



“A Study Of Effect Of Smart Phone Addiction On Optimal Health Of Higher Secondary School Students”

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In current technical world we can't live without technology. Now a days smartphone become vital part in everyone's life. This study aims to focus on the relationship between smartphone addiction and optimal health of students in higher secondary. There is three variable that is Highr Secondary School students, smartphone addiction & optimum health related to this problem, there in 3 hypothesis to test the significance of the hypothesis, the raw data, collected from different higher secondary school of 50-50 (Govt. & Private Higher Secondary students) selected students were tabulated mean, standard deviation and 't' value were calculated for finding the effect of smartphone addiction on optimum health. Smart Phone addiction scale made by Vijayshri and Masud Ansari. Optimum Health scale made by Pravin Kumar and Lovellen Bala. The result shows that a significant difference in both variables of higher secondary school students same result for both variable for girls as well as boys. The reason may be different for different students. It so that smartphone addictions strongly effect the optimal health of higher secondary school students.

Key Words :

- Smartphone addiction
- Higher Secondary School
- Optimal Health

Introduction :

The concept of addiction is not easy to define, and the usage of the term addiction has been considered controversial; however, central to its definition is the dependence on a substance or activity. Smartphone addition (SA) is generally conceptualized as a behavioral addition including mood tolerance, salience, withdrawal modification, conflict, and relapse. Literature suggests that there are associations between SA and mental health, physical health, and neurological problems. Furthermore tolerance, salience, withdrawal, and cravings have been associated with excessive smart phone use. However, the evidence is not conclusive. Still, there is debate in the literature about the positive or negative relationship between the amount of screen time or smart phones use and health outcomes. Exiting studies have provided

useful data; however, It is difficult to draw consensus without a systematic review.

Smartphone Addiction :

Smart Phone addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use Smart phone, and devoting so much time and effort to social media that it impairs other important life areas. Smartphone addiction is a disorder involving compulsive overuse of the mobile devices, usually quantifies as the number of times users access their devices and/or the total amount of time they are online over a specified period.

Optimal Health:

“Optimal health is a dynamic balance of physical, emotional, social, spiritual and intellectual health, lifestyle change can be facilitated through a combination of learning experiences that enhance awareness, increase motivation and build skills and most important through the creation of opportunities that open access to environments that make positive healthpractices the easiest choice.”

Review of the Study :

Kumar Dipesh (2016) and Sahu (2018) there is a significant difference in internet addiction in male and female student, there is a negative effect of internet on mental and optimal health on students. Bhardwaj (2018) and Patil (2020) health level of rural students is better than urban students because rural students use internet comparatively less than urban students. Objectives of the study :

Objectives of the Study :

A study should be studied with some objectives. The present work serves the purpose to find out the following –

- To study the effect of smart phone addiction and optimal health on Govt. and Private higher Secondary School students of Class 11th.
- To study the effect of smart phone addiction on optimal health in Girls of higher Secondary School.
- To study the effect of smart phone addiction on optimal health in Boys of higher Secondary School.

Hypothesis of the study :

H₀ There exists no significant difference in between smart phone addiction and optimal health in higher secondary school students.

H₀₁ There exists no significant difference in between smart phone addiction and optimal health in Girls of higher secondary school students.

H₀₂ There exists no significant difference in between smart phone addiction and optimal health in Boys of higher secondary school students.

Limitations of the study :

- The study is delimited in only Govt and Private Higher secondary school of Bhilai.
- The study is further be delimited to the variable of Smartphone addiction, Optimal Health.
- This study is limited for 100 students of higher secondary level schools of class 11th
- This study is limited 50 Govt. School students (25 boys and 25 girls) and 50 Private School Students (25 boys and 25 girls) only.
- Tools used for measuring Optimal Health made by Pravin Kumar Lovellen Bala and Tools used for measuring Smartphone Addiction made by Vijayshri And Masud Ansari

Sample :

For the present study that is “A Study Of Effect Of Smart Phone Addiction On Optimal Health Of Higher Secondary School Students” Randomly selected 100 students 50 Govt. Higher Secondary School students (25 boys and 25 girls) and 50 Private Higher Secondary School Students (25 boys and 25 girls) from Bhilai..

