

PERCEIVED LONELINESS AMONG SENIOR SECONDARY STUDENTS IN RELATION TO MOBILE PHONE ADDICTION AMONG THEM

Dr. Sheojee Singh* & Ms. Neha Verma**

Abstract:

*The adoption and widespread use of mobile phones by young people has been a global phenomenon in recent years. Young people use the mobile phone in positive ways to organize and maintain their social networks. However, there are negative impacts also on their peer relationships. These can include ostracism and cyber bullying. Similarly, the mobile phone has lead to changed dynamics in the family, with issues of safety and surveillance from a parental perspective leading to negotiated changing freedoms for young people. With the increasing use of mobile phones, students are being isolated from their concrete social environment. They spend more time alone in communicating on mobile phone. Some people (especially teens) get so much addicted to cell phones for talking, video, messaging, games, etc that they forget the real purpose of the phone and waste large part of their time in unnecessary interaction over their cell phones. This study is aimed at finding the perceived loneliness among the target student-population in relation to their addictive use of mobile phones. It has been found in this study that the value of coefficient of correlation (-.345**) is statistically significant at 0.01 level which shows that perceived loneliness is negatively correlated with mobile phone addiction, which implies that the more use of mobile phone reduces the loneliness of students.*

Introduction:

Modern technologies like television and computers provide identifiable educational advantages, such as greater access to information and more compelling presentations of the information. Life has become quite easy with the usage of electronic media. But over use of technology, though especially such gadgets as cell phones, iPods and video games, present a whole range of problems which may negatively impact their success and well being.

The most important advantage of having a mobile phone is that one can communicate to family and friends no matter where he is. For instance, one can contact easily to one's friends by calling or sending messages everywhere without electricity. It may be the main reason why almost all people today choose to own a mobile phone. Besides having lots of benefits, mobile technology also have some of the negative points. These days' people get so much addicted to mobile phones for talking, messaging, videos, games, etc. that they overlook the actual purpose of the phone and squander large part of their time in needless interaction over the phones. These all

activities related to mobile phones are also a reason

*Assistant Professor of Physics, Govt. College of Education, Chandigarh.

**Alumnus, Govt. College of Education, Chandigarh

for social isolation, as well as increased health and economic risk. People spend lots of time on cell-phones and it is leading them to loneliness which has adverse effects on emotional and mental aspect of their health.

Emergence of the Problem

The adoption of the mobile phones by young people has been a global phenomenon in recent years. It is now an integral part of young peoples' daily lives. For the student community, it is more than a mobile phone alone and for the majority, it is the most popular form of electronic communication. In fact, the mobile phone has turned from a technological tool to a social tool. Young people use the mobile phone in positive ways to organize and maintain their social networks. However, there are also negative impacts on young peoples' peer relationships. These can include ostracism and cyber bullying. Similarly, the mobile phone has lead to changed dynamics in the family, with issues of safety and surveillance from a parental perspective leading to negotiated changing freedoms for young people.

With the increasing use of mobile phones, students are being isolated. They spend more time alone in communicating on mobile phone. Some people (especially teens) get so much addicted to cell phones for talking, video, messaging, games, etc that they forget the real purpose of the phone and waste large part of their time in unnecessary interaction over their cell phones.

It's true that mobile phones are medium of communication, but this communication is leading to young generation at a stage where they completely demand privacy of their matters, especially from family. They try to solve their issues themselves, which is also becoming a reason of stress, anxiety, and sleeplessness among students. They feel lonely if they do not get messages or calls on their phones. The immediate response on phone is lowering stability of mind or emotional intelligence as well as tolerance level among the students.

Many studies (Dixit et al, 2010; Wang, 2010; Janet, 1999; Chen, 2004) point negative impact of phones, internet and other elctronic media on health of young people. As studies by Moody (2001), Lee (2011), selby (2013) and Zahra et.al (2014) also point to the significant impact of mobile phones and internet on lives and achievement of student at varying levels, it aroused naturally the curiosity of the investigator to see the present scenario in this context.

