

A Study on Mobile Phone Addiction Among B.Ed Teacher Trainees of University of Mysore

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ABSTRACT

Mobile phone has become an integral part of our daily living the problem of mobile phone addiction is growing across the world especially among adults. Such devices may negatively affect their mental health and well-being. Rapid development in mobile phone technologies provides a rich selection of features and improved portability that increases the prevalence of mobile phone use, especially young adults. The present study was conducted on sample of 104 B.Ed. teacher trainees and mobile phone addiction standardized scale by Dr. Velayudhan and Dr. S Sridvidya was used for data collection. The analysis of data revealed that there is no significant difference between rural and urban B.Ed. teacher trainees with respect to their mobile phone addiction as well as streams of study i.e., arts and science, whereas significant difference was found between male and female B.Ed. teacher trainees with respect to their mobile phone addiction.

Keywords: Mobile Phone, Addiction, Technology, Mental Health.

I. INTRODUCTION

Education is a process that begins at birth and continues until the end of life it is the influence exercised by adult generations on those that are not ready for social life in other words the primary objective of education is to help the children develop intellectual skills and improve their physical capabilities.

In this 21st century the technology plays a vital role in education field Technology is the study of scientific knowledge in order to create tools and process that may be used to change the world by increasing

efficiency in nearly all aspects of our lives human being have become more dependent on technology.

Technology has affected society and its surroundings in a number of ways and it has helped develop more advanced economies and has allowed the rise of a leisure class many technological processes produce unwanted by-products, known as pollution and deplete natural resources to the detriment of the earth and its environment it is the relationship that society has with its tools and crafts and to what extent society can control its environment.

Technology is very harmful for physical and mental health of the human being because, nowadays people

are addicted to using technological gadgets like cameras, phones, e-books, laptops, smart board, tablets, smart watches, digital fitness, monitors and GPS systems... When addressing the positives and negatives of devices, some mention monitors, laptops and desktops PCs..

Mobile phone is one of the biggest boons of technological advancement but numerous youths and the adults are going to addict the mobile phone. Mobile phone addiction is a disorder involving compulsive overuse of the mobile devices, usually quantified as a number of times users access their devices or total amount of time, they are online over a specified period.

Although mobile phones allow individuals to have unlimited access to information and to connect with other in a way otherwise thought impossible, there are many harmful and disturbing effects of smart phone dependence mobile phone addiction, sometimes referred to as problematic mobile phone use, is a behavioral addiction thought to be similar to that of an internet, gambling shopping or videogames, social media addiction and leads to severe impair mentor distress in one's life.

It would not be wrong to say that humans have become a slave of technology. We have particularly grown addicted to our mobile phones. Most people in the current times suffer from severe mobile addiction. It is as if their world revolves around their mobile phones and they cannot do without it even for an hour. It is important to overcome this addiction in order to lead a healthy, wealthy and peaceful life.

NEED AND IMPORTANCE OF THE STUDY

Mental health includes our emotional, psychological and social well-being it affects how we think, feel and act. Mental health is important at every stage of life from childhood to adulthood. Mental health affects our mental ability to make the most of the opportunities that come our way and play a full part amongst our family, workplace, community and friend. In present age, mental disorders are considered

is access use of mobile phone among adults.

In this present era, youth and the adults are facing divergent problems in their life these hardships and difficulties are attributing so many psychological problems such as anxiety, stress and emotional adjustment problem etc... That's why researcher going to study about the mobile phone addiction among adults. Nowadays internet is easily available to youths or peoples so, they are depending upon online sources and spend more time with technological gadgets this cause by reduce the humanity among adults and leads to emotional imbalance in individuals because of this there is no bonding between human beings.

Some people, especially the younger generation prefer a smart phone over a laptop and personal computers because of the various functionalities embedded in smart phones, such as entertainment, watching sports, online games, online banking, sending e- mails, chatting, agenda tracking, online shopping, social media and ability to complete homework this has resulted in consistent use of smart phones among young adults over time and thus most young adults find it difficult to control the use of mobile phone.

