

ADOLESCENTS' PROBLEMATIC MOBILE PHONE USE, FEAR OF MISSING OUT AND FAMILY COMMUNICATION

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INTRODUCTION



Adolescence,
is the most vulnerable
group in the
problematic use of the
mobile phone when
using it without
specific training.



FoMO
increases in
adolescents as they
face challenges in
achieving their identity
and autonomy.



**Family
communication,**
where ICTs can have
negative effects such as
misunderstandings
and alienation.

OBJECTIVE

To analyze the problematic
use of the mobile phone,
"Fear of missing out" (FoMO)
and parent-child
communication in students
between 12 and 19 years old.



METHODOLOGY

Questionnaires administered to
569 students

"Mobile Experience
Questionnaire"

"Fear of missing out questionnaire"

"Parent and Peer Attachment
Inventory"



RESULTS

Problematic use of the mobile phone

46% of the students had "occasional
problems" and 2% "frequent problems".

The level of FoMO among students is higher
as the frequency of mobile phone use
increases.

Family communication

Significant gender differences: girls
communicated more with their mothers
than boys.

CONCLUSIONS



Adolescents' fear of missing
out on experiences feeds
back into their desire to use
their mobile phones more
often.



Training young people in
the appropriate use of new
technologies must be a task
for parents, teachers and
counsellors.



Future research

To know if the type of
attachment children
display towards their
parents and peers is related
to the form of use of the
mobile phone.

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