International Journal of Research (IJR)
e-ISSN: 2348-6848, p- ISSN: 2348-795X Volume 2, Issue 4, April 2015
Available at http://internationaljournalofresearch.org

Prevalence of Textaphrenia among Undergraduates of Karachi, Pakistan

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ABSTRACT

OBJECTIVE:
The present study attempted to evaluate the prevalence of Textaphrenia among undergraduate students of Karachi.

BACKGROUND:
Studies have also identified modern day disorders like Textaphrenia which is hearing that a text message has come when actually it hasn't.

METHOD:
It was a Cross-sectional study with a sample size of 392. The study duration was 3 months and the places of study were three different universities of Karachi. Data was analyzed on SPSS Version 16.0.

RESULT:
Our research clearly suggests that the 69.1% of the students are suffering from Textaphrenia.

CONCLUSION:
Our results shows that prevalence of Textaphrenia was high among females. It suggests that excessive texting influence social life of students in many aspects.

KEY WORDS:
undergraduate students; cell phone; Textaphrenia; texting; text addiction

INTRODUCTION

Over the last 20 years, the mobile phone use is rapidly increased worldwide.[1]. Globally mobile phone subscriptions have raised from 12.4 million to more than 5.6 billion, penetrating approximately 70% of the world population[2]. In the past few years, the usage of mobile phone text messaging has become dominant, especially among teenagers and youngsters[5]. Students

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appreciate the usefulness of their mobile phone as an immediate communication tool[3]. Regarding the massive use of mobile phone some authors have developed questionnaires for the evaluation of problematic mobile use, psychological consequences of mobile phone use and its addiction[4].

Texting and mobile phone use is very common nowadays[6] and its use is increasing eachday.[7] Mobile phone is a comparatively a new technological device, adaptable and accessible, and very pleasing, particularly for young people, but whose utility involves a likelihood of abuse and behavioral dependency.[8] Mobile phone ownership and usage is now excessive and public interests have developed over possible injurious physiological impacts of their use.[4] Studies have also identified modern day disorders like Textaphrenia which is hearing that a text message has comewhen it actually hasn't. Texitety which is the feeling of anxiousness of not receiving any text or not being able to send any, Post Traumatic Text Disorder which involves the physical and mental injuries related to texting and Binge Texting which is the sending of multiple texts to feel good about oneself and to attract responses.[4]

Mobile phone use is forbidden in some circumstances. In spite of known safety concerns and legal regulations, some people don't abstain from using mobile phones. Such problematic mobile phone use can be regarded to be an addiction-like behavior.[10] A number of youngsters suffering from headache and diminished concentration demands for further research to evaluate the underlying causes. It can't be ignored that one of them may be exposure to EMF (electromagnetic field) emitted by mobile phone.[9] Presence of an active social network and multiple e-mailing by mobile phone decreased students solitude. Although they experience frustration and lack of sleep (because of night time use)[9.] Researchers conclude that perpetual use of cell phone over a period of 14 months increases the possibility of headaches, memory loss, cancer, rashes in ears and fingers and even leukemia. The mobile phone radiations can damage the brain of children and it will create difficulty for them to manage their studies and shortly causes dementia. Low self-esteem is most persistently associated personality disorder with text addiction, though extraversion is related with more extreme use. The most frequently linked psychopathological symptom was anxiety and the most sensitive group are Women with less self-esteem. In a nutshell, the evidence suggests a trouble regarding the cell phone use, the infirmity of the cell phone dependency concept and the piteous quality of the studies make it challenging to generalize the results[8]. High cell phone use was related with sleep disorders and manifestations of depression for the men and the women at 1-year follow-up. The possibility for reporting mental health manifestations at follow-up was highest among those who had apprehend availability via mobile phones to be distressful .[11]

Increase mobile phone use may lead to musculoskeletal defects. Palm and thumb muscles are used extensively while texting.[6] Researches suggest greater prevalence of musculoskeletal disorders in women than in men. There is greater muscle activity in the extensor digitorum and the abductor pollicislongus in females as compared to males. When typing text messages there is higher thumb abduction and greater thumb movement velocities and lesspauses in them.[12] Excessive texting may cause subluxation of 1st carpo metacarpal joint[13] and also cause thumb arthritis[13]. Neck pain (text neck) arises when person texts while hunching over and types only with one

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thumb[14]. In Japan people are seen with 'Repetitive Thumb Syndrome' and their thumbs are growing because texting leads to 'Monsters Thumb'. Considering the rising interest in behavioral dependency and insufficient data from Pakistan, this study attempted to examine the pattern of mobile phone use among under graduates of Karachi and the goal of this study was to assess The Prevalence Of Textaphrenia among them.

