



# REVIEW OF RESEARCH

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## CELL- PHONE ADDICTION IN COLLEGE STUDENTS

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### ABSTRACT :

Today we are in the age of information technology and communication technology. The information and knowledge of all sort and for all persons are created and communicated in short time. Men and women of all age groups, educated and uneducated, rich and poor, urban and rural all are acting as the sender, recipient and component of information technology devices mainly the cell phone. The degree college student between 16 to 20 years of age group are widely and inevitably using cell phone; the communication device they are using are of various companies and with latest inbuilt programmes. Every student boys and girls are carrying cell phones in the college premises and class-rooms, all the time they are attending the cell phones rather than attending the class, labs, libraries and gymkhana. The programmes they are attending are whats App. Games, films, songs, news, gambling, messages and communication etc. Student are victims of the content of cell phone information. The fact is that, the student in subject college are from financially poor family. The monthly average income of their parents is between Rs11000 to 20,2000/ ; student on their part are more addict and craving for the use of cell phones and ready to spend money on phone purchase and charging. The aimless and excessive use of cell phone affecting on studies, sports, family relations and health; many of them are irresponsible, disturbed and intolerant. The parents, neighbour and teachers are required to detach the student from cell phone by creating environment, charming relation and knowledge.



**KEYWORDS :** cell phone, addiction, technocrats, communication, depression, self centered, anxiety, psychotherapy, neurochemical, dopamine, FOMO.

### INTRODUCTION :

The study deals with the respondents in degree college of the S.S.A's Arts and commerce college, Solapur. The college is situated in the heart of the city mainly the old Solapur thickly populated by the Muslim community. Solapur is the city of Maharashtra situated at the border of Maharashtra, Karnataka and Andhra Pradesh, people in Solapur are mainly from these three states. The main occupation in the city is beedi rolling, spinning of cotton, power-loom, wet processing, two wheel garages, steel fabrication, paramedical staff in hospitals, transportation, tea stalls, small shoppers, fruit and vegetable sellers, construction sector and very few in government and semi government jobs. The per capita income of the city is less than expectation, youth population is more than the jobs in hand, the unemployed teens and youths found complaining with cell phones. By regular exercise with cell phone many of them are expert in software, hardware, programmes and functions of the cell phone.

Boys in lanes, pan shops, canteens, schools, colleges, even on road are seen playing with cell phone. Many of them operate cell phone for whole night and sleeps in the day. The mobile addiction made them idle, irresponsible, intolerant, selfish and irretative. Social contact, interaction with family and friends reduced. As a result of mobile addiction many of them have health issue like eye itching, headache, indigestion, low HB in blood, paan-tobacco addiction etc. Parents earning and personal earning is spend on mobile charging, net service and mobile updation. The mobile addiction is a threat to the education, employment, health, social relations, family ties, friendship, sports, cooperation, tolerance and happiness. Under mobile addiction or poverty incidents of mobile snatching are more, cell phone are misused for gambling, nude pictures, violence videos, sex videos, false information, defamation of others, communication of fake and fabricated news and photoes etc.

Pune: A survey conducted by the State Council of Educational Research and Training (SCERT) has revealed that only 60 per cent parents of secondary school students have smartphones with internet connection of 760 government schools and 737 schools run by the local government bodies.

About 3304 male students and 3551 girl students were interviewed in the survey. The survey has revealed that although parents of 90 per cent of these students had phone and electricity access, very few of them had smartphones with internet connection.

Pune division has the maximum number of students (64.4 per cent) while Amravati division has the minimum number (31.4 per cent) of students who can use various new age mediums as a part of home education.

SCERT(State Council of Educational Research and Training )will be implementing some schemes. Television, phone and text messaging mediums will be included in home schooling. The government is thinking of reopening traditional schools in areas where digital resources are not available. Also, for the tribal students along with specially-abled students, the government is thinking of reaching out through volunteers and mobile teachers.

Dinkar Patil, Director of State Council of Educational Research and Training said, "The survey conducted was done before June 15. We are taking efforts to ensure that all students in the state should be able to get education while staying at home. We are undertaking another survey after which the changed situation can be assessed."

The revolution in Information technology resulted into explosion of iPhones, Androids, and other smartphones has provided people with the ability to access the entirety of the Internet on-the-go and at any given moment. 90% of student in colleges own a cell phone, and while this may not be a problem for many people, some individuals mainly students develop an addiction to their mobile devices.

Phone usage has become a vital part of our daily lives and we use phones for almost everything. A phone's original purpose was just to call others, then it evolved into calling and messaging. Now its properties have developed so much, making tasks such as calculations, writing down a memo, listening to music, and replying to emails more accessible and easier. The most recent smartphone development is the integration of social media into mobile apps, which has made it easier to access any platform at any given time. With the increased use of our phones, many psychological and physiological effects are being studied. Let's all take a look at our relationship with our mobile devices and think about what limits we should place on ourselves, especially for those who may have a noticeable dependency. Here's what you need to know about the side effects of phone addiction and why you should consider giving up your phone for a day.

Global Smartphone's addiction scenario Smartphone abuse is increasing in the 21st century as more and more adolescents enjoy exploring their Smartphone's in their free hours. Smartphone overuse can be a sign of Smartphone addiction as per many studies of Kim and Flanagan. New research in US suggests that excessive use of Smartphone's, increases the risk for severe psychopathologies in adolescents and there is growing evidence of problematic use of Smartphone's that impacts both social and health aspects of users' lives. The study of 200 adolescents in Korea also showed that abnormal users of Smartphone's had significantly more problematic behaviors, somatic symptoms, attention

deficits, and aggression and this study also found that youth were more addicted to Smartphone they had more severe psychopathologies.

