

Mobile Phone usage and Increasing Rate of Mental Health Issues

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ABSTRACT

The mobile phone is being used by almost everyone these days. The mobile phone has replaced many articles of daily use like, camera, wrist watch, alarm clock, calendar, Calculator, etc. This gadget has become the biggest medium of leisure time activities and people feel more secure with it besides them. Teenagers and young people use it in many positive and negative ways and its use and misuse in turn affects their health and psychological well being. This study is targeted on the health effects of cellular phone usage amongst students following skill development courses in colleges of an urban setting. A cellular phone is a tool that may make and receive telephone calls over a communication system. While It provides communication and information access to the general public, there are negative impacts on their health and social relationships as well. In recent years, the usage of mobile phones among adolescents and adults has increased considerably. The cell phone has become a teenager and young adults standing image and a brand new age addiction and it is promoting serious psychological and social problems. The present study was designed to explore the difference of education and gender among college students. A sample of the present research work consists of 133 students drawn from B.Ed. And polytechnic colleges aged between 19-23 years of Jammu city. This paper highlights the connection of the cell phone usage on peer relationships, on family relationships and mental health. Results showed boys and girls have equal rates of mobile phone addiction and no gender difference in the rate of mobile phone addiction among the students. Whereas significant differences of mobile phone addiction has been observed in students studying in different educational streams.

Key Words : Mobile phone, Mental health, Adolescence, Education

INTRODUCTION

Communication technology has improved and advanced many folds in the recent times. Mobile phones play an essential role in communication throughout the world and changed the way humans interact with each other. Despite of the technological revolution, its addiction is adversely affecting many young adults. The use of technology has decreased our ability to communicate face to face and in person (Jones, 2014). Various studies have indicated that excessive use of mobile phone effects students' concentration and effects psychological health of people. Srivastava (2005) in his studies concluded that

mobile phones made it easier to contact anyone, anywhere but its excessive usage effects studies and leads towards poor academic achievement. Ling (2005) conducted a study and found that there is a relationship between mobile phone usage and antisocial activities. Excessive users of mobile phones were found to be involved in activities like quarrelling, drinking, drugs addiction and robbery. Similar Studies on Smart phone activities have shown that excessive use of smart phone can pose a number of possible risks for college students such as using smart phone as an escape mechanism or cheating tool (Roberts, *et al.*, 2014), linking with sleep deprivation and attention deficits (Murdock, 2013),

depression (Kim *et al.*, 2015) as well as academic performance (Hawi and Samaha, 2016). In the last 20 years, worldwide mobile phone subscriptions have grown from 12.4 million to over 5.6 billion, penetrating about 70% of the global population (Electromagnetic Fields and public health: mobile phones, 2011). Its usage has also become an important public health problem as there have been reports of plenty of health hazards, both mental and physical, in people of all age groups. While some of these oft-seen effects are critical like cancers, others that cause definite morbidity are both physical and mental. On 31 May 2011 the World Health Organization confirmed that mobile phone use indeed represents a health menace, and classified mobile phone radiation as a carcinogenic hazard, possibly carcinogenic to humans. In spite of some knowledge on unfavorable health effects, the usage of mobile phones has increased dramatically especially since the time they have become more affordable and available all over the world (Cell phones, 2007). Almost 87-90% of the population in an advanced country like the USA use mobile phones, and a sizeable number of these is school and college going students (World Health Organization, 2011). In India too, we note that the scenario is similar with people from both rural and urban areas, educated or illiterate, and belonging to almost all ages; now dependent on a cellular phone. The alarming fact is that many of these devices reach the market without any safety testing on their electromagnetic radiation (Sue Kovach, 2007). Smart phone addiction is outlined as a state that one experiences physical, psychological or social personality disorder or deviation because of excessive smart phone use, is to a fault dependent on or obsessive about Smartphone use, will be glad after they build additional use of smart phones, or feels anxious after they stop victimization them (Shi *et al.*, 2011). Smartphone addiction provides rise to youth issues in varied areas like physical, mental and social ones. Adolescents UN agencies are additional hooked in to smart phones are in worse health, having a pain within the neck, shoulder or radio carpal joint. Smart phones get their mind oft even after they don't use them and that they usually feel anxious or nervous after they aren't able to use them (Lee, 2013).

