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Mobile Addiction & Mental Health Among Students

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Abstract. *Descriptive survey design to assess the level of mobile addiction and mental health among students. The aim of the study was to identify the relationship between mobile addiction and mental health among students. By using purposive sampling technique, 76 samples were selected based on inclusion criteria. The data's were collected through online goggle forms. Descriptive and Inferential statistics were used to assess the level of mobile addiction among students. Majority of the samples had potential risk for mobile addiction.Moderate positive correlation was observed between the mobile addiction and mental health among students at level of P < 0.05.*
***Keywords**: Addiction, mental health , correlation and potential risk*

1. INTRODUCTION

Technology fulfills our natural human need for stimulation, interaction, and changes in environment with great efficiency. Technology can become a quick and easy way to fill basic needs, and as such, can become addictive. Internet addiction is an umbrella term that refers to the compulsive need to spend a great deal of time on the internet. The person becomes dependent on using the Internet and needs to spend more and more time online to achieve the same high.

Addiction has been found to be associated with mental health problems. It has become very frequent, leading to many personality and psychiatric disorders including low self-esteem, impulsivity, poor sleep quality, mood disorder and suicide.

The prevalence of internet addiction varies from 1.5% to 25% in different populations. Surveys have shown a prevalence of 0.3-0.7% in the general population. The overall prevalence of addiction was 19.85%. Researcher's estimate that 6% of the world's population is addicted to the internet. The world's population is roughly 7 billion people, so that makes for about 420million people addicted to the internet.

Warning signs includes:

- Escape mechanism to avoid unpleasant life situations, associated by an impaired sense of the passage of time and neglect for basic needs such as hunger or sleep
- Negative repercussions- Social isolation, arguments, fatigue, problems at school or work, lack of achievement or lying
- Withdrawal symptoms- Feelings of restlessness, moodiness, depression or irritability

The short-term effects of an online addiction include unfinished tasks, forgotten responsibilities and weight gain. Long-term effects are seen more in the physical symptoms such as backache, neck pain, carpal tunnel syndrome, and vision problems from staring at the screen.Body aches, Carpal Tunnel Syndrome, insomnia, vision problems, and weight gain/loss are just some of the physical problems one may suffer as a result of an internet addiction. Emotional effects may include depression, dishonesty, anxiety, social isolation, aggression, and mood swings. When a person posts a picture and gets positive social feedback, it stimulates the brain to release dopamine, which again rewards that behavior and perpetuates the social media habit.

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2. NEED FOR STUDY

Technology is everywhere, and it is not going away. It impacts the pleasure systems of the brain in ways similar to substances; it can be a boredom buster, a social lubricant, and an escape from reality.The fact that teens are so dependent on technology makes sense in our world, but it may also lead to negative consequences.

The concept of computer addiction is broadly divided into two types, namely offline computer addiction and online computer addiction. Offline computer addiction is normally used when speaking about excessive gaming behavior, which can be practiced both offline and online.

Online computer addiction, also known as Internet addiction, gets more attention in general from scientific research than offline computer addiction, mainly because most cases of computer addiction are related to the excessive use of the Internet.

Internet addiction alters the volume of the brain. IAD shrinks the brain's gray and white matter fibers which results in changes to emotional processing and brain functioning.

Experts on Internet addiction have described this syndrome as an individual working intensely on the Internet, prolonged use of the Internet, uncontrollable use of the Internet, unable to use the internet in an efficient, timely matter, not being interested in the outside world, not spending time with people from the outside world, and an increase in their loneliness and dejection Male gender, login status, emotional ties and psychological distress were found to be the main predictors of internet addiction. Thus, there was an increased risk of addiction among males, those using internet continuously, having higher emotional ties and psychological distress. Keeping track of our screen time is one of the most effective ways of preventing a screen addiction. You can use apps that will help you track time and raise self-awareness of addiction.

3. STATEMENT OF PROBLEM

A study to assess the level of mobile addiction and mental health among students

4. OBJECTIVES OF THE STUDY

- To assess the level of mobile addiction and mental health among students
- To develop an instructional module on prevention of mobile addiction among students
- To find out the correlation between mobile addiction and mental health among students

5. OPERATIONAL DEFINITION

Assess: It refers to the changes in the level of mobile addiction among students and it is assessed by questionnaire through goggle forms

Mobile addiction: It means the repeated usage of mobile phones

Mental health: It means that how an individual thinks, feel and act towards mobile usage Students: It includes the students who is enrolled in school or an educational institution

6. REVIEW OF LITERATURE

Literature is an essential component of the investigator for a greater understanding of the research problem and its major aspects. It provides an opportunity to assess the level of internet addiction to the problems.

