Smartphone Addiction among College Students

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Abstract*:* The present study focus on smartphone addiction among the students who are undergoing undergraduate course of government colleges under Manipur University. The objective of the study is to study smartphone addiction of college students with respect to gender, stream and category. In this study, the investigator has adopted descriptive survey method as method of the study. The investigator selected 400 government college students in Thoubal District as the sample of the study by using simple random sampling technique. For collection of the data, the investigator used Smartphone Addiction Scale developed by Dr. Vijayshri and Masaud Ansari. The main findings of the study is that there exist an average level of smartphone addiction among the students of government colleges in Thoubal district.

Keywords*:* Addiction, College student, Smartphone

Introduction:

In our modern technological society, Information and Communication Technology (ICT) and its allied technology play an important role in the development of the every aspects of the society i.e. social, political, cultural, economic and education. Smartphone is also one of the tools of ICT which is very helpful to every individual in all the sphere of his life. Now, it is considered that life without smartphone is ignorance as well as meaningless. But the use of smartphone has both positive and negative impact depending on the nature of uses. On the other hand, adolescence stage is one of the crucial and problematic period of human life. **Professor G. Stanely Hall (1904)** remarked that "Adolescence is a period of storm and stress". Due to lack of adequate knowledge, information and skills, various problems related to physical, mental, emotional, moral, sexual and reproductive health & adjustment with other members are shown during adolescent period. Now a day maximum numbers of adolescents are using smartphone, there is a serious question that whether they are using smartphone in positive ways or negative ways. Whether there is negative impact of smartphone using among the adolescent boys and girls or not? Generally, college students are belongs to later adolescence period. By considering the above view, there is need for conducting the study on smartphone addiction among the college students as well as the impact of smartphone addiction on the academic performance of the students.

Review Of Related Literature:

Rani, R. & Sharma, M. (2023) conducted a study on "Smartphone addiction and impact on higher secondary school students". The objectives of the study was to find significant difference in smartphone addiction of higher secondary school students with respect to gender-wise and locality-wise. The study found that there is no significant difference in smartphone addiction of Higher Secondary School students belonging to different gender and locality (rural and urban). Kundapur, R. & et al (2020) investigated on "Assessment of smartphone addiction among adolescents in a University". The objective of the study was to assess the addiction of smartphone among

adolescents and its association of smartphone addiction with socio-demographic factors. 57% of the adolescents were found to have addiction towards smartphone. Addiction was more among females than among males in the study. Smartphone addiction was assessed for association with occupation of the father, family income and the pocket money students receive per month. Mittal, K. (2024) examined on "A study on mobile phone addiction among adolescents. The objective of the study were to study mobile phone addiction among the adolescents and to compare mobile phone addiction among the adolescents across gender and locale. The study showed that 30% of the adolescents have average level of mobile phone addiction, 26% of the adolescents have below average level of mobile phone addiction and 44%ofthetotalsampleof adolescents have high level of addiction to mobile phones. Male and female adolescents do not differ significantly on their mobile phone addiction. Rural and urban adolescents differ significantly on their mobile phone addiction, adolescents belonging to urban area showing higher addiction to mobile phones as compared to those belonging to rural areas. Shaikh Ajhar Shaikh Abdul Wahed Patel & Puri, P.A. (2017) conducted "a study of mobile phone addiction and mental health among adolescents' girls studying in various streams". The objectives of the study were that to compare the significant difference between mobile phone of adolescent girls studying in various streams, to compare the significant difference between mental health statuses of adolescent girls studying in various streams and to study the relationship between mobile phone addiction and mental health among adolescent girls studying in various streams

Objective Of The Study:

1. To study the level of smartphone addiction among the college students
2. To find out the significant differences on the level of smartphone addiction among college students with respect to gender, subject stream and semester.

Hypotheses Of The Study:

1. There exist an average level of smartphone addiction among college students.
2. There is a significant differences on the level of smartphone addiction among the college students with respect to gender, subject stream and semester.

Method Used:

As the present study is related to the existing level of the smartphone addiction among the students of government colleges in Thoubal district, Manipur, the investigator has used advantages of descriptive research method.

Population And Sample:

The population of the present study is confined to all the students who are undergoing undergraduate course under four government colleges in Thoubal District affiliated to Manipur University. The investigator has selected 400 (100 each from the four government colleges) Students as the sample of the study by using random sampling technique.

List of the Government Colleges in Thoubal District

Sl. No.	Name of the Colleges	Year of Establishment	Sample
1	Lilong Haoreibi College, Ushoipokpi Lilong	1976	100
2	Thoubal College, Thoubal	1963	100
3	Waikhom Mani Girls college, Thoubal	1980	100
4	Y.K. College, Wangjing	1972	100
		Total	400

Tools Used:

For collecting data on smartphone addiction among the college students, the investigator has used **Smartphone Addiction Scale** developed by Dr. Vijayshri and Masaud Ansari. The Scale consists of 23 items, having 6 dimensions such as a) Compulsion b) Forgetfulness c) Lack of Attention d) Depression and Anxiety e) Disturbed hunger/ sleep and f) Social Withdrawal. The reliability of the scale is 0.857.

