



The Level of Smart Phone Addiction among Teenager B.Sc Nursing Students

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ABSTRACT

Recent research has placed on to assess the level of smart phone addiction among teenager an evaluative research approach was used with exploratory descriptive with a sample size of 55, among 1st year and 2nd year teenager B.Sc Nursing students selected conveniently. The study observed that 3 out of 55 respondents have severe level of addiction, 30 out of 55 respondents have moderate level of addiction and 22 out of 55 have mild level of addiction and the association between the smart phone addiction level among teenagers with selected socio-demographic variables such as educational qualification, starting age to use smart phone, father's occupation, mother's occupation, Higher Secondary marks is found to be not significantly associated as the chi square value are 0.34, 0.19, 0.47, 0.32. To conclude anything new and appealing attracts the young mass but excessive use leads to addiction and with all advantages and disadvantages of using smart phones responsible use can benefit individuals and any form of addiction can be checked by a strong will.

Keywords: Smart phone addiction, Teenagers, nursing students.

INTRODUCTION

Today's world is technology based world. Technological development has provided the world with luxurious innovation. Mobile phone is one of the blessings of technology before 43 years from today. The people's lives become easier as modernization of technology. The first mobile phone was made on April 3, 1973 in new work by Motorola employee Martin Cooper.

It is true that smart phone is quite essential for many different field of professions, diversion of mobile phone like listening song, communication, social networking, chatting is now pass beyond or exceed its basic needed in daily life. Although smart phone and the internet are used as communication tools, excessive use of these technological tools causes individuals to become addicted.

Now as the number of people who are using mobile phone are rapidly growing, so the number of people who are becoming addicted and dependent to their phones, it could be our next door person who will have an anxious condition if he forgot his phone at his office and the person who sending text message all day instead of work.

Recently, the rate of spreading smart phone is gradually increasing among people. The more and more individual started to use smart phone because introduction of cheap phone in market which are 50% lower in cost than the actual price of smart phone. However, noticeable change is that among children the rate of addiction increased before school from 3.6% to 4.3%, last year.¹

Ministry of Gender Equality and Family implemented a research on the actual condition of media usage rate

among teenagers and reported that the middle school students 86.2 percent, high school students 84.9 percent. This data reflects that most of the teenagers in the country are smart phone users.²

It has been reported that smart phone use has adversely affected learning in the classroom, has endangered driving safety, and has negatively affected work performance.³

In a meta-analysis study in 2014 that includes 80 reports with 89,281 participants, from 31 nations across seven world regions, the global prevalence of internet addiction reported about 6%.⁴

Psychiatrists declare that in the 21st century Smartphone addiction has become one of the major non-drug addictions. Mostly the teenagers who, the victims of smart phone addiction are suffering from social isolation. They suggest if a person feels an overwhelming need of mobile phone usage more than daily half an hour, he is to be addict and according to Yang, many mobile phone users are suffer from 'mobile phone dependence' syndrome.⁵

In addition to use of mobile phone for communication, people used cell phone for many features such as games, access to the Internet and social networks, messaging, videos, multimedia, calculator, alarm clock, and navigation.⁶

The concept and ideas of the adolescent with excessive mobile phone use which leads to mental health problems like personal dependency, depression, stress, aggression, sleep disturbances, and various risky behaviors.⁷



METHOD

A non-experimental study with evaluative research approach and exploratory descriptive design was done on 55 samples by non probability convenient sampling was selected in SUM Nursing College, Bhubaneswar. Smart phone Addiction Scale (SAS) was used to assess the level of smart phone addiction.

RESULTS

The results indicate that 3 out of 55 respondents (5.45%) have severe level of addiction, 30 out of 55 respondents (54.54%) have moderate level of addiction and 22 out of 55 respondents (40%) have mild level of addiction.

The association between the smart phone addiction level among teenagers with selected socio-demographic variables such as educational qualification, starting age(yr) to use smart phone, father's occupation, mother's occupation, Higher Secondary percentage(%) is found to be not significant level as the chi square value are 0.34, 0.19, 0.47, 0.32 respectively which is less than tabulated value, where as there is significant association between level of smart phone addiction among teenagers with selected demographic variables as the chi square value is 8.83 which is more than value at 0.01.

Table 1: Frequency and percentage distribution of level of smart phone addiction among teenagers.

Sl. no.	Level of Smartphone addiction	Maximum score	Frequency	Percentage
1	Mild	33-66	22	40%
2	Moderate	67-99	30	54.54%
3	Severe	100-132	3	5.45%

Table 2: The association between the smart phone addiction level among teenagers with selected socio-demographic variables.

Sl. No.	Demographic	Chi square value	DF	Critical value of P
1	Educational qualification	2.10	2	0.34
2	Starting age (yr)to use Smart phone	8.83	2	0.01*
3	Father's occupation	6.09	4	0.19
4	Mother's Occupation	3.49	4	0.47
5	Higher Secondary Percentage	4.66	4	0.32

*Significant

DISCUSSION

The findings of the study represents that there is moderate level of addiction present in teenagers and there is no association between the levels of smart phone addiction among teenagers with selected socio-demographic variables. A similar study was done by Nastaran Norouzi Parashkouh, Leila Mirhadian et al., 2016, on Internet and Mobile Phone Addiction among High School Students: A Cross Sectional Study from Iran. Results also showed that a high number of students have addiction to mobile phone.³²

Similarly there was another study conducted by Dr. Mrunal Hardwar, Miss. Sode Jaimala Ashok, 2015, on Mobile Phone Addiction and Loneliness among Teenagers. The aim of the 1study was to examine the mobile phone addiction & loneliness among teenagers. The researcher selected the sample of 100 teenagers out of which, 50 were boys and 50 were girls. When mobile phone addiction and loneliness among teenagers were examined according to gender, there was no significant difference found in the study.

It is observed in the present study that 3 out of 55 respondents have severe level of addiction, 30 out of 55 respondents have moderate level of addiction and 22 out of 55 have mild level of addiction. So, there is moderate level of addiction present in teenagers and there is no association between the smart phone addiction level among teenagers with selected socio-demographic variables.¹⁰

CONCLUSION

The present study revealed that very few teenagers who have the severe level of addiction and rest is the majority who have not excessively but moderately involved in addictive uses pattern.

Hence, awareness should be increased among students through various programs. So, it also demands a need to be pronounced that students will be educated about safe and healthy practices of smart phone.



Limitation

The study result cannot be generalized due to small sample size and the study was conducted in a single institution.

Ethical Consideration

For the present study, the permission was obtained from the research ethical committee of Sum Nursing College. Confidentiality of the subjects was maintained throughout of the study. The subjects were assumed that confidentiality of the information given by them will be maintained and the information will be used for purpose of the study.

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