



# **A Study On Smart Phone Addiction And Facebook Usage Of Secondary School Students Of Educational Zone Banihal Of Jammu And Kashmir**

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## **ABSTRACT**

The study titled, “Smart Phone Addiction and Facebook Usage of Secondary School Students of Educational Zone Banihal” was descriptive in nature. The study was conducted on 200 secondary school students which were randomly selected from different schools of Banihal. The data was collected by using standardized tools and was analyzed by using percentage and t-test and Correlational Analysis. The main findings of the study revealed that;

- Smart Phone Addiction was found more in females of Secondary School Students of Educational Zone Banihalas compared to male Secondary School Students of Educational Zone Banihal of Jammu and Kashmir.
- No significant difference in Mean Scores of Facebook Usage of Secondary School students of Educational Zone Banihal with respect to their Gender was found.

- No significant correlation between Mean Scores of Smart Phone Addiction and Mean Scores of Facebook Usage of Secondary School Students belonging to Educational zone of Banihal of Jammu and Kashmir was found.

Key Words: Smart Phone, Facebook, Addiction, Random, Descriptive

## INTRODUCTION

In the digital age, smartphones have become indispensable tools for communication, entertainment, and learning. However, their pervasive presence has also led to growing concerns about excessive usage and its psychological and social implications—especially among adolescents. Secondary school students, navigating a critical phase of cognitive and emotional development, are particularly vulnerable to the allure of social media platforms like Facebook, which offer instant gratification, peer validation, and a sense of virtual community.

This study focuses on the phenomenon of smartphone addiction and Facebook usage among secondary school students in Educational Zone Banihal, located in the Ramban district of Jammu and Kashmir. The region, while geographically remote, is not immune to the global surge in digital connectivity. With increasing access to mobile internet and affordable smartphones, students in Banihal are experiencing a shift in lifestyle, communication patterns, and academic engagement.

## RATIONALE OF THE STUDY

The rapid proliferation of smartphones and social media platforms has transformed the way adolescents interact, learn, and perceive themselves. Among these platforms, Facebook remains one of the most widely used, offering features that encourage constant engagement, peer interaction, and self-expression. While these digital tools offer undeniable benefits, their excessive use has raised concerns about behavioral addiction, emotional well-being, and academic performance—especially among secondary school students.

This study is grounded in the need to understand the **relationship between smartphone addiction and Facebook usage** among adolescents in Educational Zone Banihal of Jammu and Kashmir. The region presents a unique socio-cultural and technological landscape, where increasing digital access intersects with traditional educational and familial structures. Investigating this relationship can shed light on how digital behavior patterns are evolving in semi-urban and rural settings.

Moreover, the study introduces a **gender-based comparative dimension**, recognizing that boys and girls may differ in their patterns of smartphone use, motivations for engaging with Facebook, and susceptibility to addiction. Understanding these gender differences is crucial for designing targeted interventions, promoting digital literacy, and fostering healthier online habits among students.

By exploring both the behavioral and demographic aspects of smartphone and Facebook usage, this research aims to contribute to the broader discourse on adolescent mental health, digital dependency, and educational outcomes. It also seeks to inform educators, parents, and policymakers about the nuanced challenges faced by students in the digital era.

## **STATEMENT OF THE PROBLEM**

### **A STUDY BETWEEN SMART PHONE ADDICTION AND FACEBOOK USAGE OF SECONDARY SCHOOL STUDENTS OF EDUCATIONAL ZONE BANIHAL OF JAMMU AND KASHMIR**

## **OBJECTIVES OF THE STUDY**

1. To Study the Level of Smart Phone Addiction among Male and Female Secondary School Students of Educational Zone Banihal of Jammu and Kashmir.
2. To Study the differences in Mean Scores of Smart Phone Addiction of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir on the basis of Gender.
3. To Study the Level of Facebook Usage among Male and Female Secondary School Students of Educational Zone Banihal of Jammu and Kashmir.
4. To Study the differences in Mean Scores of Level of Facebook Usage of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir on the basis of Gender.
5. To study the relationship between Smart Phone Addiction and Facebook Usage of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir.

