Addiction of Mobile Phone Usage and Health Hazards Caused among the College Going Students of Kolkata

Dr. Gopal Chandra Mandal¹, Jayanty Mitra²

¹Associate Professor, Dept. of Anthropology, Bangabasi College, Kolkata, West Bengal, India
²M. Sc. Student, Indira Gandhi National Open University, Bhubaneswar, Odisha, India

Abstract: In the modern world or present era, advent and spread of technology has proved diverse communication tools, techniques and resources that enable connectivity in a virtual environment at any point of time. Wireless communication has emerged as one of the fastest diffusing media on the planet, fuelling an emergent “mobile youth culture”. In India too, we note that the scenario is similar with people from both rural and urban areas, educated or illiterate, and belonging to almost all ages; now dependent on a cellular phone. The effect of mobile phone radiation has on human health is the subject of recent interest & study, as a result of the enormous increase in mobile phone usage throughout the world. The objectives of the present study was the pattern and dependence on mobile phones and to find out the awareness about health hazards of it among the college going students of Kolkata. The present study was conducted among the 100 (50 boys and 50 girls) enrolled students of Bangabasi College (aged between 18-21 years) situated at 19, Raj Kumar Chakraborty Sarani, Kolkata-700009 with in Ward No. 49 of Kolkata Municipal Corporation. Pre-tested questionnaire was used for the present study. The most of the students (70%) irrespective of the sex, are habituated by using the Android smart phone. The students are using either one (38%) or two (34%) SIM cards. More number of girls is using two SIM cards than the boys. 38% of the students use the phone for 4 to 5 hours a day and the situation among the boys and girls are more or less same, 30% among the girl students use phone for 6-7 hours a day, while boys use less (24%) in this regard. They also use it as their learning resources. 81% of the students are aware about the negative consequences of it. 75% students face headache problems and it is more or less equal among the boys and girls, followed by lack of concentration (59.5%). 51% of the students become irritated and 43.5% feel anxiety during their daily life.

Keywords: Mobile phone addiction, health hazard, College students, Kolkata.

1. Introduction

Not too long ago, and up to mid 1900s, the primary means to communicate and acquire knowledge were limited to reading and writing. However, in the modern world or present era, advent and spread of technology has proved diverse communication tools, techniques and resources that enable connectivity in a virtual environment at any point of time (Pranshuta et al., 2017). Wireless communication has emerged as one of the fastest diffusing media on the planet, fuelling an emergent “mobile youth culture” (Castells et al., 2007). In the last 20 years, worldwide mobile phone subscriptions have grown from 12.4 million to over 5.6 billion, penetrating about 70% of the global population (WHO, 2011a). In India too, we note that the scenario is similar with people from both rural and urban areas, educated or illiterate, and belonging to almost all ages; now dependent on a cellular phone (Acharya et al., 2013).

Mobile telecommunication systems have grown significantly. Mobile phones are used for a variety of purposes, including keeping in touch with family members, conducting business, & having access to a telephone in the event of an emergency. Some people carry more than one cell phone for different purposes, such as business & personal use. Digital transmission started in 1991 & includes such new developments as data & image transmission. Third generation mobile phones currently in the market offer additional services to the users such as e-mail & internet access. The effect of mobile phone radiation has on human health is the subject of recent interest & study, as a result of the enormous increase in mobile phone usage throughout the world. Mobile phones use electromagnetic radiation in the microwave range, which some believe may be harmful to human health (Horst et al., 2010). Constant usage and sort of addiction to cell phones has affected the people physically and psychologically by making them have aches and pains and in some a disability too; lose their required number of hours of sleep; get angry and scrap over trivial matters, and so on and so forth (Francisca, 2007). Cell phones are seen as a mixed blessing. Teens say phones make their lives safer and more convenient. Yet they also cite new tensions connected to cell phone use (Pew Research Center, 2010). In a study among the Polish and Belarusian students done by Krajevska-Kulak and others (2012) stated that, 35.2 per cent from Poland and 68.8 per cent from Belarus were convinced about the harmful effects of mobile phone. Bhutia and Tariang (2016) studied on the mobile addiction among the college going students of Shillong and found that the college going students of Shillong are moderately addicted to mobile phone and gender and stream has no impact on the mobile phone addiction. Subramaniam and Rajesh (2015) conducted an analytical study on impact of smart phone usage among the college going students Chennai, TN. Their study revealed that near about 80% of the student frequently use phone and 66% had habit of checking the smart phone while sleeping, 72% of the participants use for the academic purpose also. In a study in Nigeria on The usage and impact of Internet enabled phones on academic concentration among students of tertiary institutions done by Ezemena (2013) stated that, the internet enabled phone usage does not affect the academic performance of the students but distractions by the usage of phone were notably admitted. In a study among the medical students of a college of Kerala,
George and others (2017) found that, dependency on mobile phones is increasing and 41% commented that life without mobile will be boring and 25% said that they will feel alone or unsafe. They also commented that, as dependence is increasing with the excessive use of mobile phones, some interventions are required to motivate the youth against it. Aoki and Downes (2003) focused on the behavioral and psychological aspects of cell phone usage among college students. They tried to find the reasons behind why a technology is adopted in a particular way.

