



Assess The Level Of Smartphone Addiction Among College Students In Selected Colleges

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ABSTRACT

Background: Northern India, with its diverse cultural landscape and a significant population of college students, presents an ideal setting to investigate the prevalence and impact of smartphone addiction. The present study aimed to assess the level of smartphone addiction among college students. **Methods:** A descriptive study done on 166 college students in various selected colleges at Meerut. Data was collected by survey method and student's smartphone addiction level was assessed by Modified Aljomma Smartphone Addiction Scale (SAS). **Result:** The result showed that 85 (57%) students are moderately addicted, and 20 (12%) students are very severely addicted. **Conclusion:** There was no significant association between level of smartphone addiction and demographic variables. It is inferred that there is mild, moderate, severe and very severe smartphone addiction among college students.

Key-words : Smartphone, Addiction, College students.

Introduction : Smartphones have revolutionized the way we communicate, access information, and engage with the world around us. With their increasing ubiquity and functionality, smartphones have become an integral part of the daily lives of individuals, especially among young adults. However, this widespread usage has raised concerns about the potential addictive nature of smartphones and its impact on various aspects of life, particularly among college students

Review of literature:-

Naveen Gupta, Sonia Garg, Khushdeep Arora (2015), A descriptive study was conducted on a total of 1000 Medical students in Department of psychiatry, GGSMC, Faridkot Punjab, India. It was observed in this study that many students use mobile phones excessively. As mobile phone uses is highly prevalent among college students, their impact on mental health, sleep, academic performance and environment should be discussed.

Auvinen et al, 2002 (30), Finland: They conducted a case control study and took 432 cases (cancer registry) and 2160 population controls and the results showed that there was a weak association between glioma and the use of mobile phone.

Johansen et al, 2001 (28) Denmark: They conducted a cohort study on 4200095 users of mobile phones and the conclusion of study was the period of mobile phone (mean of 3.1 year) was too brief to detect an effect on slow growing brain tumors.

STATEMENT OF THE PROBLEM

A study to assess the level of smartphone addiction among college students in selected colleges with a view to develop an information pamphlet in Northern India.

OBJECTIVES OF THE STUDY

- (1) To assess the level of smartphone addiction among college students using smartphone.
- (2) To determine the pattern of smartphone uses among college students.
- (3) To find out the association between smartphone addiction & demographic variables.
- (4) To develop information pamphlet for management of mobile causing problems

Delimitation of the study:- Study is limited to college students of district Meerut.

Data Collection time was limited to 8 weeks.

Research Methodology:

Research Approach:- Survey approach was used in this study

Research Design:- Descriptive research design was used in this study.

Setting of the study:- The study was conducted in various colleges at Meerut in Northern India.

Target Population:- The students who are studying in colleges.

Sample:- In the present study, the sample includes students who are using the smartphones.

Sample size: Sample size of present study consists of 166 students who are using mobile phones.

Sampling technique: Purposive sampling technique was used to select the samples.

Criteria For Sampling.**(i) Inclusion criteria:-**

- Students who were using smartphones on a regular basis for more than 6 months.
- Students age between 17-above.
- Students who are present during the data collection.
- Students who are willing to participate for study.

(ii) Exclusion criteria:-

- Students who are not having smart phones
- Subjects with history of alcohol or substance abuse and any psychiatric or physiological disorders.
- Subjects who are absent during the data collection.
- Subjects who are not willing to participate in the study.

Data Collection tools:- The tools consisted of the two sections.

Section A:- Consisted of demographic data of the college students.

Section B:- Modified Aljomma Smartphone Addiction Scale.

