



Mobile phone addiction in relation to anxiety

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Abstract

Mobile phones have become a vital part of every human's daily life. The usage of mobile phones by humans has resulted both in boon and bane for the individuals. Many people suffer from psychological problems because of over usage of mobile phones. Therefore, the present study was conducted to see the level of addiction for mobile phones and the relationship between such addiction and anxiety.

A sample of 100 Ph.D. research scholar students (male-70, female-30) were selected through purposive sampling techniques from Aligarh Muslim University. Data was collected by administering Mobile Phone Addiction Scale (MPAS) and Beck's Anxiety Inventory (BAI). Results indicated that there is an overall positive relationship between mobile phone addiction and anxiety though the relationship is not very strong. The addiction among male scholars was found to be moderate while that of female scholars was found to be high.

Keywords: mobile phone, relation, anxiety

Introduction

With the wide spread and high penetration of mobile phones, mobile phones are used at anytime, anyplace and by everyone, to do their work, in case of emergency, social networking with friends, have fun, and even to express one's self. Mobile phones were developed for the ease and comfort, prosperity, security and for benefit of people. Mobile phones have become a vital part or one must say one of the essential part of an individual's life whether talking about youth, adolescent or adult; everyone is so into the mobile phone. It can be said in another way that this world is made by God for every single living organisms and "WE" humans carry our own world in a small handy gadget.

There is an old saying that everything has two faces-good and bad, so does the mobile phone. Using mobile phone is not bad but excess use of everything is bad. Merely a contemporary age fancy smart phone does not form the part of the definition of mobile phones. Simple mobile phones are enveloped in the definition as well since we all are aware that the advent of cellular phone came with the simple mobile phones. Evidently people using simple phones are also found to be addicted to them, which can be backed by the fact that they turn restless and frustrated if they seem to have lost or misplaced them.

The statistics shows the number of mobile phones users in India from 2013-2019, for the year 2017 the number of mobile phone users in India is expected to rise to 730.7 million (Wikipedia).

Mobile phones are the most approachable way for using internet on the run basis. The number of mobile internet users in India has reached 371 million by June, 2016. It is estimated that India will have over 500 million mobile internet users by 2017 (Wikipedia).

Hong FY, Chiu SI, Huang DH (2012) [2] explored that mobile

phones are popular among university students because they are interested in increasing their social communication and expand their opportunities for establishing social relationships. A study of smart phone users by Internet and Mobile Association of India and Times Internet Limited has found that smart phones users spend nearly 72% of their time to access online contents while merely 15% of their time is spent on making voice calls.

The excess use of mobile phones or spending most of time on the mobile phones has a very negative impact on both person's mental health and social health. The excessive use of mobile phones has developed a new kind of addiction among individual's known as Mobile phone addiction. And believe me this addiction is no worse than other different kinds of addiction. Addiction is considered by World Health Organization (WHO) as, "dependence, as the continuous use of something for the sake of relief, comfort or stimulation, which often causes craving when it is absent. For instance, I would like to refresh our memory by pointing one very simple and common day to day situation seen in University going students and even in school going students- when it comes to University students every one of us has seen this that after every class that means when a particular class gets over, every single student takes out his/her mobile phone and checks whether there is any miss call or any message and this particular act is the very first thing done by them as soon as teacher leaves the classroom. Now coming to school going students, after reaching home the first thing done by them is to check their mobile phones.

University of Illinois, psychology professor Alejandro Lleras found that mobile device addiction is associated with depression and anxiety. "People who self-described as having really addictive style behaviors towards the internet and cell

phones scored much higher on depression and anxiety scales,” Lleras said.

According to Peele (1985), any extreme form of behavior is addictive. However, the term addiction has moved a long way behind the substance abuse and have accommodated several psychological addiction such as compulsive gambling (Griffihs, 1990), video game playing (Keepers, 1990), exercise (Morgan, 1979), Love relationships (Peele and Brodsky, 1975). Most of the researchers explicate that psychological addiction especially media addiction stems from the perceived need that emerges from psychological and social needs. Besides, research works of several researchers as Park (2005), Moseley (2002), Fortunati (2002), and Hulme and Peters (2001) points to the direction that the transformative technology of mobile phones usage is heading towards an object of addiction.

Therefore, through this study, an attempt has been made to identify mobile phone dependence or addiction in University students and to see the relationship between mobile phone addiction and anxiety among those students.

Significance of the Study

The significance of this study is to see the level of mobile phone addiction in University going students of a particular grade and also to see the relationship between mobile phone addiction and anxiety.

