



## AN OBSERVATIONAL STUDY OF SMART PHONE ADDICTION IN FIRST BAMS STUDENTS HAVING DIFFERENT DOSHAJA PRAKRITI.

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### ABSTRACT

**Background & Objectives:** The portability and accessibility of smart phone make it possible to use it anywhere, for any duration. These accessibility turns into habitual action silently and progress in to smart phone addiction. Prakriti is important concept of Ayurveda that explains characteristics of individual as per proportion of doshas. It expresses unique traits of an individual that is defined by specific and permanent composition of dosha at conception. According to prakriti one can give advice to every person to maintain their health.

**Objectives:** To study the smart phone addiction in first BAMS students having different doshaja prakriti

**Material & Methodology:** First B.A.M.S. students were screened to get desired no. of volunteers n =60. Prior study purpose were explained and consent was taken. Doshaja prakriti of Volunteers were done with the help of MUHS prakriti parikshana format. Assessment of Smart phone Addiction were done with Smart phone addiction short version scale. Data was collected in tabular form.

**Conclusion:** The research study concludes that positive relation between smart phone addiction and their pattern with different doshaja prakriti in first B.A.M.S. students. Vata-pittaja prakriti, Vata-kaphaja prakriti, Pitta-javataja prakriti reflects higher tendency towards smart phone addiction.

**KEYWORDS :** Smart phone addiction, different doshaja prakriti, First B.A.M.S. student.

### Introduction

Globally, smart phones were used by 1.85 billion people in 2014. This number is expected to be 2.32 billion in 2017 and 2.87 billion in 2020 (Statista, 2017). In 2015, a median of 54 percent across 21 emerging and developing countries such as Malaysia, Brazil, and China reported using the Internet at least occasionally or owning a smart phone.

A smart phone combines the services of the Internet and a mobile phone. Smart phones offer qualitatively different services in addition to the benefits that the Internet offers. Young people watch videos, express themselves, communicate with friends, and search for information using smart phones, while older people use their smart phone for having video calls with their children living far away and for playing games. The portability and accessibility of a smart phone make it possible to use it anywhere, for any duration. These accessibility turns into habitual action silently and progress in to smart phone addiction.

According to Charakaacharya A good physician knows individual variations and ensures specific treatment accordingly. Prakriti is important concept of Ayurveda. Prakriti is important concept of Ayurveda that explains characteristics of individual as per proportion of doshas. It expresses unique traits of an individual that is defined by specific and permanent composition dosha at conception. According to prakriti one can give advice to every person to maintain their health.

The project was designed to study smart phone use pattern, smart phone addiction according to doshaja prakriti in first year BAMS students.

### Aim:

To study the smart phone addiction in first BAMS students having different doshaja prakriti.

### Objective:

To study the smart phone addiction in first BAMS students

having different doshaja prakriti.

**Methodology:** Type of study design: observational.

**Study area:** MAD Ayurved college, Yeola, Nashik, Maharashtra.

**Study population:** First BAMS students

**Sample size and sampling technique:** 60 and Simple random sampling.

### Variables :

**Independent:** Different Doshaja prakriti.

**Dependent:** Smart phone addiction.

### Inclusion criteria:

- Age - between 18 years to 24 years
- Gender – both male and female
- Healthy volunteers.
- First BAMS students

### Exclusion criteria:

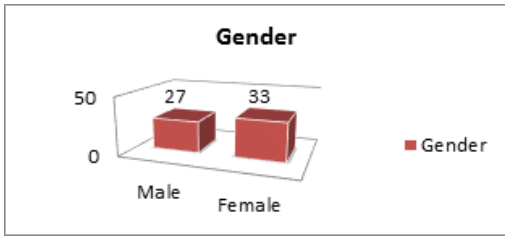
- Age group below 18 years and above 24 years.
- History of major systemic illness and psychological illness.
- Subject currently on any medications against systemic diseases.
- Smoker and alcohol addiction

### Steps :

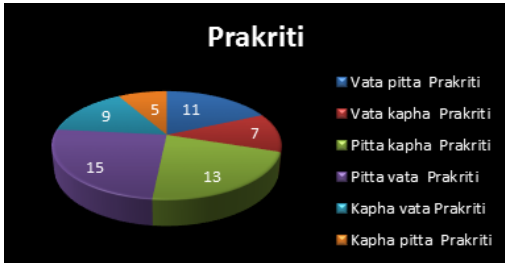
- First BAMS students were screened to get desired no. of volunteers n =60.
- Prior study purpose were explained and consent was taken.
- Doshaja prakriti of Volunteers were done with the help of MUHS prakriti parikshana format.
- Assessment of Smart phone Addiction were done with Smart phone addiction short version scale.
- Data was collected in tabular form.

**Data analysis:**

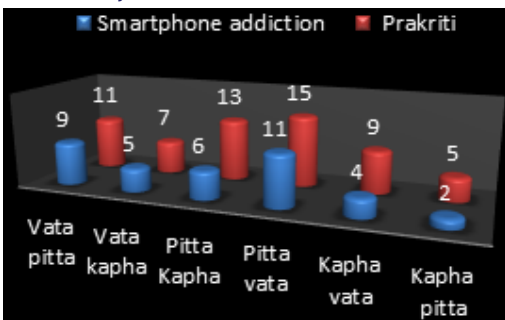
**Frequency distribution according to Gender:**



**2. Frequency distribution according to Prakriti:**



**3. Frequency according to Smartphone addiction in different Doshaja Prakriti individuals**



**DISCUSSION:**

Smart phone addiction is the most recent technological addiction to materialize. As the cost of Smart phone use drops and the functionality of these devices expands, smart-phones have ensconced themselves into the everyday lives of consumers around the world. Behavioral addictions, according to Griffiths aspect what many consider to be the core components of addiction, namely: salience, euphoria (mood modification), tolerance, withdrawal symptoms, conflict, and relapse. Based on research aimed at better understanding Smart phone addiction, mobile phone use can be “dependency-forming, habitual, and addictive”. Importantly, Smart phone addiction does not happen overnight, and, like most forms of behavioral addiction, occurs via a process.

