

## Unveiling the Threat of Smartphone Addiction among Female College Students

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### ABSTRACT

The prevalence of smartphone addiction is very common in young generation with the widespread integration of smartphones in to daily life. The purpose of this study was to find out the extent of smartphone addiction among the female college students. An online questionnaire was used to collect the data from 113 female college students. The MS Excel was used to analyze the collected data. Descriptive statistics were employed to analyze the data in order to derive the final interpretation. The main findings suggested that 35% respondents missed planned work due to smartphone use; 26% respondents feel pain in the wrists or at the back of the neck while using a smartphone; 22% respondents always think about smartphone in their mind even when they are not using it; 17% respondents feel impatient while not holding smartphone; 15% of respondents persistently monitor their smartphones to avoid missing out on conversations happening among others on platforms like Twitter or Facebook.

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## INTRODUCTION

In this technological era, smart phone has become an indispensable tool of daily life. Smartphones have strongly impacted various aspects of people life like communication, accessing information, entertainment, navigation and travel, health & fitness, shopping & commerce, social connection, work and business etc. Nowadays everyone is using smartphone for paying bills, booking tickets, communicating with others and watching videos for entertainment (Phukan et al., 2022).

Any problem can be solved through one touch nowadays. They have therefore become necessities in today's world, where individuals can't survive without them. The abundance of knowledge, educational apps, and communication tools it offered also transformed education. For college students to access information, play games, enjoy entertainment, and participate in social events, smartphones have become essential equipment. (Zhang & Zeng, 2024). It offer the convenient way to take notes, access text books, study material, collaborate with classmates and stay organized with calendars and reminders. Nowadays people are spending most of their time in using smartphone ignoring other areas of life (Ammati et al., 2018). It can leads to problem of smartphone addiction. According to Kwon et al., (2013) addiction means when an individual obsessed with a certain activity that results in disturbance of his/her daily activities and shows a pattern similar to substance dependence.

Smartphone addiction refers to problematic smartphone use or overuse or excessive use of smartphone may causes significant negative consequences on mental health, physical health, academic performance, work and interpersonal relationships leading to feeling of isolation, depression, anxiety etc. It has caught the attention of researcher to carry out the research. The research can helps to raise awareness about the seriousness of the issue among policymakers, healthcare professionals and general public by gaining a deeper understanding of the nature of smartphone addiction including its consequences. It is necessary for developing interventions and strategies to address the problem.

## LITERATURE REVIEW

Literature review suggests that problem of smartphone addiction is increasing day by day causing various problems that's affect individuals' physical, mental and social wellbeing. Alarming higher prevalence of depression, anxiety and stress among rural college students is a serious concern (Basti et al., 2021). In the study of Davey & Davey (2014) smartphone addiction magnitude in India was found to be ranging from 39% to 44%. 15.9% adolescents were at risk of cell phone addiction. Study in Saudi universities, Albursan et al., (2022) found that 37.4 % respondents were smartphone addicted. Nagaraj et al., (2023) concluded that 15.9% youth were at risk of cell phone addiction. Sharma et al., (2020) reported prevalence of smartphone addiction to be 23% whereas depression was present among 45% of the

respondents. Kumar et al., (2024) reported that 50% of participants showed smartphone addiction and poor sleep quality. In the study of Gangadharan et al., (2022) the prevalence of mobile phone addiction was found to be 33%. It was found to be higher in those who had siblings, nuclear families and late-onset users. Liu et al., (2024) found that dependency on mobile phone lead to lower study performance. Alosaimi et al., (2016) concluded that academic achievement of 25% students affected due to smartphone use. It was matter of concern that 75% students used at least four mobile applications in a day. Also 43% students sleep was affected due to smartphone and 30% reported the problem of unhealthier lifestyle. Kim et al., (2015) concluded a positive correlation between smartphone addiction and variables like aggression, depression and impulsions. Aljomaa et al., (2016) concluded 48% participants as smartphone addicted. Students have become dependent on smartphones for doing small daily work. This overdependence results in negative physical, psychological, social and educational effects. Boumosleh & Jaalouk (2018) concluded that 49% students use smartphone at least 5 hours during a week. Also no relationship was found between smartphone addiction and academic performance. Ammati et al., (2018) conducted a research among students of medical university to find out the magnitude of smartphone addiction. 38.6% students found to be smartphone addicted. 46% students spent 4-6 hours daily on social networking sites. Handa & Ahuja (2020) found that 25% participants scored high scores on smartphone addiction scale and they spend most of the time on Whatsapp and other social networking sites. Singh et al., (2023) determined significant relationship between uses of smartphone with habitual component. Understanding phone addiction among female students is vital for addressing their unique challenges and strengths, thus fostering their holistic well-being, academic achievements, and overall success.