This study mainly focuses on B.Ed. teacher trainees as there is no much research found under university of Mysore. Since there is a lot of effect on individual as they are much addicted to mobiles. Researcher intends to investigate their mobile addiction through this study.

REVIEW OF RELATED LITERATURE

A review of literature presents much more than a summary of relevant sources. The act of reviewing involves evaluating individual sources as well as synthesizing these sources in order to develop my research project

- ✓ Behrooz Davaz Chemami [2016] developed a study on “addiction to mobile phone or addiction through mobile phone? “Conducted to adults by building on dual system theory and investigating both perspectives in the same

theoretical model results indicated that addiction to mobile phones can't be fully explained by addiction to mobile phone application.

- ✓ Shaikh Abdul awhed Patel[2017]was done research on “A study of mobile phone addiction and mental health among adolescent girls studying in various stream “this research was conducted to adolescent girls with the tool used for the research were mobile phone addiction test by Dr. Pelabuhan and Dr. S Srividya and mental health checklist[MHC] by Pramod Kumar result revealed that there is a significant differences between the level mobile phone addiction of adolescent girls studying in various streams No significant difference was found between the level mental health among girls studying in various stream.
- ✓ Subramani Parasuraman (2017) investigates on “Smartphone usage and increased risk of mobile phone addiction “This online study was conducted to adults. The study instruments are informed consent form, demographic details, habituation phone awareness education, and psycho-motor analysis and health issues. The result was been found that no significant changes were found on mobile phone addiction behavior between the participants having accommodation on home and hostel.
- ✓ □ Aljohara A Alhassan [May 25,2018] conducted research on “The relationship between addiction to smart phone usage and depression among adults “researcher conducted research among adults using a web-based questionnaire distributed via social media the result was found that a significant positive linear relationship was present between smart phone addiction and depression.
- ✓ Saravanan Murugan and Chethan Bodar [Nov,2018] did research on "Smart phone addiction and health issues among young adults in India" this paper/research was conducted to adults with questionnaire of demographic information including smart phone usage and sleeping hour per day were collected using a self-administered tool and result showed higher rate of addiction to smart phone.
- ✓ Hale Jafari and Abas Aghaei [oct,2019] did a study on “The relationship between addiction to mobile phone and sense of loneliness among students “The researcher conduct research among medical science students with study tool was mobile phone addiction and SELSA'S sense of loneliness questionnaire the result shows that there were no significant differences between boys and girls.
- ✓ Prof. Pranita Vishal yerankuar [9 sept.2020] studies on the title "The addiction of mobile games on youth" Based on the hedonic and social traits of mobile games to youths and as per the analysis the mobile game is booming among the youngsters and the time, they spend in this is more than that of they should be spending on their academics and career.
- ✓ □ Attaullah khan [2020] conducted research on the title “the impact of smart phone addiction on the academic performances of higher education student “by using the theory of planned behavior in investigating the academic performances the results shows that there is a positive relationship between behavioral intention and academic performances.
- ✓ Arturo Garcia Santillan [2020] conducted research on “Addiction to the smart phone in high school students “with the tool contains questions related to the profile of the respondent and 10 items in Liker format the main findings demonstrate the obtaining of three components they are psychological, dependence and distraction and it also shown that there are no differences by gender.
- ✓ Oluwafemi J Sunday [2021] did a study on “The effect of smart phone addiction on learning. A meta-analysis “this research was conducted to

high Scholl students the approach for conducting this meta-analysis is consistence with well-established review protocol guiding the procedure for collecting and synthesizing research [cooper, Hedges and Valintine 2009] and the result shows that smart phone addiction negatively impacts students learning and overall academic performance.

