

# A Descriptive Study to Assess The Level of Smartphone Addiction Among Late Adolescents Girls In Annamalai University At Chidambaram

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**Abstract-** To assess the level of smart phone addiction among late adolescent girls. To associate the level of Smartphone addiction with the selected demographic variables such as age, educational status, occupational status, monthly income of the family, religion, residence, number of electronic devices by the research participants. **METHODS:** A descriptive, quantitative research was adopted as research approach. Convenient sampling method was adopted to recruit the study participants. Data collected through structured questionnaire method. Collected data were analysed by using descriptive and inferential statistical methods. **RESULTS:** The study revealed that 49% of late adolescent girls had moderate level of smart phone addiction. **CONCLUSION:** The overall assessment of the study revealed that students have moderate level of smart phone addiction.

**Keywords-** Assessment, level of addiction, late adolescent girls.

## I. INTRODUCTION

A smart phone is a mobile phone with an advanced mobile operating system that combines features of a personal computer operating system with other features useful for mobile or handheld use.

Research in US (2015) suggested that ,excessive use of Smartphone's, increases the risk for severe psychopathologies in adolescents and there is growing evidence of problematic use of Smartphone's that impacts both social and health aspects of users lives.

There are many reports of people exhibiting problematic pattern of Smartphone abuse with potentially negative consequences on their familial, vocational, social lives after getting addicted to Smartphone's in developed countries as well as in developing countries

## II. METHODOLOGY

Sample size 100 students from 1st and 2nd year B.sc. Agriculture, were selected by convenience sampling technique. A structured questionnaire method was used and designed by WON-JUN, LEE contains general information about Smartphone usage and demographic variable .collected data were analyzed by frequencies, percentage, mean, and standard deviation 't' test and Pearson's core relation test. Level of addiction regarding Smartphone was assessed by using 5 grade rating scale (ie) strongly agree [mean score 5], Agree (mean score 4), Neither agree nor disagree (mean score 3), Disagree (mean score 2), Strongly disagree (mean score 1).

## III. RESULTS AND DISCUSSION

The study results revealed that majority of the late adolescent girls have moderate level of Smartphone addiction

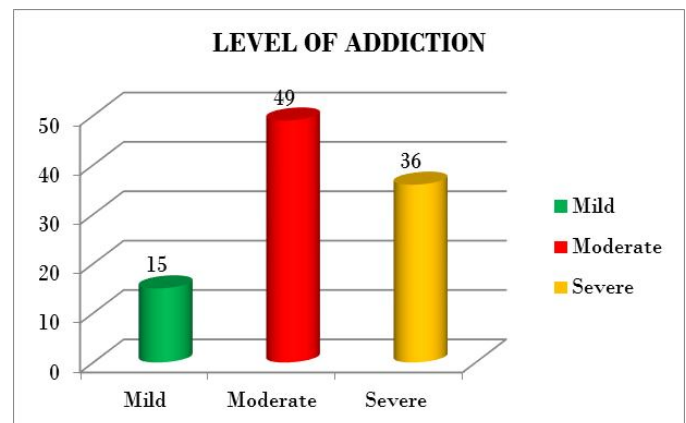


Figure 1.

This finding was supported by AHAME et al (2011) explored the pattern mobile phones use among the universities students to delineate the extent of addictive behavior in its usage. Findings revealed that most students were able to set definite priorities for their responsibilities and commitments and their mobile phone use. Their results also revealed that very few students (4.8-18.5%) exhibited extreme addictive behavior. Thus, they concluded that university students used their mobile phones within reasonable limits and did not move

towards extreme behaviors that lead to addictive mobile phone use.

The distribution of students in response to impact of Smartphone addiction is explained through item analysis and the results are presented in the following table

Table 1. Item analysis and Distribution of students in response to impacts of Smartphone addiction

S. No	ITEM	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1	You miss planned work due to Smartphone	50	19	17	10	4
2	I have a hard time concentrating while working due to Smartphone use	24	37	9	24	6
3	I experience light tiredness or blurred vision due to excessive Smartphone use	19	18	13	39	11
4	I feel pain in the wrists or at the back of neck while using Smartphone	19	32	8	35	6
5	I feel tired and lacking adequate sleep due to excessive Smartphone use	24	26	10	30	10
6	I feel calm or cozy while using a Smartphone	12	28	15	27	18
7	I feel pleasant or excited while using a smart phone	19	37	16	15	13
8	I feel confident while using a Smartphone	18	28	20	24	10
9	I feel able to get rid of stress with a Smartphone	23	29	19	21	8
10	There is nothing more fun to do than using my Smartphone	12	25	19	33	11
11	My life would be empty without my smart phones	11	12	15	38	24
12	I feel most liberal while using a Smartphone	9	38	25	22	6
13	Using Smartphone is the most fun things to do	19	34	17	21	9
14	I wouldn't be able to stand not having a Smartphone	7	7	13	52	21
15	I feel impatient and fretful When I'm not holding my Smartphone	5	13	17	43	22
16	I have my smart phone in my mind even when I am not using it	6	21	17	43	13
17	I will never give up using Smartphone even when my daily life is already greatly affected by it	12	22	18	32	16
18	I get irritated when I am bothered while using my Smartphone	4	24	28	37	7
19	I make sure that I bring my Smartphone to the toilet even When I am hurry to get there	5	13	8	33	41
20	I feel great When I connect with more people via Smartphone use	45	30	14	7	4
21	I feel that my relationship with my Smartphone buddies are more intimate than my relationship with my real life friends	19	20	21	26	14
22	Not being able to use my Smartphone would be as painful as losing a friend	10	29	19	28	14
23	I feel that my Smartphone buddies understand me better than my real life friend	11	14	17	38	20
24	I constantly check my Smartphone so as not to miss conversation between other people on twitter or face book	20	32	7	29	12
25	I check social net working sites [face book, twitter etc] right after waking up	24	28	9	26	13

26	I prefer talking with my Smartphone buddies to hanging out with my real life friend or with the other members of the family	6	19	17	35	23
27	I would rather search the internet from my Smartphone than ask other people for what I want to know	40	39	7	9	5
28	My fully charged battery does not last for one whole day	29	24	18	17	12
29	I find myself using my Smartphone longer than I intended	22	31	19	18	10
30	I feel the urge to use my Smartphone again right after i stopped using it	15	35	19	24	7
31	I have repeatedly tried to shorten my Smartphone use, but have failed each the time	21	25	20	26	8
32	I am always thinking that I should shorten my Smartphone use time	27	38	10	20	5
33	The people around me tell me that i use my Smartphone too much	25	27	5	29	14

#### IV. CONCLUSION

The present study revealed that student have moderate level of Smartphone addiction in respective to Age, Area of residence, Type of family, Occupation of mother and father.

Nowadays, one of the biggest emerging problem among adolescent group is Smartphone addiction. Everyone has the responsibility to correct our self and others regarding the Smartphone use.

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