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A Study to Assess the Knowledge and Attitude Regarding Mobile Phone Addiction & Preventive Measures Among Undergraduate Hosteller Students of Selected Colleges, Saharanpur

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ABSTRACT
A study to assess the knowledge and attitude regarding mobile phone addiction and is preventive measures among undergraduate hosteller in a selected college of Saharanpur, UP. Objective of the study are to assess the knowledge regarding mobile phone addiction and preventive measures among undergraduate hosteller students, to assess the attitude regarding mobile phone addiction and preventive measures among undergraduate hosteller students and to associate the knowledge and attitude score with their selected demographic variables. Purposive sampling technique was used to select the students who are undergraduate from hostels of selected college of Saharanpur. The sample size of the study was 200 undergraduate students. A descriptive design was used in this study. The standard tools were used to collect the data. The content validity and reliability were done. Based on objectives, the data was analyzed and interpreted using descriptive and inferential statistics. This study reveals that the majority of the students (80.5%) had moderate knowledge and (51%) had moderate attitude regarding mobile phone addiction and preventive measures.

KEYTERMS: Mobile Addiction, Knowledge, Undergraduate

INTRODUCTION

A mobile phone is a wireless handheld device that allows users to make and receive calls and to text messages, among others features'. Martin Cooper is the person credited with both inventing the modern mobile phone a well as waking the first mobile phone in New York City , New York in April 1973. A related invention is the cave radio phone invented by Nathan stubble field who was awarded a patent for the idea in the early 20th century (1908) since his work does not provide the technology behind modern

mobile phones, he is not given credit for inventing the mobile phone.
The Motorola Dynatac 8000X, launched in 1983, marked the beginning of the handheld mobile phone era. This pioneering device paved the way for numerous innovations.
By 2014, 1.85 billion people worldwide used mobile phones. This number grew to:

- 2.32 billion (2017)
- 2.87 billion (2020)

In 2015, mobile phone usage was widespread:

- Emerging/developing countries: 54% (across 21 nations)
- Advanced economies: 87% (across 11 nations)

India's mobile phone users:

- 581 million (2014)
- 800 million (estimated, 2019)

The global mobile phone user base surpassed 5 billion by the end of 2019. South Korea has the highest mobile phone ownership rate at 88%. Australia and the US follow with 77% and 72% ownership rates, respectively. Global mobile phone users surpassed 5 billion by the end of 2019. India's mobile phone users grew steadily over the last decade, reaching:581 million users in 2014. An estimated 800 million users in 2019 (according to eMarketer).
Mobile Addiction (nomophobia) can lead to anxiety, depression, and decreased attention span. Stress and anxiety: Constant notifications, social media pressure, and information overload contribute to increased stress levels. Over-reliance on mobile phones can lead to decreased face-to-face interactions, loneliness, and decreased empathy. Rate of Cyberbullying increases the incidence of mobile phones facilitate bullying, harassment, and online abuse. Frequent switching between apps and notifications can reduce focus and cognitive performance.

NEED OF THE STUDY:

Global Mobile Phone Statistics:

1. Total mobile phone users: 8.98 billion
2. India ranks 2nd globally with 1099.51 million wireless phone subscribers
3. Monthly growth rate in India: 1.96%

Regional Statistics (Uttar Pradesh): Total mobile phone connections: 121.60 million
There are some specific initiatives for responsible mobile phone use:

1. Promote awareness about health risks and radiation exposure
2. Encourage responsible mobile phone disposal and recycling
3. Implement digital literacy programs
4. Foster mobile phone-free zones and initiatives
5. Develop policies for sustainable mobile phone growth

A/C to National Institute of Mental Health (NIMH) Nomophobia, or "no mobile phone phobia," is a growing concern in today's digitally connected world. Term coined in 2008 (not 1964) by YouGov survey for the UK Post Office. Derived from "no mobile phone phobia." Approximately 40% of the global population (varies by region). More common among: Young adults (18-24), Urban dwellers, Heavy phone users. Consequences are mental health impacts (anxiety, depression, stress), social relationships suffer, decreased productivity and focus, Sleep disturbances & Physical health risks (sedentary behavior, eye strain).

STATEMENT OF THE PROBLEM:

"A study to assess the knowledge and attitude regarding mobile phone addiction & preventive measures among undergraduate hosteller students of selected colleges Saharanpur"

OBJECTIVES:

1. To assess the knowledge regarding mobile phone addiction and preventive measures among undergraduate hosteller students.
2. To assess the attitude regarding mobile phone addiction and preventive measures among undergraduate hosteller students.
3. To associate the knowledge and attitude regarding mobile phone addiction and preventive measures among undergraduate hosteller students with their selected demographic data.

HYPOTHESIS:

H_1: There will be significant association the knowledge and attitude regarding mobile phone addiction and preventive measures among undergraduate hosteller students with their selected demographic data.

