

The Impact of Mobile Phone Internet Addiction on Mental Health

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Abstract- *This study investigates the relationship between mobile phone internet addiction and mental health outcomes. Through a comprehensive survey and analysis of mobile internet usage patterns, the research aims to identify the specific aspects of addiction that contribute to increased anxiety, depression, and overall psychological well-being. The findings from this research will provide valuable insights into the intersection of technology use and mental health.*

I. INTRODUCTION

In today's digitally connected world, the proliferation of mobile phones and the accessibility of the internet have transformed the way we communicate, access information, and conduct daily activities. While these technological advancements have brought about significant convenience and benefits, they have also raised concerns about potential adverse consequences, particularly in the context of mental health.

The phenomenon of "Mobile Phone Internet Addiction" has emerged as a noteworthy issue, capturing the attention of researchers, healthcare professionals, and policymakers alike. This addiction, often characterized by compulsive and excessive use of mobile phones to access the internet and engage in various online activities, has garnered significant interest due to its potential implications for mental well-being.

II. A LITERATURE REVIEW

Prevalence of Mobile Phone Internet Addiction:

Numerous studies have reported a growing prevalence of mobile phone internet addiction across various age groups. Young adults and adolescents, in particular, are susceptible to this addiction, which is often associated with excessive use of social media, online gaming, and instant messaging.

Psychological Distress:

A consistent finding in the literature is the strong correlation between mobile phone internet addiction and psychological distress. Research reveals that individuals addicted to their smartphones often experience symptoms of anxiety, depression, and loneliness. Excessive use of mobile phones contributes to higher stress levels and feelings of isolation.

Sleep Disturbances:

Mobile phone internet addiction is closely linked to sleep disturbances. The compulsive use of smartphones, especially during late hours, disrupts sleep patterns. This disruption leads to fatigue, mood disturbances, and a decline in overall mental well-being.

Social Relationships:

Several studies highlight the impact of mobile phone internet addiction on social relationships. Excessive smartphone use can detract from face-to-face interactions, leading to diminished social connections and a sense of social isolation.

Academic and Work Performance:

The literature consistently underscores the negative effects of mobile phone internet addiction on academic and work performance. Addiction results in reduced concentration, decreased productivity, and impaired cognitive function, affecting overall achievement.

Coping Mechanisms:

Some individuals turn to mobile phones and the internet as coping mechanisms for stress and negative emotions. However, this reliance on mobile devices can create a cycle of dependency, exacerbating mental health issues.

Age and Gender Differences:

Studies reveal variations in the prevalence and impact of mobile phone internet addiction across age groups and

genders. Younger individuals and females may be more susceptible to addiction, and these factors can influence the severity of its impact on mental health.

Interventions and Treatment:

Literature explores interventions and treatments for mobile phone internet addiction, including cognitive-behavioral therapy, mindfulness-based interventions, and digital detox programs. These approaches aim to mitigate the negative effects on mental health and promote healthier technology use.

Public Health Concerns:

The literature emphasizes that mobile phone internet addiction is an escalating public health concern. Researchers and policymakers are recognizing the need for awareness, education, and prevention efforts to address this issue comprehensively.

In summary, the existing literature provides compelling evidence of the substantial impact of mobile phone internet addiction on various dimensions of mental health, including psychological distress, sleep, social relationships, academic and work performance, and coping mechanisms. Recognizing these effects is essential for developing strategies to address the challenges posed by excessive smartphone use and to promote mental well-being in the digital age.

Research Objective:

To investigate the relationship between mobile phone internet addiction and its impact on various dimensions of mental health among a diverse population.

Research Survey method

A study conducted among Shri.V.S.Naik college students of Raver, revealed that 21.49% of the participants were addicted to mobile phones, 17.30% participants had depressive disorder, 14.20% participants had obsessive-compulsive disorder, and 13.80% had interpersonal sensitivity

III. HYPOTHESES

Hypothesis 1: Mobile Phone Internet Addiction and Psychological Distress

- Null Hypothesis (H0): There is no significant relationship between the level of mobile phone internet addiction and psychological distress.

- Alternative Hypothesis (H1): Individuals with higher levels of mobile phone internet addiction will exhibit more psychological distress, including symptoms of anxiety and depression.

