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A STUDY TO ASSESS SMARTPHONE ADDICTION AMONG UNDERGRADUATE'S STUDENTS OF SELECTED AGRICULTURE COLLEGE AT KARAD.

Nursing

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ABSTRACT

OBJECTIVES

1. To assess the level of Smartphone addiction among undergraduate students of selected agriculture college at karad.
2. To assess the association between level of Smartphone addiction with selected demographic variable.

Methodology: In this study Non experimental / cross sectional research design used. Sample size 70 consists of all the students those are studying in the 1st year BSC AGRI Culture College at Krishna krushi mahavidyalaya rethare Bk. These are selected by Simple Random sampling technique was used for the selection of the samples. Modified Smartphone addiction scale was used. The Smartphone addiction scale was categories in the three categories mild 0-7, moderate 8-12, severe 13-20. The data was analyzed using descriptive and inferential statistics.

Results: In present study demographic variables was used as age, gender, religion, daily time spend on mobile, monthly income of parents. in that I got significant value to daily time spend 1hr on mobile 1 hr use 8 students are mild addicted, 12 students are moderate addicted and there was no any severely addicted student. Also time spend with mobile phone 1-4 hr, 4-10 hr, 10-15hr and more than 15 hrs. There is 23 students are mild addicted 17 are moderate addicted and 10 are severely addicted.

According to modified Smartphone addiction scale 31 students was in mild addicted. And 31 students were in moderate addiction and 8 students was severely addicted.

Conclusion: Among adolescences under graduate students excessive using mobile and that can leads to addiction. If students are using Smartphone as an educational media then that is going to be help for the students but they should not use a excessive use of mobiles if they are using excess then students are suffering with the psychological disorders so proper counseling has to be done for the students by the counselor regarding proper use of mobiles.

KEYWORDS

Smartphone's, Smartphone addiction. Mobile addiction.

INTRODUCTION

A Smartphone is an pocket sized electrical device, which is used by peoples to get different kinds of facilities such as cellular network connections to make a calls, internet data communications and SMS, also they are able to run various kinds of software's those are called as 'applications' in that some of the apps directly provided by the manufacturer in the mobiles such as camera, calendar, calculator gallery etc. these are the pre-installed apps with systems, while others are available of the official source on Google play store/ Apple play store, Microsoft play store.[1]

Also Smartphone is not just used for the entertainment such as social sites and gaming features (Angry Birds); it can be used in a multitude of ways from an educational perspective. In that mobile phones can be used as camera, for work and presentation. Similar videos can be used to record the experiments and it will used in the updates to the students. In the Smartphone we can use different kinds of dictionaries those are helps to get meaning of a word instantly, etc.[2]

Excessive use of Smartphone which will leads to the psychological disorders such as nomophobia means (an abbreviation of no mobile phobia); the fear that being away from your phone somehow disconnects you from the world. As with many forms of addiction, Smartphone addiction is also something that often stems from other underlying emotional and psychological issues. It can be a side effect of depression or obsessive-compulsive disorder. Overuse of a handset can be a crutch that people with post-traumatic stress, attention deficit and social anxiety lean on too.[3]

PROBLEM STATEMENT

"A study to assess Smartphone addiction among undergraduate's students of selected Agriculture College at karad. "

OBJECTIVES

1. To assess the level of Smartphone addiction among undergraduate students of selected agriculture college at karad.
2. To assess the association between level of Smartphone addiction with selected demographic variable.

Methods

In this study Non experimental / cross sectional research design used. Were the sample size consists of all the students those are studying in the 1st year BSC AGRI culture college at Krishna krushi mahavidyalaya rethare Bk. These are selected by Simple Random sampling technique which is used for the selection of the samples. Tools used were the demographic Performa and Modified Smartphone addiction scale on the basis of likert scale. Were the Smartphone addiction scale is categories in the three categories mild 0-7, moderate 8-12, severe 13-20.

Permission is obtained to conduct research study from each respective authority. Then ethical permission obtained from ethical committee before data collection On the day of data collection all students those available in particular classes firstly explained them about the rational of this study, a formal consent is obtained from them. And structured questionnaire provided for answer to questions. The collected data was analyzed by means of descriptive statistics and inferential statistics.

