

A STUDY ON MENTAL AND PHYSICAL HEALTH HAZARDOUS AMONG MOBILE USERS (ADULT AND ADOLESCENTS) IN TIRUPUR

Dr.S.KALAIYARASI

HOD, Dept of Commerce, NIFT TEA College of knitwear Fashion, Tirupur.

ABSTRACT

Mobile phones, especially smart phones, are being increasingly used over recent years in both developed and developing countries. Mobile phones are requisites for many young adults, but such devices may negatively affect their mental health and well-being. Despite offering great convenience, mobile phones can exert negative influences, induce extreme emotional changes and even cause serious physiological reactions, giving rise to the addiction. We now find that smart phones are seen as the new devil. We have increasingly placed mobile phones at the centre of our lives. This leads us to constantly check our smart devices. This, by definition, is a smart phone addiction. This is called Nomo phobia, which is an abbreviation of “no-mobile-phone phobia.” In India alone, it is estimated that about 530 million smart phone users will be active by the end of the year 2018. In the US, 68% of people sleep with their smart phone next to them. Some people even reported being prepared to go without shoes in return for keeping their mobile close to them. Therefore, the present study aimed to investigate the mental and physical health hazardous among adult and adolescents in Tirupur.

Introduction:

Now a day our personal life is highly dependent on the technology that people have developed. Technology has advanced with years and it has changed the way we purchase products, the way we live, the way we communicate, the way we travel, the way we learn and so many changes have been brought about by these continuous technological advancements. When we talk about the mobile phone the type of mobile phones we had in 1995 are no longer on demand in this century, the demands of mobile phone users have changed greatly, Now people demand simplicity and more functionality, which has forced mobile phone manufactures to develop computer minded smart phones, which are so easy to use, but also they come with more functionality compared to the type of mobile phones we used to have in the past. Recently, smart phone addiction has emerged as a significant problem among users

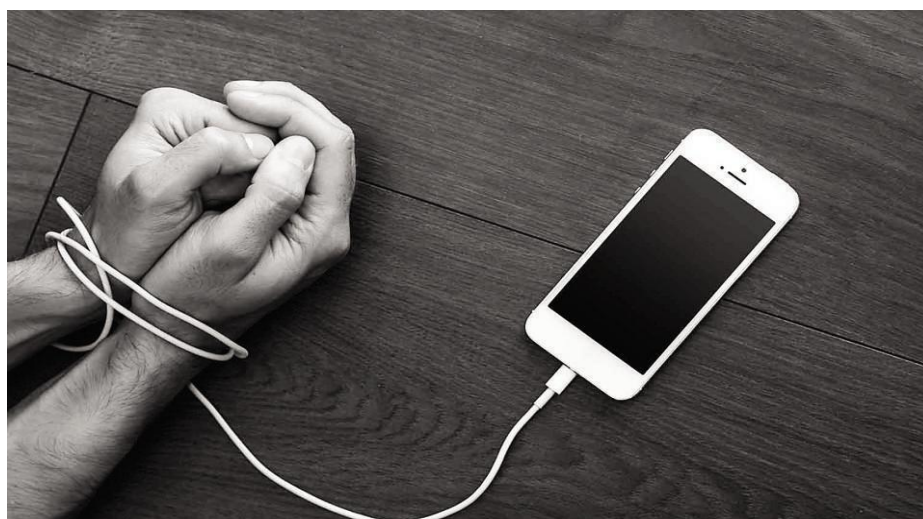
Worldwide technology and its changes play a major role in each individual’s life. The current trend of the society is to adopt every change in the field of communication technology. The mobile phones are boon of this century. Mobile phone is considered as an important communication tool and became the integral part of the society, it is not only a communication device but it also a necessary social accessory. People are increasingly using mobile phones rather than the fixed telephones. The mobile phone today is a lifeline for many. It is estimated that around 4.5 billion people use the mobile phone worldwide. And it comes as no surprise that a huge chunk of this quantity consists of the youth. The mobile phone is more of a necessity for them than a luxury. Umpteen number of surveys conducted on the youth worldwide have figured out that they consider mobile phones an integral part of survival and some have even gone to the extent of saying that they would rather go without food for a day than without their mobile phones. 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

Problematic smart phone use also known as smart phone overuse, smart phone addiction, mobile phone overuse, or cell phone dependency, is proposed by some researchers to be a form of psychological or behavioural dependence on cell phones, closely related to other forms of digital media overuse such as social media addiction or internet addiction disorder. Other researchers have stated that terminology relating to behavioural addictions in regards to smart phone use can cause additional problems both in research and stigmatization of users, suggesting the term to evolve to problematic smart phone use.

