

A Descriptive Study to Assess the Relationship between Mobile Phone Addiction and Risk Taking Behaviour among Adolescents in Selected Schools at Bharuch

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Short Heading- Relationship between Mobile Phone Addiction and Risk taking Behavior among Adolescents

Abstract: Today, mobile phone has become necessity of every human being. Adolescents is a period in which teens have lack of maturity, and having risky behavior. One of the most risky behavior is mobile phone addiction. The aim of the study was to assess the level of mobile phone addiction in relation with risk taking behavior among adolescents of selected school at Bharuch. In this study conducted in Vikas Vidyalaya Higher Secondary School Bharuch. 60 higher secondary students were selected by simple random sampling method. The result shows that 6.6% adolescents are mildly addicted, 65% adolescents are moderately addicted and 28.3% are severely addicted to mobile phone. 56.6% boys are moderately mobile phone addicted and 36.6% are severely mobile phone addicted where 73.3% girls are moderately mobile phone addicted and 20% of girls are severely mobile phone addicted it shows that boys were severely addicted with mobile phone than girls. In risk taking behavior the least number 22% of adolescent boys had high level of risk-taking behavior. Majority 78% of the adolescent boys had low-level risk-taking behavior. None of the adolescent girls reported severe level of risk-taking behavior. Risk taking behavior boys more addicted with mobile phones. There was significant association between mobile phone addiction and risk taking behavior with age and use of leisure time.

Keywords: Risk behavior, mobile addiction, adolescents

1. Introduction

Mobile has become necessity of every human being. One can't imagine life without it. Just like everything cell phones have both positive and negative effects. Mobile is useful if it used in positive way, it is best way for communication. We can stay in touch with our loved ones. It let us entertain while on the go. Mobile phone quite useful in studies and business. Students can assess internet and can get knowledge of any topic. We can stay in touch with world by the use of cell phones by getting news in seconds.

Adolescence is the period in which the teens have lack of maturity and it is very sensitive period of life. Directly or indirectly they will become dependent on the cell phones. Due to latest events in social media leads to cell phones addiction in adolescents. Now a days below 10 years children are using the cell phones due to its games, entertainment, video and so many. But it will negatively affect the adolescence as well as children's life physically and mentally.

2. Objectives

- To assess the level of risk taking behavior among adolescents in selected school at Bharuch.
- To assess the level of mobile phone addiction among adolescents in selected school at Bharuch.
- To associate the level of risk taking behavior and mobile phone addiction with selected demographic variables.

3. Material and methods

Research approach and design:
Descriptive research design was used.

Setting of the Study:

The study was conducted at Vikas Vidyalaya Higher Secondary School at Bharuch.

Population:

Higher Secondary school students in Vikas Vidyalaya at Bharuch.

Sample and Sample technique:

60 Higher Secondary school students in Vikas Vidyalaya at Bharuch.

Description of the tool

Part I : Demographic variables

Part II : Risk taking behavior scale

Part III : Mobile Phone Problematic Use Scale (MPPUS)

Part I Socio-demographic data includes age, gender, parental education, religion, marital status of the parents, income of the family, sleeping hours, paternal addiction.

Part II It consists of 25 items to assess the risk-taking behavior of adolescents. The tool included violent behavior, Anti-social behavior, Addictive behavior, sexual behavior. Violent behavior consisting 10 items
Anti -social behavior consisting of 5 items
Addictive behavior consisting of 5 items
Sexual behaviour consisting of 5 items

Part III It consists of 26 items to assess the mobile phone addiction.

Scoring procedure

Adolescents Risk Taking Behaviour scale

There are 33 items regarding risk taking behavior of adolescents. Each item has five responses Never-1, Rarely-2, Early once in a while-3, sometimes-4, Almost always-5. Minimum score- 25. Maximum score-125

The level of risk-taking behavior was interpreted as follows
25-75- Low Risk taking behaviour
76-125 high Risk taking behavior

Problematic Mobile addiction Scale

There are 26 items regarding risk taking behavior of adolescents. Each item has five responses Not appropriate-1, Rarely appropriate-2, Sometimes Appropriate-3, Always Appropriate -4, Highly Appropriate-5. Minimum score- 26. Maximum score-131

The level of risk-taking behavior was interpreted as follows
>50%- Mild mobile Addiction
50-75%- Moderate Mobile Addiction
< 75% - Severe Mobile Addiction.

Data Collection procedure

After obtaining proper permission from authority and concern data collection has done.

