

Impact of Mobile Addiction on Mental Health of College Students

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Abstract: *Mobile phone addiction has been identified as a new disorder and many studies proved and indicated its signs symptoms. Internet today is the most recent and important human technology which is widely used and its users are increasing. It is a phenomenon which still has its primary attractiveness. Addiction to mobile phone use is an impulsive behavior which its application not only have a sense of relief for person but also gradually needs to more use due to achieve former sense of relief. In case of exclusion, isolation will be occurring. The mobile addicted users away from their friends and family are isolationist, repress age, and social priorities such as education and employment, when the phone is not available to them thin to it and suffer from its away. Thus, the present study is an attempt to study the impact of mobile phone addiction on mental health of college students. The findings of the study further revealed that male students were more addicted as compared to female students. The study revealed that mobile phone addiction have inverse and major impact on mental health of college students. The fame of the mobile phones is followed by an alarm towards the detrimental effects of cell phone radiation, Fatigue, headache, decreased concentration and local irritation and burning are the major effects of excessive usage of mobile phones. Therefore, the current findings increase our understanding about the relationship between mobile phone addiction with mental health of college students. In addition, enhancing mental health levels of students may also have a preventive function for mobile phone addiction.*

Keywords: Mobile Addiction, Mental Health, Headaches, Concentration.

Introduction: With every passing day, technology is overtaking our daily lives. Regardless of age, gender, ethnicity, career or economic status, we're probably packing a Smartphone right now. These phones have become not just an object,

but for many a best friend. Many suffer from anxiety if they lose their phone, even for few minutes. We rely on it to do everything from checking bank balances to investment, from expressing love to break up. Though it is becoming an

important part of our lives but it can't be denied that, Mobile phones have a great influence on the human's psychological mind. Various problems like stress, sleep disturbances and symptoms of depression are commonly observed, especially in young adults.

Consistent phone use can cause a chain reaction affecting one aspect of a user's life and expanding to contaminate the rest. It usually starts with social disorders which can lead to depression and stress and ultimately affect lifestyle habits such as sleeping right and eating right. Using cell phone before bed can cause insomnia, according to a study by scientists. Along with mental health it puts a great effect on physical health also. Germs are everywhere, and the number of times people interact with their phone, these germs transfer from one place to another and phone gets contaminated with bacterias, which results in fever, vomiting and diarrhea and create health problems. Cancer, specifically brain cancer, and its correlation with phone use, is an ongoing investigation.

There are many variables that affect the likelihood of hosting cancerous cells that includes how long people use their phones. There has been no clear

evidence indicating the link between cancer and phone use if used moderately, but research from world health organization said that heavy usage will more likely can lead to cancer. If someone is not physically fit, he/she would not be able to deal with mental tasks. As we all know that, "A healthy mind resides in a healthy body"

Research Objectives: Some of the objectives of the present research are:

1. To compare the mental health among college students having high and low mobile addiction.
2. To compare the mental health among male and female college students having high mobile addiction.
3. To compare the mental health among male and female college students having low mobile addiction.
4. To compare the mental health among arts and commerce college students having high mobile addiction.
- 5, To compare the mental health among arts and commerce college students having low mobile addiction.

Hypotheses: Hypotheses of the study are as under:

1. There is no significant difference in mental health among college students having high and low mobile addiction.
2. There is no significant difference in mental health among male and female college students having high mobile addiction.
3. There is no significant difference in mental health among male and female college students having low mobile addiction.
4. There is no significant difference in mental health among arts and commerce college students having high mobile addiction.
5. There is no significant difference in mental health among arts and commerce college students having low mobile addiction.

Design of the Study: In the present study, descriptive survey method was used.

Population: The students studying in colleges of Haryana constituted the target population for the present study.

Sample: A sample of 200 college students has been taken from the four colleges of Jhajjar district on the basis of random sampling technique. The sample included 100 male and 100 female students of four colleges of Jhajjar district.

