

Impact of Mobile Phone Usage on the Emotional Maturity of Young Adults

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ABSTRACT

In the current era, the introduction of modern technological devices has grabbed the attention of the global population. The dependency of people on mobile phones, devices and services provided by them has reached at such levels that without these, they are unable to think a step forward in the direction of their growth. Such a degree of dependency is leading to addiction of mobile phones. The youth of this country is the most vulnerable group among the population to be addicted to mobile phones. The study was designed to study the usage of mobile phones in young adults i.e., the time spent with the mobile phones and their Emotional Maturity. By using structured questionnaire, primary data was collected from 110 adults (both males and females). The Problematic Mobile Phone Use Questionnaire, Singh and Bhargav's Emotional Maturity scale were used to gather data. The 't' test was done for statistical analysis. Results of the study showed that there is a significant difference of mobile phone usage in males and females and a significant difference of emotional maturity in males and females. The findings are interpreted based on the current theories and implications for future are pointed out.

Keywords: *Mobile Phone, Emotional Maturity.*

Technology is the dynamism that performances as the dynamic force to determination or to initiate our day to day live. It is nothing more than the outcomes of the improvements and creativeness of human mind. It alters the natural resources for humans wants into consumable and demandable consumer goods which are consumed by the human society and individuals globally. It has transported the mechanization level to such elevation that individual effort for time and money has been saved for better use. Due to this, admittance to data and information one from computer or mobile has become easier and faster from any place in the world.

Information technology and Internet system has delivered such amenities that the world is connected to every corner of the city with the internet. However not all mechanization and technology has been used for diplomatic purposes. The expansion of weapons for mass devastation has produced thoughtful risk to human society over the growing years. Mobile

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phones are an electronic device that can help one person to other person receive and make calls over a wireless link while travelling around any place in the world. Besides calling it can also deliver a multiplicity of other facilities like instant messaging, playing song, gaming, business applications, infrared, Bluetooth, photography, e-mail, and internet access etc. It was first made known to the world in 1973 and in 1983 the world's first mobile phone was globally available.

Mobile phone is the utmost supremacy in the hands of human Beings and it's up to us how we make use of it. Our age group teenagers are Gen Tech mean our generation totally depends on mobile phone and gadgets. Mobile phone has taken daily part and day to day need of more or less every single person live, mainly the young generation. In general, every one wishes to enjoy an updated Mobile phone and gadgets. While Mobile phone has changed the human's being's life, in Present world, we try not to waste most of our work time and finish our work within given time duration so that additional time can be channelized for other pending works. Without bringing Mobile phone and gadgets in use, it is hard for us to finish our everyday work and if we try to avoid usage of mobile phone, we fell something is missing or we are not able to concentrate without checking social media sites. We lack focus as our concentration is divided between our office work and mobile phone which lead to lack of efficiency of our work. Major problem for weak eye sight is the use of mobile phone in low light or continuous use of mobile phone for long duration. Teenagers have deliberately connected to modern gadgets and Mobile phone as they love playing games on mobile phone rather than going out and play this generation is getting shoddier day by day with the entry of new mobile phone in the global market. We are connected with different part of the world with the different social media sites which help us to connect with our friend's relatives or anyone in any part of the world. Mobile do have ill effects on our generation but the offer number of advantage as well like class friends can share notes if any student is absent or can talk to his or her teacher when he is facing any problem during his lesson.

