



Smart phone addiction among college students

Madanaik. H

Assistant Professor of Sociology
Government First Grade College, Holalkere.

ABSTRACT

With the invention of new technology in communication, our life has improved a lot. Cell phones or smart phones are such inventions which has changed the way of our life. Mobile phones are an integral part of ultramodern life and have come companions for individualities irrespective of age, gender and socio-economic status. The extensive use of cell phones in our daily lives has created some issues. In this paper, the study concentrated on the factors affecting the threat of smart phone dependency among college students in First Grade colleges Holalkere in Karnataka. Smartphone addiction has negative impacts on students' overall academic performance. The chops and cognitive capacities scholars need for academic success are negatively affected by inordinate phone use.

Keywords: smart phones, dependency, threat, scholars, academic, negative effect.

Introduction

With invention of mobile phones has changed the way of our life. Definitely, smart phones are a boon for us, when it used in the right manner. Mobile phones are an integral part of ultramodern-day life. Survey shows that there are about 7.1 billion unique Mobil phone users in the world. There were 606.15 million Mobil phone users in India. Nearly 74 percent of the population uses smart phones. With the introduction of Android, I-Phones, etc. the usage and availability of internet has increased. This is the age of technology, for that internet users are raising in urban as well as in rural areas. Naturally people spend more time on the internet in smart phones. According to the World Health Organization, online gaming can lead to gaming disorders, a condition that has serious effects on children's well-being and development (Manvendra Singh, 2022). Psychologists warned that it has serious health consequences.

Rural internet coverage in India has increased in the last two years. According to the Bharat 2.0 Internet study released by Nielsen, in audience measurement, data and analysis, rural India has a 20 percent higher internet user presence than its urban areas and has 352 million internet users in villages. The study revealed that the growth of female users in the last two years was 61 percent, compared to 24 percent for male users.

The extensive use of cell phones in our daily lives has created some issues. Overuse of smart phones is termed as smart phone addiction. In India, nearly 90% of college students own a cell phone for their educational purposes. As a result of the pandemic, children started to use mobile phones for their online classes. As a result of this Smartphone addiction became common among college students. Children at home are constantly stayed on their mobile phone. It may start out as an innocuous few minutes spent on mobile. But gradually time increases and students start spending hours on the device. Their Parents does not aware and struggled with what else their children are using their mobile phones for besides attending online classes. It is important for parents to know a little about internet and mobile phone.

As per World health Organization (WHO), “an Overuse” is a dependence syndrome (WHO Expert Committee, 1964) . The young students were spend more time on social media or playing games than they do interacting with people, they can't stop from repeatedly checking texts, emails, or apps even when it has negative consequences in their life. Most of students are addicted to cell phones, and this created lot of problems in their life.

Smartphone addiction, sometimes colloquially known as “nomophobia” (fear of being without a mobile phone), is often fueled by an internet overuse problem or internet addiction disorder. After all, it's rarely the phone itself that creates the compulsion, but rather the games, apps, and online worlds it connects us to. Smartphone dependency was associated with physical health leading to sleep diseases musculoskeletal and neurological problems, and rotundity. Further, reduced social participation, low communication with family, musketeers, and society, road accidents, and injuries are associated with it.

Children stopped to go outside play ground for playing and refreshment, and that time they spend with mobile phones. According to the World Health Organization, online gaming can lead to gaming disorders, a condition that has serious effects on children's well-being and development. Neha Singh, a greatest psychologist said that mobile addiction leads to nomophobia, a psychological condition in which people fear being separated from mobile phone contact.

Stages of Mobile Addiction:

Neha Anand who is a famous psychologist and a member of the Juvenile Justice Evaluation Committee of Uttar Pradesh, explained that there are three stages to mobile addiction.

1. Attraction of owning a mobile.
2. Getting to use it
3. Thrill of discovering its features and the various ways it can be used.

