



Mobile Phone Dependency As A Function of Anxiety and Sex

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Abstract

This study aims at find out the effect of Anxiety and sex on Mobile phone dependency. The sample of the study consisted of 76 undergraduate students from S. M. College Murgud, affiliated to Shivaji University Kolhapur, Maharashtra. The Sinha's Comprehensive Anxiety Test (S C A T) Hindi version and the test of Mobile phone Dependency (TMD) by Chóliz M. (2012) was used. A two-way between-groups analysis of variance was conducted to explore the impact of anxiety and sex on mobile phone dependency. F-value of 745.688 corresponding to the effect of anxiety was found to be significant at 0.01 level. And F-ratio 14.825 which indicates the difference between the male and female students on mobile dependency is significant at 0.01 level. Also found that the F-ratio for anxiety and sex interaction is 14.825 this value is significant at 0.01 level of significance. This point towards the information that the mobile phone dependency of students was influenced significantly by the interaction of their anxiety and sex.

Key Words: Mobile Phone Dependency, Anxiety, Sex

INTRODUCTION

There is a gigantic transformation occurred in 21st century in data and correspondence innovation. Whatever accessible on PCs prior that is effectively accessible on the little gadget called mobile phone or PDA today. Innovation, throughout the years has created getting each edge of human life. Same is the situation with mobile phones, they are turning out to be more brilliant and more intelligent step by step. Presently days this gadget is called smartphone as this

gadget isn't just a conveying gadget yet additionally a genuine buddy of person. Mobile Phone has become a device of numerous things, for example, sending and accepting S.M.S., messages, looking on web, internet shopping, and libraries of tunes and books, sitting in front of the TV and Videos, additionally a mobile phone is a gadget of web based banking.

The abuse of the mobile phone can't be ignored. They are utilized while driving a vehicle which causes mishaps. Numerous youths utilize mobile phones unreasonably which hampers their vocation as well as upset their mindset. Abuse of mobile phones can prompt physiological and mental medical issues, offer ascent to strife with guardians and relatives, can give an ascent to social relationship issues. The youthful age is burning through their important time on superfluous mobile use. It is an unmistakable loss of country too. As indicated by world wellbeing association "exorbitant mobile phone use may causes a long haul wellbeing hazard." Another reaction of mobile phone is diminishing vis-à-vis correspondence and expanding of cybercrime.

Why a few people bound to get dependent on their smartphones than others? Are character types decide the smartphone dependence on answer this inquiry this exploration has been done. There is an examination showing that web dependent young people get higher scores in scale N (neuroticism) and P (Psychoticism) in correlation with the benchmark group and they have explicit character qualities. For example they show outrage, sadness, anxiety, impulsion and other negative feelings and personal conduct standards look for incitements and get less supports in genuine lives as far as neuroticism. With deference of psychoticism they are less versatile to the outside world with not many worries on different people. Just in the virtual universe of web can discover their certainty. (Yong,2007) loner type character and lower confidence is connected with the web compulsion among ladies (Hamburger and Artizi, 2000). In the investigation Kubey, Levin and Barrows found that loner individuals having issues in relational relationship do incline toward utilizing the web and may substitute genuine and vis-à-vis relations for digital correspondence (Kubey, Lavin and Barrows,2001).

"Anxiety is an enthusiastic as well as physiological reaction to known or potentially obscure causes that may go from an ordinary response to extraordinary brokenness (demonstrative of an anxiety issue), influence basic leadership and adherence to treatment, and impede working or

potentially influence personal satisfaction." American Psychiatric Association [APA], 2000. Pearson, C., and Hussain, Z. (2016). directed an investigation gathering data from 640 smartphone clients between the ages of 13 and 69. Also, found that the individuals who live with ailments, for example, anxiety or melancholy, or the individuals who have family issues to a degree that they are "depressed," are progressively reliant on the gadgets. Matar Boumosleh J, Jaalouk D (2017) led a cross sectional investigation and inferred that Several free positive indicators of smartphone habit rose including discouragement and anxiety. The present examination is an endeavor to delight the connection among anxiety and mobile phone dependency.

