

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ22102 ชั้นมัธยมศึกษาปีที่ 2

หน่วยการเรียนรู้ที่ 5 Social Media

เรื่อง Do You Have Nomophobia?

ครูผู้สอน ครูสรวรยา อุดรพรหม



Unit 5 : Social Media

Do You Have Nomophobia?



Picture Guess Game:

What are they afraid of?



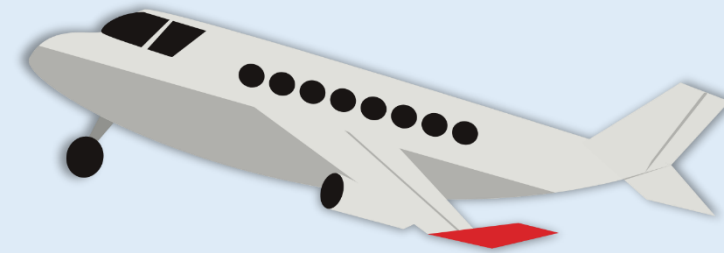


What are they afraid of?

zoophobia

aerophobia

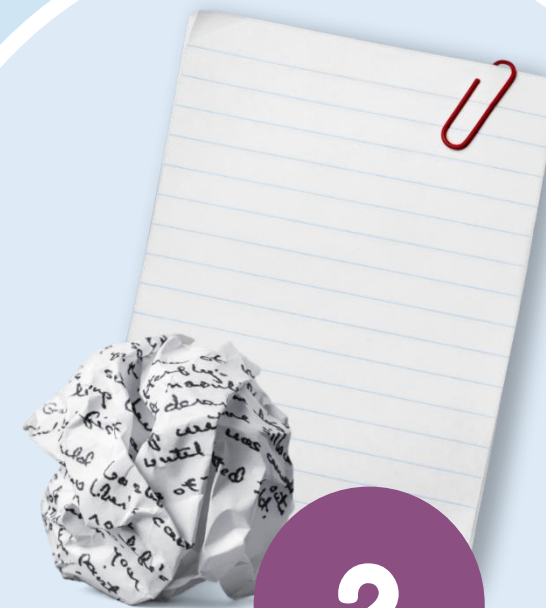
pyrophobia



1



3



2





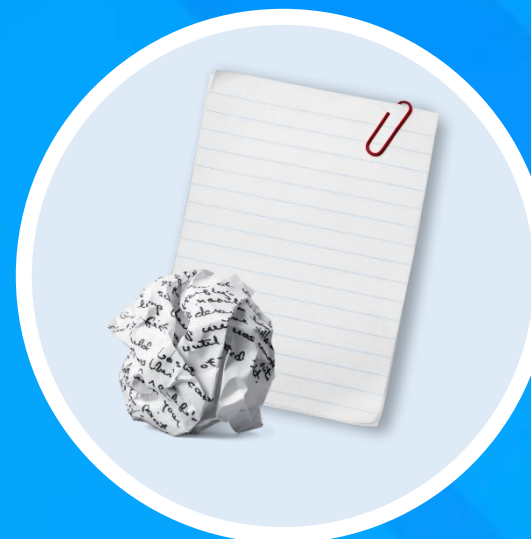
What are they afraid of?

zoophobia



aerophobia

papyrophobia





phobia





จุดประสงค์การเรียนรู้

-  1. พูดย่อถามและตอบเกี่ยวกับโรคติดต่อ
โทรศัพท์มือถือ
-  2. อ่านเพื่อหาใจความสำคัญ และรายละเอียด
เรื่องเกี่ยวกับโรคติดต่อโทรศัพท์มือถือ



Vocabulary & Causes



A woman with long blonde hair is lying in bed, looking distressed. She has her hand pressed against her face, with her fingers near her eyes and nose, suggesting she might be crying or feeling overwhelmed. The room is dimly lit, and the background is dark and out of focus.

nomophobia (n.)

For people with **nomophobia,
smartphones can be harmful.**



anxiety (n.)

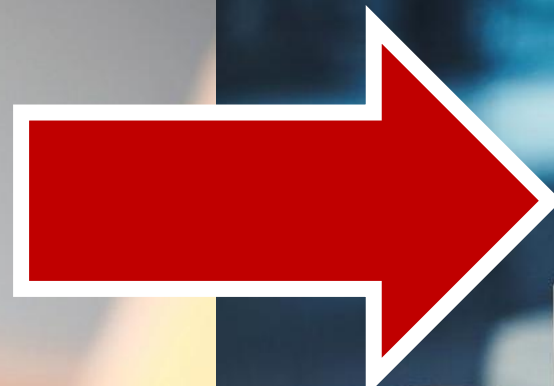
Nomophobia is a type of anxiety.



harmful (adj.)

**For people with nomophobia,
smartphones can be harmful.**

worse (adj.)



**You should check yourself
before it's getting worse!**

What is Nomophobia?

**Fear of being without
a mobile phone.**



Do You Have Nomophobia?





ใบกิจกรรมที่ 1

เรื่อง Do you have nomophobia?



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

What is this paragraph about?

ใบกิจกรรมบทอ่าน เรื่อง Do you have nomophobia?

หน่วยการเรียนรู้ที่ 6 เรื่อง Social Media Addiction

แผนการจัดการเรียนรู้ที่ 6 เรื่อง Do You Have Nomophobia?

รายวิชา ภาษาอังกฤษ รหัสวิชา อ22102 ภาคเรียนที่ 2 ชั้นมัธยมศึกษาปีที่ 2

Do You Have Nomophobia?

Nomophobia is a term that stands for "No Mobile Phone Phobia". It describes the fear or anxiety people feel when they are without their mobile phones or unable to use them. This condition has become more common with the widespread use of smartphones.

What Causes Nomophobia?

Nomophobia can be triggered by several situations, such as:

- Running out of battery
- Losing signal or network coverage
- Misplacing or forgetting your phone

These situations can lead to feelings of anxiety, stress, and even panic. People may feel disconnected from their friends, family, and the world around them.