RESEARCH METHODOLOGY:

RESEARCH APPROACH: The quantitative descriptive survey research approach was used in the study.
RESEARCH DESIGN: Non-experimental descriptive research design.
SETTING OF THE STUDY: The study was conducted on undergraduate hosteller student in selected college, Saharanpur.
SAMPLE SIZE: 200 undergraduate hosteller students in selected college, Saharanpur.
SAMPLING TECHNIQUE: Purposive sampling technique
Inclusion criteria: -
The criteria specifying characteristics that a population should have.

- Students who stay in hostels.
- Students who are studying undergraduate course.
- Students who use mobile phones.

Exclusion criteria: -
The criteria specifying characteristics that a population does not have.

- Students who are not doing undergraduate study.
- Students who are not staying in the hostels.
- Students who are not present at the time of data collection.

DESCRIPTION OF THE TOOLS

Tools are means of collecting information for the study.

Section A:- Demographic Variables

- It is an attribute that varies, that is takes on different value.
- The demographic variables of the study are age, gender, religion, father's education, father's occupation, type of family, area of residence, family income per month, course of the study and duration of using mobile phone per day.

Section B:- Structured questionnaires

The investigator constructed the tools for the purpose of assessing the level of knowledge among under-

graduate
hosteller students of selected university in Meerut. The structured questionnaires were prepared by reviewing related journals and other researches.

Section C:- Standardized tool

Standardized tool was used to assess the attitude of students regarding preventive measures about mobile phone addiction.

PLAN FOR DATA ANALYSIS

The data was analyzed by both descriptive and inferential statistics on the basis of stated objectives

- **Descriptive statistics:**

Frequency , percentage were used to study the demographic variables like ages, gender, religion , father's education, father's occupation, course of the study, area of residence, family income, duration of using mobile phone and level of knowledge.

- **Inferential statistics:**

Chi- square test was used to find out the association between knowledge regarding mobile phone addiction with the selected demographic variables of students.

ORGANIZATION OF FINDINGS:

SECTION A: Frequency and percentage distribution of the samples according to their demographic variables.

SECTION B: Percentage distribution of the samples according to knowledge level on mobile phone addiction.

SECTION C: Percentage and frequency distribution of the samples according to attitude score on mobile phone addiction.

SECTION D: Association between the knowledge regarding mobile phone addiction among undergraduate hosteller students with their selected demographic variables.

SECTION A: Description of subjects based on demographic variables

S.No.	Demographic Characteristics	Frequency	Percentage
1.	**Age in Years**		
	16-18	32	16%
	19-21	131	65.5%
	22-24	34	17%
	Above 24	3	1.5%
2.	**Gender**		
	Male	54	27%
	Female	146	73%
3.	**Religion**		
	Hindu	162	81%
	Christian	9	4.5%
	Muslim	19	9.5%
	Buddhist	7	3.5%

	Others	3	1.5%
4.	**Father's education**		
	Primary education	113	56.5%
	High school level	32	16%
	Higher secondary	37	18.5%
	Graduate and above	15	7.5%
	No formal education	3	1.5%
5.	**Father's occupation**		
	Govt. employee	55	27.5%
	Private employee	50	25%
	Self business	66	33%
	Others	27	13.5%
	Unemployed	2	1%
6.	**Course of the study**		
	Medical	119	59.5%
	Para-Medical	41	20.5%
	Engineers	04	2%
	Arts & Science	36	18%
7.	**Type of family**		
	Nuclear family	123	61.5%
	Joint family	70	35%
	Extended family	7	3.5%
8.	**Family income per month**		
	Below 5000	13	6.5%
	5001- 15000	36	18%
	15001- 25000	55	27.5%
	Above 25000	96	48%
9.	**Area of residence**		
	Rural	58	29%
	Urban	122	61%
	Semi- Urban	20	10%
10.	**Duration of mobile usage per day**		
	1-5 hours	141	70.5%
	6-10 hours	43	21.5%
	11-15 hours	11	5.5%
	16-20 hours	05	2.5%

Frequency and percentage distribution of subjects based on demographic variables

Distribution of age

The table depicts that 32(16%) subjects were in the age group of 16 to 18 years; whereas 131 (65.5%) were in the age group of 19 to 21 years and 34 (17%) were in the age group of 22 to 24 years and 3 (1.5%) were in the age group of above 24%.

Distriution of gender

In relation to gender , 54(27%) subjects were male and 146(73%) were female.

Distribution of religion

In relation to religion , 162(81%) subjects were Hindu , 9(4.5%) were Christian, 19(9.5%) were Muslim, 7(3.5%) were Buddhist and 3(1.5%) were from others.

Distribution of father's education

In relation to father's education, 113(56.5%) had primary education, 32(16%) had high school level education, 37(18.5%) had higher secondary education, 15(7.5%) had graduate and above education and 3(1.5%) had no formal education.

