



RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTS OF EXCESSIVE USAGE OF MOBILE PHONES AMONG THE TEENAGERS OF DR D.Y.PATIL COLLEGE OF NURSING, PUNE

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ABSTRACT

Background: - The world is a comprehensive cyber community that has been connected by a network of wired and wireless devices through the world wide web (WWW). Today most of us have secured a room in cyber space by having email accounts, doing online transaction and through e-learning. All these online activities can be performed through both wired and wireless devices. The only device in the list that can be embedded several gadgets together is a mobile phone. **Aims and objectives:** - The present study was designed to assess the physical, social, and psychological effects of excessive usage of mobile phones in teenagers. **Materials and Methods:** A Descriptive research design was used for the study. In this study convenient sampling technique was adopted to draw the samples. The investigator has selected 60 students of D. Y. Patil college of Nursing; Pune In this study, the investigator used structured Rating scale to assess the effects of excessive usage of mobile phones. **Results:** According to the study the female teenagers has more severe physical effects i.e 30% which is less in male teenagers i.e 10%. But male teenager's faces more moderate physical effects i.e 8% than female teenagers i.e 5%. The female teenagers suffer mild physical effects i.e 13% more than male teenagers i.e 4%. According to study female teenagers have more mild social and psychological effects i.e 28% than male teenagers i.e 12%. But in male teenagers the moderate social and psychological effects are more i.e 6%, than in female teenagers i.e 4% and female teenagers has more severe social and psychological effects 16% than in male teenagers i.e 4%. **Conclusion:** The study showed that both male and female teenagers are facing the physical, social and psychological effects of mobile phones.

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INTRODUCTION

With the growing number of gadgets embedded in modern mobile phones (particularly 3G and 4G phones) such as the MP3, Internet, camera (still video) TV and the decrease in the size and the price of such devices, mobile phones have become omnipresent. The mobile phones are an anytime and anywhere tool, boosting the tendency to do things discreetly as well as openly. The internet has removed geographical boundaries and so have mobile phones that have blurred the borders between public and private lives. It is very common to see people talking about personal issues whilst using mobile phones in front of strangers and also using the same inaudibly (such as text messaging) in the presence of their families and friends. The fact is with the use of cell phones, people sometimes lose the capacity to manage the boundaries between appropriate and inappropriate usage. This means that cell phones have not only blurred the boundaries of lives but have also shifted the borders of usage¹. Performance excessive usage of mobile phones due to ethnic background has been seen in migrant students. Some mobile phone users exhibit problematic behaviors related to substance use disorders (Richard, 1999) The age group of 25-34 is found to have the highest Smartphone usage rate of 62%. 50% of Android Smartphone's and 43% of Apple iPhone users are younger than 34 years. 53% of Smartphone users are male and 47% are female. Indian teens are currently driving Smartphone's market in India The age group of 16-18 years using Smartphone's have shown a rapid rise from 5% in 2012-25% in early 2014. Recently in 2013, there were around "51 million" Smartphone users in Urban India and rate of rise from year 2012 was (90%). A research conducted by concluded that the differences due to age and gender do not appear to be particularly significant; most significant differences appear to be due to the mobile devices used or technologies available. For example, the use or not of certain technologies like social networking among students is high compared to downloading podcast or searching for answers during examinations; or the use of

laptops/notebooks and iPads/tablets. In their study titled “Smartphones: Fulfilling the Need for Immediacy in Everyday Life, but at What Cost?” Stressed that smartphones fulfil the demand for immediate access to social worlds.

They conducted focus groups of college students to explore their perceptions and attitudes regarding uses and abuses of Smartphone technology. Overall, respondents believe more negatives than positives exist and the powerful positive of “being in the loop” keeps them “attached” to their devices⁴

STATEMENT OF PROBLEM

A study to assess the effects of excessive usage of mobile phones among the teenagers of Dr D.Y.Patil college of Nursing, Pune

Objectives of the study

- To find the effects of excessive use of mobile phones over the teenagers
- To find the association of effect of excessive use of mobile with demographic variables

Hypotheses

It will be tested at 0.05 level of significance

H1: College students’ Smartphone addiction has significant differences in some demographic variables.

H2: There are differences between addicted and non-addicted college student Smartphone-users which are visible in the basic conditions of their Smartphone usage, such as mobile phone usage time.

H3: There is a significant positive correlation between smartphone addiction and interaction anxiousness.

MATERIAL AND METHODS

Source of data: In this study the data will be collected from students of 1st year and 2nd year Bsc Nursing students from D.Y.Patil college of Nursing.

Research design: Descriptive research design was adopted for the study.

Setting of the study: This study has been conducted at D.Y.Patil college of Nursing, Pune.

Population: Population includes students of 1st year and 2nd year Bsc Nursing students from D.Y.Patil college of Nursing, Pune.

Sample: In this study, students of 1st year and 2nd year Bsc Nursing students, who fulfill the sampling criteria was selected as sample.

Sampling method: In this study convenient sampling technique was used.

