

Impact of Smartphone Addiction on Loneliness among Late Adolescents Studying at Selected Colleges of Vijayapur

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ABSTRACT

Introduction: Identification of the potential sources of Smartphone addiction and loneliness is very important in the present colleges. It provides opportunity to take various measures to prevent Smartphone addiction and loneliness among late adolescents in Nursing Colleges students.

The Young people especially tend to use Smartphone often to such an extent that many people believe that this usage amounts to addiction. Today it is common for individuals to be inseparable from their Smartphone's, as demonstrated by the latest data published from the Pew Research Centre in USA, which reports that Smartphone users 46% the users say 'I can't do anything without Smartphone.

Aims and Objectives: The objective of the study was to correlate between the Smartphone addiction and loneliness and to find out the association between Smartphone addiction & loneliness among late adolescents.

Materials and Methods: A correlative descriptive research design was used for the study. The Smartphone addiction and loneliness scale was used. The opinion was obtained from 100 B.Sc. Nursing and Diploma Nursing students followed

administration of Smartphone addiction scale and loneliness scale tools for the assessment.

Results: The results showed that the students had mild Smartphone addiction and mild loneliness among students. Majority of the students had mild addiction level score 0-17 (69%), moderately addicted students' scores is 18-34 (15%) and severely Smartphone addicted students scores is 35-52 (16%). Smartphone addiction score and loneliness score means are 35.85 and 28.91, median are 42 and 30.5 and SD 38.64 and 29.29 respectively. There is a positively correlation between level of Smartphone addiction and level loneliness ($r=0.99$).

Conclusion: Smartphone usage or using is normal for everybody to experience in some extent but too much Smartphone usage may cause harmful effects on student career, disturbance in the health it causes disturbance in the learning and it directly effects on the academic performance of the students.

Keywords: Assess, Smartphone addiction, Loneliness, UCLA.

INTRODUCTION

In addition to the features of a Smartphone is able to fulfill many of the functions of a

personal computer more specifically, these devices offer users the ability to send emails and text messages, watch videos, listen music, play games, check the news or weather, online shopping, making voice calls and video calls, and a variety of social media and along with many applications, they are also portable and can be connected to the internet from almost anywhere¹.

The use of the Smartphone affects the individual's daily works and school lives as well as social and family relationship. Furthermore, frequently checking the Smartphone's can results in mental and physical problems such as sleep disorders, anxiety, withdrawal, and low the academic performances then physical problems are reduction of physical activities develops the spinal cord deformities¹.

Loneliness is defined as a mood resulting from identity crises experienced during adolescence. Loneliness is experienced during this period, but not as a disorder. To relieve this loneliness adolescent actively access social media using Smartphone's which have been irreplaceable elements of our life. Particularly tend is preferring communication through mobile technology devices to face to face conversations¹.

The Griffiths describes technological addiction as a behavioral and non-chemical addiction that is created by interaction with device. The mobile phone addiction has been introduced as a type of technology related disorders in the 5th international classification of mental disorders. The reduced social relations and increased sense of loneliness are the likely outcomes of excessive mobile phone use. Loneliness is considered as one the strong predictors of mobile phone addiction. Excessive use of the mobile phone, by reducing the time allocated to social relations, can create a sense of loneliness. Since face-to-face communication usually reduces the sense of loneliness in individuals the extensive use of mobile phone, replacing real relationship, affects the sense of loneliness. In this regard, Mansoura at all have found a negative and significant relationship

between the senses of loneliness and have introduced mobile phone use as a reducing factor for loneliness².

Those who addicted to smartphone are those with lack of self-confidence, difficult to entwining social relation with others and consider they have to continuously contact with others. Smartphone addiction considered as a serious problem recently. Addicted is an uncontrolled and unhealthy habit. Griffiths emphasized that addiction is a behavior several consequences, such as loss control to the action. There are numbers of the students whose decrease their performances because of engaged with smartphone longer than to finish their school tasks³.

Loneliness is defined as perceived deficiencies in one's ongoing relationships in both number and quality. Such deficiencies occur when a person's network of relationships is either smaller or less satisfying than the person desires. Past studies have found a significant relationship between loneliness and deficits in social interaction, especially when talking to others. In addiction lonely people are more likely to be relationally incompetent, and as a result, they spend less time on social activities nut more time being alone. According to Woodward and Frank, adolescence is usually labeled as a time of loneliness, distress, alienation, and solitude. Research also concluded that loneliness is related to deviant drug and alcohol use, overeating, and even suicide. Loneliness has also been found to be significantly associated with internet addiction. Engelberg and sjoberg found that lonely people with poorer social skills tend have more frequent use of the internet⁴.

