

A Study of Mobile Phone Addiction among Kashmiri Students with Respect to Gender

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ABSTRACT

Mobile phone usage is so strongly integrated into young people's behaviour that symptoms of behavioural addiction, such as cell phone usage interrupting their day-to-day activities. The Present research Aims to study mobile phone addiction among Kashmiri students with respect to gender. The sample of the study was selected by Proportionate Stratified Random Sampling method which included 130 (65 male and 65 female) students from Degree college Baramulla (J&K). Tools used for the research was Mobile phone addiction Test by Dr. S.Velayudhan and Dr. S. Srividya. Mean, SD, and t-test were used to analyze the data. The research finding reveals that the level of mobile phone addiction is high among Kashmiri male students and it is moderate in Kashmiri female students. It was also found that there is a significant difference between the mobile phone addiction among Kashmiri male and female students.

Keywords: *Mobile Phone Addiction, College Students, Gender.*

Worldwide technology and its changes play a major role in each individual's life. The current trend of the society is to adopt every change in the field of communication technology. The mobile phones are boon of this century. Mobile phone is considered as an important communication tool and became the integral part of the society, it is not only a communication device but it is also a necessary social accessory. People are increasingly using mobile phones rather than the fixed telephones. Mobile phones have become an essential part of modern human life. They have many attributes which makes them very attractive to both young and old. There has been an increasing trend of use of mobile phones among students. Present-day cell-phones are seen as critical in maintaining social relationships and conducting the more mundane exigencies of everyday life (Junco & Cole-Avent, 2008; Junco & Cotton, 2012). Many young adults today cannot envision an existence without cell-phones. Research suggests that media use has become such a significant part of student life that it is "invisible" and students do not necessarily realize their level of

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dependence on and/or addiction to their cell-phones (Moeller, 2010). The cell phone today is a lifeline for many. It is estimated that around 4.5 billion people use the cell phone worldwide. And it comes as no surprise that a huge chunk of this quantity consists of the youth.

The cell phone is more of a necessity for them than a luxury. Umpteen number of surveys conducted on the youth worldwide have figured out that they consider cell phones an integral part of survival and some have even gone to the extent of saying that they would rather go without food for a day than without their cell phones. With constant texting, calling, listening to music, playing phone games or simply fiddling with the phone being such an integral part of their lifestyles, it is little wonder that not having it around strikes them with paranoia. There has been quite an enormous amount of popularity of cellular phones in younger generation within a short span of time (Hakoama & Hakoyama, 2011). Youth is more inclined towards using mobile phones for activities other than communication than older generation (Mackay & Weidlich, 2007) because in adolescence stage, people are more susceptible to changing fashion trends and style, building them more Tech savvy which creates certain behavioural disorders. On the contrary, administrators and teachers frequently consider the use of cell phones by students at schools, restraining them from their education and this arises as hurdles in their education (Johnson & Kritsonis, 2007).

The development and modernization of technology has made people's lives easier and contributed positively to social well-being so far while it has also brought about some problems and threats stemming from irresponsible use of mobile phones among teens young adults (Krithika. M & Dr. S. Vasantha, 2013). The whole youth population or student community is passing through the chaos, disturbance and mental incapacitation. An increasing reliance on cell-phones among young adults and college students may signal the evolution of cell-phone use from a habit to an addiction (Alavi et al., 2012). Public concerns about the possible health effects of mobile phone usage receive a lot of attention. Medical researchers continue to examine any health risks associated with mobile phone use. Research has focused on germs, traffic accidents, cancer, electromagnetic radiation, and health effects such as changes in brain activity and sleep patterns. There has been much debate surrounding the possible health effects of cell phone use. People can avoid the health hazards by understanding what the risks are and how to avoid them. Small text and bright screens can strain mobile phone users' eyes. Since tablet computers, smart phones, and other hand-held devices are designed for reading at close range, users' eyes must constantly refocus and reposition to process the graphics and text on screen. According to The Vision Council, more than a third of U.S. adults reported spending four to six hours a day with digital media or related electronic devices. As digital use increases, so do potential vision problems, including eye strain. Symptoms of digital eye strain include eye redness or irritation, dry eyes, blurred vision, back pain, neck pain, and headaches. Over usage of the mobile phone leads to physiological health hazards like headaches, earache, warmth sensation, fatigue and musculoskeletal symptoms. Usage of mobile phones during driving is one of the leading cause of accident, and some controversy still exist in the over usage of the mobile phone

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whether it produces tumor or not. Mobile-addicts can be seriously affected at the psychological level. They don't show any physical and psychological symptoms, their disorder goes unnoticed by others.

Ozturan, *et al.* (2002) concluded that Ear is the first organ dealing with the cell phones, there is an elevated energy deposition in the ear as compared to other organs and its effect on hearing are debated.

Loughran, *et al.* (2005) found that exposure to electromagnetic fields emitted by digital mobile phones handsets prior to sleep decreased the rapid eye movement (REM), sleep latency and increased the electroencephalogram spectral power in the 11.5 to 12.25 Hz frequency range during the initial part of sleep following exposure.

