



An Exploratory Investigation: Addiction of Smart Phone among the Secondary School Students.

Mrs. Aparna Debnath

B.Ed Trainee/ IASE Kunjaban, Agartala/ Agartala West Tripura

Email - aparnadebnath2017.07@gmail.com

Abstract From the time we wake up in the morning to the time we go to sleep at night, we depend on technology. Today it is not possible to live a moment without technology. The smart invention of this technology is the smart phone. At one time this smart phone was usually a means of communication, but now this smart phone has become a mini computer in the hands of people. Smart phones are a valuable resource especially for children today. Especially the children of the 21st century have become mobile lovers. As this smart phone is benefiting us a lot, it has also become a big threat to the future generations. This research paper of ours has been done to determine the data about smart phone addiction among secondary school children in general. A total of 200 students of four government and four secondary schools of western district of Tripura state have been used as a sample. The study revealed that secondary school students have an average level of smart phone addiction. There is no gap in smart phone addiction among school students. Also, an attempt has been made to verify the matter from other aspects including villages and towns which have been revealed in detail in the paper.

Keywords: Smart Phone, Addiction, Secondary School Students, Tripura.

1. INTRODUCTION :

Technology has made our life easy. We have gadgets that save our time and energy, entertain and inform us and play the role of companions, too. These gadgets, like Smart Phone, I Pad, etc. are a boon for human beings. On the flip side, though, these gadgets are also the bane of our lives. From these smart gadgets Smart Phone is one of the most unique invention for us. Firstly it was used for only communication purpose but day by day it also uses to regulate all the networking sides. For this reason it becomes popular for us most. It is also used to entertain us and children are use it for their favourite things like games, video, cartoon etc. Not only do these gadgets make us lazy and inactive but they are also harmful to our physical and mental well-being. Take the Smart phone, for example. Everywhere you see people are glued to their phones, scrolling through social media, and wasting precious hours doing nothing productive. Kids, especially, have become victims of smart phones, and if we don't take steps soon, then these smart gadgets will completely ruin their lives. Do you want to know the harmful effects of mobile phones on students? Read on to know more about the impact of mobile phones on students' life, why kids need to put away their phones and make better use of their time.

2. STATEMENT OF THE PROBLEM :

Today, in the era of communication several modern means of communication came to existence. Postal mail has been replaced to certain extent by e-mail and landline is being replaced by hand phones called cell phones. Usage of cell phones is not restricted to urban and educated youth. The study is an attempt to find out the positive and negative aspect of smart phone among Secondary school students and their addiction to their phones.

Studies reveal that, smart phone addiction is a serious matter among majority of the students, as they have a potential risk to experience smart-phone addiction. Students who display menacing cell phone use are probably going to encounter usage control problems. They are probably going to invest a lot of time on online media as opposed to perusing their academics. Subsequently, they may postpone their academic related tasks. Smart-phone addicted students were hardly able to achieve higher levels of academic attainments, because students may suffer from reduced self-esteem as a result of their increased problematic smart phone use.



3. NEED AND SIGNIFICANCE

Having the right smart phone or cell phone is a fashion statements and symbol nowadays. Most teenagers cannot conceive of existence without their smart phone permanently attached to their person. Smartphone devices allow teens to occupy their otherwise idle minds and hands by providing immediate access to music, images, games, and video. In such a situation it is worthwhile to make a study on the addiction & usage of smart phones among school students. The study helps to find out the positive and negative aspects of smart phones among secondary school students.

4. SCOPE OF THE STUDY

The present study has been the following scopes:

1. This study can assess only the students of secondary level.
2. This study can be determining the addiction of Smart Phone of the secondary level students.
3. This research can be carried out the addiction of Smart Phone of secondary school students in West Tripura district.
4. This study can be done all over the India.
5. The same study can be done on different institutional students.
6. This study can be done on the basis of sex, places, age and other backward.