Tools Used: Following tools are used in the present study to measure the above mentioned variables:

- **Mobile Phone Addiction Scale:** by Velayudhan and Srividya (2012)
- **Mental Health Battery :** Singh and Gupta (2008)

Statistical Techniques Used: In order to study the nature of the data, descriptive statistics i.e. mean and standard deviations and 't' test have been calculated with the help of SPSS -20.0 software.

Results and interpretation:

Objective 1: To compare the mental health among college students having high and low mobile addiction.

Table 1.1 Mean, Standard Deviation and 't' values of Mental health between among students having high and low mobile addiction

Type of Addiction	Number	Mean	S.D.	't' Value	Level of Significance
High Addicted	40	111.25	12.44	2.793	Significant at 001 level
Low Addicted	57	116.54	10.22		

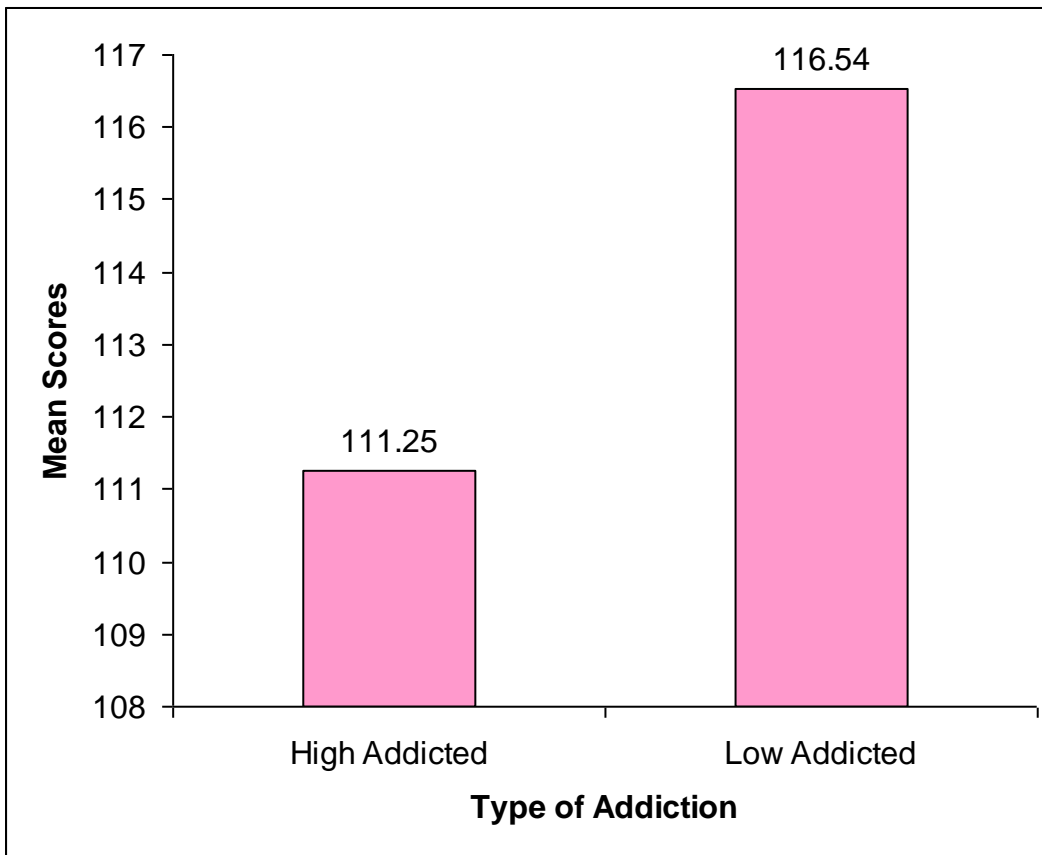


Fig. 1.1: Mean Values of Mental Health among college students having high and low mobile addiction

From table 1.1, it is clear that the mean and S.D. score of mental health of

college students having high mobile addiction are 111.25 & 12.44 respectively,

whereas for students having low mobile addiction, these are 116.25 & 10.22 respectively. The calculated 't' value for 95 degree of freedom is 2.793 which is more than the table value (2.58) at 0.01 level of significance. It means that there is a significant difference among students having high and low mobile addiction on mental health. Hence the null hypothesis, "There is no significant difference in mental health among college students

having high and low mobile addiction" is not retained. It means that students having high and low mobile addiction differ significantly on mental health. The students having low mobile addiction were found to have better mental health as compared to those students having high mobile addiction.