### Smartphone addiction in India

Indians teens love their Smartphone. Nokia research reveals that an average person checks the phone every 6.30 min in a 16 h waking cycle. Of the 20-25 people, at least 10% face smartphone and computer-related injuries in the 20-45 age group. These are usually upwardly mobile patients who are constantly looking at their phone in a bent-forward position. They complain of their backs stiffening up, developing a stoop and text neck besides the tendons in their thumbs hurting when they text. Tendon injuries, carpal tunnel syndrome, radiation related problems, inattention blindness and computer vision syndrome are common ailments that stem from unrelenting mobile usage.

Playing with smartphones also hinder toddler's brain development. A recent survey conducted by a cartoon channel in India revealed that 95% of kids live in homes with a mobile phone while 73% of Indian kids are mobile phone users. Interestingly, of these, 70% fall under the age group of 7-10 years while 76% are in the age group of 11-14 years. Most families, especially in metros, do not use landlines at all. And since both parents have mobile phones, a child has access to it since a very young age. Addiction to technological gadgets at an early age also discourages kids to engage in physical activities, leading to instances of obesity. Experts believe that handing over the gadget to a kid who is as young as 7 years may not be a good idea as it can be detrimental to his/her physical and mental health.

### Methodology Adapted:

The objective of this research paper is to study the use of cell phone in college students, the students are addict of using cell phone over other activities, such addiction is the cause of many ailments and shortcomings in students. The research team planned to study the Cell phone addiction in the college students, mainly the students of S.S.A's Arts and commerce college. The college under study is a degree college admitting the 900 students with equal proportion of male and female.

The researchers planned to take sample of 10% respondents out of universe, student are stratified into the classes like Ist year, IInd year and IIIrd year. Sample of respondents are randomly taken from each strata for study. Care was taken that atleast 10% respondent must be selected from each stratum. Respondent participated in the survey using google forms as a web based questionnaire. Responses of the respondents were recorded for tabulation and graphical presentation.

### Questionnaire Design:

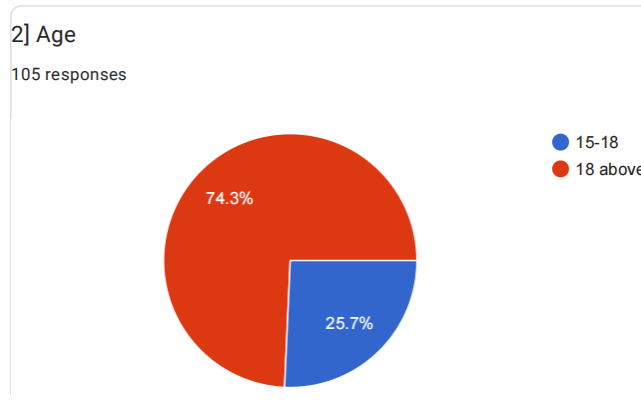
The research team design the questionnaire on demographic, economic, family and physical problems nature such as age, sex, income ,cost of mobile, amount spend for per month charging, respondents family and social relations, temperaments etc.

### Hypothesis :

Use of mobile phone or cell phone is very common among the college student, near about 98% student in the college are using cellphones. Every cell phone is charge with talktime and internet services. Many student are unemployed, despite of unemployment they are spending their parents earnings on mobile phone and activation charges. Degree college students are found attending the mobile phone in college premises, library, office even some of them found attending phones in class room also. Off lecture and recess time in the college are golden hours to play with the phone. Student attend and play the mobile phone at home or in their locality till mid night or more than that. Time and money spend on cell phone more and unfruitful. Student addict of mobile are lagging in studies, some are complaining of eye itching, low vision, head-ache, indigestion, stress, detached from family tie and friends.

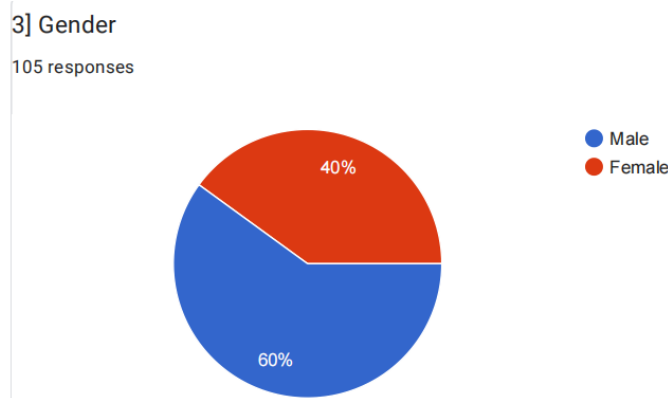
**Data collection :**

For data collection the research team prepared the Questionnaire containing the questions to be recorded. A google form of questionnaire is send to the students and got their responses recorded. Besides the questionnaire the team was keen in observation on the cell phone activities of the respondent. The researcher conducted Pilot study to see if the questionnaire has the questions to record the answers. Responses of the questionnaire, observation and discussion with respondent were recorded for investigation. The observation and responses collected are presented in tabulation and graphic form.