5. OBJECTIVES :

The following objectives have been laid down for the present study:

The main objective of the study was to find out the problems of Smartphone addiction among youth. The main objective is achieved with the help of the following sub objectives

1. To find out the level of Smart Phone addiction among the Secondary School Students.
2. To find out the level of Smart Phone addiction among the Secondary School male and female Students.
3. To find out the difference between rural and urban area's secondary school students in regards the Smart Phone addiction.
4. To find out the difference between government and private secondary school students in regards the Smart Phone addiction.

HYPOTHESIS

H01 There is no significance difference between rural and urban area's secondary school students in regards the Smart Phone addiction.

H02 There is no significance difference between government and private secondary school students in regards the Smart Phone addiction.

6. METHODS OF THE STUDY:

Each and every works has needed a specific methodology for structure formulation and done the work in a well manner. In this study researcher used descriptive survey method as per the nature of this study.

POPULATION AND SAMPLE

In research, a population is a group of people, objects, or events that are the focus of a study and have specific characteristics that interest the researcher. It's also known as the target population or theoretical population. A population can be defined by geographic boundaries, such as counties or provinces, or other criteria like race, income, or disease.

All the Secondary school students of west Tripura District was the population of this study.

This sample group cover 4 (Four) Govt. and 4(Four) privet secondary schools in West Tripura District.

TOOLS OF THE STUDY

As per nature of the study, the researcher will use A standardized tool **Smart Phone addiction scale** constructed by **Dr. Vijayshri** and **Dr. Masud Ansari** will be utilized to measure the addiction related to smart phone.



7. DATA ANALYSIS AND RESULT

OBJECTIVE-I

- To find out the level of Smart Phone addiction among the Secondary School Students.

Table No.1

SI No.	Range	Number of Students	Mean	SD	Level of smart phone addiction
1.	88 and above	34	95.41	6.78	Very High
2.	81 to 87	20	82.2	1.57	High
3.	66 to 80	91	72.25	3.42	Above Average
4.	51 to 65	112	57.52	4.93	Average
5.	40 to 50	78	45.93	2.99	Below Average
6.	29 to 39	53	34.92	3.35	Low
7.	28 and below	12	26.58	1.50	Very Low
Total		400	59.14	18.41	-- --

INTERPRETATION: The mean score of total smart phone addiction of secondary students came out to be **59.14** along with standard deviation **18.41** from the total number of students **400**. Where **Twelve (12)** students come under in the **very low** level of smart phone addiction and their mean is **26.58** with the standard deviation of **1.50**. Fifty three (**53**) students come under in the **low** level of smart phone addiction and their mean is **34.92** with the standard deviation of **3.35**. Seventy eight (**78**) students come under in the **below average** level of smart phone addiction and their mean is **45.93** with the standard deviation of **2.99**. One hundred twelve (**112**) students come under in the **average** level of smart phone addiction and their mean is **57.52** with the standard deviation of **4.93**. Ninety one (**91**) students come under in the **above average** level of smart phone addiction and their mean is **72.25** with the standard deviation of **3.42**. Twenty (**20**) students come under in the **high** level of smart phone addiction and their mean is **82.02** with the standard deviation of **1.57**. Thirty four (**34**) students come under in the **very high** level of smart phone addiction and their mean is **95.41** with the standard deviation of **6.78**.

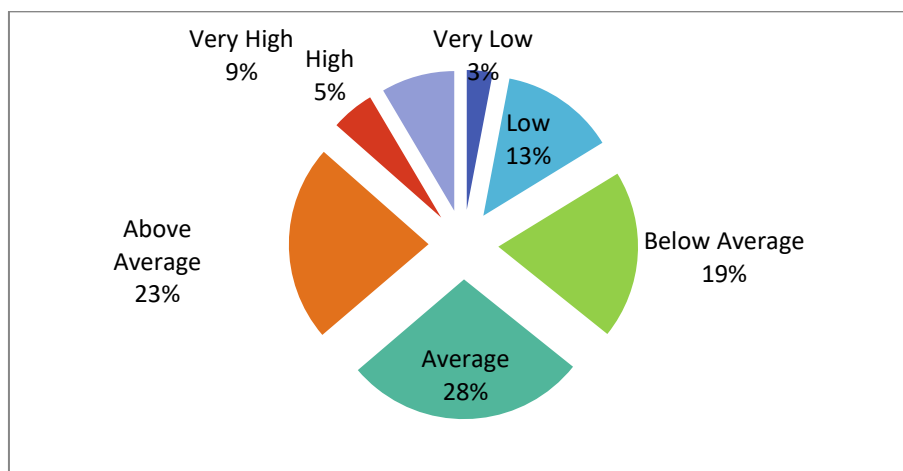


FIGURE NO.4: Graphical representation of smart phone addiction of secondary school students.

