



Advances in Research

15(5): 1-7, 2018; Article no.AIR.41358
ISSN: 2348-0394, NLM ID: 101666096

Mobile and Internet Addiction among Urban Respondents

Preeti^{1*} and Sushma Kaushik¹

¹Department of Extension Education and Communication Management, I. C. College of Home Science, CCS Haryana Agricultural University, Hisar 125004, Haryana, India.

Authors' contributions

This work was carried out in collaboration between both authors. Author Preeti designed the study, performed the statistical analysis, wrote the protocol and wrote the first draft of the manuscript. Author SK supervised author Preeti during whole period of study and article writing. Both authors read and approved the final manuscript.

Article Information

DOI: 10.9734/AIR/2018/41358

Editor(s):

(1) Martin Kröger, Professor, Computational Polymer Physics, Swiss Federal Institute of Technology (ETH Zürich), Switzerland.

Reviewers:

(1) Nurten Sargin, Necmettin Erbakan University, Turkey.

(2) Gladys Merma Molina, University of Alicante, Spain.

(3) Wagner Tanaka Botelho, Federal University of ABC, Brazil.

Complete Peer review History: <http://www.sciencedomain.org/review-history/25235>

Original Research Article

Received 10th April 2018
Accepted 14th June 2018
Published 23rd June 2018

ABSTRACT

This study was done in Hisar city of Haryana state in India. Data were collected from 160 urban respondents of different age groups. Majority of respondents check their mobile phone within every five minutes (36.2%) followed by every notification (31.2%) and within every half an hour (18.7%). The overall scores indicate that respondents from 16-30 years and >30-45 years had a high addiction of smartphone while the other two groups had medium addiction by overall weighted mean score.

Keywords: Mobile; internet; addiction; intergeneration; frequency and opinion.

1. INTRODUCTION

New technologies are rapidly changing our ways of communication, and also the art of teaching,

as well as extending ways of learning. The mobile phones are boon of this century. Mobile phone is considered as an important communication tool and became the integral part

*Corresponding author: E-mail: sppreetisaroha@gmail.com;

of the society, it is not only a communication device but it also a necessary social accessory. The cell phone today is a lifeline for many. Kuldeep and Meenakshi [1] reported that mobile phone has replaced landline telephone sets. Study also found that mobile phone has become not only the status symbol and fashionable good for young but also new mode of socializing. Mobile has become a common tool even among the lower income sector. According to Telecom Regulatory Authority of India, there are about 929.37 million mobile phone subscribers in India making it the world's second-largest cell phone using developing country in the month of May, 2012 (TRAI, 2012) very different. Although, there was some discomfort without mobile, people used to communicate each other by having meetings and sending letters. Mobile made communication and availability is very easy. Indian telecom industry has seen exponential growth in the recent years. While, in terms of internet users India is the third biggest country in the world, with a high social and mobile audience. Internet is now necessary part of life from shopping to electronic mails and education. It is a very large community, which is using internet for education but unluckily we have also a very large number of people including majority of youth and teenager using internet only for using social media. The internet is a medium to obtain faster information, research and communication, but for some users, it may become a companion for survival. For students and teachers, the Internet is becoming an increasingly important part of the educational process. Because of their online activities, students read less and watch less television now.

1.1 Objectives

1. To explore the access and preferences of various mobile phone and internet across generations.
2. To assess internet and mobile addiction among different age group.
3. To find out the impact of media and media sites among intergeneration.

2. METHODOLOGY

The study was conducted in two localities of Hisar city of Haryana State. Out of each selected locality, 20 respondents each from different age categories i.e. 16-30 years, >30-45 years, >45-60 years and above 60 years was selected randomly from both the sexes. Thus a total of 160 respondents were selected. A well-

structured pre-tested interview schedule was developed keeping in view the dependent and independent variables and objectives of the study. The data were collected personally by the investigator with the respondents.

Data Analysis: The data thus collected was processed, tabulated and analysed using following techniques:

Frequency and Percentage: Simple comparisons were made on the basis of frequency and percentage for the assessment of background profile of respondents, media access, media ownership and media utilisation, frequency and percentage were calculated.

Rank: On the basis of the frequency and percentages ranks were assigned to the data to assess preferences of media devices and platforms across different age groups.

