

# Mobile Addiction and Mental Health of College Students

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## ABSTRACT

Now-a-days, it is commonly observed that with the advancement of mobile phones, there is an increase in number of cell phone users, especially young adults. They are using mobile phones very frequently for day to day activities. Keeping in view this thing, it is important to study the effects of mobile phone exposure on mental health of students.

The study was conducted on a sample of 100 college students of rural and urban areas of rewari district. Mobile addiction scale developed by Dr. A.Velayudhan and Dr. Srividya and Mental health scale by Pramod kumar were used for data collection. Data were analyzed using descriptive statistics such as mean, S.D, correlation and t-test. The main finding indicates that there is very low positive correlation between mental health and mobile addiction.

**Keywords:** Mobile addiction, mental health, college students.

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## Mobile Phone Addiction

An Addiction is when, the thing you are addicted to begins to control your life and interferes with your daily activities, work and relationship.

Earlier addiction was found in form of drugs, alcohol, television etc. But with the boom of technology, the signs of addiction can also be found in the form of cell phones.

Just like television and computers, mobile phones are technological instruments which are being used more and more often now-a-days.

The use of cell phones have risen to that extent that people are substituting, on a grand scale, the valuable experience of face-to-face conversation with simply sending a text that consists of a few words.

Mobile addiction, especially among students, evidently results in that they don't know how to act when they are not using their cell phones.

## Mental Health

Mental health is a level of psychological well being in satisfactory adjustment to the society and to the ordinary demands of life.

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From a different perspective, mental health may include an individual's ability to enjoy life and create a balance between life activities and efforts.

### Mobile Phone and Mental Health

Mobile phones have a great influence on the human's psychological mind. Various problems like stress, sleep disturbances and symptoms of depression are commonly observed, especially in young adults.

Consistent phone use can cause a chain reaction affecting one aspect of a user's life and expanding to contaminate the rest. It usually starts with social disorders which can lead to depression and stress and ultimately affect lifestyle habits such as sleeping right and eating right.

### Objectives of the Study

The following were the objectives of the present study:

- To study the mobile addiction among rural and urban students.
- To study the mental health of college students.
- To study about the relation of mobile addiction with mental health of college students.

### Hypotheses of the Study

The hypotheses framed for the present study were as follows:

- There will be no significant difference between the mean scores of mobile addiction of rural and urban students.
- There will be no significant difference between the mean scores of mental health of rural and urban students.
- There will be no significant relationship between mobile addiction and mental health.

### Research Methodology

In the present study, Descriptive method of research was used.

### Sample

A sample of 100 college students (Rural & Urban) of Rewari (Haryana) and its suburbs was randomly selected for study.

### Tools Used

- Mobile phone addiction scale by Dr. A. Velayudhan and Dr. S. Sri Vidya.
- Mental health scale by Pramod Kumar

### Statistical Techniques for data Analysis

For the purpose of analysis of data, Mean, standard deviation ( $\sigma$ ), correlation ( $r$ ) and t-test were used.

### Analysis and Interpretation of Data

**Table 1:** Mean, S.D., t-score of mental health of rural & urban college students.

	No. of students	Mean	S.D.	t-score	Level of significance
Rural college students	50	20.3	4.27	1.42	Not significant at 0.01
Urban college students	50	19.06	4.44		

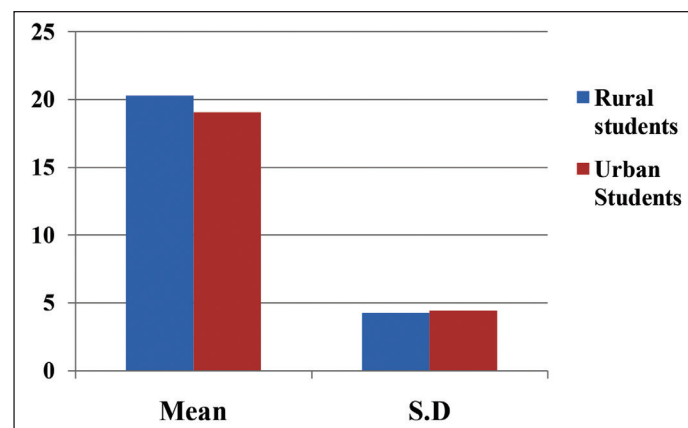


Table 1 showed the comparison of rural and urban students with respect to mental health. The t-value derived from the mental health scores of rural and urban college students was 1.42 which was less than the table value.