Symptoms of Nomophobia

Common signs of nomophobia include:

- Feeling anxious or uneasy when you don't have your phone
- Checking your phone frequently, even without any notifications
- Panicking when you can't find your phone
- Avoiding activities that don't involve your phone
-

How to Manage Nomophobia

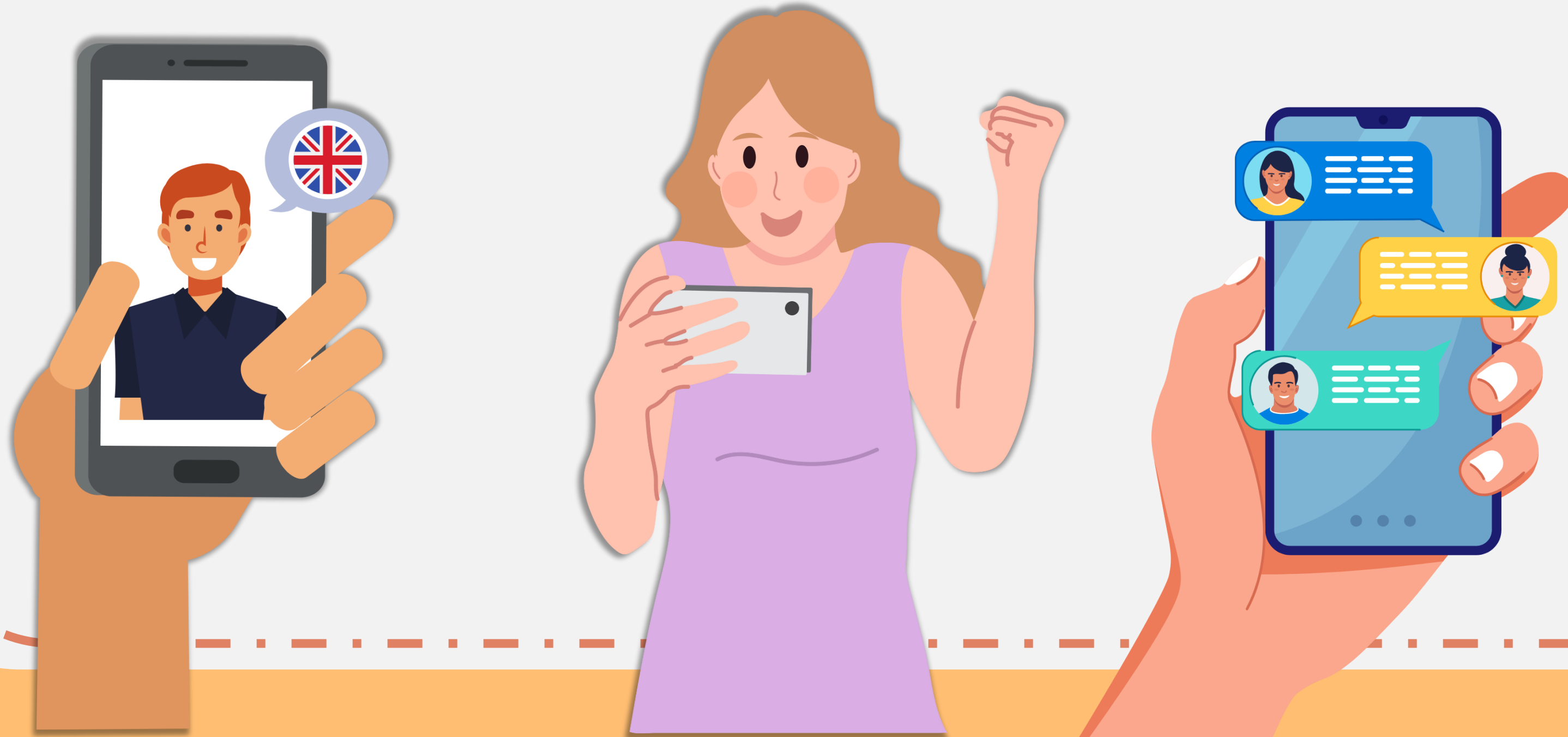
It's important to recognize and manage nomophobia to maintain a healthy relationship with technology. Here are some tips:

- Set specific times to check your phone, rather than constantly looking at it
- Turn off non-essential notifications to reduce distractions
- Engage in activities that don't involve screens, like reading or exercising
- Keep your phone out of reach during meals or study sessions

