

Impact of Mobile Addiction on Youth in India

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Abstract: *This research paper aims to explore the impact of mobile addiction on youth. With the rapid advancement of technology and the widespread availability of mobile devices, young people have become increasingly dependent on their smartphones. This addiction not only affects their daily lives but also has profound implications for their physical and mental well-being. By examining existing literature and conducting surveys among a sample of young individuals, this study seeks to identify the various factors contributing to mobile addiction among youth. It will investigate how excessive use of mobile devices can lead to detrimental effects such as decreased academic performance, impaired social interactions, health-related disorders, and psychological issues.*

Furthermore, this research paper will analyze potential strategies for preventing or addressing mobile addiction among youth. Understanding the underlying causes and consequences is crucial in developing effective interventions that promote responsible usage habits and mitigate the negative impact on young people's lives. Ultimately, this study aims to raise awareness about the growing problem of mobile addiction among youth and provide insights into its consequences. By shedding light on this issue through empirical evidence and proposing feasible solutions, it is hoped that policymakers, educators, parents, and other stakeholders can better understand how to address this pressing concern effectively.

Keywords: Mobile addiction, youth, health-related disorders, mental well-being etc

I. INTRODUCTION

Mobile addiction among youth has become a pressing issue in today's digital era. With the increasing availability and accessibility of smartphones, young individuals have developed a strong dependency on their mobile devices. This addiction not only disrupts their daily lives but also poses significant implications for their physical and mental well-being.

The purpose of this research paper is to examine the impact of mobile addiction on youth and explore its consequences in various aspects of their lives. By reviewing existing literature and conducting surveys among a sample of young individuals, this study aims to identify the factors contributing to mobile addiction and understand its effects.

Several studies have highlighted the negative consequences associated with excessive smartphone use among youth. For instance, research suggests increased screen time decreases academic performance (Rosen et al., 2013). Excessive smartphone usage can distract students from focusing on their studies, resulting in lower grades and compromised educational outcomes.

Moreover, mobile addiction adversely affects social interactions among young people. Constantly being engrossed in their smartphones limits face-to-face communication, leading to feelings of isolation and loneliness (Elhai et al., 2017). This lack of interpersonal connections can have detrimental effects on youths' emotional well-being.

In addition to social implications, excessive smartphone use has been linked to various health-related disorders. Prolonged exposure to screens can lead to vision problems such as digital eye strain (Reddy et al., 2017). Furthermore, sedentary behavior associated with mobile addiction contributes to physical health issues like obesity (Lepp et al., 2014).

Mobile addiction also affects the psychological well-being of young individuals. Studies have shown associations between excessive smartphone use and symptoms of anxiety, depression, stress (Demirci et al., 2015), sleep disturbances (Exelmans & Van den Bulck, 2016), as well as decreased self-esteem and life satisfaction (Haug et al., 2015).

To address this growing concern effectively, it is crucial to understand the underlying causes leading to mobile addiction among youth. By exploring these causes comprehensively through empirical evidence from surveys conducted among young individuals regarding their smartphone usage habits, policymakers can formulate targeted strategies for prevention or intervention programs.

Research Objectives

- To explore the impact of mobile addiction on the physical health of youth.
- To unearth the impact of mobile addiction on the Mental health of youth.
- To reveal the impact of mobile addiction on the relationships of youth.
- To discover strategies for preventing mobile addiction among youth.

II. LITERATURE REVIEW

Mobile addiction among youth has emerged as a significant concern in recent years due to the widespread availability and usage of smartphones. Numerous studies have documented the adverse impact of excessive smartphone use on various aspects of young individuals' lives, including academic performance, social interactions, physical health, and psychological well-being.

Academic Performance

Research has indicated a negative correlation between mobile addiction and academic performance among students. A study by Rosen et al. (2013) found that high levels of smartphone use were associated with lower GPA scores among college students. The constant distractions and disruptions caused by smartphone notifications can impair students' ability to concentrate on their studies, leading to reduced academic achievement.

