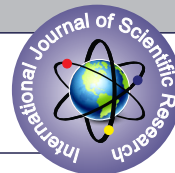


“A STUDY TO ASSESS THE EFFECTS OF MOBILE USE ON MENTAL AND SOCIAL ASPECTS OF HEALTH AMONG MOBILE USING INTER COLLEGE STUDENTS IN SELECTED COLLEGES, BARABANKI”



Medical Science

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ABSTRACT

Mobile phone overuse is a dependence syndrome seen among mobile phone users. Some phone users exhibit problematic behaviour related to substances use disorders. The use of mobile phone are increasing day-by-day and becoming part of Daily life. Cell phone addiction cause anger, stress, depression, irritability, restlessness, memory loss, sleeps disturbances, anxiety and monophobia on mental health. Mobile phone use has a very destruction effects on our society such as wastage of time, cyber bullying, eye related disorders and social disconnect. It affects academic performance of students because they are more interested in wasting their time on mobile phone, rather than spending it on studying. Mobile phone overuse also effects on physical health such as skin problem, teen tendonitis, risk of cancer, risk of chronic pain, accidents etc.

A Study to assess the effects of mobile use on mental and social aspects of health among mobile using inter-college students (totally 60).

RESULTS: Out of 60 samples, 34 (56.7%) show Severe Effects, 21 (35%) show Moderate Effects and 5 (8.3%) showed Mild Effects.

CONCLUSION: Mental and social aspects are the important components of general health. In the modern century, mobile phones have a brought such a revolution in which most students attracted towards mobile. Mobile phones have a great effect on student's daily routine, education level, sleep, physical and mental health, eye related problems, social activism and their economic conditions.

KEYWORDS

Circadian Rhythm, Radiation effects, Mental and Social aspects, Mobile phone, Asthenopia

INTRODUCTION

Mobile phone is also known as cell phone, cellular phone and hand phone. It is an electronic device that using for making and receiving telephone calls over a radio link while moving around the whole world. In addition to technology, modern mobile phones having a wide variety of other functions such a messaging, MMS, emails, internet access short range wireless communication, business applications, gaming and photography etc. The first hand held mobile phone was demonstrated by John. F. Michel and Dr. Martin Cooper of Motorola in 1983, the DYNATEC 8000X was the first to be commonly and commercially available. From 1990 - 2017 world wide mobile phone subscription grew from 27.5 million to over 9 billion about 87% of the global population and reaching the bottom of the economic pyramid.¹

The devices give off harmful radiation which can contribute too many harmful diseases such as brain tumours, male infertility and ear hearing impairment, effects on the foetus, Alzheimer's disease, Parkinson's disease, Asthma, Heart trouble, Insomnia, High blood pressure, Leukaemia, Birth defects, Immune system and Rheumatoid arthritis.³ Cell phones especially smart phones have an addictive quality which can gradually lead to mental disorder. You might lose interest in other functions and can feel alone or anxious when you can't receive or send a message instantly according to researcher, women and adolescence are more prone to this type of mood disorder.²

Mobile phone addiction is also connected with the rise in fatigue and sleep disorder in users. Family relationship and friendship can suffer as a result of overuse of social media on mobile phones. It can lead to poor communication, rigid boundaries, dishonesty in a relationship, high level of conflict and social isolation.² Mobile phones and messages services have become integrated aspects of society. Mobile phones most likely have become a primary means of communication. Mobile phone users may encounter stress, sleep disturbances and symptoms of depression, especially young adults. Under the age of 25 experienced, people feel anxiety or even irritation when they were not able to access their phone whenever they wanted. According to Twente and her colleagues, smart phones were on the rise, there was also an increase seen in depressive symptoms and even suicides among adolescents in 2010.³

Education has taken a new platform which is known as online classes, which increase excessive increase in screen time of mobile phones. It leads to the increase the asthenopic symptoms like eye fatigue, pain around the eyes, blurred vision, headache and occasionally double vision.⁴

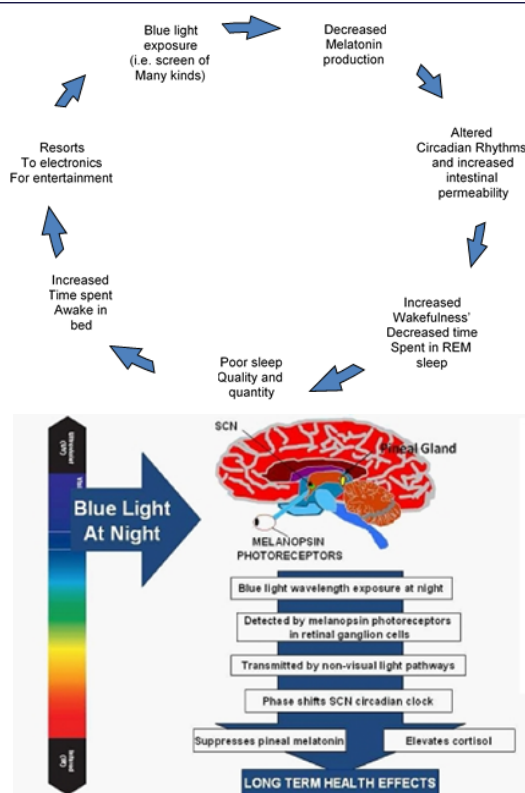


Figure-1 Non-visual Effects

METHOD OF DATA COLLECTION

RESEARCH APPROACH
Quantitative approach
↓
RESEARCH DESIGN
Non-experimental design
↓
ACCESIBLE POPULATION
Inter College students

