



Mobile Addiction in Children and Its Consequences: A Psychological Study

Ms. Kalinda Karhale

Research Student

Introduction:

In today's digital world mobile is playing very important role to connect the people from one place to another place. Mobile helps to connect rural areas to urban areas. Mobile makes people smart when they are using smart phones in their hand. In Smart phones have various features that not having in old phones, we can download many of the apps from play store and do online shopping and just dial is an app at where workers are available who can fix any type of repair near your locality and Bhimmapp is also an example of transaction of money within a second.

Mobile is very in every way but it also affected the teens more because they are very much addicted to use mobile phones rather than playing outdoor games and they are very much interested to connecting with social networking sites it affected the children mind badly due to these reasons most of the children are suffered from anxiety, stress, loneliness and addicted to bad habits and lack of concentration on their studies and deny, or disrespect their parents, teachers, and elders.

Mobile addiction contributes to accidents that could have been avoided through safe driving. Impulsive phone use leads to operating the smartphone in dangerous circumstances such as driving. It leads to accidents that cause the loss of lives and lifetime disabilities. In Nigeria, it was estimated that about 90% of the drivers were prone to phone addiction, and approximately 65% reported having had an accident related to phone use while driving. The study showed that the people addicted to mobile phones were 2.47 times more likely to be involved in a phone addiction-related accident (Adeyemi 486). The conclusion drawn from the study was that impulsive phone use was a significant factor contributing to road accidents.

A child losing a parent through an accident leads to a disastrous mental health impact as they miss the tender lover parents accord to their children. The pain of losing a parent is intense, and an orphan child may face challenges such as support and properly acquiring the



best education. Therefore, excessive smartphone usage has led to reckless driving among individuals, leaving many children as orphans. The children exposed to this adult content cannot effectively concentrate in class to achieve optimal academic performance.

Objectives:

The prime objective of this research is to identify the mobile addiction among children in the rural and urban areas of Jalna district.

Study Area:

The study area selected for the current was Jalna district. Rural as well as urban area was selected for sample selection. This was intentionally selected to identify the difference in response.

Methodology and Database:

Researcher carried out the survey of families residing in rural and urban area in the Jalna district. 50 rural families and 50 urban families were selected for the survey. The response collected has been analysed. The sample was selected randomly covering all kinds of families i.e. poor and rich.

Analysis:

The analysis based on the sample has been depicted in table 1.

Table 1

Statistics of Mobile Addiction Among Children in Urban and Rural Area

Sr. No.	Response	Rural Percentage	Urban Percentage	Total
1	Yes	68	92	80
2	No	32	08	20

Sources: Survey

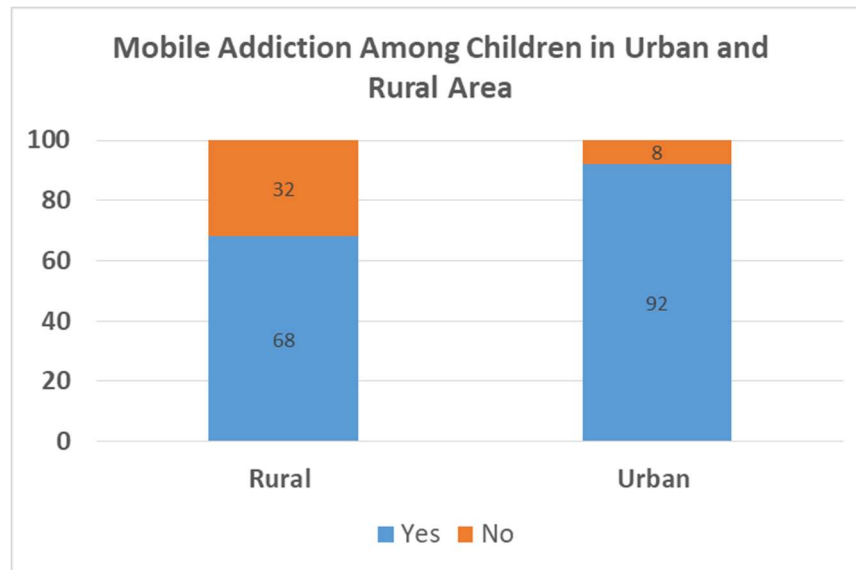


Table 1 shows that, out of total sample selected for study, 80 percent responded that, children are addicted to mobile whereas 20 percent are not. Urban and Rural area comparison shows that, 68 percent rural children are addicted to mobile whereas 92 percent urban children are addicted to mobile. This shows that, urban children are more addicted to mobile in compare to rural children. Urban families have more access to mobile and other similar screening gazettes, which are used by childrens in families.

Disadvantages of mobile addiction:

Mobile phones have become an integral part of our lives, offering convenience and connectivity like never before. However, they also come with their share of advantages and disadvantages. Similarly, mobile phones too are dangerous for kids when used excessively. Here are some reasons that help you understand the disadvantages of mobile phones:

Mobile phone addiction is becoming a massive issue as people spend too much time scrolling through screens rather than interacting with the people around them. Additionally, mobile phones are a big distraction for students, and their addiction can affect their ability to concentrate on their studies.

