



TO ASSESS THE EFFECTS OF SMARTPHONE ADDICTION ON ADOLESCENTS' SOCIAL LIVES IN SELECTED SCHOOLS IN GWALIOR, MADHYA PRADESH

¹Mrs.Jasintha. S, ²Dr.Amandeep Kaur,

¹Research Scholar, Himalayan University, Itanagar, Arunachal Pradesh

²Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh

Abstract: Background: As a result of mobile phones' quick and fast growth, broad use, and profound influence on contact and communication, it is important to study the potential negative health effects of exposure to mobile phones. **Objectives:** To assess the impact of smartphone addiction on social life among adolescents and the association between the impact of smartphone addiction on social life among adolescents with their selected socio-demographic variables. **Material and methods:** A non-experimental descriptive research design was employed for this study. This study's population includes adolescents studying in schools in Gwalior. Sixty adolescents who met inclusion and exclusion criteria were included in this study. Eligible subjects were selected by using a non-randomized purposive sampling technique. **Results:** The findings of the study revealed that a maximum number of 28(46.6%) adolescents agreed, 19 (31.6%) strongly agreed, 6 (10%) had undecided, while 5(8.3%) disagreed and 2(3.3%) had strongly disagreed that smartphone addiction has an impact on the social and educational life of adolescents. **Conclusion:** According to the study's findings, the majority of students believed that possessing smartphones had an impact on their social and academic lives. It's vital to boost adolescents' understanding of smartphone addiction and its impacts in order to increase awareness and stop the occurrence of mobile phone addictions.

Keywords: *Smartphone, addiction, adolescents.*

I. INTRODUCTION

Smartphone use has become pervasive over the past decade. This has been accompanied by growing concerns around excessive and potentially harmful use (1). Addiction to smartphone usage is a common problem among adults worldwide. Their excessive use of their phones while engaging in other activities, such as studying, driving, hanging out with friends, and even sleeping, is a sign of this. (2). But a lot of people don't realize that smartphone addiction is a serious issue that can harm a person's beliefs, actions, routines, emotions, and sense of wellness (3). The likelihood of experiencing depression, loneliness, anxiety, and sleep issues may all be increased by it (4).

Smartphone usage has become popular with the younger generation because of its educational and

entertaining capabilities through the use of numerous apps. Students are increasingly using smartphones among young people. On the other hand, habitual smartphone use frequently results in addiction, which has a detrimental impact on users' daily lives, social relationships, physical and mental health, and academic achievement (5).

Mobile devices make our lives easier, but they also bind us. Mobile addiction has psychological and intellectual ramifications in addition to its physical effects (6). A cross-sectional study was conducted to assess depression, anxiety, and smartphone addiction in university students, which revealed that 35.9% felt tired during the daytime due to repeated late-night smartphone use, 35.8% of people slept fewer than four hours and 38.1% reported that their sleep quality had declined (7). 'Overuse' was associated with stress and sleep disturbances for women, and 'high accessibility stress' was linked to depression symptoms, sleep issues, and stress in both men and women (8).

An addiction can be any entity that can stimulate an individual. It becomes an addiction once a habit is turned into an obligation (9). Young people were found to commonly use their mobile phones at night, and staying up late was linked to feeling unwell. There was no obvious connection between smartphone use and memory (10). Automated tension stimulators study on psychological health effects confirms that excessive use of mobile is hampering the social interactions of people (11).

Smartphone users feel they've got more control to communicate with whomever they want, whenever they want. But ironically, it's that sense of control that creates the anxiety. It's made younger people more reliant on maintaining those contacts – which can create issues from bullying to being marginalized and excluded. People lose track of time, becoming socially isolated. A persistent and very high level of involvement in internet and game-related activities results in detrimental emotional and social consequences for the user and included excessive use, withdrawal, tolerance, and negative consequences (e.g., arguments, lying, poor achievement, social isolation, and fatigue). Overall, mobile phone use has generally been linked to risky or "antisocial" activities, unrestrained use, and dependent signs. (12).

STATEMENT OF THE PROBLEM:

A study to assess the effects of smartphone addiction on adolescents' social lives in selected schools in Gwalior, Madhya Pradesh.

OBJECTIVES:

- To assess the impact of smartphone addiction on social life among adolescents.
- To find an association between the impact of smartphone addiction among adolescents with their selected socio-demographic variables.

ASSUMPTION:

Adolescents may have the impact of smartphone addiction on their social life.

I. MATERIALS AND METHODS:

Research Approach: In the present study, the descriptive and exploratory research approach was used.