## **METHODOLOGY**

**Research Design:** The researcher adopted descriptive research approach and utilize purposive sampling to conduct the research at Rama Devi Kanya Mahavidyalya, Noida, India which is affiliated to Chaudhary Charan Singh University, Meerut located in Gautam Budhh district of Uttar Pradesh, India. It runs B.Ed., D.El.Ed., B.A. and B.Com courses.

**Participants:** Students of Rama Devi Kanya Mahavidyalya, Noida were approached who have smartphone to collect the desired data which is collected through a questionnaire distributed via Google Form Link shared on Whatsapp Messenger within their respective class groups. Only 117 female college students responded to the questionnaire. Four questionnaires were excluded from analysis as information was incomplete among them. Therefore, a total of 113 female college students constituted the sample for the study.

**Assessment Tool:** Smart phone addiction was assessed by Smart Phone Addiction Scale Short Version SAS-SV developed by Kwon et al., (2013). The scale contains 10 items with 6 point Likert scale i.e. strongly disagree, disagree, weakly disagree, weakly agree, agree and strongly agree.

**RESULT AND DISCUSSION**

Table 1. Mean of Scores of Female College Students on Smart Phone Addiction Scale (SAS-SV)

Female College Students	N	Mean
Total	113	30.54

An analysis of table-1 shows that all the female college students scored mean value of 30.54 which is less than the cut off value 33 for females. It means that they are not smartphone addicted.

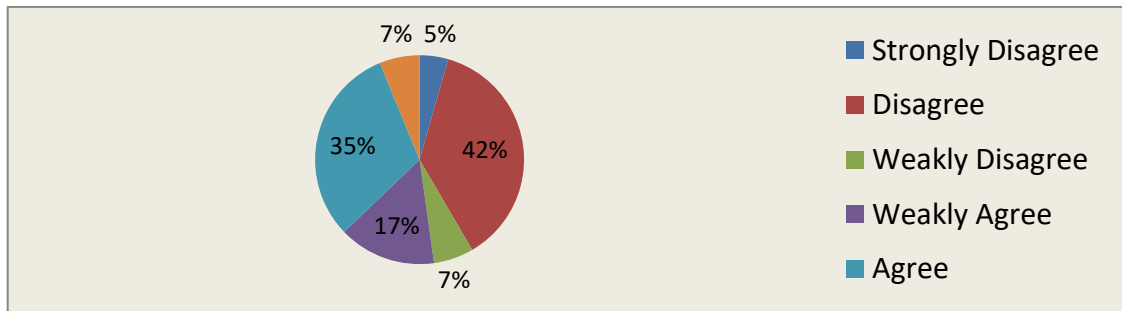


Figure 1: Responses of Female College Students on Statement Missing planned work due to smartphone use.

The figure-1 indicates that 42 % female college students disagree with the statement that they miss planned work due to smartphone use but 35 % female college students reported that they miss planned work due to smartphone use. 17% female college students were weakly agreed on same statement while only 7% female college students were strongly agreed and weakly disagree respectively.

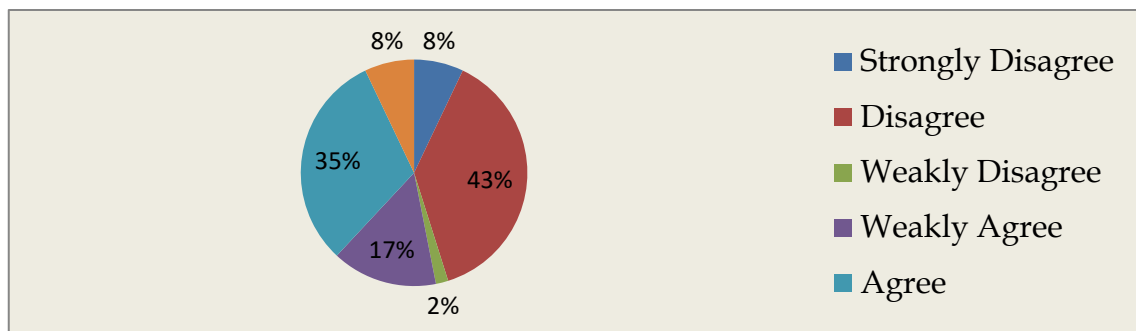


Figure 2: Responses of Female College Students on Statement Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use

Figure 2 shows that 43% of female college students disagreed with the statement that they had a hard time concentrating in class, doing assignments, or working due to smartphone use, while 35% believe that they had a hard time

concentrating in class, doing assignments, or working due to smartphone use. In addition, 17% agreed with the statement just partially.

