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**MOBILE PHONE USAGE AND MENTAL HEALTH OF COLLEGE STUDENTS: A LITERATURE REVIEW****VIJAYA U. PATIL****RESEARCH SCHOLAR****DEPARTMENT OF STUDIES IN FOOD SCIENCE & NUTRITION****UNIVERSITY OF MYSORE****MYSURU****Dr. M. KOMALA****Sr. ASST. PROFESSOR****DEPARTMENT OF STUDIES IN FOOD SCIENCE & NUTRITION****UNIVERSITY OF MYSORE****MYSURU****ABSTRACT**

*Review of studies on mobile addiction or overuse shows that as the functionality of cell phone continues to expand, addiction to this becomes an increasingly realistic possibility. Mobile phone usage is addictive and behaviour could be predominantly mandatory with elements of dependent & habitual behaviour or any other combinations. At the broadest level, study suggests that the users, who accessed their device more & for longer periods of time are aware of their addictive behaviour & in general, did not think it as problematic. But there is a significant relationship between mobile phone addiction & mental health. Addiction to a cell phone device and lack of adequate knowledge about the harmful effects due to cell phones could be the important reasons that have contributed to the increased incident of some psychological health symptoms amongst the younger college going generations. Cell phone use/texting is positively related to anxiety. Addictive people tend to feel depressed, lost, and isolated without a mobile phone. Their work and lives are sometimes disturbed by frequent calls, text messaging, Web browsing, and online chats. With the increased & improved mental health, the students' rate of cell phone addiction reduced. Cell phones have changed the way that individuals socially interact. Individuals are communicating more via text messages and cell phones than they are face-to-face, changing the social environment. Individuals have become enveloped in their cell phones and less aware of their social surroundings, missing out on possible new social interactions.*

**KEYWORDS**

mobile phone, addiction, mental health.

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**INTRODUCTION**

The current era can be known as a combination of information and communication (Babadi-Akashe et.al. 2014). Worldwide technology and its changes play a major role in each individual's life. The current trend of the society is to adopt every change in the field of communication technology (Goswami and Singh, 2016).

Mobile phone is one of the greatest inventions of today's world technology. Because of its convenience, the majority of people in developed as well as developing countries use mobile phones (Takao et.al. 2009). A mobile phone is an ICT (Information and Communications Technology) gadget used for various purposes on a daily basis. People are increasingly using mobile phones rather than the fixed telephones. Invention of fixed telephone in 19th century was no more a wonder in 21st century when human brain invented portable "mobile phone" (Ahmed et.al. 2011). Developments of the mobile phones popularly called smartphones allow users to perform activities such as sending text messages, calling, chatting, opening documents, checking e-mails, browsing internet and downloading files in a very convenient way. Smartphone technology provides immense benefits for users as they access and disseminate information rapidly (Alson and Misagal 2016). According to International Telecommunication Union (2015), in 2015, there are more than 7 billion mobile cellular subscriptions worldwide. According to Wikipedia (2016), there are 7 billion mobile phones in use against 7,324,782,000 world population i.e. 96 mobile phone connections per 100 citizens is noticed. China and India placed in 1<sup>st</sup> and 2<sup>nd</sup> ranking with 93.2 and 81.35 connections per 100 citizens respectively. According to Telecom Authority of India (2016) the number of mobile phones in use in India is 1034.25 million.

Adoption of the mobile phone by young people has become a global phenomenon. According to earlier studies, the majority of mobile users in India are aged 24 years and below and they are almost male (Krithika and Vasantha S. 2013). Study conducted by Internet & Mobile Association of India (2011) shows that more than 75% of Internet users are young men including school and college going students (Tandon Abhas and Garg Milind, 2013).

College students feel either cellphones or smartphones are an essential to survive in Today's world. Smartphone social media apps give the user the ability to check their social media sites anywhere, anytime instead of having to sit in front of their computer screen (Jesse Gayle, 2015). With constant texting, calling, listening to music, playing phone games or simply fiddling with the phone being such an integral part of their lifestyles, it is little wonder that not having it around strikes them with paranoia (Goswami and Singh, 2016).

