

A Study on Smartphone Addiction Among Youth with Special Reference to Alapuzha District

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ABSTRACT: Smartphones are becoming increasingly indispensable in everyday life and offer a substantial variety of applications for information, communication, education, and entertainment purposes. The main objective of the study was to find out the problems of smartphone addiction among youth. The study revealed that the smartphone use among youth is increasing day by day. Even though we can't conclude that the respondents are addicted to their phones, we can say that the uncontrollable use of smartphones will make the condition worse and will lead to a situation where our youth will lead a life distracted from the society. The study suggested to conduct awareness classes about the medical side effects of overuse of smartphones by the government departments to reduce its usage.

KEYWORDS: Smartphone, addiction, youth.

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I. INTRODUCTION

Invention of fixed telephone in 19th century was no more a wonder in 21st century when human brain invented portable “smartphone phone”. Smartphone technology has experienced a tremendous growth. In 1946, Swedish smartphone used the first official smartphone phone. In 1983, Motorola presented 1st truly portable cell phone. According to a researcher, it took 20 years to strap up one billion smartphone users, 40 months to harness 2 billion and just 2 years to reach the mark of 3.5 billion. This industry has been among the fastest growing categories of consumption goods.

Smartphones are becoming increasingly indispensable in everyday life and offer a substantial variety of smartphone applications for information, communication, education, and entertainment purposes. Smartphones typically have touch screens, smartphone Internet access via Wi-Fi or cellular networks, capability for installation of smartphone applications, and other functions such as media players, digital cameras, and GPS-based navigate

Each and every invention has brought comforts as well as some threatening effects with it. Same is the case with smartphone phone technology. This is a medium that allows youngsters to communicate and interact with others without parental and teachers’ monitoring. Psychiatrists proclaim that in the 21st century smartphone phone addiction has become one of the major non-drug addictions.

Objectives Of The Study

The main objective of the study was to find out the problems of smartphone addiction among youth. The main objective is achieved with the help of the following sub objectives

- To find out how often the respondents use their smartphone a day for various purposes.
- To find out whether the time spent on their smartphone is increasing or not.
- To know whether the users are aware of the medical side effects of use of smartphone.

Significance Of The Study

Having the right smartphone or cell phone is a fashion statements and symbol nowadays . Most teenagers cannot conceive of existence without their smartphone permanently attached to their person. Smartphone devices allow teens to occupy their otherwise idle minds and hands by providing immediate access to music, images, games, and video. In such a situation it is worthwhile to make a study on the addiction & usage of smartphones among youth .The study helps to find out the positive and negative aspects of smartphone phones among youth.

Statement Of The Problem

Today, in the era of communication several modern means of communication came to existence. Postal mail has been replaced to certain extent by e-mail and landline is being replaced by hand phones called

cell phones. Usage of cell phones is not restricted to urban and educated youth. The study is an attempt to find out the positive and negative aspect of smartphone among youth and their addiction to their phones.

II. RESEARCH METHODOLOGY

Data Source:

Primary data: To make the study more realistic and accurate, a questionnaire was prepared and administered among 100 college students at random from Alappuzha District.

Secondary data: The secondary data chosen for aiding the study are mainly taken from books, journals, documents, websites, and other publication.

Population

Population of the study consist of all the youth living in Alappuzha District.

Sampling

For the purpose of selecting the sample convenience sampling is used. The entire population consist of all the youngsters living in Alappuzha District. 100 respondents from Alappuzha District are selected.

Tools Of Analysis

The data is analysed and interpreted with the help of mathematical methods. Simple percentage method is used in analyzing' the data.

