

# To Study the Mobile Phone Addiction among the Management Students of Jalgaon District

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**Abstract:** This study focuses on exploring the pattern of mobile phone usage among management students in Jalgaon district to describe the extent of addictive behavior towards its usage. The study also compared the gender-wise mobile phone addiction among management students. For this purpose a questionnaire was used to get the responses. The management students of Jalgaon district were selected as population and simple random sampling technique was used. The sample size was consisting of 115 students for this research. Findings of this study revealed that majority respondents are able to have definite priorities between their responsibilities and commitments and their cell phone usage. Very few are those who always exhibit the extreme addictive behaviors and rest is the majority who are not frequently involved in addictive usage patterns. For all the parameters we concluded that there is no gender-wise difference in the mobile Addiction among the Management Students for the parameter other than complaint about excessive cell phone usage. For this parameter, we concluded that there is gender-wise difference in others complaint about excessive cell phone usage.

**Keywords:** Mobile phone, Addiction, Youngsters, Jalgaon, Management students.

## I. INTRODUCTION

In today's world addiction is no longer restricted to alcohol or substance use. The world that we live in today is a world full of technological geniuses. Everywhere we look and every aspect of our lives has been influenced by the excess of gadgets and applications that have come up at an amazing pace to overpower and overhaul the economic, political, social and psychological aspects of our everyday lives. There is hardly an aspect of our lives and environment that technology has not touched and transformed. It is there in almost everything that we do in our daily life, the way we work and how we communicate with each other. For many of us it would be unfathomable to function without the conveniences that technology has brought about into our everyday lives. It is observed that the youth especially the college going students are the predominant users of mobile phones. They are usually the ones who are always curious and inquisitive about the latest developments in communication technology. They try to find out the different applications and features of a new technical invention. College students are at that age where they feel that they need to keep in touch with their friends every second, every minute and every hour. They want to know about the latest happening in their friends' life as well as share theirs. Mobile phones allow for easy, fast and convenient way to keep in touch with their friends and family. It enables them to keep in touch with their family and friends anywhere and anytime of the day.

## II. LITERATURE REVIEW

With the advancement of modern technology and in particular mobile technology it is no wonder that cell phones and their popularity are on the rise. It is perhaps because of their ease of use and their ability to facilitate other applications. It is because of this that many experts in psychology have begun to study the effects of cell phones on our society. A concerning question is: Are cell phones addictive?

A study by Adriana Bianchi and Dr. James G. Phillips, Ph.D., (2005), using predictors from addiction literature, the study sought to predict problematic mobile phone usage. It keyed in on factors they believed to cause mobile phone disorders. 195 subjects of both genders and an average age of 36 (ranging from 18-85 years) were interviewed. The results lead to the creation of the Mobile Phone Problem Use Scale. This scale was compared to the Addiction Potential Scale. Fundamentals that were used to compare the scales and create the Mobile Phone Problem Use Scale were the amount of time one uses their cell phone and the type of usage. The behavioral predictors that influenced the amount of cell phone usage were: being extraverted, possessing low self-esteem, and being young. These characteristics were fundamental in determining problematic cell phone use. The study showed that these behavioral predictors did not influence the amount of cell phone usage: gender, and neuroticism. The scale developed was designed to help with implementing any interventions for potential addictive behavior.

Age was a key factor in predicting problematic cell phone use. That is why other psychologists have begun to perform studies focusing on adolescents. Hyun Young Koo and Hyun Sook Park (2010) study of adolescents, in which 548 students were asked to fill out a questionnaire regarding their cell phone use. The results of the questionnaires were that just under 89% believed they were average cell phone users, while 8.4% believed they were heavy users and only 2.9% percent believed they were addicted to their cell phone. This study found that gender, texting, monthly charges, impulsiveness, recreational reasons and cultural reasons were all influential to cell phone addiction. There are some contradicting findings from Koo and Park's (2010) study when compared to Bianchi and Dr. Phillips, Ph.D., (2005) study. The biggest contradiction was that Bianchi and Dr. Phillips, Ph.D., (2005) study indicated that gender was not a predictor for problematic cell phone use, while Koo and Park's (2010) study did.

Should we then believe that cell phone use can be addictive, especially concerning adolescents? Well there are others that disagree with the idea of cell phones as being addictive. X. Sanchez-Carbonell, M. Beranuy, M. Castellana, A. Chamarro and U. Oberst (2008) say that cell phones can be used in a maladaptive way however this should be considered abuse and not addiction. Their study results continue to say that the Internet does pose addiction potential but that cell phones do not because their use does not promote rapid emotional changes. Again we see a different point of view to Bianchi and Dr. Phillips, Ph.D., (2005), study results in the sense that while cell phones were considered to be used in an abusive manner it was not considered addictive.

Again, the question at hand is, are cell phones addictive? Clearly more research has to be done to answer this question. Additional things that should be considered from the existing research criteria, such as age and gender are: If cell phones are not addictive, do they cause

abusive disorders? Can it and or does it morphs from addiction to an abusive disorder with age? If adolescents and young adults are more susceptible to cell phone addiction, what are the long term repercussions? What interventions should be administered against this possible addiction? What preventative measures should be taken against it? Hopefully in the not to distant future these pending questions will be answered.