Agrawal, *et al.* (2008) reported that the cell phones harmful radiations were able to degrade the quality of sperm with regard to quantity, viability, motility, morphology and few mutations in DNA causing severe changes in sperms.

Soderqvist, *et al.* (2008) explored the assess use of wireless phones and health symptoms in 2000 Swedish adolescents and they showed that frequent mobile phone users reported health complaints, such as tiredness, stress, headache, anxiety, concentration difficulties and sleep disturbances. Regular users of wireless phones had health symptoms more often and reported poorer perceived health than less frequent users.

Srivastava and Tiwari (2013) investigated that the effects of excess use of cell phone on adolescent's mental health and quality of life. They randomly selected 100 male students from Uttar Pradesh, India. They found that limited users of cell phone have better mental health and quality of life than unlimited users of cell phone.

Acharya, *et al.* (2013) examined that the health effects of cell phones usage amongst students pursuing professional courses in colleges. College students of both sexes in the age group 17-23 years from urban and rural backgrounds were selected at random (those using cell phones). Result showed that headache was to be the commonest symptoms followed by irritability/anger. Other common mental symptoms included lack of concentration and poor academic performance, insomnia, anxiety etc. Among physical symptoms- body aches, eye strain, digital thumb were found to be frequently in both sexes.

The problem is that adolescents are spending more and more time, not talking on the phone like they were in decades past, but Instagram-ing, snapchat-ing, youtube, whatsapp and facebook etc. These are dangerous pastimes because they give the appearance of social interaction, but they couldn't be further away from it. These increases in mental health issues among adolescents are very alarming. The current modes of information and communication technology such as computers, the Internet, and mobile phones have changed youth's daily life drastically. In addition to being a convenience to people's communication methods,

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technology unfortunately has negative side-effects. The most frequent negative side-effect is chronic addiction to technological mediums or excessive human-machine interactions involved. The Orissa government (September 16 2008) announced that it has banned the use of mobile phones in college campuses. "The mobile phones are found to be a disturbing element in college campus. Therefore, we have banned it in the campus," said higher education minister Samir Dey, adding that the order would be implemented in both government and nongovernment colleges across the state. In the first instance of its kind in the country, Gujarat Government has banned use of mobile phones in schools and colleges, saying it was affecting educational activities in the institutes. A resolution to this effect was passed by the state education department on Saturday 2008. Teenagers who excessively use their cell phone are more prone to disrupted sleep, restlessness, stress and fatigue. 58% of Asians, which includes Indians, have comprised to use mobile phones when travelling by air. According to the survey they have also found that Indians are the "most social" with 69% most likely to use their phones in cinema halls/ movie theatres, 21% use it in a place of worship, and 79% while attending a wedding ceremony. 25% of users across the markets surveyed have said they used mobile phones in the meetings, 80% of Asians use a mobile phone while eating. With so many utility applications being made available on mobile phones, be it to surf the internet or to pay bills, this dependency on mobile phones is escalating at a greater pace.

Subba, *et al.* (2013) explored the ringxiety (Phantom ringing) and other perceived effects, as well as the pattern of the mobile phone usage among college students in South India, Mangalore, and they found that mostly, the person whom they talked to on their phones were parents for 220 (51%) of the students. 150 (48%) talked for less than half hour in a day and 137 (41%) were high volume message users. "Ringxiety" were more likely to use their phones at restricted place like class rooms (99%) and libraries (60.3%).

Cagan, *et al.* (2014) stated that daily cellular phone use has increased the level of addiction. It has been established that there is a negative correlation between addiction to cellular phone and academic success and also a positive correlation between addiction to cellular phone and the level of depression.

Sheopuri and Sheopuri (2014) observed that extent of addictive behaviour towards the usage of mobile phones and the relation between the users of the mobiles and the psychological behaviour among adolescents in Bhopal, India. They showed that cell phone usage is so strongly integrated in to young people's behaviour that symptoms of behavioural addiction, such as cell phone usage interrupting their day to day activities.

Objectives

1. To assess the level of Mobile phone addiction among Kashmiri male students.
2. To assess the level of Mobile phone addiction among Kashmiri female students.
3. To explore the significant difference between the levels of Mobile phone addiction among Kashmiri male and female students.

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Hypotheses

1. There will be a high level of Mobile phone addiction among Kashmiri male students.
2. There will be a high level of Mobile phone addiction among Kashmiri female students.
3. There will be no significant difference between the levels of Mobile phone addiction among Kashmiri male students and Kashmiri female students.

METHODOLOGY

Sample

A sample comprises of 130 (65 male + 65 female) Kashmiri students from Government degree college Baramulla (J&K). Sample was selected by Proportionate Stratified Random Sampling method. Survey method of research was employed to study Mobile phone addiction among Kashmiri students of Degree College Baramulla (J&K). The age ranges between 17-21 years.

Instruments

Tool used for the research was Mobile phone addiction Test by Dr.S.Velayudhan and Dr.S.Srividya.it consists of 37 items. Reliability of scale by split half 0.75 & alpha reliability of the scale is 0.79. Face validity was determined by review of items. Test is standardized on age group 20.