Nowadays internet has been the main requirement for the majority of people. The existence of internet facilitates people to easier their tasks such as to look for information, online shopping, internet banking, and any communication activities used internet. The speed growth of internet and high demand of internet access at anytime and anywhere make the headway of

technology. Recently the technology is able to combine two sophisticated technologies between hand phone and internet which is known as smartphone. One of the functions of smartphone is to easier peoples to communicate. Through communication people able to deliver message and information to others therefore they are able to interacting each other's³.

The Smartphone addiction is some whose used application on smartphone for more than 60 times per day. From 1.4 billion internet users as object of research 176 of them are smartphone addicted. Those numbers raised to 123% compare to the results in 2013 where only 79 million people addicted to smartphone with the range of age 13-17years old teenager about 25%, 18-24years old about 49%. This is supported by result of the research that most of smartphone users are those at university level with percentage 66.9% and 33.1% are users from practitioner level³.

MATERIALS & METHODS

Sources of the Data: In this study the data will be collected from the nursing colleges of Vijayapur.

Research Design: A correlative descriptive research design was used for this study.

Setting of the Study: The study conducted selected nursing colleges of Vijayapur.

Population: population includes late adolescents selected nursing colleges Vijayapur.

Sample: in this study, late adolescents nursing colleges students, who fulfilled the sampling criteria was selected as sample.

Sampling method: in the study simple random sampling technique was used.

Sample size: the sample size of the study is 100 nursing students of Vijayapur.

Sampling criteria:

Inclusion criteria

The sample includes the late adolescent's age group of boys and girls.

Those are using Smartphone.

Those students of the age group 18-19 years.

Those are available during the time of data collection.

Those are willing to participate in the study.

Exclusion criteria:

Those are using Simple mobile phones.

The students who are diagnosed with depression.

Method of data collection

Self-prepared Smartphone addiction scale was used to find out Smartphone addiction.

Demographic data was used to collect information of the students.

Standardized loneliness scale was also used to find the level of the loneliness.

RESULTS

SECTION I

LEVEL OF SMART PHONE

ADDICTION AMONG ADOLESCENTS

N=100

LEVEL	SCORES	FREQUENCY	PERCENTAGE
Mild	0-17	69	69%
Moderate	18-34	15	15%
Severe	35-52	16	16%
Total		100	100%

Table No: 01 shows that distribution of students according to level of smart phone addiction N=100

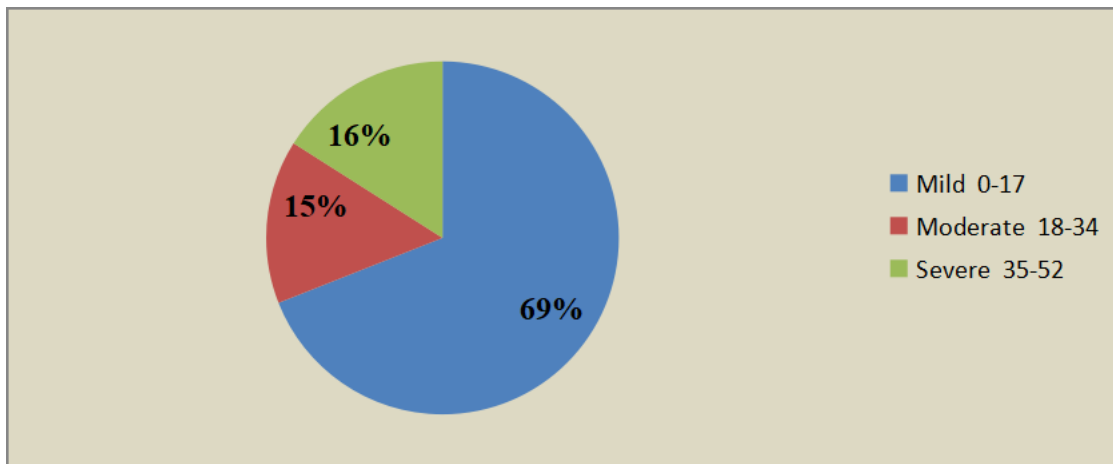


Fig: 01 shows that distribution of students according to level of smart phone addiction.

Above Table and diagram shows that the distribution of students according their smart phone addiction in these 69% students mild addicted, 15% students are moderately addicted and 15% students are severely addicted.