## **HYPOTHESIS OF THE STUDY**

In light of the above objectives, the researcher formulated the following null hypotheses;

1. There is no significant difference in Mean Scores of Smart Phone Addiction of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir on the basis of Gender.
2. There is no significant difference in Mean Scores of Facebook Usage of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir on the basis of Gender.
3. There is no significant correlation between Smart Phone Addiction and Facebook Usage of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir.

## OPERATIONAL DEFINITIONS OF THE TERMS USED

**Smart Phone Addiction:** The Smart Phone Addiction in the present study referred to the scores obtained by the sample subjects on Smart Phone addiction Scale developed by **Vijayshri and Ansari**.

**Facebook Usage:** The Facebook Usage in the present study referred to the scores obtained by the sample subjects on Facebook Usage Scale developed by **Hooda and Tyagi**.

**Secondary School Students:** The Secondary School Students in the present study referred to the Students who were studying in Class 9<sup>th</sup> to 12<sup>th</sup> in face to face mode in different Secondary Schools of Educational Zone Banihal of Jammu and Kashmir during the Academic year 2025.

## DELIMITATIONS OF THE STUDY

The Study was delimited to the following:

1. The study was delimited to Secondary Schoolsof educational zone Banihal only.
2. The study was further delimited to 200 Secondary School Students only.

## METHODOLOGY OF THE STUDY

The detailed description of the procedure and plan used by the researcher has been mentioned in this section.

## DESIGN OF THE STUDY

Descriptive research method (survey design) was used to achieve the objectives of the study.

## POPULATION OF THE STUDY

Population for the present study consisted of all the Secondary School Students of Educational Zone Banihal of Jammu and Kashmir Studying in Classes from 9<sup>th</sup> to 12<sup>th</sup>for the year 2025.

## SAMPLE

The sample for the proposed study consisted of 200 Secondary School Students. For fair distribution of the sample the investigator choose equal number of male and female from each selected school wherever possible. 100 male and an equal number (N=100) female were selected by using simple random sampling technique. The sample was drawn from 20 schools.

## TOOLS FOR THE PRESENT STUDY

Keeping in view the objectives of the study the following tools were used:

Smart Phone addiction Scale developed by **Vijayshri and Ansari**.

Facebook Usage Scale developed by **Hooda and Tyagi**.

## PROCEDURE OF DATA COLLECTION

The required data for the present study was collected by the researcher personally from the Secondary School students of 14 selected secondary schools of Anantnag. After taking the permission from the principals of the selected schools, the data was collected by using the above mentioned scales. The researcher collected the data during the Month of April and May 2025 on different days. During collection of the data researcher met with students and introduced herself to the students and told them about the purpose of study. Researcher explained basic information regarding the tool to the students and were promised that the collected information will be kept confidential and will be used for research purpose only.

## DATA ANALYSIS

The data collected were analyzed by using Percentage, t-test and Correlational analysis.

## DATA ANALYSIS, INTERPRETATION AND FINDINGS OF THE STUDY

### FIRST OBJECTIVE OF THE STUDY

The first objective of the study was, “To Study the Level of Smart Phone Addiction among Male and Female Secondary School Students of Educational Zone Banihal of Jammu and Kashmir”. The data was collected and was analyzed with the help of Percentage as has been shown in table 1.1 below;

**Table 1.1 shows Norms for Interpretation of the Smartphone Addiction of Male Secondary School Students of Educational Zone Banihal.**

S.No.	Range of Raw Scores	Range of z-scores	Grade	Level of Smart Phone Addiction	Number of Male Students Falling in the range
01	88 and Above	+2.01 & Above	A	Very High Level of Addiction	<b>13</b>
02	81 to 87	+1.26 to +2.00	B	High Level of Addiction	<b>09</b>
03	66 to 80	+0.51 to +1.25	C	Above Average Level of	<b>22</b>



				Addiction	
04	51 to 65	-0.50 to +0.50	D	Average Level of Addiction	<b>42</b>
05	40 to 50	-1.25 to -0.51	E	Below Average Level of Addiction	<b>05</b>
06	29 to 39	-2.00 to -1.25	F	Low level of Addiction	<b>06</b>
07	28 and Below	-2.01 & Below	G	Very Low Level of Addiction	<b>03</b>

From above table 1.1, it is quite clear that 13, 09, 22, 42, 05, 06 and 03 male students were as such who were found to have Very High Level of Addiction, High Level of Addiction, Above Average Level of Addiction, Average Level of Addiction, below Average Level of Addiction, Low Level of Addiction and Very Low Level of Addiction respectively.