OBJECTIVE-II

- To find out the level of Smart Phone addiction among the Secondary School male and female Students.

Table No.2

SI No.	Range	Number of Students		Mean		SD		Level of smart phone addiction
		Male	Female	Male	Female	Male	Female	
1.	88 and above	15	19	91.93	98.15	4.43	07.14	Very High
2.	81 to 87	12	08	81.75	82.87	0.96	2.10	High
3.	66 to 80	47	44	72.12	72.38	3.87	2.90	Above Average



4.	51 to 65	48	64	57.27	57.71	5.22	4.74	Average
5.	40 to 50	42	36	45.64	46.27	3.26	2.65	Below Average
6.	29 to 39	32	21	34.65	35.33	3.80	2.55	Low
7.	28 and below	04	08	26.25	26.75	2.36	1.03	Very Low
Total		200	200	58.15	60.14	18.00	18.81	-- --

INTERPRETATION: The total mean score of secondary school’s male students of addiction of smart phone is **58.15** with the standard deviation of **18.00** from the total no of male students is **200** where, the total mean score of secondary school’s female students of addiction of smart phone is **60.14** with the standard deviation of **18.81** from the total no of female students is **200**. Four (**04**) male students come under **very low** level of smart phone addiction and their mean is **26.25** with the standard deviation of **2.36**. Eight (**08**) male students come under **very low** level of smart phone addiction and their mean is **26.75** with the standard deviation of **1.03**. Thirty two (**32**) male students come under **low** level of smart phone addiction and their mean is **34.65** with the standard deviation of **3.80**. Twenty one (**21**) male students come under **low** level of smart phone addiction and their mean is **35.33** with the standard deviation of **2.55**. Forty two (**42**) male students come under **below average** level of smart phone addiction and their mean is **45.64** with the standard deviation of **3.26**. Thirty six (**36**) male students come under **below average** level of smart phone addiction and their mean is **46.27** with the standard deviation of **2.65**. Forty eight (**48**) male students come under **average** level of smart phone addiction and their mean is **57.27** with the standard deviation of **5.22**. Sixty four (**64**) male students come under **average** level of smart phone addiction and their mean is **57.71** with the standard deviation of **4.74**. Forty seven (**47**) male students come under **above average** level of smart phone addiction and their mean is **72.12** with the standard deviation of **3.87**. Forty four (**44**) male students come under **above average** level of smart phone addiction and their mean is **72.38** with the standard deviation of **2.90**. Twelve (**12**) male students come under **high** level of smart phone addiction and their mean is **81.75** with the standard deviation of **0.96**. Eight (**08**) male students come under **high** level of smart phone addiction and their mean is **82.87** with the standard deviation of **2.10**. Fifteen (**15**) male students come under **high** level of smart phone addiction and their mean is **81.75** with the standard deviation of **0.96**. Nineteen (**19**) male students come under **high** level of smart phone addiction and their mean is **82.87** with the standard deviation of **2.10**.

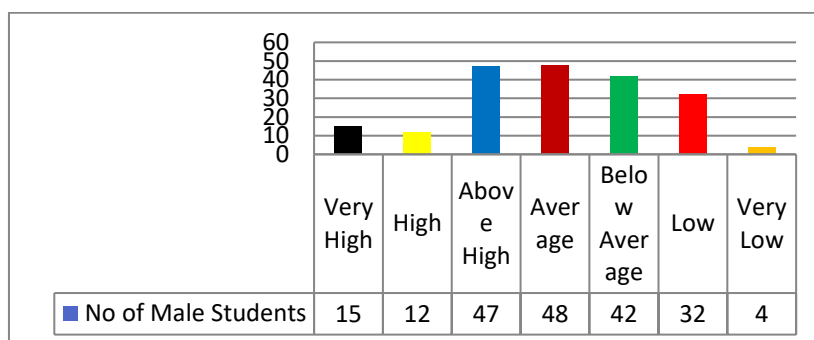


FIGURE NO.5: Graphical representation of smart phone addiction of secondary school male students.