Objective 2: To compare the mental health among male and female college students having high mobile addiction.

Table 1.2

Mean, Standard Deviation and 't' values of Mental health between male and female students having high mobile addiction

Gender	Number	Mean	S.D.	't' Value	Level of Significance
Male students with high mobile addiction	25	113.00	12.06	1.153	Not Significant
Female students with low mobile addiction	15	108.33	12.94		

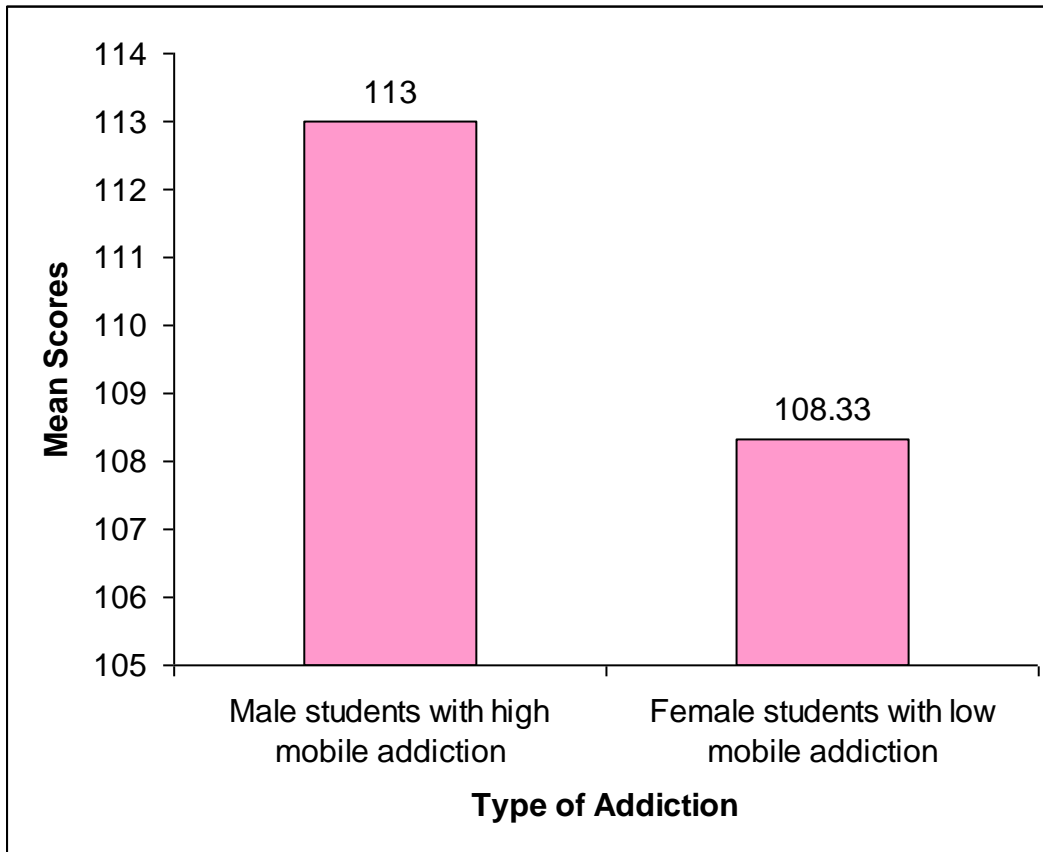


Fig. 1.2: Mean Values of Mental Health between male and female students having high mobile addiction

From table 1.2, it is clear that the mean and S.D. score of mental health of male college students having high mobile addiction are 113.00 & 12.06 respectively, whereas for female students having high mobile addiction, these are 108.33 & 12.94 respectively. The calculated 't' value for 38 degree of freedom is 1.153 which is less than the table value (1.96) at 0.05 level of significance. It means that there is a no

significant difference between male and female students having high mobile addiction. Hence the null hypothesis, "There is no significant difference in mental health among male and female college students having high mobile addiction" is retained. It means that male and female students having high mobile addiction do not differ significantly on mental health.