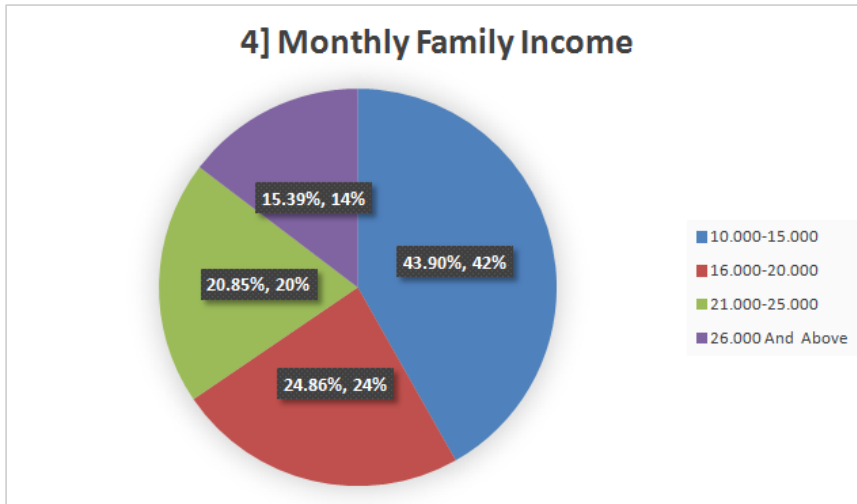


**Statistical Analysis of Data**

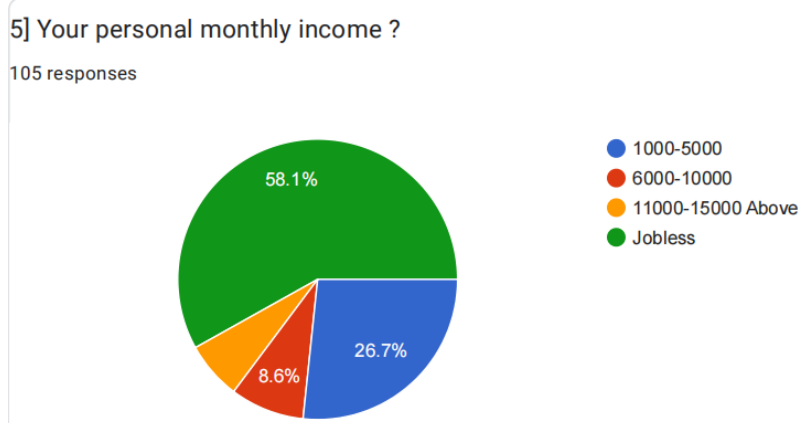
The research team collected the responses of the 10% student from the senior college, the stratified respondents filled-up the google form and submitted to the team  
2] it is recorded that, out of total smaped respondents 25.7% of them are between the age group of 15year to 18years of age, while 74.18% respondents are of the age 18 years and above. A big majority of them are adults and know the use of cell phone.



3]The respondent are segregated on the basis of sex or gender using mobile phone. 40% of them are female respondents and 60% are the male respondents. The proportion of female is lesser than the males because of the unwillingness of the girl student to talk on cellphone use, or they may be sharing phone with parents. Males are more users of the cell phones



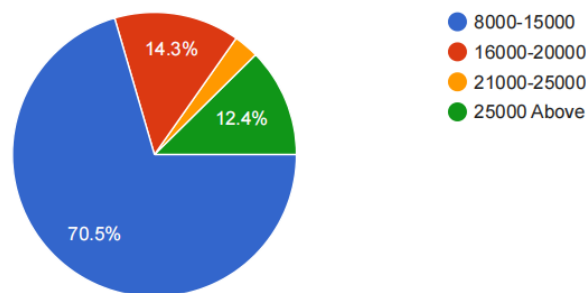
4]The research team tried to ascertain the monthly Family income of the respondents using mobile phone because monthly family income do not meet the mobile cost and other expenses on the phone. It is revealed that... a) 43.90% of the total respondent’s monthly income is between Rs. 10000 to 15,000. b) 24.86% of them have 16,000 to 20,000/ C)20.85% of them are earning between Rs. 21000 to 25,000. D) 15.39%of have 26000/ and above family income. A big majority of them have only10000/ to 15000/ income, it is meager in modern days of information technology; despite of their low income they are possessing the cellphones



5] The majority of the respondents are jobless while few of them are earning. It is recorded that, a) 58.1% respondents are jobless hence have no earnings. B) 26.7% of them are earning Rs. 1000 to 5000 per month. C) 8.65% are earning Rs. 6000 to 10,000/ per month d) 8.6% are earning Rs. 11000 to 15000 per month. It is obvious that, the earning of the respondents is insufficient for the better standard of living. Even the jobless students are using cell phones they depends on their parents for recharging of data

6] price of your mobile.

