

A Study Of Mobile Phone Addiction Of Male – Female, School and College Level Student's Of Surguja District

*Tripti Biswas

Received
30 Oct. 2019

Reviewed
10 Nov. 2019

Accepted
12 Nov. 2019

Research has been done on smart phone usage and its impact on all adolescents from so many years. Some researcher examined adolescent's physical health or educational performance with smart phone addiction and others analyzed psychological behavior and social relationship with mobile phone addiction. The present study has been undertaken to study the mobile phone addiction of school-college, male-female students of surguja district. The first problem of the present study was to examine whether male & female respondents would show significant difference in their mobile phone addiction. The second problem of the present study was to examine whether the school and college students would show significant difference in their mobile phone addiction. A total of 80 students 40 male and 40 female (age groups 15-25 years) were randomly selected for study. Mobile phone addiction scale developed by Dr. A. Velayudhan and Dr. S. Srividya was used. The data were analysed by using CR. Results show that CR for the gender and age towards mobile phone addiction were found to be insignificant.

People spend their time more likely on social media, do business emails, academic search, finding answers to questions and playing games. Mobile phone in India crossed 581 million users in 2014 and has been on a steady rise over the last decade. According to a survey by e-Marketer in 2015, India is estimated to have over 800 million mobile phone users in 2019. According to Cha and Seo (2018) around the world, smart phones were used by 1.85 billion people in 2014 which is expected to be 2.32 billion in 2017 and 2.87 billion in 2020. Mobile phone make our lives easier, but on the other hand, it

ties us. Mobile phone addiction not only has physical effects but also psychological and academics effect at the same time.

The major question is how do we get to know we are addicted to our cell phone? When a person uses his/her cell phone most of the time, unable to cut back on cell phone usage, using cell phones as a solution to boredom, feeling anxiety or depression when their phone is out of their range, losing their relationship.

Excessive use of smart phone paired with negative attitude and feeling of anxiety and dependency on gadgets may increase the risk of

* Asstt. Prof. & Head Department Of Psychology Rajeev Gandhi Govt. P.G. College, Ambikapur

A Study Of Mobile Phone Addiction Of Male – Female,.....

anxiety and depression. (Rosen et al.2013, Thomee et al., 2011).Jones (2014) conducted a survey about Elon students' behavior along with an online survey and found that students seemed to be addicted to their mobile phones. Nevertheless, it was concluded that the excessive smart phone use had a negative psychological effect. Another research was conducted on mobile phone usage in adolescents. It was concluded that mobile phone usage during night hours was common among youngsters and reported that poor perceived health was shown due to staying up all night (Schoeni et al.,2015). Researchers found an intensive increase of cell phone usage among teenagers and the symptoms of depression, suicide risk factors and suicide rate in the year 2012. Cell phone addiction is negatively correlated with academic performance(Ng et al.,2017;Baert et al.,2018; Lepp et al.,2015; Boumosleh and Jaalouk,2018; Arefin et al.,2017) did a case study on business students in Bangladesh and found that increased impatience and daily life disturbance negatively affected the academic performance of students. Thomee et al. (2011) proposed that high frequency of cell phone use had a risk of mental health outcomes when they had a 1- year followed up for young students aged 20-24. They concluded that high cell phone usage was associated with sleep deprivation and symptoms of depression for both men and women. De-Sola Gutierrez et al. (2016) revealed that the problematic cell phone usage had been associated with sleep deficit, depression, anxiety and stress. A researcher revealed that teenagers who spend more hours on their gadgets are highly likely more at risk of suicide. Another study by Augner and Hacker (2012) examined an association between over usage or dysfunctional usage of

cell phones and psychological health. They found that low emotional stability , chronic stress and depression have a correlation with phone usage.

It is confirmed that adolescent's mental health and physical health is associated with cell phone addiction. But cannot say it with 100 % accuracy that mobile phone is the only cause of poor mental or physiological health issues in adolescents.

HYPOTHESIS:

It is hypothesized that the male and female respondents would significantly differ in their mobile phone addiction and the school and college students would significantly differ in their mobile phone addiction.

METHOD:

Sample:

A total of 80 students (40 males and 40 females) from schools (40) and colleges (40) constituted the sample for the study. The selection of the sample was based on simple random sampling technique.

Measures:

The mobile phone addiction scale was developed by Dr. A. Velayudhan and Dr. S. Srividya was used to examine mobile phone addiction of respondents. It has 37 items.