**Table 1.2 shows Norms for Interpretation of the Smartphone Addiction of Female Secondary School Students of Educational Zone Banihal.**

S.No.	Range of Raw Scores	Range of z-scores	Grade	Level of Smart Phone Addiction	Number of Female Students Falling in the range
01	88 and Above	+2.01 & Above	A	Very High Level of Addiction	<b>12</b>
02	81 to 87	+1.26 to +2.00	B	High Level of Addiction	<b>16</b>
03	66 to 80	+0.51 to +1.25	C	Above Average Level of Addiction	<b>34</b>
04	51 to 65	-0.50 to +0.50	D	Average Level of Addiction	<b>28</b>
05	40 to 50	-1.25 to -0.51	E	Below Average Level of Addiction	<b>03</b>
06	29 to 39	-2.00 to -1.25	F	Low level of Addiction	<b>02</b>
07	28 and Below	-2.01 & Below	G	Very Low Level of Addiction	<b>05</b>

From above table 1.2, it is quite clear that 12, 16, 34, 28, 03, 02 and 05 female students were as such who were found to have Very High Level of Addiction, High Level of Addiction, Above Average Level of Addiction, Average Level of Addiction, below Average Level of Addiction, Low Level of Addiction and Very Low Level of Addiction respectively.

## SECOND OBJECTIVE OF THE STUDY

The second objective of the study was, “To Study the differences in Mean Scores of Smart Phone Addiction of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir on the basis of Gender”. The data was collected and was analyzed with the help of t-test as has been shown in table 1.3 below;

**Table 1.3 shows different values of independent sample t-test between Male and Female Secondary School students towards Smart Phone Addiction**

Gender	N	t-value	df	Sig.(2-tailed)	Mean	Level of Significance
Male	100	3.570	198	.000	64.3700	Significant at 0.05 level
Female	100				70.4400	

From above table 1.3, it is pretty evident that the t-value is 3.570 with df= 198 whose two tailed significance value is .000 which is lesser than 0.05 level of significance. Hence the value is significant at 0.05 LOS. In view of this, the null hypothesis that there is no significant difference in Mean Scores of Smart Phone Addiction of Secondary School students of Educational Zone Banihal with respect to their Gender” is rejected.

Thus, it can be concluded that the Mean Scores of Smart Phone Addiction of Secondary School Students Educational Zone Banihalof are not independent of their Gender.

Further from the Mean it is pretty evident that Mean Scores of Smart Phone Addiction of Male Secondary school Students of Educational Zone Banihalis 64.3700 which is significantly lesser than the mean Scores of Smart Phone Addiction of Female SecondarySchool Students of Educational Zone Banihal which is 70.4400 which shows that Smart Phone Addiction is found more in females of Secondary School Students of Educational Zone Banihalas compared to male Secondary School Students of Educational Zone Banihal of Jammu and Kashmir.

### THIRD OBJECTIVE OF THE STUDY

The third objective of the study was, “To Study the Level of Facebook Usage among Male and Female Secondary School Students of Educational Zone Banihal of Jammu and Kashmir”. The data was collected and was analyzed with the help of percentage as has been shown in table 4.4 and 1.4 below;

**Table 1.4 shows Norms for Interpretation of the level of facebook Usage among Male Secondary School Students of Educational Zone Banihal.**

S.No.	Range of Raw Scores	Range of z-scores	Grade	Level of Smart Phone Addiction	Number of Female Students Falling in the range
01	94 & Above	+2.01 & Above	A	Extremely High Usage	<b>07</b>
02	84 to 93	+1.26 to +2.00	B	High Usage	<b>14</b>
03	74 to 83	+0.51 to +1.25	C	Above Average Usage	<b>27</b>
04	60 to 73	-0.50 to +0.50	D	Average Usage	<b>37</b>
05	50 to 59	-1.25 to -0.51	E	Below Average Usage	<b>06</b>
06	40 to 49	-2.00 to -1.25	F	Low Usage	<b>05</b>
07	39 & Below	-2.01 & Below	G	Extremely Low Usage	<b>04</b>

From above table 1.4, it is clear that 07, 14, 27, 37, 06, 05 and 04 male students were found as such who were using facebook at Extremely High Usage, High Usage, Above Average Usage, Average Usage, Below Average Usage, Low Usage and Extremely Low Usage respectively.

