



MOBILE PHONE ADDICTION AMONG YOUNGSTERS

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Abstract

Today Mobile phones is one of the manifestations of communication technology which have a strong position in modern life and human society and are considered as an integral part of everyday relations. . In today's communicational world mobile phone are used largely as a means of personal communication. Psychiatrists proclaim that in the 21st century mobile phone addiction has become one of the major non-drug addictions. It can be said that for many people living without mobile phones is not possible or at least is not desirable. Mobile phone can be considered as a form of technological addiction. Many mobile phone addicts are people with low self-esteem and have difficulty in their social relationships and feel that they need to constantly contact with others. Turning off mobile phones can provide anxiety, sensitiveness and sleep disorders and insomnia and even shivering and digestive problems. Also it creates emotional attachment for users, so these people believe that without the use of mobile phones they are unable to live. The popularity of cell phones among young people is not unique in India, but it is a worldwide phenomenon. The formation of a global youth culture around mobile phones is an emerging topic of academic interest and research. Several studies have been conducted on the use of mobile phones among young people in different countries across the world such as Japan, Norway, Finland, USA, and Britain. This study adds to the growing body of research by providing empirical information about the use of mobile phones by youngsters in India.

INTRODUCTION:

Communication technology has played an important role throughout the evolution of all species. Communication within each species therefore gradually developed, getting more and more advanced as the complexity of the information to be passed on increased. The need for long distance communication, or telecommunication, was appreciated very early in human community development (tele-at a distance). Smoke signals, carrier pigeons, semaphores, all these played a crucial role at one stage in telecommunications. The mobile phone is among the most prominent kinds of information and communications technology (ICT) and is probably also the one that has shown the most spectacular development during the past few years with regard to technological innovations, social impact, and general use by the majority of the population. One of the groups in which the

increase in mobile-phone use has been the most significant is youngsters, not only because virtually all youngsters have one of these devices but also because the mobile phone acquires much greater relevance in youngsters than it does in other developmental stages. India is widely seen as a very big market for mobile phone growth. Mobile phones in the country have not only broadened communications and introduced new and faster lifestyles, but have also brought along a culture of highly modern technological times. According to Duque (2003) mobile gadgets have not only take hold of the country's fancy, like computers, it ushered in a new age, eased work and introduced several data and swept the country with new sense of speed and power. The mobile phone has many attributes and characteristics that make it especially attractive to youngsters and that encourage its use among members of this group. Technological revolution has provided the world with luxurious inventions. Communication channels has been so fabulously upgraded that corresponding to a persons with thousands of miles apart is just a game of seconds now. Invention of fixed telephone in 19th century was no more a wonder in 21st century when human brain invented portable "mobile phone". Mobile phone technology has experienced a tremendous growth. The significance of the mobile phone lies in empowering people to engage in communication, which is at same time free from the constraints of physical proximity and spatial immobility (agre, 2001). Mobile industry has been among the fastest growing categories of consumption goods. Remarkable growth can be seen in its users especially among young people. As is evident from the above discussion, mobile phones not only provide wireless interpersonal communication, but they have now evolved into multimedia devices that allow for a host of different communication and multimedia functions. In this study, mobile phones are seen as multimedia technology that can be used for communication and media-related activities. As a communication technology, mobile phones facilitate various kinds of communication through voice calls, text messages, picture messages and video messages. The adoption of the mobile phone by young people has been a global phenomenon in recent years. It is now an integral part of youngsters' daily lives and is for the majority, the most popular form of electronic communication. In fact, the mobile phone has turned from a technological tool to a social tool. Young people use the mobile phone in positive ways to organize and maintain their social networks. However, there are also negative impacts on young peoples' peer relationships. These can include ostracism and cyber bullying. Similarly, the mobile phone has lead to changed dynamics in the family, with issues of safety and surveillance from a parental perspective leading to negotiated changing freedoms for young people. While functional coordination can be beneficial for the family, other problems can arise such as financial difficulties, non-custodial parent access, as well as over reliance on the mobile phone for safety issues and intrusion into young people lives.

Operational Definitions of keywords

- **Addiction**

Addiction is repeated involvement with a substance or activity, despite the substantial harm it now causes, because that involvement was (and may continue to be) pleasurable and/or valuable.