Simple percentage = No. of respondents /total no. of respondents *100

III. REVIEW OF LITERATURE

- **Young-Soon Choi, (2018)** conducted a descriptive correlation study “**A study on the smartphone addiction and physical pain in the university students.**” to identify the characteristics of smartphone usage, smartphone addiction, and physical pain in college students and to identify the correlation between variables. The collected data were analyzed using the SPSS 21.0 program. The study find out that excessive smartphone use which is attributed to smartphone addiction brings about physical pain among the users.
- **Vandana Goswami, Divya Rani Singh, (2015)** conducted a study “**Impact of smartphone phone addiction on adolescent’s life**”. Main aim of this paper was to investigate some aspects of the emerging literature on the impact of smartphone phone on adolescent’s life. Smartphone phone usage is so strongly integrated into young people’s behavior that symptoms of behavioral addiction, such as cell phone usage interrupting their day –to-day activities. There are several reviews addressing the definition, Smartphone phone addiction symptoms, Assessment of Smartphone phone addiction, Negative effect of Smartphone phone addiction on adolescents and some reviews addressing the role of Smartphone phone addiction on adolescent’s mental and physical health.
- **Cheol Park and Ye Rang Park , (2014)**, in their study ”**The Conceptual Model on Smart Phone Addiction among Early Childhood**”, examined the antecedents and consequences of children's smart phone addiction. Antecedents of smart phone addiction among children were divided into parental variables and child variables. When parents’ education/income/age is higher,dual-income family, the longer parents themselves use smart phones, permissive parenting style, and positive attitudes towards smart phone, children tend to have higher possibility to be addicted to smart phones. Related to child variables, younger children, boys, less siblings, and not attending education institution, predict smart phone addiction. Children with smart phone addiction show problems in mental and physical development. The implications and further study are suggested based on the conceptual model
- **Lawrence T. Lam, (2009)** in their study “**Factors Associated with Internet Addiction among Adolescents**” analysed the factors associated with Internet addiction in adolescence using a population-based cross-sectional survey. High school students, ages 13 to 18 years, registered on the secondary school registry in Guangzhou city were selected as sample using a stratified random sampling technique. Internet addiction was assessed using the Internet Addiction Test (IAT). Information was also collected on demographics, health behaviors, and perception of personal condition. Depression was assessed by the Zung Self-Rating Depression Scale.

IV. DATA ANALYSIS AND INTERPRETATION

Table: 1 Table ranking various smartphone uses on the basis of time spent.

Variables	No. of respondent	Percentage
Calling	53	53
Texting	17	17
Web browsing	10	10
Social networking	12	12
Others	8	8
Total	100	100

Source: Primary data

Interpretation:- The study shows that 53% of respondents ranks calling as first preference of smartphone use . 17% of for texting,12% for social networking , 10% for web browsing and rest of them for other purposes.

Graph: 1

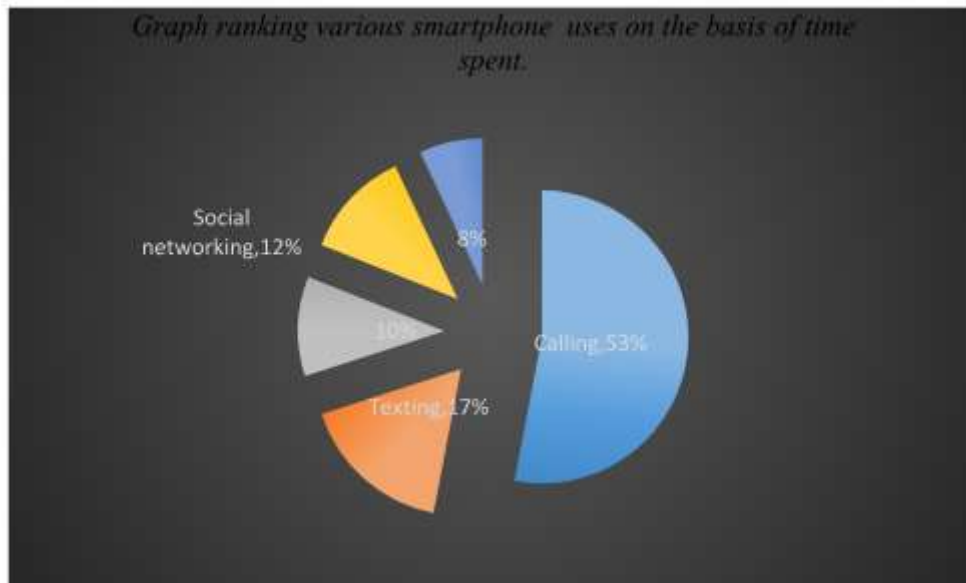


Table 2: Table showing whether time spent on phone is increasing.

