



A DESCRIPTIVE STUDY TO ASSESS KNOWLEDGE OF CHILDREN REGARDING MOBILE PHONE USE AND ADDICTION AMONG SCHOOL AGE CHILDREN (6 TO 12)

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ABSTRACT *Background:* Smartphone usually daily leaving life style, all people are using in daily work side but, in nowadays our younger generation is using more much smartphone and it's very harmful to our children health and destroyed the quality of life style. Smartphone use in daily life, regarding some daily living issues through modified Smartphone addiction scale. After assessing Smartphone addiction according to objective wise. I will provide information regarding ill effects of Smartphone addiction and how to prevent the Smartphone addiction. *Objectives:* 1. To assess the level of Smartphone addiction among adolescents. 2. To find an association between level of Smartphone addiction among adolescents with their selected socio-demographic variables. 3. To assess the knowledge of student regarding Health impact of cell phone. *Methodology:* In the present study researcher was used descriptive research approach and non-experimental cross sectional research design used. Simple random sampling technique was used, this study was done in Yashwant Prathamik School Kodoli, Maharashtra. *Result:* In this study based on the findings of results shows demographic variables highest frequency and percentage: in that 07-10 years of age group in the females 31 (51%), in Hindu 42 (70%), in the rural area 60(100%), in the 1 hours 50 (83%) 4 hours. 10(16%). According to the age 6-8 year students are 20 mild addicted, 06 are moderate addicted and 4 are severely addicted. According to the age 9-10 students are 23 mild addicted, 4 are moderate and 3 students are severely addicted. *Conclusion:* Among school going students excessive using mobile and that can leads to addiction along with all advantages and disadvantages of using smart phones responsible for benefit individuals or any form of addiction.

KEYWORDS : Knowledge, Mobile Phone, Addiction, School Age Children.

INTRODUCTION:

The rapid growth in technology has created several devices, one of which is a Smartphone. People are more likely to spend their time on social media, doing business emails, reading academia, seeking answers to questions and playing games. Nearly 95% of Americans own mobile phones and 77% have Smartphone. In 2014, 1.85 billion people using Smartphone's around the world, which is projected to hit 2.32 billion in 2017 and 2.87 billion in 2020, too much reliance makes us "mobile addicts" like that.

Cell phones make it simpler for us, but, on the other hand, they bind us together. In addition to having physical effects, Smartphone addiction also has psychological and academic effects at the same time. Mobile phone use has also been linked to sleep deficits, anxiety, tension, depression and all correlated with internet violence.

All entities which can stimulate a person can be an addiction. Whenever a habit is converted into an obligation, it becomes an addiction. Few researchers agree that the use of Smartphone's and gender are not significantly linked. Excessive use of Smartphone paired with negative attitude and feeling of anxiety and dependency on gadgets may increase the risk of anxiety and depression.

It was concluded that cell phone use was prevalent among young people during night hours and stated that poor perceived health was demonstrated due to staying up all night. There was no reportable correlation between memory output and cell phones" Psychological health effects and automated tension stimulators were studied. Excessive use of Smartphone paired with negative.

Need Of The Study:

OBESITY DUE TO SEDENTARY SCREEN TIME: Spending too much time on mobile phones result in sedentary lifestyle. Lifestyle with poor activity which increases risk of obesity and other internal health complication.

RISK OF HEALTH HAZARDS: As per the journal of the American medical association the use of mobile can have intense effect on the

brain and other part of the body, the effect of using excessive mobile phone and can cause cancer, brain tumor, etc.

EFFECT OF MOBILE RADIATION ON CHILD: The child's brain is extremely sensitive to handle the effect of Smartphone radiation.

LACK OF SUFFICIENT SLEEP: Addiction to phone can keep its awake late during the night and lack of sleep can leads various complications.

DECREASE IN FOCUS AND ATTENTION SPAN: While an adult can manage with 6 to 7 hours of sleep every night a child must ideally sleep for at least 8hrs every night. When the sleep requirement is not fulfill the effectiveness and concentration level of child being to drop.

POOR ACADEMIC RESULT: The children must use mobile phone for gaming and entertainment, this leads to poor concentration in study can cause poor academic result.

NUTRITIONAL PATTERN: Unlike adults children eating habits are quite different and are detected by several factors including test and looks of the food. When children are around the mobile they are engrossed in them and don't get urge to eat.