Distribution of father's occupation

With regard to father's education ,55(27.5%) were government employee, 50(25%) were private employee, 66(33%) were engaged in self business, 27(13.5%) were engaged on other sectors and 2(1%) were unemployed.

Distribution of course of study

In relation to course of the study, 119(59.5%) subjects were from medical, 41(20.5%) subjects were from Para-medical , 4(2%) subjects were engineers and 36(18%) were from arts & science.

Distribution of type of family

With regard to family , 123(61.5%) subjects were nuclear family, 70(35%) subjects were joint family and 7(3.5%) subjects were extended family.

Distribution of family income

In relation to family income, 13(6.5%) had below 5000, 36(18%) had 5001 to 15000, 55(27.5%) had 15001 to 25000 and 96 (48%) had above 25000.

Distribution of area of residence

With regard to area of residence, 58(29%) subjects were from rural area, 122(61%) subjects were from urban area and 20(10%) subjects were from semi-urban area.

Distribution of duration of mobile usage per day

In relation to duration of mobile usage per day, 141(70.5%) were used for 1 to 5 hours, 43(21.5%) were used for 6 to 10 hours, 11(5.5%) were used for 11 to 15 hours and 5(2.5%) were used for 16-20 hours.

SECTION B: Percentage distribution of subjects according to the level of knowledge

S.No.	Level of knowledge	Category	Frequency	Percentage
1.	Poor	1-4 (<50%)	27	13.5%
2.	Moderate	5-10 (50-75%)	161	80.5%
3.	Adequate	11-16 (.75%)	12	6%

The data presented in the table presents that the 80.5% no of samples having moderate knowledge, 6% of the samples having adequate knowledge & 13.5% of sample comes under poor knowledge category.

SECTION C: Percentage distribution of samples according to level of attitude

S.No.	Level of attitude	Category	Frequency	Percentage
1.	Favourable	41-60 (>75%)	84	42%
2.	Moderate favourable	21-40 (50-75%)	102	51%
3.	Unfavourable	1-20 (<50%)	14	7%

The data presented in the table presents that 42% of sample have favorable level of attitude, 51% of sample

have moderate favorable level of attitude & 7% having un favorable level of attitude.

SECTION D: Association between the level of knowledge regarding mobile phone addiction and its prevention among undergraduate hosteller students with selected demographic variables.

This section deals with association between the level of knowledge regarding mobile phone addiction among undergraduate hosteller students with their selected demographic variables (age, course of the study, area of residence)

There will be significant association the knowledge and attitude regarding mobile phone addiction and preventive measures among undergraduate hosteller students with their selected demographic data.

S. No.	Demographic variables	Sample N=200		Level of knowledge						X^2 value	Significance
				Poor knowledge		Moderate knowledge		Adequate knowledge			
1.	**Age in years**	**N**	**%**	**N**	**%**	**N**	**%**	**N**	**%**	**12.15 df=6**	P>0.05
	16-18	32	16	2	1	24	12	6	3		
	19-21	131	65	17	8.5	108	54	6	3		
	22-24	34	17	4	2	30	15	0	0		
	Above 24	3	1.5	1	0.5	2	1	0	0		
2.	**Course of the study**									**39.42 df=6**	Significant*
	Medical	119	59.5	12	6	101	50.5	6	3		
	Para medical	41	20.5	3	1.5	35	17.5	3	1.5		
	engineers	04	2	1	0.5	2	1	0	0		
	Arts & science	36	18	3	1.5	20	10	3	1.5		
3.	**Area of residence**									**11.3 df=4**	P>0.02
	Urban	58	29	12	6	42	21	4	2		
	Rural	122	61	12	6	104	52	6	3		
	Semi- urban	20	10	1	0.5	19	9.5	0	0		

Association between the level of knowledge regarding mobile phone addiction among undergraduate hosteller students with their age.

The obtained chi-square value in the above table shows that there is significant association between the level of knowledge and age **(x^2=12.15, df=6).**

Association between the level of knowledge regarding mobile phone addiction among undergraduate hosteller students with their course of study.

The obtained chi- square value in the above table shows that there is no significant association between the knowledge and course of study **(x^2= 39.42, df= 6).**

Association between the level of knowledge regarding mobile phone addiction among undergraduate hosteller students with their area of residence.

The obtained chi-square value in the above table shows that there is no significant association between the knowledge and area of residence **(x^2= 11.3, df= 4).**

RECOMMENDATIONS

On the basis of the basis of the study, following recommendations has been made:

- A similar study can be conducted by using a structured teaching program on knowledge regarding mobile addiction.
- A similar study can be conducted on all the students going to college rather than only hostellers.
- A similar study can be conducted as a comparative study among college going students girls & boys.

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