

Smartphone Usage and Its Addiction among Undergraduate Nursing Students

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Abstract

Introduction: The mobile phone is becoming an integral part of students concerning managing the critical situation and maintaining a social relationship. This behavior may reduce thinking capabilities, affect Cognitive function. The sciences of Smartphone addiction are constantly checking the phone for no reason, feeling anxious, or restless without the phone, waking up in the middle of the night to check the mobile and communication update, delay in academic performance as a result of prolonged phone activities and distracted with smartphone applications.

Aim: Most of the global population, especially college and university students uses a Smartphone. Due to its wide range of applications, while beneficial in numerous ways, Smartphone has disadvantages such as a reduction in academic performance, psychological addiction.

Materials and Methods: In the present study, a Quantitative Research approach is used. The sample comprised of 100 students, consisting of both male and female students. The convenient sample technique was used to collect the data from Students. Students were requested to fill a specially designed, self-Administered, questionnaire which comprised the Socio-demographic characteristics, Frequency and pattern of mobile-phone usage, questions related to physical behavior, psycho-social behavior. Regarding their health, they were asked whether they felt eye pain, thumb pain, a backache, neck pain and tiredness, and total time spent on a mobile phone.

Results: 73% of the students aged 18-21 years, 23% of them had age 22-25 Years and 4% of them had age 26-29 years. 98% of them had prepaid SIM card, and 2% of them had postpaid SIM. 97% of them had the android, and 3% of them had IOS. 96% of them responded, that excessive use of the mobile phone can cause harm to health. All of them play PUBG on their Phone. 61% of them were using the mobile up for to 6 hours, 31% of them were using the mobile for 7-12 hours, 2% of them were using the mobile for 13-18 hours and 6% of them were using mobile for 19-24 hours. Majority of 79% of students used both internet and talk-time plan, 17% of them had internet plan and 4% of them use only the talk-time plan. The majority of 77% of them feel that the use of a mobile phone affects the students in their academic performances. 38% of them use a mobile-phone while lecture going in the class. 48% of them often feel that your phone is vibrating, even when it is not. 96% of them responded that excessive use of the mobile phone can cause harm to health. 11% of them had pain in the thumb. 9% of them had a backache after long time use of the mobile phone, 35% of them have a headache and 56% of them had pain in eyes after having used the mobile phone for a long time.

Conclusion: Addiction of Smartphone among students has seen that its effect on academic performance and 77% of them feel that the use of the mobile phone affects physical behavior.

Keywords: *The smartphone, addiction, nursing, student.*

Introduction and background

“The telephone has become the young adult’s transitional object, replacing the toddler’s teddy for

comfort and a way of belonging.” Now a day’s people use the mobile not only for talking, especially chatting, but also use for browsing the internet or taking a picture, shopping and net-banking. The ministry of gender

equality and family implemented research on the actual condition of media usage rate among teenagers and reported that the middle schools 86.2% of students, high School 84.9% Students are Smartphone users.^[1] In this study, Smartphone use has adversely affected learning in the classroom, has affected driving safety, and has negatively affected the Academic Performance of the students. Over usages of the mobile phone may cause psychological illness such as dry eyes, computer vision syndrome, weakness of thumb and wrist, neck pain and rigidity, increased harmful radiation, nomophobia, insecurity, delusion, auditory sleep disturbance, insomnia, hallucinations, lower self-confidence and mobile addiction disorder. The mobile phone is becoming an integral part of students concerning managing critical situations and maintaining the social relationship. This behavior may reduce thinking capabilities, affect cognitive function.^[1]

Objectives:

1. To assess the addiction of Smartphone among student.
2. To assess the effect of addiction of mobile phone on the psycho-social and physical behavior of the students.