CHEWING LESS: Allowing children to watch mobile or even playing with toys is sure short way to distract their attention eating, when children are watching a show or playing a game on mobile while eating or his focus is on the screen and less on chewing

BEHAVIORAL DISORDER: Spending too much time on the mobile phone can have adverse effect on children mental and physical form behavioral problem, sleep disturbance, depression, obesity, nervous system problem. Another problem that could arise is a compulsive behavior which refers to an urge to perform and action persistently and repetitively. In this case it could mean wanting to check the phone again and again inability to break away always being worry about losing battery or forgetting a charger etc.

PHYSICAL INACTIVITY: The prolonged use of a smart phone can

affect physical health by reducing participation in physical activity which leads to a decrease in muscle mass and increase in fat muscle both of which are associated with bad health consequence. Increase in smart phone addiction decrease in physical activity and play performance. According to cross sectional study physical activity is directly connected with enhanced cognitive function.

Aim Of The Study: To assess the knowledge of children regarding mobile phone use and addiction.

Research Methodology:

Research methodology is a systematic way to solve a problem. It is a science of studying how research is to be carried out. Essentially, the procedures by which researchers go about their work of describing, explaining and predicting phenomena are called research methodology. It is also defined as the study of methods by which knowledge is gained. Its aim is to give the work plan of research."

Research Approach- descriptive research/ survey approach.

Research Design- in this study non experimental / cross sectional research design used.

Research Variable: There is two types of variable are included in this study

Dependent Variable- in my study school going children's of yashwant prathamik vidhayala, kodoli are the dependent variable.

Independent Variable- in my study smartphone is the independent variable.

Demographic Variable- it includes age, gender, religion, residence, daily time spend with mobile phone, monthly income of family members.

Settings: this study will be conducted in the yashwant prathamik vidhayala, kodoli

Population- School going children in 6-12 from yashwant prathamik vidhayala, kodoli

Sample- School going children's (age 06-12 years)-from- yashwant prathamik vidhayala, kodoli.

Sampling Technique: in my study simple random sampling technique used for the selection of the samples.

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

- School going children within age group 06-12 years
- Students who are willing to participate in this study
- Students those are uses Smartphone

Exclusion Criteria

- Student who are not in age group above 12 years
- Student who are not willing to participate in this study
- Those are absent at the time of data collection

TOOL: Structured questionnaire is used to collect the data, it consist of two sections

SECTION-A: Demographic variable which include, age, gender, religion, residence, daily times spend-with mobile phone, monthly income of family member

SECTION-B: Modified Smartphone addiction scale consists of 20 questions

PROCEDURE OF DATA COLLECTION

Permission from the principal madam to conduct research study.

Ethical consent will be taken from the university.

Permission obtained from the principal of the Yashwant prathamik vidhayala, Kodoli for the data collection in the school

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 obtained from them. And structured questionnaire provided for answer to questions.

Plan Of Data Analysis

The data collected will be analyzed by means of descriptive statistics and inferential statistics

RESULT:

Section A: Distribution Of Students Is According To Socio Demographic Variable.

Table No. 1 Frequency And Percentage Distribution Of Student Studying In Yashwant Prathamik Vidhayala, Kodoli.

Socio-demographic Distribution	Frequency	Percentage
Age		
7	05	30%
8	25	150%
9	05	30%
10	25	150%
Gender		
Male	29	174%
Female	31	186%
Other	0	0
Religion		
Hindu	42	252%
Muslim	06	36%
Christen	12	72%
Other	0	0%
Residence		
Urban	0	0%
Rural	60	360%
Daily time spend with mobile phone		
1hr	50	300%
1-4hr	10	60%
4-10hr	00	00%
10-15hr	00	00%
More than 15hr	0	00%

Above table depicts that; the highest frequency and percentage with selected demographic variables in that 10 years of age group 25(150%), in the females 31 (186%), in Hindu 42(252%), in the rural area 60(360%), in the 1hrs / day. 50 (300%) and 4 hours / day (60%)

Section-B: Association Between Levels Of Smartphone Addiction Among School Going Children

Table No.2 Shows That Association Between Levels Of Smartphone Addiction Among School Going Children.

Variable	0-7 mild	8-12 moderate	13-20 severe
Age			
7-8	20	06	04
09-10	23	04	03
Gender			
Male	20	7	2
Female	19	07	05
Residence			
Urban	0	0	0
Rural	25	20	15
Daily time spend with mobile phone			
1hr	30	11	09
1-4 hour	06	03	01
4-10hour	-	-	-
10-15hour	-	-	-

Above table shows that; according to the age 07-10, 43 students are mild addicted. 10 student are moderate addicted and 07 student are severely addicted.