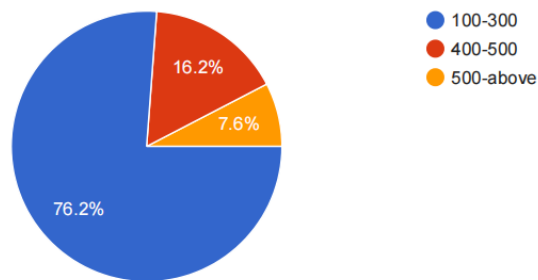
105 responses



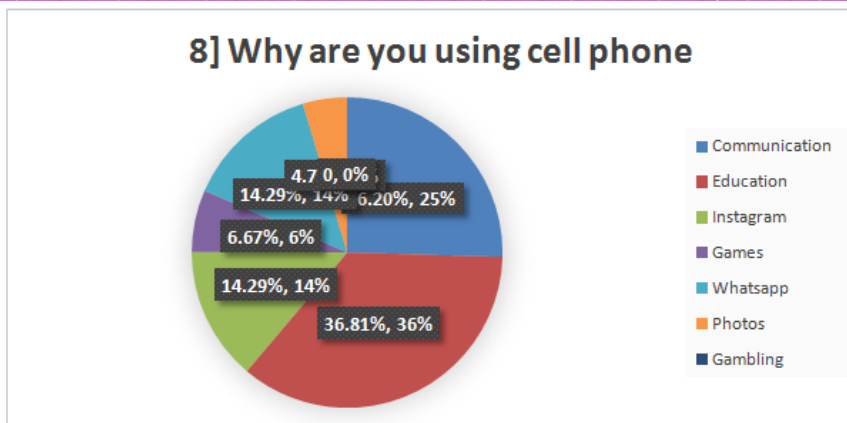
6] The price of mobile phone the respondent using is a) 12.4% of them are using the cell phone costing Rs. 25000/ and above. b) 2.8% are using the phone of Rs. 21000 to 25000/ c) 14.3% of them are using the cell phone valued Rs. 16000 to 20,000/ d) 70.5% of them are using the cell phone valuing Rs. 8000 to 15000 and only 2% respondents don't know the cost of their mobile phone

7] Monthly expenses on mobile recharge ?

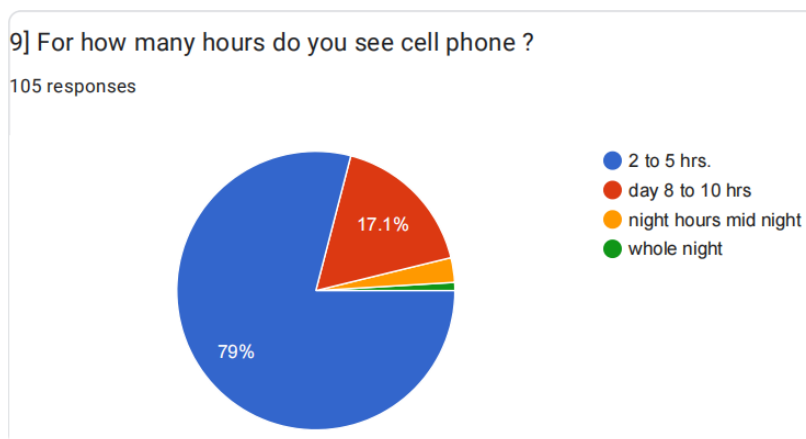
105 responses



The Monthly expenses on mobile phone recharge is.....a) 76.2% of them are spending Rs. 100 to 300 per month. b) 16.2% of them are spending Rs,400 to 500/ P.m and 7.6% are spending Rs. 500 and above. Every respondent is spending on mobile recharging for every month. A big majority of them are spending Rs.300/ per month on cell phone very less of them are spending 500 or more. At any how every respondent employed or not is spending for cell phone



8] Respondents are using cell phone for different purposes like communication, education, games, whatsapp, and photo play a) 36.81% of them are using cell phone for education b) 14.29% are using for utilization of Instagram c) 6.67% of them are using for games d) 14.29% of them are using for Whatsapp e) 4.74% are using for photography. F) 6.20% of them are using for communication. Being the student of the senior college majority of them are using cell phone for education purposes like google for searching academic information, whatapp for notes and study circle etc.

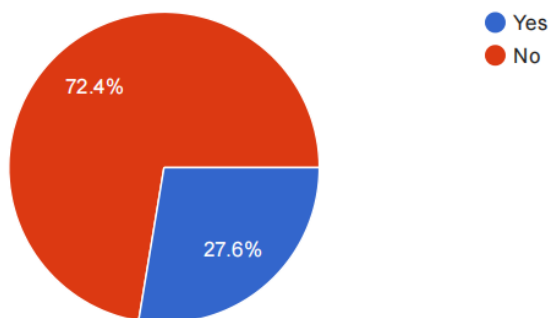


9] Student spending their time on mobile phone is .. 79% of them are using cellphone for 02 to 5 hours a day 17.1% are using for 8 to 10 hour a day. 3.9% of them are using at night hour upto midnight. Student continuously using mobile at least for 2 to 5 hours are 79% keep in mind that it is contneous use, these users are handling their phones for the whole day even at night also for calls, and messages.



10] Did phone searching at night make your wakeup late ?

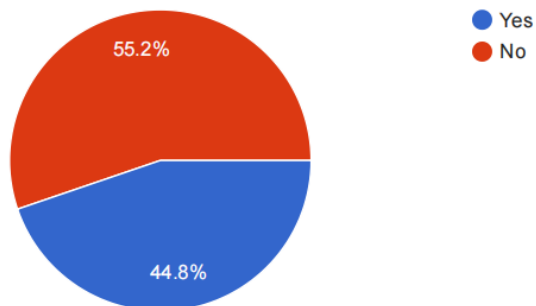
105 responses



10] While using cell phone day and night some of them wakeup late, that caused late for college and late for work.72.4% say use of cell phone do not affect on their sleep while 27.6% wake-up late it affects on their attendance in the college. It is obvious that, every respondent is using cell phone before going to bed. They are away from studies and personal contact and face to face relations.