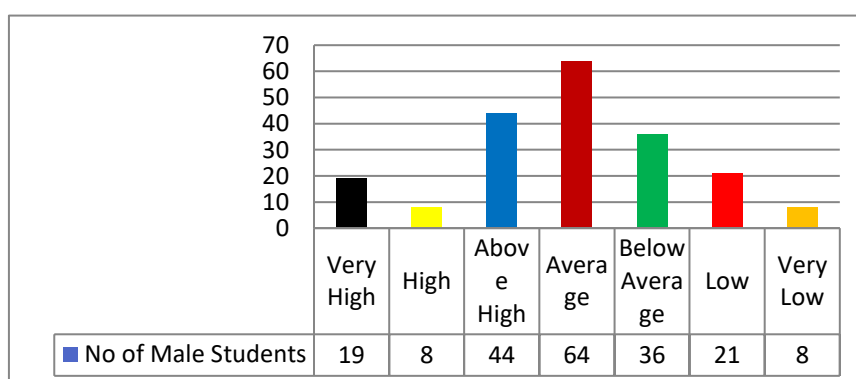


FIGURE NO.6: Graphical representation of smart phone addiction of secondary school female students.



OBJECTIVE-III AND HYPOTHESIS-I

- To find out the difference between rural and urban area’s secondary school students in regards the Smart Phone addiction.
H01 There is no significance difference between rural and urban area’s secondary school students in regards the Smart Phone addiction.

Table No.3

Sl. No	Category	N	Mean	SD	df	‘t’ value	Level of Significance
1	Rural	200	59.90	17.52	398	0.34	0.05
2	Urban	200	59.26	19.10			Not Significant

INTERPRETATION: From the above table no.3 it was observed that the mean value obtained by the group of rural area students is **59.90** and corresponding SD is **17.52** and the mean of urban area students is **59.26** and correspondence SD is **19.10** It is found that the calculated t-value is **0.34** which is Smaller than the critical value **1.96** at 0.05 level of significance for the degree of freedom **398**. So, this is taken as statistically significance at the level of **0.05** and therefore our null hypothesis is rejected.

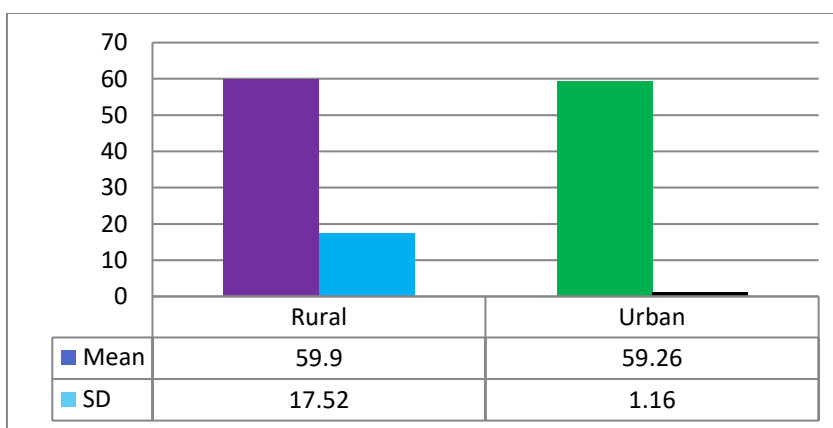


FIGURE NO.7: Graphical representation of smart phone addiction of secondary school students in rural and urban area.

OBJECTIVE-IV AND HYPOTHESIS-II

- To find out the difference between government and private secondary school students in regards the Smart Phone addiction.
H02 There is no significance difference between government and private secondary school students in regards the Smart Phone addiction.