Tripathi. (2017) conducted the study on impact of internet addiction on mental health. In the past few years internet addiction (IA) and internet gaming disorder (IGD) have become very frequent, leading to many personality and psychiatric disorders including low self-esteem, impulsivity, poor sleep quality, mood disorder, and suicide. IA has been included in Appendix III of the Diagnostic and Statistical Manual for Mental Disorders (DSM-5) as IGD. In addition, IA leads to many neuroanatomical and neurochemical alterations including cortical thinning of various components of the brain and altered dopaminergic reward circuitry. Due to widespread neuropsychiatric and neurobiological implications of IA, multiple therapeutic approaches are needed. Integrative therapy in the form of yoga and mindfulness has proven to be effective in many addiction disorders including IA.

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Aman Gupta, Amir Maroof Khan (2018), conducted a cross-sectional study to find out the burden of IA among college students in Delhi, its risk factors and association with depression, anxiety, and stress. Simple random sampling was used to select the students from the list obtained from the three colleges. The prevalence of IA was 25.3%. The mean (standard deviation) age of the participants was 19.1 (1.02) years and 62.1% were males. The median family income was INR 50,000. IA was significantly associated with higher family income, greater screen time, always online status, and greater duration of internet use per week. The independent predictors of IA were greater duration of internet use per week and always online status, depression, anxiety, and stress. The burden of IA among the college students was high. depression, anxiety, and stress were found to be independent predictors of IA.

Jolly Maslh and RajasekaranRajkumar (2019), Internet use, especially social media has dramatically changed the way adolescents communicate, socialize, make and maintain friendships. Internet Addiction Disorder (IAD) is generally defined as an uncontrollable desire to use the Internet, leading to acute nervousness and aggression in the event of deprivation and progressive deterioration of social life. IAD is becoming a common mental health problem in adolescents. Worldwide, the prevalence of IAD in adolescents may vary from 1.98% to 35.8%. Sadness, feeling down, having a loss of interest in daily activities are some of the symptoms of IAD. Some possible treatments of IAD includes doing sport or spending more time with friends and developing healthy social networks

7. METHODOLOGY

Research approach: Quantitative research approach was used in this study to assess the level of mobile addiction and mental health among students.

Research design: Descriptive survey design was adopted in this study Setting: The study was conducted through online

Population: It represents the student population

Sampling and sample size:Through online, nearly 76 students answered to assess the level of mobile addiction and mental health. Purposive sampling technique was adopted in this study.
Criteria for sample selection:

Inclusion criteria:

- Both male and female persons
- School and college Students Instruments and tool used for data collection:

The following tools were used for the data collection consists ofdemographic data, Level of mobile addiction and Mental health Procedure for data collection: This main study was conducted through online forms. The samples were selected which is based on the inclusion criteria. Techniques of data analysis and interpretation: Descriptive and Inferential statistics were used in this study.

8. DATA ANALYSIS AND INTERPRETATION

This chapter deals with analysis and results of data collected from 76 adolescents by using goggle forms. The aim of the study was toassess the level of internet addiction and mental health among students. Descriptive and Inferential statistical methods were used to analyze the data. Frequency and percentage were used to present the demographic variables, mobile addiction and mental health. Correlation was used to analyze the relationship between the level of mental health and mobile addiction among students.

Table 4.1.1: Demographic Profile Of Students

VARIABLES		%
Age	15-20	59.4
	20-25	33.3
	25-29	7.2

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Gender	Male	27.1
	Female	72.9
What is your current profile	Student	87.1
	Employed	10
	Others	2.9
Do you have a smart phone	Yes	95.7
	No	4.3
Do you have internet access sibility on your phone?	Yes	94.2
	No	5.8
Do you think you can survive without your phone?	Yes	55.1
	No	44.9
What is your source of internet use?	Data card	72.5
	Wi-fi	14.5
	Others	13
On a daily basis, about how much time youspend on your mobile phone applications using internet?	Never	4.3
	1-2 hours	17.4
	2hours	31.9
	>5hours	46.4
Which of the following is most commonly used mobile application	Facebook	8.8
	Whatsapp	76.5

Table 4.1.1 shows that more than half of participants, Majority of the participants (73%) were females, 87% of the adolescents were students and 96 % had owned a smart phone. 94.2 % had internet accessibility and 44.9% of adolescents expressed that they can't survive without out their phone. Data card(72.5) is their main source of internet. Nearly half of them (46.4%) spent more than 5 hours on their mobile phone and for majority (76.5) of them whatsapp is their commonly used mobile application.