Weighted Mean Score: WMSs were calculated to for each item, the frequencies falling under each rating were tabulated. Then the frequencies in each of the category were multiplied by the assigned scores and added. The total number of respondents divided the resulting sum of each aspect. In this way, the weighted mean score in each aspect was calculated.

3. RESULTS

3.1 Frequency of Checking Mobile Phone by Respondents

Fig. 1 includes information about the frequency of checking mobile phone by the respondents. It can be seen from the table that among 16-30 years age group, 55 per cent respondents check their mobile phone every 5 minutes followed by every notification (32.5%) and within every half an hour (12.5%). Among >30-45 age category, half of the respondents check their mobile phone every half an hour (50%) followed by every five minutes (37.5%) and every notification (30%), while, >45-60 years age group mostly check their phone with every notification (37.5%) followed by every five minutes (35%). Among above 60 category, 32.5 per cent respondents check their mobile phone when needed followed by every notification and every half an hour (25%) each. Thus, it can be concluded from table that in total, majority of respondents check their mobile phone within every five minutes (36.2%) followed by every notification (31.2%) and within every half an hour (18.7%).

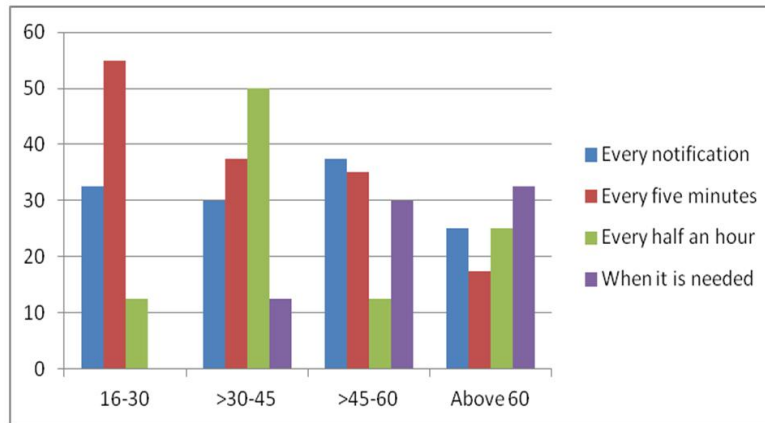


Fig. 1. Frequency of checking mobile phone by respondents

3.2 Tasks Preferred on Mobile Phones by Respondents

Tasks preferred by various categories of respondents on mobile phones have been presented in Table 1. It can be observed from the table that respondents of all four age categories gave Ist rank to making/receiving calls. IInd rank was given to social media by 16-30 and >30-45 age group respondents while in age category >45-60 and above 60, IInd rank was given to listening music. Listening music received IIIrd rank by 16-30 and >30-45 years age group, while >45-60 years gave IIIrd rank to social media. The respondents of above 60 age group preferred taking of pictures at the third place. Thus, it can be concluded from table that making/receive call (99.3%) was most preferred task of all respondents in mobile followed by listening music (56.2%) and social media (51.8%).

3.3 Addiction of Smart Phone by Respondents

Various statements were formulated to assess addiction of smart phone by respondents and

responses were obtained on three point continuum i.e. very likely, somewhat likely and not at all. It can be seen from Table 2 that as regards missed plans “due to smart phone more than half of the respondents of 16-30 and >30-45 categories said that it was somewhat likely that they missed their plans due to mobile/internet. However, maximum >45-60 (52.5%) and above 60 (65%) respondents responded that they did not miss at all. As regards hard time concentrating similar trend was observed where most of the respondents said that it was somewhat likely except above 60 group, who responded not at all. As regards, feeling pain due to smart phone majority of respondents from all categories said that it was not at all. Further, large majority of respondents from all age groups said that it was very likely that they won’t be able to stand not having a smart phone, maximum among >30-45 years (92.5%) followed by 16-30 (85%). Similarly, majority of the respondents said that very likely they felt impatient when not holding phone. Cent percent 16-30 years and more than 90 per cent of all other age categories said that it was very likely that they had in mind their smart phone while not using it.