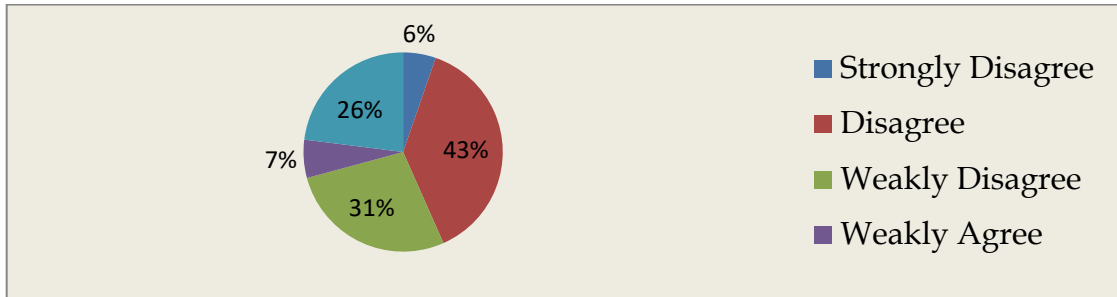


Figure 3 : Responses of Female College Students on Statement Feeling pain in the wrists or at the back of the neck while using a smartphone

Figure 3 reveals that 26% of female college students agree that using a smartphone causes pain in their wrists or the back of their neck. The majority of respondents, 43%, disagree that using a smartphone causes pain in the wrists or the back of the neck. Similarly, 31% of female college students strongly disagree that they experience pain in their wrists or back of the neck when using a smartphone.

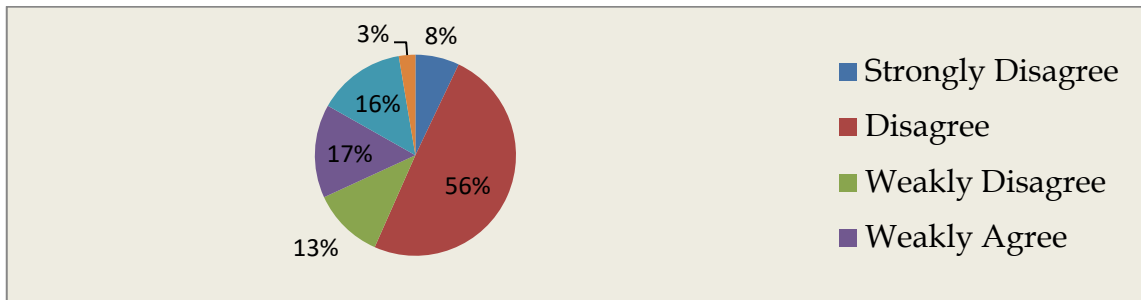


Figure 4: Responses of Female College Students on Statement Won't be able to stand not having a smartphone

The figure-4 indicates that more than half i.e. 56% female college students disagree to the fact that they won't be able to stand not having a smartphone. On the other hand only 16% respondents were agreed with the statement whereas 17% were weakly agreed.

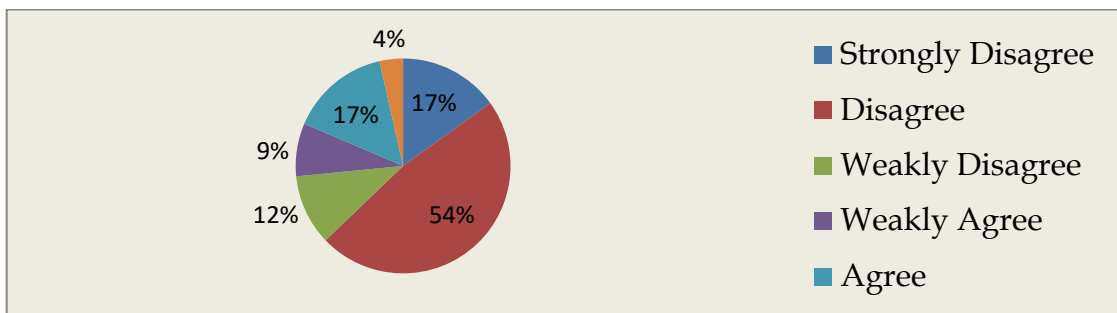


Figure 5: Responses of Female College Students on Statement Feeling impatient and fretful when I am not holding my smartphone

The figure-5 reveals that more than half i.e. 54% female college students were disagree that they feel impatient and fretful while not holding smartphone. Only 17% and 4% female college students agreed and strongly agreed with the fact that they feel impatient and fretful while not holding smartphone respectively.