Objectives

Effects of overuse of cell phone devices in the general population have been carried out by many, but few on specific groups like the teenagers, younger generation or say college-students (Amanda, 2010). The objectives of the present study will be the pattern and dependence on mobile phones and to find out the awareness & consciousness about health hazards of it among the college going students of Kolkata.

2. Methodology

Study area: The present study was conducted among the enrolled students of Bangabasi College (aged between 18-21 years) situated at 19, Raj Kumar Chakraborty Sarani, Kolkata- 700009 with in Ward No. 49 of Kolkata Municipal Corporation. The College is located at the heart of the city and well connected by buses and trains. The nearest railway station is Sealdah station which is located 500 meters away from the College.

Study participants: For the present study about 100 under graduate college students, apparently healthy, were considered. In this study students of both sexes within the age group of 18-23 years, using cell phones, enrolled in the College named Bangabasi College, Kolkata were questioned. A random sampling was done on the day of data collection. All the students, available in a particular class were requested to answer the questionnaire. This was conducted during the recess so that teaching sessions were not disturbed.

Questionnaire: The respondents were first explained about the rationale of this study. Pre-tested questionnaire was used for the present study. Questions like the model of cell phone, number of SIM using by an individual, hour of using the phone, purpose of the use, use of blue tooth device, suffering from health problems will be asked. They were also asked whether they are aware about the harmful effect of frequently using of cell phone.

Analysis : Data has been analysed using Excel and SPSS (7.5) and represented through tables and diagrams.

3. Results

Table 1 depicts the kind of model the students are using. The most of the students (70%) irrespective of the sex, are habituated by using the Android smart phone. The girls are slightly more in number, who are using the smart phone.

![Diagram 1: Number of SIM card used by an individual](image)

The number of SIM card they are using is presented through the Table 2. The table shows that, generally the students are using either one (38%) or two (34%) SIM cards. More number of girls are using two SIM cards than the boys. Three or four SIM cards are being used by the students also but in less numbers i.e. 18% and 10% respectively.

Table 2: Number of SIM card used by an individual

<table>
<thead>
<tr>
<th>Participants</th>
<th>One SIM</th>
<th>Two SIM</th>
<th>Three SIM</th>
<th>More than three SIM</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>16</td>
<td>18</td>
<td>36</td>
<td>10</td>
<td>50</td>
</tr>
<tr>
<td>Boys</td>
<td>22</td>
<td>16</td>
<td>32</td>
<td>8</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>38</td>
<td>34</td>
<td>34</td>
<td>18</td>
<td>100</td>
</tr>
</tbody>
</table>

Use of mobile phones in hours per day by the student participants is presented through the Table 3. From this table it is shown that, 38% of the students use the phone for 4 to 5 hours a day and the situation among the boys and girls are more or less same. 30% among the girl students use phone for 6–7 hours a day, while boys use less (24%) in this regard. 25% of the students use phone for at least 3 hours whereas, 10% of them use it for more than 8 hours a day.

Table 3: Use of mobile phones in hours per day by the student participants

<table>
<thead>
<tr>
<th>Participants</th>
<th>-3 hrs</th>
<th>4-5 hrs</th>
<th>6-7 hrs</th>
<th>8 hrs &amp; more</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>11</td>
<td>22%</td>
<td>18</td>
<td>36</td>
<td>50</td>
</tr>
<tr>
<td>Boys</td>
<td>14</td>
<td>28%</td>
<td>20</td>
<td>12</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>25</td>
<td>25%</td>
<td>38</td>
<td>27</td>
<td>100</td>
</tr>
</tbody>
</table>

Use of internet connection in the phone by the participants is represented through the Table 4. It is evidenced form the table that, most of the students (91%) use internet connection and it is same among the boys and girls as well.