Variables	No. of respondents	Percentage
Yes	47	47
No	33	33
No opinion	20	20
Total	100	100

Source: Primary data

Interpretation:-The table shows that 47% of respondents time of using smartphone is increasing.33% said that their time is not increasing and 18% didn't have any opinion.

Graph: 2

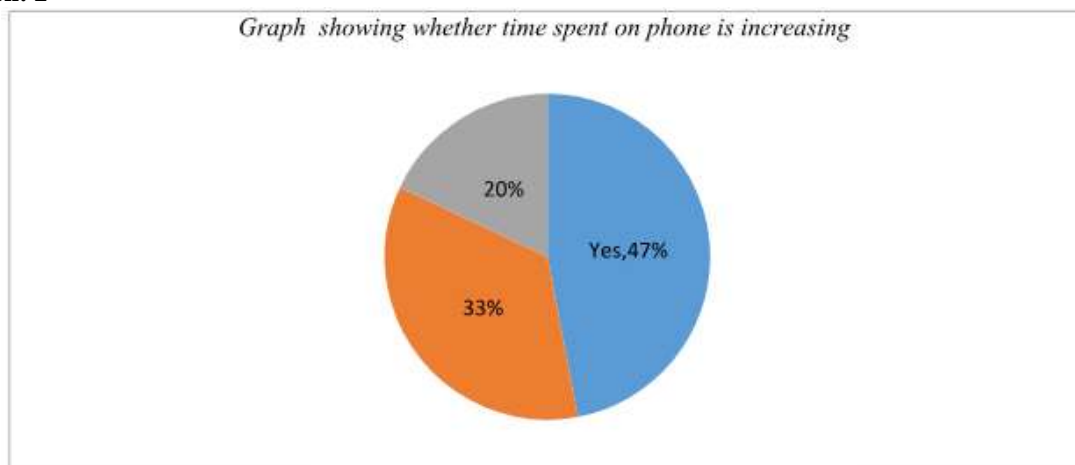


Table: 3 Table showing whether feel anxious when forget to take the phone.

Variables	No. of respondents	Percentage
Yes	85	85
No	15	15
Total	100	100

Source: Primary data

Interpretation:-The table shows that majority of people feel anxious when they forget to take the phone and others do not feel so.

