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ADDICTION TO MOBILE PHONES AMONG POSTGRADUATE AND UNDERGRADUATE STUDENTS

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Abstract

Teenagers are now more likely to experience a new type of health disorder in this area, and Smartphone addiction is forcing health policymakers worldwide to reconsider this quickly developing problem. Hence, with this observation, the present study intends to know the status of college and university-going students of Gangtok District of Sikkim regarding their addiction to mobile phones. The sample size of the study was 100 students (50 from PG & 50 from UG). In this study, simple random sampling was applied. In addition, the tool used for this study was the Mobile Phone Addiction Scale (MPAS) developed by. A. Velayudhan and S. Srividya in 2012. The data were analyzed in a Microsoft excel sheet by using various statistical techniques like percentage, frequency, mean, standard deviation, and t-test was calculated to see the difference. The study revealed that the majority of both, postgraduate and undergraduate students of Gangtok District of Sikkim, were found to have a moderate addiction to mobile phones (61%). These days students seem to be engaged with their mobile phones more often. Therefore, it is necessary to become aware of mobile phone addiction and to obtain knowledge as to how to prevent addictions to mobile phones, particularly among students of Sikkim.

Keywords: Addiction, mobile phone, postgraduate, undergraduate students

Introduction:

In the present world, communication and technology have occupied a significant place in every individual life. And it has become an essential part of every corner of the world. It plays a

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crucial role in all the sectors such as education, industry, business so on and so forth. It makes life easy and comfortable. Likewise, the mobile phone has become an imperative tool to communicate with each other. Similarly, (Shazad, 2015) in his article also claimed that technology for wireless communication has grown to be a significant and essential component of our civilization. Due to instant access from any person in a remote part of the world, the advantages of mobile phones are apparent. Both positive and negative effects of mobile phones on youth are present. Smartphones offer a wide range of mobile applications for information, communication, education, and entertainment, and they are becoming an increasingly necessary part of daily life (Haug et al, 2015). Haug, further pointed out that in many other western countries, in Switzerland, nearly all adolescents aged 12-19 years (98%) own a mobile phone, most of which 92% are smartphones. Due to excessive usage and addictive behavior, experts have detected harmful effects on mobile phones mobile phone addiction is one of the forms of compulsive use of a "mobile phone" by adolescents across the world (Davey & Davey, 2014). The study (Sethuraman et al, 2018) stated that out of 192 subjects who completed the questionnaire 85.40% (n= 164) had smartphone addiction. Out of the total 192 students, 28 students (14.60) were low smartphone users, of which 9 were boys (14.30%) and 19 were girls (14.70). (Bhutia &Tariang, 2016) in their article, they reported that the college-going students of Shillong are moderately addicted to the mobile phone, and gender and stream have no impact on the mobile phone addiction of college-going students of Shillong. Bhutia & Taraing, further pointed out that there is no significant relationship between the availability of pocket money and mobile phone addiction. The studies of (Ammati et al, 2018), and (Al- Barashdi et al, 2014), provided the supported findings. Concerning the above findings reported by various researchers, the present study may help for raising awareness of this behavioral addiction among students and society, knowing the effects of mobile phone addiction can assist offer ways to manage and control this type of addiction. There may be a knowledge gap if there aren't enough studies on mobile phone addiction and its effects on young people in the city of Gangtok. For better comprehension and coping with the impacts and impact of mobile phone addiction, particularly among the impressionable youth of society, this gap needs to be filled. To fill that knowledge vacuum regarding the perceived impact and impacts of mobile phone addiction on the young of the nation in general and the city of Gangtok in particular, this study is an essential endeavor. As a result, this paper is mainly focused on identifying the status of addiction to mobile phones among college and university-going students.

Research Methods

In the present study, the sample selected consisted of college and university-going students of the Gangtok district of Sikkim. The sample size of the study was 100 students (50 from PG & 50 from UG). The technique used to select a representative sample from the population under study was random sampling. In addition to collecting the data descriptive survey method was used

Tools

The tool used for this study was the Mobile Phone Addiction Scale (MPAS) developed by. A. Velayudhan and S. Srividya in 2012. It was five points scale, respondents were required to respond to five varieties of responses Strongly Agree, Agree, Uncertain, Disagree, and Strongly Disagree.