Research Design: Non-experimental descriptive research design was employed for this study.

Setting: Schools of Gwalior, Madhya Pradesh.

Population: Adolescents studying in selected schools of Gwalior, Madhya Pradesh.

Smartphone: A smartphone is a hand-held electronic device that provides a connection to a cellular network. The smartphone allows people to make a phone calls, send text messages and access the internet.

Smartphone Addiction: is a type of behavioral addiction that can be destructive to social life.

Social life: refers to the part of a person's time spent doing enjoyable things with others in society.

Sample and Sampling Technique: Sixty Adolescents (60) were selected by using a non-randomized

purposive sampling technique by applying inclusion and exclusion criteria.

DESCRIPTION OF THE DATA COLLECTION TOOL:

In this study the data collection tool was divided into three parts:

Part 1: Socio-demographic variables consist of 7 items, i.e, gender, age (in years), type of family, family residence, father's educational status, father's occupation, mother's educational status, mother's occupation, pocket money, and family income.

Part 2: Five-point Rating scale to measure the level of smartphone addiction on Adolescents among school children.

Scoring:

It is measured by using five pointer rating scale.

Strongly agree = 5, agree = 4, undecided = 3, disagree = 2, strongly disagree = 1; Total Score = 110

Level of smartphone addiction rating scale

Negative score	0 -73,	Percentage	66%
Positive score	74 – 11	Percentage	100%
Q. No.	Maximum score	Minimum score	
1-22	110	0	

II. RESULTS AND DISCUSSIONS

The data findings have been organized and finalized according to the plan for data analysis and the results are presented in the following.

Section 1: Frequency and percentage distribution of socio-demographic variables of Adolescents.

Section 2: Findings related to the level of impact of smartphone addiction among adolescents.

Section 3: Association between the levels of smartphone addiction in adolescents with their selected sociodemographic variables.

Section 1: Description of socio-demographic variables of adolescents.

Table 1: Frequency and percentage distribution of respondents - socio-demographic variables (N=60)

Variables	Frequency (f)	Percentage (%)
Age		
13-15	28	46.70%
16-18	32	53.30%
Gender		
Male	38	63.30%
Female	22	36.70%
Family Residence		
Rural	22	36.70%
Semi-Urban	21	35.00%
Urban	17	28.30%
Type of family		
Joint	19	31.70%
Nuclear	33	55.00%

Extended	8	13.30%
Pocket money(in Rs)		
<2000	15	25.00%
2000-4000	12	20.00%
>4000	33	55.00%
Father's Educational status		
Graduate and above	3	5.00%
Higher Education	8	13.30%
Secondary Education	14	23.30%
Primary Education	24	40.00%
Formal Education	11	18.30%
Mother's educational status		
Graduate and above	27	45.00%
Higher Education	25	41.60%
Secondary Education	5	8.30%
Primary Education	2	3.30%
Formal Education	1	18.30%
Father's occupation		
Government employee	27	45.00%
Private employee	5	8.30%
Businessman	8	13.30%
Unemployed	20	33.30%
Mother's occupation		
Government employee	30	50.00%
Private employee	6	10.00%
Businessman	4	6.70%
Unemployed	20	33.30%
Family Income		
<5000	31	51.70%
5000-10000	20	33.30%
10000-20,000	6	10.00%
>20,000	3	3.00%

Section 2: Findings of the impact of smartphone addiction among adolescents.

Table 2: Frequency and Percentage distribution of level of impact on mobile addiction among Adolescents

Level of Impact	Frequency(f)	Percentage (%)
Strongly Agree	28	46.6%
Agree	19	31.6%
Undecided	6	10%
Disagree	5	8.3%
Strongly Disagree	2	3.3%

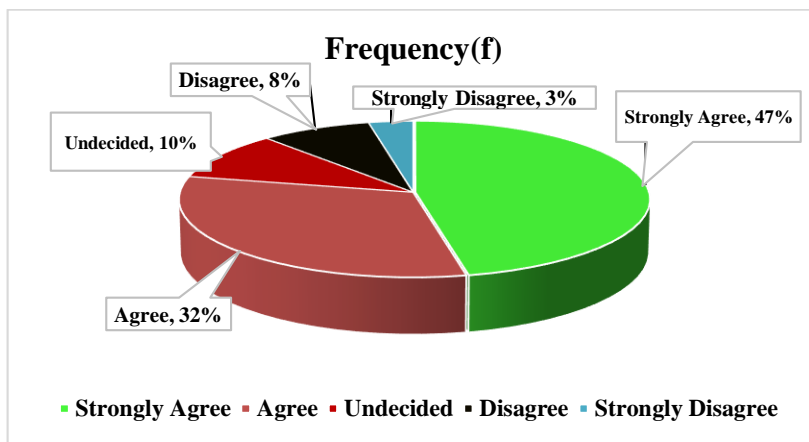


Figure 1: Frequency and Percentage distribution of level of impact of smartphone addiction on social life among Adolescents