11] Is cell phone addition do not allow to study ?

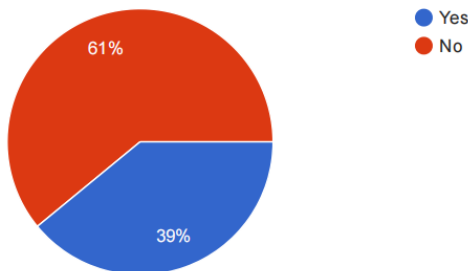
105 responses



11] The cellphone addiction affects studies of the students. The all time attachment and searching on phone kills the time. 55.2% say it never affect their studies while 44.8% accepts that excessive use affects their studies. Use of cell phone distancing the student from books and libraries and class rooms. It is their device that give them knowledge to secture minimum marks for passing.

12] Is use of cell phone distancing you from your family and relatives ?

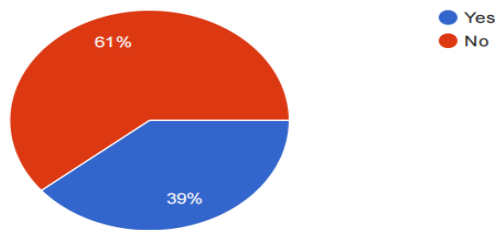
105 responses





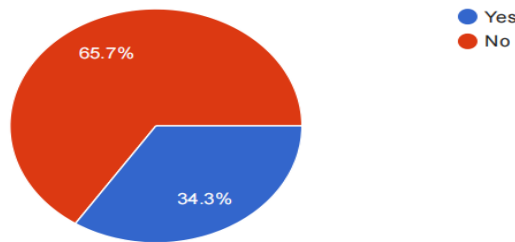
12] The excessive use of cell phone and no time for the relatives and friends distancing the respondents from their families and relatives 61% accept that, it is distancing them from their families while 39% of them are moderate in use and they are still with their families and friends. As a result of excessive use of cell phone relations between friends, relatives and neighbours are artificial, short term and commercial.

13] Is excess use of cell phone damaging your eye sight ?  
105 responses



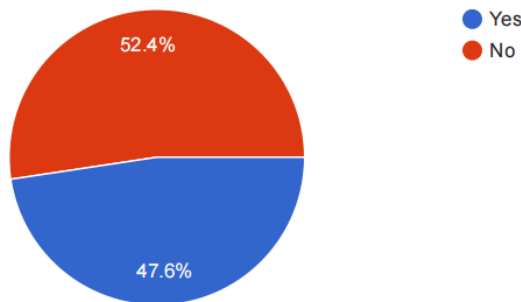
13] the radiation released from the cell phone are dangerous for eyesights. The excess use of cellphone affects of the eyesight of the users. 61% of them accept that use of cellphone affecting on their eyesight while 39% of them have still good eyesight. As the students are less in age hence they are resisting the rays of the cell phones, I am afraid in future many of them may damage their eyesight.

14] Is your love cell detaching you form family and friend?  
105 responses

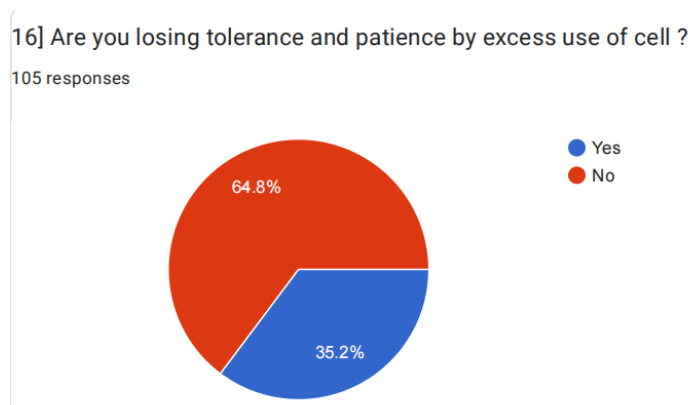


13] Use of cell phone detaching the respondents from their friends 65% accept that they are being detached from their friends while 34.3% of them are still with their friends. Google meet, whatapp and facebook are the source of contact, here the spirit of togetherness humanity and emotions are missing

15] Is your love for cell depriving you from sports?  
105 responses



14] Sports an physical exercise is always good for health and brain. Excessive use of of mobile phone depriving the user from the sports, and physical activities . 52.4% say that, they are missing sports while 47.6 sat that, they play games.



7] Matters displayed or posted on the cell phone making the user to lose their patient. Fake news, hurting the religious sentiments on whats app, instagram and messages is harmful fir user and other counterparts 64.8% says they are losing tolerance by seeing the posts while 35.2% are holding patience.

### Pscho-physio Effect of cell phone addiction

Undoubtedly, smartphones have become integrated into our everyday lives. About **72% of American people own a smartphone**. Despite the benefits of using a smartphone, their use has some adverse effects on one's mental health. Here are some of the ways smartphone use can affect your mental health.

**1. Negative Feedback :**Smartphones have negative and addictive quality in them , thus gaining entry into the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders. Cell phone addiction manifests in many of the ways such as ; loss of interest in activities, anxiety when you cannot send or receive messages, and irritability when one is away from your phone.