Methodology

The quantitative approach is the structure of the study to provide a framework that supports the study and holds it together.^[2] The present study were aimed to assess Smartphone usage and its addiction among students. This approach was considered to be the most suitable one to conduct the study because the samples were not aware of the ill effects of excessive use of mobile phones on their health. Students were requested to fill a specially designed, self-administered questionnaire which comprised the social demographic characteristics, frequency and pattern of mobile-phone usage,^[3] Questions related to physical behavior, psycho-social behavior. The population is the entire set of individuals who meet the sampling criteria.^[4] A group of students using Smartphone are addicted, among students. The sample comprised of 100 students, consisting of both male and female students.

Section I

Description of samples (UG students) based on their personal characteristics

Table 1: Description of samples (UG students) based on their personal Characteristics in terms of frequency and percentages

n = 100

| Demographic variable | f | % |
|-------------------------------|----|-----|
| Duration of use of smartphone | | |
| Upto 6 hours | 61 | 61% |
| 7-12 hours | 31 | 31% |
| 13-18 hours | 2 | 2% |
| 19-24 hours | 6 | 6% |
| Recharge plan in INR | | |
| 199 | 10 | 10% |
| 299 | 34 | 34% |
| 399 | 37 | 37% |
| 499 | 3 | 3% |
| 500 | 1 | 1% |
| 599 | 9 | 9% |
| 2000 | 6 | 6% |
| SIM card | | |
| Prepaid | 98 | 98% |
| Postpaid | 2 | 2% |

Section II

Analysis of data related to the addiction of Smartphone among student

Table 2: Addiction of Smartphone among student

n =100

| Item | f | % |
|--|----|-----|
| How often do you recharge your phone | | |
| Every month | 63 | 63% |
| Weekly | 1 | 1% |
| Quarterly | 31 | 31% |
| Yearly | 5 | 5% |
| Which internet recharge do you prefer | | |
| 1.5GB/ day | 76 | 76% |
| 3GB / day | 19 | 19% |
| 500 MB/ day | 4 | 4% |
| Only talk time | 1 | 1% |
| What is the primary purpose for using internet on your mobile phone | | |
| How much time do you spend on your mobile phone on an average in a day | | |
| 30 min-1 hour | 3 | 3% |
| 1-3 hours | 5 | 5% |
| More than 3 hours | 97 | 97% |

Section III

Analysis of Psycho-social effect of addiction of mobile phone

Table 3: Psycho- social effect of addiction of mobile phone

n =100

| Psycho-social Item | f | % |
|---|----|-----|
| Do you think Mobile Phones are the best companion for youngsters | | |
| Yes | 62 | 62% |
| No | 38 | 38% |
| Did you ever use mobile phone while lecture was going on in the class | | |
| Yes | 38 | 38% |
| No | 63 | 63% |
| Do you often feel that your phone is vibrating, even when it is not | | |
| Yes | 48 | 48% |
| No | 53 | 53% |

Section IV

Physical behavior effect of addiction of mobile phone

Table 4 : Physical effect of addiction of mobile phone

n =100

| Physical behavior item | f | % |
|---|----|-----|
| How do you feel when your mobile internet connection stops working | | |
| I wait for some time | 38 | 38% |
| Throw my phone in anger | 2 | 2% |
| Get irritated | 28 | 28% |
| Check& recheck my phone | 36 | 36% |
| How much of time do you keep mobile phone near your body without using it | | |
| 1 hour | 21 | 21% |
| 2 hours | 10 | 10% |
| 3-5 hours | 25 | 25% |
| More than 5 hours | 44 | 44% |

Results

The sample comprised of 100 students, consisting of both male and female students. Only UG students were selected. 73% of the students had age 18-21 years, 23% of them had age 22-25 Years and 4% of them had age 26-29 years. The study depicted 70% of UG students expressed that they are addicted to the Smartphone's in their day-to-day life. 65% of students expressed that they are psycho-socially addicted to Smartphones even while spending time with their family and friends. 85% of UG students expressed that they are addicted to the Smartphone's in their day to day life which is affecting their physical behavior.