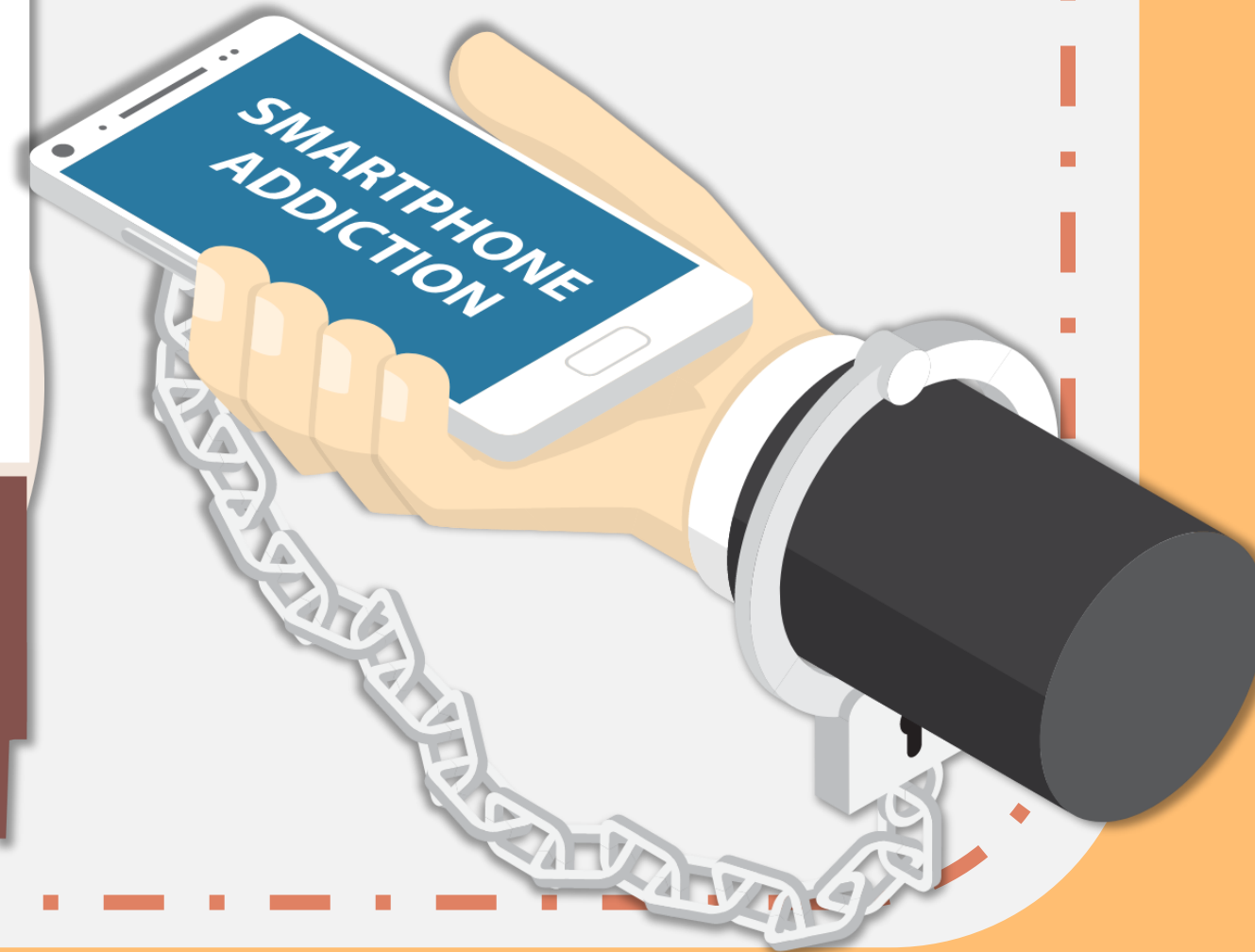
Read It Out



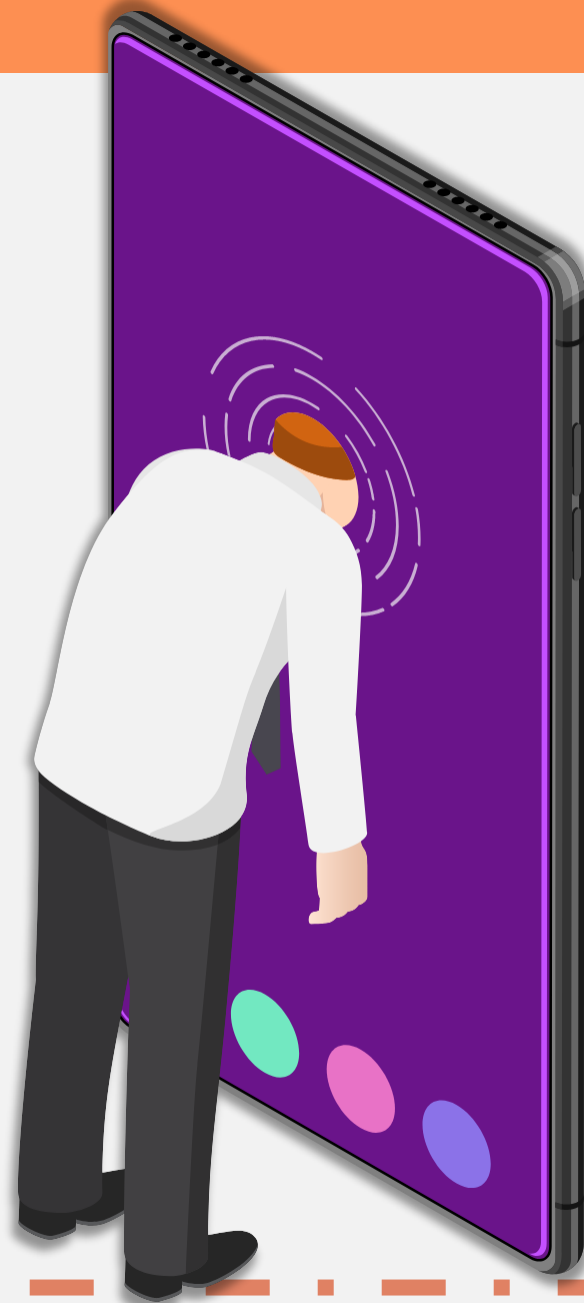
Nomophobia is a term that stands for "No Mobile Phone Phobia".



It describes the fear or anxiety people feel when they are without their mobile phones or unable to use them.



This condition has become more common with the widespread use of smartphones.



Symptoms of Nomophobia



Symptoms of Nomophobia

Feeling anxious or uneasy when you don't have your phone.



Symptoms of Nomophobia

Checking your phone frequently, even without any notifications.



Symptoms of Nomophobia

**Panicking when you
can't find your phone.**



Symptoms of Nomophobia

Avoiding activities that don't involve your phone.



Self-Check Quiz





ใบงานที่ 1

เรื่อง Do you have nomophobia?



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

ใบงานที่ 1 เรื่อง Do you have nomophobia?

หน่วยการเรียนรู้ที่ 6 เรื่อง Social Media Addiction

แผนการจัดการเรียนรู้ที่ 6 เรื่อง Do You Have Nomophobia?

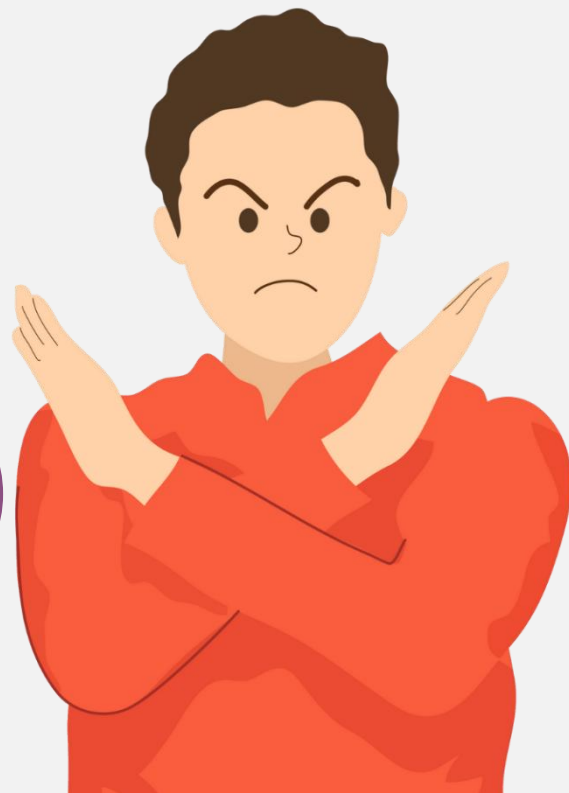
รายวิชา ภาษาอังกฤษ รหัสวิชา อ22102 ภาคเรียนที่ 2 ชั้นมัธยมศึกษาปีที่ 2

Part A: Instructions: Complete the questionnaire. Then ask your friends and talk about the answers together.

Signs you may have nomophobia	A Never or hardly ever	B Sometimes	C Often or always
1. I feel stressed when I can't find information on my phone.			
2. I feel worried when my smartphone is running out of battery.			
3. If I can't check my phone for a while, I will feel a need to check it.			
4. I feel worried because I can't check <u>my</u> messages.			
5. I always stay up-to-date with my social media.			