Mobile is the most important thing in person's life, he can live without his beloved once but not without his mobile phone. Electronic Gadgets such as mobile, desktops, or laptops has changed our life from slow to easier and faster. They provide economical way to stay in touch with our friends, family who are living in far of places all use has do just open any social media and you are connected. But on the other hand, they have in reality made humans more of a mobile socialising person than a reality socialising person. Rather than using Mobile Phone for productive work, teenagers are killing their fruitful time on different mobile phone application like playing online game on internet, using social Media site. Now a days world is curved by the improvement mobile gadgetry, for it certainly suggest many compensations, like added occasions, improved separate safety and provide reduction in mind after traumatic work. Updated Mobile phone or the improvement in the Mobile phone has improved the percentage of the globalization among individuals, staying in touch with individuals has accelerated the rate use of mobile phone. Communication is swapping of information; view opinions among different individuals and mobile phones are the best mean to do so. Mobile phones are the type of gadget which disturbs everyone's day to day routine life. Let's discuss our daily day to day life with dawn we use the phone clock for alarm to get up in the sunrise, and then come next work, our life is totally dependent on mobile phone rather than we governor them they are monitoring us. Mobile phones have become so improved with the help of Internet access on mobile. Mobile phone has made our living standard so stress-free but at the price of dependence on mobile phone and gadgets. . Mobile phones have acquired a significant part in our day-to-day life where for every solo

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thing there is mobile app available. People are offering gadgets to their children, which is spoiling their life. Violation shown on Mobile apps or on any other device is disturbing youths mind and healthiness, too much usage of any gadgets is harmful same is the case with Mobile phone as effect sightedness, psychological stress, race for attaining more and more at any cost.

Emotional Maturity, Emotion is the compound psycho physiological skill of an individual's condition of brain as contact with biochemical (internal) and environmental (external) presence. In being, an emotion basically involves "physiological stimulation, expressive behaviours and cognisant practice." Emotion is connected with frame of mind, nature, character, natural world and enticement. Motivations and invigorate behaviour, while emotions offer the sentimental part of motivation, optimistic or negative. A correlated division is flanked by the sentiment and the outcome of emotion, predominantly behaviours and emotional expressions. Individuals often act in definite conduct as a direct outcome of their emotional condition, such as fighting, crying and fleeing. If one person can have the emotion devoid of a subsequent behaviour, then we may consider the behaviour not to be vital to the emotion. Emotional maturity is a progression in which the behaviour is incessantly determined for greater common sense of emotional wellbeing, both intra-psychically and intra-Individual. Emotional maturity is the capability to endure setback in satisfaction of wants. For example, he has the capability to abide a sensible amount of aggravation. He has conviction in long-term plan and is proficient of delaying things or revising his outlook in terms of strain of a condition. An emotionally mature teenager has the ability to make useful modification with himself, family members and his friends in the College, society. But maturity means not just the ability for such approach and implementation but also the capability to take pleasure in them fully.

The most imperative phase in life is during emotional maturity when an individual was in his adolescent years. We acquire companionship, abhorrence, anxiety, emotional state, hatred, loves and irritability. It is very critical that grownups must encourage their child's thoughts and actions in a positive way. Many life decisions happen during the small span of time in our adolescence maturity age. Constructive adolescent sentiments include desire, cheerfulness and friendliness. Grown-ups those who are emotionally developed have faced let-down, sorrow and defeat in their youthful age. An extraordinary I.Q. (intelligence, quotient) does not undoubtedly direct that's one has grown emotionally mature; Some persons may ripe before their maturity age because of the accountabilities they were doing in their age of Teenage years. Youth is a time when an individual is between childhood and adulthood and it is the phase when his judgements may be productive or not. His resolution can mainly be inclined by the atmosphere he sees his nearby or the internet sites and applications he streams on internet. It is the matter of concern of the grown-ups to keep a check on their child and look after their education and they are not dipping in the bad company through the usage of internet on mobile phone. Mobile phone has improved at a very advanced rate and now every teenager is able to watch everything very easily on internet or any other gadget things that might be good or bad during his growing age and that might not come into notices of parents. Web site stuff on internet is accessible for every individual how can access internet heedlessly without verification of user age; internet stuff that are outside child mind maturity age setup may disturb his emotional maturity. Mobile phone is seriously distorted the mind maturity age setup in incorrect direction. Our dependence toward phone needs to be controlled. Every individual needs to govern and restrict the usage of mobile phone and the Internet sites. Emotional maturity is the ability to differentiate and properly distinguish individual's emotions while yielding you the freedom