Table 4.1.2 : Mental Health Among students (n=76)

Mental health	Number of responses	
	Frequency	Percentage
Good (1-10)	14	18.4
Average (11-20)	50	65.8
Poor(>20)	12	15.8

Table 4.1.3 : Mobile addiction Among students

Mobile Addiction	Number of Responses	
	Frequency	Percentage
Normal (1-16)	11	14.5
Potential risk (17-32)	57	75
High risk (33-48)	08	10.5

As shown in Table 4.1.3, majority of the participants (75%) had potential risk for mobile addiction, 14.5% of students had normal level of mobile addiction and 10.5 % of students had
high risk level of mobile addiction.

Table 4.1.4 Mean and SD of Mobile Addiction and Mental Health

Variables	Mean± SD
Mobile addiction	24.36± 6.34
Mental status	15.68±5.24

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The above table 4.1.4 shows the overall mean and standard deviation of mobile addiction and mental status scores of the adolescents ,24.36± 6.34 and 15.68±5.24 respectively. Table4.1.5: Correlation between the mobile addiction and mental health among students

Variables	r value	P value
Mobile addiction Mental health	0.726	P > 0.05

Table 4.1.5 reveals that moderate positive correlation was observed between the mobile addiction and mental health among adolescents (P,< 0.05).

9. RESULTS AND DISCUSSION

- Majority of the participants (73%) were females, 87% of the adolescents were students and 96 % had owned a smart phone.
- 94.2 % had internet accessibility and 44.9% of adolescents expressed that they can't survive without out their phone.
- Data (72.5) is their main source of internet. Nearly half of them (46.4%) spent more than 5 hours on their mobile phone and for majority (76.5) of them whatsapp is their commonly used mobile application.
- More than half ,(65.8)of the adolescents had average level of mental health and18.4% had good level of mental health and 15.8% had poor level of mental health
- Majority of the participants (75%) had potential risk for mobile addiction, 14.5 % of students had normal level of mobile addiction and 10.5 % of students had high risk level of mobile addiction.
- The overall mean and standard deviation of mobile addiction and mental status scores of the adolescents ,24.36± 6.34 and 15.68±5.24 respectively.
- Moderate positive correlation was observed between the mobile addiction and mental health among adolescents (P > 0.05).

These results indicate that intervention measures need to be taken to reduce the smartphone addiction of students to improve their mental health. Cha and Seo aimed to examine the predictive factors of smartphone addiction in middle school students in South Korea. Two groups were chosen, one risk group and another normal group. The two groups expressed significantly different results. The predictive factors for smart phone addiction were social networking and awareness of game overuse. A researcher revealed that teenagers who spend more hours on their gadgets are highly likely more at risk of suicide. Another study by Augner and Hacker examined an association between over usage or dysfunctional usage of cell phones and psychological health. They indicated that low emotional stability, chronic stress, and depression have a correlation with phone usage.Research says "when cell phone use becomes an addiction, the behavior becomes stressful". Adolescents are at high risk of being smartphone addicts

10. LIMITATIONS

One of the limitations of this study was using a self-reported questionnaire that had the possibility of reporting bias.

11. CONCLUSION

Technology addiction is an impulse control disorder that involves the obsessive use of mobile devices, the internet or video games, despite negative consequences to the user of the technology. The disorder may also be referred to as digital addiction or internet addiction.Although technology addiction is not currently included in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), its symptoms are similar to that of another behavioral addition that is included in the manual, compulsive gambling. As with other impulse control disorders, tech addicts can experience short periods of time in which symptoms subside and long periods of time when symptoms are stronger.Technology plays an important role in society today.It helps society and determines how people interact with each other on a daily basis.

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