1

A



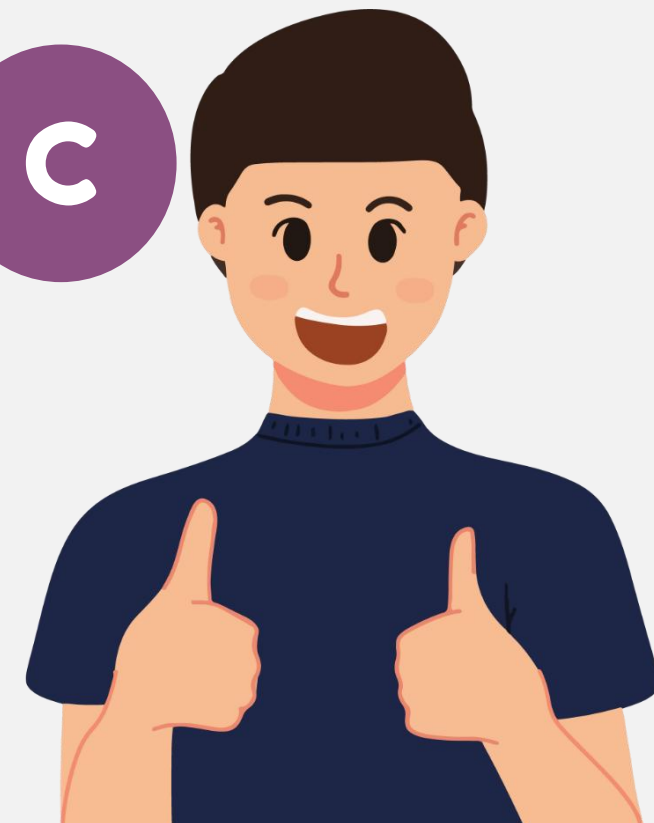
**Never
Hardly Ever**

B



Sometimes

C

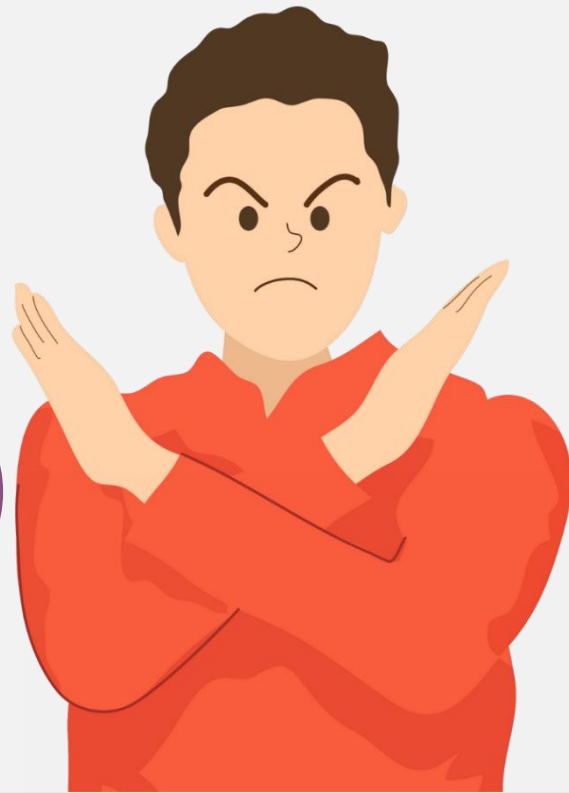


**Often
Always**

**I feel stressful when I can't find
information on my phone.**

2

A



**Never
Hardly Ever**

B



Sometimes

C



**Often
Always**

**I feel worried when my smartphone
is running out of battery.**

3

A



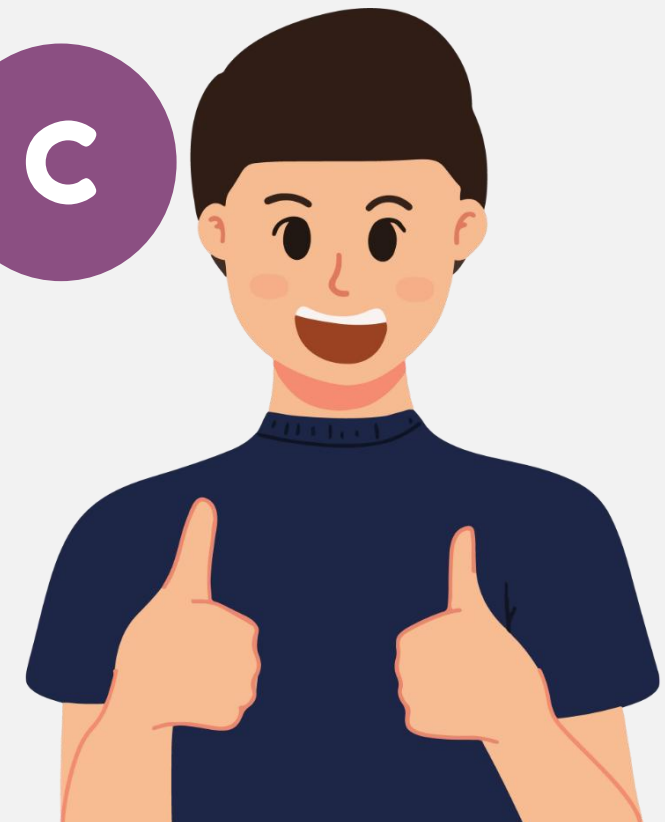
**Never
Hardly Ever**

B



Sometimes

C

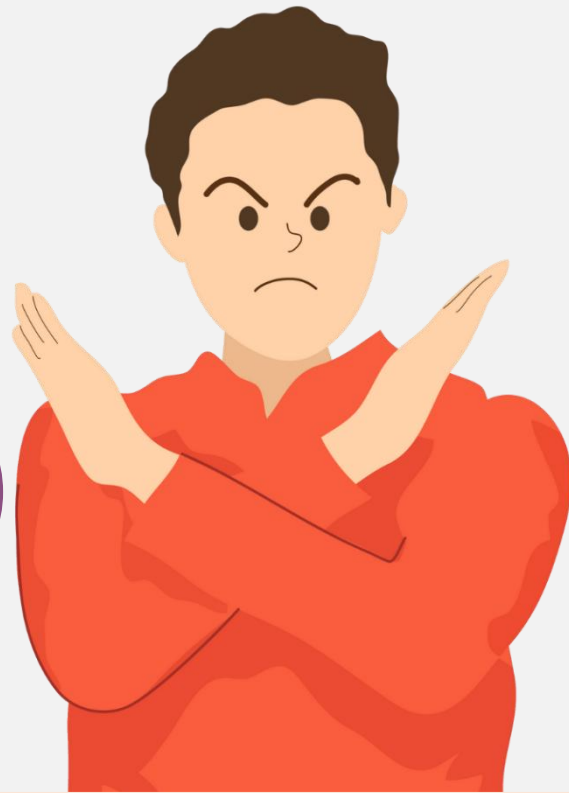


**Often
Always**

