IMPACTS ON USING SMART PHONES: PERSONALITY AND ADDICTION AMONG STUDENTS

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ABSTRACT *Smart phones were once used as a communication device. But with the dawn of modernization, its function has developed to entertainment. Smart phones have become undeniable for this generation and the generations to come and it is often served as a go-to source for staying informed about breaking news and community happenings, getting from place to place, finding new friends and to be connected. However, it has both positive and negative effect on students. The present day students are developing a strong affinity towards their phones. According to a recent survey conducted by Webwise (2017), children aged from 9 to 17 shows that about 62.4% of them are spending up to 4 hours using mobile phones per day. Another survey (2015) has indicated that about 95% of children are accessing internet using mobile phones. Excessive smart phones usage would lead to stress, depression, anxiety, insomnia, delinquency and aggressiveness. It may also lead to various personality disorders such as being paranoid, schizoid, schizotypal, antisocial, narcissistic and histrionic. This study was aimed to find out the significant difference in the addiction level and the temperaments of the students. A sample of 171 students from Grade 9 was considered and was randomly selected from different schools in Chennai district. Data was analyzed using descriptive statistics and it was concluded that there is a significant difference in the addiction level and personality of the students.*

Keywords: Addiction, Smart Phones, Personality, Student, Impacts

INTRODUCTION:

Smart phones have managed to influence our everyday life. It has become the vital part of our lives. Once it was used for communication, now it has been used for taking photographs, recording videos and most importantly instant access to Internet. Now-a-days, babies are born with no silver spoon but with smart phones in their hands. Parents give the freedom for the wards to use their smart phones but lesser do they know the impacts of it. Children get addicted to it and as they grow up, their personality and attitude changes along with it. According to a research conducted by Clinical Psychological Science, teens spending more than five hours a day using smart phones are 71 percent more likely to be exposed to risk factors for suicide. Smart phones have become the source of isolation and have brought separation both physically and mentally within the family members. It has brought in behavioral problems such as difficulties concentrating in class, or a propensity to get into fights, tend to experience more problems on days when they use digital technology more heavily.

REVIEW OF RELATED LITERATURE:

Priyanka Matanhelia (2010) conducted a case study to examine the use of mobile phones to fulfill communication, media and age-related needs by young people in India and to investigate regional and gender differences. It was conducted in two phases using a mixed-methods approach. In the first phase, in-depth interviews were conducted with 30 college-going young adults (18 - 24 years) and in the second phase, a survey was conducted with 400 college-going young adults (18 - 24 years. The results revealed that there were only a few gender differences in the use of cell phones by young people, mainly in the use of cell phones for entertainment purposes, negotiation of independence from parents and in forming friendships with members of opposite sex.

Sanjeev Davey and Anuradha Davey (2014) conducted a mixed method study on the assessment of smart phone addiction in Indian adolescents. For this study a total of 45 articles were considered in systematic-review from whole world; later on 6 studies out of these 45 related to Smartphone's addiction in India were extracted to perform meta-analysis, in which total 1304 participants were enrolled. The results revealed that smart phone addiction among Indian teens can not only damage interpersonal skills, but also it can lead to significant negative health risks and harmful psychological effects on Indian adolescents.

OBJECTIVES: To find the impact of using smart phones for the students of 9th standard based on:
   a) Addiction level
   b) Personality

HYPOTHESIS: There is no impact in using smart phones based on the following attributes:
   a) Addiction level
   b) Personality

METHOD AND SAMPLE OF THE STUDY: Survey method was employed for this study and Random sampling technique was used in the selection of sample of 171 students from class IXth belonging to various schools in Chennai.

TOOL USED FOR THE STUDY: A tool for the study was constructed and validated by the investigator. The tool is a questionnaire with 25 questions and with options ranging from strongly agree, agree, disagree and strongly disagree.

ANALYSIS AND INTERPRETATION:

Table 1: Mean and Standard Deviation of the Personality traits of the IXth standard students using smart phones regularly.

