

TO STUDY GENDER DIFFERENCES IN MOBILE PHONE ADDICTION AMONG ADOLESCENTS

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Abstract

Adolescents tend to be more technology savvy and mobile phone is such a technological tool used by them for many purposes. However, excessive use of this tool may cause addiction among adolescents. The present research was carried out to study mobile phone addiction among adolescents and gender differences. A sample of 100 adolescents (50 boys and 50 Girls) was drawn. Descriptive survey method was used. The data were collected by mobile phone addiction Scale developed by Velayudhan & Srividya (2012). The results of independent t-test showed significant difference in Mobile Phone Addiction of adolescent boys and girls. Findings of the study might help in extending appropriate interventions for adolescents so that they can successfully adjust themselves in family, workplace and society as a whole and prove to be productive citizens Introduction of the nation.

Introduction

The development in technology has resulted in invention of many electronic gadgets, and mobile phone is one of them. In addition to being a widely used means of communication, mobile phones are technologically rich and offer many functions namely calling, messaging, internet surfing, online shopping and so on. Adolescents are technology savvy and mobile phone is a desirable object for them, because it favors personal autonomy, and provides identity and prestige in comparison with their peers. All these characteristics are useful to explain the very intense link between mobile phones and adolescents, and understand the significance that this instrument has acquired for them. While mobile phones are extremely attractive as a tool for communication, there has been an increased risk in its problematic use. This problematic use has become apparent resulting in "Mobile Phone Addiction".

Emergence of the study

Adolescence is most crucial stage of life which lays foundation for success in future life and mobile phone addiction may prove detrimental at this stage. The mobile phone addiction may lead to enormous problems namely sleep disturbances, lack of concentration, ineffective communication skill, loneliness etcetera in adolescents. The investigator observed that adolescents spend most of their time on mobile phones and it seemed to her that they are getting addicted to mobile phones. Thus investigator felt curious to know whether adolescents have mobile phone addiction and does any gender difference exist in this center.

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Statement of the Problem

To study gender differences in mobile phone addiction among adolescents

Operational Definitions:

Mobile Phone addiction: Mobile phone addiction can be defined as problematic, prolonged and dysfunctional use of mobile phones.

Adolescent: An individual belonging to age group of 13 to 19 years and going through the transitional stage from childhood to adulthood

Objectives of the Study :

- To study mobile phone addiction among adolescents.
- To study gender difference in mobile phone addiction among adolescents.

Hypotheses of the Study:

Ho: There is no significant difference between mean scores of mobile phone addiction of adolescent boys and girls.

Delimitations of the study

The present study was delimited only to adolescents (boys and girls) of Chandigarh studying in class XII (16-18 years) who have their own smart mobile phones. The study was delimited only to variable of mobile phone addiction.

Design of the Study

Descriptive survey method was used to study the level of mobile phone addiction, and to find out gender differences in mobile phone addiction among adolescents.

Sample of the Study

A sample of 100 adolescents (50 boys and 50 girls) was drawn from two randomly selected Government Senior Secondary schools of Union territory of Chandigarh.

Tools Used in the Study

- Mobile phone Addiction Scale (2012) by Velayudhan & Srividya

Procedure for Data Collection

A total of 100 adolescents were selected for collecting the data. During data collection, firstly investigator gave a brief introduction of the scale to the students. Secondly, the investigator distributed mobile phone addiction scale to the adolescents and read the instructions given in the questionnaire. Questionnaires were collected from the adolescents after they had filled it up. The scoring was done according to the manual of the scale and the obtained data were subjected to statistical analysis.

Statistical Techniques

Mean, Median, Standard Deviation, Skewness, Kurtosis were worked out to study the general nature of data and independent t-test was used to study the gender differences in mobile phone addiction among adolescents.

Findings and Conclusions

The mean, median, standard deviation, skewness, kurtosis were worked out for variable of mobile phone addiction.

Table 1 Descriptive Statistics of Scores of Mobile Phone Addiction among Adolescents

	Boys (N=50)	Girls (N=50)	Total (N=100)
Mean	108.76	100.36	104.56
Median	109	99	105
S.D.	14.43	13.24	14.41

Table 1 shows that mean score of mobile phone addiction of adolescents was 104.56 which indicated that adolescents have moderate level of mobile phone addiction. The Mean score of mobile phone addiction for boys and girls were 108.76 and 100.36 respectively which showed that boys have higher levels of mobile phone addiction than girls.

Results and Interpretation Based on Inferential Statistics

The independent t-test was applied to ascertain the significance of difference between mean scores of mobile phone addiction of adolescent boys and girls.

Table 2 Significance of difference between mean scores of mobile phone addiction among adolescent boys and girls

Variable	Boys		Girls		SE	t-value
	Mean	S.D.	Mean	S.D.		
Mobile Phone Addiction	108.76	14.43	100.36	13.25	2.76	3.04**

** Significant at 0.01 level df= 98

Table 2 reveals that the obtained t- value (=3.04) is more than the tabular t- value (=2.63), which is required to be significant at 0.01 level. It indicated that mean scores of mobile phone addiction of adolescent boys and girls differ significantly.

Conclusions:

There is significant difference in mobile phone addiction among adolescent boys and girls. Thus the hypothesis that "There is no significant difference between mean scores of mobile phone addiction of adolescent boys and girls" is rejected which indicated that adolescent boys and girls differ significantly in their mobile phone addiction. The above result is in contrast with the findings of research conducted by Bhardwaj and Ashok, 2015 which suggested that no gender difference exists in mobile phone addiction among adolescents. But the findings of the study carried out by Kim, Lee and Choi, 2015 were in line with these results that the boys and girls differ in their mobile phone addictions.

Educational Implications

- Awareness can be brought regarding psychological and physiological harms of mobile phone addiction in the adolescents and they can be motivated to use the mobile phone appropriately and judiciously.
- Counselors may use the findings for designing interventions for adolescents having mobile phone addiction.
- Findings can also be utilized for creating awareness among people of all age groups who are addicted to mobile phones.

Suggestions for further studies

Following suggestions are proposed by the investigator for future research work

- Study may be conducted on large sample in order to get better understanding as well as for generalization of the results of the study
- Study can be undertaken by relating mobile phone addiction with variables like anxiety, social isolation, depression, communication skills, study habits, academic achievement etc
- The study can be conducted on different age groups and other demographical variables

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