**If I can't check my phone for a while,
I will feel a need to check it.**

4

A



**Never
Hardly Ever**

B



Sometimes

C



**Often
Always**

**I feel worried because
I can't check my messages.**

5

A



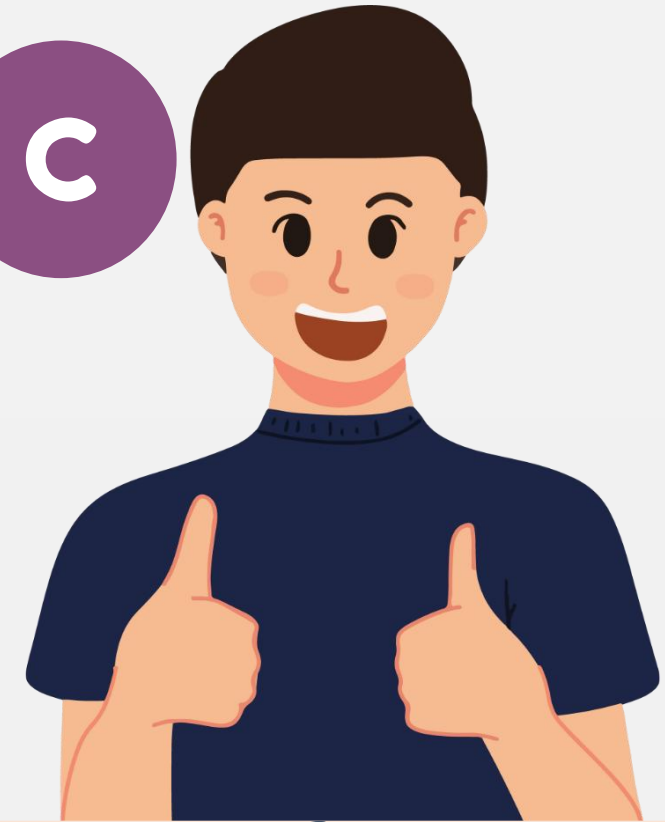
**Never
Hardly Ever**

B



Sometimes

C

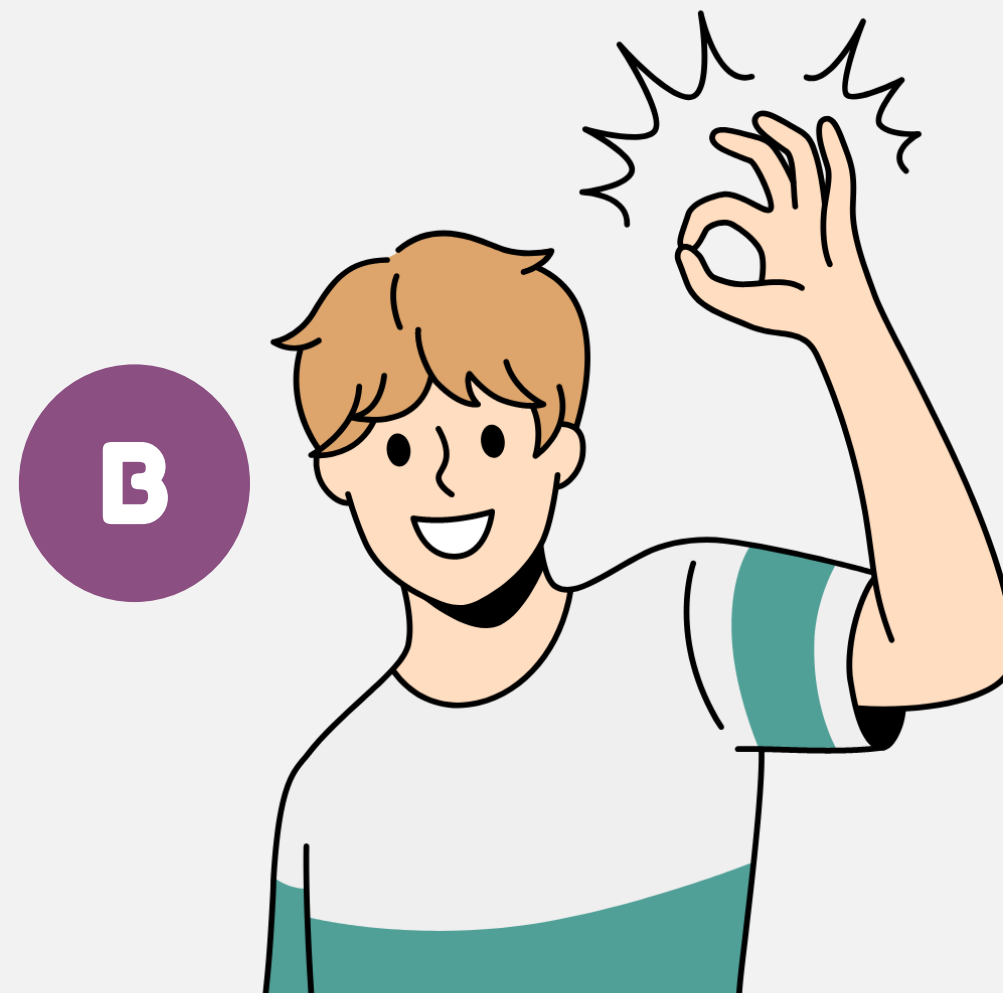


**Often
Always**

**I always stay up-to-date
with my social media.**



**Never
Hardly Ever**



Sometimes

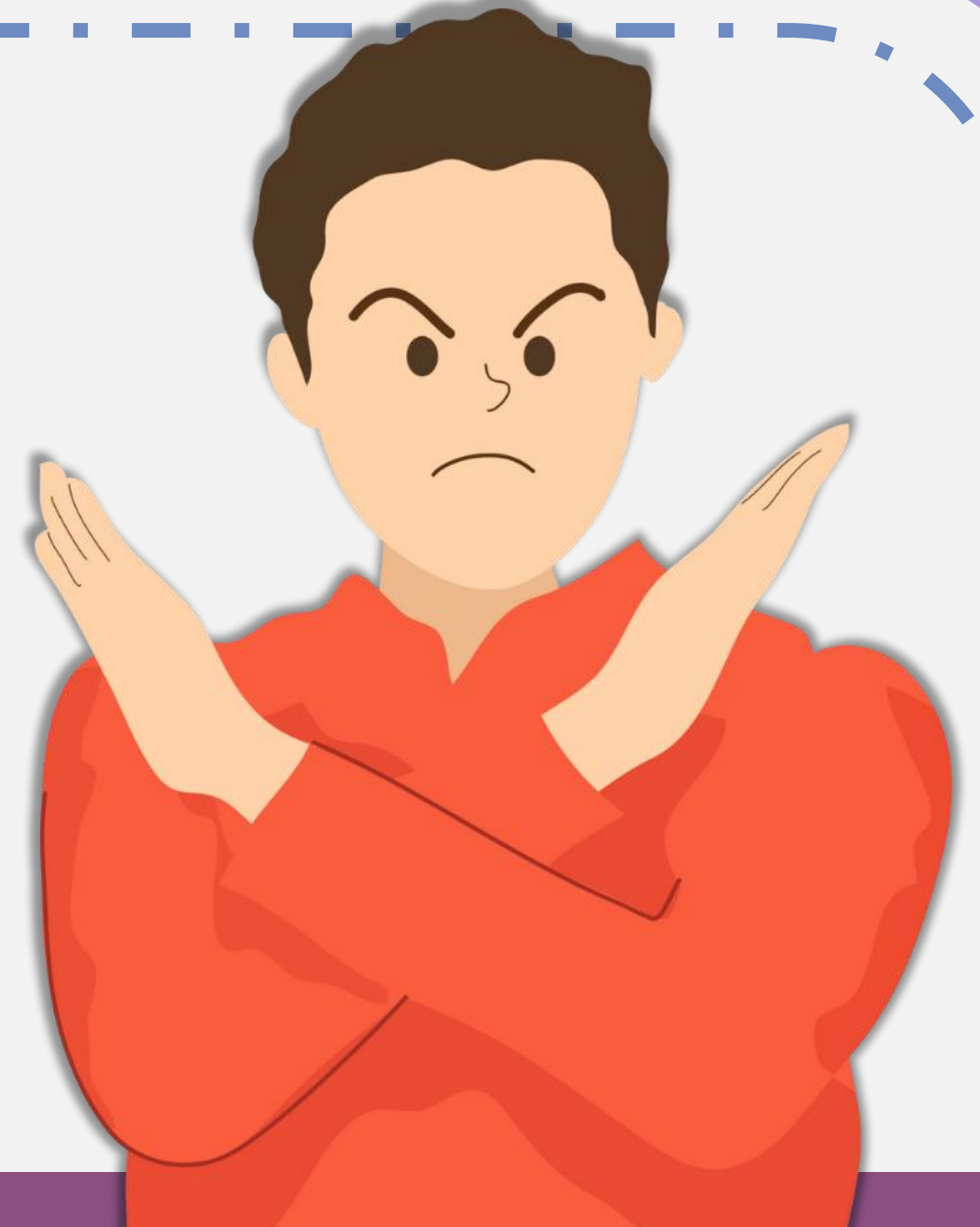


**Often
Always**