Table 1. Tasks preferred on mobile phones by respondents

Sr. no.	Preference	Age categories				Total N=160 f(%)				
		16-30 n=40 f(%)	Rank	>30-45 n=40 f(%)	Rank		>45-60 n=40 f(%)	Rank	Above60 n=40 f(%)	Rank
1.	Making/ Receiving calls	40(100)	I	40(100)	I	40(100)	I	39(97.5)	I	159(99.3)
2.	Taking pictures	22(55.0)	III	18(45.0)	IV	12(30.0)	IV	10(25.0)	III	62(38.7)
3.	Play games	14(35.0)	IV	6(15.0)	V	17(42.5)	V	1(2.5)	V	38(23.7)
4.	Listen music	22(55.0)	III	25(62.5)	III	32(80.0)	II	11(27.5)	II	90(56.2)
5.	Social media	24(60.0)	II	29(72.5)	II	23(57.5)	III	7(17.5)	IV	83(51.8)

Multiple response

Table 2. Addiction of smart phone by respondents

Sr. no.	Response categories	Age categories			
		16-30 n=40	>30-45 n=40	>45-60 n=40	60 above n=40
1.	Missed plans due to smart phone				
i	Very likely	6 (15.0)	4(10.0)	0(0)	0(0)
ii	Somewhat likely	23(57.5)	21(52.5)	19(47.5)	14(35.0)
iii	Not at all	12(30.0)	15(37.5)	21(52.5)	26(65.0)
2.	Hard time concentrating				
i	Very likely	17(42.5)	11(27.5)	6(15.0)	0(0)
ii	Somewhat likely	23(57.5)	23(57.5)	21(52.5)	14(35.0)
iii	Not at all	0(0)	8(20.0)	11(27.5)	26(65.0)
3.	Feeling pain due to smartphone				
i	Very likely	0(0)	1(2.5)	0(0)	0(0)
ii	Somewhat likely	16(40)	13(32.5)	11(27.5)	4(10.0)
iii	Not at all	24(60.0)	26(65.0)	29(72.5)	36(90.0)
4.	Won't be able to stand not having a smartphone				
i	Very likely	34(85.0)	37(92.5)	31(77.5)	22(55.0)
ii	Somewhat likely	6(15.0)	3(7.5)	9(22.5)	18(45.0)
iii	Not at all	0(0)	0(0)	0(0)	0(0)
5.	Feeling impatient when not holding phone				
i	Very likely	29(72.5)	23(57.5)	16(40)	19(47.5)
ii	Somewhat likely	10(25.0)	12(30.0)	15(37.5)	11(27.5)
iii	Not at all	1(2.5)	5(12.5)	9(22.5)	10(25.0)
6.	Having in mind smartphone while not using it				
i	Very likely	40(100)	37(92.5)	38(95)	37(92.5)
ii	Somewhat likely	0(0)	3(7.5)	2(5.0)	3(7.5)
iii	Not at all	0(0)	0(0)	0(0)	0(0)
7.	Never give up using smart phone				
i	Very likely	22(55.0)	24(60.0)	18(45.0)	4(10.0)
ii	Somewhat likely	14(35.0)	16(40.0)	22(55.0)	17(42.5)
iii	Not at all	4(10.0)	0(0)	0(0)	19(47.5)
8.	Constantly checking smartphone				
i	Very likely	34(85.0)	32(80.0)	24(60.0)	18(45.0)
ii	Somewhat likely	6(15.0)	8(20.0)	16(40.0)	22(55.0)
iii	Not at all	0(0)	0(0)	0(0)	0(0)
9.	Using smart phone longer				
i	Very likely	28(70.0)	23(57.5)	14(35.0)	10(25.0)
ii	Somewhat likely	12(30.0)	17(42.5)	26(65.0)	30(75.0)
iii	Not at all	0(0)	0(0)	0(0)	0(0)
10.	People tell me I am using too much phone				
i	Very likely	21(52.5)	23(57.5)	2(5.0)	4(10.0)
ii	Somewhat likely	13(32.5)	10(25.0)	17(42.5)	12(30.0)
iii	Not at all	6(15.0)	7(17.5)	21(52.5)	24(60.0)
	Over all Weighted Mean Score	2.43	2.35	2.12	1.95

Similarly, most of 16-30 (55%) and >30-45 (60%) respondents said that they would very likely never give up using smart phone while, >45-60 (55%) age group answered somewhat likely and above 60 (47.5%) responded not at all regarding this aspects. As regards, constantly checking

smart phone, majority of respondents very likely to check their smart phone constantly while most of above 60 (55%) responded somewhat likely. Further 70 per cent 16-30 and 57.5 per cent >30-45 age group, respondents said that they very likely used smart phone longer whereas majority

of >45-60 (65%) and above 60 (75%) said that it was somewhat likely. Similarly, more than half of 16-30 and >30-45 respondents said that people tell them that they were using smart phone longer than required while majority of 45-60 and above 60 said it was not at all.

