

# A Study on Mobile Phone Addiction Among College Students

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## Abstract

Mobile phones have become an essential part of daily life, especially among college students, due to their convenience in communication, entertainment, social networking, and academic activities. However, excessive use of mobile phones may lead to addiction, affecting students' physical health, mental well-being, academic performance, and social relationships. This study aims to examine the level of mobile phone addiction among college students. The research focuses on identifying the patterns of mobile phone usage, the factors contributing to addiction, and its impact on students' academic, psychological, and social life. The study may employ a survey method using questionnaires administered to college students from various institutions in the district. Variables such as gender, course of study, duration of mobile phone usage, and purpose of usage are also considered to analyze differences in addiction levels. The findings are expected to provide insights into the prevalence of mobile phone addiction and its consequences among college students. The study further emphasizes the need for awareness programs, counseling services, and healthy digital practices to promote balanced and responsible use of mobile phones among students.

**Key words:** Mobile Phone Addiction, Social Media, Mental Health, Technology Dependence

## INTRODUCTION

Addiction is evident when an obsession with something disrupts the more important things in life, like personal relationships, schooling or jobs. People can become addicted to pretty much anything. While teens are far more likely to become addicted to their cell phone, they will become adults and that addiction may still be unresolved. People who are shy and have low self-esteem and are more likely to become cellular addicts because, with text messaging, you can make 'texting friends' that you never actually have to meet, very much like internet chatting. The cell phone has been dubbed 'the new cigarette' and one of the biggest non-drug addictions of the 21<sup>st</sup> century. Psychiatrists consider Mobile Phone addiction to be an obsessive-compulsive disorder. Mobile Phone addiction can totally isolate its victims, ruin them economically and even turn them into criminals.

Mobile Phone overuse is an issue seen among contain Mobile Phone users (Doctors call the issue "problematic Mobile Phone use")

Some people claim that there can even be such a thing as a "Mobile Phone addiction". However, most doctors do not use any such diagnostic phrase. There is no consensus among doctors that "Mobile Phone addiction" would be a useful diagnosis.

An addiction is when the thing you are addicted to begins to control your life and interferes with your daily activities, work, and relationships. The classical definition of an alcoholic is someone who wakes up to a glass of vodka instead of a cup of coffee. But with the boom of technology, the signs of addiction can also be found in other places besides the bottom of a glass, it can also be found in the form of cell phones.

## NEED AND SIGNIFICANCE OF THE STUDY

Mobile phone use has been associated with harmful or potentially disturbing behaviors. Problematic use of the mobile phone is considered as an inability to regulate one's use of the mobile phone, which eventually involves negative consequences in daily life. Dysfunctional use of the mobile phone is part of a spectrum of cyber addictions that encompasses a variety of dysfunctional behaviors and implies involvement in specific online activities. Now days the college students are using the mobile phone unlimited. This present study is, to find the mobile phone addiction among college students. So, this study is need and important.

## OBJECTIVES OF THE STUDY

1. To find out the Mobile Phone addiction among college students in Erode district.
2. To find out whether there is significant difference between the following sub samples with respect to Mobile Phone addiction.
  - a. Gender [Male/Female)
  - b. Locality [Rural/Urban]
  - c. Medium | Tamil/English]
  - d. Management [Government/Private]
  - e. Marital status [Married/Unmarried |
  - f. Subject | Language/Science/Arts]

## HYPOTHESES OF THE STUDY

1. There is no significant difference among male and female students with respect to Mobile Phone addiction.
2. There is no significant difference among rural and urban area students with respect to Mobile Phone addiction.
3. There is no significant difference among Tamil and English medium students with respect to Mobile Phone addiction.
4. There is no significant difference among government and private college students with respect to Mobile Phone addiction.
5. There is no significant difference among married and unmarried students with respect to Mobile Phone addiction.
6. There is no significant difference among language and science students with respect to Mobile Phone addiction.
7. There is no significant difference among language and arts students with respect to Mobile Phone addiction.
8. There is no significant difference among science and arts students with respect to Mobile Phone addiction.

## METHODOLOGY

### Method used

In the present study, the investigator applied normative survey as a method. The normative survey method studies, describes and interprets what exists at present.

### Sample of the study

The investigator collected information from the students studying in Arts and Science colleges situated in Erode District. The present study consists of 250 students studying in Arts and Science colleges situated in Erode District of Tamil Nadu. The sample was selected by using simple random sampling technique.

### Tool used

The investigator of the present study selected and used the aggression scale constructed and standardized by Suresh Prabu (2013) and used for data collection.

### Statistical Techniques used

For the analysis of the data, the following statistical techniques have been used.

- a. Descriptive analysis (Mean & S.D) and
- b. Differential analysis ('t' test & 'F' test)

### ANALYSIS OF THE DATA

**TABLE-4.1**

**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF MALE AND FEMALE STUDENTS IN MOBILE PHONE ADDICTION**

Gender	N	Mean	S.D	CR Value	L.S
Male	32	23.25	5.36	1.31	Not Significant at 0.05
Female	218	21.86	6.78		

In order to find out the significant difference between male and female students in Mobile Phone Addiction score, the investigator calculated 't' value. It is given in the Table 4.1. it is found to be 1.31, which is not significant at 0.05 level. Hence, the framed null hypothesis (1) is accepted. It is inferred that male and female students do not differ significantly in their Mobile Phone addiction.