Check Your Answers

Mostly **A**

**Never
Hardly Ever**



**Congratulations! You can manage
yourself well with your phone.**

Mostly

B

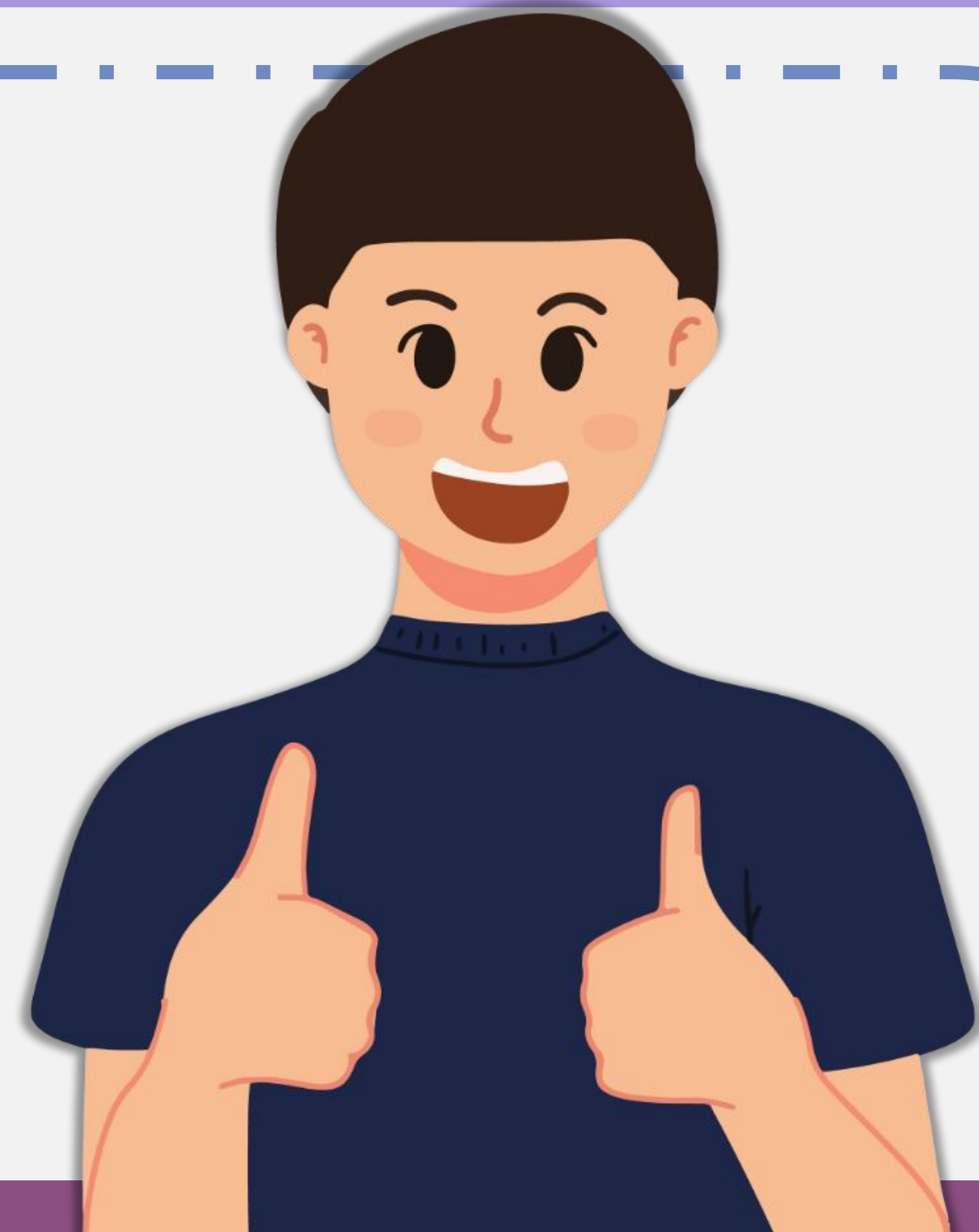
Sometimes



**You have to be careful with
the time spending on your phone.**

Mostly C

Often
Always



**Oh dear! It's time to log off your phone
and enjoy your life out of the screen!**

Let's Review





nomophobia (n.)



worse (adj.)



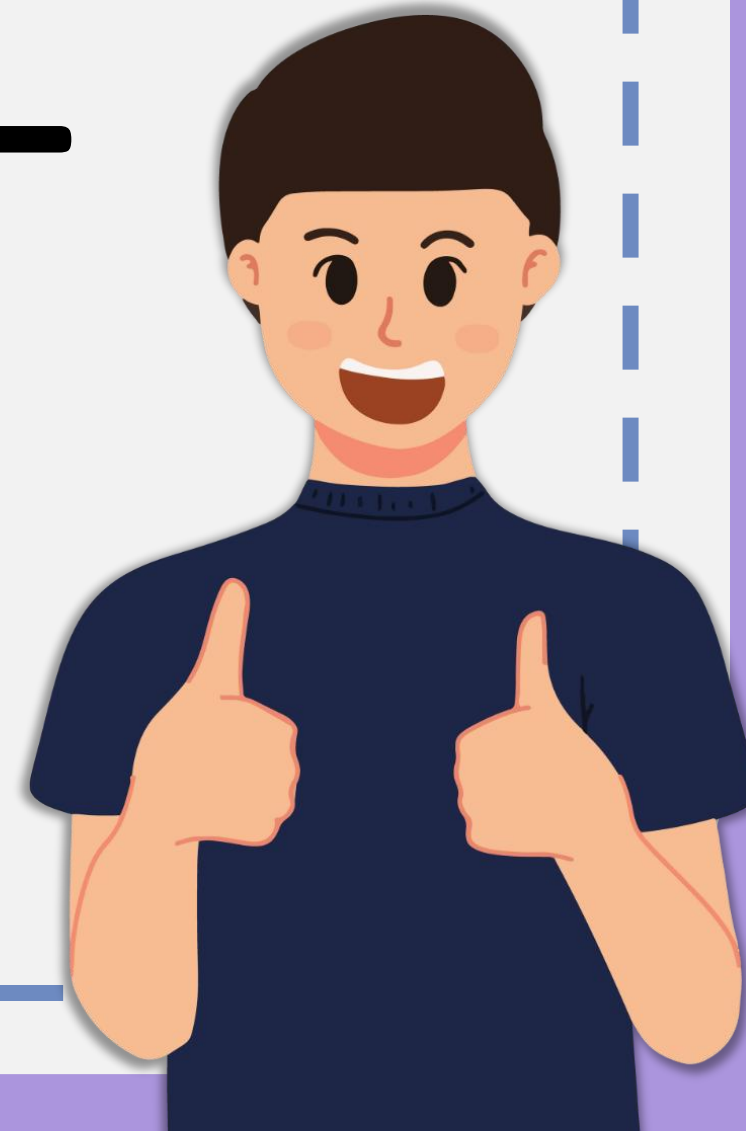
anxiety (n.)



harmful (adj.)