So our hypothesis "There will be no significant difference between the mean scores of mental health of rural and urban students" was not rejected and hence there was

no significant difference between the mean scores of mental health of rural and urban students.

It revealed that mental health possessed by rural students is nearly same to the mental health of urban students. From the mean value of mental health of rural students and urban students (mean for rural students – 20.3 & mean for urban students – 19.06), it can be said that rural students were little bit more mentally healthy than urban college students, which might be due to any demographic reason.

**Table 2:** Mean, S.D., t-score of mobile addiction of rural and urban college students.

	No. of Students	Mean	S.D	t-score	Level of significance
Rural college students	50	99.98	20.32	0.07	Not significant at 0.01
Urban college students	50	99.72	18.22		

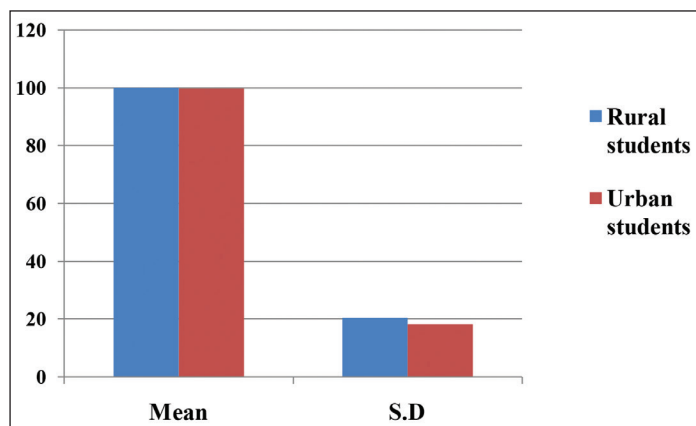


Table 2 showed the comparison of rural and urban students with respect to mobile addiction. The t-value derived from the mobile addiction scores of rural and urban college students was 0.07 which was less than the table value. So our hypothesis “There will be no significant difference between the mean scores of mobile addiction of rural and urban college students” was not rejected and hence there was no significant difference between the mean scores of mobile addiction of rural and urban college students.

It revealed that mobile using habits of rural college

students is just same as that of urban college students. From the mean value of mobile addiction of rural & urban students (mean for rural – 99.98 & urban – 99.72), it can be said that attitude of rural and urban college students is indifferent towards technology.

**Table 3:** Mean, correlation (r) of college students.

	No. of students	Mean	r- value
Mental health	100	19.68	0.20
Mobile addiction	100	99.85	

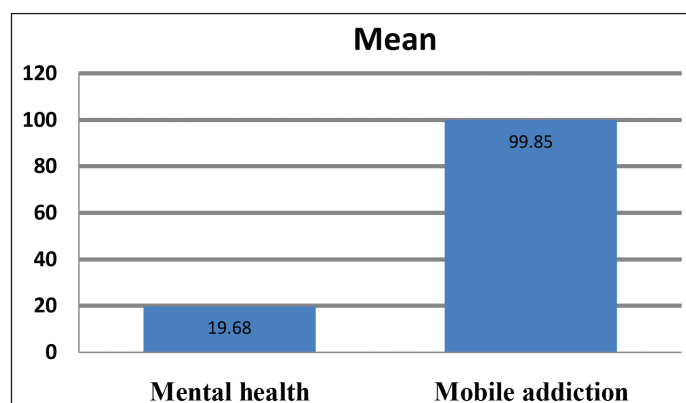


Table 3 showed coefficient of correlation between scores of mental health and mobile addiction of college students. Coefficient of correlation i.e. r-value derived from the scores of mental health and mobile addiction of college students was 0.20 which shows that there is low degree of positive correlation between mental health and mobile addiction of college students.

### Major Findings of the Study

Major findings of the study on the basis of data analysis and interpretation of data were as follows:

- ❑ There is no significant difference between mental health of rural and urban students. They all have good mental state.
- ❑ There is no significant difference between mean scores of mobile addiction of rural and urban students.
- ❑ There is low degree of positive correlation between mental health and mobile addiction of college students.

## Conclusion

Mental Health of college students does not get affected by geographical factors i.e. rural & urban. It also revealed that mental health possessed by rural and urban students is more or less same.

Mobile using habits are indifferent among rural and urban college students. There is no difference in technique usage patterns of rural and urban students.

There is very low degree of positive correlation between mental health and mobile addiction. Thus, it can be concluded that mobile addiction puts negligible or very little affect on mental health or it can also be said that there is no significant relation between mental health and use of mobile phone .

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