The findings of the study revealed from table no 2 states that a maximum number of 28(46.6%) adolescents agreed, 19 (31.7%) strongly agreed, 6 (10%) had undecided, while 5(8.3%) disagreed and 2(3.3%) had strongly disagreed that smartphone addiction has an impact on the social life of adolescents.

Table 3: shows the Mean and SD of the level of impact among adolescents with smartphone addiction

Level of Impact	Mean	SD	P-Value
	2.77	6.251	0.001

Table 3 depicts that the impact of smartphone addiction on social and educational life among adolescents had a mean of 2.77 with an S.D. of ± 6.251 , P- value significant at the level of 0.001.

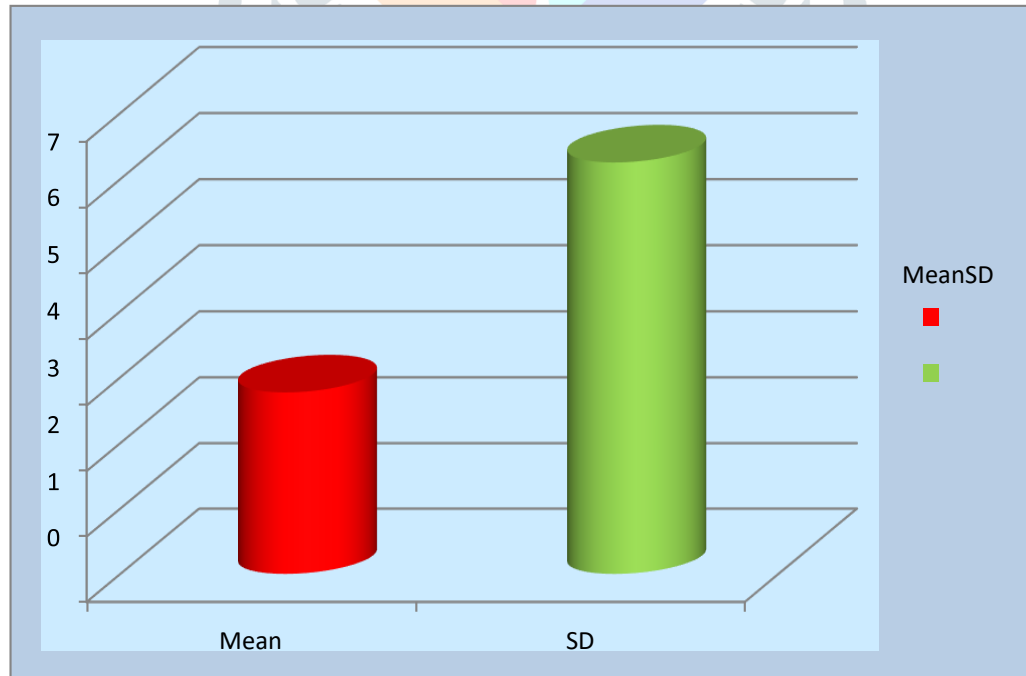


Figure 2: showing Mean, SD of impact of mobile addiction on social life among adolescents.

Section 3: Association of smartphone addiction in adolescents with their selected sociodemographic variables.

Table 4: Association between the impact of smartphone addiction on social life among Adolescents with their socio-demographic variables

Variables	Frequency(f)	%	Chi-square (X ²)	Df	P-Value
Age					
13-15	28	46.7	2.136	4	0.711 _{NS}
16-18	32	53.3			
Gender					
Male	38	63.3	4.487	4	0.344 _{NS}
Female	22	36.7			
Family Residence					
Rural	22	36.7	4.801	4	0.308 _{NS}
Semi-Urban	21	35			
Urban	17	28.3			
Type of family					
Joint	19	31.7	4.929	1	0.026 _{NS}
Nuclear	33	55			
Extended	8	13.3			
Pocket money					
<2000	15	25.00%	2.836	2	0.242 _{NS}
2000-4000	12	20.00%			
>4000	33	55.00%			
Father's Educational Status					
Graduate and above	3	5.00%	2.136	4	0.711 _{NS}
Higher Education	8	13.30%			
Secondary Education	14	23.30%			
Primary Education	24	40.00%			
Formal Education	11	18.30%			
Mother's educational status					
Graduate and above	27	45.00%	4.486	4	0.344 _{NS}
Higher Education	25	41.60%			
Secondary Education	5	8.30%			
Primary Education	2	3.30%			
Formal Education	1	18.30%			
Father's occupation					
Government employee	27	45.00%	2.957	3	0.398 _{NS}
Private employee	5	8.30%			
Businessman	8	13.30%			
Unemployed	20	33.30%			
Mother's occupation					
Government employee	30	50.00%	4.801	4	0.308 _{NS}
Private employee	6	10.00%			
Businessman	4	6.70%			
Unemployed	20	33.30%			
Family Income					
<5000	31	51.70%	1.352	3	0.717 _{NS}