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to involvement of whatsoever emotion is appropriate for a precise condition. Emotional as the “capability to make out and recognize emotions in oneself and others individual, and your capability to use this information to govern your conduct and correspondence”. As the time increase with gadgets alone decrease an individual’s time to socialise with others or meet them face to face. Quite rightly, as technologies distract our responsiveness away from a realistic world, there happens to be a chance of the danger of disengages that reduces E.I. Most of the people are uninformed of the privacy incursions in their internet usage and of perpetuity of internet data, making them careless in uploading personal stuff that might go wrong later on, either on an individual level or on mass level. Gadgets have plus point as well; the elasticity of new gadget tools unquestionably provides individuals with a place for innovation and creativeness which could motivate individuals to have a positive understanding on self-awareness.

Empathy is a new platform of EI that might be stimulated by Mobile phone. Empathy is an attribute usually supposed of as lacking human touch, face-to-face communications and conversation through spoken as well as written cues. E-communication provide chatting, instant messaging and social networking websites, while contribute the opportunity of breaking the distance barrier, offers a challenge of evolving compassionate relationships with another individual. The most important malefactor in the downfall of empathy is the demonstration to appalling pictures and proceedings that are committed by all forms of mass media, Internet. The ghastly videotapes on internet not only provide fodder to forbidding interest but also eliminate the element of fear and scariness. Too much internet usage may lead to tiredness of brain, stress on mind, pain in the eyes, and lack of sleep. Internet is a boon or a bane it totally depends on the individual using it for and for how long. Television is the called an idiot box and so is internet if we don’t use it wisely. Mobile phone affects the emotional maturity in adult as it corrupts the thinking process and adult believe what internet shows them. Mobile phones is making psychologically and emotionally weak.

REVIEW OF LITERATURE

Mobile Phone Usage

According to a study conducted by Bhatt on Mobile Phone Usage among the Post Graduate Students (2008) studied the use of mobile phones, the time spent on mobile phones and the effects and consequences of the mobile phones usage among the post graduate students. Data was collected from 700 students. The results showed that the usage and need of people differ from organization to company.

As stated by an investigation led eventually by Perry, Stephen and Lee, Kevin (2008) titled ‘Mobile Phone test informing abuse "among the College students.’ those contemplate found that a secondary rate of cell phones users around college people were dependent on their cell phone. Furthermore, such enslavement could be harming with personage finances and productivity. The results showed that men were heavier users for SMS over ladies.

Ross (2011) found that three sort of mobile phone addictions, the first is that people who are obsessed to mobile phone always keep their mobile phones on. The second is that they lean to use their mobile phones even when they have a landline phone at home. Finally, they are confronted with financial and social difficulties due to their extreme cell phone use.

As stated by an investigation led eventually by M. J. Stollak, et al, (2011) students who need advanced mobile phones were less averse on both social networks and also use time in chatting for others. The consequence demonstrated that students could upgrade their

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academic execution level by viewing internet demonstrates and also professors might must a chance to be wary for relegating undertaking meets expectations directing, including Online networking with people as a portion might bring favourable element to finishing those worth of effort over others.

As stated by an investigation led eventually by Gretchen Krebs (2012), indicated that mobile phones have an immense effect on student achievement. Differences in usage of mobile phones by gender were found, with female students showing increased mobile phone use for safety and socializing, enthusiasm toward brand and trends, and indication of enslavement. The outcome demonstrated that males and females differ in some areas of cell phone use.

Subba, et al. (2013) investigated the ringxiety (Phantom ringing) furthermore diverse discerned effects, and additionally the example of the cell phone utilization around school people in South India, Mangalore, What's more they discovered that mostly, those man whom they talked to ahead their phones were folks to 220 (51%) of the scholars. 150 (48%) talked to short of what half hour for a day and 137 (41%) were high volume message clients.