- **Mobile phone addiction**

Mobile phone addiction refers to recurring compulsion of using mobile phone which leads to affect their work or study, owing to their physical or psychological dependence on media and disabling their function within the society.

Objectives of the study

1. To study the mobile phone addiction among youngsters.
2. To analyze the effect of mobile phone addiction among boys.
3. To analyze the effect of mobile phone addiction among girls.
4. To compare the effect of mobile phone addiction among boys and girls.

Hypotheses

1. There is no significant difference in mobile phone addiction among youngsters.
2. There is no significant difference in boys and girls with regard to mobile phone addiction.

Delimitation of the study

- The present study was delimited to two colleges.
- The study was delimited to the under graduate students only.

Method of the study

The investigator has used descriptive survey method to study this problem which was found to be the best suited method.

Sample

A sample of 200 students was selected randomly. For this two colleges were selected. 100 Students from each college were taken as subject for the present study.

Tools used

The selection of appropriate tool is very important for collection of data in any research work. Tool for the present study are selected according to the objectives formulated for the study. As there was no readymade tool was available to study the mobile phone addiction among college students, investigator used self constructed questionnaire i.e. "Mobile addiction questionnaire".

Procedure of the study

There is a systematic procedure for all researchers differ as all research differs in pattern, objectives; methods etc. for this study investigator followed the given procedure. First of all, the area and problem of study was selected. After selection of the problem, objectives and hypotheses were formulated. Then next step was to select the sample. The tool was administrated to the sample and data was collected. After the collection, data was analyzed and interpreted then conclusions were drawn on the basis of objectives and hypotheses made in the beginning.

Statistical Techniques Used

Keeping the view of the nature of study and nature of objectives investigator used such statistical techniques which helps in the analysis and interpretation. Various formulas used in the calculation. Mean, standard deviation and 't' test was used for data analysis and interpretation.

Results

1. Mobile phone addiction among youngsters

In this study, the first objective was to study the mobile phone addiction among youngsters. To attain this objective, mean & S.D. of the mobile addiction scores has been calculated with the help of 'mobile phone addiction test' among college students

Table-1

Scores of mobile phone addiction among college students

Variable	N	MEAN	S.D.
Mobile addiction	200	138.92	34.58

Table 1 exhibit that mean score of mobile addiction among youngsters is 138.92 and S.D. is 34.58.

2. Analyze the effect of mobile phone addiction among boys

The second objective of this study was to analyze the effect of mobile phone addiction among boys. For this mean and S.D. were calculated and has been presented in the table given below.

Table-2

Scores showing the effect of mobile phone addiction among boys

Boys	Mean	S.D.
100	78.32	20.74

Table 2 shows that mean and S.D. scores of boys is 78.32 and 20.74 respectively.

3. Analyze the effect of mobile phone addiction among girls

The third objective of this study was to analyze the effect of mobile phone addiction among girls. For this mean and S.D. were calculated and has been presented in the table given below

Table-3

Scores showing the effect of mobile phone addiction among girls

Girls	Mean	S.D.
100	60.60	13.84

Table 3 shows that Mean and S.D. scores of girls are 60.60 and 13.84 respectively.

