



INTERNATIONAL JOURNAL OF TRENDS IN EMERGING RESEARCH AND DEVELOPMENT

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Volume 2; Issue 4; 2024; Page No. 150-153

Received: 15-04-2024

Accepted: 29-06-2024

Investigate the relationship between emotional maturity and mobile phone addiction among emerging adults

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DOI: <https://doi.org/10.5281/zenodo.14947903>

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Abstract

The mental health of teenagers attending public vs private schools differed significantly. While life happiness was comparable across public and private school teenagers, the academic achievement of public-school students was lower than that of private school students. Adolescents' academic achievement did not vary much across the arts, sciences, and commerce. To further examine the influence and difference in the study's variables, researchers have utilized t-tests. The researcher has examined the prevalence of mobile phone addiction among high school students majoring in the arts, sciences, and commerce. Therefore, it is imperative that we strive for more responsible and regulated mobile phone use among adolescents and provide them with a supportive learning environment at home and in the classroom so that they can conquer their addiction and enjoy life to the fullest.

Keywords: Mobile, phone addiction, student, addiction and mental health

Introduction

The term "mobile phone addiction" is also defined by academics in the United States. Research has shown that some individuals develop compulsive behaviors related to their mobile phones. Addiction to mobile phones is described by Han Dengliang and Qi Zhifei (2005) ^[15] as a condition in which people experience physical or psychological pain due to their excessive usage of mobile phones. There is a lot of overlap between mobile phone networks and Internet addiction, according to Sun Guoqing and others. This is due to the fact that mobile phone networks are a subset of networks and smartphones are the carriers of these networks.

An important demographic that uses mobile phones often and has a high rate of addiction are young adults and teenagers. trouble focussing, poor academic performance, lower levels of life satisfaction, increased levels of depression, anxiety, and stress, disturbed sleep, thoughts of suicide, and non-suicidal self-injury. Some people can't stop playing mobile games, some can't stop using mobile social networking services, and still others can't control themselves

when it comes to using their phones to get information "Mobile phone addiction" and, more latter, "Smartphone addiction" have been the descriptors most often used to characterise this kind of dependency Social cognitive theory (SCT) aids in comprehending information technology addiction by elucidating the causes of this destructive conduct. A method to problematic usage that consists of three paths: the impulsive road, the comfort path, and the excessive comfort path Some of its other symptoms include an inability to retreat, an increase in emotional intensity, an increase in desire, and a decrease in self-control (Lee *et al.*, 2014) ^[14].

A "craving or compulsion, loss of control, and persistence in the behaviour despite accruing adverse consequences" are the characteristics that are used to define media addiction. Some negative effects of these technologies include cutting users off from social support, harming their financial situation, encouraging criminal behaviour, and lowering academic performance. One school of thought among psychiatrists is that compulsive use of mobile phones is no different from compulsive use of drugs or the Internet, and

that this addiction has grown in prevalence to rival that of narcotics ("Mobile phones becoming," 2003).

Anxiety, sadness, and other mental illnesses are often associated with those who are hooked to mobile phones. Insomnia is a mental illness known as nomophobia. Disconnecting from their phones is terrifying for many people. "No Mobile Phone Phobia" is the technical term for the dread of being without a phone. The ease of a mobile phone makes it ideal for accessing online courses, as well as media like films, games, and social media. Indian population is considering that Smartphone globally occupy more than 60% and the effect social and emotional development. Addiction to information technology is often accompanied with a need for interpersonal engagement, in contrast to drug addiction, which seldom necessitates social involvement. One of the primary reasons people use the internet is to communicate with others, according to a number of studies. Furthermore, studies conducted in the field of socio-technical environments have shown that the fundamental reason people get addicted to technology is because it satisfies their social demands for belonging and interaction. As an example of social technology, the smartphone facilitates many forms of electronic communication, including but not limited to e-mail, text messaging, online chat, and social media networks. We think that one fundamental aspect of smartphone addiction is people's increasing desire for social connection via mobile devices.

Literature Review

Shukla, Kanchan. (2023) ^[1]. Problems with stress, sleep, sadness, violent conduct, and familiarity are just a few of the negative side effects of being addicted to mobile devices. Learning materials and other uses may benefit from the use of a smartphone. Isolation, loss of concentration, and a failure to study are symptoms of a phone addiction. Mental health because of the ripple effect on healthy relationships, suicidal ideation, cancer risk, and other areas. The portability and ease of use of mobile devices has a positive impact on students' performance in the classroom.