“TO MUCH OF ANY THING IS GOOD FOR NOTHING”



There has been tremendous growth in the use of the mobile phones in India. access to social networking sites like face-book, listening to music, playing radio, reading books, dictionary and so on. The mobile phones are also used to overcome the feeling of loneliness. The majority of the users are in the age group of 15 to 25 years. However, though the mobile phone provided many advantages, it has also caused some problems also. Some people are using the mobile phones so excessively that it assumes the form of addiction. It is observed that the people sending text messages while talking to others. Even the visitors, guests are kept waiting till the mobile phone use is over. The students are using mobile phones for playing games, sending messages, calling even when the class is in progress.



The mobile phones are used at places like hospitals, judicial courts, petrol pumps where their use is banned. The mobile phone use during driving is commonly observed which may increase the chances of involving in accidents. The use of mobile phone while driving can distract attention of the driver visually, physically and cognitively. The gender may also play some role in high mobile phone use. The provision of the additional features like internet, music, radio, etc. may be resulting in excessive use of mobile phones. So what are the causes that make people so addicted to their cell phone? This happens not only to the teenagers, but adults have also suffered serious addiction to their smartphones. Before you learn and get to know about cell phone addiction and why it happens, you must understand the term, 'dopamine'. Dopamine is often referred to as the 'feel good chemical' that released by our brain to make us feel good, happy, and a surge of 'high'

1. Social Effects:

From the outside, our phones are meant to connect us, but on the inside, if you are addicted to your phone and that is what you do all the time, you will neglect your social life and this will cause serious social effects in you.

2. Become Less Productive:

Do you know why accidents can happen when you are using your phone while driving? This is because our brains are not built to multitask. We are bad at multitasking and when we try to diverge

our attention, we tend to lose our focus and become less productive.

3. Eyesight and Hearing Problems:

As what has been mentioned above, the blue light emission from your phone can damage your retina. It can cause muscular degeneration and loss of vision.

Try to focus and look at the screen of your phone for a long time, you will feel stress and cause discomfort to your eyes.

Symptoms:

Almost everyone in the world today owned a cell phone, so how can you tell if someone is suffering the cell phone addiction syndrome from someone who is not?

Well, like most illnesses and diseases, you can tell if someone is suffering the syndrome from symptoms showed. And there are plenty of symptoms to notice, but James Robert, the professor from Baylor University's Hankamer School of Business has identified that almost every phone addict shows these six signs: tolerance, conflict, withdrawal, euphoria, relapse, and salience.

Objectives of the study:

- To find out the effect of mobile phone due to persistent use on human health.
- To find out the effect of base station radiation due to frequent exposure on human health.
- To study the relationship between persistent use of mobile phone and its effect on sympathetic and parasympathetic functions.
- To study the relationship between persistent use of mobile phones and its effect on attention and concentration.

Scope of the study:

Mobile phone usage is so strongly integrated into young people's behaviour that symptoms of behavioral addiction, such as mobile phone usage interrupting their day – to-day activities. Main aim of this paper is there views investigate some aspects of the emerging literature on the impact of mobile phone on adult and adolescent's life. There are several reviews addressing the definition, Mobile phone addiction symptoms, Assessment of Mobile phone addiction, Negative effect of Mobile phone addiction on adult and adolescents and some reviews addressing the role of Mobile phone addiction on adult and adolescent's mental and physical health.

Statement of the problem:

A lot of us must be wondering if we're hooked on our tech: Searches for "phone addiction" have risen steadily in the past five years, according to Google Trends, and "social media addiction" trails it closely. Interestingly, phone addiction and social media addiction are closely intertwined, especially for younger people, who probably aren't playing chess on their phones or even talking on them—they're on social media. And according to a growing number of studies, it's looking more and more like this pastime is addictive. Even more concerning is the fact that this addiction is linked to some serious mental health risks.

Review of Literature

This section is an over view of selected scholarly literature that has been published in the area of smart phone addiction, interpersonal relationship and loneliness. Each area has been discussed briefly and along with the discussion of relationship with them.

Jeong and et al (2016) studied What type of content are smart phone users addicted to?: SNS vs. games. The purpose of the study was to examine the predictor of smart phone addiction AND the user characteristics and media content types that can lead to addiction. The sample consisted of 944 respondents who were recruited from 20 elementary schools. that those who have lower self-control and those who have greater stress were more likely to be addicted to smart phones. For media content types, those who use smart phones for SNS, games, and entertainment were more likely to be addicted to smart phones, whereas those who use smart phones for study-related purposes were not. Although both SNS use and game use were positive predictors of smart phone addiction, SNS use was a stronger predictor of smart phone addiction than game use.