One Word Challenge

**“Today I learned _____.”
or “I feel _____
when I don't have my phone.”**



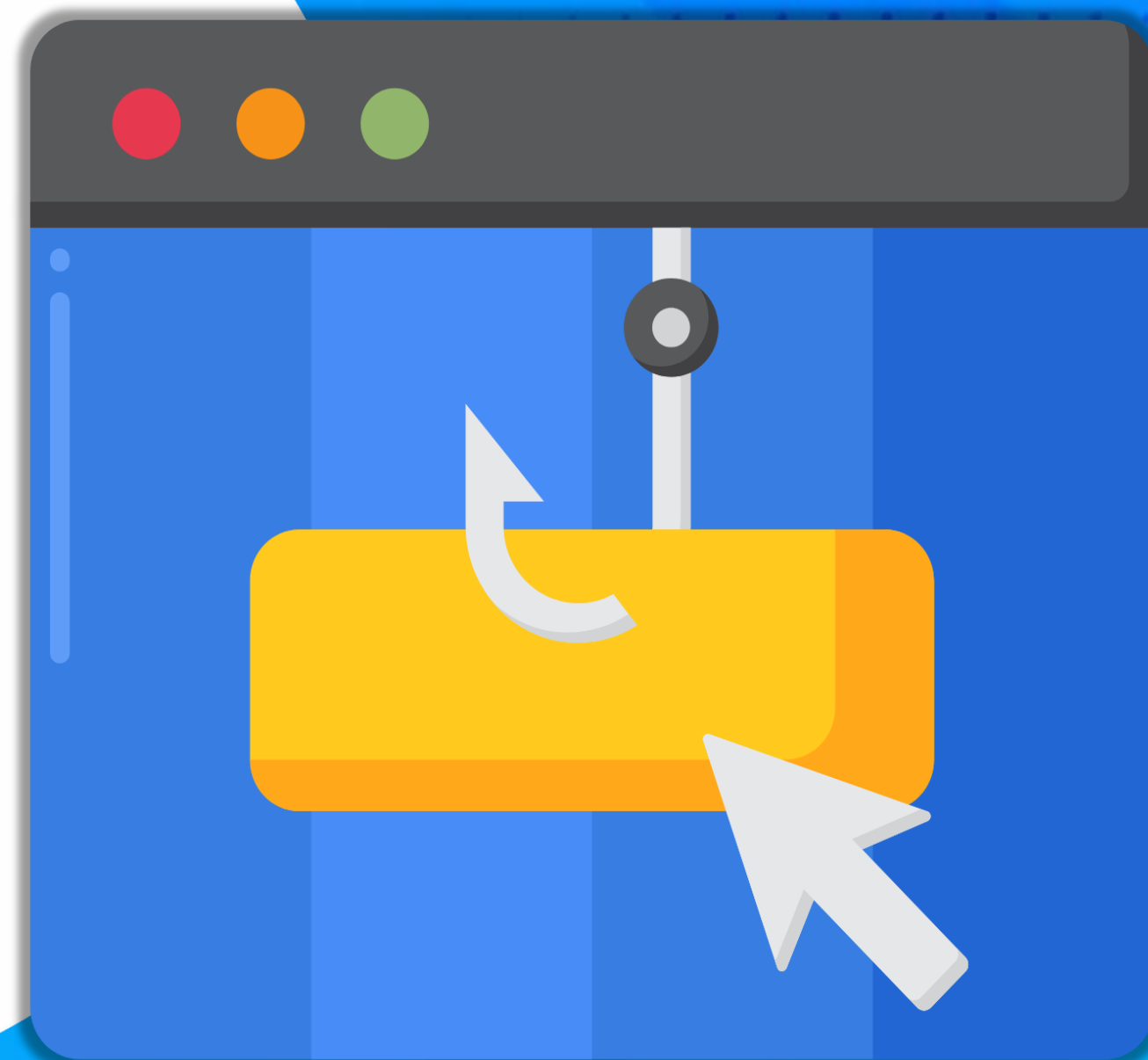


บทเรียนครั้งต่อไป

The Clickbait



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)



