

A Survey Report on Mobile Addiction among Adolescents in Ranchi Suburb, North Eastern India

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Abstract

Adolescents age 10–19 years are such groups which can utilize their valuable times in study or simply engage time in social media for chatting or playing games in mobile which make them addicted to mobile. *Context:* Mobile addiction is still the mysterious problem. We must respond to this problem seriously. I want to investigate: • What are the main reasons behind mobile game addiction? • Who are at risk for mobile game addiction? *Aims:* • To gather primary information of mobile game users. • To assess the duration of use of mobile to play game among adolescents. *Settings and Design:* In this study, I have queried various self developed questionnaires to 400 students of age 10–19 yrs. *Methods and Material:* Questionnaire technique is used to collect relevant data from adolescents. *Statistical analysis used:* Parameters against which questionnaire was examined are as follows: • Importance of mobile for adolescents. • Time spent on Mobile. • Time spend by parents with their children. *Results:* • Besides communication, 90% Adolescents like mobile to play games, 7.5% to watch videos, and 2.5 % to attend online classes. • 64 % Adolescents spend 1–2 hours per day, 16% spend <1 hour per day, 10.5 % Adolescents spend 2–3 hours per day, 5.75 % Adolescents spend 3–4 hours per day and 3% spend >4 hours per day. • Both Father and mother are the earning members in 72–7% of adolescents while father of only 27% are the earning member of family. *Conclusions:* • Easy accessibility and affordability of Mobiles play an important role in mobile addiction. • Less availability of time spend by parents with their children and involvement of both parents are the main reasons behind mobile addiction.

Keywords: Adolescent; Mobile Addiction.

Keymessages: • The adolescents need to be monitored for correct and limited use of mobile. • Our study affirms that adolescents need to be counseled for side effects of excessive use of mobile.

Introduction

Adolescents age 10–19 years are such groups which can utilize their valuable times in study or simply engage time in social media for chatting or playing games in mobile which make them addicted to mobile. Students particularly this age group want to learn adventurous games which initially is a time pass-trial game, then it becomes habit and finally the person becomes addicted to game. The adolescents which are from different age, Class of study, schools, family members involved in earning, availability of mobiles play a direct role in mobile addiction. Easy reach of the Internet and multimedia mobile, less time of parents for their children, working parents, and availability of adventures games makes the students an easy way to be free from stress and indulge themselves in an imaginary life where joy and stress are gained at every step of the games.

Materials and Methods

Study Design

Research Approach: Qualitative method is used in this study.

Variables

Independent variables: Adolescent.

Dependent variables: Mobile addiction.

Demographic variables: Age, gender, education.

Setting: Research work has been conducted in different educational institutions of Ranchi.

Duration of Study: 9 months (October 2019 to June 2020).

Sample Size:

Sample size = $n / 1 + n(e^2)$

n = Total number of population

e = Error (95%) = i.e., 0.05

About one-quarter of India's population are adolescents.

Population of Ranchi = 10,73427 (Census 2011)

Adolescent number = One quarter of Population of Ranchi = $(10,73427 \times 25 / 100) = 268356.75$.

Sample size = $268356.75 / 1 + 268356.75 (0.05)^2$

$$= 268356.75 / 671.891875 = 399.40 = 400$$

Sampling Technique: Non probability, convenient sampling technique has been used in this study.

Sample Selection:

Inclusion criteria: Adolescent belong to age 10–19 years old from different institutions (Schools, coaching institutions, Mall, Movie hall) of Ranchi.

Exclusion criteria:

- Students below age 10 and above 19 years old from different institutions of Ranchi.
- Students from different districts.
- Adolescent not willing to participate.

Data Collection Procedures

Questionnaire technique is used to collect data from the participants of age 10–19 years old from different institutions of Ranchi. Questionnaire was distributed to participants of age 10–19 years old. I collected data from adolescents from different coaching institutions, schools, shopping malls, Cinema halls (Picture halls) etc.

Results

- Besides communication, 90% Adolescents like mobile to play games, 7.5% to watch videos, and 2.5% to attend online classes.
- 64% Adolescents spend 1–2 hours per day, 16% spend <1 hour per day, 10.5% Adolescents spend 2–3 hours per day, 5.75% Adolescents spend 3–4 hours per day and 3% spend >4 hours per day.
- Both Father and mother are the earning members in 72–7% of adolescents while father of only 27% are the earning member of family.



Fig. 1: Prioritization of use of mobile by Adolescents besides communication.



Fig. 2: Time spend by Adolescent per day on Mobile.

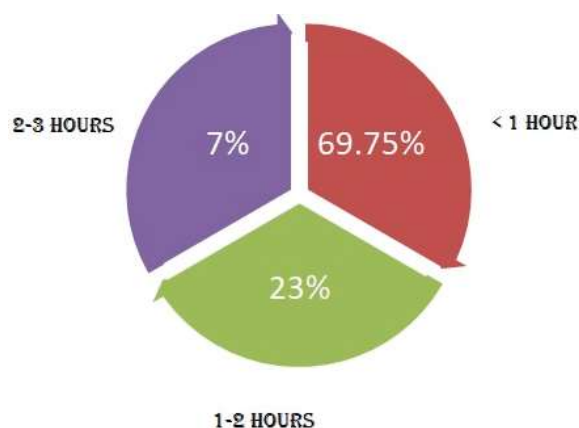


Fig. 3: Time spend by parents with their children in activities like sitting and talking, playing, eating, helping you in doing home work etc. per day.

Discussion

1. Adolescents need to be monitored for kinds of game they are playing and hours of use of mobile.
2. Parents must spend time with their children in playing indoor and outdoor games, talking for their routine work and must watch for limited use of mobiles.

Conclusion

In conclusion, our study exclusively confirms following points:

- Mobile addiction can be reduced by proper guidance and counseling. Adolescents must be Counselling for side effects of excessive use of mobile.
- Parents must spend time with their children in their daily activity and must observe for limited use of mobiles.

Conflict Of Interest: None.

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