**Table 4.2**

**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF RURAL AND URBAN AREA STUDENTS IN MOBILE PHONE ADDICTION**

Locality	N	Mean	S.D	CR Value	L.S
Rural	152	21.92	6.58	0.36	Not Significant at 0.05
Urban	98	22.23	6.72		

In order to find out the significant difference between rural and urban area students in Mobile Phone Addiction score, the investigator calculated 't' value. It is given in the Table 4.2. it is found to be 0.36, which is not significant at 0.05 level. Hence, the framed null hypothesis (2) is accepted. It is inferred that rural and urban area students do not differ significantly in their Mobile Phone addiction.

**Table 4.3**

**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF TAMIL AND ENGLISH MEDIUM STUDENTS IN MOBILE PHONE ADDICTION**

Medium	N	Mean	S.D	CR Value	L.S
Tamil	157	22.01	6.62	0.09	Not Significant at 0.05
English	93	22.09	6.66		

In order to find out the significant difference among Tamil and English medium students in Mobile Phone Addiction score, the investigator calculated t value. It is given in the Table 4.3, it is found to be 0.09, which is not significant at 0.05 level. Hence, the framed null hypothesis (3) is accepted. It is inferred that Tamil and English medium students do not differ significantly in their Mobile Phone addiction.

**Table 4.4**  
**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF GOVERNMENT AND PRIVATE COLLEGE STUDENTS IN MOBILE PHONE ADDICTION**

Management	N	Mean	S.D	CR Value	L.S
Government	177	21.64	7.10	1.68	Not Significant at 0.05
Private	73	23.01	5.22		

In order to find out the significant difference among Government and private college students in Mobile Phone Addiction score, the investigator calculated t value. It is given in the Table 4.4, it is found to be 1.68, which is not significant at 0.05 level. Hence, the framed null hypothesis (4) is accepted. It is inferred that Government and private college students do not differ significantly in their Mobile Phone addiction.

**Table 4.5**  
**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF MARRIED AND UNMARRIED STUDENTS IN MOBILE PHONE ADDICTION**

Marital Status	N	Mean	S.D	CR Value	L.S
Married	61	23.26	7.53	1.51	Not Significant at 0.05
Unmarried	188	21.64	6.29		

In order to find out the significant difference among married and unmarried students in Mobile Phone Addiction score, the investigator calculated "t" value. It is given in the Table 4.5, it is found to be 1.51, which is not significant at 0.05 level. Hence, the framed null hypothesis (5) is accepted. It is inferred that married and unmarried students do not differ significantly in their Mobile Phone addiction.

**Table 4.6**  
**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF LANGUAGE AND SCIENCE STUDENTS IN MOBILE PHONE ADDICTION**

Subject	N	Mean	S.D	CR Value	L.S
Language	61	21.14	6.76	0.36	Not Significant at 0.05
Science	87	20.72	7.00		

In order to find out the significant difference among language and science students in Mobile Phone Addiction score, the investigator calculated 't' value. It is given in the Table 4.6, it is found to be 0.36, which is not significant at 0.05 level. Hence, the framed null hypothesis (6) is accepted. It is inferred that language and science students do not differ significantly in their Mobile Phone addiction.

**Table 4.7**

**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF LANGUAGE AND ARTS STUDENTS IN MOBILE PHONE ADDICTION**

Subject	N	Mean	S.D	CR Value	L.S
Language	61	21.14	6.76	2.45	Not Significant at 0.05
Arts	102	23.70	5.87		

In order to find out the significant difference among language and arts students in Mobile Phone Addiction score, the investigator calculated 't' value. It is given in the Table 4.7, it is found to be 2.45, which is significant at 0.05 level. Hence, the framed null hypothesis (7) is rejected. It is inferred that language and arts students differ significantly in their Mobile Phone addiction.

**Table 4.8**

**SHOWING THE MEAN, S.D. AND CRITICAL RATIO VALUES OF SCIENCE AND ARTS STUDENTS IN MOBILE PHONE ADDICTION**

Subject	N	Mean	S.D	CR Value	L.S
Science	87	20.72	7.00	3.13	Not Significant at 0.05
Arts	102	23.70	5.87		

In order to find out the significant difference among science and arts students in Mobile Phone Addiction score, the investigator calculated 't' value. It is given in the Table 4.8, it is found to be 3.13, which is significant at 0.05 level. Hence, the framed null hypothesis (8) is rejected. It is inferred that science and arts students differ significantly in their Mobile Phone addiction.

**FINDINGS OF THE STUDY**

1. Male and female students do not differ significantly in their Mobile Phone Addiction scores.
2. Rural and urban area students do not differ significantly in their Mobile Phone Addiction scores.
3. Tamil and English medium students do not differ significantly in their Mobile Phone Addiction scores.
4. Government and private college students do not differ significantly in their Mobile Phone Addiction scores.
5. Married and unmarried students do not differ significantly in their Mobile Phone Addiction scores.
6. Language and science students do not differ significantly in their Mobile Phone Addiction scores.
7. Language and arts students differ significantly in their Mobile Phone Addiction scores.
8. Science and arts students differ significantly in their Mobile Phone Addiction scores.

## CONCLUSION

The college students are having low level Mobile Phone Addiction and irrespective of sub samples the college students are having low level Mobile Phone addiction. The Mobile Phone Addiction of male students is higher than their counter part. So, the parents and teachers of male students should council to reduce the Mobile Phone usage. The Mobile Phone Addiction of urban students is higher than their counter part. So, the parents and teachers of urban students should council to reduce the Mobile Phone usage.

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