Data Analysis

The statistical techniques used for the present study to analyze the data are descriptive statistics such as frequency and percentage, Mean and Standard Deviation, and t-test. To know the level of the stated variable, the percentage was calculated, and the mean was calculated to check the average score on the stated variable. Further, a t-test was calculated to find out the significant differences between the mean score of the gender, and the courses of the study.

Results

The categorization of mobile phone addiction into groups of male students (n = 50), female students (n = 50), and the overall sample (n = 100). The results show that 50% of male students (n=25) who took the mobile phone addiction test fell into the moderate group, according to the scale. While only 22% of male students (n=11) were found to be low addicted to their phones, Additionally, 28% of male students (n=14) were among the high percentage of smartphone addicts. Furthermore, the moderate group included 72% of the female students (n=36). While 12% of female students (n=6) had high mobile phone addiction, 16% of female students (n=8) had low mobile phone addiction, according to the study. Additionally, both male and female students were found to fall into the moderate group (61%; n=61); (19%; n=19); low dependency; and (20%; n=20); high addiction to mobile phones; respectively. This suggests that most PG and UG students exhibited moderate dependence, whereas only a small number also had high and low levels of mobile phone addiction (Figure.1).

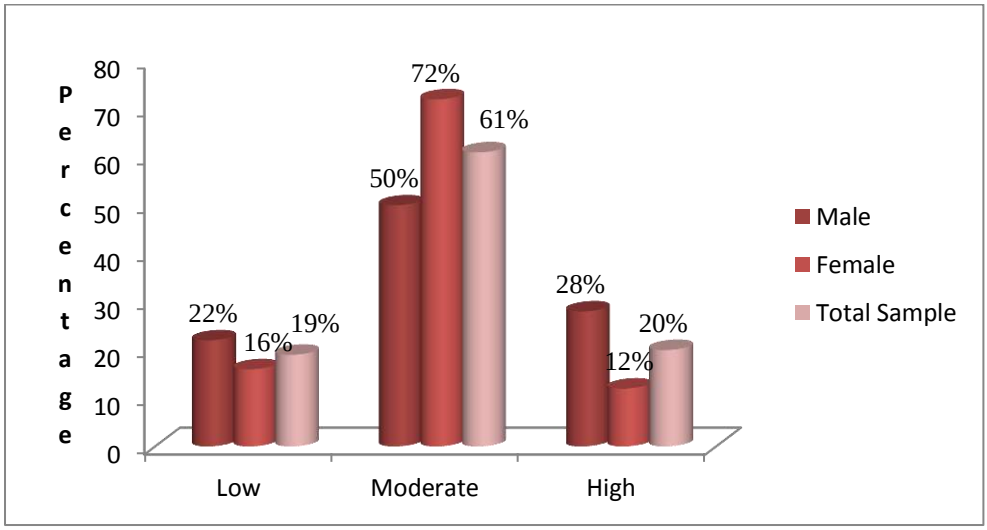

Figure 1: Categorization of male, female, and total sample students of addiction to mobile phones.