Darcin, (2016) studies the Smartphone addiction and its relationship with social anxiety and loneliness. The study aimed to determine the relationship of smartphone addiction with social phobia and loneliness. The sample consisted of three hundred and sixty-seven students who owned smartphones. The results of this study indicate that social phobia was associated with the risk for smartphone addiction in young people. Younger individuals who primarily use their smartphones to access social networking sites also have an excessive pattern of smartphone use.

Choliz in 2010 in his research reveals that many people develop dependency to new technological devices as they become increasingly integrated into their daily lives. For example, some view that excessive internet use, along with pathological gambling, should be included as behavioral addiction. Similarly, excessive use and dependency on the cell phone may be considered an addictive disorder.

RESEARCH AND METHODOLOGY:

RESEARCH – MEANING

Research is an art of scientific investigation. According to Redmen and Mary defines research as a “systematic effort to gain knowledge”.

RESEARCH DESIGN

A research design is a plan that specifies the objectives of the study, method to be adopted in the data collection, tools in data analysis and hypothesis to be framed.

SOURCES OF DATA COLLECTION:

Primary data

The primary data are collected from the employees of SRG APPAREL LTD through a direct structured questionnaire.

Secondary data

Company profiles, websites, magazines, articles were used widely as a support to primary data.

Sampling unit

The study is conducted in adult and adolescents age of school and college going respondents in tirupur town

Population size

The population of this study is tirupur district. It is finite population. Out of this few schools and college students of tirupur town are approached.

Sample Size

It refers to the number of items to be selected from the universe to constitute as a sample. In this study 150 students are surveyed for this study.

Sample design

The sampling technique used in this study is simple random sampling method.

LIMITATIONS OF THE STUDY:

- Due to time constraints the researcher was not able to collect more data.
- Certain respondents are not ready to spend time for this response.
- Survey was conducted among few students only. So it will not give a result for the whole population.

ANALYSIS:

The percentage procedure provide statistics and graphical displays that are useful for describing many type of variables. The percentage procedure is a good place to start looking at your data.

$$\text{Percentage} = \frac{\text{No.of respondents}}{\text{Total respondents}} * 100$$

TABLE: PROFILE OF THE RESPONDENTS

Variables	Number	Percent
<u>Age group</u>		
<19		
20-21	24	16
22-23	34	22.66
>24	40	26.66
	52	34.68
<u>Education</u>		
≤3	75	50
4-6	45	30
≥7	33	20
<u>Gender</u>		
male	73	48.66
female	77	51.34
<u>Marital status</u>		
single	139	92.66
married	11	7.34
<u>Reside</u>		
In dormitories	58	38.66
With family	92	61.34
<u>Sim card</u>		
One	40	26.66
Over one	110	73.34
<u>Type of social network</u>		
Twitter	10	6.66
whats app	40	26.66
hago	5	3.34
face book	4	2.67
instagram	70	46.67
others	21	14

RANK THE PROBLEMS FACED BY USING MOBILE PHONE

S.No	Problem	Mean score	Total	Rank
1	Sleep less	276	276	10
2	Eye problem	310	620	9
3	Cyber bullying	848	7632	2
4	Stress	485	2425	6
5	Traffic accident	692	4844	4
6	Increase anxiety	715	5720	3
7	Cancer	867	8670	1
8	Time waste	459	1836	7
9	Hear problem	429	1287	8
10	Less concentration	495	2970	5

OPINION ABOUT USAGE OF MOBILE PHONE

PARTICULARS	YES	NO
Awareness of time spend in smartphone	130(86.66)	20(13.33)
Utilization of smartphone longer than intended	102(68)	48(32)
Finding too much of time are engaged with smartphone	85(56.66)	65(43.33)
Having control on using phone on specific objectives	80(53.33)	70(46.66)
Missing planned work because of smartphone use	95(63.33)	55(36.66)
Feeling of missing normal social life using smartphone	85(56.66)	65(43.33)
Experiencing difficulties in regular day-to-day life (such as problem in completing job assignments)	87(58)	63(42)
Wont'to be able to withstand of not having a smartphone	92(61.33)	58(38.66)
Feeling impatient and fretful when not conserving smartphone	60(40)	90(60)
Having my smartphone in my mind even when I am not using it	56(37.33)	94(62.66)
Felling discomfort when your smartphone is running out of battery	135(90)	25(10)
Feeling anxious if you not check your favorite smartphone application	10(6.66)	140(93.33)
I will never quit using my smartphone even though my daily lifestyles are affected by it	146(97.33)	4(2.66)
Feeling dependent on the use of smartphone	135(90)	15(10)
Having any health issues due to use of smartphone	110(73.33)	40(26.66)