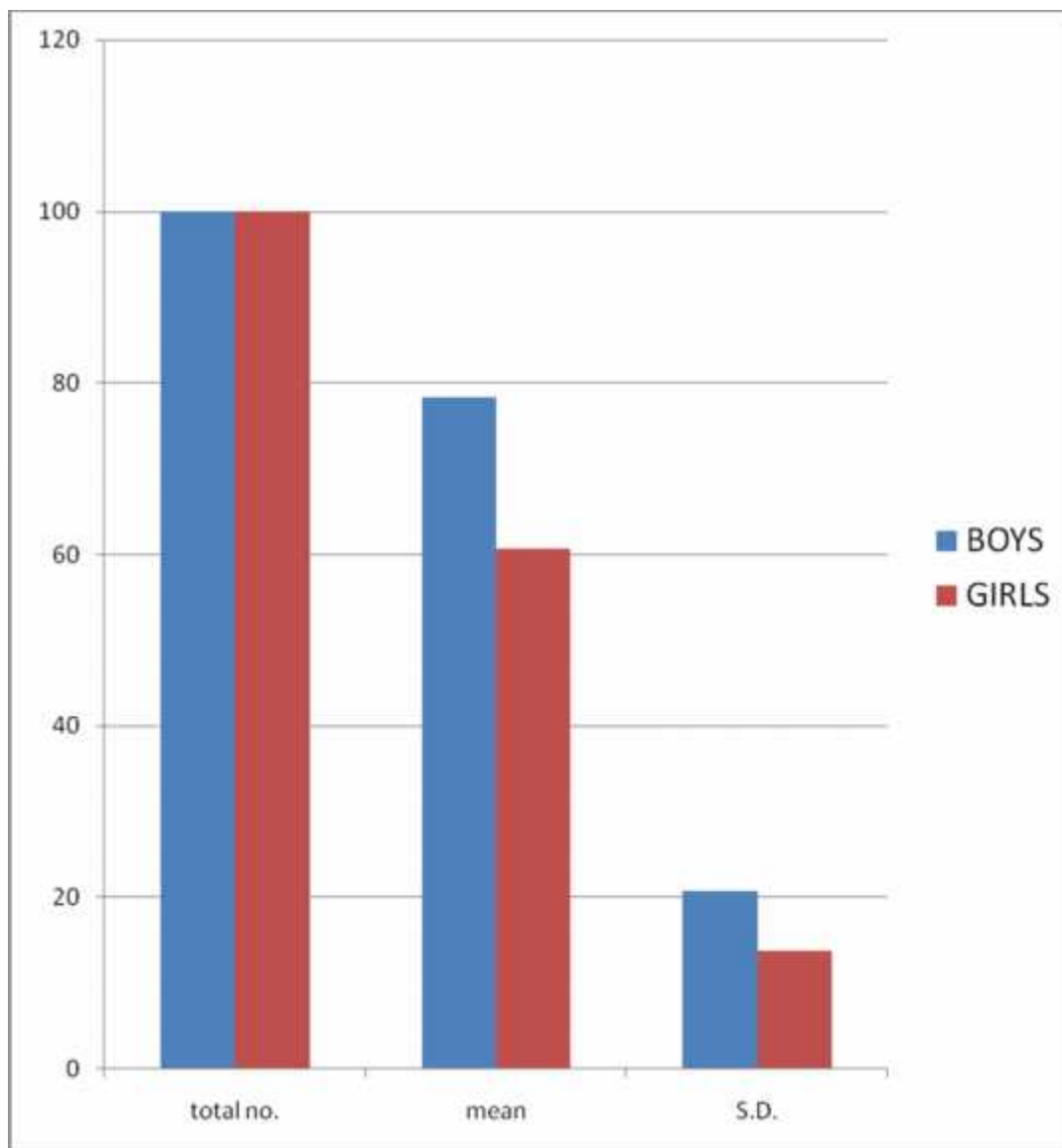


Figure 1: Graph showing mean and S.D. of mobile addiction among youngsters.

4. **To compare the effect of mobile phone addiction among boys and girls**

Forth objective is to compare the effect of mobile phone addiction among boys and girls. For this, mean and S.D. were calculated and has been presented in the table given below. 't' value is also calculated to compare the effect of mobile phone addiction among boys and girls

Table- 4

Scores showing the effect of mobile addiction among boys and girls.

Gender	No. of students	Mean	S.D.	't' value
Boys	100	78.32	20.74	7.11**
Girls	100	60.60	13.84	