5000-10000	20	33.30%			
10000- 20,000	6	10.00%			
>20,000	3	3.00%			

Table 4 revealed that there was no significant association found between the impact of smartphone addiction on social life among adolescents with their selected socio-demographic variables such as age, gender, family residence, type of family, pocket money, father's educational status, mother's educational status, father's occupational status, mother's occupational status, family income.

III. CONCLUSION

- The maximum number of adolescents had an impact of smartphone addiction on social life.
- There is no significant association between the impact of smartphone addiction on social life among adolescents with their selected socio-demographic variables.

NURSING IMPLICATIONS:

Nursing Practice: Educational programs with effective teaching strategies make it easy for adolescents to understand the concepts in a better way.

Nursing Education: The nursing curriculum consists of knowledge related to health information and appropriate strategy for imparting knowledge.

Nursing Administration: Nurse Administrators are the key persons to plan, organize and conduct educational programs. Nurse administrators' support is needed to conduct and evaluate health education programs on the impact of smartphone addiction.

Nursing Research: The researcher should be able to conduct research on each and every aspect of smartphone addiction including educational, psychological, and social in order to generate in-depth and relevant scientific data.

RECOMMENDATIONS:

- This study can be replicated with large samples.
- An interventional study can be conducted among adolescents.
- A comparative study can be done in an urban and rural setting.

REFERENCES:

- [1] Van Velthoven, M. H., Powell, J., & Powell, G. (2018). Problematic smartphone use: Digital approaches to an emerging public health problem. *Digital Health*, 4, 1–9
- [2] Harwood, J., Dooley, J. J., Scott, A. J., & Joiner, R. (2014). Constantly connected–The effects of smart-devices on mental health. *Computers in Human Behavior*, 34, 267–272.
- [3] Gao, Y., Li, A., Zhu, T., Liu, X., & Liu, X. (2016). How smartphone usage correlates with social anxiety and loneliness. *PeerJ*, 4, e2197.
- [4] World Health Organization. (2017). Depression and other common mental disorders: global health estimates (No. WHO/MSD/MER/2017.2). World Health Organization.
- [5] Arefin, S., Islam, R., Mustafi, M. A. A., Afrin, S., & Islam, N. (2017). Impact of smartphone addiction on business students' academic performance: a case study. *Independent Journal of Management & Production*, 8(3), 955–975.
- [6] De-Sola Gutiérrez, J., Rodríguez de Fonseca, F., & Rubio, G. (2016). Cell-phone addiction: A review. *Frontiers in psychiatry*, 7, 175.
- [7] Matar Boumosleh, J., & Jaalouk, D. (2017). Depression, anxiety, and smartphone addiction in university students-A cross sectional study. *PloS one*, 12(8), e0182239.
- [8] Thomée, S., Härenstam, A., & Hagberg, M. (2011). Mobile phone use and stress, sleep disturbances, and symptoms of

- depression among young adults-a prospective cohort study. BMC public health, 11(1), 1-11.
- [9] Alavi, S. S., Ferdosi, M., Jannatifard, F., Eslami, M., Alaghemandan, H., & Setare, M. (2012). Behavioral addiction versus substance addiction: Correspondence of psychiatric and psychological views. International journal of preventive medicine, 3(4), 290.
- [10] 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.
- [11] Reinecke, L., Aufenanger, S., Beutel, M. E., Dreier, M., Quiring, O., Stark, B., ... & Müller, K. W. (2017). Digital stress over the life span: The effects of communication load and internet multitasking on perceived stress and psychological health impairments in a German probability sample. Media Psychology, 20(1), 90-115.
- [12] Nishad, P., & Rana, A. S. (2016). Impact of mobile phone addiction among college going students. Advance Research Journal of Social Science, 7(1), 111-115.