As stated by an investigation led eventually by Srivastava and Tiwari (2013) that the effects of extreme use of mobile phone on adolescent's well being and their quality of life. Data was collected from 100 male students. The outcome demonstrated that limited users of mobile phone have better mental health and quality of life than unlimited users of mobile phone.

As stated by an investigation led eventually by Acharya, et al. (2013) observed that the well-being effects of cell phones usage among students pursuing courses in colleges. The outcome demonstrated that headache was one of the symptoms followed by irritability or anger. Other common symptom includes lack of attentiveness and poor academic performance, insomnia, anxiety etc.

Cagan, et al. (2014) expressed that ordinary cell telephones clients need stretched those level about enslavement. It need been made that there might be a negative correspondence the middle of enslavement to versatile telephones Also Besides academic triumph What's more also a sure connection between enslavement will cell telephones and the level of bitterness.

As stated by an investigation led eventually by Sheopuri (2014) observed that extent of addictive behaviour towards the mobile phones use and the connection between the users of the mobiles and the mental self-destructive behaviour among adolescents. The outcome demonstrated that the use of mobile phone is strongly integrated into young people's behaviour that symptoms of behavioural addiction, such as use of mobile phones are affecting their day-to-day activities.

As stated by an investigation led eventually by H. M. Abuhassna and I.M.H. Amin demonstrated that the contrasts due to age and gender do not arise to be particularly significant. Most differences arise to be due to the mobile devices used. The use or not of certain technologies like social networking among students is high compared to looking for answers during examinations.

Emotional Maturity

As stated by an investigation led eventually by Jadhav (2010) examined the relationship between home environment and emotional maturity among college students. Data was

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collected from 200 students. There is a positive relationship between home environment and emotional maturity among the boys and girl students. The study revealed that there is no positive relationship between home environment and emotional maturity among college students.

According to a study conducted by K. Subbarayan, G. Visvanathan (2011) examined study on emotional maturity of college student. The main aim of the study was to see the gender and religious differences in emotional maturity of college student. The results revealed that the emotional maturities of college student were extremely unstable and the sex, community and the family type did not have any role in the emotional maturity of the college student. There is a difference in emotional maturity of college student.

A study conducted by Armin Mahmoudi (2012) has examined emotional maturity and adjustment level of college students. All the learners were females belonging to lower middle class families and their age ranged between 18-22 years. The study revealed that high positive correlation was obtained between emotional maturity and overall adjustment.

As stated by an investigation led eventually by Dalwinder Singh et. all (2012) conducted study on emotional maturity differential among university students. The main aim of the study was to assess the difference between sportspersons and non-sportspersons on the emotional maturity among male and female. The study revealed that no differences were found with regard to emotional instability, emotional regression, personality disintegration, lack of independence. Emotional maturity between male sportspersons and female non sportspersons revealed significant differences on emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity.

As stated by an investigation led eventually by Rosa. M. C. and Preethi C (2012) on academic stress and emotional maturity among higher secondary school students of working and non-working mothers. The aim of the study was to find out the academic stress of higher secondary school students of working and non-working mothers as well as to find out the emotional maturity of higher secondary school students of working and non-working mothers. Data was collected from 240 students. The outcome demonstrated that emotional maturity of children of nonworking mothers is less than the children of working mothers.

As stated by an investigation led eventually by Keerti Vibha (2012) studied the effect of emotional maturity and family environment on the spiritual intelligence of B.Ed. students. The aim of the study was to find out the differences between low and high emotional maturity and non-congenial and congenial family environment groups on spiritual intelligence of pre- service secondary teachers. Data was collected by 500 students. The study revealed that the low and high emotional maturity groups reveal difference on spiritual intelligence. The non- congenial and congenial family environment groups reveal difference on spiritual intelligence.

A study conducted by Hamid Heidari (2013) on role of marital satisfaction and parent emotional maturity in high school students. The study revealed that there was a relationship between parents' emotional maturity and children educational progress. There is no relationship examined between parent marital satisfaction and their children's educational progress.