4. Results

Table 1: Distribution of Adolescents according to Demographic variables

Demographic Variables	Frequency	Percentage
Gender		
Male	30	50%
Female	30	50%
Age		
15yr	1	1.67%
16yr	22	36.66%
17yr	37	61.67%
Type of Family		
Nuclear	37	61.66%
Joint	20	33.34%
Extended	3	5%
Education of parents		
Mother		
Illiterate	3	5%
Elementary	25	41.66%
High school	30	50%
Higher secondary	1	1.67%
Graduate & above	1	1.67%
Father		
Illiterate	1	1.67%
Elementary	22	36.65%
High school	27	45%
Higher secondary	5	8.34%
Graduate & above	5	8.34%
Monthly Income		
<10000	5	8.34%
10001 to 20000	34	56.66%
>20000	21	35%
Academic Achievement		

Pass in all subject	52	86.66%
Fail in anyone subject	8	13.34%
Use of Leisure time		
Watching TV	4	6.67%
Using mobile phone	35	58.33%
Sports	15	25%
Chatting with friends & family	6	10%

Table 1 Shows that 61 % from nuclear family 50%, 45% from high school education of both parents 56% having 10001 to 20000 monthly family income 13% fail in subject 58% having mobile addiction.

Table 2 Distribution of risk taking behavior

Level of risk behavior	boys	girls
Low risk	78 %	100%
High risk	22 %	
Total	100 %	100%

Table 2 shows that least number 22% of adolescent boys had high level of risk-taking behavior. Majority 78% of the adolescent boys had low-level risk-taking behavior. None of the adolescent girls reported severe level of risk-taking behavior.

Table 3: Comparison of mobile phone addiction based on their sex

Level	Boys		Girls	
	F	%	F	%
Mild	2	6.7%	2	6.7%
Moderate	17	56.7%	22	73.3%
Severe	11	36.6%	6	20%

Table 3 shows that 73% having moderate mobile addiction and 20% were addicted to severely addicted to mobile phone.

Table 4; Distribution of adolescents according to level of risk behavior

Level of risk behavior	Max Score	Boys			Girls			Mean % difference
		Mean	SD	Mean %	Mean	SD	Mean %	
Violent Behavior	50	24.37	9.82	49	10.57	1.01	21	28
Anti social behavior	25	12.74	5.34	51	5.92	2.38	24	27
Addictive Behavior	25	10.54	4.69	42	5.26	0.62	21	21
Sexual Behavior	25	9.25	4.09	37	5.24	0.93	21	16
Overall	125	56.9	21.7	46	26.99	4.13	22	24

From the table 4 it is inferred that the level of risk-taking behavior among adolescent boys and girls in higher secondary school was divide under four levels as shown above. The mean percentage difference level of risk behavior between boys and girls in violent behavior is 28, antisocial behavior is 27, addiction behaviour is 21 and sexual behavior is 16. The overall level mean percentage score of risk behaviour of girls and boys is 24.

Table 5: Chi-square test showing the association between Risk behavior and Mobile phone Addiction Level with Demographic variables

Demographic Variables	Mean	f	df	Chi-square Value	Table value	P<0.05
Gender			2	2.114	0.50	NS
Male	0.5	30				
Female	0.5	30				
Age			4	16.3669	0.01	S
15yr	0.017	1				
16yr	0.37	22				
17yr	0.62	37				
Type of Family			4	6.756	0.50	NS
Nuclear	0.62	37				
Joint	0.33	20				
Extended	0.05	3				
Education of parents						
Mother			8	6.9327	0.50	NS
Illiterate	0.05	3				
Elementary	0.42	25				
High school	0.5	30				
Higher secondary	0.016	1				
Graduate & above	0.016	1				
Father			8	10.68	0.50	NS
Illiterate	0.016	1				
Elementary	0.366	22				
High school	0.35	27				
Higher secondary	0.083	5				
Graduate & above	0.083	5				
Monthly Income			4	5.6	0.50	NS
<10000	0.083	5				
10001 to 20000	0.57	34				
>20000	0.35	21				
Academic Achievement			2	3.2021	0.50	NS
Pass in all subject	0.87	52				
Fail in anyone subject	0.133	8				
Use of Leisure time			6	21.8769	0.01	S
Watching TV	0.067	4				
Using mobile phone	0.58	35				
Sports	0.25	15				
Chatting with friends & family	0.1	6				

5. Discussion

In this new modern era mobile phone have become a prominent part of everyday life one can't imagine life without it. Due to this the researcher felt that, this is important to assess the mobile phone addiction.