Smart phone addiction is high in nuclear families where both parents work and children are left unsupervised. Many adults in villages are still not familiar with mobile and internet usage and hence they are unable to monitor their children or know whether children are studying or playing.

Impact of Mobile Phone on Students:

Smart phone addiction has negative effects on students' learning and overall academic performance. The more phone use while studying, the more negative impact it has on learning. Skills and cognitive abilities needed for academic success are negatively affected by excessive phone use. Smart phone may not make students procrastinators, but they can certainly act as a vehicle for their procrastination. Excessive dependence on mobile phones is harmful to a person's mental health. Excessive use of mobile phones is associated with anxiety, irritability, frustration and impatience.

Disadvantages of using Smart phone:

1. Mobile phone cause of accidents:
2. Distance from relatives due to mobile phones:
3. Fraud on Cell Phones:
4. Use of mobile phone at night:
5. Mobile phone is a waste of time:
6. Mobile phone distraction:
7. Health problems due to mobile phones:
8. Mobile phones cause social isolation:

In India, the magnitude of Mobile phone addiction among adolescents ranges from 39 to 44%. Psychologically, Smart phone use is attributed to loneliness, fatigue, and stress and is a known precursor of consequent mental health problems. Smart phone have become companions for individuals irrespective of age, gender, and socio-economic status. This may lead to addiction among individuals. Various facets of Smart phone addiction like a state of socio-psychological illness, 'nomophobia' (No-Mobile-phobia), anxiety, ringxiety, textaphrenia, phantom ringing/vibration syndrome, commufaking are described. Approximately 2/3rd of the world's population shows signs of nomophobia. Excessive use of Smart phone s is also known to change brain chemistry. Smart phone addiction is likely to affect an individual's familial and societal relationships as they grow old and has the potential to become a major public health problem. College students are important and future role models in society as they have the responsibility to shape their lives. Education is no exception in contributing to the rapid growth of technology. Smart phone s are known to impact education, health, and social life. These can both be positive and negative. The usage of Smart phone s among students includes potential obstacles such as cheating, addiction to internet information, cyber-bullying, and negative impact on their conduct, etc. Overuse of Smart phone s results in ignoring day-to-day activities and disregarding their responsibilities and commitments resulting in behavior addiction. This impacts their quality of life, attention span, and poor performance. Smart phone s kill creativity and conversations. Improper use of Smart phone s during study hours can negatively result in poor academic performance, inability to efficiently complete assigned projects, and increased pressure leading to decreased quality of life.

Understanding specific factors that contribute to smart phone addiction is imperative in order to plan strategies to minimize or eliminate those risks whenever possible and increasing quality of life. Further, this helps clinicians, public health professionals, policy makers, and experts to work effectively towards the cause of Smart phone addiction. Most studies have looked at Smart phone addiction and its risk factors among adolescents and young adults. The current study focuses on identifying the various factors contributing to developing the risk of Smart phone addiction which aids in personal and educational growth. This study aims to address the issue, of the risk of Smart phone addiction among college students studying in First Grade Colleges in Karnataka, India.

Results

This study had 50 respondents of under graduate students. Among them 25(50%) girls and 25 boys (50%) from urban and rural areas. Most of them are from rural agrarian families (83%). Mean age of respondents at risk of Smart phone addiction 18 to 22 years. Gender, education and residential status of participants were associated with risk of Smart phone addiction.

Table no. 1: Ownership of Smart phone

Sl. No.	Ownership	Girls	Boys	Total
1	Own Smart phone	20 (40%)	21 (42%)	32 (82%)
2	Parent's Smart phone	03 (6%)	02 (4%)	5 (10%)
3	Friends Smart phone	02 (4%)	02 (4%)	4 (8%)
4	Total	25 (50%)	25 (50%)	50 (100%)

Majority of students had smart phone personally (82%), and they were used it with a strong double slandered password. Among boy students majority were had smart phones on their own. Only 10 percentages of students were using their parent's smart phone, most of them came from traditional family. The students came from poor and highly traditional families were not having smart phones, but they used their friend's device in college time.