Objective 3: To compare the mental health among male and female college students having low mobile addiction.

Table 1.3 Mean, Standard Deviation and ‘t’ values of Mental health between male and female students having low mobile addiction

Gender	Number	Mean	S.D.	‘t’ Value	Level of Significance
Male students with low mobile addiction	19	114.31	10.23	1.167	Not Significant
Female students with low mobile addiction	38	117.65	10.16		

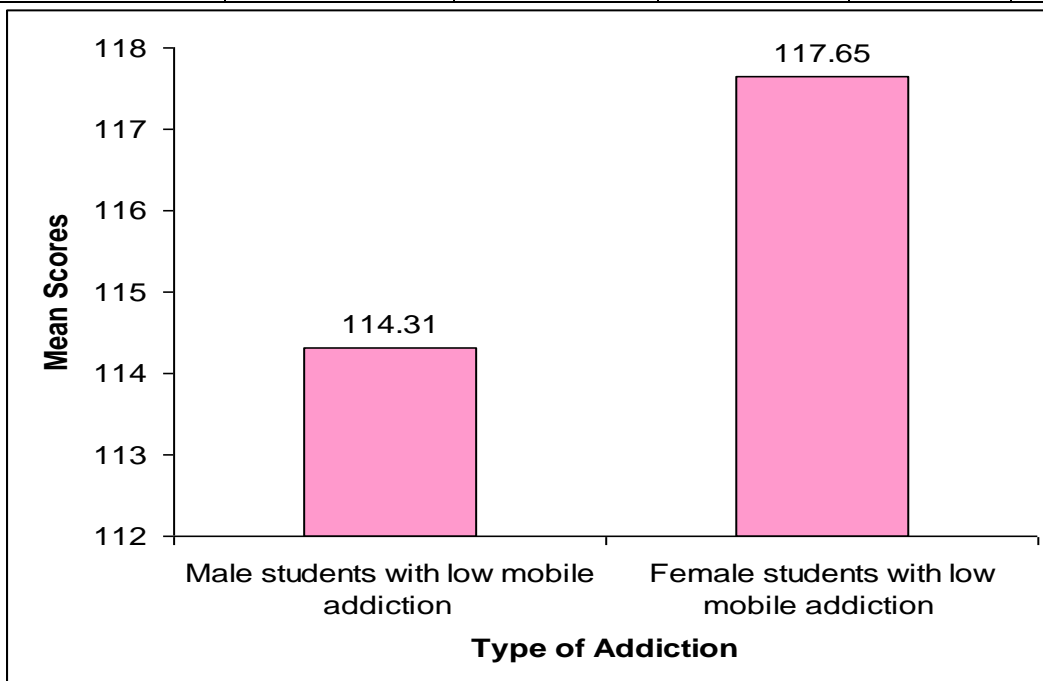


Fig. 1.3: Mean Values of Mental Health between male and female students having low mobile addiction

From table 1.3, it is clear that the mean and S.D. score of mental health of male college students having low mobile

addiction are 114.31 & 10.23 respectively, whereas for female students having low mobile addiction, these are 117.65 &

10.16 respectively. The calculated ‘t’ value for 55 degree of freedom is 1.167 which is less than the table value (1.96) at 0.05 level of significance. It means that there is no significant difference between male and female students having low mobile addiction on mental health. Hence the null hypothesis, “There is no significant difference in mental health among male

and female college students having low mobile addiction” is retained. It means that male and female students having low mobile addiction do not differ significantly on mental health.

Objective 4: To compare the mental health among male and female college students having low mobile addiction.

