

Do you experience the FOMO?



I was inspired by a recent news find, published in the Guardian earlier this month. It intrigued me, yet concerned me too.

We are aware of the technology around us; it is intertwined within our daily lives, a routine for some people. Integrating technology has many benefits, providing it works with us, rather than against us.

The issue I think many people face without knowing it is, the distraction of not only *using* a mobile phone, but just by having one, can have a negative effect on concentration.

A scientific study carried out, stated that, as a result of an employee receiving and reading a text message, it took a further 25 minutes for them to regain focus on the task they initially carried out. Is there an argument here to say, no phones should be on or visible whilst doing homework for students? If that time is lost through distraction, the task becomes arduous and output is of poor quality. Setting the right atmosphere for any research, revision or presentation task, to get the best from the activity, requires the right working conditions.



The fear of missing out of, FOMO for short, is an ever-increasing term that is highlighted within teenagers. It is determined by those that worry about others having more fun and them not being part of it.

Distraction, off task, increase in anxiety and low mood could be attributed to FOMO.

This has a profound effect on mental health and well-being. Using a phone too much in the evening can cause disruptive, unsettled sleep – are you then ready for the face-to-face challenges that daily life brings?

The backlight of a mobile device can cause keep your brain to stay active for longer when using late at night – a negative effect when you are trying to unwind and relax.

How heavily do you rely on your mobile phone?

If you're exhibiting too much reliance on a mobile phone, chances are; you get stressed, anxious, frustrated and impatient. I often hear, 'I can't do without my mobile' but I am yet to find someone who can say why with a reasoned argument.

Mobile phone addiction? The study highlighted that 60% of young people reported that they became agitated when they could not gain access to their mobile. Furthermore, it was highlighted that young women were more likely than young men, to develop addictive mobile habits.



What's your take on this?

So do you just accept that this is the norm? Will you take a stance and fight back? Are you in control of this? Do you have the ability to change this?

A successful learner not only needs the right tools and resources, they need to be in the right place, with the right conditions, charged and ready for learning.

Learners out there - try to take control of your learning, avoid the distraction, the temptation and make an effort to help yourself by considering the following;

- Put your phone away at times of study
- Don't use the phone late at night
- Social media – people often portray a very different, false representation of themselves – don't compare you with others
- Remember, there is a time and a place for using a mobile
- See the benefits of reducing the time you spend on your phone – set yourself this challenge!

