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# Indian Streams Research Journal



## MOBILE PHONE ADDICTION AMONG ADOLESCENTS AND YOUNG ADULTS



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### ABSTRACT

The study was conducted to examine the mobile phone addiction among adolescents and young adults. Two hundred adolescents and young adults were selected through multistage purposive technique. Self structured questionnaire was used for this study. Data were compared with mean, SD at t ratio. Frequency percentage and  $\chi^2$  were used to find out association.

**KEYWORDS** : Mobile Addiction, Mobile Phones, adolescents, young adults.

### MOBILE PHONE

Since the last decade, the improvement of information and communication technologies (ICT) is a revolutionary development because of two important developments: internet and mobile telephony. Young generation today is growing up expressive on that communication is mediated by technology. Therefore, mobile phones become almost universally available across most of the age ranges and the rates of adoption of mobile phone devices such as WAP (Wireless Application Protocol), SMS (Short Message Service) and MMS (Multimedia Message Service) have increased drastically. However, the perception of mobile phone has changed because it is taking on a new meaning especially for young people who feel comfortable with non-verbal ways of communication. It could be used for adding logos or stickers, changing interface, playing games, Internet and many other services. Thus, teenagers develop consumption competency, social skills and various usages through the mobile phone devices and their consumption; learning is mostly made by using media within their leisure activities.

Adolescents are competent or vulnerable users of media, depending on their age, sex, family, social background and other influences on their daily lives (Wided Batat 2009).

No doubt mobile phone is a need of the day and offers an array of facilities and services. The facilities offered by mobile phones like SMS, MMS, video films, chatting etc are used to a great extent by adolescents from early age but new studies reveal that excessive use of mobile phones leave teenagers with disrupted sleep, restlessness, stress and fatigue.

### MOBILE ADDICTION

Today people keep mobile phones all the time and use them to organize and manage every moment of their live, from work to free time. Due to wide uses, available apps, games, information, entertainment, mobile usage has become habitual, which sometimes take form of addiction among people.

Addiction of mobile phone is evident when this obsession disrupts the more important things in life, like personal relationships, schooling, or jobs. While young adulthood is far more likely to become addicted to their cell phone, they will become adults and that addiction may still be unresolved. People who are shy and have low self-esteem are more likely to become cellular addicts because, with text messaging, one can make 'texting friends' that one never actually have to meet, very much like internet chatting. Psychiatrists consider mobile phone addiction to be an Obsessive-Compulsive disorder. Mobile phone addiction can totally isolate its victims; ruin them economically as they have to pay a large sum as phone bills some turn to crime to pay them. Study reported that these addicts addicts spent more money and time on mobile phone use and more vulnerable to have negative emotions (Chen, Li., et al. 2016).

Addicted people waste their large part of time in unnecessary interaction like playing games, video, messaging, get disturbed if they could not rick phone. Use of phone while driving may lead to serious accidents. Mobile addict people show many health issues like Nomo phobia, insomnia, mental disorder etc. Moreover these people feel loneliness (Bhardwaj et al. 2015).

Risk factors for Mobile Addiction: some of the risks of mobile phone addiction as given by Bhise. A. et al. 2014) are as follows –

- Anxiety- adolescents may use the mobile to distract from worries and fears. An anxiety disorder like OCD may also contribute to excessive SMS/MMS checking and compulsive mobile use.
- Depression- The mobile can be an escape from feelings of depression, but too much time online can make things worse. Mobile addiction further contributes to stress, isolation and loneliness.
- Lack of social support- Addicts often use social networking sites by using internet, instant messaging, or online gaming as a safe way of establishing new relationships and with more confidentiality.
- Stress- While some people use the mobile to relieve stress, it can have a counterproductive effect. The longer time they spend online, the higher their stress levels will be increased.

**Against this backdrop this study was undertaken with the follow:**

#### Objectives

- To study the mobile phone addiction among adolescents
- To identify phone addiction among young adults
- To compare addiction among two groups

#### METHODOLOGY:

Two hundred adolescents and two hundred young adults are randomly selected from students

under graduation and post graduation classes from different colleges of Muzaffarnagar District in Uttar Pradesh.

**Source:** - Hindi adaptation of Cell Phone Assessment from behaviorhealth. Bizcalcs.com has been used for seeking responses. This form of questionnaire contained 12 items scales to analyse behavioral aspects of the mobile addiction.

**RESULT AND DISCUSSION**

**Age difference in mobile addiction:**

Mean and SD scores for phone addiction were calculated for two groups of respondents; adolescents and young adults. t ratio was calculated to find out significance of difference between two means, presented in table below.

**Table.1. mobile phone addiction two group adolescent and young adults**

Groups	N=200	Mean	( S.D)	t value	p value
Adolescents	100	3.8	3.372497	-.803	.423
Young Adults	100	4.14	2.562433		

**Adolescents and young adults group t ratio**

It seems that mobile phone addictions in higher among adolescents and with more variability among young adults but t ratio indicates no significance difference in mobile phone addiction among adolescents and young adults group. Addiction is more less some in both the groups of students.