3.4 Addiction of Smart Phone by Respondents

Addictions of respondents towards smart phone among various age categories have been represented in Table 3. It is clear from table that 16-30 age group, scored medium on the aspect that they missed their plans due to smart phone; however they scored low for the aspect of "feeling pain due to smart phone" while for all other aspects scored high for addiction. The 30-45 age group, scored medium on two aspect that "they missed their plans due to smart phone", and "hard time concentrating" however they scored low for the aspect of "feeling pain due to smart phone" while for all other aspects of media addiction, they scored high. Further, the age group of 45-60, scored high for four statements i.e. ' Won't be able to stand not having a smart phone', 'Having in mind smart phone while not using it', 'Constantly checking smart phone and Never give up using smart phone. They got medium scores regarding 'hard time concentrating' and "feeling impatient when not holding phone", however they scored low for majority of other aspect i.e. "missed plans due to smart phone", "feeling pain due to smart phone" and "people tell me I am using too much phone". The above 60 age group scored medium on the aspect that "feeling impatient when not holding

phone", "using smart phone longer", and "people tell me I am using too much phone" however they scored high for the aspect of "won't be able to stand not having a smart phone", "having in mind smart phone while not using it" and "constantly checking smart phone. The overall scores indicate that respondents from 16-30 years and 30-45 years had high addiction of smart phone while the other two groups had medium addiction as indicated by overall weighted mean score.

3.5 Tasks Preferred by Respondents on Internet

Tasks preferred by respondents on internet have been presented in Fig. 2. It can be seen from the table that the most preferred task on internet was chatting/video calling by 16-30 (72.5%) and >30-45 (50%) as well as above 60 age group respondents (17.5%). Further, IInd rank was given to getting information in age group 16-30 and >30-45 while >45-60 year age group IInd rank to chatting/video calling (40%) followed by information (37.5%). Above 60 age group, gave IInd rank to entertainment (15%) followed by work purpose (12.5%). Thus, it can be concluded that in total, Ist rank was assigned to chatting/ video call (45%) followed by information (40.6%) and work purpose (35.6%). The results of Varghese et al. [2] support this study that for almost half of the respondents (46.4%), Social Networking Sites was the most preferred activity online. For 23 per cent education was the most preferred activity while 20 per cent used internet mainly for entertainment purpose and 8.3 per cent used internet to play games.

Table 3. Addiction of smart phone by respondents

Sr. no.	Response categories	Age categories			
		16-30 n=40	>30-45 n=40	>45-60 n=40	60 above n=40
1.	Missed plans due to smart phone	1.8	1.7	1.5	1.5
2.	Hard time concentrating	2.4	2.07	1.8	1.6
3.	Feeling pain due to smartphone	1.4	1.3	1.2	1.1
4.	Won't be able to stand not having a smartphone	2.8	2.9	2.7	2.5
5.	Feeling impatient when not holding phone	2.7	2.4	2.1	2.2
6.	Having in mind smartphone while not using it	3	2.9	2.9	2.9
7.	Never give up using smart phone	2.4	2.6	2.4	1.6
8.	Constantly checking smartphone	2.8	2.8	2.6	2.4
9.	Using smart phone longer	2.7	2.5	2.3	2.2
10.	People tell me I am using too much phone	2.3	2.4	1.5	1.5
Over all Weighted Mean Score		2.43	2.35	2.12	1.95