Graph: 3

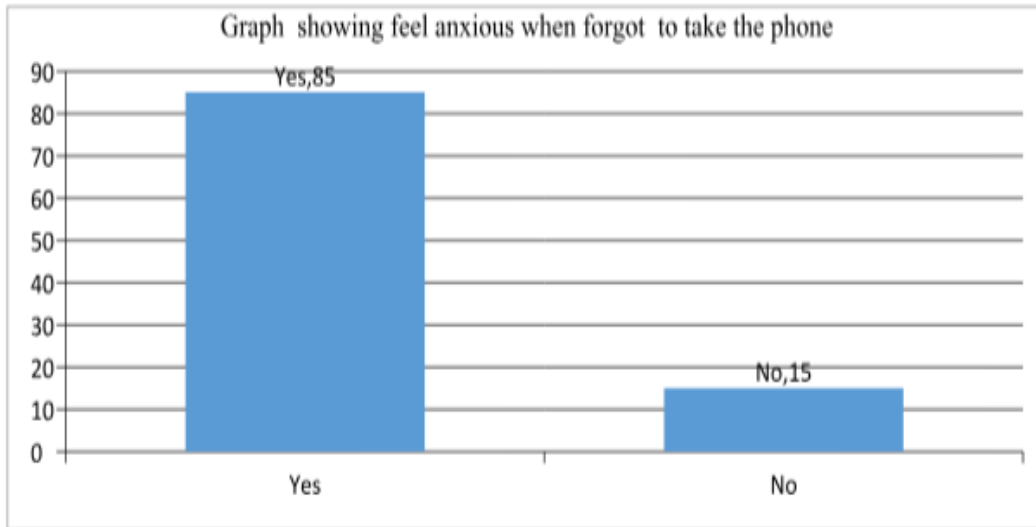


Table: 4 Table showing whether feel anxious when battery becomes low

Variables	No. of respondents	Percentage
Yes	77	77
No	23	23
Total	100	100

Source: Primary data

Interpretation:- 77% of respondents feel anxious when the battery becomes low.

Graph: 4

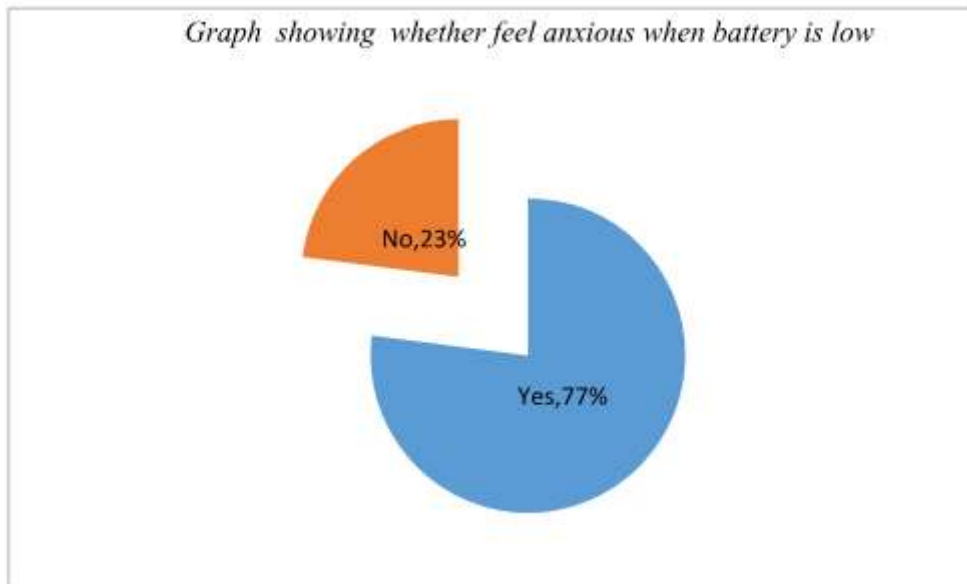


Table: 5 Table showing whether feel anxious when the network signal is lost

Variables	No. of respondents	Percentage
Yes	63	63
No	37	37
Total	100	100

Graph: 5

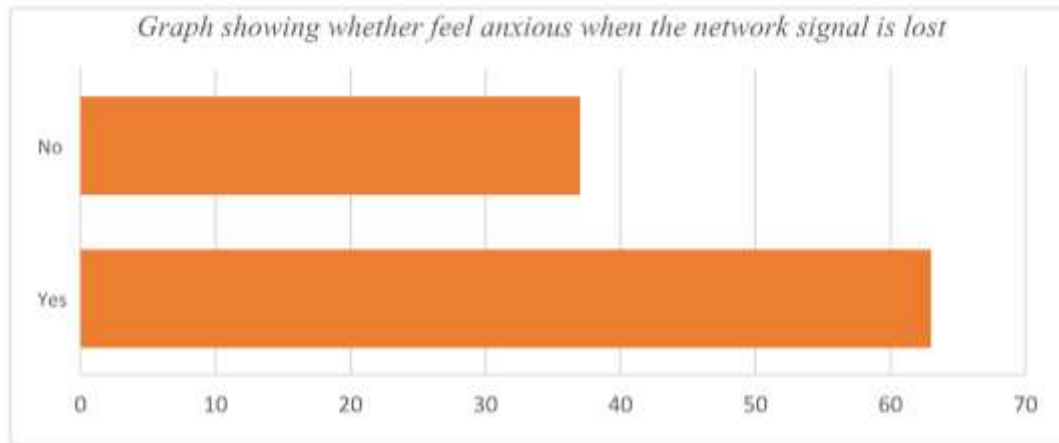


Table: 6 Table showing whether aware of medical side effect and privacy implication of smartphone.