Social Interactions

Excessive smartphone use has been linked to decreased face-to-face social interactions and increased feelings of loneliness among young individuals. Elhai et al. (2017) conducted a study revealing that higher levels of mobile phone dependence were associated with greater social anxiety and lower perceived social support. The prevalence of virtual interactions through social media platforms often replaces meaningful real-life connections, impacting youths' overall sense of belongingness.

Physical Health

Prolonged screen time from excessive mobile phone usage can contribute to various physical health issues among youth. Reddy et al. (2017) highlighted the association between digital eye strain and prolonged exposure to screens, which can lead to discomfort in vision and other ocular symptoms. Additionally, sedentary behavior resulting from excessive smartphone use has been linked to an increased risk of obesity in young individuals (Lepp et al., 2014).

Psychological Well-being

Studies have consistently shown that mobile addiction is correlated with negative psychological outcomes such as anxiety, depression, stress, sleep disturbances, decreased self-esteem, and diminished life satisfaction. Demirciet al.(2015) found that high levels of smartphone addiction were associated with elevated symptoms of anxiety, depression, and stress among adolescents.

Similarly, Exelmans & Van den Bulck (2016) reported that problematic mobile phone use was linked with poor sleep quality. Moreover, Haug et al. (2015) identified a negative association between excessive smartphone use and reduced self-esteem and life satisfaction.

According to Jahagirdar et al. (2021), globally, mobile addiction becomes a problem for public health. In developing nations with younger populations, like India, it has been increasingly visible. The current study simply demonstrates how common smartphone addiction is among young medical students, which is concerning. The Diagnostic and Statistical Manual of Mental Disorders might include mobile addiction, just like it could any other behavioral addiction

(DSM-V). Standardized instruments for early detection and suitable therapy for treating mobile addiction can be the subject of more research.

III. METHODOLOGY

In this research paper, the researchers used both primary and secondary data. The primary data was collected using questionnaires and interviews to derive findings and conclusions. The questionnaire was sent to 115 respondents but received the response from 62 respondents only. In addition to this, face-to-face structured interviews were taken from 36 candidates. Thus, overall primary data was collected from 98 candidates, of whom 41 were women and the remaining 57 were male. The data was collected from candidates having age belonging to the range of 18 to 30 years. The secondary data is used for building a theoretical background and is collected from various journals mentioned in the reference section.

IV. FINDINGS

1. When asked about how many hours respondents spend on a mobile phone?

The majority (33%) of youths mentioned that they spend 4-6 hours on mobile phones on a regular basis.

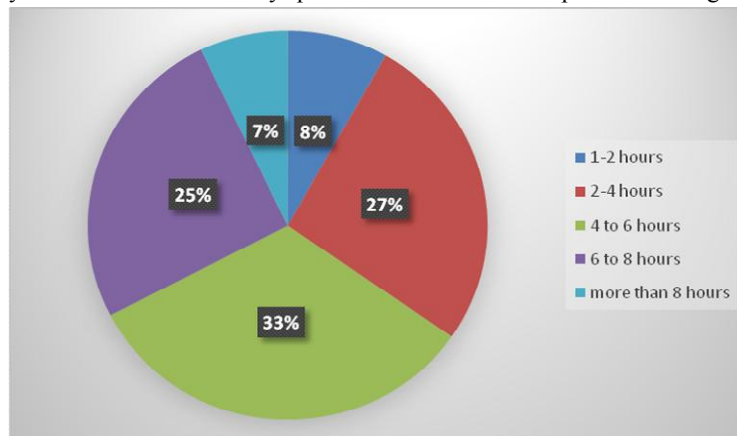


Fig. Number of hours youth spend on mobile phone

27% of youths said that they spend 2-4 hours on mobile phones daily. Moreover, 25% of respondents said that they use mobile phones for 6 to 8 hours. Furthermore, 7% of youth said that they use mobile phones for more than 8 hours. The remaining 8% of youths said that they use mobile phones for 1 to 2 hours.

