Original Research Paper

Psychology

MOBILE PHONE ADDICTION AND PERCEIVED LONELINESS AMONG WEB DESIGNERS

P. Leena

Dr. U. L. Bhuvaneswari* *Corresponding Author

ABSTRACT The purpose of the study was to assess the mobile phone addiction and perceived loneliness among web designers. For this purpose, Perceived Loneliness Scale constructed by Dr. Praveen Kumar Jha (1997) and Mobile Addiction Scale by Dr. A. Velayudhan and Dr. S. Srividhya (2012) were administrated to a sample of 52 web designers in the age group of 26 to 35 years (19 female and 33 male). Statistical analysis revealed that there exists a significant relationship between mobile phone addiction and perceived loneliness and that there is no significant mean difference in mobile phone addiction and perceived loneliness with regard to gender.

KEYWORDS : Perceived loneliness, mobile phone addiction, Web Designers, gender.

INTRODUCTION

Man is a social animal. He is more interested in sharing his emotions with other human beings than with animals. Though our need to connect is innate, many of us frequently feel alone. Even some people who are surrounded by others throughout the day still experience a deep and pervasive loneliness (PsychologyToday.com, 2019). Loneliness is good and we need to stay awake when it affects our mental well-being. When we have worst loneliness and it turned as problems that we cannot solve, we become addicted to some habits.

LONELINESS

Loneliness is defined as "the unpleasant experience that occurs when a person's network of social relations is deficient in some important way, either quantitatively or qualitatively" (Perlman and Peplau, 1981).

Loneliness is a prevalent and global problem for adult populations. Loneliness is a complex and usually unpleasant emotional response to isolation. Loneliness typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future. As such, loneliness can be felt even when surrounded by other people and one who feels lonely, is lonely. The causes of loneliness are varied and include social, mental, emotional, and physical factors (Wikipedia, 2019).

MOBILE PHONE ADDICTION

Cell phone addiction, sometimes referred to as problematic mobile phone use, is a behavioral addiction thought to be similar to that of an Internet, gambling, shopping, or video game addiction and leads to severe impairment or distress in one's life. With the widespread accessibility of cell phones at a younger age now, teenagers are especially prone to developing an addiction to their cell phones or social media (PsychGuides.com, 2019).

MOBILE PHONE ADDICTION AND LONELINESS

Nowadays, face to face interactions and live direct contacts have gradually reduced. Access to the internet and communication technology has shifted dramatically over the past decade. People who want to overcome their loneliness spend more time with mobile phone and it has changed as an addiction in the present decade. Lonely adults are more likely to perceive harsh effects of the internet and social media communication compared to those who are not lonely. Adults who are not lonely are more likely to see the internet as a way to bring people closer together rather than creating a divide. Human beings are instinctively social animals. It is natural for us to feel alone or lonely when we are isolated from others. However, modern life, with all of its conveniences, has led to a sharp increase in isolation. As a result, loneliness is on the rise PsychAlive.com, 2019).

LITERATURE REVIEW

Jafari, Aghaei and Khatony (2019) aimed to investigate the relationship between addiction to mobile phone and sense of loneliness among medical sciences students. In this descriptive-analytical study, 439 students entered the study by stratified random sampling. The average score of mobile phone addiction in boys and girls was 73.77 ± 11.48 and 74.64 ± 12.28 from 100, respectively. There was no significant difference between them. According to the rating of mobile phone addiction, 17.8% of the students were in the range of moderate dependency and 10.9% of them were in the range of extreme dependency. Also, 71.3% of the students were identified as mobile phone addicts. The average score of sense of loneliness in boys and girls was 43.22 ± 5.16 and 42.82 ± 5.30, out of 105, respectively. There was no significant difference between them. There was a significant and negative correlation between the scores of mobile phone addiction and sense of loneliness.

METHODOLOGY

The methodology of the present study involved the following:

OBJECTIVES

1. To assess the level of perceived loneliness and mobile phone addiction among selected web designers.
2. To study the difference in perceived loneliness and mobile phone addiction among the sample in terms of gender.
3. To measure the relationship between perceived loneliness and mobile phone addiction of the sample.

HYPOTHESES

1. The levels of perceived loneliness and mobile phone addiction of the selected web designers will be significantly High.
2. There will be no significant difference in perceived loneliness and mobile phone addiction of the sample in terms of gender.
3. There will be a statistically significant relationship between perceived loneliness and mobile phone addiction of the sample

SAMPLE

Fifty-Two web designers belonging to an IT sector in the age range of 26-34 years.

TOOLS USED

Perceived Loneliness Scale (Jha, 1997):
Perceived Loneliness Scale, constructed by Dr. Praveen Kumar Jha (1997) consists of 36 items involving positive statements as well as negative (reverse scored) statements. Five response categories are: fully agree, agree undecided, disagree, and fully disagree. The minimum and maximum possible range of score in this scale is 36 to 180.