**Table 1.5 shows Norms for Interpretation of the level of facebook Usage among Female Secondary School Students of Educational Zone Banihal.**

S.No.	Range of Raw Scores	Range of z-scores	Grade	Level of Smart Phone Addiction	Number of Female Students Falling in the range
01	94 & Above	+2.01 & Above	A	Extremely High Usage	<b>09</b>
02	84 to 93	+1.26 to +2.00	B	High Usage	<b>16</b>



03	74 to 83	+0.51 to +1.25	C	Above Average Usage	<b>23</b>
04	60 to 73	-0.50 to +0.50	D	Average Usage	<b>33</b>
05	50 to 59	-1.25 to -0.51	E	Below Average Usage	<b>04</b>
06	40 to 49	-2.00 to -1.25	F	Low Usage	<b>06</b>
07	39 & Below	-2.01 & Below	G	Extremely Low Usage	<b>09</b>

From above table 1.5, it is clear that 09, 16, 23, 33, 04, 06 and 09 female students were found as such who were using facebook at Extremely High Usage, High Usage, Above Average Usage, Average Usage, Below Average Usage, Low Usage and Extremely Low Usage respectively.

#### 1.6 FOURTH OBJECTIVE OF THE STUDY

The fourth objective of the study was, “To Study the differences in Mean Scores of Facebook usage of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir on the basis of Gender”.

The data was collected and was analyzed with the help of t-test as has been shown in table 1.6 below;

**Table 1.6 shows different values of independent sample t-test between Male and Female Secondary School students towards Facebook Usage**

Gender	N	t-value	df	Sig.(2-tailed)	Level of Significance
Male	100	.746	198	.457	Not Significant at 0.05 level
Female	100				

From above table 1.6, it is pretty evident that the t-value is .746 with df= 198 whose two tailed significance value is .457 which is greater than 0.05 level of significance. Hence the value is not significant at 0.05 LOS. In view of this, the null hypothesis that there is no significant difference in Mean Scores of Facebook Usage of Secondary School students of Educational Zone Banihal with respect to their Gender” is accepted. Thus, it can be concluded that the Mean Scores of Facebook Usage of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir is independent of Their Gender.

## FIFTH OBJECTIVE OF THE STUDY

The fifth objective of the study was, “To study the relationship between Smart Phone Addiction and Facebook Usage of Secondary School Students of Educational Zone Banihal of Jammu and Kashmir”. The data was collected and was analyzed with the help of Pearson’s Co-efficient of correlation as has been shown in table 1.7 below;

**Table 1.7 Shows the statistics related to Correlation of Smart Phone Addiction and Facebook Usage**

Correlations		Smart Phone Addiction	Facebook Usage
Smart Phone Addiction	Pearson Correlation	1	.127
	Sig. (2-tailed)		.072
	N	200	200
Facebook Usage	Pearson Correlation	.127	1
	Sig. (2-tailed)	.072	
	N	200	200

From above table 1.7, it can be observed that the coefficient of correlation (r) value between Mean Scores of Smart Phone Addiction and Mean Scores of Facebook Usage is .127, furthermore, the p value (0.072) which is greater than 0.05 which means the relationship is statistically insignificant.

Thus, it indicates that there is no significant correlation between Mean Scores of Smart Phone Addiction and Mean Scores of Facebook Usage of Secondary School Students belonging to Educational zone of Banihal of Jammu and Kashmir. Thus, the null hypothesis, “that there is no significant Correlation between Mean Scores of Smart Phone Addiction and Mean Scores of Facebook Usage” is accepted.

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