Variable	No. of respondents	Percentage
Yes	76	76
No	24	24
Total	100	100

Source: Primary data

Interpretation:- Majority of respondents (76%) know about the medical side effects and privacy implication of smartphones and rest of them are not aware of that.

Graph: 6

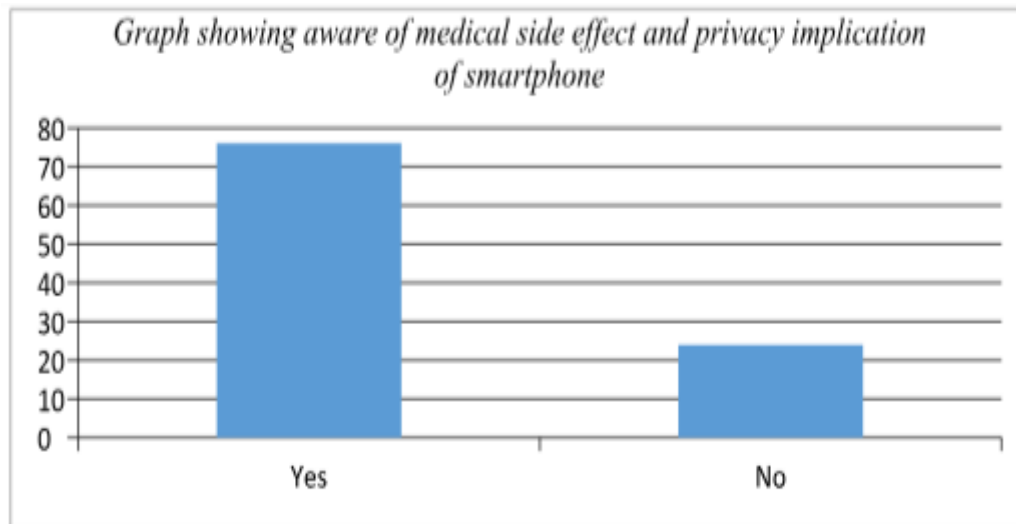


Table: 7 Table showing whether feel neck pain while using phone.

Variable	No. of respondents	Percentage
Yes	69	69
No	31	31
Total	100	100

Source: Primary data

Interpretation:- The majority of respondents (69%) feel neck pain when they use smartphone for a long time. Others doesn't feel so.

