



“A study to assess the smart phone usage and its effect on psychological health of Youth in a city Mumbai.”

**MS.Devita Anand
Nalawade.**

Assistant Professor, Leelabai Thackersey College of Nursing, S.N.D.T.Women's University, Churchgate, Mumbai

ABSTRACT

BACKGROUND: Smartphones are popular devices capable of processing more information than other phones; they include many features such as games, access to the Internet and social networks, messaging, videos, multimedia, and navigation, in addition to their use for communication. Moreover, smartphone overuse may lead to some mental or behavioral problems. It may cause maladaptive behavioral difficulties, interfere with school or work, reduce real-life social interaction, and lead to relationship disorders. This study aimed to find out the psychological health of a youth after use of smart phone.

METHODS: A survey was conducted. A Semi-structured questionnaire consist of 20 multiple-choice questions and it was administered to the youth who are residence of Mumbai. Questions were related to three domains of smart phone usage, reason for using specific application on phone and psychological health of a youth.

RESULTS: It was noted that 53 % of the samples belonged to the age group of 18-20 years. Majority (66%) of the samples were studying graduates program. It was noted that 63% of the sample perform exercise. It was seen that 100% of the sample were using smart phone. And 73% of them were using it throughout a day whereas 27% of the sample only during night can remain without a smart phone. It was seen that 23% of the samples use maximum time Whatsapp on their phone. Reasons for using various applications on smart phone was identified that, 33% uses it for chatting with friends. During free time, 27% of the sample prefer playing mobile games and chatting with friends. Data regarding selfie was asked to the sample, it was noted that, 33% of the sample take unlimited selfie snap. 47% of the sample post 1-2 photos on social media and sixty percent of the sample said that they expect comments from friends for their posts. Forty percent of the sample gets upset for not getting comment for their post, 27% get angry on others for simple reasons. Three percent of the sample sleep only for 2-3 hours a day. Ten percent revealed short temperedness, headache with disturb sleep and fear of unknown respectively

CONCLUSION: Efforts needs to be taken to divert youths mind towards family gatherings, communication with human beings and society .Psychological health issues like anger, Short tempered behavior, fear of unknown needs to be noted to the health professionals. If we want our youth to be healthy, we need to divert their mind from virtual world and make them enjoy the actual world.

KEYWORDS : Smart Phone, Psychological health

Objectives of the study:

1. To find out the incidence of smart phone use among youth in Mumbai.
2. To find out the psychological health of youth in Mumbai.

RESEARCH METHODOLOGY:

- Research Approach : An Exploratory Survey
- Research Design : Survey design
- Setting of the study : School and colleges of Mumbai.
- Population : Youth
- Sample and sample size : 30 Youths
- Sampling technique : Snow ball sampling technique
- Tool and technique :
- a. Tool : A semi-structured questionnaire
- b. Technique : Questioning technique

DATA ANALYSIS:

1. Findings related to the demographic characteristics of the Youth:

It was noted that 53 % of the samples belonged to the age group of 18-20 years, forty percent belonged to the age group age group of 15-17 years and seven percent belonged to the age group of above 20 years. It was also observed that 53% of the samples were male and remaining 47% were female. Majority (66%) of the samples were studying graduates program, twenty percent of the samples were studying in 12th, ten percent of the sample ware studying in 10th standard and only three percent of the sample were doing post-graduation. It was noted that 63% of the sample perform exercise whereas 37% don't perform exercise.

2. Finding related to the incidence of smart phone use:

It was seen that 100% of the sample were using smart phone. It was noted that 73% of the sample were using smart phone throughout a day, 23% said that, they use it only for 2-4 hours a day and four percent said that they use it only for calling and

receiving calls. It was noted that 27% of the sample only during night can remain without a smart phone, twenty percent said only 2-3 hours, 13% cannot leave smartphone aside and only seven percent said that they can be without smart phone for full day. It was seen that 23% of the samples use maximum time Whatsapp on their phone, 13% said, they use hike, Whatsapp-Instagram-Facebook and Whatsapp-Facebook respectively. Seventeen percent of the sample said that they use facebook and remaining three percent of the sample said that it is YouTube, facebook and combination of Whatsapp-Instagram-Facebook-Email-PPT-Word respectively. Reasons for using various applications on smart phone was identified as 33% said for chatting with friends, 27% said that for calling friends, 13% said that to have a fun with friends and to meet all friends on facebook respectively. Six percent of the sample said that to share their pictures in a group whereas four percent of the sample said that to see YouTube videos and to get famous on social media respectively. Data regarding selfie was asked to the sample, it was noted that, 33% of the sample take unlimited selfie snap and up to 3 selfie a day respectively. Fourteen percent said they take 7-10 selfies a day whereas twenty percent of the sample take 4-6 selfies a day.

3. Finding related to the psychological health of youth:

Data regarding free time activity, it was noted that, 27% of the sample prefer playing mobile games and chatting with friends. Four percent only chatting with friends. Ten percent uses internet surfing, 13% chat as well as surf internet, going out with friends and study respectively. Ten percent of the sample play as well as go out with friends and surf on net respectively. Data regarding posting photos on social media, it was noted that, 47% of the sample post 1-2 photos on social media, 27% of the samples post those which they like most whereas 13% of the sample said that they click all clicked photos on social media as well as not at all posting on a social media respectively. Sixty percent of the sample said that they expect comments from

friends for their posts whereas forty percent said they don't expect any comment. It was noted that forty percent of the sample gets upset for not getting comment for their post, 27% get angry on others for simple reasons, three percent start comparing with others whereas seven percent click another photo and post it on media. It was noted that 17% of the sample sleep for around 6-8 hours a day, ten percent of the sample sleep around 9-10 hours a day whereas three percent of the sample sleep only for 2-3 hours a day. Data regarding health related issues were asked and forty percent said that they have disturbed sleep at night, 27% complain of frequent headache, ten percent revealed short temperedness, headache with disturbed sleep and fear of unknown respectively. Only three percent of the samples said that they have disturbed sleep as well as fear of unknown.

Reference:

1. Adams S. K. & Kisler T. S. (2013). Sleep quality as a mediator between technology-related sleep quality, depression, and anxiety. *Cyberpsychology, Behavior, and Social Networking*, 16(1), 25-30.
2. Arora T., Broglia E., Thomas G. N. & Taheri S. (2014). Associations between specific technologies and adolescent sleep quantity, sleep quality, and parasomnias. *Sleep Medicine*, 15(2), 240-247.