

Title: The Effectiveness of a Counseling Program Based on the Meichenbaum Cognitive-Behavioral Model in Reducing Nomophobia "The Pathological Fear of Losing a Mobile Phone" among University Students.

Abstract:

This study aimed to verify the effectiveness of a counseling program based on the Meichenbaum cognitive-behavioral model in decreasing nomophobia "the pathological fear of losing a mobile phone" among university students. The study relied on the use of the experimental method, and the researcher prepared the nomophobia scale for university students, and after verifying its psychometric properties, it was applied to a sample of (518) male and female students from the Faculty of Education, Fayoum University, whose ages ranged between (18-20) years. After determining the highest and lowest quartiles, and determining those with the highest scores on the nomophobia scale, the main study sample of (20) male and female students were selected, and they were divided into two groups, one experimental and the other controlling, each group consisted of (10) individuals.

The results of the study showed the following:

1. There are statistically significant differences between the mean scores of the experimental group students in the pre and post measurements of the nomophobia scale in favor of the post measurement.
2. There are statistically significant differences between the mean scores of the students of the experimental and control groups in the post-measurement of the nomophobia scale in favor of the students of the experimental group.
3. There are no statistically significant differences between the mean scores of the experimental group students in the post and follow-up measurements of the nomophobia scale.