Table No.4

Sl. No	Category	N	Mean	SD	df	‘t’ value	Level of Significance
1	Govt. Schools	200	59.28	18.86	398	0.01	0.05
2	Private Schools	200	59.24	18.02			Not Significant

INTERPRETATION: From the above table no.4 it was observed that the mean value obtained by the group of Government school’s students is **59.28** and corresponding SD is **18.86** and the mean of Private school’s students is **59.24** and correspondence SD is **18.02** It is found that the calculated t-value is **0.01** which is Smaller than the critical value **1.96** at 0.05 level of significance for the degree of freedom **398**. So, this is taken as statistically significance at the level of **0.05** and therefore our null hypothesis is rejected.

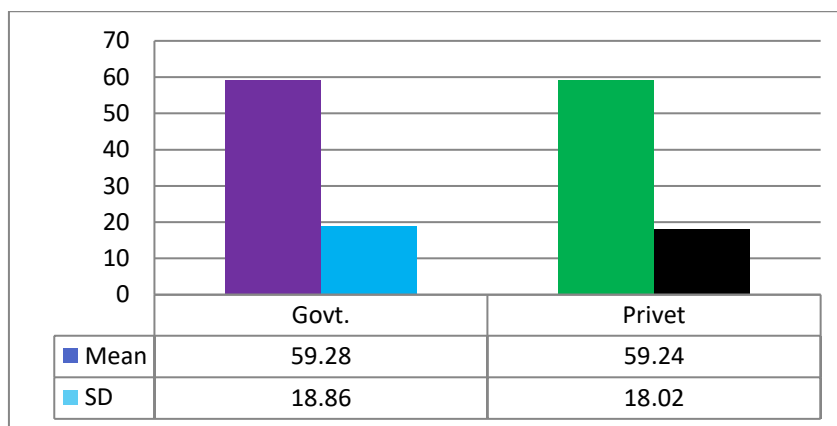


FIGURE NO.8: Graphical representation of smart phone addiction of secondary school students in Govt. and private sector. .

8. CONCLUSION

Today's youth, whether tribe or general population feel empowered when they have mobile in hand. No doubt technologies like mobile phone are shaping the motives, choices and emotions of human life in noteworthy ways. Henceforth, this has changed human life in respect of responding, performing and thinking styles. Overuse of mobile phone is often seen in urban region since such regions are well equipped with necessitate instruments or tools. The outcomes of these are not free from predicaments. For sure these are interfering with daily's activities which sometimes create problems in our family, personal and organizational relationship. Eminent psychologists of the view that overuse of mobile phone directs to amplify psychopathology e.g. loneliness, attention shortfall, less inter-personal relationship at the individual level. In fact the use of Smartphone has badly affected social, psychological as well as physical life of people especially among the young generation of present society which today reflecting in tribal communities. Considering its negative perspective, we can regard it as destructor which interrupts one individual while performing important activities with irrelevant notification and disturbs ones social life. part from these mobile phones greatly influence on student's academic life these includes disruptions to lessons, incidences of cheating and bullying are some of the negative impacts of smart phone while letting know the parents of malingers seems to be the only positive for the school. Therefore, the connotation remains in the hand of people, how they are going to use it either for social holistic development or individual deterioration.

9. DELIMITATION OF THE STUDY

- The study is delimited in only Govt., Govt. aided and Private secondary schools of Municipality of Agartala, West Tripura.
- The study is further being delimited to measure the level of Smartphone addiction, positive and negative impact.
- This study is limited for 400 students of secondary level school students in only one district of Tripura.
- This study is limited in Government Schools and Government Aided Schools and Private Schools.
- The study has been conducted on students only.

10. RECOMMENDATION FOR FURTHER RESEARCH

This research work is limited to determine the level of stress of elementary students. The following suggestions are made by the researcher for further research:

1. This investigation can be done by the all level of educational institutions.
2. This investigation can be done by the non technical institutions as well as technical institution.
3. Further study can be done with large simple.
4. A comparison can be done between government aided and non government Institution Students.
5. This investigation can be done in all district of Tripura.
6. This study may be extended on differential national and state level of elementary as well as primary and secondary students.
7. A comparison can be done between male and female students.



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