It is not so healthy to be constantly connected to social media on your phone. It can cause you to miss the necessary routine of your life and lead you to follow an unhealthy lifestyle. Mobile phone usage and addiction have increased mental health diseases, like anxiety, depression and other mental disorders.



Mobile phones can pose privacy risks, with the potential for data breaches, location tracking and unauthorized access to personal information. It is advisable not to store any critical data on the mobile phone such as credit/debit card passwords, banking passwords etc.

The production and disposal of mobile phones can have environmental consequences due to resource extraction and electronic waste.

It is very easy for children to give out personal information or view inappropriate content on the phone. Hence, it is suggested that parents should be mindful and attentive when kids use mobile phones.

Suggestions to overcome the mobile addiction:

Setting limits on their screen usage and encouraging other activities is highly recommended to parents who want to control their child's mobile usage. If not dealt with wisely and in time, it can lead to depression, lack of sleep, decreased academic results, and even self-harm.

Parents should encourage children to be active in other activities. There are other ways they can find relief outside the screen, such as sports activities or spending time with family and friends – encourage your children to find other interests or hobbies outside the screen and stick with them.

Parents and teachers must inform the kids of the potential hazards of phone addiction. Explain to them how excessive screen time can negatively impact focus, sleep quality, and social interactions and cause phone addiction – helping them understand its root causes will allow you to better assist them in breaking it off.

Although breaking this cycle of phone addiction may seem impossible for children, it can be done if communication lines remain open between you and them and rules that are followed are set accordingly.

Parents and grandparents can play an invaluable role in helping kids and teenagers overcome screen addictions. They can do this by encouraging other activities and hobbies, taking away phones at night, offering alternative forms of entertainment like playing sports or reading, as well as getting them involved with family activities that will divert their focus away from devices.

Cases of youngsters experiencing Anxiety attacks are increasing with the usage of cell phones without any restrictions. If a child or teen displays symptoms of cell phone addiction, it is



imperative to seek professional assistance. Cases of youngsters experiencing Anxiety attacks are increasing with the usage of cell phones without any restrictions. If a child or teen displays symptoms of cell phone addiction, it is imperative to seek professional assistance.

Conclusion

Mobile culture similarly to technology has developed rapidly and has greatly impacted our day to day life. The technology which is part of mobile culture has greatly made things faster and more efficient for us especially communication, sharing of messages, information, photos, streaming videos and music. All this has become for granted taken process in our day-to-day life. Modern technology and device addiction among children is continuously increasing. Exposure to mobile to radiation raises the possibility of acquiring brain tumors and other serious health issues. Parents should help their wards in to use the modern technology without harming health. Parents should encourage child to focus on what they do well while reminding them that everyone makes mistakes sometimes. Parents, elder persons, teachers should pose some ground rules for mobile usage and help students better manage their screen time and mobile usage so that children will ruin in the technology.

References:

- Allport, G. W., 1961. *Pattern and Growth in Personality*. New York HOH, Rinchart and Winston
- Bala, M., Agarwal, R. and Sarna, R.P. (2009). Studied the Gender Differences as Associated with Mental Health of the College going Students of Various Faculties, *Behavioural Scientist*, 10(2): 119-126.
- Brinda B. Sharma (2013). Family Relationship Pattern and Mental Health in Adolescents. *International Journal of Advancements in Research & Technology*, 2(2): 1-8.
- Kamalkhurana & Shwatadikshit. (2016). A comparative study of mobile phone addiction among girls and boys. *An International Registered & Referred Monthly Journal*. Retrieved from [www. researchlink.co/wp-content/uploads/issues/145/11- Psychology.pdf](http://www.researchlink.co/wp-content/uploads/issues/145/11-Psychology.pdf)
- Kamibeppu, K., & Sugiura, H. (2005). Impact of the mobile phone on junior high-school students' friends hips in the Tokyo metropolitan area. *Cyberpsychology & Behavior*, 8(2), 121-130. <https://doi.org/10.1089/cpb.2005.8.121>



Srivastava, L. (2005). Mobile phones and the evolution of social behaviour. *Behaviour & Information Technology*, 24, 111-129. <https://doi.org/10.1080/01449290512331321910>

Vandana Goswami, Dr. Divya Rani Singh. (2016). Impact of mobile phone addiction on adolescent's life: A literature review. *International Journal of Home Science* 2016; 2(1): 69-74. Retrieved from www.homesciencejournal.com/archives/2016/vol2issue1/PartB/2-1-19.pdf

Young, K. S. (1996). Internet addiction: The emergence of a new clinical disorder. Paper presented at the 104th annual meeting of the American Psychological Association, August 11, 1996. Toronto, Canada.