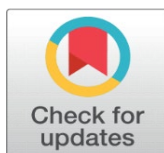


SMARTPHONE ADDICTION AMONG UNDERGRADUATE GIRLS STUDENTS OF GOVERNMENT COLLEGES

Dr. Hijam Ranakumari Devi ¹, Dr. Naorem Norjit Meitei ²

¹ Assistant Professor, Department of Education, Waikhom Mani Girls' College, Thoubal, India

² Assistant Professor, Department of Education, Nambol L. Sanoi College, Nambol, India



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ABSTRACT

The present study attempts to investigate on smartphone addiction among the girl students who are undergoing undergraduate course in government colleges of Thoubal district affiliated to Manipur University. The objective of the study is to study smartphone addiction of undergraduate girl students of government colleges with respect to subject stream and semester. In this study, the investigator has adopted descriptive method as method of the study. The investigator selected 265 undergraduate girl students of government colleges 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 exists an average level of smartphone addiction among the undergraduate girl students of government colleges in Thoubal district.

Keywords: Addiction, Undergraduate Student, Smartphone

1. INTRODUCTION

Now a day, smartphone is one of the important tools of information and communication technology which is very useful on various sphere of life. Life without smartphone is considered as meaningless and ignorance. But the use of smartphone has both positive and negative impact to us on the basis of the nature of uses. Overused or smartphone addiction among the students is also one of the important issues which affect the academic as well as whole life of the student. There is need of the consideration for the proper use of smartphone by the students. Indeed, smartphone has both positive and negative impact on academic progress of the students depending on the nature, and purposes of uses. If the smartphone is misused, it gives negative impact on the academic progress of the students. Therefore, there is need of conducting various study related to smartphone uses of the students such smartphone addiction among the students, impact of smartphone on academic achievement of the students and make suggestion for misused of smartphone by the students. The present study attempts to study the smartphone addiction among undergraduate girl students of government colleges in Thoubal district.

2. 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. 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

3. SIGNIFICANT OF THE STUDY

The study of smartphone addiction gives a significant impact to the teachers, parents and other stake holders for bringing better academic progress of the students. The study can easily check out whether the students are using or handling properly smartphone or misused and overused which effects on their academic progress. The study also helps the teacher and parents for providing effective awareness and developing positive attitude and values of smartphone uses by pointing out the positive and negative impact of the smartphone uses. It is very useful to the teachers for adopting suitable and appropriate methods, techniques and strategies of teaching to the students who are affected by smartphone addiction or overuse. The study is so useful for bringing proper academic atmosphere in the educational institution as well as at home by suggesting the value of proper use of smartphone and harmful of misused and overused of smartphone to the students.

3.1. OBJECTIVE OF THE STUDY

- 1) To study the level of smartphone addiction among undergraduate girl students of Government colleges in Thoubal district.
- 2) To find out the significant different among the smartphone addiction of undergraduate girl students of Government colleges in Thoubal district with respect to semester and subject stream.

3.2. HYPOTHESES OF THE STUDY

- 1) There exists an average level of smartphone addiction among undergraduate girl students of Government colleges in Thoubal District.
- 2) There is a significant difference on the level of smartphone addiction among the undergraduate girl students of Government colleges in Thoubal District with respect to semester and subject stream.

4. METHOD USED

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

4.1. POPULATION AND SAMPLE

The population of the present study is confined to all the girl students who are undergoing undergraduate course under four government colleges in Thoubal District affiliated to Manipur University. The investigator has selected 265 girl students who are undergoing undergraduate degree in four government colleges in Thoubal District 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
1	Lilong Haoreibi College, Ushoipokpi Lilong	1976
2	Thoubal College, Thoubal	1963
3	Waikhom Mani Girls college, Thoubal	1980
4	Y.K. College, Wangjing	1972

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

5. 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.

6. DELIMITATION OF THE STUDY

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

7. RESULT AND DISCUSSION

Hypothesis 1: There exist an average level of smartphone addiction among the undergraduate girl students of government colleges in Thoubal District.

Sl. No.	Score	N	Mean	Standard Deviation
1.	Raw Score	265	64.1509	14.68172
2.	Z-Score	265	0.000	1.000

The above Table indicates the overall smartphone addiction score of undergraduate girl students of Government colleges in Thoubal district. The mean and standard deviation of total smartphone addiction scores are 64.1509 and

14.68172 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 undergraduate girl 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 undergraduate girl students of government colleges in Thoubal district with respect to subject Stream.

Variables	N	Mean	S.D.	DF	t-value	p-value	SE _D	Result
Arts	168	61.1667	13.96731	263	4.511	0.000	1.80716	Significant
Science	97	69.3196	14.51978					

The above Table indicates the level of smartphone addiction among the undergraduate girl students of government colleges in Thoubal district with respect to subject stream. The mean and standard deviation of smartphone addiction score of arts girl students are 61.1667 and 13.96731 respectively. Again, the mean and standard of smartphone addiction score of the science girl students are 69.3196 and 14.51978 respectively. The calculated t value of between the male and female college students is 4.511 with a degree of freedom 263 and significant at 0.000 which is less than 0.05 significant level (p-value < 0.05 level). Hence, there is a significant difference between the levels of smartphone addiction among the undergraduate girl students of government colleges in Thoubal district with respect to subject stream. Hence, the hypothesis is accepted.

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

Semester	Sum of Squares	Df	Mean Square	F	p-value	Level of Significance
Between Groups	1915.004	2	957.502	4.562	0.011	Significant
Within Groups	54990.958	262	209.889			
Total	56905.962	264				

The above Table reveals the calculated F-value of the undergraduate girls' students of government colleges in Thoubal district with respect to semester. The calculated F-value of the smartphone addiction of undergraduate girl students is 4.562 with a degree of freedom 2 (between groups) and 262 (within-group) and significant at 0.011 level, which is less than 0.05 level. Hence, there is a significant difference between the smartphone addiction of undergraduate girl students of government colleges in Thoubal district with respect to variation of semester such as first semester, second semester and fifth semester.

8. MAIN FINDINGS OF THE STUDY

The main findings of the study are given as follows

- 1) The level of smartphone addiction among the undergraduate girl students of government colleges in Thoubal district, Manipur is average.
- 2) There is a significant differences between the levels of smartphone addiction among the undergraduate girl students of government colleges in Thoubal district with respect to subject stream variation.
- 3) There is a significant differences between the levels of smartphone addiction among the undergraduate girl students of government colleges in Thoubal district with respect to semester.

9. 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 hour 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 attempts to find out the level of smartphone addiction among the undergraduate girl students. The main findings of the study is that the level of smartphone addiction among the undergraduate girl students is average. Regarding the variation of subject stream, there is a significant difference between the levels of smartphone addiction among the undergraduate girl students. Again, there is a significant difference between the levels of smartphone addiction among the undergraduate girl students with respect to semester.

CONFLICT OF INTERESTS

None.

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