Mobile Phone Addiction Scale (2012):
Mobile Phone Addiction Scale by Dr. A. Velayudhan and Dr. S. Srividya contains 37 items using a five-point response format. It contains six subscales 1) Maladaptive Usage 2) Self Expression 3) Peer Relationship & Mobile Phone 4) Interpersonal Relationship 5) Impulsivity 6) Usage Time. The higher the score, higher the mobile phone addiction. The alpha (test retest) reliability of the scale was 0.79 and the split half reliability index was 0.75. The internal consistency reliability was 0.89. The content item and concurrent validity of the test is high.

PROCEDURE

Initially, web designers working in an IT company were contacted and

were explained the purpose of the study. 65 web designers who gave their willingness were given the questionnaires. Out of the 65 web designers, 52 people who fully completed the questionnaires alone were taken finally for the study. They were selected using Convenience Sampling.

ANALYSIS OF DATA
The obtained data was analyzed using Mean, Standard Deviation, t test and Correlation.

EXPERIMENTAL DESIGN
A single group pretest alone design was used in this study.

RESULTS AND DISCUSSION
Table I: Level Of Perceived Loneliness Of The Total Sample

(N=52)

LEVEL OF PERCEIVED LONELINESS	NUMBER	PERCENTAGE
HIGH	35	67
MODERATE	-	-
LOW	17	33

Table I reveals that Loneliness was perceived by majority (67%) of the selected Web Designers. These people are not able to find meaning and joy in their everyday living and thus feel lonely. They also seem to lack good social skills, have low self-esteem and high pessimism. The hypothesis, "The level of perceived loneliness of the selected web designers will be significantly High" is therefore accepted.

Table II: Level Of Perceived Loneliness Of The Male And Female Sample

Level Of Perceived Loneliness	Males (N=33)		Females (N=19)	
	Number	Percentage	Number	Percentage
High	21	63	14	73
Moderate	-	-	-	-
Low	12	36	5	26

Table II indicates that the perceived loneliness of majority of the male (63%) and the female (73%) sample is High. These two groups do differ much in their loneliness levels. These two groups are not able to mingle with people easily and seem to have poor social skills. They also seem to have poorer adjustment with family and friends.

Table III: Mean Difference In Perceived Loneliness Among The Male And Female Sample

GENDER	N	MEAN	STANDARD DEVIATION	t SCORE
MALE	33	94.485	13.967	0.842 NS
FEMALE	19	95.263	12.609	

NS= Not Significant

Table III indicates that the mean difference in perceived loneliness of the male and female is statistically not significant (t=0.842)

Table IV: Level Of Mobile Phone Addiction Of The Total Sample

LEVEL OF MOBILE PHONE ADDICTION	NUMBER	PERCENTAGE
HIGH	-	-
MODERATE	25	48
LOW	27	52

Table IV shows that the level of Mobile phone addiction is Low in majority (52%) of the total sample. "The level of mobile phone addiction of the selected web designers will be significantly High" is rejected.

Table V: Level Of Mobile Phone Addiction Of The Male And Female Sample

Level Of Mobile Addiction	Males (N=33)		Females (N=19)	
	Number	Percentage	Number	Percentage
High	-	-	-	-
Moderate	14	42	11	58
Low	19	58	8	42

Table V reveals that 58% of females have Moderate Mobile Phone Addiction.

Table VI: Mean Difference In Mobile Phone Addiction Among The Male And Female Sample

GENDER	N	MEAN	STANDARD DEVIATION	t score
MALE	33	88.03	13.469	0.401 NS
FEMALE	19	92.737	18.985	

NS= Not Significant

Table VI shows that the mean Mobile phone addiction of the male (M=88.03) is Low and that of the female (M=92.737) sample is Moderate. The mean difference in Mobile Phone Addiction (t=0.401) is found to be statistically not significant.

Table VII: Correlation Between Perceived Loneliness And Mobile Phone Addiction Of The Sample

VARIABLES	MEAN SCORE	STANDARD DEVIATION	r SCORE
PERCEIVED LONELINESS	94.769	13.366	*0.517
MOBILE PHONE ADDICTION	89.75	19.242	

*Significant at 0.01 level

Table VII shows the correlation between mobile phone addiction and perceived loneliness among web designers "There will be a statistically significant relationship between perceived loneliness and mobile phone addiction of the sample" is accepted.

Results revealed that loneliness was significantly associated with problematic mobile phone use (r=.35). Furthermore, there were significant differences between loneliness and independent variables (gender, mobile phone addiction and daily phone use time).

DISCUSSION
Mobile phone addiction and perceived Loneliness among web – designers were examined in the current study. The result has revealed that there was significant correlation found between the mobile phone addiction and loneliness among web designers. This study also indicated that there were no significant differences between the mobile phone addiction and perceived loneliness scores of male and female web designers However, the data of female is quite small, and some other variable must also be studied with this variable.

CONCLUSION
1) There is no high level of mobile phone addiction was found among both male and female web designers
2) There is no gender difference found in terms of mobile phone addiction.
3) There is a high level of perceived loneliness was found among both the male and female web designers.
4) There is a significant correlation found between the mobile phone addiction and perceived loneliness among web designers.