2. When asked about “how many times do you check your mobile phone?”

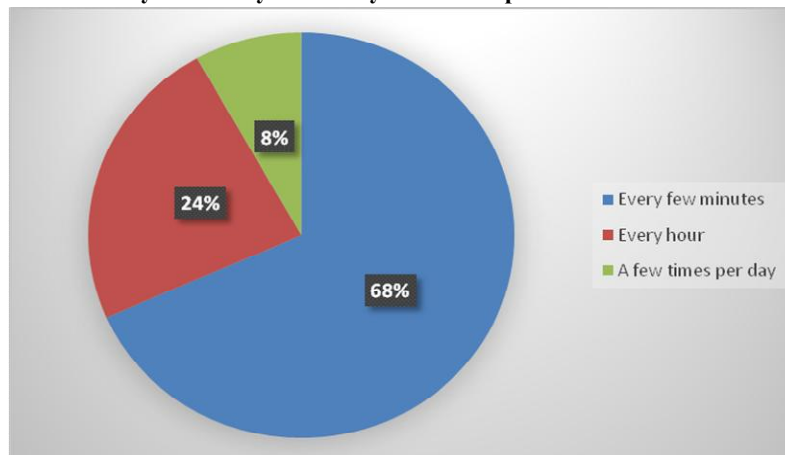


Fig. Frequency of checking mobile phones?

Surprisingly, 68% of respondents admitted that they check their mobile phones every few minutes whereas 24% of respondents said that they check their mobile phones every hour. Furthermore, only 8% of respondents said that they check their mobile phones a few times per day.

3. The next question in the questionnaire is about which kind of activity users engage in on their mobile phones,

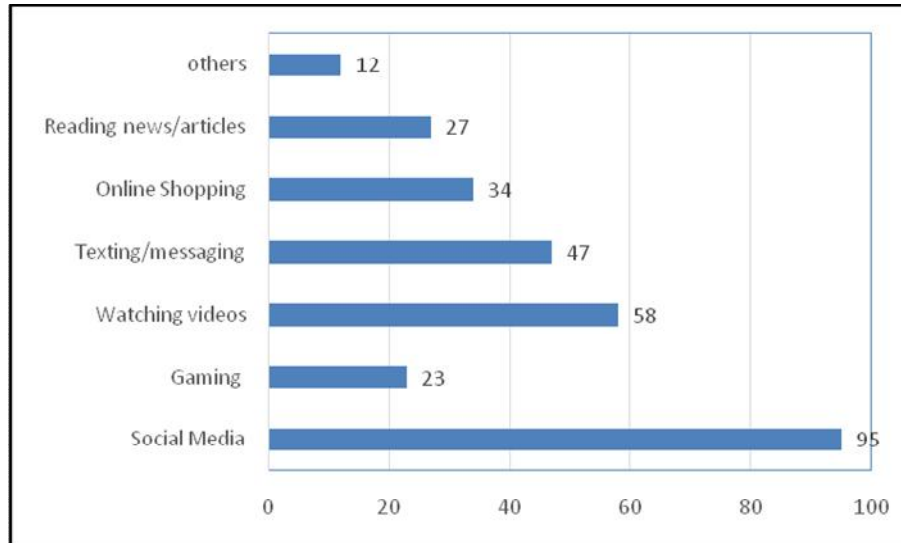


Fig. Usage of mobile phones

As shown in the above chart majority of respondents use their mobile phones for social media followed by videos, messaging, and online shopping.

4. It is found that most of the respondents do not have any fixed time for mobile usage they use it any time. When asked about whether they use mobile phones during meals or social gatherings, 74% of respondents said yes.