- ✓ Vijaya Vani- kannada daily newspaper - [2023] A researcher report found that the usage of smart phone or tablets at a very young age can worsen children's mental health as they grow. Adults who had smart phones as children had more suicidal thoughts and aggressive feelings a study conducted for more than 40 countries by US based non-profit sapiens laboratories found that delusions are far from reality this new global study collected data on 27,969 adults aged 18 to 24 from 40 countries this include 4000 adults in India. Girls are found to be the majority of those facing mental health problems than the boys and also found that who use smart phone they spend 5-8 hours in online. The review of literature provides a glimpse of idea that mobile phone addiction is a universal problem which is prevailing all over and that the gender. It is surprising to see that these issues have been given so title attention by scholars the reviews available on these areas especially on the emerging adults is very rare.

STATEMENT OF STUDY

"A study on Mobile phone addiction among teacher trainees of university of Mysore"

OBJECTIVES OF STUDY

1. To access the level of Mobile Phone addiction among B.Ed. teacher trainees of university of Mysore.
2. To study the significant difference between male and female B.Ed. teacher trainees with respect to their Mobile Phone addiction.
3. To study the significant difference between arts and

science stream B.Ed. teacher trainees with respect to their Mobile Phone addiction.

4. To study the significant difference between rural and urban B.Ed. teacher trainees with respect to their Mobile Phone addiction.

HYPOTHESIS OF STUDY

1. There is no significant difference between male and female B.Ed. teacher trainees with respect to their Mobile Phone addiction
2. There is no significant difference between arts and science stream B.Ed. teacher trainees with respect to their Mobile Phone addiction
3. There is no significant difference between rural and urban B.Ed. teacher trainees with respect to their Mobile Phone addiction

OPERATIONAL DEFINITIONS OF KEY TERMS

Mobile phone addiction: Mobile phone addiction is a form of extreme dependency on one's cell phone by being detached from the reality, compensating and engaging in activities like SMS, chatting, gaming etc in all the time.

VARIABLES OF STUDY

- MAIN VARIABLE: Mobile Phone addiction.
- BACKGROUND VARIABLE: Gender, Stream and locality

METHODOLOGY OF STUDY : Descriptive or survey method is used to study the "Mobile phone addiction among B.Ed. teacher trainees"

SAMPLING METHOD: The teacher trainees studying in B.Ed Colleges approved by NCTE and Recognized by Government of Karnataka and affiliated to University of Mysore become the total population of the study .The population for the research was selected by using stratified random sampling technique.

TOOL USED IN THE STUDY

Researcher used standardized tool “Mobile phone addiction scale” by Dr. Velayudhan and Dr. S Srividya

DESCRIPTION OF THE TOOL:

The total number of items is 37 out of which 34 questions are positive items and 3 questions are negative items they are (Q. No. 10, 11, 26) scoring is made as follows:

Positive items	Response options	Negative items
5	Strongly Agree	1

4	Agree	2
3	Uncertain	3
2	Disagree	4
1	Strongly disagree	5

STATISTICAL TECHNIQUE USED FOR THE STUDY

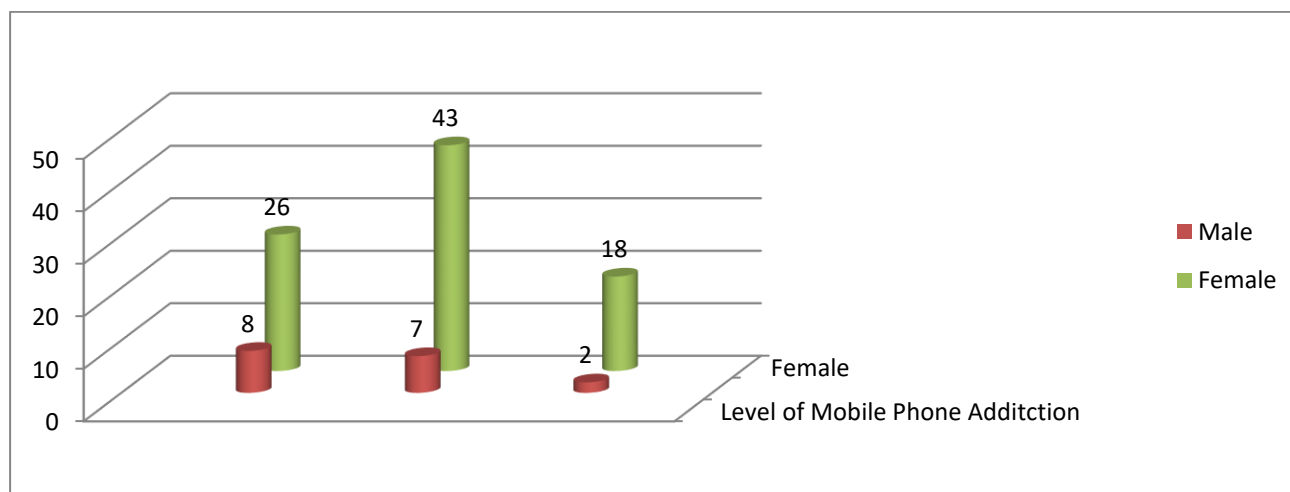
Data was be analyzed by appropriated statistical techniques manually and by using SPSS software

Descriptive statistics: Mean standard deviation and percentage analysis

Inferential statistics: “t – test”.

H1. To access the level of mobile phone addiction among B.Ed teacher trainees of university of Mysore

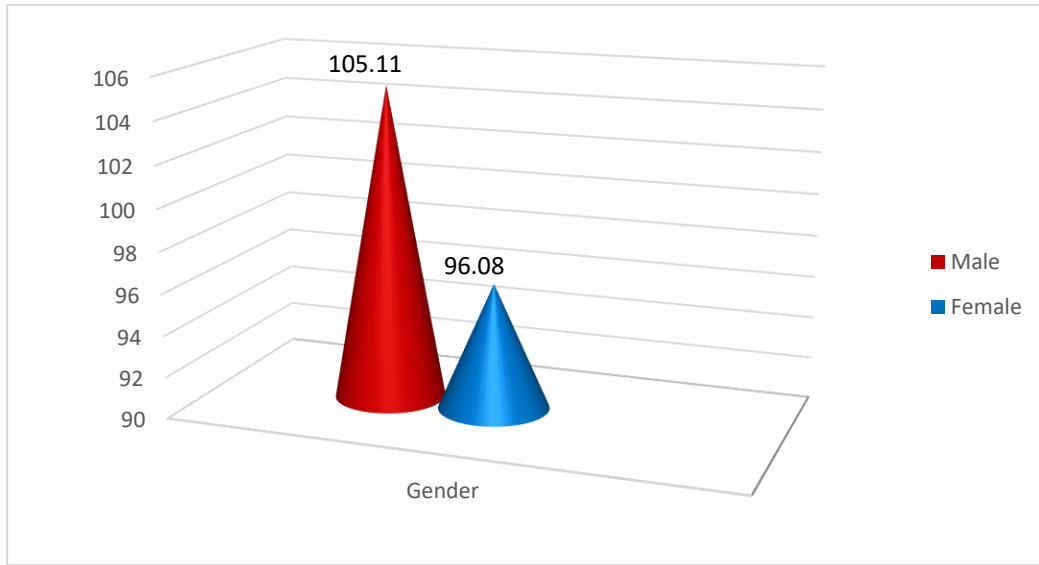
Sl No	Level of Mobile Phone Addiction	Gender	Score Range	Number	%
1	Low Mobile Phone Addiction	Male	37-99	8	7.6923%
		Female	37-85	26	25%
2	Moderate Mobile Phone Addiction	Male	100-127	7	6.7307%
		Female	86-108	43	41.3461%
3	High Mobile Phone Addiction	Male	128-185	2	1.9230%
		Femlae	109-185	18	17.3076%