Hypothesis

- H1.** To see the relationship between mobile phone addiction and anxiety.
- H2.** To identify the level of mobile phone addiction.

Methodology

Sample

Present study was conducted on 100 Ph.D. Research Scholars (Male-70, Female-30), who were selected through purposive sampling technique from Aligarh Muslim University (AMU).

Tool

Mobile phone addiction scale (MPAS)

Mobile phone addiction scale is developed by Dr. A. Velayudhan and Dr. S. Srividya. It is a questionnaire of 37 item scale which is a five point Likert scale that ranges from Strongly Agree (5 points), Agree (4 points), Uncertain (3 points), Disagree (2 points), and Strongly Disagree (1 point). The Cronbach Alpha coefficient was found to be 0.89 which is quiet satisfactory.

Beck’s anxiety inventory (BAI)

The Beck’s Anxiety Inventory (BAI) is created by Aaron T. Beck and other colleagues, is a 21 question multiple choice self-report inventory that is used for measuring the severity of anxiety in children and adults. Several studies have found out the Beck Anxiety Inventory to be an accurate measure of anxiety symptoms in children and adults.

Procedure

As the sample was taken for the study from University students, so it was quiet easy to reach to the sample. As the sample for the study were 100 Ph.D. Research Scholars so

reaching them was quiet easy but it was bit difficult to convince them to be a part of research work as they too were very busy towards their work. First proper rapport was developed between the researcher and the participants. The motive of the research was properly explained to them. Their queries regarding the research were properly dealt with and most importantly it was made sure to them that their identity will be kept completely confidential and the response that they will give for the questions were neither wrong nor right, the answers will be completely used for the research purpose and will not be tampered or misused.

Both the questionnaires were given to the participants together and were asked to fill the questionnaire according to the instructions given. The questionnaires were made to fill in front of the researcher. After the participants have completed the questionnaires they were thanked for participating in the research as their involvement was the essential part of the research.

Data analysis

In the present study the data was analyzed using Pearson correlation co-efficient analysis to find out the relationship between mobile phone addiction and anxiety. Percentile was calculated to find out the level the mobile phone addiction. The result for the present study was obtained by using SPSS software.

Result

Table 1: Showing overall relationship between Mobile phone addiction and Anxiety.

Variables	N	Mean	S.D.	R-value
Mobile Phone Addiction	100	107.96	15.589	.293
Anxiety		21.12	7.863	

Table 1, shows the overall relationship between mobile phone addiction and anxiety. The results indicates that mobile phone addiction and anxiety are positively co-related to each other, i.e., higher the mobile phone addiction, higher will be the anxiety in the participants.

Table 2: Showing relationship between Mobile phone addiction and Anxiety in Male Ph.D. students.

Variable	N	Mean	S.D.	R-value
Mobile Phone Addiction	70	110.43	13.861	.718
Anxiety		22.24	8.215	

Table 2, shows the relationship between mobile phone addiction and anxiety in male Ph.D. students. The result indicates that there is a positive significant co-relation between mobile phone addiction and anxiety in male students.

Table 3: Showing relationship between Mobile phone addiction and Anxiety in Female Ph.D. students.

Variables	N	Mean	S.D.	R-Value
Mobile Phone Addiction	30	102.20	17.984	.110
Anxiety		18.50	6.350	

Table 3, shows the relationship between mobile phone

addiction and anxiety among female Ph.D. students. The result indicates positive relationship in female students though it is not very strong.

Table 4: Indicates the level of Mobile phone addiction in Ph.D. students.

Variables	N	Percentile (75 th percentiles)
Male	70	119.25 (Moderate)
Female	30	114.50 (High)

Table 4, indicates the level of mobile phone addiction among 100 Ph.D. students (male-70, female-30). The level of mobile phone addiction was found through calculating the Percentile for each group (male and female). The result indicates that male Ph.D. students have moderate level of addiction towards their mobile phones and in female Ph.D. students the addiction level was high.

Discussion

Results indicate that there is an overall positive relationship between mobile phone addiction and anxiety though the relationship is not very strong. There is a strong positive correlation between mobile phone addiction and anxiety in male students. And a positive relationship is seen between mobile phone addiction and anxiety in female students though the relationship is not very strong. Therefore, the hypothesis (H1) is accepted. The level of addiction seen in 100 Ph.D. students is found to be moderate for male scholars and high for female scholars.

Conclusion

Hence, it can be concluded that addiction to mobile phones do play a part, though not a very significant one (as it can be seen in this research), but in being one of the reasons behind anxiety.

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