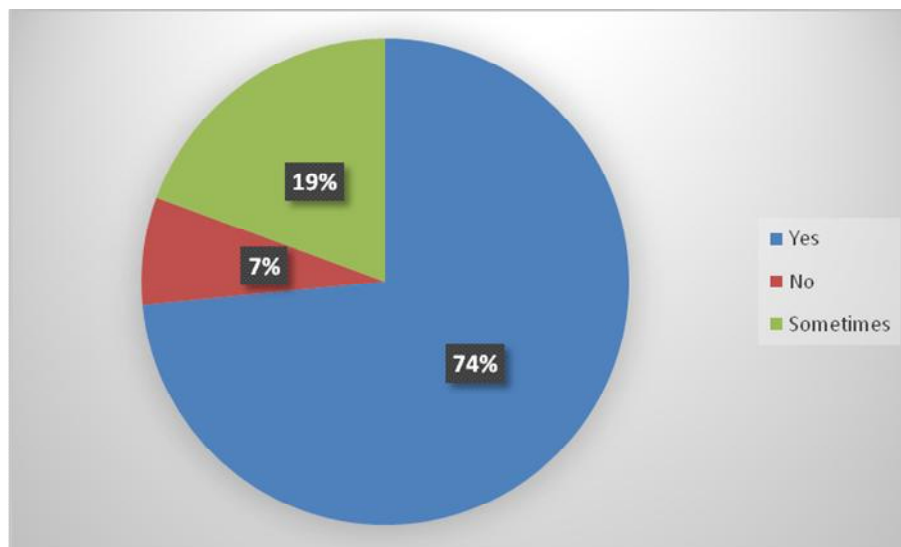


Fig. Usage of mobile phone during meals or social gathering

19% of respondents said that they sometimes use mobile phones during meals or social gatherings whereas 7% of respondents said that they do not use mobile phones during meals or gatherings.

5. While answering the question “Have you often experienced physical discomfort (e.g., eye strain, headaches) due to excessive mobile phone usage?” 57% of respondents say very often they suffer from physical discomfort, while 23% of respondents said that they sometimes suffer from physical discomfort.

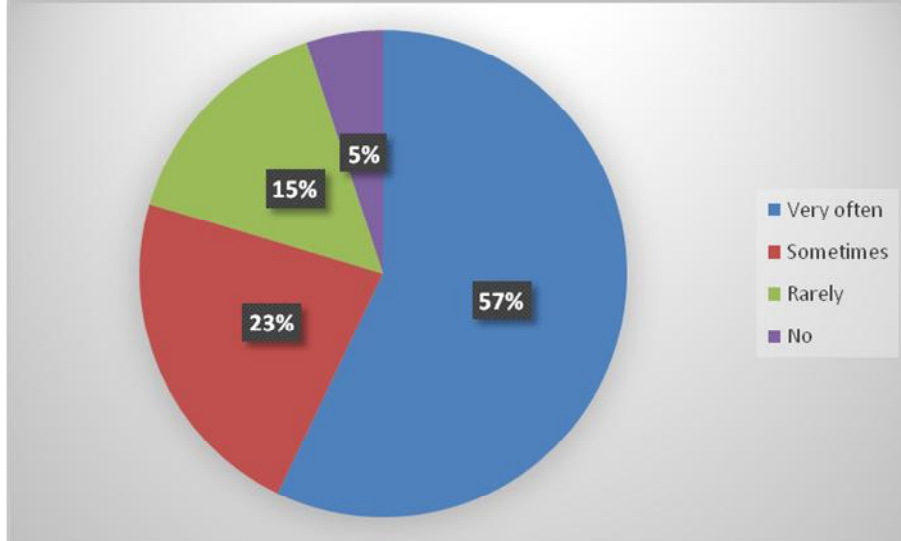


Fig. Physical discomfort due to excessive mobile phone usage.

15% of the respondents said that they rarely suffer from physical discomfort and 5% said that they do not suffer from physical discomfort.