Premarathna, H & Buwaneka, Sriyani. (2022) ^[2]. Adolescent smartphone addiction is becoming more of a concern because of the many negative effects it has on their mental, emotional, and behavioral health. The research was cross-sectional and descriptive in nature. A total of three hundred and thirty-five students, all aged sixteen to seventeen, were drawn at random from ten different schools. To determine if participants are addicted to smartphones or not, they were given the 10-item Smartphone Addiction Scale Short Version (SAS SV), which was content validated, pre-tested, and self-administered. The cutoff values for male participants were ≥ 31 , and for female participants, it was ≥ 33 . A total of 92 students, or 24.5% of the student body, tested positive for smartphone addiction using the Addiction Short Version (SAS SV) instrument; of these, 49 (or 53.3% of the student body) were male. The results showed that smartphone addiction affects teenagers physically (44.45%), psychologically (38.04%), and socially (26.44%). Regarding the physical effect, a rather high percentage of people (64.04%) reported feeling lightheaded or having impaired vision when using a smartphone. When their phones stopped working or were stuck, the majority of

students who were dependent on them felt frightened or furious. A larger percentage of students use their cellphones even while they're pleased, which is 41.30%. Adolescents' physical, mental, and social well-being are all negatively impacted by smartphone addiction. Consequently, it is critical to educate them about the dangers of smartphone addiction and how to curb it.

Afshan, Noor & Alim, Farzana & Jamal, Sajid. (2023) ^[3]. Examining the relationship between adolescent self-control and smartphone addiction is the focus of this study. A total of 400 ninth graders from secondary schools in Aligarh took part in the study. Our statistical approaches include multiple regression analysis and Pearson's correlation. We provide two sets of findings: A lack of self-control was shown to be inversely associated to smartphone addiction, according to the researchers. The results showed that teenage self-control was significantly predicted by mobile phone addiction, and this was true for both boys and girls. The importance of these results in formulating plans to prevent smartphone addiction among teenagers is addressed.

Naik, Reddy & Sk, Kiran & Js, Sanjana. (2019) ^[4]. Addiction to mobile phones is associated with a host of negative outcomes in terms of physical and mental health, social adaptation, and overall well-being. These outcomes include difficulties in school and relationships, poor health, sadness, anxiety, and even thoughts of suicide. By the end of 2018, the number of active smartphone users in India is projected to reach over 530 million. Problems associated with excessive use of mobile phones are on the rise across the globe. Urgent action is required to resolve such situations. This article provides a concise overview of the signs, consequences, and reasons of being addicted to mobile phones. This study provides a comprehensive evaluation of other periodicals that address comparable topics.

Nayak, Shalini & Pai, Mamatha. (2022) ^[5]. Coronavirus illness causes unexpected school closures. The widespread usage of digital technology in education worldwide was brought about by the 2019 COVID-19 pandemic. Now more than ever, kids can't imagine life without their internet-connected devices. The use of smart gadgets for educational and recreational purposes is on the rise among children and teenagers. In recent decades, the development of COVID-19 has intensified the issue of smartphone addiction among children and teenagers. There has to be a strategy to decrease smartphone use because of the negative physical, psychological, and social effects of excessive use.

Research Methodology

Sample of the study: Twelvety pupils from public schools and twelvety students from private schools in the M.P. board were thus recruited for the study. A "Random Sampling (Regular Interval)" approach was used to choose these schools from the Jaipur district.

Research design: This study made use of both parametric and non-parametric research methods. To further examine the influence and difference in the study's variables, researchers have utilized t-tests.

Smartphone Addiction Scale shorter version

The scientists are hopeful that this scale will be used

effectively for assessing neighborhood areas for smartphone addiction, conducting more research, and evaluating treatment success. They were instructed to go over the questions again once they had a good grasp of the vocabulary. The goal of this research is to create a short-version scale that can be used to assess smartphone addiction in a manner that is easy to understand, quick, and requires less time and money

Data Analysis

Measure of mobile phone addiction: Pattern of mobile phone addiction between male and female adolescents.

Table 1: t-test result of comparison between male and female adolescents based on Mobile Phone Addiction

Variable	Gender	N	Mean	SD	t-value
Mobile phone addiction	Male	120	34.73	4.875	8.232
	Female	120	30.58	4.579	

Differences in cell phone addiction patterns between public and private school students.