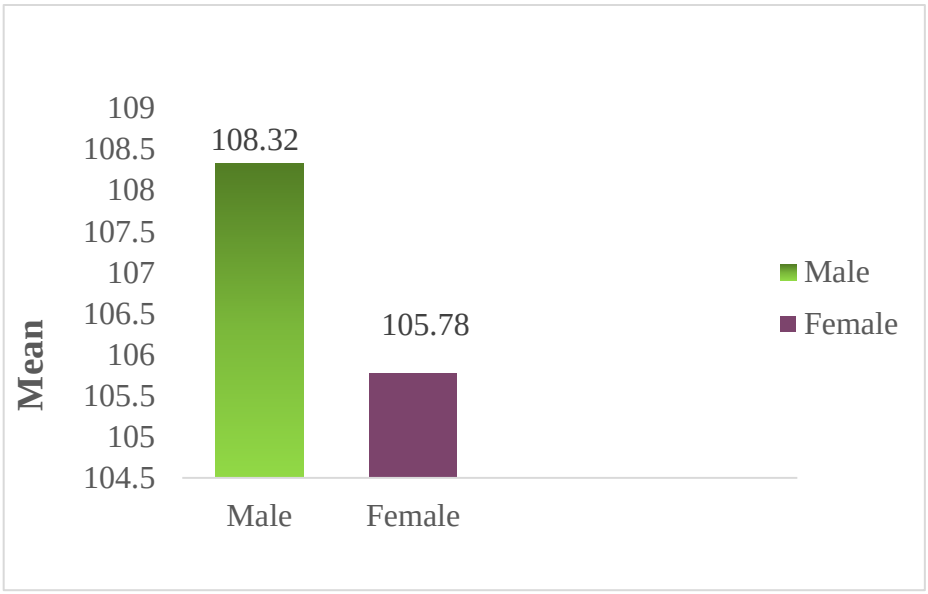

Figure 2: Average score of male, and female students with addiction to mobile phones.

Additionally, male students score an average of 108.32 on the mobile phone addiction scale, while female students score an average of 105.78. This indicates that male students have a somewhat stronger mobile phone addiction than female students and the mean score of 2.54 is in their favour (Figure.2).

Furthermore, the following null hypothesis was developed to determine whether there is a difference in mobile phone addiction between male and female students: "There is no significant difference in Mobile Phone Addiction between male and female students". Inferential statistics, namely the "t-test," have been used to examine and interpret the data to determine whether there is a significant difference. For the level of significance at the 0.05 level with a df of 98, the value of "t" was 1.98, and for the level of significance at the 0.01 level with a df of 98, it was 2.63. The t-value, which is 0.22, is seen to be non-significant at the 0.05 level with df=98. Therefore, there is no significant difference in mobile phone addiction amongst students of gender. Since there is no significant difference between male and female students' addiction to mobile phones, the hypothesis is accepted at the 0.05 level. This suggests that the gender of college students has little bearing on their tendency to become addicted to their phones (Table .1)

Table.1: Mean, standard deviation, and t-value of mean score in mobile phone addiction between male and female students

SL. No	Gender	N	Mean	SD	df	Computed t-value	Table t-value	Significance Level
1	Male	50	108.32	18.62	98	0.22	1.98	Not significant at 0.05 level
2	Female	50	105.78	14.28				

Further, undergraduate students' mean scores for mobile phone addiction are 113, while post-graduate students' mean scores are 102.68. This shows that undergraduate students had a little stronger mobile phone addiction than post-graduate students, with a mean score of 10.32 in their favour (Figure.3).

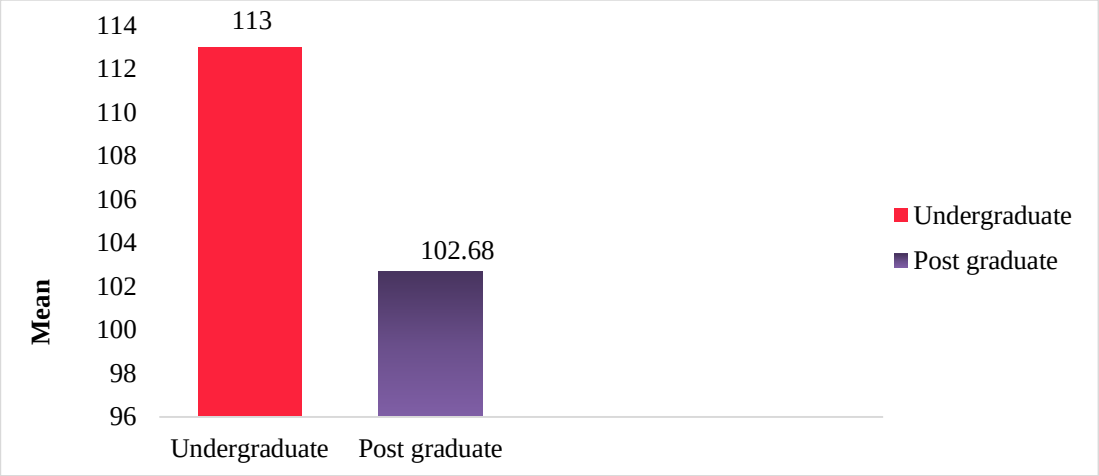

Figure 3: Average score of undergraduate, and post-graduate students with addiction to mobile phones.