**2. Fear of Missing Out:** A research was conducted in the year 2016 on the effect of computers on human behavior showed a connection between anxiety symptoms and problematic smartphone use. For the investigation a questionnaire was conducted among 143 women and 165 men. The questionnaire sought the relationship between the mental health of the individuals and their cell phone use.

The majority of those who scored high on the fear of missing out tend to overuse their phones. Similarly, these individuals score high on anxiety and depression scales. That is because excessive use of smartphones interferes with social activities and therefore increases depression.

**3. Loss of concentration, efficiency and Productivity:** Whether at work, office, industry or college, too much use of smartphones lowers the attention span of individuals. Experiments on 'Does my phone affect my mental health?' indicated that individuals were distracted during a phone call or when receiving notifications from the smartphone. Some investigation revealed that these individuals with heavy social media use had a minor grey matter in their brains. This grey area is responsible for attention control.

**4. Depression and pessimism. :**An investigation pertaining to among teenagers on 'Do cell phones cause anxiety and depression?' revealed that smartphones contributed to increased depression in users . This study showed that teenagers who were constantly on their phones were less happy than those who took part in non-screen activities.

**5. Strain in Relationship :**Persons using smart phones are on their cell phones to connect to their loved ones who are far away. The fact is that, smartphones can have the opposite effect. For instance, when using a phone during family dinner time, meetings, parties, studies or on a date with your partner,

the phone will take away your attention from your target or loved ones and hence cause a strain on the relationship.

**6. Chasing Dopamine:** Addiction to anything depends on brain chemicals, and dopamine is usually the neurotransmitter responsible. Dopamine is a neurochemical messenger and carries signals that are responsible for reward-seeking. The neuroplastic change from the process is what causes the addiction to happen. Every time a notification comes from the phone, the brain releases dopamine. The more this happens, your brain releases dopamine even before the notification. The prior release of dopamine creates the need to check your phone for the same brain response. With time, you will be spending more time on your phone and not on other essential activities.

**7. Sleeplessness :** The respondent using mobile phone are subject to disrupted sleep it is caused by many factors, like the continuous and regular use of the phone, especially at night. Excessive use of a phone at night is harmful to your brain, it is because smartphone screens emit blue light. This light mimics the sun's brightness and thus confuses the brain in operation on phone

**8. Anxiety:** Addition of smartphone in individuals may cause anxiety in individuals in different ways. One, some individuals experience anxiety when they are distanced or away from their phones. For other individuals, stress is even exhibited as withdrawal-like symptoms. The overuse of smartphones creates a psychological dependency, and segregation from the device will create depression and anxiety.

### Behavioral Problems.

It is well-known among researchers that cell phone overuse shows indications of negative psychological side effects, most prominently depression, stress, and sleep deprivation (Thomé et al., 2011; Shoukat, 2019). Especially for those who may already suffer from some of these problems, those already existing symptoms may be negatively increased. In other words, mobile phone overuse could magnify the risk and prevalence of negative psychological effects.

Sleeplessness, according to Schoenietal (2015), could be associated with the widespread use of mobile phones during night hours. This results in lower quality of sleep and quantity, which leads to headaches, fatigue, and, in the long run, overall psychological well-being. Sleep is necessary for all, especially school-age children and adolescents, who are recommended to have 8 to 12 hours of sleep (Centers for Disease Control and Prevention, 2017). Two of the many benefits of quality sleep are that it helps in solidifying memories and it enhances concentration. Although Schoenietal., (2015) could not conclude any link between sleep deprivation and memory loss, and lack of concentration, it is still advisable to switch off notifications and decrease phone brightness to have fewer disturbances.

Increased phone use also increases the risk for other side effects that could be detrimental to academics. One study researched the relationship between internet use and procrastination (Reinecke et al., 2018). They confirmed that individuals with trait procrastination do have a unique pattern in internet usage. However, the pattern and context of using the internet matter when mentioning procrastination. Namely, multitasking on the internet (e.g. having multiple tabs while conducting research and finishing assignments) is different from using the internet for longer than intended or not at the intended time (e.g. playing online games and browsing social media during study hours).

There's also concern among circles of frequent mobile phone users that the amount of usage becomes comparable to having symptoms of addiction (De-Sola Gutiérrez J et al ., 2016). Addiction prevails when there are clear indications of uncontrollable use, mood fluctuations, difficulty in avoiding the behavior due to persistent, intense desire to use it, loss of interest and attention to other activities, irritability when it's not accessible , and relapse. De-Sola Gutiérrez J et al ., (2016) also demonstrated further evidence that the symptoms of mobile phone addiction are similar to those of substance and gambling addiction according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Light emitted from the cell phone may activate the brain.

### Physical Effects of cell phone Addiction

The excessive and contentious use of smart phone not only creates psychological problems but also causes many physical problems

**Strain on eyes** The pain and discomfort associated with viewing a digital screen for over 2 hours. Eyes begin to burn and itch. Blurred vision. Eye fatigue. Digital Eye Strain can cause headaches.