Table 1.4 Mean, Standard Deviation and ‘t’ values of Mental health between arts and commerce students having high mobile addiction

Gender	Number	Mean	S.D.	‘t’ Value	Level of Significance
Arts Students with high Mobile addiction	27	108.48	13.10	2.115	Significant at 0.05 level
Commerce Students with high mobile addiction	13	117.00	8.86		

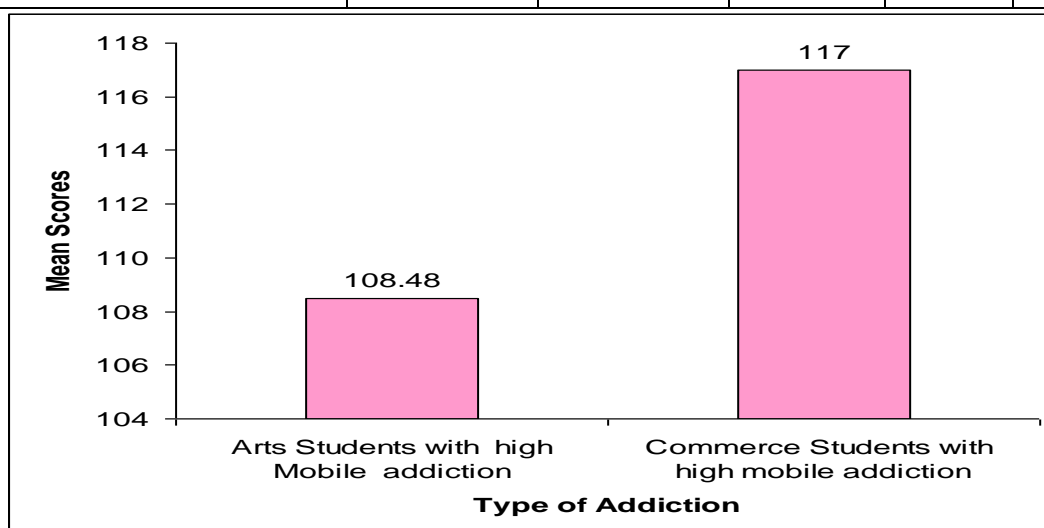


Fig. 1.4: Mean Values of Mental Health between arts and commerce stream students having high mobile addiction

From table 1.4, it is clear that the mean and S.D. score of mental health of arts stream college students having high mobile addiction are 108.48 & 13.10 respectively, whereas for commerce stream students having high mobile addiction, these are 117.00 & 8.86 respectively. The calculated 't' value for 38 degree of freedom is 2.115 which is more than the table value (1.96) at 0.05 level of significance. It means that there is a significant difference between arts and commerce stream students having high

mobile addiction on mental health. Hence the null hypothesis, "There is no significant difference in mental health among arts and commerce college students having high mobile addiction" is not retained. It means that arts and commerce stream students having high mobile addiction differ significantly on mental health. The commerce stream students having high mobile addiction were found to have better mental health as compared to arts streams students having high mobile addiction.

Objective 5: To compare the mental health among arts and commerce college students having low mobile addiction.

Table 1.5 Mean, Standard Deviation and 't' values of Mental health between arts and commerce students having low mobile addiction

Gender	Number	Mean	S.D.	't' Value	Level of Significance
Arts Students with low Mobile addiction	24	114.04	9.98	1.579	Not Significant
Commerce Students with low mobile addiction	33	118.36	10.15		