Table no. 2: Smart phone using Places

Sl. No.	Places	Girls	Boys	Total
1	In premises of College	17(34%)	9 (18%)	26 (52%)
2	In Home	5 (10%)	6 (12%)	11 (22%)
3	In public places	1 (2%)	3 (6%)	04 (8%)
4	In Hostel	2 (4%)	7 (14%)	9 (18%)
5	Total	25 (50%)	25 (50%)	50 (100%)

According to data 52 percentages of students used smart phone in college premises, they spend their leaser time only with smart phone. Majority of girls students were engaged with smart phone in leaser time. Male students were more used smart phone in hostels. Girl students reported that Smart phones were not allowed in women's hostel and it is a main reason for they were using it in college campus. Only 22 percentages of students were used smart phones in their home, they were majority among female students.

Table no. 3: Spending time with smart phone

Sl. No.	Spending time	Girls	Boys	Total
1	Less than 2 hours	1(2%)	0	01 (2%)
2	2 to 4 hours	7 (14%)	5 (10%)	12 (24%)
3	4 to 6 hours	15 (30%)	7 (14%)	22 (44%)
4	More than 6 hours	2 (4%)	13 (26%)	15 (30%)
5	Total	25 (50%)	25 (50%)	50 (100%)

Majority students spend their time approximately 4 to 6 hours in a day (46%), girl students were more attached with smart phone. 30 percentages of students were spending more than 6 hours in a day, majority were male students among them. 24 percentages of students were using smart phone 2 to 4 hours in a day, majority were female students among them.

Table No.4: Priority to purposes of use of smart phone

Sl. No.	First priority aspects to use Smart phone	Girls	Boys	Total
1	Access to study content	3 (6%)	1(2%)	4 (8%)
2	Playing Games	5 (12%)	9 (18%)	14 (28%)
3	Using Social media	15 (30%)	13 (26%)	28 (56%)
4	Google search	2 (4%)	2 (4%)	4 (8%)
5	Total	25 (50%)	25 (50%)	50 (100%)

College students used smart phone for many purposes; 56 percents of student respondents were gave first priority to use Smart phone s for purpose of social media, they were spend more time to use WhatsApp, Instagram, and facebook. Majority of female students were engaged with smart phone to use Instagram, facebook, making reels. Majority of male students were engaged with smart phone to use facebook and WhatsApp. 28 percents of students using smart phone for playing available online popular games, majority of male students were engaged with smart phone to playing game, like Ludo, Rummy, Battleground and Mini Militia-Doodle army. Rummy, Candy Crush Saga, and Star wars were top game which girls love to play. Only 8 percentages of student respondents were reported that they were used smart phones for study purpose. Some students were access study materials with smart phones; they used YouTube and LMS to view videos on syllabus title. Only 8 percentages of students were using it for Google search.

Table no. 5: Class result of students

Sl. No.	Result grade	Girls	Boys	Total
1	Grade increased	03 (6%)	1 (2%)	4 (8%)
2	Moderate Grade	11 (22%)	8 (16%)	19 (38%)
3	Low Grade	8 (16%)	12 (24%)	20 (40%)
4	Fail	3 (6%)	4 (8%)	7 (14%)
5	Total	25 (50%)	25 (50%)	50 (100%)

Majority of the respondents were reported that they get low result in previous semester examination. 40 percentages of students were get low grade result, and 38 percentages of students were get average result, and 14 percentages of students were failed in their previous semester examination. This data clearly shows that students' result was reduced due to overuse of smart phone. This is significantly associated with risk of smart phone addiction among the study respondents.