**Gender difference in mobile phone addiction:**

To find out addiction gender difference in mobile phone addiction Mean and SD scores were calculated seperately for boys and girls. T ratio was used to find out significance of difference as shown in the table below-

**Table. 2. Mean S.D. & t-ratio of mobile phone addiction among boys and girls**

Gender	N	Mean	(S.D)	t value	p value
boys	100	4.8000	3.452	4.074*	.000
girls	100	3.1400	2.165		

Significant value of t ratio indicates significance difference in mobile phone addiction among boys and girls. Higher mean of boys indicates that mobile phone addiction is higher among boys as compared to girls with much variability.

**Table A. Mobile Phone Addiction to find out behaviors prevalent in mobile phone addicts.**

N-200					
Q. No.	Adiction कथन	young adult		adolescents	
		male	female	male	female
1)	घर से निकलते ही आपको मोबाइल फोन की आवश्यकता होने लगती है	42 (84%)	40 (80%)	29 (58%)	30 (60%)
2)	जब आप किसी कारण किसी ऐसी जगह पर फोन का ) उपयोग नहीं कर पाते है जैसे मीटिंग -; ऑफिस , मंदिर , चर्च, कॉलेज व बेच असहज (ेन रहते हैं ,	19 (38%)	13 (26%)	24 (48%)	7 (14%)
3)	आप हर वक्त मोबाइल फोन पर बात करने कि जरूरत महसूस करते हैं	15 (30%)	2 (4%)	22 (44%)	9 (18%)
4)	डाइविंग करते समय या चलते समय मोबाइल फोन पर अक्सर बातें करते रहते हैं	1 (2%)	17 (34%)	15 (30%)	6 (12%)
5)	काम करते समय या पढ़ाई करते समय बीचबीच में फोन पर- बातें करते रहते हैं	9 (18%)	0 (0%)	16 (32%)	6 (12%)
6)	किसी कारण फोन के बिना होने पर , भूल जाने पर बैटरी खतम हो जाने पर , बैलेन्स न रहने पर चिंतित व असुरक्षित महसूस करते हैं	27 (54%)	31 (62%)	18 (36%)	5 (10%)
7)	क्या आप रात में भी फोन को अपने तकिये के नीचे रखकर सोते हैं	22 (44%)	24 (48%)	24 (48%)	14 (28%)
8)	फोन पर ज्यादा बातचीत करने पर आपको सब चिड़ाते हैं	7 (14%)	0 (0%)	10 (20%)	0 (0%)
9)	क्या आपको बार - बार ऐसा एहसास हुआ है कि घन्टी बजी है	4 (8%)	0 (0%)	10 (20%)	1 (2%)
10)	क्या पिछले कुछ दिनों से आपका व्यक्तिगत मोबाइल उपयोग अत्यधिक बढ़ गया है	17 (34%)	22 (44%)	33 (66%)	15 (30%)
11)	क्या ज्यादा बिल आने के कारण आपको चिंता होती है	32 (64%)	33 (66%)	30 (60%)	29 (58%)
12)	क्या आप नये मोबाइल ऑफर बार बार देखते रहते हैं -	15 (30%)	2 (4%)	19 (38%)	3 (6%)

- Table above reveals that more of adults (male 84% and female 80%) as against 58% adolescents males, and 60% of adolescent girls, agreed that they need a mobile phone while going out of their home.
- More of males (48% adolescents and 38% young adults) always feel more anxious about cell phone, especially when they are unable to use it (in meeting, office, maindir, church, college) as compared to female and also feel for need to talk on the phone almost all time.
- Data revealed that more of 34% young adult females and of adolescents' males 30% usually talk on the mobile while driving or walking.
- High percent of males 32% adolescents and 18% young adult accepted that they talk on the cell phone even during study.
- More of adults (both males and females) 62 % of females, and 54% males agreed that they experience high levels of anxiety, stress, or insecurity whenever are without cell phone.
- All most equal percentage of young adults females and adolescents males even do not space with phone event of nights.
- 20% adolescent males and 14% of young adult males reported that they are teased by their friends for excessive use of mobile phone and sometimes feel the ringtone even when the phone is not rings.

- 66% young adult females and 64% males followed by adolescent respondents of 60% males and 58% females feel stressed due to high phone mobile bill and many time scolded by parents .
- More males' adolescents as well as young adults, go on searching for new offer on mobile.

### CONCLUSION:

The study concluded that there was no significant difference in mobile phone addiction among adolescents and young adults group. The study also revealed that there was significant difference in mobile phone addiction among boys and girls. Higher mean of boys indicates that mobile phone addiction is higher among boys as compared to girls with much variability.

College students use mobile phone and addicted to it boys are more addicted to mobile phone than girls, may be due to more outlay opportunities, study outside for more time and social by more. Many addiction behaviors like need of mobile phone while going out of home, talk on the phone almost time, teased by their friends for excessive use of mobile phone and also using mobile phone for their personal work are prevalent in males whereas addiction to mobile phone can be noticed by using mobile phone most of time while driving or walking and insecure feeling in the absence of mobile phone while them are seen more in girls.

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