With the quick development and widespread use of mobile phones and their vast effect on communication and interaction, it is important to study possible effect of mobile phone addiction. So, by keeping all above points in mind, the investigator felt the need to study the perceived loneliness among the students in relation to mobile phone addiction.

Objectives

1. To study the correlation between perceived loneliness and mobile phone addiction among Senior secondary students.
2. To study the difference of perceived loneliness of male and female students of

senior secondary classes.

-
3. To study the difference of mobile phone addiction between male and female students of senior secondary classes.

Hypotheses

1. There is no significant correlation between perceived loneliness and mobile phone addiction among senior secondary students.
2. There is no significant difference between perceived loneliness of male and female students of senior secondary class.
3. There is no significant difference between mobile phone addiction of male and female students of senior secondary class.

Sample of the Study

The study was conducted on the sample of 100 students from senior secondary classes of Government and Private schools of Chandigarh.

Design of the Study

It was a survey study or research in which the data was analysed statistically after administering the tools for two variables namely perceived loneliness and mobile phone addiction.

Tools Used

Tools used in this study were:

- Mobile Phone Addiction Scale : by Velayudhan and Srividya (2012).
- Perceived Loneliness Scale : by Parveen Kumar Jha (1993).

Procedure of Data Collection

For The Collection of Data, both the tools employed in the study were administered to senior secondary classes of government and private schools.

Before starting the test, it was ensured that the students were seated comfortably. Instruction for each test, as mentioned in test manual was given to students to start the test.

Statistical Technique Used & Interpretation of Data:

Descriptive and inferential statistic was used .Coefficient of correlation was calculated between the variables based on data so obtained.

Table 1

Table showing Mean, Median, S.D., Skewness, and Kurtosis of Perceived Loneliness Scores:

PLS	N	Mean	Median	S.D.	Skewness	Kurtosis
	100	112.84	110.89	12.074	-.288	-.087

Interpretation

Table 1 shows that mean, median, standard deviation, skewness and kurtosis of scores of perceived loneliness of total sample. The mean is 112.84; median is 110.89 which are closer to each other. This shows that the scores are close to normal distribution. Standard deviation is 12.073, skewness and kurtosis values are -.288 and -.087 respectively.

Table 2

Table showing Mean, Median, S.D., Skewness, and Kurtosis of mobile phone addiction Scores:

MPA	N	Mean	Median	S.D.	Skewness	Kurtosis
	100	102.79	101.35	17.39	.17	.80

Interpretation

Table 2 shows that mean, median, standard deviation, skewness and kurtosis of scores of perceived loneliness of total sample. The mean is 102.79; median is 101.35 which are closer to each other. This shows that the scores are close to normal distribution.

Discussion on the basis of inferential statistics

In order to draw statistical inference and to test the hypotheses product moment correlation were computed to find out perceived loneliness and mobile phone addiction of students. The value of inter correlation among different variables of study were calculated and entered in table.

Table 3

Table showing inter correlation among perceived loneliness and mobile phone addiction of the students

PLS		PLS	MPA
PLS	Pearson Correlation	1	-.345**
	Sum of Squares and Cross-products	14431.440	.00
	Covariance	145.772	-7164.360
	N	100	-72.36
			100
MPA	Pearson Correlation	-.345**	1
	Sig. (2-tailed)	.000	
	Sum of Squares and Cross-products	-7164.360	29956.59
	Covariance	-72.367	302.592

| N

|

100

|

100

****.** Correlation is significant at the 0.01 level (2-tailed).

Interpretation

The value of coefficient of correlation(-.345**) is statistically significant at 0.01 level which shows that perceived loneliness is negatively correlated with mobile phone addiction. This means that as the addiction to mobile phone will increase, the loneliness will decrease.

Thus, our hypotheses, "there exists no correlation between perceived loneliness and mobile phone addiction among senior secondary students" stand rejected. This mean there is significant negative correlation between perceived loneliness and mobile phone addiction among senior secondary students.

