

Relationship between Mobile Phone Addiction and Loneliness among Youths

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ABSTRACT

For the present study relationship between mobile phone addiction and loneliness among youths 60 college going students (30 male and 30 females) select from Aurangabad city by using purposive sampling method. Mobile phone addiction scale and perceived loneliness scale were used for data collection. Descriptive statistics method and person product movement correlation method was used for statistics treatment. Results show there is positive correlation between mobile phone addiction and loneliness among youths.

Keywords: *Mobile Phone, Addiction, Loneliness, Youths.*

Mobile phone addiction has many bad influence on humans life these affects are not only bodily and organic but also social and economical. First, like diverse addiction its can radar the addicts insensible to the impact of their actions on other around them. The greater part of students observe the bodily and psychological health effect of cell phone rendition have under attack on the potential of cell technology to cause cancer, nervous system disorder and unpleasant potential effects.

Loneliness is one of the most general feelings that persons could experience in their life. Loneliness is a pessimistic emotion that come about from side to side a inconsistency between preferred and achieve levels of social get in touch with (Perlman & Peplau, 1981). According to Lopata (1969), loneliness is an feeling experience by an person who desires for a stage of contact dissimilar from the one at this time encounter. The diversity of social relationships does not matter but the superiority of them is important. However, having more social relations may not always derive persons a income in social existence. While ordinary definition of loneliness explain it as a state of isolation or being alone, loneliness is in fact a state of mind. Loneliness cause people to experience vacant, alone and needless. People who

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are lonely often crave person get in touch with, but their state of mind makes it more hard to form relatives with other people. The most generally conservative meaning of loneliness is the distress that results from discrepancy between ideal and professed social relations.

Loneliness is a complex and usually unpleasant emotional response to isolation. Loneliness naturally include nervous feelings about a lack of connection or communication with other being, both in the present and extend into the future. As such, loneliness can be feel even when surrounded by other people. The cause of loneliness are varied and include social, mental, emotional, or even physical factors. People can experience loneliness for many reasons, and many life events may cause it, like the lack of friendship relations during childhood and adolescence, or the physical nonappearance of meaningful people around a person. At the same time, loneliness may be a sign of another social or psychological difficulty, such as chronic depression. People can feel lonely even when they are enclosed by other people.

REVIEW OF LITERATURE

According to Masi, Chen, Hawkley, & Cacioppo (2011), an person may be lonely in a crowd or socially contented while alone. Loneliness has now become a worldwide human experience and related to many factor, such as stress, depression, bashfulness, Internet compulsion, social anxiety, and mobile phone addiction. Before this, loneliness is always calculated by psychological scales.

Çetin Tan, Mustafa Pamuk, Ay enur Dönder (2013) Results exposed that loneliness was considerably associated with difficult mobile phone use ($r=.35$) Furthermore, there were significant differences between loneliness and independent variables (gender, mobile phone addiction and daily phone use time). The results of the study were discussed in concert with the results of different studies and suggestion was made.

Satoko Ezoe, Masahiro Toda (2013) Results of multivariate logistic regression analysis indicate that loneliness and mobile phone reliance were positively linked to degree of addiction. Our result suggests that Internet addiction is linked with loneliness and mobile phone reliance in Japanese students.

Arslan's (2013) study, the difficult phone use increase as talking time increases, however increase of talking time decrease loneliness level in teenagers. Jin and Park (2012) found that more face-to-face connections were associated with lower level of loneliness; however, more cell phone calling was linked with superior loneliness. Reidand Reid (2007) exposed that lonely people preferred calls and rated text such as short message service as a less intimate method of contact. According to Takao, et al. (2009) it is imaginable that lonely people are excited to continue contact with their peers through frequent calls so as to complete their loneliness.

METHODOLOGY

Objective:

- 1) To measure the relationship between mobile phone addiction and loneliness among youths.

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- 2) To find out the difference between gender on loneliness.
- 3) To find out the difference between gender on mobile phone addiction.

Hypotheses:

- 1) There is positive relationship between mobile phone addiction and loneliness among youths.
- 2) There is significant difference between genders on loneliness.
- 3) There is significant difference between genders on mobile phone addiction.

Sample:

For the present research 60 youths (30 male and 30 female) who's high score on mobile addiction scale were select as sample the age range of present sample is 20-25 year. All samples were select from Aurangabad city by using purposive sampling method. All samples were equal on SES.