H2. To study the significant difference between male and female B.Ed teacher trainees with respect to their mobile phone addiction

Sl No	Type of Gender	N	Mean	SD	df	“t”	Remarks
1	Male	17	105.11	14.87	102	1.6926	Rejected
2	Female	87	96.08	20.95			

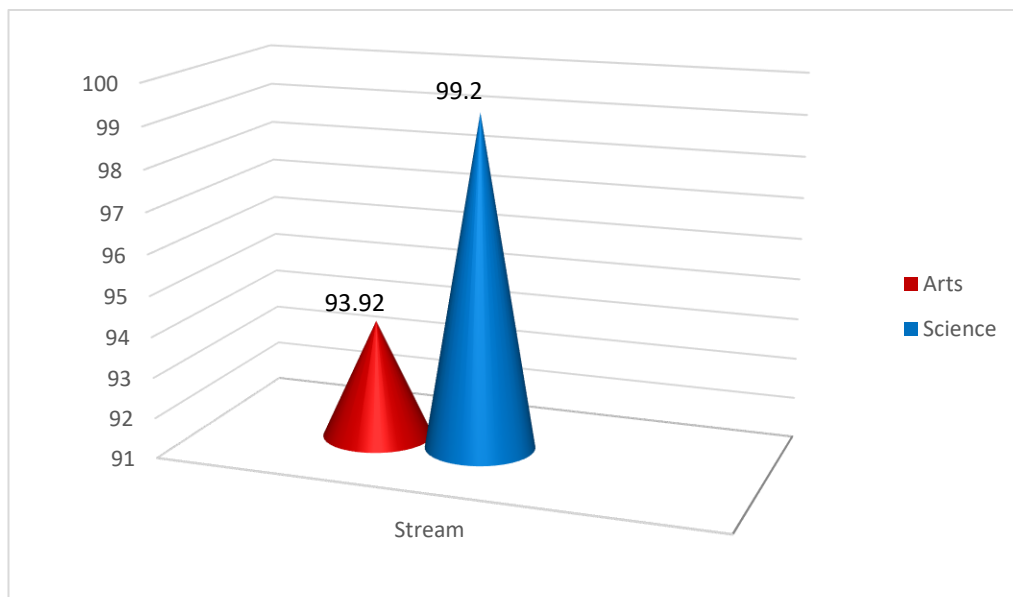
Above table shows that that obtained “t” value is greater than that “t” value of df 102 at 0.05 level of significant. That is the null hypothesis is rejected and it is concluded that there is a significant difference between Male & Female B.Ed teacher trainees with respect to their Mobile Phone Addiction.



H3. To study the significant difference between arts and science stream B.Ed teacher trainees with respect to their mobile addiction.

Sl No	Type of Stream	N	Mean	SD	df	“t”	Remarks
1	Arts	26	93.92	17.93	102	1.4101	Accepted
2	Science	78	99.20	21.21			