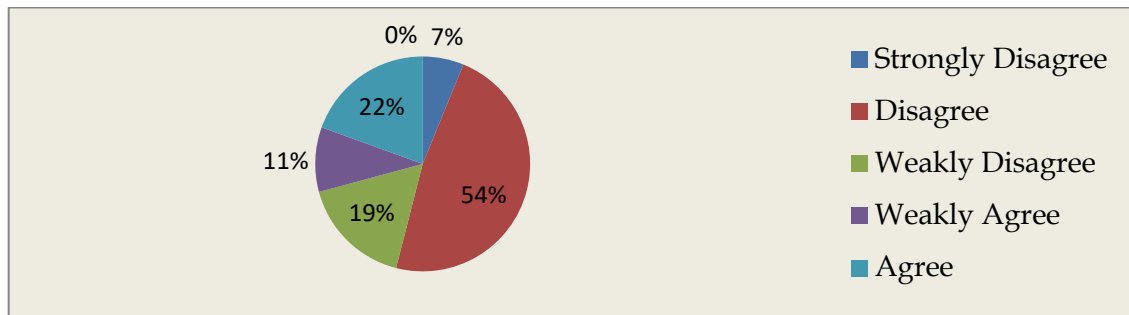


Figure 6: Responses of Female College Students on Statement Having my smartphone in my mind even when I am not using it

The figure-6 shows that 54% female college students were disagreed with the fact they had their smartphone in their mind even when they are not using it whereas 19% respondents weakly disagreed with this fact. On the other hand 22% respondents reported that they think about smartphone in their mind even when they are not using it.

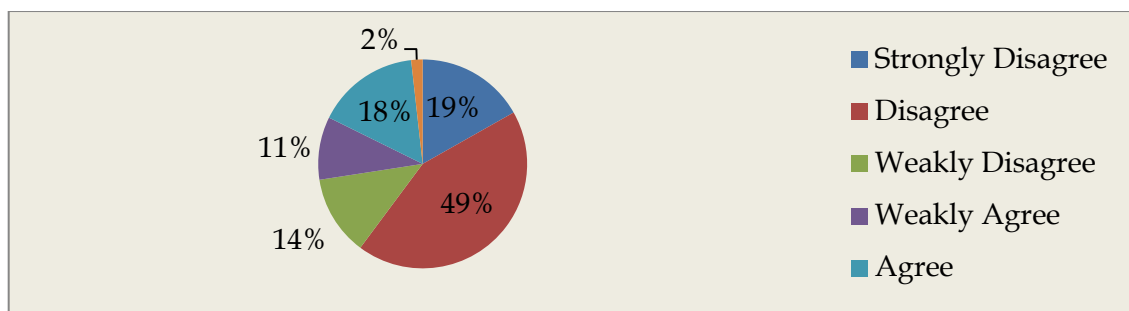


Figure 7: Responses of Female College Students on Statement I will never give up using my smartphone even when my daily life is already greatly affected by it.

Figure 7 shows that about half, or 49%, of female college students disagreed with the assertion that I will never give up using my smartphone, even though technology has already had a significant impact on my everyday life. On the other hand, 18% of female college students agreed with the assertion.

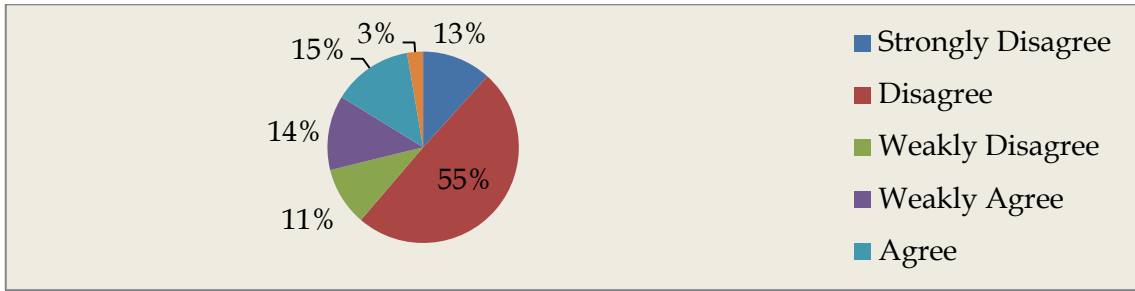


Figure 8: Responses of Female College Students on Statement Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook

According to Figure 8, 55% of female college students disagree with the notion that they are continuously checking their smartphones to avoid missing chats with other people on Twitter or Facebook. Only 13% of respondents identified them strongly opposed, while 15% agreed with this assertion.