METHOD

STUDY DESIGN:

This was a cross-sectional study conducted in the Dow University Of Health Sciences, NED University Of Engineering And Technology and University Of Karachi. The survey was conducted only among undergraduate students of age group 18-22 years, in the duration of three months.

SAMPLE:

It was a convenient sample of 392 students, located from different areas of Karachi and including people from different age groups, faculties and social backgrounds.

All individuals participating in the study were initially approached personally and informed about the objectives of the study and were given an explanation about the questionnaire, that participation was entirely on a voluntary basis and that responses were anonymous. The study was approved by the Ethical Board Review of Dow University Of Health Sciences.

DATA COLLECTION:

The process of data collection was carried out in Dow University of Health Sciences, NED University of Engineering and Technology and Karachi University. The pre-testing questionnaires were rotated in order to detect any sort of error. Then the original questionnaires were distributed among the participants. The participants were also briefed about the purpose of study and assured about the confidentiality of the information provided by them. The questionnaires were personally distributed by the researchers to all respondents.

RESULT

The result clearly suggests that the 69.1% of the students are suffering from Textaphrenia.Out of the 392 participants, 151 (38.5%) were males and 241 (61.5%) were females, 103 (26.3%) were from Dow University of Health Sciences, 127 (32.4%) were from NED University of Engineering and Technology and 162 (41.3%) were from Karachi University. The mean age of the students was20.35 ± 1.56years.

DATA ANALYSIS:

Data was entered and validated in Microsoft Excel 2010 and analysis was performed in SPSS Version 16.0. The chi-squared test was applied to examine the prevalence of Textaphrenia among undergraduates of Karachi.

DISCUSSION

Mobile phone use has pervaded into every aspect of lifeand it has a special presence in the lives of young, undergraduateuniversitygoingstudents. Useof mobile phone and sending text messages isvery common in today's life.However, its excessive use and its health effects arenewly raised issues that have been noticed inthe recent years.

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The present study which was conducted among undergraduate students of Dow Medical College,NED university and Karachi University revealed that the use of mobile phones was almost universal.

In our study,we found that about 63.3% students appeared to overcome the bad moods such as helplessness, guilty, anxiety and depression by using mobile phones.In the study conducted byBoraeJinNamkeePark participants, appeared to enjoy calling and texting as a means of escape from distressful life.

In about 29.3% of the participants in our study agreed that mobile use has led to altered sleep patterns. Similarly, in the study conducted by RituNehra, 10-15% of participants were found to have disturbed sleep patterns.

Mobile phone is a main source ofdiversion of attention. JenniferMeckles reports in her study that attention gets affected due to increase in mobile phone usage which ultimately affects educationalresults.Likewise, in the study conducted byJayantiPAcharya,manystudents subsequently confessed to lagging behind in academics due to their cell phone addiction.While in our study 77.8% of students gave a negative response regarding the interference of cell phone use in getting good grades.

The research conducted byCholiz M, shows that girls use mobile phones more than do boys and they are more likely to engage in mobile phone abusedue to excessive use.Similarresultswereobtainedfromour research that about 61.5%of participants were girls from three different universities.

Our research included medical,engineering and undergraduate students from other faculties. Similar research was conducted in India byMunishAggarwal,Sandeep Grover andDebasishBasubut it was confined to doctors only.Hence, our research has evaluated all aspects of cell phone use on the lives of undergraduate students

CONCLUSION

Our results show that the prevalence of Textaphrenia was high among the female students interviewed (71.4%). Our research suggests that excessive texting greatly influences sleep patterns, socialization, academic progress, physical and mental health and may lead to decreased concentration toward meal and studies.

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Table 1.(Shows General characteristics and questions assessing the mobile use pattern)

Characteristics	Frequency	Percentage
Age (years) Mean± SD	20.35±1.56	
Gender :		
Female	241	61.5%
Male	151	38.5%
Universities:		
DUHS	103	26.3%
NED	127	32.4%
KU	162	41.3%
study year:		
First	153	39.0%
Second	72	18.4%
Third	80	20.4%
Fourth	71	18.1%
Fifth	16	4.1%
You ever heard or felt that a text message has arrived when it hasn't.		
Yes	271	69.1
send multiple texts to attract response		
Yes	147	37.5
Using mobile phones help you to overcome the bad moods (e.g; feeling of inferiority, helplessness, guilty, anxiety, depression, etc..)		
Yes	248	63.3
You think excessive use of mobile phone is harmful to your health.		
Yes	261	66.6
You keep the mobile phone switched on during the daytime even though you know that keeping it on will disturb you if you are going to bed.		
Yes	290	74.0%
You get upset when mobile phones are not available.		
Yes	240	61.2%
You get irritated in the morning if you are not able to locate your mobile phone.		
Yes	273	69.6%
You become uneasy, if you forget your mobile phone at some place although you know that it is at safe place and remain preoccupied with the same time till you get back your mobile.		
Yes	236	60.2%
You have a feeling of incompleteness if you aren't able to access the mobile phone daily.		
Yes	235	59.9%
You become anxious of missing something, if you have to switch off your mobile for some reason.		
Yes	203	51.8%
When busy in your studies for long hours, you keep on checking your mobile phone in anticipation of a call or a message.		
Yes	256	65.3%
You lose track of time, after starting to use mobile phone for sms, game, mask etc..		
Yes	218	55.6%
The mobile phone use increased over the years, without any logical explanation		
Yes	288	73.5%
You made unsuccessful efforts to control, decrease or stop mobile phone use.		