6. When asked about different types of physical discomfort respondents face due to excessive use of mobile phones –

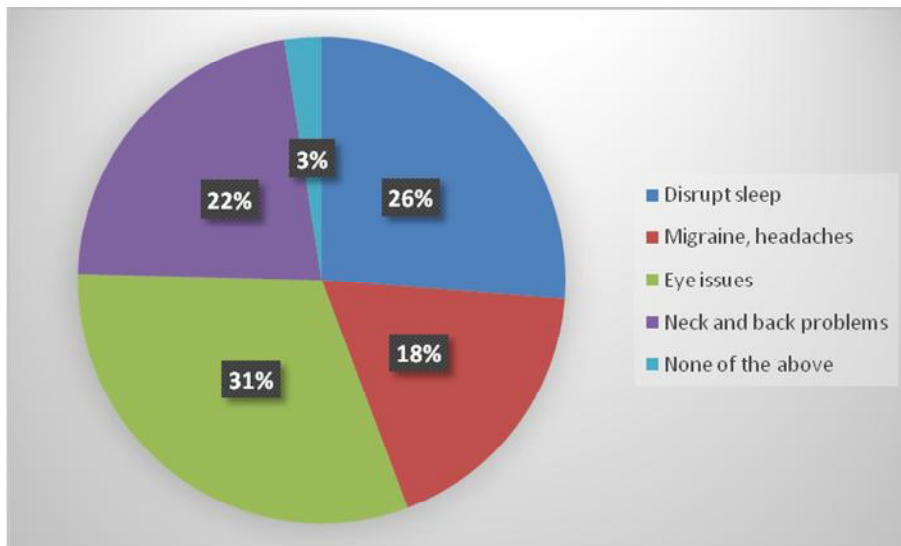


Fig. types of physical discomfort users faces due to usage of mobile phones.

31% of respondents admit that they suffered from eye issues such as pain, dryness, and vision problems. 26% of respondents said that they often suffer from sleep problems due to excessive use of mobile phones. 22% of respondents admitted that they often suffer from Neck and Back problems whereas 18% of respondents said that they suffer from Migraine and headaches issue. Only 3% of respondents admitted that they have no problem with the use of mobile phones.

7. In the next question, respondents were asked whether “they tried to reduce mobile phone usage without success?”

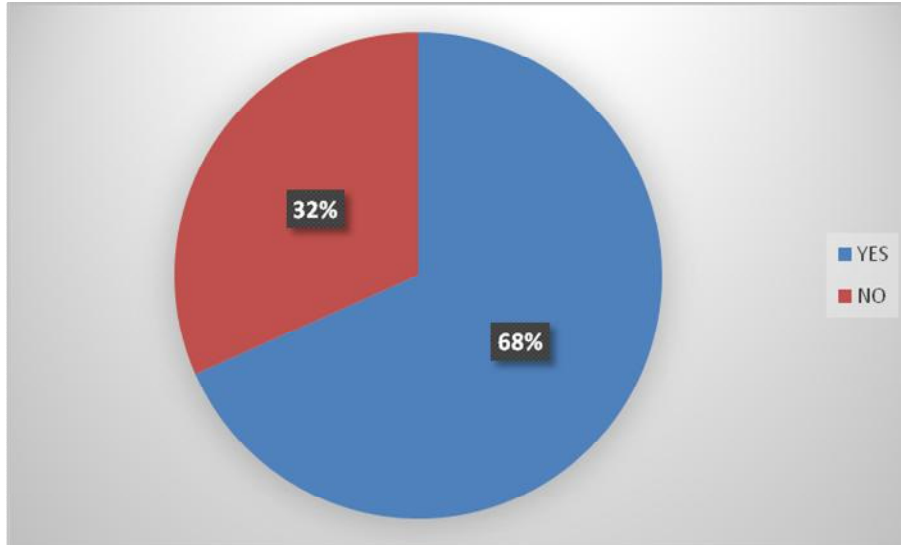


Fig. Efforts to reduce mobile phone usage without success.

68% of respondents admitted that they tried to reduce mobile phone usage without success whereas 32% did not try.

8. In response to the question, “Has excessive use of the mobile phone affected your academic/work performance negatively?” 80% of the respondents answered yes.