Tool :

Smart Phone addiction scale made by **Vijayshri and Masud Ansari** & Optimum Health scale made by **Pravin Kumar and Lovellen Bala**.

Statistical Analysis :

Then mean and standard deviation were calculated from the raw score to convert them into standard score by using ‘t-score norms’ all ‘T-Value’ was used to find the difference among private and Government School student’s smartphone addiction and optimum health.

Hypothesis H₀

There exists no significant difference in between smart phone addiction and optimal health in higher secondary school students.

Table 1.1

S N	Group	No. of Students	Mean	S.D.	SEd	t-Value
1	Smartphone Addiction	100	73	19.7	2.85	26.1
2	Optimal Health	100	147.8	20.5		

df = N₁ + N₂ - 2 = 198 (1.96) < t Significant difference

It indicates that our proposed hypothesis is rejected. It can be concluded that calculated t-value is 26.1 which is greater than required t-value 1.96 of significant level 0.05. So that Value is significant.

Hypothesis H₀₁

There exists no significant difference in between smart phone addiction and optimal health in Girls of difference higher secondary school students.

Table 1.2

S N	Group	No. Of Students	Mean	S.D.	SEd	t-Value
1	Smartphone Addiction	50	72.6	20.9	4.15	15.4
2	Optimal Health	50	136.9	20.7		

df = N₁ + N₂ - 2 = 98 (2.62) < t Significant difference

It indicates that our proposed hypothesis is rejected. It can be concluded that calculated t-value is 15.4 which is greater than required t-value 2.62 of significant level 0.05. So that Value is significant.

Hypothesis H₀₂

There exists no significant difference in between smart phone addiction and optimal health in Boys of higher secondary school students.

Table 1.3

S N	Group	No. Of Students	Mean	S.D.	SEd	t- Value
1	Smartphone Addiction	50	77.4	22.7	4.3	15.1
2	Optimal Health	50	142.5	20.9		
df = N ₁ + N ₂ - 2 = 98 (2.62) < t Significant difference						

It indicates that our proposed hypothesis is rejected. It can be concluded that calculated t-value is 15.1 which is greater than required t-value 2.62 of significant level 0.05. So that Value is significant.

Result :

There exists a significant differences of smartphone addiction and optimal health of overall students, girls and boys individual. The study highlights that a large number of students are addicted to their smartphones. Smartphone addiction continues to be most problematic addiction aided by the presence of intense desire, impaired control tolerance and harmful, mobile use, the addiction shows improper behavioral changes in mental as well as physical health a large number of students suffering from insomnia and frustration.

Suggestion :

In recent years with the popularization of smartphones the smartphone addiction phenomenon has gradually increased students, excessive use of smartphone has significantly affected their daily study students in the mobile world have a relationship between people and people. It becomes a symbolic virtual communication, which can also cause cognitive distortion. It is of great importance to guide college students to use smartphone correctly and avoid smartment addiction. Based on the results in this work, the following recommendations are put forward or distraction – identify their interests and play into is- Do not lecture them on smartphone use rather lay down the pros and cons. As a parent, you should also make sure that you do not set wrong examples. Adults are as capable as kids to get addicted to phones. So when you're in front of your children, avoid using your phones and spend more quality time with them. While breaking away a child's addiction to smartphones can be challenging and overwhelming at the same time. it is not impossible, especially if you find creative ways to do that.

- Make family time necessary – do not allow screens during this time – A strict Smartphone schedule is key
- A strict smartphone schedule is key Avoid letting them use their phones a bedtime. Fix a screen time limit.

Further Study of Research :

- A comparative study of Smartphone addiction and optimal health in the teachers of primary school of rural and urban.
- A study may be conducted to Smartphone addiction and optimal health English Medium and Hindi Medium Students.
- A study may be conducted of Smartphone addiction and optimal health teachers of different schools.
- To study the Smartphone addiction and optimal health of teacher of general casts and SC/ST towards educational administration.
- A Study of the Relationship between and Smartphone addiction and optimal
- A study may be conducted of B.Ed. Students and different Colleges.
- A study must be conducted for Nursing Students & Engineering Students.
- A study must be conducted for Nursing Students & Engineering Students.
- To study the Smartphone addiction and optimal health higher secondary level male teacher and female teachers.
- To study of Smartphone addiction and optimal health of higher secondary level students and graduate level students

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