REFERENCES
1. Bian M, Leung L. Linking loneliness, shyness, smartphone addiction symptoms, and patterns of smartphone use to social capital. Soc Sci Comput Rev. 2015;33(1):61–79.
2. Bisen, S. and Deshpande, Y. (2016). An Analytical Study of Smartphone Addiction among Engineering Students: A Gender Differences. https://www.researchgate.net/publication/322951287_An_Analytical_Study_of_Smartphone_Addiction_among_Engineering_Students_A_Gender_Differences
3. Coughlan, S. (2018). Girls 'more likely to face loneliness'. https://www.bbc.com/news/education-46459954
4. Davey, S. and Davey, A. (2014). Assessment of Smartphone Addiction in Indian Adolescents: A Mixed Method Study by Systematic-review and Meta-analysis Approach. International Journal of Preventive Medicine. 2014 Dec; 5(12): 1500–1511. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4336980/
5. Dr. Praveen Kumar Jha (1997). Perceived Loneliness Scale. Psycho Prasad. Delhi.
6. Han, L., Geng, J., Jou, M., Gao, F. and Yang, H. (2017). Relationship between shyness and mobile phone addiction in Chinese young adults. Computers in Human Behavior. Volume 76. Issue C. November 2017. Pages 363-371. https:// dl.acm. org/ citation.cfm?id=3172670
7. IOSR Journal of Humanities and Social Science (IOSR-JHSS) Volume 21, Issue12, Ver. 1 (December. 2016) PP 57-62 e-ISSN: 2279-0837, p-ISSN: 2279-0845. www.iosrjournals.org
8. Irny, S.I. and Rose, A.A. (2005) "Designing a Strategic Information Systems Planning Methodology for Malaysian Institutes of Higher Learning (isp- ipta), Issues in Information System, Volume VI, No. 1, 2005.
9. Jafari, H., Aghaei, A. and Khatony, A. The relationship between addiction to mobile phone and sense of loneliness among students of medical sciences in Kermanshah, Iran. BMC Res Notes 12, 676 (2019) doi:10.1186/s13104-019-4728-8
10. Jiang, Q., Li, Y. and Shypenka, V. (2018). Loneliness, Individualism, and Smartphone Addiction Among International Students in China. in Cyberpsychology, Behavior, and Social Networking 21(11)• September 2018 with 1,359 Reads. DOI: 10.1089/cyber.2018.0115
11. Mansourian M, Solhi M, Adab Z, Latifi M. Relationship between dependence to mobile phone with loneliness and social support in University students. Razi J Med Sci (RJMS). 2014;21(120):1–8.
12. Perlman D. and Peplau L. A. (1981). Towards a social psychology of loneliness, in

Personal Relationships in Disorder, eds Duck S., Gilmour R., editors. (London: Academic Press;), 32–56.

13. PsychAlive.com (2019). I Feel Lonely: What To Do When You're Feeling Alone. https://www.psychalive.org/isolation-and-loneliness/

14. PsychGuides.com (2019). Cell Phone Addiction. https:// www. psych guides. com/behavioral-disorders/cell-phone-addiction/

15. PsychologyToday.com(2019). Loneliness. https://www. psycholo gy today. com/us/basics/loneliness

16. Raut, N. B., Singh, S., Subramanyam, A. A., Pinto, C., Kamath, R. M. and Shanker, S. (2014). Study of loneliness, depression and coping mechanisms in elderly. Journal of Geriatric Mental Health 2014;1:20-7.

17. Sethuraman, A.R., Rao, S., Charlett, L., Thatkar, P.V. and Vincent, V. (2018). Smartphone addiction among medical college students in the Andaman and Nicobar Islands. International Journal of Community Medicine and Public Health. Oct;5(10):4273-4277. https:// www. ijcmph. com/ index. php/ ijcmph/ article/viewFile/3731/2418

18. Smith, M., Robinson, L. and Segal, J. (2019). Smartphone Addiction. https://www.helpguide.org/articles/addictions/smartphone-addiction.htm

19. Tan, C., Pamuk, M. and Donder, A. (2013). Loneliness and Mobile Phone. Procedia - Social and Behavioral Sciences 103 (2013) 606 – 611.

20. Team-The WisdomPost and Sophia (2019). Cell Phone Addiction: Meaning, Symptoms, Causes, Effects, and Treatment. http://www. the wisdom post. com/essay/addiction/mobile-addiction/cell-phone-addiction-meaning-symptoms-causes-effects-and-treatment/1045

21. Wikipedia (2019). Loneliness. https://en.wikipedia.org/wiki/Loneliness

22. Yang, S., Lin, C., Huang, Y. and Chang, J. (2018). Gender differences in the association of smartphone use with the vitality and mental health of adolescent students. Journal of American College Health. Volume 66. Issue 7. https://www. tandfonline.com/doi/abs/10.1080/07448481.2018.1454930. https:// doi.org/ 10.1080/07448481.2018.1454930

23. Zhong, B., Xu, Y., Jin, D., Zou, X. and Liu, T. (2016). Prevalence and correlates of loneliness among Chinese service industry migrant workers: A cross-sectional survey. Medicine (Baltimore). 2016 Jun;95(24): e3903. doi: 10.1097/MD.0000000000003903. https://www.ncbi.nlm.nih.gov/pubmed/27310992