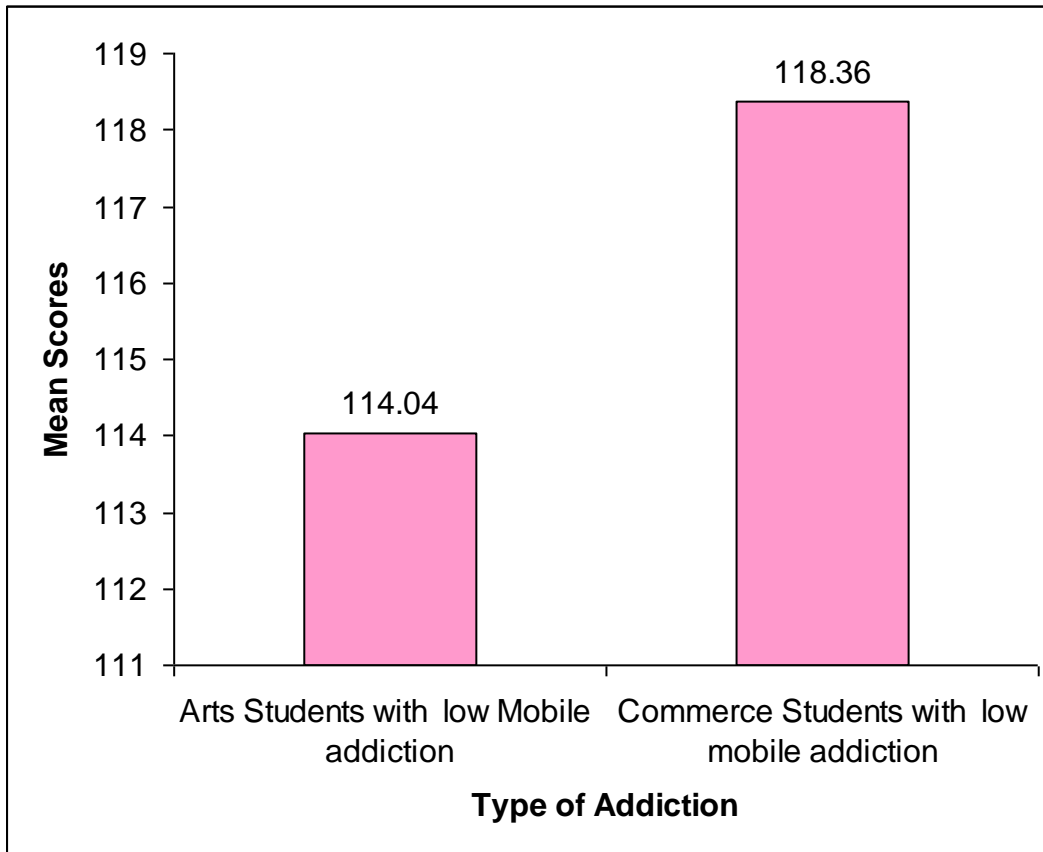


Fig. 1.5: Mean Values of Mental Health between arts and commerce stream students having low mobile addiction

From table 1.5, it is clear that the mean and S.D. scores of mental health of arts stream college students having low mobile addiction are 114.04 & 9.98 respectively, whereas for commerce stream students having low mobile addiction, these are 118.36 & 10.16 respectively. The calculated 't' value for 55 degree of freedom is 1.579 which is less than the table value (1.96) at 0.05 level of significance. It means that there is no significant difference between arts and commerce stream students having low mobile addiction on mental health. Hence

the null hypothesis, "There is no significant difference in mental health among arts and commerce college students having low mobile addiction" is retained. It means that arts and commerce stream students having low mobile addiction do not differ significantly on mental health.

FINDINGS OF THE STUDY: Findings of the study are as under:

1. It was found that there is a significant difference in mental health among college students having high and

low mobile addiction. The students having low mobile addiction were found to have better mental health as compared to those students having high mobile addiction.

2. It was found that there is no significant difference in mental health among male and female college students having high mobile addiction. It means that male and female students having high mobile addiction do not differ significantly on mental health.
3. It was found that there is no significant difference in mental health among male and female college students having low mobile addiction. It means that male and female students having low mobile addiction do not differ significantly on mental health.
4. It was found that there is a significant difference in mental health among arts and commerce college students having high mobile addiction. The commerce stream students having high mobile addiction were found to have better mental health as compared

to arts streams students having high mobile addiction.

5. It was found that there is no significant difference in mental health among arts and commerce college students having low mobile addiction. It means that arts and commerce stream students having low mobile addiction do not differ significantly on mental health.

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