

MOBILE PHONE ADDICTION AMONG HIGHER SECONDARY STUDENTS IN RELATION TO THEIR PERCEIVED LONLINESS

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Abstract

With the changing trends in technology, our society is leaning more towards adoption of every change in communication technology. The Use of mobile phones has become a very important and integral part of society. Young people are becoming more and more dependent upon mobiles and consider these to be an integral part for their survival. They are busy mostly in continuous texting, playing games, listening to music and calling friends. Though mobile phones are very helpful for parents in the sense of their security issues regarding their children and getting instantaneous information from internet, yet there are certain demerits of mobile usage. Modern mobile phones currently include all the features of a laptop, including web browsing, Wi-Fi, and many apps etc. ,but excessive use of these have led to problems related to stress ,decreased privacy ,attention deficits ,aggression and constant connection to virtual world. The Study revealed that there is no significant difference between mobile phone addiction between male and female students, there is no significant difference between perceived loneliness among male and female students. Further, this study is aimed at finding out the relationship between mobile phone addiction and perceived loneliness among the higher secondary students. It has been found in this study that coefficient of correlation is significant at 0.01 level which shows that mobile addiction is correlated with the perceived loneliness.

Introduction

Mobile phone is considered as an important communication tool and has become not only a communication device but also a necessary social accessory. People are more inclined towards the use of mobile phones. Mostly they are found indulged in messaging, chatting, exploring internet and watching videos. This type of indulgence has led to addiction. Addiction means dependence, continuous use of something for the sake of comfort or stimulation which often causes cravings when the thing is absent. Mobile phone addiction is one of the forms of compulsive use of mobile phone. Our youth , the major chunk of which are the students, are also affected by the excessive engagement in mobiles, because in adolescence stage they are more susceptible to changing trends in society which in turn is affecting their interpersonal relationships setting a stage for loneliness. Loneliness is

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believed to emerge when the people indulge into materialistic and individualistic way of life. According to Peplau and Periman (1981), "Loneliness is the unpleasant experience that occurs when a person's network of social relations is deficient in some way". The problem like loneliness is emerging faster with the increasing rate of industrial, scientific and technological growth. Thus mobile addiction has also come out as predisposition to loneliness.

Emergence of the Problem

The Revolution in communication technology has made all the communication so easy that we can easily correspond to a person sitting far away. Each and every invention has brought comforts as well as some threatening effects with it. Same is the case with mobile phone technology. This is a medium that allows youngsters to communicate and interact with others without any monitoring from parents and teachers. They do not want any interference in their personal issues and problems which is resulting in to stress, anxiety, depression and loneliness among the youngsters. so it aroused interest on the part of invigilator to find the relationship between mobile addiction and perceived loneliness among the students.

Objectives

1. To study the difference between mobile phone addiction among male and female students of higher secondary classes.
2. To study the difference between perceived loneliness among male and female students of higher secondary students.
3. To study the relationship between mobile phone addiction and perceived loneliness among higher secondary students.

Hypotheses

1. There is no significant difference between mobile phone addiction among male and female students of higher secondary classes.
2. There is no significant difference between perceived loneliness among male and female students of higher secondary students.
3. There is no significant relationship between mobile phone addiction and perceived loneliness among higher secondary students.

Sample of the Study

The Sample of the present study comprised of 200(100boys and 100 girls) of class IX between the age group of 14-16 years were selected through random sampling from different schools of Chandigarh.

Design of the Study

Descriptive method of research was employed for the study.

Tools Used

1. Mobile phone addiction scale by Velayudhan and Srividya (2012)
2. Perceived Loneliness scale by Parveen Kumar Jha (1993)

Results and Discussions

Table 1: Comparison of Mean scores and difference between means of mobile phone addiction scores of male and female student

TABLE 1

Variables	No.of students(N)	Mean	Standard Deviation	t-Value	Level of Significance
Male	100	113.88	27.76	0.774	Not significant at 0.01 level
Female	100	114.59	22.67		

Table 1 shows the mean, standard deviation and t-value for mobile phone addiction scores. The Mean value scores of male students is 113.88 and female students is 114.589, thus mean value scores of female students is bit higher than that of male students. The calculated t-value is 0.774 which is less than the table value at both 0.05 and 0.01 levels of significance, which implies that there is no significant difference between mobile phone addiction of males and females.

