Deemed to be University), Bangalore the rights of the research participants are protected.

CERTIFICATE OF INFORMED CONSENT

I have been invited to participate in research on the title "Emotional Regulation, Nomophobia and Task procrastination Among Young Adults".
I have read the foregoing information, and it has also been read to me. I have had the opportunity to ask questions about it and any questions I have been answered to my satisfaction, I understand that participation is voluntary and it has been explained that choosing not to participate will not cause any consequences. I understand that I have the right to withdraw at any point during the data collection.

- ☐ I consent voluntarily to be a participant in this study.

APPENDIX B DEMOGRAPHIC DETAILS

Name in Initials (Example: Dharsana Sivakumar as 'DS')

_____

Age

- ☐ 18
- ☐ 19
- ☐ 20
- ☐ 21
- ☐ 22
- ☐ 23
- ☐ 24
- ☐ 25
- ☐ 26
- ☐ 27
- ☐ 28

□ 29

□ 30

Gender

□ Male

□ Female

□ Prefer not to say Marital status

□ Single

□ Married

□ Divorced

Occupation

□ College / University students (UG/PG/M.Phil/PhD)

□ Employed

□ Unemployed Socio-economic status

□ Upper class

□ Upper middle class

□ Lower middle class

□ Upper lower class

□ Lower class State you belong to

_____

Place of residence

□ Urban

□ Semi-urban

□ Rural

Hours of screen-time per day

□ Less than 3 hours

□ 3 to 5 hours

□ 5 to 8 hours

□ 8 to 10 hours

□ More than 10 hours

Purpose of using mobile phone frequently

□ Communication

- ☐ Accessing information
- ☐ Entertainment
- ☐ Education
- ☐ Online shopping
- ☐ Social media and networking
- ☐ Multimedia (eg: Music, videos, games, and streaming platforms)
- ☐ Other:

I agree to voluntarily participate in this study.

- ☐ Yes
- ☐ No

APPENDIX C INSTRUMENTS

1. EMOTIONAL REGULATION SCALE

Responses

1. Strongly disagree
2. Disagree
3. Somewhat disagree
4. Neither agree nor disagree
5. Somewhat agree
6. Agree
7. Strongly agree

No.	Statements	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
1	When I want to feel more positive emotion (such as joy or amusement) , I change what I'm thinking about.	☐	☐	☐	☐	☐	☐	☐
2	I keep my emotions to	☐	☐	☐	☐	☐	☐	☐

	myself.							
3	When I want to feel less negative emotion (such as sadness or anger), I change what I'm thinking about.	☐	☐	☐	☐	☐	☐	☐
4	When I am feeling positive emotions, I am careful not to express them.	☐	☐	☐	☐	☐	☐	☐
5	When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.	☐	☐	☐	☐	☐	☐	☐
6	I control my emotions by not expressing them.	☐	☐	☐	☐	☐	☐	☐
7	When I want to feel more positive emotion, I change the way I'm thinking about the situation.	☐	☐	☐	☐	☐	☐	☐
8	I control my emotions by changing the way I think about the situation I'm in.	☐	☐	☐	☐	☐	☐	☐
9	When I am feeling negative emotions, I make sure not to Express them.	☐	☐	☐	☐	☐	☐	☐
10	When I want to feel less negative emotion, I change the way I'm thinking about the situation.	☐	☐	☐	☐	☐	☐	☐

2. NOMOPHOBIA QUESTIONNAIRE

Responses

1. Strongly disagree
2. Disagree
3. Somewhat disagree
4. Neither agree nor disagree
5. Somewhat agree
6. Agree
7. Strongly agree

No.	Statements	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
1	I would feel uncomfortable without constant access to information through my smartphone.	☐	☐	☐	☐	☐	☐	☐
2	I would be annoyed if I could not look information up on my smartphone when I wanted to do so.	☐	☐	☐	☐	☐	☐	☐
3	Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.	☐	☐	☐	☐	☐	☐	☐
4	I would be annoyed if I could not use my smartphone and/or its Capabilities when I wanted to do so.	☐	☐	☐	☐	☐	☐	☐