Hypothesis 2: Mobile Phone Internet Addiction and Sleep Quality

- Null Hypothesis (H0): Mobile phone internet addiction has no significant effect on sleep quality.
- Alternative Hypothesis (H1): Mobile phone internet addiction is associated with poorer sleep quality, including shorter sleep duration and disrupted sleep patterns.

Hypothesis 3: Mobile Phone Internet Addiction and Social Relationships

- Null Hypothesis (H0): Mobile phone internet addiction does not have a significant impact on social relationships.
- Alternative Hypothesis (H1): Individuals with mobile phone internet addiction will report a decline in the quality of their social relationships, including feelings of social isolation and decreased face-to-face interactions.

Hypothesis 4: Mobile Phone Internet Addiction and Academic or Work Performance

- Null Hypothesis (H0): Mobile phone internet addiction is unrelated to academic or work performance.
- Alternative Hypothesis (H1): Mobile phone internet addiction negatively affects academic or work performance, leading to reduced concentration, lower productivity, and impaired cognitive function.

Hypothesis 5: Mobile Phone Internet Addiction and Coping Mechanisms

- Null Hypothesis (H0): Mobile phone internet addiction is not linked to the use of smartphones as a coping mechanism for stress and negative emotions.
- Alternative Hypothesis (H1): Individuals with mobile phone internet addiction are more likely to rely on smartphones as a coping mechanism to manage stress and negative emotions.

Hypothesis 6: Gender and Age Differences in Mobile Phone Internet Addiction

- Null Hypothesis (H0): There are no significant gender and age differences in the prevalence and impact of mobile phone internet addiction on mental health.
- Alternative Hypothesis (H1): Gender and age differences exist, with younger individuals and females being more susceptible to mobile phone internet addiction and experiencing more pronounced mental health consequences.

IV. MATERIALS AND METHODS STUDY DESIGN

Research Approach:

Qualitative method is used in this study.

Variables Independent variables: Adolescent.

Dependent variables: Mobile addiction.

Demographic variables: Age, gender, education.

Setting: Research work has been conducted in different educational institutions of Shri.V.S .Naik college Raver Maharashtra

Sampling Technique:

total participants Sample 200 student Non probability, convenient sampling technique has been used in this study. Sample Selection: Inclusion criteria: Adolescent belong to age 18-22 years old from different institutions (College, coaching institutions, Mall, Movie hall) of Raver . Exclusion criteria: • Students below age 18 and above 22 years old from different institutions of Raver • Students from different districts. • Adolescent not willing to participate. Data Collection Procedures Questionnaire technique is used to collect data from the participants of age 18-22 years old from different institutions of Raver. Questionnaire was distributed to participants of age 18-22 years old. I collected data from adolescents from different coaching institutions, schools, shopping malls, Cinema halls (Picture halls) etc.

Results • Besides communication, 90% Adolescents like mobile phones to play games, 7.5% to watch videos, and 2.5% to attend online classes. • 64% Adolescents spend 1–2 hours per day, 16% spend <1 hour per day, 10.5% Adolescents spend 2–3 hours per day, 5.75% Adolescents spend 3–4 hours per day and 3% spend >4 hours per day. • Both Father and mother are the earning members in 72–7% of adolescents while father of only 27% are the earning member of family.

Challenges:

- Resource-Intensive: Longitudinal studies require a significant investment of time, effort, and resources. Participants need to be engaged and followed over an extended period.
- Attrition: Participants may drop out, leading to a reduction in the sample size, and potentially introducing bias if those who drop out differ systematically from those who remain.
- External Factors: External events or interventions occurring during the study period can introduce confounding variables that need to be accounted for in the analysis.

In the context of researching the impact of mobile phone internet addiction on mental health, a longitudinal study allows researchers to explore how these two variables change and interact over time. This method is instrumental in gaining a deeper understanding of the dynamic relationship between technology addiction and mental well-being.

V. DISCUSSION

1. Adolescents need to be monitored for the kinds of game they are playing and hours of use of mobile.
2. Parents must spend time with their children playing indoor and outdoor games, talking for their routine work and must watch for limited use of mobiles.

VI. CONCLUSION

Mobile addiction can be reduced by proper guidance and counseling. Adolescent and children must be Counselors for side effects of excessive use of mobile phones. • Parents must spend time with their children in their daily activity and must observe for limited use of mobiles

Internet Access

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2. www.medindica.com
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