LEVEL OF LONELINESS AMONG ADOLESCENTS N=100

LEVEL	SCORES	FREQUENCY	PERCENTAGE
Mild	0-12	83	83%
Moderate	13-24	16	16%
Severe	25-38	01	01%
Total		100	100%

Table No: 02 Shows that distribution of students according to level of loneliness

Table No-01 Indicates 83% of the students is having Mild addiction, 16% of the students are having Moderate addiction and 1% of the students are having severe addiction to the Smartphone. N=100

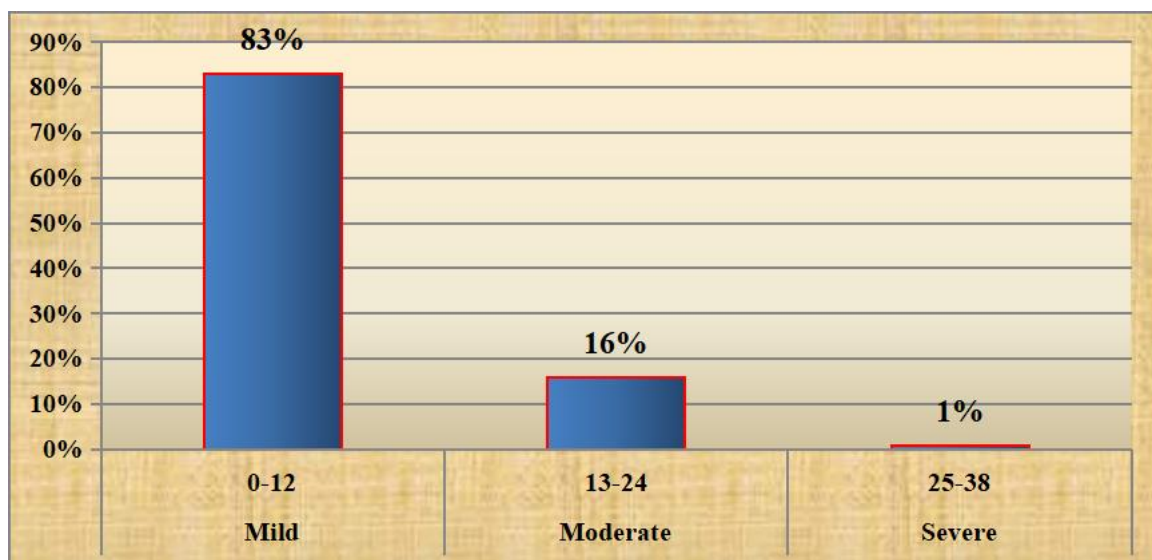


Figure No: 02 Shows that distribution of students according to level of loneliness

Above Table and diagram shows that the distribution of students according loneliness in this 83% students mild loneliness, 16% students have moderate loneliness and 1% student have severe loneliness.

SECTION II CORRELATION BETWEEN SMARTPHONE ADDICTION AND LONELINESS AMONG ADOLESCENTS

Variable	Mean	Median	SD	Range	R value	P value	Significance	Remarks
Smart phone addiction	35.85	42	38.64	51	0.99	0.00001	Significance	Positively Correlation
Loneliness	28.91	30.5	29.29	28				

Table: 03 shows that there is a Positive Correlation between smart phone addiction scores and Loneliness (i.e. $r=0.99$) Mean and SD of smart phone addiction scores is 35.85 and 38.64 respectively. The Mean and SD of loneliness scores is 24.25 and 24.60 respectively.

SECTION III ASSOCIATION BETWEEN LEVELS OF SMARTPHONE ADDICTION SCORES WITH THEIR SELECTED DEMOGRAPHIC VARIABLES

Sl no	Demographical Variable	Df	Chi square	Table value	P value	Significance	Remarks
1	Education status of the father	5	16.74	11.1	0.00512	S	Research hypothesis is accepted and null hypothesis is rejected
2	Type of the family	3	12.20	7.81	0.0067	S	Research hypothesis is accepted and null hypothesis is rejected
3	Criteria for purchasing Smartphone	3	19.611	7.81	0.00020	S	Research hypothesis is accepted and null hypothesis is rejected
4	Frequency of charging phone per day	3	12.595	7.81	0.0056	S	Research hypothesis is accepted and null hypothesis is rejected
5	Smartphone recharging per year	3	21.071	7.81	0.000102	S	Research hypothesis is accepted and null hypothesis is rejected

Table: 04 Shows that association between level of smart phone addiction scores with their selected demographic variable

There is an association between Smartphone addiction scores and Loneliness associated with their selected demographic variables. The assessment of the Smartphone addiction and loneliness the students the educational status of the father (16.74), type of the family (12.20), criteria for purchasing Smartphone (7.81), frequency of charging

phone per day (7.81), Smartphone recharging per year (7.81).