Discussion on the basis of t-test

Table 4

Variables	Total students (N)	Mean	Standard deviation	t-value	Level of significance
Male	50	113.30	12.84	.379	Not Significant at 0.05 and 0.01 level
Female	50	112.38	11.36		

Interpretation:

The mean value of Perceived loneliness score of male and female students are 113.30 and 112.38 respectively. The calculated t-value is .379 which is less than the table value at both levels i.e. 1.98 at 0.05 level and 2.63 at 0.01 levels. Therefore, there is no significant difference in perceived loneliness of males and females.

Thus our hypotheses that there is no significant difference in the scores of loneliness of male students and female student, stands accepted.

Table 5

Variables	Total students (N)	Mean	Standard deviation	t-value	Level of significance
Male	50	107.90	19.36		Significant at

Female	50	97.68	13.53	3.06	0.05 and 0.01 level
--------	----	-------	-------	------	------------------------

Interpretation:

The mean scores of mobile phone addiction of male students and female students are 107.90 and 97.68. The calculated t-value is 3.059 which is more than the table value at both level i.e. 1.98 at 0.05 level & 2.63 at 0.01 level. Therefore, there is significant difference in mobile phone addiction of male students and female students.

Thus our hypotheses that there is no significant difference in the scores of mobile phone addiction of male students and female students, stands rejected.

Results and Conclusion

The value of coefficient of correlation (-.345**) is statistically significant at 0.01 level which shows that perceived loneliness is negatively correlated with mobile phone addiction, which implies that the more use of mobile phone reduces the loneliness of students.

Educational Implications

The study conducted in this research reveals that the scores of both the variables namely Perceived loneliness and Mobile phone addiction are negatively correlated. This suggests that more use of Mobile phone leads to decrease in level of loneliness. This can be used as an indicator to motivate better and more creative use of Mobile phones by students.

1. Parents and teachers may encourage the students to utilize modern technology including mobile phones for various educational purposes.
2. Parents should not restrict children on use of mobile phones but on the other side parents should have watch on children that how are they using the mobile phones.
3. The study also focused on the aspect that loneliness decreases as the mobile phone addiction increases leading to a person to be more socialized but excess addiction to mobile phone should be avoided.

References:-

Dixit, Shukla, Bhagwat, Bindal, Goyal, Ziddi, Shrivastava (2010) Mobile Phone Dependence among Students of a Medical College and Associated Hospital of Central India". [http:// www.ncbi.nlm.nih.gov/pmc/articles/PMC2940198](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2940198)

Eric J. Moody (2001) Internet Use and Its Relationship to Loneliness, <http://online.liebertpub.com/doi/abs/10.1089/109493101300210303>

Hong-Li Wang(2011)," The Relationship among University Students' Mobile Phone Addiction and Mobile Phone Motive, Loneliness." http://en.cnki.com.cn/Article_en/CJFDTotal-ZDTJ201212011.htm

Janet Morahan-Martin (1999) The Relationship between Loneliness and Internet Use and Abuse, sciencedirect.com/science/article/pii/S0747563213003993

Lee, Young-Mee (2011) , "Influences of Stress, Loneliness and Self-Control on the Addiction of Cell Phone Use among University Students."
[http://www.koreascience.or.kr/article/](http://www.koreascience.or.kr/article/ArticleFullRecord.jsp?cn=DSKHBO_2011_v17n2_156) ArticleFullRecord.jsp?
cn=DSKHBO_2011_v17n2_156[http://www.statista.com/topics/779/](http://www.statista.com/topics/779/mobile-internet/) mobile-internet/

Michael Selby (2013) "Social Isolation and Cell Phone Use by College Students : <http://digitalcommons.calpoly.edu/theses/963>

Yi-Fan Chen(2004), The relationship of mobile phone use to addiction and depression amongst American college students <http://www.dbpia.co.kr/Journal/ArticleDetail/955679>

Zahra Babadi-Akashe, Bibi Eshrat Zamani, Yasamin Abedini ?, Hojaetolah Akbari, Nasim Hedayati (2014) "The Relationship between Mental Health and Addiction to Mobile Phones <http://ahj.kmu.ac.ir/index.php/ahj/article/view/193>