Description of the tool:-

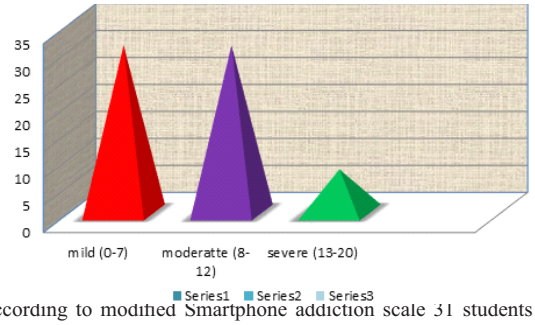
SECTION A-Distribution of agree culture students according to socio demographic variable.

SECTION B:-Association between level of Smartphone addiction among undergraduate.

Table no. 1 Frequency and percentage distribution of student studying in 1st year bsc agree. N = 70

Socio-demographic Distibution	Frequency	Percentage
Age		
18	23	32.85 %
19	15	21.42%
20	18	25.71%
21	14	20%
Gender		
Male	19	27.14%

Female	51	72.85%
Other	0	0
Religion		
Hindu	67	95.71%
Muslim	0	0%
Christen	0	0%
Other	3	4.28%
Residence		
Urban	12	17.14%
Rural	58	82.85%
Daily time spend with mobile phone		
1hr	20	28.57%
1-4hr	41	58.57%
4-10hr	5	7.14%
10-15hr	4	5.71%
More than 15hr	0	0
Monthly income		
Below 5000	5	7.14%
5000-10,000	10	14.28%
10,001-20,000	16	22.85%
20,000-30,000	13	18.57%
More than 30,001	26	37.14%



According to modified Smartphone addiction scale 31 students are mild addicted. Also 31 students are having moderate addiction and 8 students are severely addicted.

SECTION B:-Association between level of Smartphone addiction among undergraduate.

Table no 2 shows that Association between levels of Smartphone addiction among undergraduate.

Variable	0-7 mild	8-12 Moderate	13-20 severe	Chi-sq	p. value
Age				0.3268 (NS)	0.8492 (NS)
18-19	16	18	4		
20-21	15	13	4		
Gender				0.7550 (NS)	0.6856 (NS)
Male	10	7	2		
Female	21	24	6		
Residence				3.686 (NS)	0.1584 (NS)
Urban	4	8	0		
Rural	27	23	8		
Daily time spend with mobile phone				6.447 (NS)	0.0398 (s)*
1 hr.	8	12	0		
1-4 hr. 4-10hr 10-15hr More than 15hr	23	17	10		
Monthly income of parents					0.8352 (NS)
Below 5000 5001-10,000	6	7	2	0.3602 (NS)	
10,001-20,000 20,001-30,000 More than 30,001	25	21	9		

Note:*-Significant(S) Not Significant (NS)

Fig no.5 3 Sample distribution according to daily time spend with mobile phone

Daily Time Spend With Mobile Phone	Frequency	Percentage
1hr	20	28.57%
1-4hr	41	58.57%
4-10hr	5	7.14%
10-15hr	4	5.71%
More than 15hr	0	0

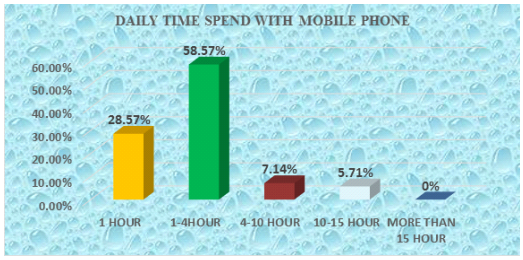


Fig no. 5 bar diagram shows sample distribution according to daily times spends with mobile phone.

RECOMANDATIONS:

Based on the findings the following recommendation is proposed for future research.

- A similar study can be conducted no larger sample and larger area of settings for the purpose of generation.
- An experimental study can be conducted to assess the effectiveness of structured teaching program on Smartphone addiction.
- The study can be conducted related to assessment of knowledge, attitude of students regarding Smartphone.

CONCLUSION

Among adolescences under graduate students excessive using mobile and that can leads to addiction. If students are using Smartphone as an educational media then that is going to be help for the students but they should not use a excessive use of mobiles if they are using excess then students are suffering with the psychological disorders so proper counseling has to be done for the students by the counselor regarding proper use of mobiles.

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