Majority (77%) of them felt that use of mobile phone affects the students in their academic performances. 96% of them responded that excessive use of mobile phone can cause harm to health. 61% of them were using mobile for up to 6 hours, 31% of them were using mobile for 7-12 hours, 2% of them were using mobile for 13-18 hours and 6% of them were using mobile for 19-24 hours. 48% of them often feel that your phone is vibrating, even when it is not. 11% of them had pain in

thumb, 9% of them had backache after long time use of the mobile phone, 35% of them have a headache and 56% of them had pain in eyes after having used the mobile phone for a long time. 23% of them responded that the use of mobile phones may lead to Migraine, 13% of them responded that use of mobile phones may lead to neck pain, 75% of them responded it may lead to vision problems in later life.

Discussion

The main purpose of the study is to assess the Addiction of smartphones among students and to assess the effect of addiction on mobile Phones on Psycho-social and physical behavior of the student. The age group of the data was collected with the help of a questionnaire which was having certain scoring for a particular section. Questions related to physical behavior and psycho-social behavior included their health accessibility stress, anxiety, or whether they have ever thrown their phone because of Internet issues. Regarding their health, they were asked whether they felt eye pain, thumb pain, backache, neck pain and tiredness, and total time spent on mobile phones.

A similar study was conducted by Arpita Kumari et al (2013) on “Severity of mobile phone and internet use among 114 B.Sc. Nursing students. Results revealed that 43.9% of the students belonged to 19-20 years of age. 1.8% subjects reported of having mild addiction to smartphone use. 2.6% of subjects had moderate internet addiction and 35 (30.7%) subjects reported of getting mild internet and mobile addiction. The ‘r’ value ($r=0.610$, $p\leq 0.001$) showed that there’s a positive relationship between use.^[5]

A study was conducted by Shailesh Rai et al 2014 on the Effect of excessive use of smartphones among 300 professional college-going students Indore India. Results the maximum students used smartphones around 4 hours daily the most use if smartphones for communication and social networking. They felt uncomfortable without their smartphone, got irritated by frequent notification, and got angry when someone interrupts them while using smartphones. Finally, most of the students felt that overuse of smartphones effect like, dry eyes and headache disturbance in sleep. Also they spend excess money on mobile recharge.^[6]

According to a study conducted on 187 students, one-fourths (25.1%) of the nursing students had a moderate level of mobile dependency as compared to mild (64.7%) mobile dependent. And no one was found in severe level of mobile dependency.^[7]

A study conducted by Seong-soo cha and Bo-Kyung Seo. (2018)“ a study of Smartphone use and Smartphone addiction in middle school students in Korea Results depicted that according to Smartphone addiction proneness scale scores 563(30.9%) were as a risk group for addiction, 1261 (69.1%) were normal user group. Final results the adolescents used mobile messenger long time followed by internet surfing, gaming, social networking use.^[8]

A similar study was conducted by Lubna Ahmed Soomro, Shabana Tunio 2004 “Impact of usage of the cellular phone on study habits of 100 students and their psychosocial development Sindh University. Results revealed that the majority of students spend more time on the cell phone which have an effect on their psychosocial development.^[9] Student keep their smartphones switched on for 24 hours, it was also significantly tested true that the students who spend more time using cell phone

were more vulnerable to Psychological disturbance attachment towards the cell phones which is caused the student to experience symptoms such as anxiety, depression and lack of sleep which affected their overall psychological function.

Conclusion

The study results suggests that majority no. of students had android phone and 3% IOS, use both internet and talk time plan. They used their mobile phone more than 3 hours. All of them feel that use of mobile phone affects on their academic performance. It’s also affects on the psycho-social behaviors and physical behavior such as thumb pain, backache, headache, eyes pain, it also find that most of them keep mobile phone near their body more than 5 hours. One fourth of participant responded for migraine, neck pain, and most of them responded for vision problem.

Recommendation:

1. A similar study can be done using a large sample size.
2. A study can be conducted using qualitative approach.

Conflict of Interest –Nil

Source of Finding -Self

Ethical Clearance – ethical clearance was obtained from ethical committee of Symbiosis College of nursing.

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