A mixed-approach investigation consisting of both quantitative and qualitative method is recommended to provide a comprehensive understanding of Smartphone addiction and its impact on undergraduates' academic achievement.

### III. OBJECTIVES

This study focuses on exploring the pattern of mobile phone usage among management students of North Maharashtra University to describe the extent of addictive behavior towards its usage.

The primary objective of the study were

1. To study the mobile Addiction among the Management Students of Jalgaon District
2. To study gender-wise difference in the mobile Addiction among the Management Students

### IV. HYPOTHESIS

H0: There is no gender-wise difference in the mobile Addiction among the Management Students.

H1: There is a gender-wise difference in the mobile Addiction among the Management Students.

### V. RESEARCH METHODOLOGY

For this purpose a structured questionnaire was used to get the responses. The management students were selected as the population. The simple random sampling technique was used. The sample was consisting of 115 management students of the Jalgaon district of Maharashtra India.

### VI. DATA ANALYSIS AND FINDINGS

The students were asked to comment on their demographic profile viz-a-biz gender, age, educational qualification. Table:1 represents respondents' demographic profile of management student of Jalgaon district.

Frequency Table-Demographic Profile					
		Frequency	Percent	Valid Percent	Cumulative Percent
Gender	Male	71	61.7	61.7	61.7
	Female	44	38.3	38.3	100.0
	Total	115	100.0	100.0	
Age	18-20	40	34.8	34.8	34.8
	21-23	55	47.8	47.8	82.6
	24-26	14	12.2	12.2	94.8
	27-29	6	5.2	5.2	100.0
	Total	115	100.0	100.0	
Educational Qualification	Bachelor	98	85.2	85.2	85.2
	Master	17	14.8	14.8	100.0
	Total	115	100.0	100.0	

Table: 1 Demographic Profile

It can be seen from the table that majority of respondent were male 61.7% and 38.3% were female. Also respondent from age group 18-20 were 34.8%, from age group 21-23 were 47.8%, from age group 24-26 were 12.2% and from age group 27-29 were 5.2%. According to educational qualification 85.2% respondent were from bachelor and 14.8% respondent were from master degree.

To test the hypothesis whether there H0: There is no gender-wise difference in the mobile Addiction among the Management Students. Independent sample t-tests were conducted on every mobile addition parameter.

The table: 2 represent the gender-wise group statistics with respect to all the mobile addiction parameters.

Group Statistics					
	Gender	N	Mean	Std. Deviation	Std. Error Mean
Making calls longer than intended	Male	71	1.92	1.08	0.13
	Female	44	1.82	1.24	0.19
Others complaint about excessive cell phone usage	Male	71	2.92	1.58	0.19
	Female	44	2.16	1.52	0.23

Decline in productivity due to cell phone usage	Male	71	2.62	1.29	0.15
	Female	44	2.25	1.4	0.21
Getting annoyed on Someone bothering you during cell phone usage	Male	71	2.62	1.32	0.16
	Female	44	2.57	1.45	0.22
Feeling nervous, moody and depressed while away from cell phone	Male	71	2.46	1.35	0.16
	Female	44	2.57	1.44	0.22
I am in different world while using cell phone	Male	71	2.37	1.21	0.14
	Female	44	2.55	1.17	0.18
I use cell phone irrespective of the place where I am	Male	70	2.47	1.22	0.15
	Female	44	2.61	1.19	0.18
I have made new friends whom I came to know using cell phone	Male	70	2.81	1.35	0.16
	Female	44	2.77	1.31	0.2
Presence of others bother me while I am talking over my mobile phone	Male	70	2.49	1.22	0.15
	Female	44	2.68	1.16	0.17
Lengthy conversations on mobile phone are okay	Male	69	2.62	1.21	0.15
	Female	44	2.59	1.06	0.16
Information stored in mobile phones are private	Male	69	3.04	1.47	0.18
	Female	44	3.34	1.24	0.19
Excessive usage of mobile phone causes health hazards	Male	69	3.75	1.21	0.15
	Female	43	3.72	1.24	0.19
I can live a day without my mobile phone	Male	69	3.25	1.44	0.17
	Female	44	3.2	1.42	0.21
I give priority to my cell phone over my professional and personal commitments	Male	67	1.93	0.93	0.11
	Female	44	2.07	1.13	0.17
I cannot relax if my cell-phone signal does not have good signal strength	Male	68	2.4	1.27	0.15
	Female	43	2.86	1.21	0.18
I respond to someone's call/text even when it is not convenient for me	Male	66	2.48	1.19	0.15
	Female	43	2.33	1.15	0.18
Mobile phone usage is just wastage of time and resources	Male	67	2.57	1.31	0.16
	Female	43	2.74	1.07	0.16

Table: 2 Gender-wise Group Statistics

The table: 3 represent the Levene's test for equality of variances and t-tests for equality of means.