In my study According to gender wise 20 males are mild addicted, 7 are moderate and 2 are severely addicted. Also 19 females are mild addicted, 07 are moderate and 05 are severely addicted to the Smartphone.

In my study according to residence wise in urban area 0 students are mild addicted, 0 students are moderate addicted and 0 are severely addicted. Also rural wise 25 students are mild addicted. 20 are moderate addicted and 15 are severely addicted.

In the present study daily time spend with mobile phone in that according to 1 hr. Smartphone use 30 students are mild addicted, 11 students are moderate addicted and there is 09 severely addicted students. Also time spend with mobile phone 1-4 hr. 4-10 hour. Smartphone use There is 06 students are mild addicted 03 are moderate addicted and 01 are severely addicted.

According to modified Smartphone addiction scale 43 students are mild addicted. Also 10 students are moderate addiction and 7 students are severely addicted.

DISCUSSION

The present descriptive survey conducted to assess Smartphone addiction among school going children of Yashwant prathamik vidhyala, Kodoli. Sample of 60 students were selected by using simple random sampling technique. In that modern modified Smartphone addiction scale was used to assess the Smartphone addiction among selected of Yashwant prathamik vidhyala, Kodoli.

In this study based on the findings of results shows demographic variables highest frequency and percentage in that 07-10 years of age group in the females 31 (51%), in Hindu 42 (70%), in the rural area 60(100%), in the 1 hours 50 (83%) 4 hrs. 10(16%).

According to the age 6-8 year students are 20 mild addicted, 06 are moderate addicted and 4 are severely addicted. According to the age 09-10 students are 23 mild addicted 04 are moderate and 3 students are severely addicted.

According to gender wise 20 males are mild addicted. 7 are moderate and 2 are severely addicted. Also 19 females are mild addicted. 07 are moderate and 05 are severely addicted to the Smartphone.

According to residence wise in rural area 25 students are mild addicted, 20 students are moderate addicted and 15 are severely addicted.

According to daily time spend with mobile phone in that according to 1 hour Smartphone use 30 students are mild addicted, 11 students are moderate addicted and there will be 09 severely addicted. Also time spend with mobile phone 1-4 hr. There is 06 students are mild addicted 03 are moderate addicted and 1 are severely addicted.

The objective of the study was to explore the pattern of mobile phone usage among professional among school going students in Kodoli. A total of 60 students of different streams having Smartphone were surveyed regarding the usage of Smartphone considered as population and simple random sampling technique was used. A well-structured and administered questionnaire was used to elicit the responses.

The collected data were analyzed with the help of various tools and techniques to draw meaningful inferences and conclusion which were obtained using Excel and pie diagram using the study was conducted during November 2023 to December 2023. In present study maximum number of the students used Smartphone around 01 hours daily and mostly the use was for communication & social networking. Majority of students used their Smartphone at home, thought that they used Smartphone more than expectation, felt uncomfortable without their smart phone, and got angry when someone interrupts them while using smart phone."

The study result showed that the majority (28%) of the sample had moderately adequate knowledge regarding ill effects of internet addiction. Majority (72%) of the sample showed favorable attitude towards ill effects of internet addiction. In the study there was a significant association between knowledge and selected demographic variables and the attitude there was also a significant correlation between the knowledge and attitude of the school students regarding ill effects of internet addiction. In the conclusion that the school students have moderately adequate knowledge and favorable attitude towards ill effects of internet addiction.

CONCLUSION

The present study was intended to find out the Smartphone addiction among the school going children, the findings of the study have been discussed based on the objectives among children's are excessive using mobile and that can leads to addiction along with all advantages and disadvantages of using smart phones responsible for benefit individuals or any form of addiction. According to study 16% students addicted by using mobile phone for 4hrs/ day and 84%

students addicted with mobile phone, they used phone for 1 hours/ day.

Summary

In the present Smartphone addiction study firstly introduction is given in that discussed about, what is the Smartphone and its good effects and ill-effects. Next is discussed what is the need to conduct that study in that worldwide addiction values and its harmful effects on humans will be discussed. Then review of literatures will be assessed regarding the study, and methodology is given in that study was conducted.

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