Graph: 7

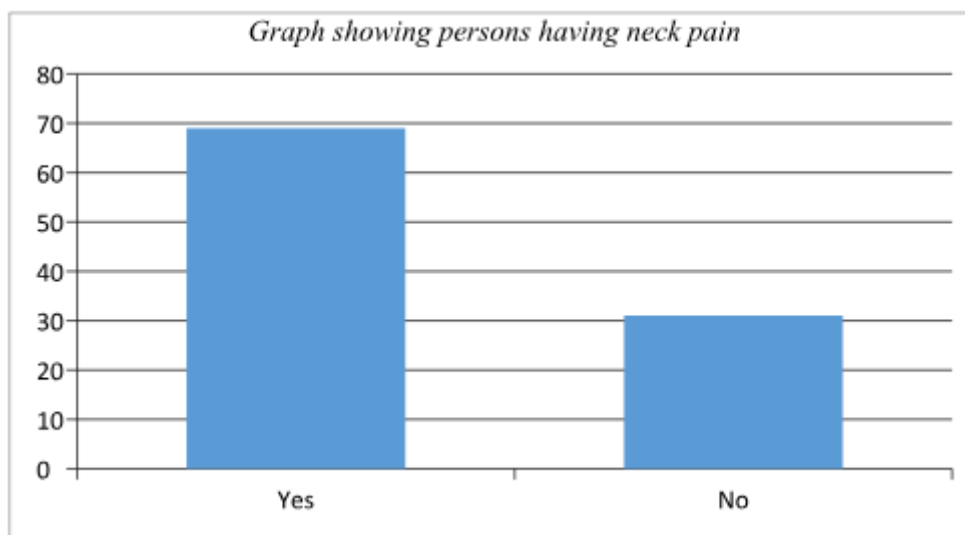


Table: 8 Table showing whether eyes become dry while using phone

Variable	No. of respondents	Percentage
Yes	42	42
No	68	68
Total	100	100

Source: Primary data

Interpretation:- 68% of respondents do not feel their eyes become dry when they use their phone for a long time. And others feel such problems.

Graph: 8

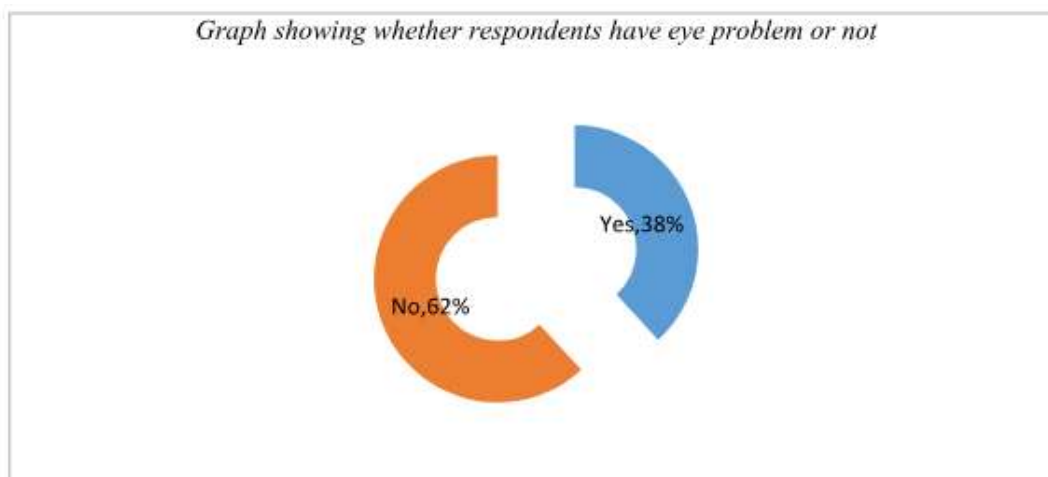


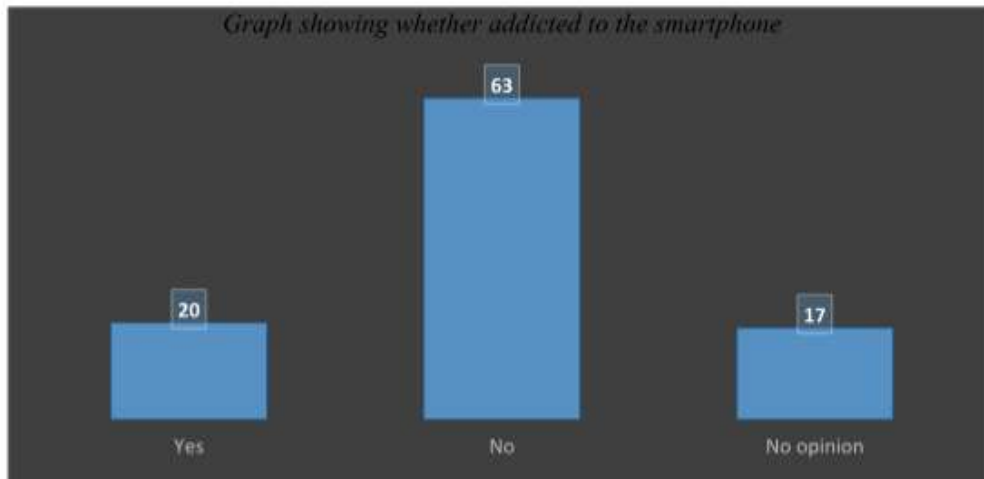
Table: 9 Table showing the opinion whether addicted to the phone.