Table 4: Use of internet connection in the phone by the participants

<table>
<thead>
<tr>
<th>Participants</th>
<th>Used</th>
<th>Not used</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>46</td>
<td>92%</td>
<td>50</td>
</tr>
<tr>
<td>Boys</td>
<td>45</td>
<td>90%</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>91</td>
<td>91%</td>
<td>100</td>
</tr>
</tbody>
</table>
the students have mobile phones and 70% of them have
possessed cell phones, and used the device for a greater part
study done by
mobile broadband network (Uichin
70 percent of using smart phones and 90 percent covered by
mobile technology will be globally ubiquitous by 2020 with
interactions of people (Nishad and Rana, 2016). Advanced
multi
mobile is being made these days as it is becoming a
payments (Subramanian and Rajesh, 2017).

Not only they use mobiles for other purposes, they also use
it as their learning resources. 12% of the students use
frequently for learning, whereas, 27% students including
boys and girls use it as a resource. In this case girls (30%) are
more active than their boys (24%) counter part. 34% of
them use it seldomly, out which boys are more in number
than the girls. On the other hand more or less one third of the
students never use mobiles for learning. All these is being
depicted through Table 5.

Table 5: How often they use their phone in class for
learning

<table>
<thead>
<tr>
<th>Participants</th>
<th>Never</th>
<th>Seldom</th>
<th>Sometimes</th>
<th>Frequent</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>14</td>
<td>28%</td>
<td>16</td>
<td>32%</td>
<td>50</td>
</tr>
<tr>
<td>Boys</td>
<td>13</td>
<td>26%</td>
<td>18</td>
<td>36%</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>27</td>
<td>27%</td>
<td>34</td>
<td>54%</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 6 shows the awareness about the problems related to
the use of mobile for long period of time. Here, it is noticed
that, 81% of the students are aware about the negative
consequences of it among these, 84% are boys and 78%
among the girls know very well about it. 22% of the girl
students don’t have any idea about the negative effect of the
prolonged use of it. It is comparative (16%).

Table 6: Awareness about the health problems related to use
of mobile for long time a day

<table>
<thead>
<tr>
<th>Participants</th>
<th>Aware</th>
<th>Not aware</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>39</td>
<td>78%</td>
<td>50</td>
</tr>
<tr>
<td>Boys</td>
<td>42</td>
<td>84%</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>81</td>
<td>81%</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 7 reflects the types of health problems usually they
face. From this table, it is found that, 75% students face
headache problems and it is more or less equal among the
boys and girls, followed by lack of concentration (59.5%).
51% of the students become irritated and 43.5% feel anxiety
during their daily life. Lack of sleep as well as neck and arm
pain also caused by using of mobiles. Most of the students
go through a number of problems simultaneously.

Table 7: Types of health problems (%) they usually faced

<table>
<thead>
<tr>
<th>Participants</th>
<th>Headache</th>
<th>Irritability</th>
<th>Lack of concentration</th>
<th>Anxiety</th>
<th>Eye pain</th>
<th>Lack of sleep</th>
<th>Neck and arm pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>74%</td>
<td>54%</td>
<td>62%</td>
<td>44%</td>
<td>31%</td>
<td>28%</td>
<td>32%</td>
</tr>
<tr>
<td>Girls</td>
<td>76%</td>
<td>48%</td>
<td>57%</td>
<td>43%</td>
<td>38%</td>
<td>31%</td>
<td>26%</td>
</tr>
<tr>
<td>Total</td>
<td>75%</td>
<td>51%</td>
<td>59.5%</td>
<td>43.5%</td>
<td>34.5%</td>
<td>29.5%</td>
<td>29%</td>
</tr>
</tbody>
</table>