"Mobile phone usage is not only habit-forming, it is also addictive, possibly the biggest non-drug addiction of the 21<sup>st</sup> century" (Shambare, et.al. 2012). An increasing reliance on cell phones among young adults and college students may signal the evolution of cell phone use from a habit to an addiction (Roberts, et al, 2014). The process of addiction suggests a distinction between liking and wanting. In other words, the cellphone user goes from liking his/her cellphone to wanting it (Roberts et.al.2014).

Based on research aimed at better understanding cellphone addiction, Shambare et al. (2012) concluded that mobile phone use can be "dependency-forming, habitual, and addictive". Importantly, cellphone addiction does not happen overnight, and, like most forms of behavioural addiction, occurs via a process (Martin et al., 2013). Addiction often begins with seemingly benign (gentle and kind) behaviour (i.e., shopping, Internet and/or cellphone use, etc.) that, via a variety of psychological, biophysical, and/or environment triggers, "can become harmful and morph into an addiction" (Grover et al., 2011).

Indian Studies which have evaluated mobile phone addiction, concluded that almost all the students have cellphones and the device is used for a greater part of the day (Acharya et.al, 2013) and more than 75% of students addicted to mobile phone (Bhise et.al, 2014) some of the participants meet the criteria of excessive use in terms of economic cost and amount of use, problems with parents due to excessive use, socio-occupational dysfunction, psychological withdrawal and tolerance (Nehra et al. 2012). Constant usage and addiction to cell phones has affected the people physically, psychologically, and socially. Mobile phone addiction, as a mental impairment resulting from modern technology, has come to the attention of researchers of human development, psychologists, sociologists, and education.

Mental health according to the World Health Organization is a health condition in which a person knows their own abilities, can cope with the normal stresses of life, is fruitful for the community, and is able to make decisions and collective participation. Mental health problems have been increasing among young people in

nation and around the world. Many research studies have been carried out on effects of excessive use of mobile phone on health of mobile phone users. According to earlier studies mobile phone silence as well as overuse of mobile phone can lead to or associated with anxiety, irritability, depression, sleep disturbances, insomnia and psychological distress. Research studies have also revealed that, use of communication lead to social anxiety and sleep disorders as well as it reduces social relations and the welfare of the individual due to loneliness, depression, and isolation (Babadi- Akashe et.al. 2014). To overcome the problems of mobile phone addictions and mental health, a measure to provide healthy and safe mobile phone usage is required.

### OBJECTIVES OF THE STUDY

1. To review studies on Mobile Overuse or Addiction among college students.
2. To review studies on Mental Health and Mobile addiction among college students

### RESEARCH METHODOLOGY OF THE STUDY

Studies conducted on Mobile Addiction and mental health among college students from 2007 to 2015 were reviewed.

### LITERATURE REVIEW

The related literatures are discussed under the following headings:

- Mobile Over Use or Addiction
- Mental Health and mobile Addiction

#### MOBILE OVER USE OR ADDICTION

“Addictive, Dependent, Compulsive? A Study of Mobile Phone Usage” carried out by Hooper and Zhou (2007) studied 184 university students of New Zealand. The findings revealed that the vast majority of students (92%) used their mobile phones frequently. There were slightly more females (53%) than males but the two genders seemed to use their phones equally and frequently.

A pencil and paper survey was conducted at a high school in central Japan, on 1395 students (841 males & 554 females), ranging in age from 15 to 18 years old in the study conducted by Igarashi T. et.al. (2008). The results showed that with regard to personality factors and self-perception, extraversion affected perception of excessive use, whereas neuroticism contributed to increasing relationship maintenance & emotional reaction. People with high extraversion are outgoing and sociable, and hold a strong desire to communicate with peers. On the basis of these results researcher concluded that these symptoms increase in accordance to self-perception of text message dependency, rather than general personality factors. Finally, it is plausible that text message occurs unconsciously and automatically. Takao Motoharu et.al. (2009) conducted a study on addictive personality and problematic mobile phone use among students. The sample consisted of 444 students (324 males, 124 females) from several university campuses, Hiratsuka, Japan, ages ranged from 18 to 39 years. The results showed that the problematic mobile phone use was a function of gender, self-monitoring and approval motivation but not of loneliness. This research indicated that problematic mobile phone use has a close relationship with high self-monitoring and high approval motivation.

