

# ADDICTION OF SMARTPHONE AMONG UNDERGRADUATES

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## Abstract

**Background:** Globally maximum student are using smartphone and it's popular to use it. Smartphone addiction will give wrong impact on their life. Few previously conducted researches say that smartphone addiction can have effect on academics, psychology, physiology etc.

**Objective:** Present study is having objective of assessing smartphone addiction among undergraduate students.

**Methodology:** Research design used for study was cross sectional research design. 100 samples were selected by non-probability convenient sampling method from undergraduates nursing students of Krishna Institute of Nursing Sciences, Karad to identify smartphone addiction among undergraduate nursing student which was assessed by smartphone addiction scale and calculated by descriptive and inferential statistic.

**Result:** 1(1%) sample is severely addicted, 23(23%) sample were mildly addicted and 76(76%) sample is moderately addicted.

**Conclusion:** Research finding reveals that undergraduate are moderately addicted to smartphone and some planning with implementation should done to have result of smartphone deaddiction.

**Keywords:** Smartphone addiction, undergraduates.

## INTRODUCTION

Use of smartphone is increasing day by day across world including India among all age groups and it has well and worst both impacts on life as well as now days it's not just limited to receiving and doing call and messages. In 2020 approximately 2.8 billion peoples were across the world using smart phone where as in 2016, that number was 2.1 billion. [1]

Smartphone is defined as mobilephone which performs both functions of computer and phone like gaming, using of application, using of internet connection etc. [2]

Smartphone is having important role in health care industry for both patients and health care personals to share health related information for prevention and promotion of health. [3]

As number of smartphone users is increasing day by day negative impact of it along with positive impact is reported. 2.4% sample were suffering with dizziness, 3% sample were suffering with fatigue, 3.9% sample were suffering with tension, 4% sample were suffering with sleep disturbance and 21.6% sample were suffering with headaches reported by research conducted in Saudi Arabia.[4]

Another research conducted among medical students in Saudi Arabia reports that 44.4% sample were suffering with conditions like lack of concentration, loss of memory, slightly loss of hearing sensation, having fatigue and headache. [5]

From 21 developing countries across the world approximately 54% population was having phone and they were using internet occasionally whereas from 11 advanced economic countries 87% population were having phone and they were using internet. [6]

There are literature of review says that smartphone addiction ranges from 0% to 38% but it is depended on what kind of population is selected for study and the tool used to evaluate it. [7]

Analysis of 6 different research studies reveals that deciding what to do with phone through day, after knowing harmful effects still not able to reduce use of it, have severe feeling to use it, discomfort and anxiety if phone is not with them, while sleeping they required phone near them, frequently checking phone in interrupted sleep are characteristics of dependence of smartphone. [8]

Addiction of smartphone just not create psychological and physiological changes but it is found that patient with mood disorder can easily have smartphone addictions. [9]

Women's are more prone than men for addiction of smartphone because they stay connected with families and society to maintain relations whereas men's are using smartphone for practical purposes. [10, 11]

Some studies found that depression, feeling lonely, having low level of self-esteem and feeling of shyness are associated with each other. [12]

The reason behind conduct this research to identify smartphone addiction among undergraduate nursing student which will potentially lead to identify associated phenomena in future studies related this topic.

Problem Statement:-

“Addiction of smartphone among undergraduate”

Objective:-

- To assess smartphone addiction among undergraduate.

## METHODS:

Cross sectional survey was conducted with 100 sample size which was selected non convenient sampling technique following inclusion and exclusion criteria from Krishna institute of nursing sciences. SAS (smartphone addiction scale) was used to assess addiction. Ethical permission was taken from authority. Inform and written consent was taken from sample prior to conduct of students. Analysis was planned to do with descriptive statistics and inferential statistics.

Description of the tool:-

Section I: 3 demographic variables information is asked like age in years, gender and annual income of family.

Section II: SAS (smartphone addiction scale) which include 33 questions and their scoring starts from 1: “strongly disagree” to 6: “strongly agree”. Scoring of overall scale was 144 to 198 is severe addiction, 89 to 143 is moderate addiction and mild addiction is 33 to 88 score.