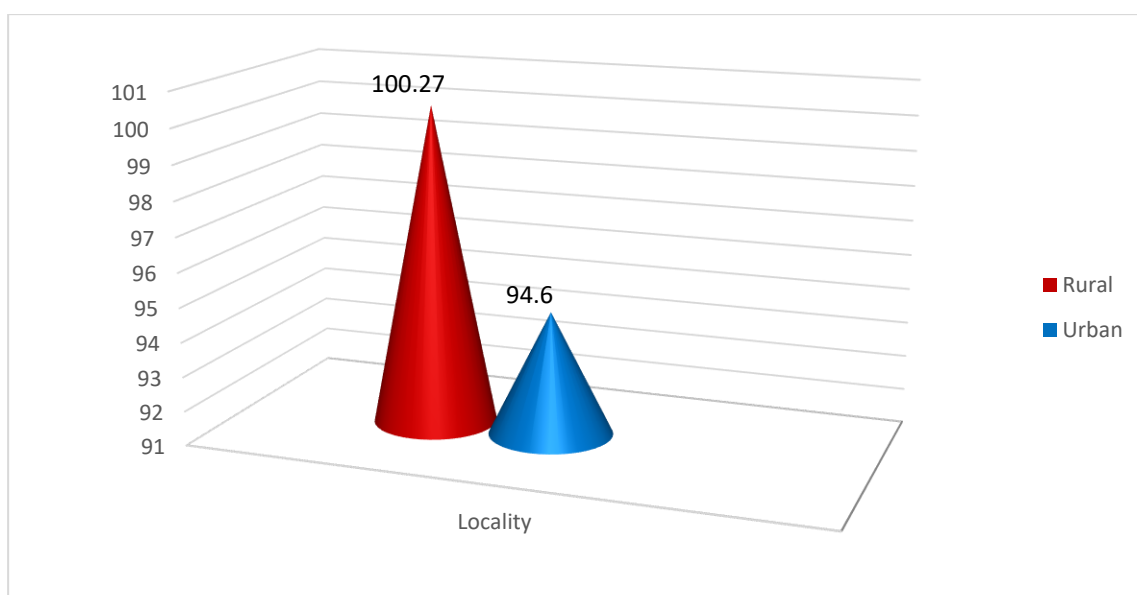
Above table shows that that obtained “t” value is less than that “t” value of df 102 at 0.05 level of significant. That is the null hypothesis is accepted and it is concluded that there is no significant difference between Arts & Science B.Ed teacher trainees with respect to their Mobile Phone Addiction.



H4. To study the significant difference between Urban and Rural B.Ed teacher trainees with respect to their mobile phone addiction

Sl No	Type of Locality	N	Mean	SD	df	"t"	Remarks
1	Rural	59	100.27	16.58	102	1.4037	Accepted
2	Urban	45	94.6	24.56			

Above table shows that that obtained "t" value is less than that "t" value of df 102 at 0.05 level of significant. That is the null hypothesis is accepted and it is concluded that there is no significant difference between Rural & Urban B.Ed teacher trainees with respect to their Mobile Phone Addiction.



MAJOR FINDINGS OF THE STUDY: The study was conducted to a group of 104 B. Ed teacher trainees which includes Arts stream and science stream, male and female and rural and urban background

1. In the totality of the survey majority of the teacher trainees have moderate level of mobile phone addiction that is 41.3461%, 25% of teacher trainees have low level of mobile phone addiction and 17.3076% of teacher trainees have high level of mobile phone addiction

2. In comparison between male and female B. Ed teacher trainees there is a significant difference with respect to their mobile phone addiction.

3. There is no significant difference between the streams that is arts and science with respect to their mobile phone addiction.

4. There is no significant difference between the rural and urban B. Ed teacher trainees with respect to their mobile phone addiction.

LIMITATIONS OF THE STUDY

- This study was restricted only to B. Ed teacher trainees of Mysore city.
- The study is confined to University of Mysore.
- This study is confined only to the arts and science stream.
- This study is restricted to only one main variable.

EDUCATIONAL IMPLICATIONS

Mobile phone addiction has become fastest growing addiction among the youths all over the world. The present study has been found that majority of the B. Ed teacher trainees are addicted to their mobile phones, tough mobile phone addiction creates lot of

problems to the development of own knowledge in the teacher trainees so, we need to create awareness among them by using various programs like yoga, meditation, to restrict mobile phones in college's then encourage them to write and think their own way.

SUGGESTIONS FOR FURTHER STUDY

- This study can be conducted for all the teacher trainees including D. Ed, M. Ed and others
- This study can be conducted for secondary school students also.
- This study can be conducted to individuals residing in any and many parts of the world.
- This study can be conducted for any college students all over the world.
- The study can be conducted with other variables like Internet addiction, technological literacy, technological gadgets etc.

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