The first is to assess the level of risk taking behavior among adolescent boys and girls

Regarding level of risk-taking behavior, the least number 22% of adolescent boys had high level of risk-taking behavior. Majority 78% of the adolescent boys had low level risk-taking behavior. None of the adolescent girls reported severe level of risk- taking behavior.

The test statistics show significance 0.000 for the adolescent's boys and risk-taking behavior and mobile addiction. Since the test statistics is much larger than the critical value, we reject the null hypothesis of level of risk-taking behavior and mobile addiction among adolescent's

boys and accept the research hypothesis. The girl's level of risk-taking behavior and mobile addiction didn't show any significance so null hypothesis has accepted.

The above result support the research hypothesis therefore the researcher is rejected the null hypothesis.

The finding of this result consistent with Zhang F, Zhang T, Xiong J, Chen J. done a study in china in 2014 to investigate the gender differences in cluster pattern of health risk behaviors among rural middle school students in Tujia-Miao Autonomous Prefecture of Xiangxi. Among the survey of 896 boys and 1078 girls. The total boys and 92.7% of girls have more than 4 kinds of health-risk behaviors in highest risk group.

The boys having high risk behavior compare than girls. This may be the gender difference, curiosity to discover among boys where as girls' having restriction from parents after puberty. This type of restriction common in India. More production for girls is cultural norms in India.

To assess the level of mobile phone addiction among adolescents in selected school at Bharuch

In this study the level of mobile phone addiction is more among adolescent in this study 6.6% of adolescents are mildly mobile addicted, 65% of adolescents are moderately addicted & 28.3 % of adolescents are severely addicted to mobile phone. As per previous research done by Acharya j p et al "A study on some of common health effects of cell phone among college students". Conducted in AP India, 2013. In this study total no.of respondents was 45%. It was observed that a higher percentage of subjects (363,79%) was below 20 years of age.As noted, when compare to other study result shows that the severity of mobile phone addiction is higher in adolescents because of their involvement in enjoying & taking risky behavior.

As noted, when compared to other studies shows that the males are highly addicted to mobile phone then girls. It may be due to cultural diversity among boys and girls. Boys are having more leisure time than the girls, girls are insisted by mother to engage in household activities. based on these girls having lesser leisure to spend time with mobile phone than boys.

To Associate level of risk taking behavior and mobile phone addiction with selected demographic variable

In this study, level of mobile phone addiction compared with selected demographic variable had a significant effect on use of leisure time. It shows that 58.3% of adolescents spent time with mobile phone while 6.6% of adolescents spent their time watching TV, 25 % in sport & 10 % in chatting with friends and family. As per previous research conducted on December, 2014 in kent state university USA by Andrew lepp et al, on a random sample of 454 students to examine how different type of cell phone usage experience daily leisure on analysis revealed 3 distinct type of cell phone users ; low use extroverts , low use introverts & high use group , an increase level of smartphone use was in this group (high use group) was associated with a diminished exposure of daily leisure. As noted, when compared to other study result shows that mobile phone addiction ratio is

higher than the ratio of use of leisure time with other enjoyment.

In this study, level of mobile phone addiction compared with selected demographic variable had a significant effect on age also. 6.6% of adolescents are mildly mobile addicted, 65% of adolescents are moderately addicted & 28.3 % of adolescents are severely addicted to mobile phone the adolescents those who are having high risk taking behaviour. As per previous research done by Acharya j p et al “ A study on some of common health effects of cell phone among college students”. Conducted in AP India, 2013. In this study total number of respondents was 45%. It was observed that a higher percentage of subjects (363, 79%) was below 20 years of age.

As noted, when compare to other study result shows that the severity of mobile phone addiction and risk taking behavior is higher in adolescents because of their involvement in enjoying and taking risky behavior such as blue whale through mobile phone. Social media (whatsapp, facebook, twitter) and so on this application made them to engage in other activities. Furthermore, it will reduce family communication within the family.

There is significant association between mobile phone addiction and age and use of leisure time among adolescents. So in this study the research hypothesis is accepted.

6. Conclusion

This study concluded that level of risk taking behavior and mobile phone addiction where severe in adolescent and it significantly effects on use of leisure time and age .The parents ,government and school should take specific action to reduce the level of mobile phone addiction and also aware them about impact of mobile phone addiction and risky behavior .

7. Limitations

- The study was limited to one school only due to less sample size and lack of permission.
- This study also limited to level of mobile phone addiction assessment here, we didn't assessed the impact of mobile phone addiction on physical health.

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