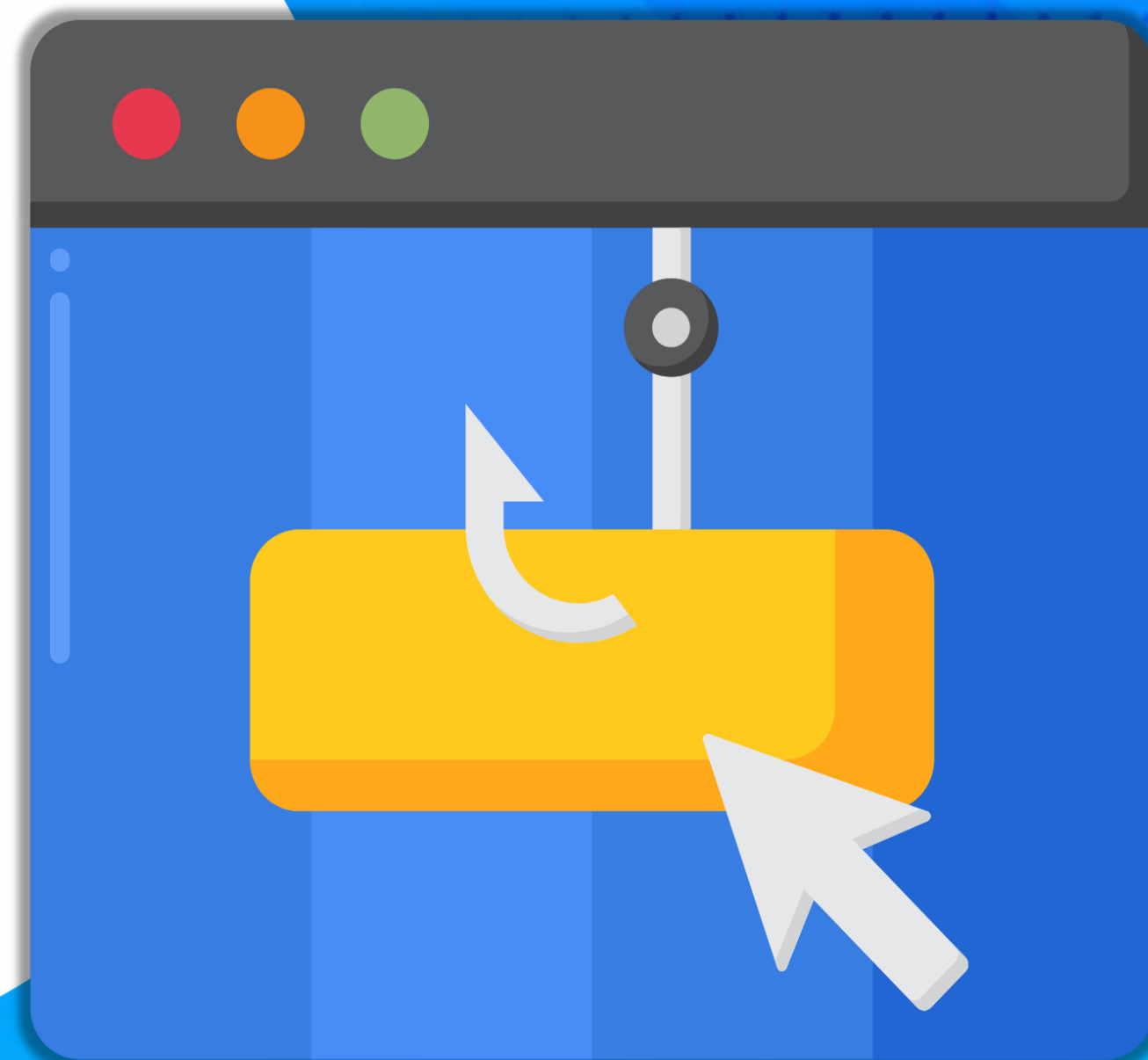


สิ่งที่ต้องเตรียม

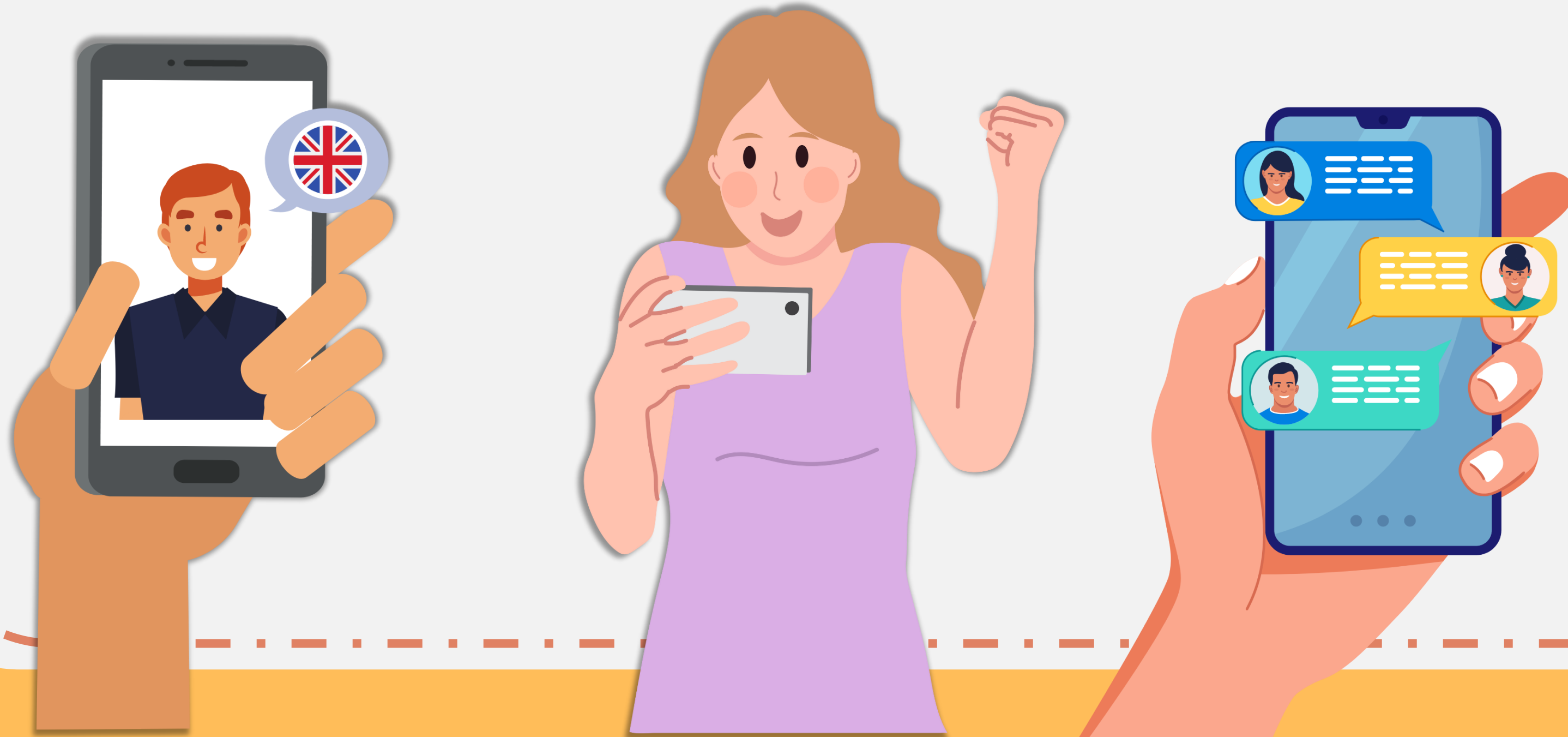
1. ใบงานที่ 1
เรื่อง Vocabulary (This Is clickbait.)
2. ใบงานที่ 2
เรื่อง This Is clickbait.



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)



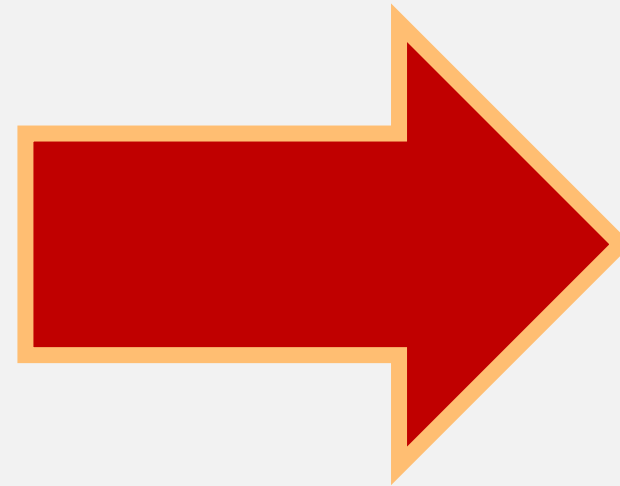
Nomophobia is a term that stands for "No Mobile Phone Phobia".



**It describes the fear or anxiety
people feel**



**when they are without their mobile
phones or unable to use them.**



This condition has become more common with the widespread use of smartphones.

