



**ORIGINAL RESEARCH PAPER**

**Psychology**

**PATTERN OF MOBILE PHONE ADDICTION IN ADOLESCENTS OF GOVERNMENT AND PRIVATE SCHOOLS**

**KEY WORDS:** Mobile phone addiction, schools, adolescents.

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**ABSTRACT**

The purpose of this research was to examine the pattern of mobile phone addiction in adolescents of various Govt and private schools, Bhopal district of Madhya Pradesh. Results shows the mean value of mobile phone addiction with respect to government school (M=43.54) is smaller than mobile phone addiction with respect to private school (M=53.30). This showed that adolescents of private school are more exposed to adolescents of government school. Further, there was a significant difference in mobile phone addiction with respect to types of schools - government and private schools;  $t=6.296, p=0.000$ . Adolescents who use mobile phones excessively increase the danger of developing a mobile phone addiction.

**INTRODUCTION**

Global technology and its developments have a significant impact on every person's life. Nowadays, it's common for society to embrace any advancement made in communication technology. This century has been a bonanza for mobile phones. The mobile phone is regarded as a vital instrument for communication and has grown to be an essential component of society. It serves as both a social accessory and a communication tool. Instead of utilizing landlines, more and more people are utilizing mobile phones. Adolescents make up a sizable portion of this population. For them, the mobile phone is more of a need than a pleasure. Several worldwide polls of adolescents have revealed that they view mobile phones as essential to their life; some have even gone so far as to state that they would prefer to go a day without food than to be without their phones (Goswami and Singh 2016).

Addiction to mobile phones was seen by psychiatrists as an OCD (Obsessive-Compulsive Disorder). Addiction to mobile phones may cause complete isolation, financial devastation, and even criminal behaviour in its victims. A study demonstrates the link between teenage mental health issues and excessive usage of cell phones, particularly smart phones. Attention, behaviour, and self-regulation issues are more prevalent among teenagers who use their phones a lot.

Our emotional, psychological, and social well-being is all parts of our mental health. It influences our feelings, thoughts, and behaviors. At every stage of life, from infancy and adolescence to maturity, mental health is crucial. According to the World Health Organization (WHO), health is more than just the absence of illness or disability; it is a condition of whole physical, mental, and social well-being. "There is no health without mental health," according to the WHO. It impacts our capacity to take advantage of the possibilities that present themselves and participate fully in our relationships with friends, family, coworkers, and the community. These days, mental illnesses are regarded as the biggest issue facing society, and one of the main contributing factors is cell phone use among adolescents. The current study aims to investigate the degree of mobile phone addiction and mental health among teenagers enrolled in public and private schools, as well as in different academic courses, including arts, science, and commerce.

**Objective**

To examine the pattern of mobile phone addiction between adolescents studying in different types of schools - government and private schools.

**Methodology**

Sample of 120 students from Govt schools and 120 students from private schools of M.P board was selected by using 'Random Sampling (Regular Interval) technique.

**Research Design**

Parametric and non parametric research design has been used in the present research study. Further t - test, have been used to investigate the effect and difference in the variables of the study.

**Tools Used**

Smartphone addiction scale (SAS) short version developed by Min Kwon, Dai-Jin Kim, Hyun Cho, Soo Yang (2013). Smartphone addiction scale consisted of 6 factors and 33 items with a six-point Likert scale.

Based on the validity reviewed by experts, 10 out of 33 questions have been selected. The questions were selected by at least 6 experts.

**Results**

**T-test Result Of Comparison Between Between Adolescents Studying In Different Types Of Schools - Government And Private Schools**

Variable	Type	N	Mean	SD	t-value
Mobile phone addiction	Government	120	43.54	4.579	6.296
	Private	120	53.30	5.560	

Table shows the mean value of mobile phone addiction with respect to government school (M=43.54) is smaller than mobile phone addiction with respect to private school (M=53.30). This showed that adolescents of private school are more exposed to adolescents of government school. Further, there was a significant difference in mobile phone addiction with respect to types of schools - government and private schools;  $t=6.296, p=0.000$ .

**DISCUSSION AND CONCLUSION**

Mobile phone addiction was measured in various Govt and private school adolescent students and the results indicated that private school students are more addicted than Govt school adolescents. Further results indicated no difference in mobile addiction in adolescents studying; these findings are concurrent with findings of (Ramadhan 2023) who revealed in his study that mobile phone addiction is more in private schools 72% and less in Govt schools 56%.

The findings of our study align with the outcomes of prior research studies by Vadageri (2020). Mohanraj and Subbaiah (2010) also founded mobile phone addiction in private schools is higher than as compare to Govt schools, while some

contradictory results were also founded by (Vuelvas-Olmos et al 2023). The difference founded may be due to several psychological differences. A research on teenagers' knowledge and awareness of mental health was carried out by (Vadageri 2020). A comparative analysis of teenagers in Kalaburagi City's private and Govt schools. It demonstrates that while respondents from private schools are more inclined towards scientifically relevant information regarding mental disease, respondents from government schools are more aware of mental illness but have more general opinions.

It is concluded in the present study that mobile phone addiction in Adolescents of private schools were found more than government schools. Significant difference was found in mobile phone addiction between Govt School and private schools adolescents. The finding suggests that as mobile phone addiction increases mental health of adolescent students' decreases. Thus, it is concluded that there is a need to work for the better and controlled use of the mobile phones by the adolescent students and give a good educational environment to them in both homes and schools, which will help them to overcome the problems of mobile phone addiction and it will be beneficial for good mental health.

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