Norms for Interpretation of the Level of Smartphone Addiction Scale

Sl. No.	Range of z-Scores	Grade	Level of Attitude
1.	**+2.01 and above**	**A**	**Extremely Positive**
2.	+1.26 to +2.00	B	Highly positive
3.	+0.51 to +1.25	C	Above Average Positive
4.	**-0.50 to +0.50**	**D**	**Average/ Moderate Positive**
5.	-0.51 to -1.25	E	Below Average
6.	-1.26 to -2.00	F	Highly Negative
7.	**-2.01 and Below**	**G**	**Extremely Negative**

Tools For Data Analysis:

For analysis and interpretation of the present study, the investigator has used some statistical techniques such as mean, standard deviation, t-test, z-score etc.

Delimitation Of The Study:

The present study is delimited to students who are undergoing undergraduate course of Government colleges in Thoubal District, affiliated to Manipur University.

Result And Discussion:

Hypothesis 1: There exist an average level of smartphone addiction among college students.

Sl. No.	Score	N	Mean	Standard Deviation
1.	Raw Score	400	65.5725	15.97554
2.	Z-Score	400	0.000	1.000

The above Table indicates the overall smartphone addiction score of 400 students of Government colleges in Thoubal district. The mean and standard deviation of total smartphone addiction scores are 65.5725 and 15.97554 and the mean z-score of the smartphone addiction score is 0.000, which range from + 0.50 to – 0.50 at the z-score norms and standard deviation is 1. Hence, there exist an average level of smartphone addiction among the students of government colleges in Thoubal district. Hence, the hypothesis is accepted.

Hypothesis 2: There is a significant differences on the level of smartphone addiction among the college students with respect to gender.

Variables	N	Mean	S.D.	DF	t-value	p-value	SE_D	Result
Male	132	68.6515	18.02669	398	2.727	0.07	1.68522	Not significant
Female	268	64.0560	14.66149					

The above Table indicates the level of smartphone addiction among the students of government colleges in Thoubal district with respect to gender. The mean and standard deviation of smartphone addiction score of the male students are 68.6515 and 18.026 respectively. Again, the mean and standard of smartphone addiction score of the female students are 64.0560 and 14.66149 respectively. The calculated t value of between the male and female college students is 2.727 with a degree of freedom 398 and significant at 0.07 which is greater than 0.05 significant level (p-value > 0.05 level). Hence, there is no significant difference between the levels of smartphone addiction among the students of government colleges in Thoubal district with respect to gender. Hence, the hypothesis is rejected

Hypothesis 3: There is a significant differences on the level of smartphone addiction among the college students with respect to subject stream.

Variables	N	Mean	S.D.	DF	t-value	p-value	SE_D	Result
Arts	225	61.3600	13.98562	398	6.259	0.00	1.53827	Significant
Science	175	70.9886	16.76271					

The above Table reveals the level of smartphone addiction among the students of government colleges in Thoubal districts concerning the variation of the subject streams. The mean and standard deviation of smartphone addiction score of the arts students are 61.3600 and 13.98562 respectively. The mean and standard deviation of smartphone addiction score of the science students are 70.9886 and 16.762 respectively. The calculated t-value between the arts and science students is 6.259 with a degree of freedom 398 and significant at 0.00 which is less than 0.05

significant level (p-value < 0.05 level). There is a significant difference between the levels of smartphone addiction among the students of government colleges in Thoubal district concerning the variation of subject streams. Hence the hypothesis is accepted.

Hypothesis 3: There is a significant differences on the level of smartphone addiction among the students of government colleges with respect to semester.

Semester	Sum of Squares	Df	Mean Square	F	p-value	Level of Significance
Between Groups	174.272	2	87.136	0.340	0.712	Not Significant
Within Groups	101657.625	397	256.065			
Total	**101831.898**	**399**				

The above Table reveals the calculated F-value of the undergraduate students of government colleges in Thoubal district with respect to semester. The calculated F-value of the smartphone addiction of undergraduate students is 0.340 with a degree of freedom 2 (between groups) and 262 (within-group) and significant at 0.712 level, which is greater than 0.05 level. Hence, there is no significant difference between the smartphone addiction of undergraduate students of government colleges in Thoubal district with respect to variation of semester such as first semester, second semester and fifth semester.

Main Findings Of The Study:

The main findings of the study are given as follows

1. The level of smartphone addiction among the students of government colleges in Thoubal district, Manipur is average.
2. There is no significant differences on the levels of smartphone addiction among students of the government colleges in Thoubal district with respect to gender variation.
3. There is a significant differences on the levels of smartphone addiction among the students of government colleges in Thoubal district with respect to subject streams.
4. There is no significant differences on the level of smartphone addiction among the undergraduate students of government colleges in Thoubal district with respect to semester.

Conclusions:

In our present society, students are using smartphones for various purposes including their academics for a long time throughout the day. Using smartphone for a long hours throughout the day might also lead to its addiction to the students as the smartphone offers many features. Thus, it might lead to various problems to the students related to academic, health and behaviour. So, there is need of studying the level of smartphone addiction among the students of various educational levels. The present study attempt to find out the level of smartphone addiction among the college students. The main findings of the study is that the level of smartphone addiction among the students is average. Regarding the variation of gender, there is no significant difference between the levels of smartphone addiction among the college students but there is a significant difference between the levels of smartphone addiction among the students with respect to subject's streams.
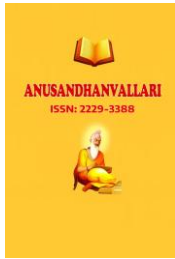
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