- **Neck problems.** Also known as “text neck,” which refers to neck pain resulting from looking down at cell phone or tablet for too long.
- **Increased illnesses** due to germs. 61 in 6 cell phones has fecal matter on it.
- E. coli bacteria, which can cause fever, vomiting, and diarrhea, found on many phones. Phones have been found to be contaminated with MRSA. Causes painful abscesses. Life-threatening infections in bones, joints, surgical wounds, bloodstream, heart valves, and lungs.
- **Motor cycle and Car accidents.** Several mobile addicts believe that they can do multitask and use their phones while driving their vehicles.
- Research has revealed that texting and driving can be just as dangerous as drinking and driving.

### Phone Addiction Treatment

Cell Phone addiction is universal and is omnipresent in Solapur . we have some ways to combat and treat this disorder. There are specialized addiction treatment centers that can help. Some of these detox centers offer a variety of programs to help their patients kick the digital addiction.

Following are some treatment approaches directly or indirectly applied by the counsellor and therapist :

**Cognitive-behavioral therapy:** Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. Cognitive behavioral therapy (CBT) is a type of psychotherapeutic treatment that helps people learn how to identify and change the destructive or disturbing thought patterns that have a negative influence on their behavior and emotions. Cognitive behavioral therapy combines cognitive therapy with behavior therapy by identifying maladaptive patterns of thinking, emotional responses, or behaviors and replacing them with more desirable patterns. Cognitive behavioral therapy focuses on changing the automatic negative thoughts that can contribute to and worsen our emotional difficulties, depression, and anxiety. These spontaneous negative thoughts also have a detrimental influence on our mood.

**Group therapy:** Group therapy is a form of psychotherapy that involves one or more therapists working with several people at the same time. This type of therapy is widely available at a variety of locations including private therapeutic practices, hospitals, mental health clinics, and community centers. Group therapy is sometimes used alone, but it is also commonly integrated into a comprehensive treatment plan that also includes individual therapy.

### Marriage or couples counseling:

Couples therapy is a form of psychotherapy that can help you and your partner improve your relationship. If you are having relationship difficulties, you can seek couples therapy to help rebuild your relationship. It is helpful at any stage of your relationship, regardless of

“Couples therapy can address a wide range of relationship issues, including recurring conflicts, feelings of disconnection, an affair, issues related to sex, or difficulties due to external stressors,” says Brian Mueller, PhD, a psychologist at Columbia University Medical Center who specializes in couples therapy.

**Group support:** Support groups bring together people who are going through or have gone through similar experiences. For example, this common ground might be cancer, chronic medical conditions, addiction, bereavement or caregiving. A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments.

## Psychotherapy

**Psychotherapy** (also **psychological therapy**, **talk therapy**, or **talking therapy**) is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior, increase happiness, and overcome problems. Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills.[1] Numerous types of psychotherapy have been designed either for individual adults, families, or children and adolescents. Certain types of psychotherapy are considered evidence-based for treating some diagnosed mental disorders; other types have been criticized as pseudoscience

**Motivational interviewing** :Motivational interviewing is a counselling method that involves enhancing a patient's motivation to change by means of four guiding principles, represented by the acronym rule : Resist the righting reflex; Understand the patient's own motivations; Listen with empathy; and Empower the patient.Motivational interviewing is a counselling method that involves enhancing a patient's motivation to change by means of four guiding principles, represented by the acronym RULE: Resist the righting reflex; Understand the patient's own motivations; Listen with empathy; and Empower the patient.

**Dare to Come-over the Addiction** It is obvious that, smartphones are electronic devices and best informative technology resource, it excessive use and gaming can be potentially dangerous tools, especially for children and young adults. The extent of issues that arise from excessive phone use is still not completely understood. However, as science continues to link health problems to cell phone use, it is essential to be proactive.

If you are worried about yourself or a loved one, there are steps you can take. Do not let a phone consume anyone's life. Take a powerful step towards recovery, possibly by delineating a short time-frame in which to complete an all-out "phone detox." If that's not feasible for you or for the one with the problem, then bring as much awareness to the issue as you can — sometimes, being conscious of our issues and tracking our behavior as best we can is all we can do.If you or a loved one is having difficulty ceasing compulsive phone use, then you may want to consider treatment. For more information on online therapy for phone addiction, click.

## Suggestions to Beat an Addiction to Cell Phones

The college student found constantly and continuously using cell phones such as find texting, surfing the internet, sending emails, using applications and playing games, Whatsapp, Emoji, Instagram, You tube Depending on how much time and effort you put into those situations, you may have a problem with excessive cell phone use. Overuse of your cell phone can lead to reduced quality of personal relationships and lack of productivity in daily life, selfcentered, physical and mental health problems moreover the student are not satisfied with one brand of cell phone this addiction made them to try new brands. There are some ways to comover the mobile addiction one can practice and stay happy.

**1] Monitor your cell phone use.** Studies on cell phone addiction reveals that , college students may spend 8-10 hours per day on their cell phones.Tracking your cell phone use such as adding up how many times per hour you check your phone can increase your awareness about your problem.Try downloading an application that tracks your cell phone use like Checky, App Off Timer, or QualityTime. You can use this information to set a specific goal of how many times per hour or day you allow yourself to check your phone.

**2]Create a plan for your phone use.** Limitise your cell phone use to certain times in a day day like meals time , washroom. Prayers, class rooms, library studies and sleep time , You can set an alarm on your phone to alert you when you have reached your maximum time. For example, you can allow yourself to use your phone only from 6pm-7pm. You can also set up specific times not to use your phone, such as while you are at work or college .