Mental health and mobile phones:

An effect of mobile phone on psychological well being and mental health has been studied by various researchers. It was observed that Psychological well

being refers to positive mental states such as happiness or satisfaction and complete social, mental and physical well being not just absence of disease. Accordingly, it is necessary to maintain a good state of balance in physical, mental and social states to ensure psychological well-being. Bradburn (1969) believes that psychological well-being is highly related to the emotional status of an individual. It refers how people evaluate their lives, these evaluations in the form of cognition or in the form of affect. Mobile phone addiction adversely affects all these dimensions of happiness and emotional life. In a study by Srivastava and Tiwari (2013) it was found that anger, anxiety and tension was higher in unlimited users of mobile phones. Effects of mobile phone on various domains like productivity, performance and well being have been widely studied. It was found that mobile phones effects people from different sectors differently. People in service sector found it very useful for fast networking and easily contacting other people and necessary for work efficiency. Whereas employees from the manufacturing sector are of the opinion that mobile phones affects their work and impact productivity negatively (Wahla and Awan, 2014). While mobile phones are need of the time and a very effective tool for making instant contact with parents, friends, neighbors etc. But its addiction is adversely affecting the relationships of its users with their families and its excessive usage consumes lot of time and also affects their studies. Students often don't tolerate any kind of interruption from their parents while using mobile phones. The study suggested the need of guidance by parents and teachers for the proper usage of mobile phones (Shahzad *et al.*, 2015). Deshpande (2015) mentioned in a study found that while mobile phones are playing important part in gaining information and internet services they are also becoming a cause of addiction with its excessive use. Unrestricted uses of mobile phones are causing many health and psychological health issues like sleep disorders, eye strains, anxiety, restlessness and depression. People with mobile phone dependence show signs of poor functioning in the absence of mobile phones. It is need of hour to ensure that we do not become dependent as well as help others who are showing signs of addiction and abuse of technology. Ezo and Toda (2013) examined a study and found that internet use isolate individual from their surroundings and these persons spend less time interacting with real world contacts and more time on internet thereby increasing loneliness. On the other hand it was observed that lonely

individuals are more prone to internet addiction because it gives them an opportunity to interact with other peoples. In the study loneliness and mobile phone dependence were found to be positively related.

Parashkouh *et al.* (2016) found that internet is very useful tool in sectors like science, information and education. Mobile phone and Internet usage has been increasing among students especially in developing countries. The study revealed high rate of internet and mobile phone addiction among Iranian students and urgent need to pay attention to the prevention and treatment of mobile phone addictions. Goswami and Singh, (2016) examined a study and review of literature refers that adolescents are more inclined towards using mobile phones for activities other than communication. Mobile phones addiction is affecting mental health of adolescents and its major effects are fatigue, headache, decreased concentration, local irritation and burning with its radiation. Abed *et al.* (2018) despite the many advantages of mobile phones the study found many problems with its excessive use and addiction. Vision problem is most prevalent whereas depression, pain in neck, sleeping disorder, exhaustion, ringing in the ears is found with mobile phone addictions. Mobile phone addiction is found more prevalent in females than males. The students were generally found aware about the health problem of mobile phone addiction. Khezhi and Srivastava (2016) mentioned in a study that mobile phone addictions largely affect interpersonal relationships as people prefer to stay alone and it can also affect academics. Findings revealed no gender difference in mobile phone addiction and there is a high level of mobile phone addiction among teenagers (Girls and Boys). Udhayakumar and Illango (2018) found that psychological well-being is usually regarded as positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. Higher rates of anxiety and depression have adverse effects on Psychological well-being, educational attainment and quality of life of students. Evidence suggests that the college students are vulnerable to mental health problems and need extra measures from their college to deal with anxiety and depression.

Common health issues:

Though it is known that there could be numerous causes of headache; stress of studies and daily travel further more as exposure to pollutants, being some important ones, all the same throughout this study the

perceived scan of the respondents was acceptable. Appropriate literature on this specific symptom and implications of cell phones for the identical couldn't be homed onto. Additional analysis is required to corroborate this reality. Quite 0.5 the themes complained of ire and irritability once things told to them over phone. Paying attention to music additionally created them prickly by the top of the day. Studies done by Gaby Badre (Gaby, 2008), in Sweden, on teenagers, reveal that restlessness will result amongst those that use their phones too. Another common symptom determined during this study was that just about 0.5 the scholars complained of inability to focus on studies and alternative vital aspects of their daily lives, because of friends' or others' phone calls or texting activities to that they'd / wished to retort, on a moment basis. Jennifer Meckles (Jennifer, 2012) in her study reports that "attention" gets affected because of increase in transportable usage. Several students after confessed to insulation behind in lecturers because of their telephone addiction. Within the study by Meckles (Jennifer, 2012) an identical finding on lack in "performance" has been documented.