Discussion

In this study throws light on the factors associated with risk of Smart phone addiction among college students. Class result was associated with increased risk of Smart phone addiction. Younger individuals [age group of 18-22] lack self-control and prudence for appropriate utilization of Smart phones. It is known that younger students were more tech savvy and comfortable using smart phones compared to older individuals. Association of gender with smart phone addiction is not consistent across studies. In conformity with few studies, it is found that risk of Smart phone addiction is more among male students compared to female students. However, there are other studies which report either no difference in risk or increased risk among women. There is a need to explore this inconsistent association of gender with risk of smart phone addiction. It is known that quality of life impacts negatively on risk of smart phone addiction among the young. The study was found that physical quality of life significantly reduced the risk and educational quality increased the risk of Mobil phone addiction.

Limitations

The study is not without limitations. The participants are from within the first grade college from Chitradurga districts of Karnataka. The selection of respondents is on random sampling, there is considerable geographic representation of respondents from B.A., B.Sc., and B.OM. Courses in the college. On an average there are approximately 50 respondents. However, supporting evidence for the same is not available in current existing literature. Data collection using structured questionnaire offers limited control over the responses provided as well as the order in which respondent fills the questionnaire. There was no pressure on respondents for desirable answer in favor of the study. Highest

level of control over the questionnaire was with the participants as it was a self-administered questionnaire reducing the interviewer and social desirability bias.

Conclusion

Despite limitations, this study has found that under graduate students were high risks in quality education, related to technology or smart phone or internet addiction among adults especially college students. This study, being focused on risk of smart phone addiction, conducted among under graduate individuals. Compared to female, male students were in risk of smart phone addiction.

References

1. Alavi SS, Ghanizadeh M, Mohammadi MR, Kalhory SM, Jannatifard F, Sepahbodi G. (2018); The survey of personal and national identity on cell phone addicts and non-addicts. *Iran J Psy.* 13(1):15.
2. Celikkalp U, Bilgic S, Temel M, Varol G. (2020): The smartphone addiction levels and the association with communication skills in nursing and medical school students. *J Nur Res.*;28(3):e93.
3. Davey S, Davey A. (2014): Assessment of smartphone addiction in Indian adolescents: a mixed method study by systematic-review and meta-analysis approach. *Int J Prev Med.*;5(12):1500.
4. De-Sola Gutiérrez J, Rodríguez de Fonseca F, Rubio G. (2016): Cell-phone addiction: A review. *Fro Psy.*;7:175.
5. Domoff SE, Sutherland EQ, Yokum S, Gearhardt AN. (2020): Adolescents' addictive phone use: Associations with eating behaviors and adiposity. *Int J Environ Res.*;17(8):2861.
6. Fennell C, Barkley JE, Lepp A. (2019): The relationship between cell phone use, physical activity, and sedentary behavior in adults aged 18–80. *Com H Beh.*
7. Global Digital Overview January 2021 Data Reportal [available from: [<https://datareportal.com/global-digital-overview#:~:text=There%20are%205.29%20billion%20unique,of%201.9%20%20per%20year.>]
8. Nath A, Mukherjee S. (2015): Impact of Mobile Phone/Smartphone: A pilot study on positive and negative effects. *Int J.*;3(5):294–302.
9. NIMHANS Centre for Well Being. Cell phone over use and addiction [available from: <https://nimhans.ac.in/wp-content/uploads/2019/02/Cell-phone-overuse-and-addiction.pdf>].
10. Peraman R, Parasuraman S. (2016): Mobile phone mania: Arising global threat in public health. *J Nat Sci Bio Med.*;7(2):198.
11. Renuka K. (2019): Prevalence of smartphone addiction in an urban area of Kanchipuram district, Tamil Nadu: a cross sectional study. *Int J Com Med.*;6(10):4218.
12. Subramani Parasuraman AT, Yee SW, Chuon BL, Ren LY (2017): Smartphone usage and increased risk of mobile phone addiction: A concurrent study. *Int J Pha Inv.*;7(3):125.