The study on mobile phone use amongst students in a University in Malaysia: its correlates and relationship to psychological health was conducted by Zulkefly & Baharudin (2009) with 209 male & 177 female students of 5 residential colleges. Results revealed that at the bivariate level those who had lower levels of self-esteem and young parents tended to use the mobile phone more often than others. Results also revealed that students who demonstrated problematic mobile phone behaviour had experience of psychological problems.

Ahmed Ishfaq et.al. (2011) with the help of the questionnaire structured on the basis of the research report of study, conducted by MACRO (Market Analysis & Consumer Research Organisation) in May 2004, carried out a study on 400 students of University of Punjab, Pakistan of age group between 18 – 26 years to know about the Mobile phone to youngsters: Necessity or Addiction 20.7% of total respondents agreed that they lost out of real world while being with their cell phone. 27% agreed that they use cell phone everywhere without considering the decorum of that place. During previous decade, number of its users has significantly increased in Pakistan.

Shambare et.al. (2012) conducted a survey to collect data from 93 students in Pretoria University, to assess the mobile phone addiction. Results on behavior aspects indicated that indeed mobile phone usage was not only habit-forming, it was also addictive in the sample. The author concluded that mobile phone addiction possibly the biggest non-drug addiction of the 21st century.

The study was carried out by Hong et.al.(2012) to assess the relationship between psychological characteristics, mobile phone addiction & use of mobile phones by Taiwanese University female students. This research found that in social extraversion, anxiety and self-esteem, there are statistically significant relationships. Results also showed that, the students with low self-esteem had higher levels of mobile phone addiction & mobile phone usage

In a study Tessa (2014) conducted survey and field observations to know Students’ Cell Phone Addiction and Their Opinions. Students of University of America, between the ages of 18 and 22 were the sample of the study. Students reported feeling disconnected (77.4%), naked (25.8%) and stressed (25.8%) when they didn’t carry their cell phones. All most all students (98.5%) believe that young adults look for self-gratification and acceptance from their peers through social media, which is constantly available through cell phones. In conclusion author said people tend to feel much more comfortable behind the screen of a cell phone than in the presence of another person. This is where people lose the ability to face difficult issues and have vocal confrontations with one another.

Tossell et.al. (2015) in the study “Exploring Smartphone addiction: Insights from long-term telemetric behavioural measures”, applied a quasi-experimental approach using naturalistic & longitudinal usage data, collected over a one-year period. Results showed that more than half of the users self-reported (62%) an addiction to their iPhone to at least some degree. At the broadest level, this study indicated that the users, who accessed their device more & for longer periods of time were aware of their addictive behaviour & in general, did not think it as problematic.

#### MENTAL HEALTH & MOBILE ADDICTION

The purpose of the study carried out by Leung (2007), was to identify addiction symptoms that are uniquely associated with mobile phone use among adolescents in Hong Kong, to examine how demographics and psychological attributes (such as leisure boredom, sensation seeking, and self-esteem) of individuals are related to the addiction symptoms and to explore how these attributes, mobile phone addiction symptoms, and social capital can predict improper use of the mobile phone. Results revealed that the higher one scored on leisure boredom and sensation seeking, the higher the likelihood one was addicted. Conversely, subjects who scored high on self-esteem demonstrated less of such tendency. The subjects who scored low on self-esteem but high on sensation seeking reported the most improper use of the mobile phone (especially in snapping pictures stealthily when nobody notices).

Thomee et.al. (2010) conducted a qualitative study on perceived connections between ICT use and mental health symptoms among young adults. The results revealed that mobile phone usage could lead to high quantitative use, including interruptions of work, sleep, increasing irritability due to ringing signals, and a feeling of being busy. This study concludes high quantity of use due to demands and expectations for availability at all time was a central area of concern.

In a prospective cohort study Thomee et al. (2011), in Sweden have taken 10000 men and 10000 women of 20-24 years old for baseline data collection to understand the mobile phone use & stress, sleep disturbances and symptoms of depression among young adults. After one year 1455 men and 2701 women a total of 4156 respondents consisted the study group for cohort follow up. Prospective analysis indicated that high frequency of mobile phone use could be a risk factor for developing sleep disturbances in the men and symptoms of depression in both men and women at 1 year follow up. The risk for reporting mental health symptoms at follow up was greatest among those who had reported that they perceived the accessibility via mobile phone to be stressful. Study concluded that Public health prevention strategies focusing on attitudes could include information and advice, helping young adults to set limits for their own and others’ accessibility by mobile phone.