Table 2: Results of a t-test comparing the academic performance of high school students attending public and private institutions

Variable	Type	N	Mean	SD	t-value
Mobile phone addiction	Government	120	43.54	4.579	6.296
	Private	120	53.30	5.560	

Teens majoring in art, science, and business show a distinct pattern of mobile phone addiction.

Table 3: Addiction patterns among high school students majoring in the arts, sciences, and commerce

S. No	Type	N	Mean	Std. Deviation
1	Art stream	80	34.6	4.253
2	Science stream	80	34.74	5.093
3	Commerce stream	80	34.63	4.832

Table 8: Psychological well-being, dependence on mobile phones, contentment with life, and academic achievement: a Pearson correlation analysis

		Mobile phone addiction	Mental health	Life satisfaction	Academic performance
Mobile Phone Addiction	Pearson Correlation	1			
	Sig. (2-tailed)				
	N	240			
Mental Health	Pearson Correlation	-0.256	1		
	Sig. (2-tailed)	0.000			
	N	240	240		
Life Satisfaction	Pearson Correlation	-0.211	-0.133	1	
	Sig. (2-tailed)	0.000	0.000		
	N	240	240	240	
Academic Performance	Pearson Correlation	-0.196	-0.522	-0.278	1
	Sig. (2-tailed)	0.000	0.000	0.000	
	N	240	240	240	240

Measure of mental health

Mental health between male and female adolescents.

Table 4: Findings from a t-test comparing the mental health of male and female teenagers

Variable	Type	N	Mean	SD	t-value
Mental Health	Male	120	49.61	5.851	7.141
	Female	120	53.52	6.762	

According to table 4, men's mental health has a higher mean value (M=49.61) than women's mental health (M=53.52). Mental health between adolescents of government and private schools.

Table 5: Evaluation of the mental health of public school and private school teenagers using a t-test

Variable	Type	N	Mean	SD	t-value
Mental Health	Government	120	54.67	8.762	9.121
	Private	120	50.12	5.713	

Table 5 shows that when comparing public and private schools, the former had a better mean value for mental health (M=54.67) than the latter (M=50.12).

Adolescents' mental health in the context of the arts, sciences, and business.

Table 6: Mental health patterns among high school students majoring in the arts, sciences, and business

S. No	Type	N	Mean	Std. Deviation
1	Art stream	80	53.99	7.084
2	Science stream	80	52.66	6.322
3	Commerce stream	80	53.61	5.420

Correlation Analysis

A Pearson-Correlation Analysis of Happiness, Life Satisfaction, Academic Performance, and Addiction to Mobile Phones.

Data was examined via the use of descriptive statistics, t-value, correlational analysis. The next section provides a quick overview of the findings collected on these variables.

Table 9: Sample description

Adolescents	Government		Private		Total
	Male	Female	Male	Female	
Arts stream	20	20	20	20	80
Science stream	20	20	20	20	80
Commerce stream	20	20	20	20	80
Total	60	60	60	60	240
Grand total	120		120		

Results for both male and female high school students are presented in Section A, which deals with assessments of mobile phone addiction. According to the results table, there is a higher prevalence of addiction among male teenagers compared to female pupils. It shows that public school students are more knowledgeable about mental illness but have more broad views, while private school students are more likely to seek out scientifically appropriate material. Despite men's long-established dominance in the scientific disciplines, women seem to outperform males in a variety of fields, including language, the arts, and others (Workman and Heyder, 2020) ^[12]. It is worth mentioning that You and Sharkey (2012) ^[7] point out that women's greater academic success in elementary and higher education is not due to their enrolment in easier courses or programs, but rather to their holistic capabilities in education.

Conclusion

The scientists are hopeful that this scale will be used effectively for assessing neighborhood areas for smartphone addiction, conducting more research, and evaluating treatment success. The results of this research show that compared to their private school counterparts, the academic performance of public-school teenagers is inferior. The researcher has examined the prevalence of mobile phone addiction among high school students majoring in the arts, sciences, and commerce. Future research should involve individuals from other parts of Rajasthan state in order to generalize the results of this study. Adolescents majoring in the arts, sciences, and commerce were shown to have a negative association between mobile addiction and mental health, life satisfaction, and academic success

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