## RESULTS:

Table No.1: Presenting Demographic Variables in view Frequency & Percentage

N=100

Demographic Variables	Undergraduates Nursing Students	
	Frequency	Percentage %
<b>1.Age</b>		
a)17-18	7	7%
b)19-20	40	40%
c)21-22	53	53%
<b>2.Sex</b>		
a)Male	21	21%
b)Female	79	79%
<b>3.Yearly Income</b>		
a)Less than 35,000	29	29%
b)35,001 to 70,000	40	40%
c)70,001 to 1,05,000	25	25%
d)More than 1,05,000	6	6%

Table number 1 presents that:

- According to age 7(7%) sample were from age group of 17 to 18 years of age, from 19 to 20 years of age 40(40%) sample were present as well as 53(53%) sample were within age group of 21 to 22years of age.
- 79(79%) sample were female out of total sample and 21(21%) sample were male
- 6(6%) sample is having yearly income above 1,05,000 ; 25(25%) sample were having yearly income between 70,001 to 1,05,000 ; 29(29%) sample were having yearly income less than 35,000 and out of total sample 40(40%) sample were having yearly income between 35,001 to 70,000.

Table No.2: According to SAS (Smartphone Addiction Scale) scoring presentation of Distribution of Sample regarding Utilization of smartphone.

N=100

Severity with Categories	Score	Percentage
Mild (33- 88)	23	23%
Moderate (89-143)	76	76%
Severe (144-198)	1	1%

Table number 2 presents that:

- 1(1%) sample suffering with severe addiction.
- 23(23%) samples were suffering with mild addiction.
- 76(76%) samples were suffering with moderate addiction.

## DISCUSSION:

Present research conducted with objective of assessing smartphone addiction of undergraduate students and its result shows that According to age 7(7%) sample were from age group of 17 to 18 years of age, from 19 to 20 years of age 40(40%) sample were present as well as 53(53%) sample were within age group of 21 to 22 years of age.

79(79%) sample were female out of total sample and 21(21%) sample were male.

6(6%) sample is having yearly income above 1,05,000 ; 25(25%) sample were having yearly income between 70,001 to 1,05,000 ; 29(29%) sample were having yearly income less than 35,000 and out of total sample 40(40%) sample were having yearly income between 35,001 to 70,000.

Sample suffering from severe addiction is only 1(1%). 23(23%) samples were suffering with mild addiction. 76(76%) samples were suffering with moderate addiction.

Similar study conducted by Jain P et. al. on study of smartphone addiction: prevalence, pattern of use, and personality dimensions among medical students from rural region. These research results present that 24.65% sample were on high risk to addiction from which 7.53% sample were male and 17.12% were female. Average age of sample was 18.50 years  $\pm$  0.80 year. [13]

Research conducted by Suliman S. Aljomaet. Al. in 2016 on smartphone addiction among university students in the light of some variables which present there result that 48% sample were found to be addicted to smartphone. [14]

Ning, W et al conducted research on Smartphone Addiction and Cognitive Performance of College Students in 2018 shows results that smartphone addiction can have impact on students' cognitive performance in college. [15]

Lee et al conducted research in 2015 on Smartphone Addiction in University Students and Its Implication for Learning give results that low level of self-esteem, low level of flow towards study found in student with high level of addiction and they are not able to control use of smartphone while studying. [16]

49% sample is using mobile phone more than 5 hours a day which indicate addiction is present and which create low performance in academic reported by Matar Boumosleh et al in 2017 who has conducted study on Smartphone Addiction among University Students and Its Relationship with Academic Performance. [17]

Al-Barashdi and Hafidha in 2015 conducted research on Smartphone Addiction among University Undergraduates: A Literature Review which present results that reveals undergraduates students are suffering with addiction of smartphone and this gives bad effect on academic performance, behaviour etc. [18]

Results of study conducted by Alosaimi, et al in 2016 on Smartphone addiction among university students in Riyadh, Saudi Arabia says that 8 hrs and more time is spend on use of smartphone by 27.2% students. Minimum 4 application per day used by 75% of students. 43% sample were started losing their sleeping hours, 30% sample were feeling low energy level, 30% sample were living bad lifestyle and 25% sample were reported that loss of academic performance. [19]

Ammati et al conducted research in 2018 on Smartphone Addiction among Students of Medical University in South India: A Cross-Sectional Study reports that 52% sample were female and 48% sample were male and mean age of sample was

21.1 years  $\pm$  3 years. Approximately time spend on mobile was 4 to 6 Hrs. / Day. 36.8 present were addicted to smartphone and more 50% of it was male and remaining sample was female. [20]

Basu et al in 2018 conducted research on Addiction-like Behaviour Associated with Mobile Phone Usage among Medical Students in Delhi reports that 155 i.e. 39.9% sample were addicted to smartphone out of 388 sample. 155 i.e. 39.9% samples were females and remaining 60.1% i.e. 233 samples were as well as 20.48 years is there mean age. [21]

## CONCLUSIONS:

Undergraduate's students are addicted to smartphone and it required intervention to reduce addiction of smartphone because addiction can give bad impact on their personal, social, physical, psychological life etc.

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