Addiction often begins with seemingly benign behavior (i.e., shopping, Internet and/or Smart phone use, etc.) that, via a variety of psychological, biophysical, and/or environment triggers, “can become harmful and morph into an addiction”.

Although various etiological theories could be used to explain which Smart phone activities are most likely to lead to addiction (e.g., Escape Theory), Learning Theory seems particularly appropriate. Learning Theory emphasizes, among other things, the rewards gained from various Smart phone activities.

When any behavior is closely followed by an effective “reinforce” (anything that rewards the behavior it follows), the behavior is more likely to happen again. This is often referred to as the “law of effect”. Based on the principles of operant conditioning, when a Smart phone user experiences feelings of happiness and/or enjoyment from a particular activity (e.g.,

a funny, six-second Vine video sent by a friend), the person is more likely to engage in that particular activity again (positive reinforcement). The use of a particular Smart phone activity may also operate under the principle of negative reinforcement (reducing or removing an aversive stimulus). Pretending to take a call, send a text, or check one's phone to avoid an awkward social situation, for instance, is a common negative reinforcing behavior practiced by Smart phone users. Any activity that is rewarded can become addictive. The rewards encourage higher involvement with and more time spent in the particular behavior. produce a pleasurable sensation has the potential of becoming addictive . Similar to substance addiction, behavioral addiction is best understood as a habitual drive or compulsion to continue to repeat a behavior despite its negative impact on one's well-being. Any oft repeated behavior that triggers “specific reward effects through biochemical processes in the body do have an addictive potential”. Loss of control over the behavior is an essential element of any addiction.

In Ayurveda the shad ripu – lobh, kama, krodh, Ersha, Moha, Bhaya are explained. These manas bhava are vikara of manasik dosha Raja and Tama. These manas bhava are responsible for various vyadhi hetu ( etiology ). These manasik bhava or dosha leads person towards addiction.

In Ayuveda prakriti is unique trait that explains temparaments and somatotype of person. In present study among 60 students all students have dwandwaja prakriti i.e. Vatapittaja (11), Vatakaphaja(7), Pittakaphaja (13), Pittavataja (15), Kaphapittaja(9), Kaphavataja(5). As per the study 39 students have smart phone addiction in first BAMS students (60) of different Doshaja prakriti. Majority of smart phone addiction among different doshaja prakriti was as follows Vata pitta(9), Vata kapha(5), Pitta Kapha(6), Pitta vata(11), Kapha vata(4), Kapha pitta(2). From above data higher percentage of smart phone addiction showed in vatapittaja prakriti - 81.81%, vatakaphaja prakriti- 71.42%, pitta vataja prakriti- 73%. The common dosha reflect in smart phone addiction is vata.

In Vata prakriti characteristics like sheeghra, chala the vataprakriti person is Sheedhra Samarambha( quick in initiation of actions), sheedhra Trasa raga (getting irritated, quick in likes and dislike). So because of these characteristics vata prakriti persons cannot stands for stress, anxiety like emotions for long time. To find solution for happiness and stress release persons continue to particular activity like using smart phone. Also “Ajitendriya” (cannot control his senses) “adrudha” (unsteady), “matsarya” (bloated with jealousy), “Anarya”(Uncivilized personality) “Asauhruda”(unsteady with friends)are the another characteristics which can leads the person towards addiction.

As stated in above the behavior addiction does not happen overnight, and, like most forms of behavioral addiction, occurs via a process. In the case of cell-phones, such an addiction may begin when an initially benign behavior with little or no harmful consequences – such as owning a smart phone for safety purposes– begins to evoke negative consequences and the user becomes increasingly dependent upon its use. Owning a smart phone for purposes of safety, for instance, eventually becomes secondary to sending and receiving text messages or visiting online social networking sites; eventually, the smart phone user may engage in increasingly dangerous behaviors such as texting while driving. Ultimately, the smart phone user reaches a “tipping point” where he/she can no longer control their smart phone use or the negative consequences from its over-use.

The process of addiction suggests a distinction between liking and wanting. In other words, the smart phone user goes from liking his/her to wanting it. This switches person from liking to

craving. The different patterns were found to initiate smart phone addiction in first BAMS students according to their prakriti (Positive reinforcement). As per "law of Effect" In Vatapradhana prakriti such as vatapittaja and vatakaphaja start using to visit social media often such as facebook ,whats up, tictok and instagram, also like play music and you tube videos. Pittapradhan prakriti person specially pittavataja and pittakaphaja like to play various war games, beauty app, online shopping for clothes, perfumes & beauty products. In Kaphaprdhan prakriti comparatively less addiction is observed but kaphavataja & kaphapittaja specially shows interest in reading online books, visit social media.

### CONCLUSION:

The research study concludes that positive relation between smart phone addiction and their pattern with different doshaja prakriti in first B.A.M.S. students. Vatapittaja prakriti, Vatakaphaja prakriti, Pittajavataja prakriti reflects higher tendency towards smart phone addiction.

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