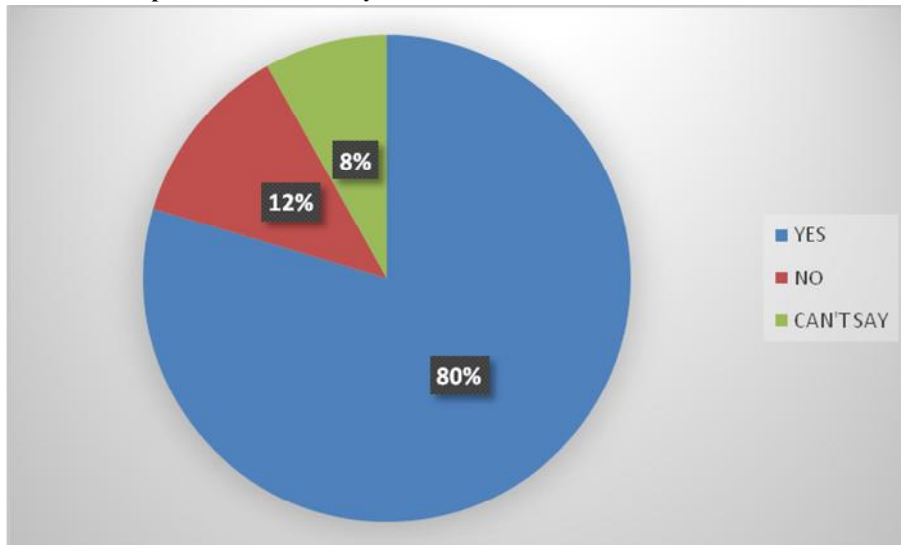


Fig. Effect of mobile phone usage on academic/work performance

12% of the respondents said that usage of mobile phones did not affect their academic/work performance negatively while 8% respondents were unable to answer this question in yes or no.

9. When interrogated regarding, “Which of the symptoms do you often experience?” the respondents gave the answers as shown in the following chart.

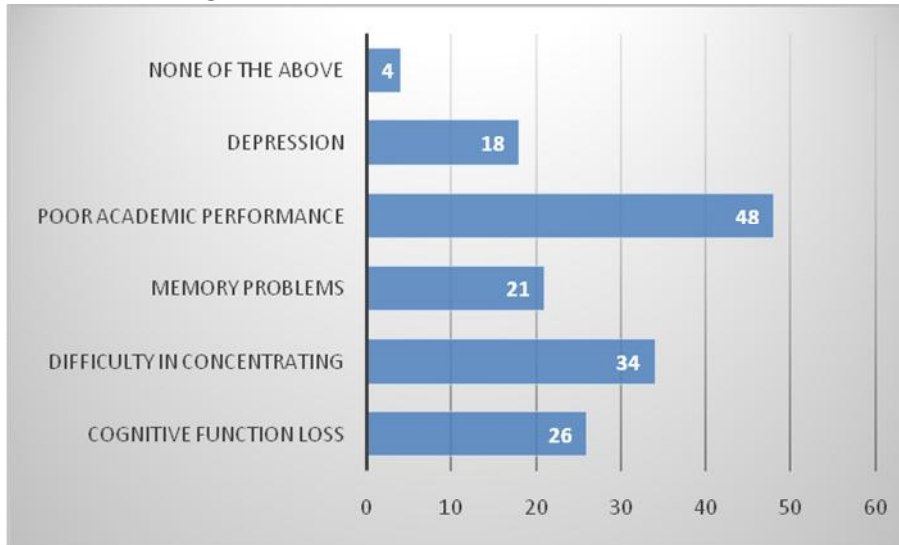


Fig. Effect of mobile phone usage on mental health

10. When questioned “Excessive use of the mobile phone has affected your relationships with friends and family?” 66% of respondents said YES while 34% of respondents said NO.