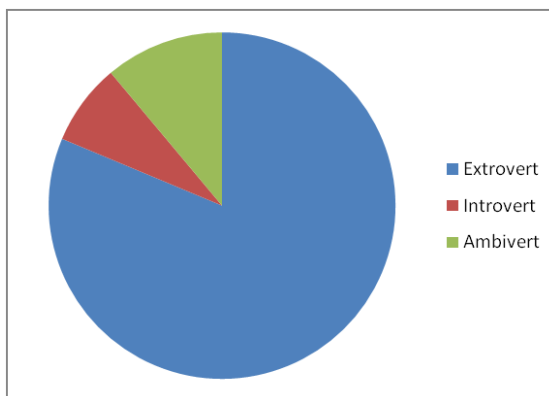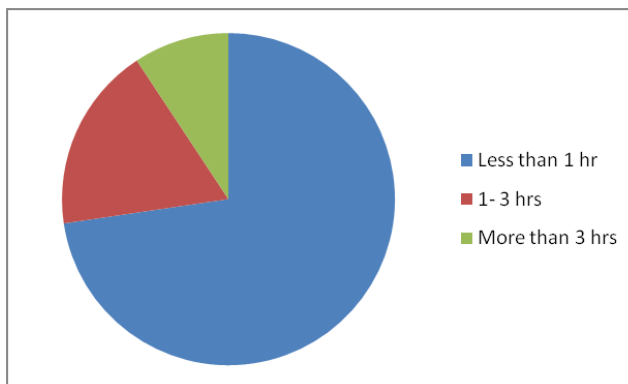| Personality	N	Mean	S.D
Extrovert	139	23.41	6.619
Introvert	13	23.54	4.754
Ambivert	19	25.58	5.036

Table 2: Mean and Standard Deviation of the addiction level of using smart phones among the IXth standard students.

Addiction level	N	Mean	S.D
Less than 1\2 hr	64	24.00	5.198
½ hr to 1 hr	61	23.36	6.822
1-2 hrs	24	24.67	7.197
2-3 hrs	7	30.57	2.637
More than 3 hrs	16	26.25	7.216

        From table 1 & 2, a conclusion can be made that students who use smart phones for less than an hour per day come under the extrovert category. And students who use it for more than 1 hour per day fall into the introvert and ambivert category.

Table 3: f-test for the Personality traits of the IXth standard students using smart phones regularly.

Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	80.69186	2	40.34593	0.998722	0.370513	3.049468
Within Groups	6827.186	169	40.39755			
Total	6907.878	171				

From table 3, the study can be concluded that since the p-value is greater than 0.05 level, the null hypothesis is accepted, i.e. using smart phones regularly does not influence one's personality.

Table 4: f-test for the addiction level of the students using smart phones

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	473.5333	4	118.3833	3.069146	0.017982*	2.425777
Within Groups	6441.537	167	38.57207			
Total	6915.07	171				

*the mean difference is significant at the 0.05 level.

From table 4, the following interpretations can be made:
   a) Since the p-value is lesser than 0.05 level, the null hypothesis is rejected. Therefore, there is an impact of using smart phones based on their addiction level.
   b) The post-hoc test is performed using Games-Howell technique. There is a significant relationship between the students who use smart phones for less than half an hour and students who use for 2-3 hrs per day. From table 2, it can interpreted as the students who use smart phones for 2-3 hrs are more likely to suffer from various physical and psychological effects of using smart phones when compared to students who use it for less than ½ hour.
   c) There is a significant relationship between the students who use smart phones for less than an hour and students who use for 2-3 hrs per day. From table 2, it can interpreted as the students who use smart phones for 2-3 hrs are more likely to suffer from various physical and psychological effects of using smart phones when compared to students who use it for less than an hour.

FINDINGS OF THE STUDY:
   a) Students who are extrovert in nature are likely to spend less time on their smart phones. In contrary, students who are secluded and shy spend more time on their smart phones.
   b) In general, personality of a person will not change with the use of smart phones.
   c) Students who spend less time on the smart phones presumably avoid the risks of addiction.
   d) Students who overuse smart phones will result in a number of physical and psychological problems.

CONCLUSION:
Smart phones have become an addiction that children have started to use it regularly. Around 46% of the teenagers say that they cannot live without their smart phones. This increase in addiction level, has potentially increased the suicide rates. The consensus is that smart phones are here to stay and it is all about finding balance, maximizing the good in it, and minimizing the bad.

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