5	Running out of battery in my smartphone would scare me.	☐	☐	☐	☐	☐	☐	☐
6	If I were to run out of credits or hit my monthly data limit, I would panic.	☐	☐	☐	☐	☐	☐	☐
7	If I 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.	☐	☐	☐	☐	☐	☐	☐
8	If I could not use my smartphone, I would be afraid of getting stranded somewhere.	☐	☐	☐	☐	☐	☐	☐
9	If I could not check my smartphone for a while, I would feel a desire to check it.	☐	☐	☐	☐	☐	☐	☐
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.	☐	☐	☐	☐	☐	☐	☐
11	If I did not have my smartphone with me, I would be worried because my family and/or friends could not reach me.	☐	☐	☐	☐	☐	☐	☐
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.	☐	☐	☐	☐	☐	☐	☐

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.	☐	☐	☐	☐	☐	☐	☐
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.	☐	☐	☐	☐	☐	☐	☐
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.	☐	☐	☐	☐	☐	☐	☐
16	If I did not have my smartphone with me, I would be nervous because I would be disconnected from my online identity.	☐	☐	☐	☐	☐	☐	☐
17	If I did not have my smartphone with me, I would be uncomfortabl e because I could not stay up-to- date with social media and online networks.	☐	☐	☐	☐	☐	☐	☐
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.	☐	☐	☐	☐	☐	☐	☐

19	If I did not have my smartphone with me, I would feel anxious because I could not check my email messages.	☐	☐	☐	☐	☐	☐	☐
20	If I did not have my smartphone with me, I would feel weird because I would not know what to do.	☐	☐	☐	☐	☐	☐	☐

3. GENERAL PROCRASTINATION SCALE

Responses

1. Never
2. Rarely
3. Sometimes
4. Often
5. Always

No.	Statements	Never	Rarely	Sometimes	Often	Always
1	I often try to avoid doing a task that I have little or no interest in.	☐	☐	☐	☐	☐
2	I often delay tasks that are desirable to me.	☐	☐	☐	☐	☐
3	When a task is highly stressful, I'm likely to put in more effort.	☐	☐	☐	☐	☐
4	I think that certain problems can subside or be solved on their own, with the passage of time.	☐	☐	☐	☐	☐
5	I begin work immediately on a task once it has been given to me.	☐	☐	☐	☐	☐
6	I have often had services terminated because of unpaid bills.	☐	☐	☐	☐	☐

7	I often delay attending to medical issues concerning my health.	☐	☐	☐	☐	☐
8	I prefer submitting an assignment before the deadline.	☐	☐	☐	☐	☐
9	I generally don't start working on a project or assignment immediately.	☐	☐	☐	☐	☐
10	I am usually late when I have to go out and meet friends for a movie or dinner or other such plans.	☐	☐	☐	☐	☐
11	I often put off doing tasks until urgency develops.	☐	☐	☐	☐	☐
12	Whenever I make a plan of action, I follow it.	☐	☐	☐	☐	☐
13	I think too much about things I would like to do but rarely get around to doing them.	☐	☐	☐	☐	☐
14	I tend to work at the eleventh hour for a task or project.	☐	☐	☐	☐	☐
15	I postpone my chores to a later time when something more interesting comes up.	☐	☐	☐	☐	☐
16	I prefer planning ahead for tasks and events.	☐	☐	☐	☐	☐
17	I needlessly delay finishing jobs, even when they're important.	☐	☐	☐	☐	☐
18	I prefer working on one assignment at a time.	☐	☐	☐	☐	☐
19	I do not complete tasks until I am insisted to complete them.	☐	☐	☐	☐	☐
20	I am generally late at the workplace or college.	☐	☐	☐	☐	☐
21	I try to avoid any backlog of work.	☐	☐	☐	☐	☐
22	I delay the tasks that distress me.	☐	☐	☐	☐	☐
23	I feel guilty when I delay doing tasks.	☐	☐	☐	☐	☐

APPENDIX D DATA IN EXCEL SHEET