

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