



# SMARTPHONE ADDICTION AMONG ADOLESCENTS- A COMPARATIVE STUDY

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**Abstract:** Today many adolescents are using smartphones for various purposes including their academics for a long time throughout the day. This might also lead to its addiction as the smartphone offers many features. Thus, leading to many problems related to health and behaviour. The aim of the present study was to know the pattern of smartphone addiction among adolescents. A simple random technique was used to collect the required data through a survey. A total of 150 adolescents (boys=75. Girls=75) in the range of 13 to 18 years were selected from two composite colleges in Manipur. "Smartphone Addiction Scale- Short Version" developed by Min Kwon (2013) was used to elicit the data. The data was analysed by using, the mean, standard deviation, and students 't' test. The results indicated that adolescent boys were addicted to smartphones more than girls. Both the adolescent boys and girls indicated that they faced daily life disturbance and overuse problems with their smartphone use.

*Keywords: Adolescents, addiction, Smartphone*

## INTRODUCTION

Today's world is a digital era. Technologies are developing at a fastest rate than one could have ever imagined (Gregorio Serra, 2021). It is inevitable that adolescent is in the developing phase, they are vulnerable to dependent or addictive behaviours (Rice P., 2001). Adolescents grow quickly in terms of their physical, cognitive and psychological development. This has an impact on individuals' emotions, feelings, decisions, actions, and interactions with the environment (Santrock 2007, Wei wang, 2022). New-generation smartphones are affordable, handy, and easily accessible. The facilities and features provided by these smartphones are really fascinating and addictive to the users. Hence, adolescents tend to use them for a longer time throughout the day (Shruthi and Indiramma, 2019). The new generation devices also offer other functions beyond calling such as - internet availability, computer games, music player, camera functions etc (Kormendi, 2015). Thus, adolescents tend to use them for various other purposes apart from their academics (Shruthi and Indiramma, 2019) leading to dependency behaviour on smartphones.

As the dependency on smartphones become stronger, adolescents use them for a long period and the usage increases. Thus, leading to the addiction to smartphones. Smartphone addiction is becoming a common concern in the present-day scenario across the globe (Tayana, 2018). Symptoms of smartphone addiction include social isolation, family conflicts and academic failures among students. The psychological consequences include obsession with the internet or internet gaming; imbalance of real-life relationships, sleep, work, and education, increased aggression, hostility, and stress. Problems such as poor verbal memory, poor attention span, maladaptive coping strategies and low psychological well-being and high loneliness are common among the users (Mehrnaz, 2017) which might lead to various problems apart from disturbing their daily life activities.

## METHODOLOGY

**Aim:** To study the pattern of smartphone addiction among adolescents

### Objective:

1. To assess and compare the level of smartphone addiction among adolescent boys and girls.
2. To assess and compare the dimension-wise smartphone addiction among adolescent boys and girls viz; daily life disturbance, withdrawal, cyberspace-oriented relationship, over-use, and tolerance.

### Procedure:

The sample of the study consists of 150 adolescents (75 boys and 75 girls) in the age range of 13 to 18 years from two different composite colleges in Manipur. A simple random sampling technique was used to collect the required data through a survey. 'Smartphone addiction scale (short Version)' developed by Min-Kwon-lee was used for the study. This tool has six dimensions- daily life disturbance, positive anticipation, withdrawal, cyber space-oriented relationship, overuse, and tolerance. As suggested by Kwon et al., for males a cut-off value of 31 and for females cut of a value of 33 was considered for analysis of analysis. To collect the basic data of the respondents, a self-structured basic data sheet was used. The data was compiled, tabulated, and analysed by using the number, percentage, standard deviation, and student 't' test.



than the girls. The results are in line with Meenakshi Handa et. al., (2020) and Thomée et al. (2011) where it was reported that overuse of smartphones disturbed the daily life activities and the sleep routine of the respondents. However, a non-significant difference was observed between boys and girls in the other dimensions- Cyberspace-Oriented behaviour and Tolerance.

### Conclusion:

Based on the above results, the present study concludes that adolescent boys were addicted to smartphones, but girls are not. The everyday life disturbance, withdrawal, and overuse aspects of smartphone addiction indicated significant gender differences. Both adolescent boys and girls indicated that they experienced everyday life disturbances and smartphone overuse problems with their smartphones. Therefore, it is vital for adolescents and children to come back to learning, playing outdoors and socializing in a non-digital environment, or else there will be a higher chance of adolescents becoming addicted to smartphones, which makes it difficult for them to escape from the negative effects of smartphone addiction.

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