In addition, the following null hypothesis was developed to determine whether there is a difference in mobile phone addiction between undergraduate and post-graduate students: "There is no significant difference in mobile phone addiction between undergraduate and postgraduate students". Inferential statistics, namely the "t-test," have been used to examine and interpret the data to determine whether there is a significant difference. When the level of significance was set at 0.05 with a df of 98, the value of "t" was 0.11; when it was set at 0.01 with a df of 98, it was 2.63. The t-value, which is 0.11, is seen to be non-significant at the 0.05 level with df=98. As a result, there is no significant difference between undergraduate and postgraduate students in terms of mobile phone addiction. Therefore, the hypothesis, "There is no significant difference in mobile phone addiction between undergraduate and postgraduate students in Gangtok District of Sikkim is accepted at 0.05 level." This suggests that the level of education of undergraduate and postgraduate students does not affect mobile phone addiction (Table.2).

Table.2: Mean, standard deviation, and t-value of mean score in mobile phone addiction between undergraduate and postgraduate students

SL. No	The course of the study	N	Mean	SD	df	Computed t-value	Table t-value	Significance Level
1	Undergraduate	50	113	12.73	98	0.11	1.98	Not significant at 0.05 level
2	Postgraduate	50	102.68	17.87				

Discussion:

This paper aims to find out the status of addiction to mobile phones among the university and college-going students of Gangtok District of Sikkim. I found that 72% of the female students are moderately addicted to mobile phones while 50% of male students who took the mobile phone addiction test fell into the moderate group, according to the scale. This finding supports in line with the previous study by Bhutia & Tariang, (2016). With this knowledge, I assumed that young people in Sikkim have a high likelihood of having a mobile phone addiction. The study revealed that there is no significant difference between male and female students' addiction to mobile phones. It is contrasted with the studies of Al-Barashdi et al (2014), and Nashid & Rana (2016) who found significant differences between boys and girls in terms of addiction to mobile phones. Bhutia and Tariang, further reported that the college-going students of Shillong are moderately addicted to mobile phones which is consistent with my findings. I found that most of the university and college-going students exhibited moderate dependence. However, the article by Ammati et al (2018) reported that nearly half of male students and a quarter of female students were addicted to smartphones.

Additionally, according to Zencirci et al (2018), while using a smartphone for calls, e-mail, and news consumption was assigned to be adversely connected to smartphone addiction, using it for social media, gaming, online messaging, and video viewing was assigned to be positively related. 71.2% of students (n = 1063) reported having health issues connected to smartphone use. According to research, the most frequent health issue associated with smartphone use is insomnia (23.6). My research suggests that it is important to take into account the possibility that excessive mobile phone use can cause addiction and harm a person's health. The majority of college and university students have a mild addiction to their phones. Additionally, there is no difference in mobile phone addiction between male and female students, however, male students are more addicted to their phones than female students. Therefore, these results may help to increase awareness of mobile phone use, and students of college and university may only use their mobile phones for work-related activities.

Conclusion:

Young people's mobile phone addiction has become a severe problem, but many people ignore it because they believe it to be a habit rather than an addiction. As a result, the current study looked at the levels of smartphone addiction, gender differences among Sikkim students enrolled in postgraduate and undergraduate programs, and discrepancies between undergraduate and postgraduate students. The results of the current study also showed that the majority of pupils are classified as Moderate level. The survey also discovered that there was no significant difference in cell phone addiction between male and female students. Additionally, it has been found that there is no appreciable difference in mobile phone addiction between undergraduate and postgraduate students. Although mobile phone addiction among postgraduate and undergraduate students in Sikkim is not yet widespread, it is still important to combat the harmful consequences of excessive mobile phone use and indulgence because otherwise, the youth of Sikkim may soon suffer as well.

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