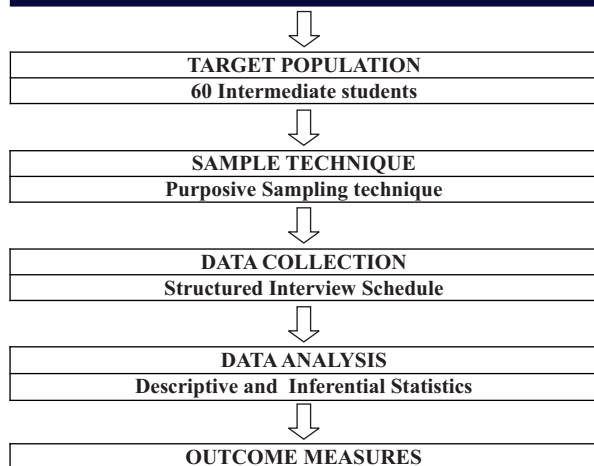


Figure 2: The schematic representation of research methodology

INTERPRETATION OF SCORING

SL. NO.	SCORING	LEVEL OF EFFECTS
1	81 – 100	Severe effects on mental and social aspects of health.
2	61 – 80	Moderate effects on mental and social aspects of health.
3	41 – 60	Mild effects on mental and social aspects of health.
4	20 – 40	No effects.

RESULTS-

LEVEL OF EFFECTS OF MOBILE USAGE ON MENTAL AND SOCIAL ASPECTS OF HEALTH N=60

SL. NO.	EFFECTS ON MENTAL AND SOCIAL ASPECTS OF HEALTH	FREQUENCY (F)	PERCENTAGE (%)
(A)	SEVERE EFFECTS	34	56.7%
(B)	MODERATE EFFECTS	21	35.0%
(C)	MILD EFFECTS	5	08.3%

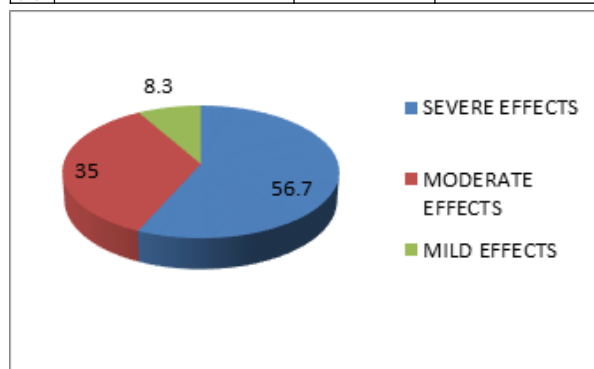


Figure-3

Result shows that 34 (56.7%) samples out of 60, had severe effects on mental and social aspects of health, 21 (35%) had moderate effects and 5 (8.3%) had mild effects on mental and social aspects of health.

Major findings:

- Majority of the students (63.33%) belongs to 15 – 17 years of age.
- In regard to gender, 30 (50%) samples are Males and 30 (50%) are Females.
- In area of residence, 30 (50%) are living in Rural area and 30 (50%) are living in Urban area.
- In the present study majority of students (60%) belongs to Joint family.
- In socioeconomic status, 39 (60.5%) samples belong to Middle class.
- Majority of period of mobile phone usage (63.3%) students are using since 2 years – 3 years.
- Average time on using phone in a day, 75% students are using 5 – 6 hours.

Result shows that 34 (56.7%) samples out of 60, had severe effects on mental and social aspects of health, 21 (35%) had moderate effects and 5 (8.3%) had mild effects on mental and social aspects of health.

The analysis of association of selected demographic variables with effects on mental and social aspects of health was calculated using chi – square method. It reveals that there was significant association between the effects of mobile use on mental and social aspects of health and selected demographic variables such as- Age in years, Area of residence, Type of family, Socioeconomic status, Period of mobile phone usage, Average time spent on using phone in a day. Since the obtained value is greater than the table value at 0.01 and 0.05 level significance. So the research hypothesis (H_1) is accepted.

CONCLUSION

Mental and social aspects are the important components of general health. In the modern century, mobile phones have brought such a revolution in which most students is altered towards mobile. Mobile phones have a great effect on student's daily routine, education level, physical and mental health, social activism and their economic conditions.

Community health Professionals should enhance social interaction among students and it will help to improve professional standards and create better image in the society. Teaching programme can be given to students, their parents and teachers using various channels of communication regarding reduce the effects of mobile phone on mental and social aspects of health.

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