Sample size: The sample size of this study is 60 students of 1st year and 2nd year Bsc Nursing students

Sampling Criteria

Inclusion criteria:

- Students from Nursing Stream

Exclusion criteria

- Students other than Nursing stream

Method of Data Collection

- Structured Rating scale was used for assessing the effects of excessive usage of mobile phones
- Demographic data was used to collect information from students regarding usage of mobile phones

RESULTS

Section 1

Table 1. Demographic data of Male & Female teenagers

N=60

Demographic variable	Frequency	Percentage
Age		
18-20	53	75.71%
21-22	7	10%
Gender		
Female	48	68.57%
Male	22	31.42%
Type of Family		
Nuclear Family	45	64.28%
Joint Family	15	21.42%
Type of Mobile Phone		
Android	43	61.42%
I-phone (IOS)	04	5.71%
Microsoft Windows	08	11.47%
Java phones	05	7.14%
Hours used per day		
2-4hrs	37	52.85%
5-7hrs	17	24.28%
8-10hrs	03	4.28%
11-13hrs	03	4.28%
More than 13 hrs	00	00%

The above table indicates the demographic data teenagers

Section –II

Table 2. Physical effects of excessive usage of mobile phones

SI NO	Physical effects of excessive usage of mobile phones in teenagers	Always (3)		Sometimes (2)		Never (1)	
		Frequency	%	Frequency	%	Frequency	%
1	Increased level of headache	16	22.85	30	42.85	24	34.28
2	Addiction to mobile phones	15	21.42	34	48.57	21	30%
3	Strain in eyes	21	30.00	26	37.14	23	32.85
4	Numbness in finger tips	07	10.00	21	30.00	40	57.14
5	Ear pain	12	17.14	23	32.85	35	50.00
6	Neck pain	05	07.14	38	54.28	23	32.85
7	Skipping meals	05	07.14	12	17.14	53	75.71
8	Brain storming	15	21.42	35	50.00	20	28.57
9	Restlessness	19	27.14	37	52.85	14	20.00
10	Lethargic	12	17.14	30	42.85	28	40.00

Section –IV

N=70

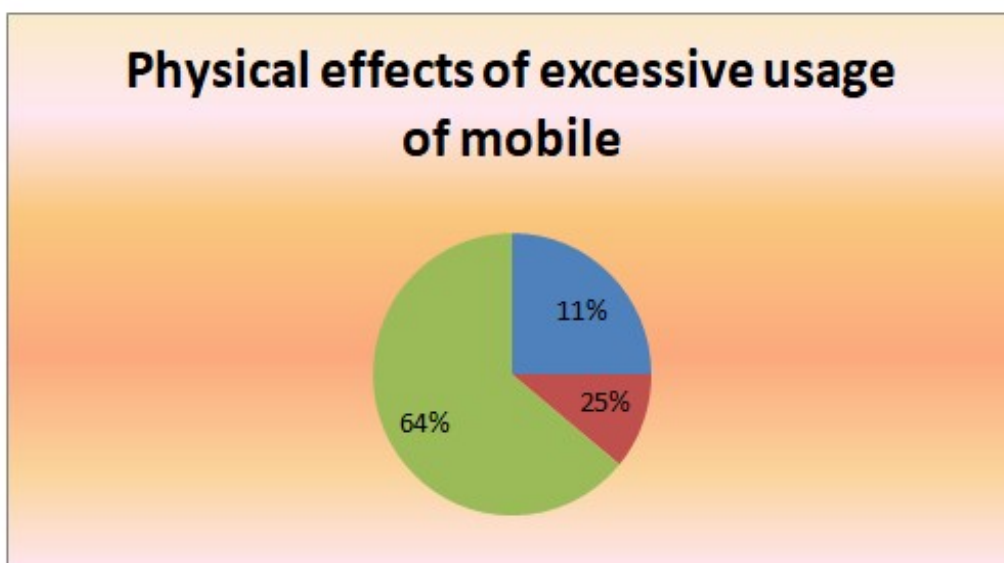


Figure 1. Physical effects of excessive usage of mobile phones in Teenagers

The above cone diagram represents mild has 25%, Moderate has 25% and severe has 64% respectively

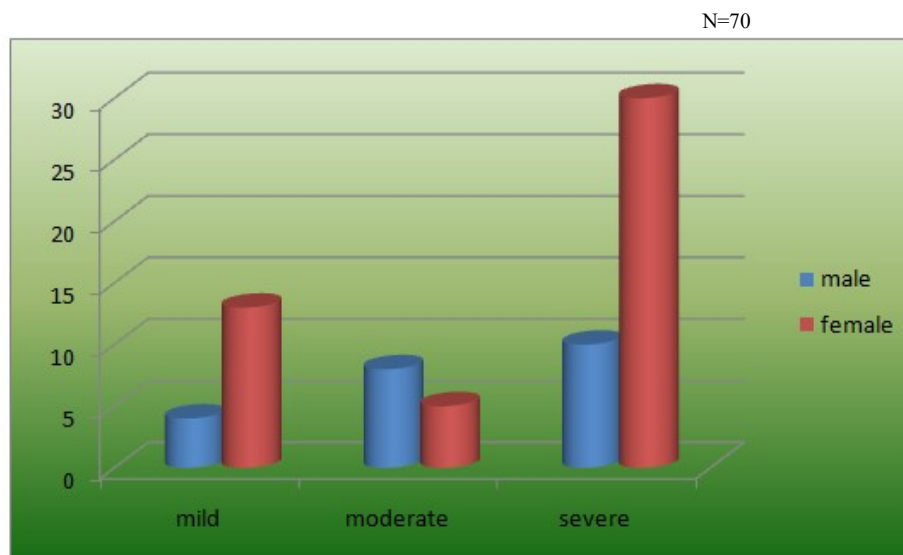


Figure 2. Comparison of Physical effects in male and Female Teenagers

Recommendation

Based on the study findings, the following recommendations were made for further study,

- A similar study can be carried out on large samples
- A similar study can be done in rural setting
- A comparative study can be done among professional & non-professional students
- A similar study can be done on large population using booklet information

CONCLUSION

The study showed that both male and female teenagers are facing the physical, social and psychological effects of mobile phones.

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