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As stated by an investigation led eventually by Sonam Bansal (2013) conducted study on the emotional maturity and class room behavioural problems of learning disabled and normal children in inclusive schools in Delhi. The objective of the study was to see the level of emotional maturity and class room behaviour among learning disabled children in inclusive schools. The result revealed that there is a difference between classroom behaviour and emotional maturity of normal and leaning disabled children.

As stated by an investigation led eventually by Yogesh A Jogsan (2013) has assessed emotional maturity and adjustment in ADHD children from different schools. The objective of the study was to assess the emotional maturity among ADHD and normal children. Data was collected from class VI to VIII. The result revealed that ADHD children had less emotional maturity and less adjustment than the normal children.

As stated by an investigation led eventually by Pramod Kumar Naik and Smritikiran Saimons (2014) conducted study on effect of maternal employment of emotional maturity of adolescents. The objective of the study was to see the effect of maternal employment on emotional maturity of adolescents and to study the effect of maternal employment on emotional maturity among rural and urban boys and girls adolescence. The result showed that there is no difference between the effects of maternal employment on emotional maturity. There is no difference between the effect of maternal employment on emotional maturity among rural and urban adolescence girls.

A study conducted by Sunil Kumar (2014) examined emotional maturity of adolescent student in relation to their family relationship. The aim of the study was to find out the difference between boys and girls adolescent students in terms of their emotional maturity. The result revealed that there is a difference in emotional maturity of adolescent boys and girls and there is a relation between emotional maturity and family relationship of adolescent student.

According to a study conducted by Mukhtar Ahmad Wani and Aejaz Masih (2015) examined emotional maturity across gender and level of education. The objective of the study was to find the significant gender differences in emotional maturity among university students. The study revealed that male students are emotionally immature than females. The study also reveals that there is a difference between post graduates and research scholars on personality disintegration dimension of emotional maturity. There is no difference between on other dimensions of emotional maturity. There is no difference between males and female post graduates and research scholars of emotional maturity.

As stated by an investigation led eventually by Rekha Devi (2015) on emotional maturity among secondary school students in relation to their family climate. The objective of the study was to see the correlation between emotional maturity and family climate of the secondary school students and to see gender difference in emotional maturity among school student. The results revealed that there is a correlation between emotional maturity and family climate study and additionally shows male students have high emotional maturity as compared to female students.

According to a study conducted by Rinku Mallick (2014) on emotional maturity and achievement of higher secondary students. The main purpose of the study was to find out the emotional maturity of higher secondary students. The result of the finding indicated that there is a significant difference between male and female students with respect to level of

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emotional maturity. There is significant difference between male and female higher secondary students with respect to level of achievement.

METHODOLOGY

Aim: To assess the impact of mobile phone usage on the emotional maturity of males and females.

Objectives

The two objectives are

1. To assess the significant difference of mobile phone usage in males and females.
2. To assess the significant difference of emotional maturity in males and females.

Hypotheses

- There is a significant difference of mobile phone usage in males and females.
- There is a significant difference of emotional maturity in males and females.

Sample

Every research work needs a sample for the conduction of the study and the study's success is highly dependent on the sample. Hence, it is important for the sample to be adequate and suitable for the research as it would help to get the best results. A sample of 110 adults will be taken for the study. The sample was divided into half by taking up 55 males and 55 females. The age range taken up for the mobile phone usage was 18 to 22 and age range taken up for emotional maturity was 23 to 27.

Variables

- Mobile Phone
- Emotional Maturity

Tools

Problematic Mobile Phone Use Questionnaire

This scale was introduced by Van Der Linden (2008). The scale consists of 30 items and the subjects are given 4 alternatives, i.e., strongly agree (1), agree (2), disagree (3), strongly disagree (4). The scale consists of four dimensions i.e., Dangerous Use, Probability Use, Dependence Use and Financial Problems.