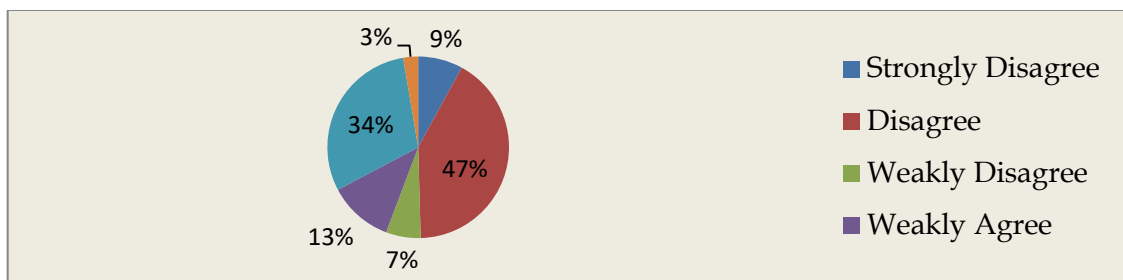


Figure 9: Responses of Female College Students on Statement Using my smartphone longer than I had intended

The figure-9 shows that 47% female college students were disagree on the information that they were using their smartphone longer than they had intended. But 34% female college students were agreed with information that they were using their smartphone longer than they had intended. Only 13% female college reported themselves weakly agreed on this statement.

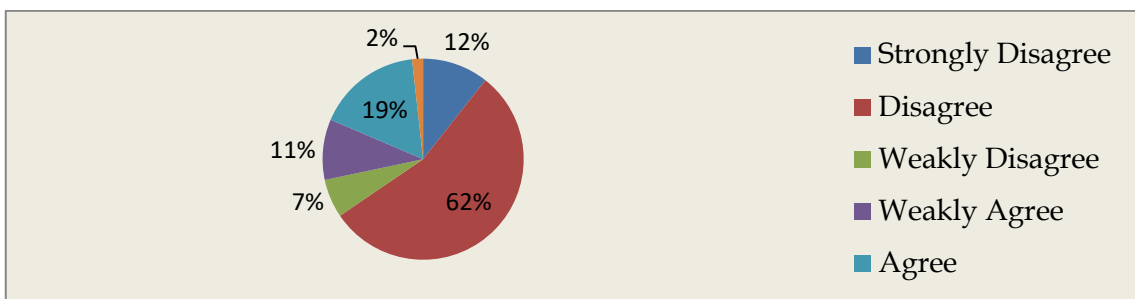


Figure 10 : Responses of Female College Students on Statement the people around me tell me that I use my smartphone too much.

According to Figure 10, the majority of female college students, 62%, disagreed with the assertion that people around me tell me I use my smartphone too much, while only 19% agreed with the statement.

## **CONCLUSIONS AND RECOMMENDATIONS**

This study was conducted to find out the extent of smartphone addiction among female college students. The overall scores of female students were found to be 30.54 on smart phone addiction scale, so no smart phone addiction is observed among them. Approximately 35% of female college students reported experiencing disruptions to their planned work as a result of smartphone usage. Around 35% of female college students perceive difficulty in maintaining focus during class, assignments, or work due to smartphone usage.

Approximately 26% of female college students acknowledge experiencing wrist pain or discomfort in the neck area while using a smartphone. 16% of female college students indicated that they would struggle with the idea of not having their phone with them. Also, 22% female college students admitted to frequently thinking about their smartphones even when they are not actively using them. Even when using a smartphone has a big influence on their everyday life, 18% of female college students said they would be very reluctant to give it up. Fifteen percent of female college students acknowledged that they frequently check their smartphones to make sure they don't miss any conversations taking place on social media sites like Facebook or Twitter. Conversely, 19% of female college students reported that they had received comments from others about how much they used their smartphones.

Combating smartphone addiction involves a multifaceted approach that combines self-awareness with behavioral changes. Putting into practice techniques like limiting the amount of time spent on a smartphone each day, making use of screen time settings, avoiding using a phone while eating or having face-to-face conversations, adopting good posture to reduce strain on the neck and shoulders, and taking regular breaks from using a phone to stretch and move around

## **ADVANCED RESEARCH**

Given the researchers' limited experience and skills, the researcher realizes that despite authoring this paper, there are still a lot of language, writing, and presenting style errors. In order to improve the study, the researcher therefore expects ideas and constructive criticism from a range of sources.

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