

# PREVENTION OF NOMOPHOBIA IN YOUTH THROUGH ARROW SPORT

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## ABSTRACT

Nomophobia is the fear of being away from mobile phones. This study aims to determine the effect of nomophobia on the accuracy of archery athletes in Sleman Regency.

This research is a comparative descriptive research. The population in this study were archery athletes in Sleman Regency, amounting to 50 people. The sampling technique used is total sampling. Furthermore, 50 archery athletes were categorized as high and low nomophobia.

The instrument used to measure the level of nomophobia is a questionnaire, while the accuracy of archery uses an archery test 6 times, for 6 series / extension and with a total of 36 arrows.

Kata Kunci: *nomophobia, archery athlete, Sleman*