Acharya et.al (2013), conducted a study on some psychological health Effects of cell phone usage amongst college going students. Results revealed that Almost 52% (227) of the students carped about and attributed frequent attacks of headache to their continued usage of mobile devices. Again, 224 i.e. more than half the

subjects (50.8%) admitted that they got irritated or angry over things told to them on the cell or by the end of the day by which time they had used their cell for prolonged duration.

Subba et.al.(2013) conducted a cross-sectional study to understand rinxiety and the mobile usage pattern among the students of a medical college in South India. Results revealed that, 264 had one phone and 71 had 2 or more phones. More percentage of males (51.8%) than females (48.2%) experienced rinxiety. The sample that had experienced rinxiety was significantly more likely to be using mobile phones in their classrooms, libraries and at the time of eating than their counterparts. It also reported high stress levels in case of a loss of connectivity.

Ezoe and Toda, (2013), conducted a study on relationships of loneliness and mobile phone dependence with internet addiction among Japanese medical students. Results of multivariate logistic regression analysis indicated that loneliness and mobile phone dependence were positively related to degree of addiction. Findings suggested that internet addiction was associated with loneliness and mobile phone dependence in Japanese students.

Sahin et.al. (2013) conducted a cross sectional study to evaluate the level of mobile phone addiction and sleep quality among Sakarya University students in Pakistan. There was no significant difference between males and females with regard to mobile phone addiction level. However, the mobile phone addiction was found to be significantly higher among the students with poor family income. The study also revealed that when mobile phone addiction level increases the sleep quality deteriorates significantly and also for those whose duration of daily mobile phone use is above 5 hours.

Akashe et.al.(2014) taken up a study to know the relationship between Mental Health and Addiction to Mobile phones among University students of Shahrekord, Iran. The results with regard to mental health showed that with confidence there was a significant negative relationship between mental health and general behavior of addiction to mobile phones. This means that as the rate of mobile addiction becomes less, the students' mental health increases or with the increased & improved mental health, the students' rate of cell phone addiction reduced.

In a cross sectional study Lepp et.al. (2014), have taken 536 undergraduate college students from Midwestern US public university to understand the relationship between cell phone use, academic performance, anxiety and satisfaction with life in college students. The results showed that cell phone use/texting was negatively related to Grade Point Average (GPA) and positively related to anxiety; in turn,

With the objective to measure the mobile phone addiction, loneliness and relationship between mobile phone addiction and loneliness among teenagers, Bhardwaj and Ashok (2015) conducted a study on randomly selected 100(50 boys, 50 girls) teenagers of Mumbai city in Maharashtra. Results showed that that there was no significant gender difference associated with mobile phone addiction, it is indicative that in a changing scenario societal norms are changing so boys and girls are equally using mobiles and social networking. The correlation score between mobile phone addiction and loneliness is.554 and it is significant at 0.01 level (2 tailed). This indicated that the correlation between mobile phone addiction and loneliness was positive, showing higher the level of loneliness greater the mobile phone addiction among college students.

## CONCLUSION

Studies on mobile addiction or overuse shows that as the functionality of cell phone continues to expand, addiction to this becomes an increasingly realistic possibility. Mobile phone usage is addictive and behaviour could be predominantly mandatory with elements of dependent & habitual behaviour or any other combinations. At the broadest level, study suggests that the users, who accessed their device more & for longer periods of time are aware of their addictive behaviour & in general, did not think it as problematic. But there is a significant relationship between mobile phone addiction & mental health. Addiction to a cell phone device and lack of adequate knowledge about the harmful effects due to cell phones could be the important reasons that have contributed to the increased incident of some psychological health symptoms amongst the younger college going generations. Cell phone use/texting is positively related to anxiety. Addictive people tend to feel depressed, lost, and isolated without a mobile phone. Their work and lives are sometimes disturbed by frequent calls, text messaging, Web browsing, and online chats. With the increased & improved mental health, the students' rate of cell phone addiction reduced.

Cell phones have changed the way that individuals socially interact. Individuals are communicating more via text messages and cell phones than they are face-to-face, changing the social environment. Individuals have become enveloped in their cell phones and less aware of their social surroundings, missing out on possible new social interactions.

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