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Yes	123	31.4%
You need to use the mobile phone for increased amount of time in order to achieve satisfaction.		
Yes	90	23.0%
Your families/friends or colleagues complain that your mobile phone use is excessive.		
Yes	141	36.0%
You feel that life would have been better without texting sms.		
Yes	130	33.2%
You compulsively respond to call/sms at places which don't permit (class, driving group, participation) you to do so.		
Yes	146	37.2%
You or your family that you changed your sleep pattern or sacrificed sleep in order to spend time on the mobile phone.		
Yes	115	29.3%
Texting led to any accident.		
Yes	102	26.0%
You keep on using mobile phones when your education expects you to work on other things.		
Yes	139	35.5%
Mobile phone made you spend less time with your family members.		
Yes	131	33.4%
Your grades in studies gone down due to the mobile phone use.		
Yes	87	22.2%
Texting during meal decreases your concentration.		
Yes	230	58.7%
You suffer from 'Neck Pain' and chronic headaches due to improper posture while texting.		
Yes	129	32.9%
You feel tingling and numbness in your hands due to excessive texting.		
Yes	126	32.1%
You felt irritation or pain in your thumb due to excessive texting.		
Yes	156	39.8%

Table.2shows significant differences in the prevalence of textaphreniabetween males and females

Gender	Female		Male		Chi square	P-value
C	Frequency	Percentage	Frequency	Percentage		
Excessive use of mobile phone is harmful to your health.					6.445	.011
Yes	172	71.4%	89	58.9%		
You get irritated in the morning if you are not able to locate your mobile phone.					4.276	.039
Yes	177	73.4%	96	63.6%		
You or your family complains that you changed your sleep pattern or sacrificed sleep in order to spend time on the mobile phone.					12.811	0.000
Yes	55	22.8%	60	39.7%		

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The texting led to any accident.					4.244	.039
Yes	54	22.4%	48	31.8%		
You keep on using mobile phones when your education expects you to work on other things.					8.523	.004
Yes	72	29.9%	67	44.4%		
Your grades in studies gone down due to the mobile phone use.					4.493	.034
Yes	45	18.7%	42	27.8%		

Table.3(Universities)

University	**Dow University of Health Sciences**		**NED University of Engineering and Technology.**		**University of Karachi**		**Chi square**	**P-value**
C	**Frequency**	**Percentage**	**Frequency**	**Percentage**	**Frequency**	**Percentage**		
Send multiple texts to attract response.							21.943	.000
Yes	19	18.4%	54	42.5%	74	45.7%		
Using mobile phones help you to overcome the bad moods (e.g; feeling of inferiority, helplessness, guilty, anxiety, depression, etc.)							9.864	.007
Yes	52	50.5%	87	68.5%	109	67.3%		
You keep the mobile phone switched on during the daytime even though you know that keeping it on will disturb you if you are going to bed.							7.682	.021
Yes	70	68.0%	105	82.7%	115	71.0%		
You need to use the mobile phone for increased amount of time in order to achieve satisfaction.							7.587	.023
Yes	15	14.6%	38	29.9%	37	22.8%		
You compulsively respond to call/sms at places which don't permit (class, driving group, participation) you to do so.							20.020	.000
Yes	35	34.0%	66	52.0%	45	27.8%		
You or your family complains that you changed your sleep pattern or sacrificed sleep in order to spend time on the mobile phone.							12.685	.002
Yes	22	21.4%	52	40.9%	41	25.3%		
The texting led to any accident.							6.581	.037
Yes	17	16.5%	37	29.1%	48	29.6%		
You keep on using mobile phones when your education expects you to work on other things.							7.603	0.022
Yes	34	33.0%	57	44.9%	48	29.6%		
You feel tingling and numbness in your hands due to excessive texting.							9.809	0.007
Yes	21	20.4%	50	39.4%	55	34.0%		

Tiltle : A Cross-sectional study of Prevelance of Textaphrenia Among Undergraduates Of Karachi, Pakistan by Dr.Fahad Khan et.al