Anxiety could be an off-putting feeling of concern and concern. Subjects complained of performance-related anxiety, particularly on activity well in exams, therefore on recover opportunities. Most mobile addicts are folks with low vanity and are liable to develop friction in their social relations. They feel the urge to be perpetually connected and up-to-date with others and if they're bereft of their cell phones, no matter the rationale they become anxious and irritable. The very fact is declared in Francisca Lopez's study (Francisca, 2007). It had been ascertained that continuous usage, observing the screen caused the themes eye strain most in order that a number of them had to travel to a Doctor for a watch health check. But none were diagnosed with a refractive error or alternative serious eye ailments. Eye strain is apparent thanks to that specialize in the screen or due to continuous texting and taking part in games. The identical is mentioned by the middle on Media and kid Health in their article "Cell Phones" (Cell phones, 2007). Another study by the International Commission on non-ionizing radiation protection (April 1998) reports that "premature cataracts" don't seem to be joined to telephone use thanks to lower power output of mobiles. Lack of sleep or sleep disorder was one in every of the foremost common symptoms ascertained among this category of subjects. Besides, long hours of travel and

also the stress of studies, continuous usage of cell phones was thought to be answerable for this outcome. Some answered within the affirmative concerning some quantity of temporary state as mentioned on top of. Sara Thomme *et al.* (Sara *et al.*, 2011) in Gothenberg, Scandinavian nation discovered that top movable use was related to sleep disturbances and symptoms of depression. The Daily Galaxy reports that prime sleep consultants have raised serious considerations over the quite enough proof showing that radiation from headphones affects deep sleep. Chatting for protracted periods throughout breaks between categories resulted in giving their lunch a miss affected their craving. At home, an analogous state of affairs might arise once the scholar relishes conversations throughout their meal times. A study on brain aldohexose metabolism has been dole out by Volkow (Volkow *et al.*, 2011). Keeping this facet in mind loud music over the phone is also a contributive issue for deafness. The FYI Living study reports that the response within the “distracted” listening check was late and of less amplitude in the cluster exposed to cell phones. Digital thumb could be an ill-natured downside thanks to continuous usage of fingers extrasensory perception. The thumb over the little data input device on the cell phones. Like Computer-related stress injuries, this complaint is here to remain as students use the telephone overly now-a-days. Repetitive strain injuries like digital thumb, ensuing from repetitive tasks as in writing on little buttons has been mentioned by the middle on Media and Health as a ‘Downside of Cell Phones’. Telephone driving, little doubt could be major cause road accidents nowadays. Typically we have a tendency to see accidents happening ahead of our eyes, or are through one as our friend/driver used the device on the way to some place. A serious study has been done on this necessary public health facet by Karen (Karen *et al.*, 2000). Section three of their study deals with driver performance studies, case reports of crashes, overall trends, medicine studies and risk comparisons. Legislative, Legal and Policy views are mentioned during this study. Within the gift study a really low proportion of the scholars are in a very similar state of affairs. It involves light-weight then that ‘alarming’ percentages of the scholar community in skilled schools in urban settings in our country do suffer from symptoms of each mental and physical nature thanks to overuse of cell devices, which these cannot and may not be unheeded. Timely bar and management measures can should be dead.

Review of literature:

In a study by Bhagchandani (2017) findings revealed that loneliness adversely effects psychological well being and there is a significant negative relationship between loneliness and psychological well-being. Difference between males and females regarding both loneliness and psychological well-being were not significant. Akhter (2015) in a study showed that male and female students have difference on psychological well being scores and that there is significant gender differences in the levels on psychological well-being. Similar study by Inglehart (2002) finds that men have higher opportunities, more prestigious jobs and higher incomes in almost all societies and enjoy more authority than women. All this leads to relatively high levels of subjective well-being. So women show low level of happiness than men. Kumcagiz and Gündüz (2016) in a study found significant relationship between mobile phone addiction and psychological well being among university students. Study indicated influence of many factors, such as gender, grade level, academic achievement, parental attitudes, and economic status of the family. Dayapoglu *et al.* (2016) examined a study and a negative relationship was found between mobile phone use and life satisfaction and academic performance, whereas, positive relationship was found between loneliness and mobile found addiction. The study indicated the problematic effects of mobile phone addiction on well being of people and recommended preventive interventions to protect young people.

A study by Kumar and Gera (2016) indicates that there is no difference in mental health of rural and urban students. Mobile addictions scores were not significantly different between rural and urban users and there is low degree of positive correlation between mental health and mobile addiction of students. It concluded that mobile phone usage have little or no effects on mental health. Gupta and Garg *et al.* (2015) in a study found that the positive role of mobile phones in communication information and emergency situations in our daily lives, its overuse has been associated with tiredness, difficulty in waking up early in the morning with night time usage, missed classes and decline in academic achievement. All that presents negative impact on psychological health, sleep, and academic performance of students. It becomes very important to guide the students regarding efficient, safe, purposeful usage, and negative effects of mobile phones on health and environment. Acharya *et al.* (2013) found that the younger generation are frequent user of

mobile phones and they are prone to its adverse effects on health and mental health. There is a need to make them aware of the negative effects of excessive use of mobile phones and electromagnetic radiation emanating from it so that the adverse effects of mobile phones could be minimized. Some of the commonest problems with mobile phone use are, Headache (51.47%) followed by irritability/anger (50.79%). Other common mental symptoms included lack of concentration and academic performance, insomnia, anxiety etc.