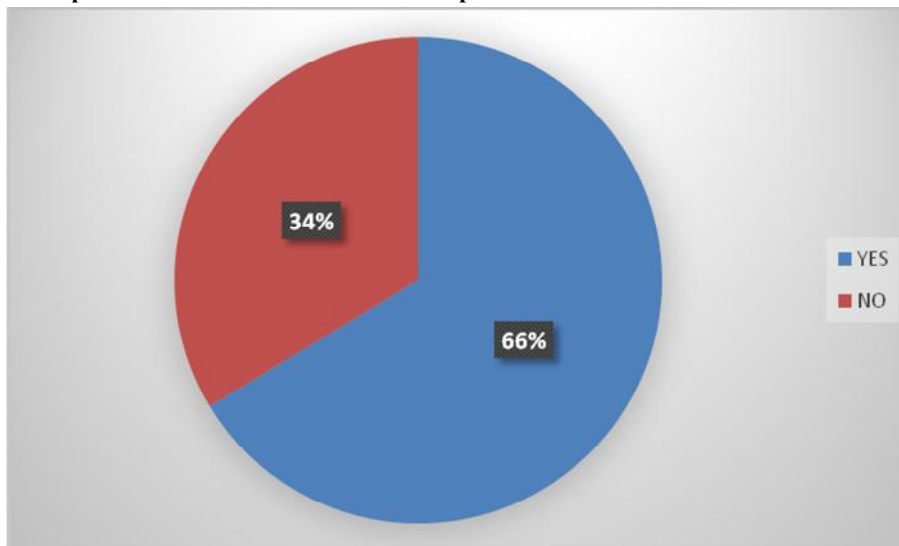


Fig. Negative effect on relationship with friends and family

**11. In response to the question “Do you refrain from social gatherings or relatives and friends?
“ 48% of respondents said yes.**

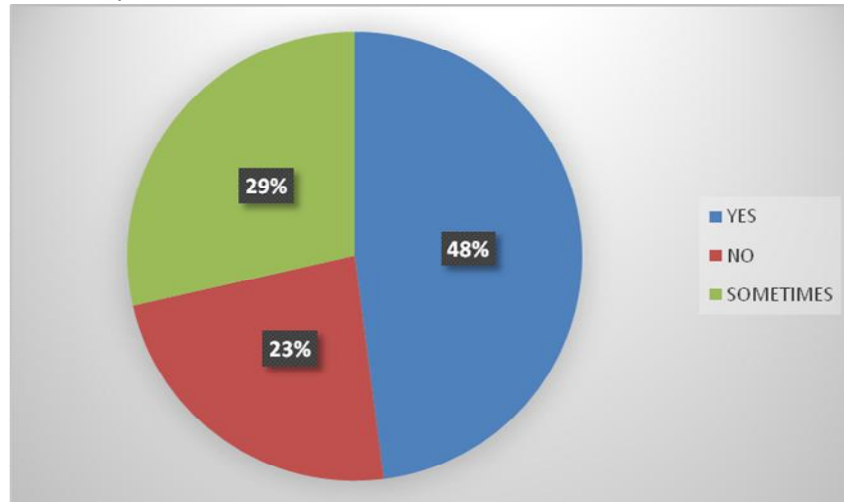


Fig. Isolation due to mobile phone usage

Whereas 29% of respondents answered NO while the remaining 23% of respondents said sometimes.

V. CONCLUSION

It is found that in current times most individuals have become addicted to mobile phones. The individual may become anxious or irritable when their mobile phone is taken away, as they may feel a sense of loss or disconnection.

Excessive use of mobile phones can lead to physical health problems such as eye strain, headaches, neck and back pain, and the like. Spending too much time on a mobile phone can contribute to increased stress, anxiety, and depression. It may also lead to difficulty concentrating and sleeping problems.

Excessive use of mobile phones can lead to social isolation as individuals may spend more time interacting with their devices than with real-life friends and family members. Constantly checking the phone for notifications or using it for non-essential tasks can decrease productivity at work or school. It also negatively impacts relationships as it can lead to decreased face-to-face communication and attention.

Overall, excessive mobile phone usage can have detrimental effects on an individual's physical health, mental well-being, social life, productivity, relationships, and overall quality of life if not managed appropriately.

It is important that,an individual need to admit that he or she is mobile addicted and aware of its negative impact on physical, mental, and social life. With the help of family members, teachers, parents or psychologists' addiction can be controlled. Ultimately willpower and proper guidance will help the youths to get rid of mobile addiction.

This research paper aims not only at raising awareness about the impact of mobile addiction on youth but also at providing insights into its consequences across different domains such as academics, social interactions, physical health, and psychological well-being. By understanding these impacts thoroughly through scientific research, policymakers, educators, parents, and other stakeholders can work together toward developing effective interventions that promote responsible usage habits and mitigate potential negative repercussions for our younger generation.

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