



PREVALENCE OF MOBILE ADDICTION "SEE THE WORLD, NOT THE SCREEN"

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ABSTRACT Mobile phones have become an integral part of children's daily lives, leading to concerns about addiction and its impact on academic performances. A study was conducted to assess the prevalence of smartphone addiction among 03-15 Yrs aged group children in Navy Nagar, Mumbai. A total of 100 samples were collected by simple non-random Technique. The test was conducted through standard questionnaire, that out of 100 children of age group 03-15 years, the most prevalent group was age group 09-11 years (43%). The prevalence of mobile phone addiction was equal in both the gender. The severity of mobile phone use was also depicted by the study as 72% of population uses mobile phone for more than 03 hours on a working day which may vary on non-working days. The study showed that 58% of population had a behavioural addiction score of more than 08 and were this suggested to seek consultation.

KEYWORDS : Addiction, Smart phone, children.**INTRODUCTION**

Smartphones, once a luxury, have now transformed into a necessity, replacing traditional cellphones, personal computers, and an array of other gadgets. [1]. The bond between adolescents and their smartphones is so strong that they feel inseparable from these devices. However, this symbiotic relationship comes with consequences. [2]. This study delves into the prevalence of smartphone addiction among 03-15 age aged group children in Navy Nagar, Mumbai. By examining we aim to shed light on how educational module can help in prevention of Mobile phone addiction.

Background

Excessive and uncontrolled use of Mobile phones among children has raised serious concerns regarding addiction and its negative consequences.

According to a study conducted among 222 children at Kerala in 2019 by semi structured questionnaire and found 42.3% of the children belonging to 5-12 had mobile addiction [3]

According to a study conducted in Bengaluru post pandemic period among school going children shows that almost 45% spent time in gaming 15% in music, 17% watching videos and as an average addicted person spends about 77% of time on daily basis. [4]

Objectives

1. To assess the prevalence of Mobile phone addiction among school children aged between 03-15 year in Urban Community.
2. To develop an educational module on Mobile hygiene.

Methodology

Research Approach: Descriptive study

Setting Of The Study: The study conducted in Navy Nagar, Station Health Organization by non-randomization technique.

Population- 03-15 year age group who are living in Navy Nagar. Sample size 100

Criteria For Sample Selection:**Development And Description Of The Tool:****Standardised Tool:**

The standardised tool was developed from review of literature, books and guidance from experts.

The Tool Consists Of 3 Sections.

Section-1 contains socio-demographic data including age, gender, year of study, religion, type of family and source of information.

Section-2 contains questionnaire on mobile addiction including 25 questions.

Section-3 contains check list on attitude towards phone addiction, feelings, actions and behaviour including 15 questions.

Score Interpretation:

Scoring key was prepared for section-1 by socio demographic data. Under section-2 in smart phone addiction scale, each item has been

given 5 options. Under section-3 smart phone compulsion, each item has been given two options, each right answer to be given score 1 and each wrong answer to be given 0 score, thus a total score of 15 marks was allotted under attitude towards prevalence of mobile addiction among school going children. [5]

Score Interpretation For Prevalence Of Smart Phone Addiction In School Going Children:

1-2: Your behaviour is normal. But that doesn't mean you should live on your smart phone.

3-4: Your behaviour is leaning toward problematic or compulsive use.

5 Or Above: It is likely to have a problematic or compulsive smartphone use pattern.

8 Or Higher: if score is higher than 8, it might consider seeing a psychologist, psychiatrist, or psychotherapist who specializes in behavioural addictions for a consultation.

RESULTS

Analysis and interpretation of the data was done using descriptive and inferential statistics. All items in the tool were coded and transferred into a master sheet.

Smartphone addiction scale reveals that out of 100 children 64% agree that they had missed their planned work due to smartphone use and 69% have no fixed timing in using the smartphone.

Interpretation of smartphone compulsion test reveals that 58% have behavioural addiction and needs consultation.

The test was conducted by several questionnaire table reveal that out of 100 children of age group 03-15 years, the most prevalent group was age group 09-11 years (43%). The prevalence of mobile phone addiction was equal in both the gender. The severity of mobile phone use was also depicted by the study as 72% of population uses mobile phone for more than 03 hours on a working day which may vary on non-working days. The study showed that 58% of population had a behavioural addiction score of more than 08 and were this suggested to seek consultation.

An educational module was formulated and it stated that "while mobile phones are essential tools for communication, learning, and entertainment, excessive use can lead to mobile addiction, which can harm both mental and physical health. By recognizing the signs and implementing healthy boundaries, individuals can strike a balance use technology in a more mindful and beneficial way".

Recommendation

Similar study can be conducted on a large scale among College students, Unemployed Adults and Old aged people. The study findings are recommended to provide behavioural therapy and need for consultation to prevent compulsive smart phone usage.

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