Variables:

- 1) Mobil phone addiction
- 2) loneliness

Tools and measures:

1. Mobil phone addiction scale :-

Present scale is developed and standardized by Dr. A. Velayudhan and Dr. S, Srividya. The inventory contains 37 .the scale has good face validity and split half reliability is 0.75

2. Perceived loneliness scale:-

Present scale is developed by Dr. Praveen Kumar Jha. There are 36 statements in this scale every statement has five alternatives for reply that is totally agree, agree, can't say, disagree, totally disagree. The loneliness scale possesses fairly high reliability .to indices of reliability of 1-scale were determined firstly it was determined by kuder-richardson formula and the obtain value was to be .65 on a sample of 100 undergraduate students. Test retest reliability were found to be .84 and .82 respectively. The present scale has content and predictive validity. The test provides a valid and reliable index of loneliness.

Procured of data collection:

Data was collect from various college of Aurangabad city, first researcher went to various college and administrate mobile addiction scale on 150 students by given instruction among 150 students 60 students who's get high score on mobile addiction scale were select as a sample. After that perceived loneliness scale was administrated on sample and data were collect.

Statistical analyses:

Data ware analysis by using mean, SD, t-test and Pearson product movement correlation method.

RESULTS

Table no.1 show mean SD and t difference on loneliness among youths

	N	MEAN	SD	t-value	Sing. level
Male	30	84.13	3.45	0.062	0.05
Female	30	83.04	3.68		

Table no.2 show mean SD and t difference on Mobil phone addiction among youths

	N	MEAN	SD	t-value	Sing. level
Male	30	76.72	2.96	3.715	0.05
Female	30	80.77	3.80		

Table no.3 show mean SD and t difference on Mobil phone addiction factors among male and female.

Mobile phone addiction factors												
factors	Maladaptive Usage		Self expression		Peer Relationship		Interpersonal relations		Impulsivity		Usage time	
	Mean	SD	mean	SD	mean	SD	mean	SD	mean	SD	mean	SD
Male	25.36	1.50	23.63	1.94	14.90	1.96	11.13	1.16	13.68	1.30	14.95	1.36
Female	24.63	2.14	26.04	1.66	16.68	1.75	13.59	1.57	10.72	1.83	13.54	1.38

Table no.4 show correlation between Mobile phone addiction and Perceived loneliness among male.

Factors	Correlation (r.)	correlation
Mobile phone addiction	0.28	Positive correlation
Perceived loneliness		

Table no. 5 show correlation between Mobile phone addiction and Perceived loneliness among female.

Factors	Correlation (r.)	correlation
Mobile phone addiction	0.25	Positive correlation
Perceived loneliness		

DISCUSSION

The aim of the present study was to find out the relationship between mobile phone addiction and Perceived loneliness among youths table no.4 and 5 shows 0.28 and 0.25 positive correlation between Mobile phone addiction and Perceived loneliness among male and female .therefore hypotheses no.1 there will be positive relationship between mobile phone addiction and loneliness among youths is accepted. Table no.1 show mean SD and t difference on loneliness among youths male mean on loneliness is 84.13 and SD is 3.45 and

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female mean on loneliness is 83.04 and SD is 3.68 t-value is 0.062 there is no important difference between male and female on loneliness therefore hypotheses no.2 There will be significant difference between genders on loneliness is rejected. Table no.2 show mean SD and t difference on Mobil phone addiction among youths male mean on Mobil phone addiction is 76.72 and SD is 2.96 and female mean on loneliness is 80.77 and SD is 3.80 t-value is 3.715 there is no significant difference between male and female on Mobil phone addiction therefore hypotheses no.2 will be significant difference between genders on mobile phone addiction rejected. Many research finding support this result . According to Masi, Chen, Hawkley, & Cacioppo (2011), an individual may be lonely in a crowd or socially contented while alone. Loneliness has now become a universal human experience and related to many factors, such as stress, depression, shyness, Internet addiction, social anxiety, and mobile phone addiction. According to Çetin Tan, Mustafa Pamuk, Ay enur Dönder (2013) loneliness was significantly connected with problematic mobile phone use ($r=.35$) According to Arslan's (2013) the tricky phone use increase as talking time increases, however increase of talking time decrease loneliness level in teenagers. Jin and Park (2012) found that more face-to-face connections were linked with lower levels of loneliness; however, more cell phone calling was linked with superior loneliness. Reid and Reid (2007) exposed that lonely people chosen calls and rated text such as short message service as a less intimate method of contact.

CONCLUSION

In the present research positive correlation found between mobile phone addiction and loneliness among youths also found there is no significant difference between male and female on mobile phone addiction and loneliness.

Scope and Limitations:

This study gives good explanation of relationship between loneliness and mobile phone addiction. Yet there are lots of improvements that can be made. This study can be repeated with different sample like teenager, adult and colleagues. In this study limited sample was used therefore finding of this research cannot generalize for all population.

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