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## EFFECT OF MOBILE PHONE ADDICTION ON MENTAL HEALTH OF YOUTH

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### ABSTRACT:

Now -a- days the whole world is depending on the mobile phone. Mobile phone has some merits and demerits also. Youth has been totally depended upon the mobile phones. Mobile phone addicted people make long phone calls and send a larger number of text messages than originally intended. Addiction to the mobile phone is not a homogenous phenomenon and therefore some researchers distinguish among addiction for sending and receiving messages and mobile phone games. The present study is designed to know how mobile phone addiction is affected on mental health of youths. The major objective of the study has been to assess the effect of mobile phone addiction on mental health.



Based on objectives hypotheses has also been framed: there would be significant effect of mobile phone addiction on mental health and there would be significant difference of sample groups in mental health on youth, the researcher has selected some of the variables. Independent variables: mobile phone addiction and gender, dependent variables: mental health. The sample of study consists of 200 youth selected from Gulbarga university campus (MA, MSW, M.Sc ) PG students with high and low mobile phone usage. For the present study the research has found some useful tools to be used, personal data schedule, mental health inventory by ( Jagadish and Srivastav-1988), mobile phone addiction scale (Dr. A. Velayudhan and Dr. S. Srividya -2012). To analyze the data researcher chosen the suitable statistical technique.

**KEYWORDS:** Mobile phone addiction, mental health.

### INTRODUCTION :

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 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).

## II. REVIEWS OF RELATED STUDY:

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,

### III.METHODOLOGY

#### Objectives of the study:

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

#### HYPOTHESES:

There will be a high level of Mobile phone addiction Mental Health among Gulbarga University male students.

There will be a high level of Mobile phone addiction Mental Health among Gulbarga University female students.

There will be no significant difference between the levels of Mobile phone addiction Mental Health among Gulbarga University male and female students.

#### Sample:

A sample comprises of 100 (50 male + 50 female) Gulbarga University students from Different Department. Sample was selected by Proportionate Stratified Random Sampling method. Survey method of research was employed to study Mobile phone addiction Mental Health among Gulbarga University. The age ranges between 20-25 years.

#### Tools:

##### Mobile Phone addiction:

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.

**Mental Health Inventory (MHI)**For measuring mental health, it was decided to administer Mental Health Inventory by Dr. Jagdish and Dr. A. K. Srivastava which is valid, reliable and standardized test for measuring mental health This test was published in 1983, this "MentalHealth Inventory" (MHI) has been designed to measure mental health (positive) of normal individuals. Though, there are some scales for measuring mental health but most of them tend to assess mental ill health rather than mental health.

#### Procedure:

The mobile phone addiction scale was given to 100 Gulbarga University Students which included 50 male and 50 female students from Gulbarga University 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.

**Table 1-showing significant difference between the levels of Mobile phone addiction Mental Health among Gulbarga University male and female students.**

Gender	N	Mean	SD	Df	t-test	Interpretation
Male	50	140	17.75	118	5.6162	Significant
Female	50	115	34.65			Difference

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 Mental Health among Gulbarga University male and female students.

### CONCLUSION

The research finding reveals that the level of mobile phone addiction is high among Gulbarga University male students and it is moderate in Gulbarga University female students. It was also found that there is a significant difference between the mobile phone addiction among Gulbarga University 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.

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