Emotional Maturity Scale

This scale was introduced by Dr. Yashvir Singh and Mahesh Bhargave. The scale consists of 48 items and the subjects are given 5 alternatives i.e., very much (5), much (4), undecided (3), probably (2), never (1). The weight age of marks for each item ranges from 5 to 1, i.e., very much=5, much=4, undecided=3, probably=2 and never=1. The maximum possible score for this scale is 240 and minimum is 48. This scale consists of five dimensions, i.e., Emotional Instability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence. The dimension wise scores are to be obtained by adding the scores of all the items constituting each dimension. The total score for this scale is calculated by adding the scores of all five dimensions.

Procedure

For the conduction of this study, the problematic mobile phone use questionnaire were given to the students within the age range of 18-22 years and emotional maturity scale within the

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age range of 23-27 years. The participants were approached and were asked to fill the questionnaire. The instructions were given to them. They were told that there is no time limit but I requested them to be honest and quick. I asked them to respond to all the questions according to what they feel. They were informed that their responses will be kept confidential. After that the scores were analyzed and the data was entered in excel sheet.

Statistical Analysis

After conducting the research, the data was statistically analyzed using the Statistical Package of Social Science (SPSS). Statistical techniques that were applied are mean, standard deviation, t-test, and ANOVA (analysis of variance).

ANALYSIS OF RESULT

Table 1.1: Showing the Mean, SD and t-value for mobile phone usage in males and females.

Dimensions	Males		Females		t-value
	Mean	SD	Mean	SD	
DangerousUse	11.73	1.04	11.36	2.00	1.19
Probability Use	15.75	1.29	15.27	2.52	1.23
Dependence	19.18	2.40	18.18	2.76	2.02
Financial Problems	24.38	2.22	23.07	3.26	2.46

***0.05**

The level of significance is 1.98. The above table shows that in dangerous use, the t- value is 1.19 which means that there is no difference in males and females. In probability use, the t-value is 1.23 which means that there is no difference in males and females. In dependence use, the t-value is 2.02 which means that there is a difference in males and females and in financial problems, the t-value is 2.46 which means that it is significant.

Table 1.2: Showing the Mean, SD and t-value for emotional maturity in males and females.

Dimensions	Males		Females		t-value
	Mean	SD	Mean	SD	
EmotionalInstability	22.87	7.19	23	6.80	0.10
Emotional Regression,	22.58	6.78	21.78	7.32	0.59
Social Maladjustment	20.13	7.89	19.25	6.59	0.63
Personality Disintegration	21.11	7.29	17.73	6.74	2.53
Lack of Independence	17.16	5.97	14.58	5.52	2.35

***0.05**

The level of significance is 1.98. The above table shows that in emotional instability, the t- value is 0.10 which means that there is no difference in males and females. In emotional regression, the t-value is 0.59 which means that there is no difference in males and females. In social maladjustment, the t-value is 0.63 which means that there is no difference in males and females. In personality disintegration, the t-value is 2.53 which means that there is a difference in males and females and in lack of independence, the t-value is 5.52 which means that there is a difference in males and females.

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ANOVA

Table 1.3: Showing the Sum of Square, Degree of Freedom, Mean of Square and F-ratio of Mobile Phone Usage of young adults.

Source of variance	SS	DF	MEAN SQUARE	OF F	p-value	F crit
Rows	689.3783	53	13.00714	3.094956	4.09E-10	1.380984
Columns	6427.259	6	1071.21	254.8868	4.09E-10	2.127128
Error	6427.259	318	4.202689			
Total	8453.093	377				

The above table shows that in mobile phone usage, the F-ratio is 2.12 it indicates that they differ significantly at $p < 0.05$ level so my hypothesis is accepted.

Table 1.4: Showing the Sum of Square, Degree of Freedom, Mean of Square and F-ratio of Emotional Maturity of young adults.

Source of variance	SS	DF	MEAN SQUARE	OF F	p-value	F crit
Rows	8317.449	53	156.933	4.656207	7.63E-20	1.370721
Columns	3311.708	8	413.9635	12.28231	7.46E-16	1.960243
Error	14290.51	424	33.70404			
Total	25919.67	485				

The above table shows that in emotional maturity, the F-ratio is 1.96 and is significant at $p < 0.05$ level thus hypothesis is accepted.