Procedure

The mobile phone addiction scale was given to 130 Kashmiri students which included 65 male and 65 female students from Degree College Baramulla (J&K). After the data collected all the tests were scored according to the procedure given in the manual. The obtained data was then analyzed statistically using Mean, SD, and t-test.

RESULTS

Hypotheses 1: There will be a high level of Mobile phone addiction among Kashmiri male students.

Table 1- Showing the level of Mobile phone addiction among Kashmiri male students

Gender	N	Mean	Interpretation
Male	65	140	High

Inference from the above table that the obtained mean value is 140 which indicate high level of mobile phone addiction among Kashmiri male students.

Hypotheses 2: There will be a high level of Mobile phone addiction among Kashmiri female students.

Table 2- showing the level mobile phone addiction among Kashmiri female students

Gender	N	Mean	Interpretation
Female	65	115	Moderate

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Inference from the above table that the obtained mean value is 115 which indicate moderate level of mobile phone addiction among Kashmiri female students.

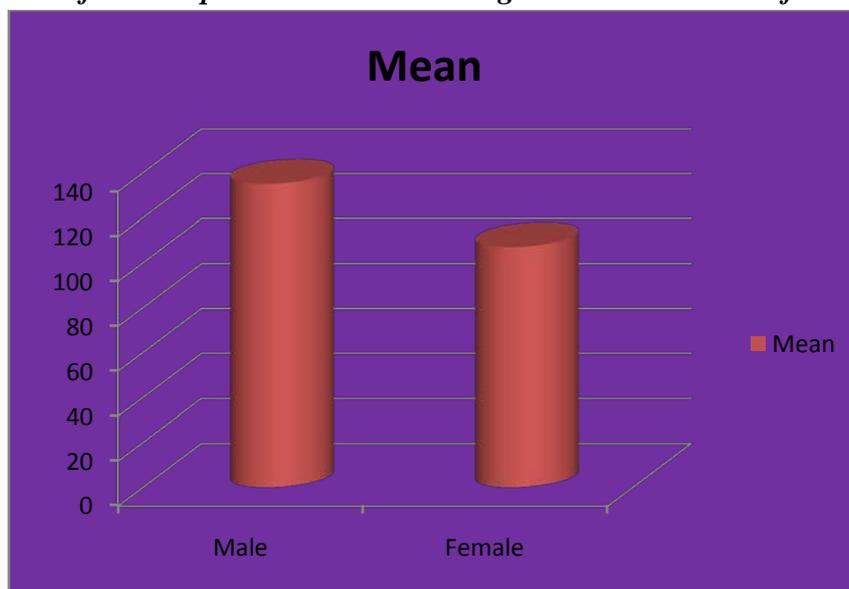
Hypotheses 3: There will be no significant difference between the levels of Mobile phone addiction among Kashmiri male and female students.

Table 3- showing significant difference between the levels of Mobile phone addiction among Kashmiri male and female students.

Gender	N	Mean	SD	Df	t-test	Interpretation
Male	65	140	17.75	118	5.6162	Significant difference
Female	65	115	34.65			

It is inferred from the above table that the obtained “t” value is 5.6162 is greater than the tabled 't' value (1.96) at 0.05 level which indicates that there is significant difference between the levels of Mobile phone addiction among Kashmiri male and female students.

Figure: 1: Levels of Mobile phone addiction among Kashmiri male and female students.



DISCUSSION

The research finding reveals that the level of mobile phone addiction is high among Kashmiri male students and it is moderate in Kashmiri female students. It was also found that there is a significant difference between the mobile phone addiction among Kashmiri male and female students. The results are showing the indications that today’s youth population or student community is passing through the chaos, disturbance and mental incapacitation. Mobile phones are probably the best and the worst invention of our times. While they have on one hand allowed us to stay in constant touch with our families and friends, they have also led to technology addiction. Mobile phones are slowly replacing everything in our lives. They have already replaced our alarm clocks, grocery lists, maps and cameras and will soon be replacing our friends. Earlier people would talk to each other, they would talk to strangers waiting for a

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bus, fellow passengers and random people thus, and they would make new friends every day. But today no one talks to anyone anymore. Every one of us is busy with either playing games on our phones or browsing the internet. No doubt this easy access, which mobile phones allow for, has been a boon in many ways but at the same time, it has badly affected our social life. Our entire social interaction today is limited to chatting with a few friends on our phones. We have become completely oblivious to our surroundings. These are just a few examples of how mobile phones have changed our habits. Social life has been ruined by improper use of mobile phones. They were invented to help us stay connected instead they have done the very opposite. They have made us shun the society as everyone today is busy on their phones all the time. People hardly find time to do anything else. The users of mobile phones, especially the youth are growing so much addicted to the mobile phones that they can miss their meals but can't spend even a single day without mobile phones. It is recommended that awareness need to be created regarding advantages and disadvantages of mobile phones, Risk of using mobile overuse, and how this addiction is damaging the personal life. Present research results are giving directions for further researches.

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