		Levene's Test for Equality of Variances		t-test for Equality of Means			
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference
Making calls longer than intended	Equal variances assumed	0.043	0.835	0.443	113	0.659	0.659
	Equal variances not assumed			0.429	81.551	0.669	0.669
Others complaint about excessive cell phone usage	Equal variances assumed	0.172	0.679	2.525	113	<b>0.013</b>	0.013
	Equal variances not assumed			2.548	93.941	<b>0.012</b>	0.012
Decline in productivity due to cell phone usage	Equal variances assumed	1.067	0.304	1.445	113	0.151	0.151
	Equal variances not assumed			1.418	85.681	0.160	0.16
Getting annoyed on Someone bothering you during cell phone usage	Equal variances assumed	0.778	0.38	0.195	113	0.845	0.845
	Equal variances not assumed			0.191	84.841	0.849	0.849

Feeling nervous, moody and depressed while away from cell phone	Equal variances assumed	0.378	0.54	-0.389	113	0.698	0.698
	Equal variances not assumed			-0.384	86.95	0.702	0.702
I am in different world while using cell phone	Equal variances assumed	0.051	0.822	-0.782	113	0.436	0.436
	Equal variances not assumed			-0.788	93.596	0.433	0.433
I use cell phone irrespective of the place where I am	Equal variances assumed	0.006	0.938	-0.611	112	0.542	0.542
	Equal variances not assumed			-0.616	93.734	0.540	0.54
I have made new friends whom I came to know using cell phone	Equal variances assumed	0.179	0.673	0.162	112	0.872	0.872
	Equal variances not assumed			0.163	93.838	0.871	0.871
Presence of others bother me while I am talking over my mobile phone	Equal variances assumed	0.007	0.936	-0.85	112	0.397	0.397
	Equal variances not assumed			-0.861	95.413	0.391	0.391
Lengthy conversations on mobile phone are okay	Equal variances assumed	2.175	0.143	0.144	111	0.885	0.885
	Equal variances not assumed			0.149	100.334	0.882	0.882
Information stored in mobile phones are private	Equal variances assumed	4.235	0.042	-1.114	111	0.268	0.268
	Equal variances not assumed			-1.157	102.617	0.250	0.25
Excessive usage of mobile phone causes health hazards	Equal variances assumed	0	0.99	0.138	110	0.890	0.89
	Equal variances not assumed			0.137	87.292	0.891	0.891
I can live a day without my mobile phone	Equal variances assumed	0.003	0.953	0.151	111	0.880	0.88
	Equal variances not assumed			0.152	92.461	0.880	0.88
I give priority to my cell phone over my professional and personal commitments	Equal variances assumed	1.222	0.271	-0.728	109	0.468	0.468
	Equal variances not assumed			-0.699	79.328	0.487	0.487
I cannot relax if my cell-phone signal does not have good signal strength	Equal variances assumed	0.041	0.839	-1.908	109	0.059	0.059
	Equal variances not assumed			-1.93	92.94	0.057	0.057
I respond to someone's call/text even when it is not convenient for me	Equal variances assumed	0.905	0.344	0.691	107	0.491	0.491
	Equal variances not assumed			0.697	92.292	0.488	0.488
Mobile phone usage is just wastage of time and resources	Equal variances assumed	2.542	0.114	-0.743	108	0.459	0.459
	Equal variances not assumed			-0.775	101.524	0.440	0.44

Table: 3 Independent Samples Test

## VII. FINDING

There was homogeneity of variances for all the mobile addiction parameters except for the Information stored in mobile phones are private. It can be observed from the table that p values for all the parameter are greater than 0.05 except for the parameter others complaint about excessive cell phone usage. Hence for all the parameters we accept the null hypothesis that there is no gender-wise difference in the mobile Addiction among the Management Students for the parameter other than complaint about excessive cell phone usage. For this parameter, we reject the null hypothesis and conclude that there is gender-wise difference in others complaint about excessive cell phone usage.

## VIII. CONCLUSION

Findings suggest that majority of young mobile phone users are those who do not make longer than intended calls; do not ignore their face-to-friends to be with their cell phone; do not have complaints about their excessive usage; do not suffer a decline in their productivity due to mobile phone usage; do not suffer sleep loss due to mobile phone usage and do not feel nervous or depressed being away from their cell frequently. Very few are those who always exhibit the extreme addictive behaviors and the rest is the majority who are not frequently involved in addictive usage patterns. Similarly, very few respondents agreed to have addictive behaviors such as being lost out of the real world while being with their cell phone; using cell phone everywhere without considering the decorum of that place, avoiding keep their cell on silent or vibration mode due to fear of missing the incoming alerts of calls/text; considering lengthy conversations and using cell phone while driving is okay; responding to all calls/text irrespective of the identity of next person and majority of respondents say they do not use their cell phone when it is inconvenient for them. Hence, findings of this study revealed that, majority of respondents have definite priorities between their responsibilities and commitments and their cell phone usage. Very few are those who always exhibit the extreme addictive behaviors and the rest is the majority who are not frequently involved in addictive usage patterns. Thus, youngsters use their cell phones under reasonable limits and do not tend towards extreme behaviors leading towards addictive cell phone usage.

## IX. REFERENCES

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