4. Discussions

With advent of communication technology, smart phone
usage has become a necessity for various purposes such as
personal, academic, social networking and making financial
payments (Subramanian and Rajesh, 2017). Excessive use of
mobile is being made these days as it is becoming a
multifunctional gadget which is hampering the social
interactions of people (Nishad and Rana, 2016). Advanced
mobile technology will be globally ubiquitous by 2020 with
70 percent of using smart phones and 90 percent covered by
mobile broadband network (Uichin Lee et al., 2014). In a
study done by Acharya and others (2013) among the college
going students from almost all the subjects (96.1 %) possessed cell phones, and used the device for a greater part of the
day. In the present study, it was also noticed that all
the students have mobile phones and 70% of them have
android smart phones for their use. In a study done by
Acharya and others (2013) among the college going students
from almost all the subjects (96.1 %) possessed cell phones, and
used the device for a greater part of the day.

Wood (2014) studied college students and reported that, of
the students surveyed 74% (n=85/115) are females and 26%
(n=30/115) are males students, out of which, women
students spend from out of 10 hours a day had 8 hours with
their smart phone usage than male counterparts). In a study
done by Subramanian and Rajesh (2017) reflected that, the
smart phone usage majority of students have used
Smartphone for 3-5 yrs (65%), 2-3 yrs (45%), while,
duration of smart phone usage of students per day more than
5 hours (77%) and 2 hours (27%). Savio (2016) studied among Goa UG students have 95% for wa
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5 hours (77%) and 2 hours (27%). Savio (2016) studied among Goa UG students have 95% for wa
This app: 81% for
for at least 3 hours whereas, 10% of them use it for more than 8 hours a day, which is not far from the other studies.

There are several theoretical mechanisms that support a causal effect of smart phone use on educational performance. On the one hand, the use of a smart phone may improve the efficiency of students’ study activities by allowing them to continuously search for (study-related) information and by facilitating teamwork (Chen and Yan, 2016; Hawi and Samaha, 2016). On the other hand, research has shown that students see their smartphones primarily as sources of entertainment, rather than as study tools (Barkley and Lepp, 2013; Lepp et al., 2013). Usage of smart phones towards the course related downloading class materials to academic and assignments (72%) and to download advanced techniques (27%) (Jayanth, 2013). Normal usage and usage of learning among students found the most apt to update for knowledge (50%) & education (32%). An US based study claims 83% of health care providers use smart phone to access, 50% use for drug references, 28% for clinical decision 72% use to write notes and memos) (Dr.Gayle, 2015). The impact of mobile phone on student learning is examined by Sundari (2015). Majority (42.1%) of respondents revealed that the frequent use of mobile phone sometimes interferes their learning whereas 36.4% are of the agreement that it also assists them in learning sometimes. 31.6% of the respondents are of the opinion that the calls/messages received just before class impact on their ability to concentrate sometimes and 11.2% said it happens to them always. 33.9% said that the use of mobile during their study time distract them sometimes and 37.4% said it also assists them in learning. The results give a balanced opinion for or against the use of mobile phone on learning and their study. Majority (53.7%) agreed that they can easily contact the teachers for study purposes. 19.6% strongly agreed that they contact the teachers for this purpose. 47.3% of respondents agreed that they can easily contact their classmates for help in studies. 39.3% agreed that their academic performance has been increased due to mobile technology whereas 31.1% disagreed. 38.2% agreed that mobile phone has helped to increase the level of quality of education whereas 33.1% disagreed. Results of the present study resemble that, 12% of the students use mobile frequently for learning, whereas, 27% students including boys and girls use it as a resource. In this case girls (30%) are more active than their boys (24%) counter part. 34% of them use it seldomly, out which boys are more in number than the girls. On the other hand more or less one third of the students never use mobiles for learning. As a whole they are less equal in case of both boys and girls.

5. Conclusion

From the present study, it can be concluded that, the college students are day by day gradually depending on mobile phones. They not only use phone for other purposes like using internet, chatting, hearing songs, but also use for academic purposes. Although, they are aware about the negative effect of using mobile for long time and causes various health problems, but they are reluctant to reduce the using of it. Headache, lack of concentration, irritability are very common health problems among the students. They could not spend a day without the mobile phone.

6. Acknowledgements

All subjects who participated in the study are gratefully acknowledged. Special thanks are due to the authority of the Bangabasi College, Kolkata for kind cooperation.

7. Conflict of Interest

None

References


independent of leisure time physical activity. Applied Physiology, Nutrition, and Metabolism, 38(S1), 1023.