FINDINGS OF STUDY

TABLE:1, Section – I Frequency and percentage distribution

N=166

Sr. No	Socio-demographic Variables	F	%
1.	Age (in years)		
	17-19	32	19
	20-22	92	55.5
	23-25	31	18.9
	>25	11	6.6
2.	Sex		
	Male	62	37.3
	Female	104	62.6
3.	Religious		
	Hindu	97	58.4
	Muslim	42	25.3
	Christian	24	14.4
	Punjabi	03	1.8
4.	Income (in month)		
	5000-10000	30	18
	10001-15000	55	33
	150001-20000	59	35
	>20000	22	13
5.	Residency		
	Urban	133	80

	Rural	43	20
6.	Parents job type		
	Government employee	17	10
	Private employee	88	53
	Self-business	56	33
	Retired person	3	1.8
	Farmer	2	1.2
7.	How long you have been using the smartphone (Years)		
	>1	8	4.8
	1-2	16	9.6
	3-4	8	4.8
	4-5	12	7.2
	>5	122	73
8.	Everyday how much time you spend with smartphone (hours)		
	>1	12	7.2
	1-2	30	18
	3-4	24	14
	4-5	44	26
	>5	56	34
9.	In which department are you studying		
	Scientific	93	56
	Social/humanitarian	73	43

TABLE: 2 Level of smartphone addiction

N=166

Level of smartphone addiction	Frequency	Percentage
Mild	32	19
Moderate	85	51
Severe	29	17
Very severe	20	12

Table no. 2 shows that descriptive statistics of the smartphone addiction level. 32 (19%) of the subjects shows mild addiction level, 85 (51%) shows moderate addiction level, 29 (17%) shows severe and 20 (12%) shows very severe addiction level.

TABLE: 3 Section -2: Chi-square value showing Association between demographic variables and smartphone addiction among college students.

N=166

Sl. No.	Demographic Variables	Level OF ADDICTION				χ^2	df	p-value	S/NS
		Mild	Mode rate	Severe	Very severe				
1.	Age (in years)								
	17-19	15	11	9	1				
	20-22	67	18	2	2				
	23-25	15	20	4	2	7.08	9	1.83	NS
	>25	7	2	1	1				
2.	Sex								
	Male	44	12	3	3	6.86	3	2.35	NS
	Female	72	17	10	5				
3.	Religious								
	Hindu	46	25	22	6				
	Muslim	21	10	5	7				
	Christian	12	6	4	2	2.09			
	Punjabi	2	1	0	0		9	1.83	NS
4.	Income (in month)								
	5000-10000	12	8	7	3				
	10001-15000	25	12	4	1	4.09	9	1.83	NS
	150001-20000	30	16	8	5				
	>20000	8	8	3	3				
5.	Residency								
	Urban	108	20	5	0	2.30	3	2.35	S
	Rural	21	14	6	2				
6.	Parents job type								
	Government employee	9	3	2	3				
	Private employee	30	25	20	13				
	Self-business	20	19	10	7	4.02	12		NS

	Retired person	2	1	0	0			1.78	
	Farmer	1	0	0	0				
7.	How long you have been using the smartphone (Years)								
	>1	4	1	1	1				
	1-2	9	2	3	2	1.71	12	1.78	S
	3-4	3	0	4	1				
	4-5	3	3	5	1				
	>5	86	20	15	1				
8.	Everyday how much time you spend with smartphone (Hours)								
	>1	5	2	3	2				
	1-2	15	7	4	4				
	3-4	9	4	6	5	3.67	12	1.78	NS
	4-5	22	10	8	4				
	>5	25	11	14	6				
9.	In which department are you studying								
	Scientific	76	12	4	1	3.10	3	2.13	NS
	Social/humanitarian	35	20	16	2				

NB: χ^2 = Chi-square, df= degree of freedom, NS =Non-significant at 0.05

Summary: - The present study was conducted on college students in Meerut for one month. The level of addiction was assessed using the Modified Aljomma Smartphone Addiction Scale. The results indicated that students were found to be mildly to severely addicted to smartphones. Based on these findings, the study recommends the development of interventions aimed at reducing this level of addiction.

Conclusion: The present study revealed that college students are addicted to smartphones, ranging from mild to very severe levels.

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