FINDINGS:

- 57% of the respondents had fall under “ADULT AND ADULECENT”.
- 70% of the respondents are “Male”.
- 43% of the respondents are “students”.
- 34% of the respondents are “No Work”.fgn
- From this evident that “cancer” ranked as no.1 with a total score of 8670.
- “Cyber bullying” is ranked as no. 2 with a total score of 7632.
- “Increase anxiety” is ranked as no. 3 with a total score of 5720.

SUGGESTIONS:

From the study the following practical and useful strategies formulated to overcome cell phone addiction.

1. Set goals for when you can use your smart phone.
2. Turn off your phone at certain times of the day
3. Don't bring your phone or tablet to bed.
4. Replace your smart phone use with healthier activities.
5. Play the “phone stack” game.
6. Remove social media apps from your phone
7. Limit checks.
8. Curb your fear of missing out.
9. Remove all unnecessary Apps
10. Use that cheaper phone with less functionality whenever possible
11. Schedule time to reply messages and emails

CONCLUSION

Cell phones have completely changed our world. People now use them for leisure time, business, school, and so much more. The focus on social media which mobile phones inevitably assists is particularly unhealthy. The majority of people own cell phones nowadays and people rely on them more than ever. Cell phones have become a part of everyday life and I could not imagine what it would be like having to live without having a cell phone. Steven Spielberg said “Technology can be our best friend, and technology can also be the biggest party pooper of our lives. It interrupts our ability to have a thought or a day dream, to imagine something wonderful, because we're too busy bridging the walk from the cafeteria back to the office on the cell phone”. Smart phones and mobile devices became an integral part of the most people live. The influence of cell phones and their effects on human health are still being tested and studied. There is no one single opinion cell phones bring harm to human's health.. Mobile phones lead to a lot of accidents.

“Technology should be a servant to our needs, not a arbiter of emotive discontent!”

“Computers and mobile devices are becoming known for their inherent insecurities and the ability to damage the long term health of the users”

BIBLIOGRAPHY:

TEXT AND REFERENCE BOOK:

- **“CELLULAR AND MOBILE COMMUNICATIONS” by jeyasri arokiyasamy.**
- **“MOBILE PHONE TECHNOLOGY” by Krishna.**
- **“MOBILE PHONE USAGE AMONG YOUTH” by v.s.bagad.**
- **“HISTORY AND TECHNOLOGY OF CELL PHONE” by Gottapu Sasibhushana rao.**

WEBSITS:

- WWW.MOBILE ADDICTION.COM
- WWW.MOBILE HISTORY.COM
- WWW.ADDICTION.COM
- WWW.OXFORD.COM
- WWW.MOBILE PSYCHOLOGICAL.COM
- WWW.SCRIBD.COM

QUESTIONNAIRE:

1. What is Your name?

2. How old are You?

3. Your gender:

- a) Male
- b) Female

4. Education level.

- a) school
- b) college (UG OR PG)
- c) other

5. Marital status.

- a) single
- b) married

6. Where are you residing.

- a) in dormitories
- b) with family

7. SIM card.

- a) one
- b) over one

8. Type of social network.

- a) twitter
- b) whats app
- e) Instagram
- c) hago
- d) face book
- f) others

PLEASE MARK YOUR OPINION BY GIVING YES OR NO FOR THE FOLLOWING QUESTION

		TICK ON THE TABLE	
S. NO	PARTICULARS	YES	NO
9	Awareness of time spend in smartphone		
10	Utilization of smartphone longer than intended		
11	Finding too much of time are engaged with smartphone		
12	Having control on using phone on specific objectives		
13	Missing planned work because of smartphone use		
14	Feeling of missing normal social life using smartphone		
15	Experiencing difficulties in regular day-to-day life (such as problem in completing job assignments)		
16	Wont'to be able to withstand of not having a smartphone		
17	Feeling impatient and fretful when not conserving smartphone		
18	Having my smartphone in my mind even when I am not using it		
19	Felling discomfort when your smartphone is running out of battery		
20	Feeling anxious if you not check your favorite smartphone application		
21	I will never quit using my smartphone even though my daily lifestyles are affected by it		
22	Feeling dependent on the use of smartphone		
23	Having any health issues due to use of smartphone		