ASSOCIATION BETWEEN LEVELS OF LONELINESS SCORES WITH THEIR SELECTED DEMOGRAPHIC VARIABLE

Table: 05 Shows that association between level of loneliness scores with their selected demographic variable

Sl no	Demographical Variable	Df	Chi square	Table value	P value	Significance	Remarks
1	Age in years	2	20.13434	5.99	0.000043	S	Research hypothesis is accepted and null hypothesis is rejected
2	Gender	1	24.73118	3.84	0.00001	S	Research hypothesis is accepted and null hypothesis is rejected

3	Education status of the mother	5	23.43222	11.1	0.000279	S	Research hypothesis is accepted and null hypothesis is rejected
4	Education status of the father	5	35.40645	11.1	0.00001	S	Research hypothesis is accepted and null hypothesis is rejected
5	Occupation of the mother	4	16.7013	9.49	0.002209	S	Research hypothesis is accepted and null hypothesis is rejected
6	Occupation of the father	4	28.91924	9.49	0.00035	S	Research hypothesis is accepted and null hypothesis is rejected
7	Type of accommodation	3	27.33333	7.81	0.00001	S	Research hypothesis is accepted and null hypothesis is rejected
8	Annual income of the family	3	18.06869	7.81	0.00042	S	Research hypothesis is accepted and null hypothesis is rejected
9	Cost of smart Phones	3	19.65521	7.81	0.0002	S	Research hypothesis is accepted and null hypothesis is rejected
10	Years of using smart Phone	3	14.85303	7.81	0.0019	S	Research hypothesis is accepted and null hypothesis is rejected

In this association, there is a significant association between Ages, Gender, Education status of the father, Education status of the mother, Education status of the mother, Occupation of the mother, Occupation of the father, Type of accommodation, Annual income of the family, Cost of Smartphone, Years of using Smartphone.

DISCUSSION

In order to achieve the objectives, a descriptive research design was adopted and simple random sampling technique was used to select the sample. The data was collected from 100 nursing students. The findings of the study of other related literatures.

- ❖ Majority of the students (60%) belongs to the age group of 18years.
- ❖ Majorities (69%) of female and 31% are male students.
- ❖ Most of the academic education status of candidates belongs to BSc Nursing students (92%) and remaining are Diploma Nursing (08%) students.
- ❖ 45% students mothers completed primary, 25% students mothers non formal education (Illiterate), 16%

completed high school, 10% are completed others courses and remaining 2% degree and 2% secondary.

- ❖ The majority of the students fathers completed degree 35%, 31% of the students fathers completed high school and remaining are 16% primary, 16% are non-formal education (Illiterate) and 2% secondary education.
- ❖ The majority of the students mothers are 60% unemployed, 21% are private worker, 11% self-employed and remaining are daily wages (08%).
- ❖ The majority of the students fathers are private worker (31%), 25% are self-employed, 18% are unemployed, 14% are daily wages, and 12% of the students fathers Governments' worker.
- ❖ Majority of the students belong to the nuclear family (53%) followed by 45% are belong to the joint family and remaining 2% are belong extended family.
- ❖ Majority of the students accommodation (staying) 66% at home, and 32% of the students accommodation is hostel, and remaining 2% others accommodation facilities.

- ❖ The majority of the annual income of the students family is 44% is above Rs 20001, followed by 36% is in between Rs 10000-15000 and remaining annual income of the students family is 20% in between Rs 5000-10000.
- ❖ The majority of the students cost of the Smartphone is Rs 5000-10000 (54%), 23% is Rs 10001-15000, 17% is in between Rs 15001-20000 and 06% is above the Rs 20001 cost of the students Smartphone.
- ❖ The majority of the student's years of using Smartphone are 1-2years (71%), 23% 3-4years, 04% more than 7years and remaining 02% is 5-6 years.
- ❖ The majority of the students duration of changing Smartphone is never 46%, followed by the 44% are within 2years and remaining 10% duration of changing Smartphone within 1year.
- ❖ Majority of the students criteria for purchasing Smartphone is camera 51%, and followed by the 28% by the battery capacity, 11% students are purchasing Smartphone is body of the Smartphone and remaining 10% is purchasing by memory.
- ❖ Majority of the students frequency of charging Smartphone in a day 2-3 times in day 42% and remaining is 29 % is 3-4 times and 29% is 4-5 times in day.
- ❖ Majority of the student's Smartphone recharging per year is 39% that is more than 3times in a year, 28% is once in a year, 18% is thrice in year and 15 % is twice in year recharging per year for Smartphone.
- ❖ Majority of the students expenses for the recharging Smartphone per year more than Rs 301, 26% is Rs 50-100 in a year, and remaining 09% Rs 101 – 200 and 08% Rs 201- 300.
- ❖ Majority of the students are using data plan 100%.

- ❖ Majority of the students are using data plan is 4G 100%
- ❖ Majority of the students are using data in day is 48% is 1.5GB, 32% is 1GB, 28% is more than 2GB and remaining 02% is using more than 2GB data in a day.

Declaration by Authors

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