Therefore, the hypothesis that there is no significant difference between mobile phone addiction of males and female students of higher secondary classes is accepted.

Table2: Comparison of Mean scores and difference between means of perceived loneliness scores of male and female students

TABLE 2

Variables	No.of students(N)	Mean	Standard Deviation	t-Value	Level of Significance
Male	100	110.53	20.947	0.4244	Not significant at 0.01 level
Female	100	112.13	23.25		

Table 2 shows the mean, standard deviation and t-value for perceived loneliness scores. The Mean value scores of male students is 110.53 and female students is 112.13 .The calculated t-value is 0.42444 which is less than the table value at both 0.05 and 0.01 levels of significance, which implies that there is no significant difference between perceived loneliness of males and females.

Therefore, the hypothesis that there is no significant difference between perceived loneliness of males and female students of higher secondary classes is accepted.

Table 3 : Showing mean, median, standard deviation, skewness and kurtosis of mobile phone addiction scores

TABLE 3

N	Mean	Median	S.D.	Skewness	Kurtosis
200	114.24	111.5	25.28	0.333	-0.3204

The values of mean and median are closely related in the table, skewness is 0.333 and kurtosis is -0.3204, which shows that distribution is normal.

Table 4 : Showing mean, median, standard deviation, skewness and kurtosis of perceived loneliness scores

TABLE 4

N	Mean	Median	S.D.	Skewness	Kurtosis
200	111.33	105	22.092	0.539	-0.2103

The values of mean and median are closely related in the table, skewness is 0.539 and kurtosis is -0.2103, which shows that distribution is normal.

Table 5 : Correlation between Mobile phone addiction and perceived loneliness

TABLE 5

Variables	'r' Value	Level of significance
Mobile Phone addiction	0.265	0.01
Perceived Loneliness		

Table 5 shows the coefficient of correlation between Mobile phone addiction and perceived loneliness of higher secondary students is 0.265 which is slightly higher than the value at both 0.05 and 0.01 levels of significance.

Therefore the null hypothesis that "There exists no correlation between mobile phone addiction and perceived loneliness among higher secondary students" is not accepted.

Findings and Conclusions

The Study revealed that the mean of mobile phone addiction of female students is slightly higher than that of male students. Also mean of perceived loneliness among female students is slightly higher than male students, which is well in agreement with Turner (2008) who proposed that phone-related behaviours are differentially associated with user's personality and individual attributes (age, gender etc.). Further, there is slightly positive relationship between mobile phone addiction and perceived loneliness among higher secondary students, which implies that besides some other factors, addiction to mobile phones is also influencing students to some extent in terms of their perceived loneliness. Addiction to mobile phones is leading to lesser family interaction and problems among students which is paving their path towards loneliness. This dependence upon mobile phones has divided the family sitting under the same roof into mere individuals busy in their virtual worlds. Thus, use of mobiles is also reflecting upon the perceived loneliness among individuals which may become hazardous leading to depression and other health issues. However, some other factors may also be influencing the students leading to perceived loneliness.

Educational Implications

Thus, from above findings and conclusions, it is quite evident that not only the excessive use of mobile phones but some other factors are also increasing the probability of perceived loneliness. There may be other aspects like the issues of have and have not's, competition around, loss of compassion, busy schedules for perceived loneliness and wreckage of spiritual and moral values etc. for loneliness. So, parents and teachers should emphasize more on family and social ties. They should seek out ample time for their children, so that the children may depend upon them for their problems rather than be a part of their own virtual world..In schools, the students should be trained and occupied with mental and physical activities. There should be some interactions and seminars on abuses and hazards of mobile addiction, so that they may become focussed on studies and sports as well.

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