** Significant at 0.05 level

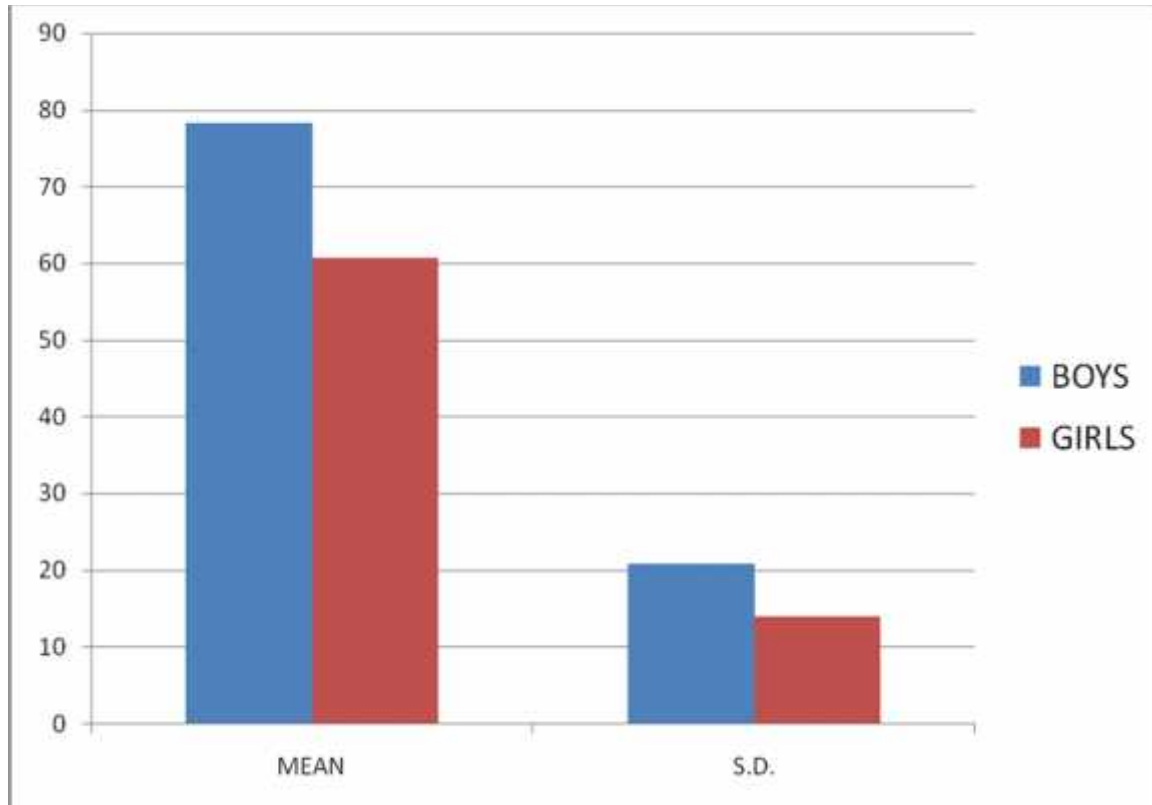


Figure 2: Mean scores of mobile addiction among boys and girls.

From the above table, it is found that the mean for the 100 boys and 100 girls has been calculated to be 78.32 and 60.60. The S.D. of boys and girls is found 20.74 and 13.84. To compare addiction among boys and girls, ‘t’ value has been calculated 7.11, which is significant at 0.05 level of significance. Hence Hypothesis 2 “There exists no significant difference between boys and girls” is rejected. We can conclude that there exists a significant difference between these two groups. Thus from the interpretation we found that all of the hypotheses have been rejected and it can be concluded that mobile phone addiction is found in youngsters and by mean examination, it is clear that mean score of boys is higher than the mean score of girls.

Main Findings

The statistical analysis of data helped in testing the various hypotheses formulated to realize the objectives of the study. Following are the brief findings:

1. There is a significant difference in mobile phone addiction among youngsters.
2. There is a significant difference between boys and girls with regard to mobile phone addiction.

Suggestions for the further study

The present investigation has been carried out to study the mobile phone addiction among college students. Some of the suggestions for further research in the area are given below:

1. A study of mobile phone addiction can also be done by comparing U.G. and P.G. students.
2. The sample size was limited to 200 students only; similar study can be done on a large sample.
3. A study comparing the mobile phone addiction of rural and urban population can also be done.
4. Mobile addiction study can also be compared to metro city and small city.

Conclusion

Mobile phones have been of help because information is power. The students at the college level utilize this wonderful technology in a better way by sharing useful information with their classmates and teachers. The female students belonging to remote areas feel secure and their parents can contact them any time. On the other hand, the mobile phone is also misused by the college students. Youngsters must be sensible and careful to get maximum advantages from this technology which was a dream some years ago. Students should be aware of the facts of excessive use of mobile phones. If the students use it wisely and properly then they can improve their education and construct a better future for them.

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