Low addiction=1-1.66, Medium addiction=1.67-2.33, High addiction=2.3-3

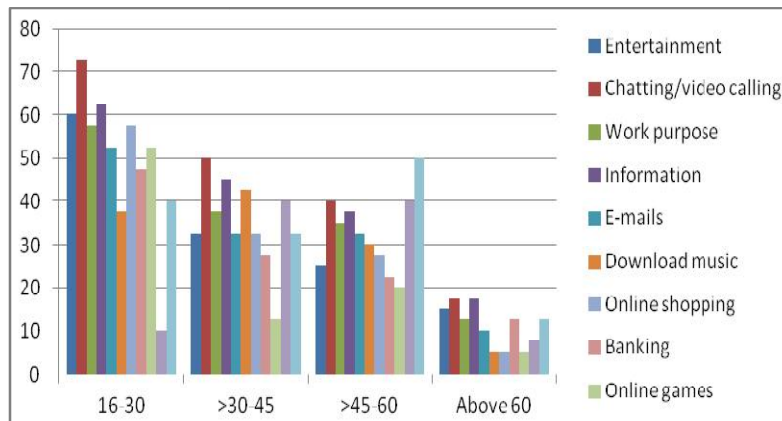


Fig. 2. Tasks preferred by respondents on internet

4. DISCUSSION

Results of the study revealed that majority of respondents checked their mobile phone within every five minutes (36.2%) followed by every notification (31.2%). The findings are supported by Hern [3] that more than a third of all adults (34%) used their smartphone within five minutes of waking up, a figure that has risen to almost half (49%) of those aged 18-24. The study further revealed that most of 16-30 and 30-45 years respondents were likely to miss plans due to a smartphone, had a hard time concentrating, were constantly checking smartphone, using smart phone longer and said that they felt impatient when not holding a phone. Similar finding are revealed by Krithika and Vasantha [4] who stated that cell phone usage was so firmly integrated into young people's behaviour that symptoms of behavioural addiction, such as cell phone usage interrupting their day-to-day activities, despite the positive benefits like using cell phone to connect/call family, friends etc. The finding of Shastri [5] also stated that many of the adults who were heavy users of social networking sites seem to be more depressed. They were reported to have interrupted sleep patterns and missed schools and meals. Krithika and Vasantha [4] also indicated young people's pre-occupation with their cell phones and found that cell phone usage was so firmly integrated into young people's behaviour that symptoms of behavioural addiction, were interrupting their day-to-day activities, despite the positive benefits like using cell phone to connect/call family and friends etc. The study also identified the characteristics of teens and young adult at risk of developing an over-involvement with their cell phones. Regarding, tasks on the internet, data

highlighted that 1st rank was assigned to chatting/video call (45%) followed by information (40.6%) and work purpose (35.6%). The results of Varghese et al. [2] support this study that for almost half of the respondents (46.4%), Social Networking Sites was the most preferred activity online. For 23 per cent education was the most preferred activity while 20 per cent used internet mainly for entertainment purpose and 8.3 per cent used internet to play games. The finding are also supported by Lenhart et al. [6] who reported that the biggest services accessed in urban India were online communications and social networking, e-Commerce services like online ticketing or e-tailing (online shopping) are much more prevalent in urban India.

5. CONCLUSION

The study is an attempt on different age group respondents to analyse the frequency of checking their mobile phone or addiction towards smartphone and opinion towards mobile and internet in the Haryana state of India. Although it is clear that through internet people can chat with their friend, relatives and they can do their office and daily work on the internet. So it is beneficial also in the life of the working person, and for the student, they can get any useful and essential information. The fame of the mobile phones is followed by an alarm towards the detrimental effects of cell phone radiation, fatigue, headache, decreased concentration and local irritation and burning are the significant effects of excessive use of mobile phones.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

REFERENCES

1. Kuldeep, Meenakshi. A study of users and use-pattern of mobile phone in a village of Haryana. Golden Research Thoughts. 2012;2(3):1.
2. Varghese T, Nivedhitha D, Krishnatray P. Teenagers' usage of social networking media in a south Indian state. International Journal of Scientific & Engineering Research. 2013;4:622-636.
3. Hern A. Smartphone now most popular way to browse internet – OFCOM report; 2015.
Available:<https://www.theguardian.com/technology/2015/aug/06/smartphones-most-popular-way-to-browse-internet-ofcom>
4. Krithika M, Vasantha S. The mobile phone usage among teens and young adults impact of invading technology. International Journal of Innovative Research in Science, Engineering and Technology. 2013;2:7259-7265.
5. Shastri P. Social networking online users; 2011.
Available:<http://articles.timesofindia.indiatimes.com>
6. Lenhart A, Purcell K, Smith A, Zickuhr K. Social media & mobile internet use among teens and young adults. Pew Internet & American Life Project; 2010.
Available:<http://www.pewinternet.org>

© 2018 Preeti and Kaushik; This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Peer-review history:
The peer review history for this paper can be accessed here:
<http://www.sciencedomain.org/review-history/25235>