**3] Reward yourself for less time spending on phone.** This concept is called positive self-reinforcement and it is used in therapy in order to teach an individual positive behaviors through the



use of a reward system. For example, if you meet your cell phone use goal for the day you can treat yourself to your favorite food, a new item, or an activity.

**4] Start with slow.** Not by avoiding more time and completely eliminating your cell phone use, go slowly by progressively reducing the amount of time you spend checking your phone. For example, start by limiting the amount you check your phone to once per 30 minutes, then once per 2 hours, as so on. Keep a tally of how many times you check your phone per hour. Use your phone only for necessary communications or emergencies.

**5] Put your phone out of sight .** Put your phone somewhere where you will not see it. Turn your phone on silent mode when you are at work, study or anywhere else, so it won't distract you this can distance you addiction.

**6] Take a cell phone holiday.** Cut cell phone use out of your life completely for a short period of time such as holiday, a weekend. Festival day, shopping day, wedding day, sports viewing, movie day etc. Go on a trip or camping where there will be no cell service. This forces you to be off of your phone. You can notify your friends and loved ones that you are going off the grid for a short time. This can be easily accomplished on social media.

**7] Change your phone settings.** There are settings in your phone that may alert you every time you get an email or Facebook notification. Make sure you turn these off! This will reduce the number of times your phone goes off or vibrates. This way you are not being notified every time something occurs. Put your setting on pay for; pay-as-you-go plan as a last resort. Your money will be reduced by using a certain app, this may alert you for reduction of your money; this may disable your phone when you reach the maximum amount and maximum time of use.

**8] Reduce your dependency on cell phone.** Reduce your dependency on cell phone'. Changing your thoughts may help alter your emotions and behaviors.] In other words, if you reduce your thinking about your cell phone, apply your personal abilities you can feel better and use your cell phone less. Remind yourself that whatever you are wanting to check on your phone is not that important, your capacities are important. Next time you feel the need to use it step back and think.

**9] Be in Present Times:** the art of being aware, relying on facts and living in present times can help you become centered and possibly reduce the impulse to engage in cell phone use. Try to be in the present moment by focusing on what is currently going on before you, with you including your own thoughts

**10] Engage in other mood-boosting activities.** Use of cell phone is linked to keep oneself engaged and to maintain mood, the attempt make the user to use cell phone all the time. Instead of using your phone to feel better, engage yourself in alternative activities such as exercise, music, singing, sports, reading, or creative activities such as writing, painting, research and social work.

**11] Work on your plans:** If you have a specific plan for each day and you are focusing on your actions and responsibilities, you will have less time to spend on your phone. The bonus is that you will spend more time focusing on your goals and being productive. If you are not employed you can apply to jobs or volunteer at a local organization. Try taking up a new hobby like campaign, knitting, sewing or playing an instrument. Spend more time doing things that need to be finished, whether it's chores or parents wanting a family day or time together

**12] Always chase your goal .** Try to do something wide and constructive instead of using your phone the next time you feel the urge. Focus on your own personal goals and objectives for the days coming. Make a list of tasks that do not involve your phone and any time you have the impulse to check your phone, stop and gently redirect your attention to your responsibilities. Chase your goal of civil service examinations, research project, public awareness campaign, care for family, business responsibilities etc.

**13] Accomplish social tasks manually .** Much of our communication posted through cell phone that comes from our innate and evolutionary drive to be social technocrat beings. However, there are other options to be social which may be more beneficial and satisfying in the long-term. Instead of texting, mailing and video-call write a letter, give hand delivery of documents or meet up with a friend

for coffee or a meal. Instead of blasting your photos on Instagram, invite a family member over and physically show them your memories. This type of connection may increase quality intimacy.

**14] Acknowledge people about your issue.** Societal and friend circle support is a crucial component for mental health. Having a positive social network produces feelings of safety, comfort, we feeling, belongingness and connectedness. These components are important when considering limiting use of cell phone use, since your use is likely to be at least partly based on social connection. Simply tell your family and friends that you think you are using your cell phone too much and you are working on cutting down. You can explain that you would appreciate if they support you in this process. Additionally, you could give them specific suggestions to avoid cell phone and involve them in your plan. ask your associates, family and friends to call or text you only at inevitable certain times. Your friends and family members know you personally and may be able to help you on cutting down your phone use.

**15] Plan face-to-face meetings.** Avoid getting into contact and interaction, social support, education, information and entertainment through your cell phone, it is important to engage in a personal face to face direct and intimate contact and interaction. Plan an activity with family, colleagues, neighbours and friends. This way your energy is being used in a productive and meaningful way. Direct relation create intimacy, reliability, unity adherence with your surroundings

In conclusion it is obvious that, mobile devices have been implicated in a wide range of negative effects on individuals' mainly students physical and mental wellbeing; the ominous impact is that, students are distancing from families, friends, sports and meditation; books and libraries are missing out. Cell phones are used as a device for education and entertainment However, this is dependent on the nature of use, more use and all time use but can be balanced by the positive effects offered by such devices. Efforts should be made by parents, counsellors, and therapist to assist student's health, education, intimacy and wellbeing through appropriate communication, treatment and policies. The relationship between physical and mental health is a serious global concern. Hence it is necessary for future researcher to undertake a research project based on larger and broader samples from diverse age groups, to examine the associations between cell phone usage and the physical and psychological wellbeing of individuals at large. Your conclusion and suggestions may bring out a probable solution to save the new generation

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