Procedure:

All the sample subjects were requested to fill the MPAS (Mobile Phone Addiction Scale) without omitting any item. This scale was administered in group setting and scoring of the scale was done according to the system mentioned in the manual of the scale. The data so collected were analyzed using mean, SD and CR to know the significance of difference between mean scores of college & school and male &

A Study Of Mobile Phone Addiction Of Male – Female,.....

female students.

RESULTS AND DISCUSSION:

Table 1

showing N, Mean, SD and CR of Male and Female respondents:

Sex	N	Mean	SD	CR	Result
Male	40	117.48	14.04	.36	NS
Female	40	116.23	16.98		

Table 2

showing N, Mean, SD and CR of School & College respondents:

Levels	N	Mean	SD	CR	Result
School	40	116.3	14.50	.32	NS
College	40	117.4	16.59		

The observation of the Table 1 reveals that the average scores of male students in 117.48 whereas it is 116.23 for female students. The average scores show that the male and female respondents are different in their mobile phone addiction. When difference of these two groups was tested by CR, the obtained CR was found to be insignificant (.36). The insignificant difference CR indicates that male and female students do not differ significantly in their addiction of mobile phone, rather they show almost equal level on mobile phone addiction. Nishad and Rana (2016) also believe that smart phone usage and gender are not significantly associated. The insignificant CR did not confirm the hypothesis that the male and female students would significantly differ in their mobile phone addiction.

An observation of Table 2 showed that the average scores of school students is 116.3, whereas it is 117.4 for college students. The

average scores show that the school and college students are differ in their mobile phone addiction. When difference of these two groups was tested by CR, the obtained CR was found to be insignificant (.32). The insignificant difference CR indicates that school and college students do not differ significantly in their mobile phone addiction, rather they show almost equal level on mobile phone addiction. The insignificant CR did not confirm the hypothesis that the school and college students would significantly differ in their mobile phone addiction. These days most of the students have mobile phone and in mobile phone they have facility of internet and all. So that all the students use mobile phone

CONCLUSION:

On the basis of the findings of the present study, it was concluded that the male-female and school-college level students have similar addiction level of mobile phone. CR for the gender and age towards mobile phone addiction were found to be insignificant in the study.

A Study Of Mobile Phone Addiction Of Male – Female,.....

References:

- Arefin S, Islam R, Mustafi MAA, Afrir S, Islam N. (2017) Impact of smart phone addiction on business students' academic performance: a case study. *Independ J Manage Prod*;8:955- 975.
- Aunger C, Hacker GW (2012). Associations between problematic mobile phone use and Psychological parameters in young adults. *Int J Public Health*. 57:437-441.
- Baert S, Vujic S, Amez S, Claeskens M, Daman T, Maeckelberghe A, et al. (2018). Smartphone use and academic performance: correlation or causal relationship ? *Bonn: IZA, Institute of Labor Economics*. (Discussion paper series, IZA DP No. 11455).
- Boumosleh J, Jaalouk D. (2018) Smartphone addiction among university students and its relationship with academic performance. *Global J Health Sci*.10:48-59.
- Cha S-S, Seo B-K. (2018) Smartphone use and smartphone addiction in middle school students in Korea: prevalence, social networking service and game use. *Health Psychology* .1-5.
- De-Sola Gutierrez J, Rodriguez de Fonseca F, Rubio G. (2016) Cell-phone addiction: a review. *Front Psychia try*; 7:175.
- Jones T. (2014) Students' cell phone addiction and their opinions. *Elon J Undergrade Res Commun*. 5(1): 74-80.
- Lepp A, Barkley JE, Karpinski AC. (2015) The relationship between cell phone use and academic performance in a sample of U.S. college students. *Sage Open*. 2015:1-9.
- Ng FS, Hassan NSIC, Nor NHM, Malek NAA. (2017) The relationship between smartphone use and academic performance : a case of students in a Malaysian tertiary institution. *Malaysian Online J Educ Technol*; 5(4): 58-70.
- Nishad P, Rana AS. (2016) Impact of mobile phone addiction among college going students: A literature review. *Adv Res J Soc Sci*; 7 (1): 111-115.
- Rosen LD, Whaling K, Carrier LM, Cheever NA, Rökkum J. (2013) The media and technology usage and attitudes scale: an empirical investigation. *Comput Human Behav*. 29:2501-2511.
- Schoeni A, Roser K, Roosli M. (2015) Symptoms and cognitive functions in adolescents in relation to mobile phone use during night. *PLoS ONE*. 10(7): e0133528.
- Thomee S, Harenstam A, Hagberg M. (2011) Mobile phone use and stress, sleep disturbance, and symptoms of depression among young adults-a prospective and cohort study. *BMC Public Health*. 11:66.