Objectives:

1. To assess the level of mobile phone addiction among college students.
2. To assess the difference between mobile phone addiction and gender.

METHODOLOGY

Hypothesis:

1. There is no significant difference of mobile phone addiction in B.Ed. and Polytechnic students.
2. There will be no significant difference between male and female on the level of mobile phone addiction.

Sample:

The study was undertaken to assess the difference of mobile phone addiction between B.Ed and polytechnic students and levels of mobile phone addiction between male and female students. So the present study was designed to explore the difference of education and gender among college students. Sample for the present research work consist of 133 students drawn from B.Ed and polytechnic colleges of Jammu city. A stratified random sampling technique was used. The respondents were between 19 to 23 years of age.

Tools:

Mobile Phone Addiction Scale (MPAS) was developed by Velayudhan and Srividya in 2012. The scale consists of forty seven items, which is five point Likert scale with ranges from strongly agree (5 points), Agree (4 points), Uncertain (3 points), Disagree (2 points) and Strongly Disagree (1 point). The alpha reliability of the

scale was found to be 0.79 and is quite satisfactory. The split- half reliability found to be significant at 0.75.

Procedure:

The main aim of research work was to study the difference between levels of mobile phone addiction among bed and polytechnic students and significance of difference of mobile phone addiction between male and female students. 133 students were selected from B.Ed. and polytechnic colleges of Jammu city. All the subjects were explained about the nature and aim of the study and their role in the study. After the completion of data, responses were assigned scores according to the manual of mobile phone addiction scale by Velayudhan and Srividya. The data was analyzed by using SPSS.

RESULTS AND DISCUSSION

The Mobile phone has been found to affect physical and psychological health of students in various studies. Numerous issues like stress, sleep disturbances and symptoms of depression are normally found particularly in young adults. Consistent phone use may cause depression and stress and ultimately have an adverse effect on life of an individual like social isolation or relationship problems with family and friends and poor performance in academics. A few studies have examined that the socioeconomic

Standing conjointly has an effect on internet addiction. A mixed-approach investigation consisting of each quantitative and qualitative methodology is usually recommended to supply a comprehensive understanding of addiction and its impact on students. The study was conducted to study the difference between levels of mobile phone addiction among B.Ed. and polytechnic students and difference of mobile phone addiction between male and female students. After data collection and scoring, the data was put to statistical analysis in order to test the formulated hypothesis; mean, standard deviation; t-test method was applied to find out the difference of mobile phone addiction among B.Ed. and Polytechnic college and the difference of gender on mobile phone addiction. Table 1 clearly indicates that polytechnic students scored higher on mobile phone addiction and

Table 1 : Shows difference between levels of mobile phone addiction among B.Ed. and Polytechnic students

Mobile phone addiction	N	Mean	Sd.	t- ratio	Significant/Not Significant
B.Ed.(students)	75	85.00	21.470	7.499**	Significant at 0.01 level
Polytechnic(students)	58	109.62	14.556		

Table 2 : Shows gender differences of mobile phone addiction among students

Mobile phone addiction	N	Mean	Sd.	t- ratio	Significant/Not Significant
Male	52	98.77	17.286	1.032	Insignificant
Female	80	94.93	22.959		

there is a significant difference between polytechnics and B.Ed. students on levels of mobile phone addiction. Hence, our first hypothesis indicates that there is no significant difference of mobile phone addiction in B.Ed. and polytechnic students. Therefore the first hypothesis is rejected. As our second hypothesis that there will be no significant difference between male and female on the level of mobile phone addiction. The results of the present study indicates there is no significant difference between male and female students on the level of mobile phone addiction hence our second hypothesis is accepted. Several researchers like Khezhi and Srivastava, (2016) found no gender difference on Mobile phone addiction, which is consistent with the present study.

As our second hypothesis that there will be no significant difference between male and female on the level of mobile phone addiction. The results of the present study indicates there is no significant difference between male and female students on the level of mobile phone addiction hence our second hypothesis is accepted.

Several researchers like Khezhi and Srivastava, (2016) found no gender difference on mobile phone addiction, which is consistent with the present study.

Conclusion:

Supplementary studies highlighted the negative effects of internet addiction among students. Some studies show the numerous distinctions among boys and girls whereas others have verified that gender and internet use don't seem to be considerably connected. With psychological state problems on the increase in recent years and mobile phone addiction thought of the largest non-drug addiction of the twenty first century, it's of essential importance that future analysis tries to realize an additional thorough analysis of Smartphone overuse and also the psychological health effects arising from this.

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