Variable	No. of respondents	Percentage
Yes	20	20
No	63	63
No opinion	17	17
Total	100	100

Source: Primary data

Interpretation:- 63% of the respondents thinks that they are not addicted to the phone. 20% feels so and others have no opinion in this regard.

Graph: 9



V. FINDINGS

The major findings of the present study are:

- 42% of the respondents are consuming smartphone data less than 500MB per month.
- The study revealed that most of the respondents do not charge their phone daily.
- It is observed from the study that 45% of respondents usually use their phone at home.
- The study shows that 31% of respondents always use their smartphone in class and also other 31% are of the opinion that they use their smartphone in classroom rarely.
- 45% of respondents use their smartphones rarely at work place
- 50% of respondents do not use their smartphones in transport.
- From the analysis it is observed that 48% of the respondents use their phone once a day for looking up for new apps.
- 56% of the respondents use their phone several times for checking messages.
- More than half of the respondents use their smartphone several times for social networking
- While analyzing it is observed that 57% respondents do not use their phone for reading e-books.
- 36% of respondents play games using their phone once in a day.
- More than half (65%) of respondents watch videos using their smartphones several times in a day.
- 53% of the respondents use their smartphones for calling than other smartphone uses.
- In case of 47% of respondents time spent for using smartphone is increasing.
- 68% of the respondents are of the opinion that no one tried to reduce their use of phone.
- Majority of respondents(85%) feel anxious when they forget to take the phone
- 85% of respondents feel anxious when they forget to take the phone.
- 77% of respondents feel anxious when their phone is out of battery
- While analyzing it is observed that most of the respondents feel anxious when they lose network signal.
- Most of the respondents got anxious when they lose their phone.
- 69% of respondents feel anxious when their internet speed is slow.
- More than half (55%) of the respondents are attentive to their surroundings while they use their phones.
- 57% of the respondents choose their phone at first choice while they want to kill time.
- Most of the respondents are aware of the medical side effects and privacy implication of smartphones.
- While analyzing it is observed that the smartphone users feel neck pain when they use their phone for a long time.
- 68% of the respondents do not feel their eyes become dry after using the phone for a long time.
- More than half (63%) of the respondents do not think that they are addicted to their phones.

VI. CONCLUSION

Smartphones are becoming increasingly indispensable in everyday life and offer a substantial variety of smartphone applications for information, communication, education, and entertainment purposes. Smartphone addiction, sometimes colloquially known as “nomophobia” (fear of being without a smartphone phone), is often fueled by an Internet overuse problem or Internet addiction disorder. The study focused on smartphone addiction among youth. The study revealed that the smartphone use among youth is increasing day by day. The overuse of smartphone creates lot of health problems. Even though we can’t conclude that the respondents are

addicted to their phones, we can say that the uncontrollable use of smartphones will make the condition worse and will lead to a situation where our youth will lead a life distracted from the society. Each and every invention has its own positive and negative aspects. Keep away from the negative aspects and all the potential of smartphone must be positively utilized. Then only the problem can be solved.

VII. SUGESSTIONS

The following are the major suggestions derived out from the study:

- Replace your smartphone use with healthier activities. If you are bored and lonely, resisting the urge to use your smartphone to play games or check social media can be very difficult. Have a plan for other ways to fill the time, such as meditating, reading a book, or chatting with friends face to face.
- government departments must conduct awareness classes about the medical side effects of overuse of smartphones reduce its usage
- Smartphone can be used for many productive purposes. Youngsters can use their smartphones for their educational and job related matters.

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