DISCUSSION

The aim of the study is to assess the impact of mobile phone usage on the emotional maturity in males and females. A sample of 110 adults (55 males and 55 females) will be taken for the study. For the conduction of this study, the problematic mobile phone use questionnaires were given to the students within the age range of 18-22 years and emotional maturity scale within the age range of 23-27 years. The participants were approached and were asked to fill the questionnaire. The instructions were given to them. They were told that there is no time limit but I requested them to be honest and quick. I asked them to respond to all the questions according to what they feel. They were informed that their responses will be kept confidential. After that the scores were analyzed and the data was entered in excel sheet.

After the data collection and statistical analysis of the data, the result in mobile phone usage is that in dangerous use, the t- value is 1.19 which means that there is no difference in males and females. In probability use, the t-value is 1.23 which means that there is no difference in males and females. In dependence use, the t-value is 2.02 which means that there is a difference in males and females and in financial problems, the t-value is 2.46 which means that it is significant.

According to a study conducted by Wafa' N. Muhanna, Awatif M. Abu-Al-Sha'r (2009) aimed to investigate Jordanian college undergraduate and graduate students' attitudes towards the education setting where mobile phones are used as knowledge equipment in classroom. The study found out that undergraduates are more approving to mobile phone

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setting than graduate students. The study also observed that mobile phone has a greater impact on male students than on female students.

For mobile phone usage, the F-ratio is 2.12 it indicates that they differ significantly at $p < 0.05$ level. Thus, there is a significant difference of mobile phone usage in males and females, so my hypothesis is accepted.

After the data collection and statistical analysis of the data, the results in emotional maturity was that in emotional instability, the t-value is 0.10 which means that there is no difference in males and females. In emotional regression, the t-value is 0.59 which means that there is no difference in males and females. In social maladjustment, the t-value is 0.63 which means that there is no difference in males and females. In personality disintegration, the t-value is 2.53 which means that there is a difference in males and females and in lack of independence, the t-value is 5.52 which means that there is a difference in males and females.

According to a study conducted by Mukhtar Ahmad Wani and Aejaz Masih (2015) examined emotional maturity across gender and level of education. The objective of the study was to find the significant gender differences in emotional maturity among university students. The study revealed that male students are emotionally immature than females. The study also reveals that there is a difference between post graduates and research scholars on personality disintegration dimension of emotional maturity.

For emotional maturity, the F-ratio is 1.96 and is significant at $p < 0.05$ level. Thus, there is a significant difference of emotional maturity in males and females, so my hypothesis is accepted.

SUMMARY & CONCLUSION

The aim of the study is to assess the impact of mobile phone usage on the emotional maturity in males and females. A sample of 110 adults (55 males and 55 females) will be taken for the study. For the conduction of this study, the problematic mobile phone use questionnaires were given to the students within the age range of 18-22 years and emotional maturity scale within the age range of 23-27 years. The participants were approached and were asked to fill the questionnaire. The instructions were given to them. They were told that there is no time limit but I requested them to be honest and quick. I asked them to respond to all the questions according to what they feel. They were informed that their responses will be kept confidential. After that the scores were analyzed and the data was entered in excel sheet.

Future Implications of the study

The study is to assess the impact of mobile phone usage on emotional maturity of males and females. To find out whether there is a significant difference between mobile phone usage in males and females and a difference between the emotional maturity in males and females. The sample size taken for this research was very less. The sample was applied to only one region, so we cannot say that the results are applied to all the people. If this topic is taken up, samples should be collected from different regions.

Limitations of the study

The study was found to have certain limitations. The sample size taken for this research was very less. The sample was applied to only one region, so we cannot say that the results are

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applied to all the people. If this topic is taken up, samples should be collected from different regions.

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Conflict of Interest

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