REVIEW OF LITERATURE

Patel and Shaikh (2016) directed an investigation to discover a sexual orientation distinction in mobile phone enslavement among understudies. They chose 120 (60 male and 60 female) understudies from Aurangabad city. Also, by utilizing Mobile phone dependence Test by Velayudhan, S. what's more, Srividya, S. they evaluated the mobile phone fixation among male and female understudies. In this examination, they found that the degree of mobile phone compulsion is high among male and it is moderate in females. It was likewise discovered that there is a critical distinction between the mobile phone dependence among male and female understudies.

Kumar (2017) led an investigation to discover the effect of mobile phone dependence on the psychological well-being of understudies an example of 200 undergrads taken for this examination from the various schools of Jhajjar locale. He utilized Mobile Phone Addiction Scale created by Velayudhan, S. furthermore, Srividya, S. (2012) for estimating mobile phone compulsion and Mental Health Battery created by Singh and Gupta (2008) for surveying the emotional well-being of understudies. Set up that there is a noteworthy distinction in emotional wellness among undergrads having high and low mobile enslavement.

Pasupulety (2013) did a review on an example of 613 expert undergrads having a place with therapeutic and building universities. What's more, found that understudies utilize their mobile phone on a normal four hours out of every day, makes 18 calls for every day, and so on this

examination additionally revealed the noteworthy sex contrasts in PDA uses and its belongings. Male understudies utilize the mobile phone more than female understudies

Demirer& Others (2013) directed a study to discover the status of web habit among pre-administration educators and its association with sex, web openness, forlornness and life fulfillment. They Surveyed 247 pre-administration instructors and found that male pre-administration educators are more dependent on web than female pre-administration instructors. They additionally found that simple web get to makes them progressively dependent. In this investigation it is delighted that there is a positive relationship between's web dependence and forlornness and there is a negative connection between's life fulfillment and web fixation.

Pearson, C., and Hussain, Z. (2016). Directed an investigation gathering data from 640 smartphone clients between the ages of 13 and 69. What's more, found that the individuals who live with diseases, for example, anxiety or wretchedness, or the individuals who have family issues to a degree that they are "depressed," are progressively subject to the gadgets.

Matar B. J., Jaalouk D (2017) directed a cross sectional investigation and presumed that few autonomous positive indicators of smartphone fixation developed including despondency and anxiety.

AIM OF THE STUDY

To study the effect of anxiety and sex on mobile Phone dependency among students

OBJECTIVES

To examine the mobile phone dependency among students.

To find out whether a mobile phone dependency among students is influenced by anxiety.

To examine whether a mobile phone dependency among students is influenced by sex

HYPOTHESES

1. There is significant main effect of anxiety on mobile phone dependency of students.

2. There is significant main effect of sex on mobile phone dependency of students.
3. There is significant interaction effect of anxiety and sex on mobile phone dependency of students.

SAMPLE

The sample of the study is convenient sample. It consists of 76 undergraduate college students from SadashivraoMandlik College, Murgud. Dist. Kolhapur, Maharashtra. It consists 45 male and 31 female students studying in B.Sc. Part I, the average age is around 18.

RESEARCH DESIGN

In the present study, 2 X 2 factorial design was used to investigate the main and interaction effects of two independent variables (factors) - anxiety and sex on Mobile Phone dependency of students. Each of the two factors varied in two ways. For instance, there were two levels of anxiety i.e. high and low and male and female

TOOLS

1) THE TEST OF MOBILE PHONE DEPENDENCE (TMD) by Chóliz M. (2012)

The items included in this instrument were developed based on criteria contained in the Diagnostic and Statistical Manual for Mental Disorders-Fourth Edition-Text Revision (DSM-IV-TR; American Psychiatric Association, 2000) for dependence disorder. The questionnaire consisted of 22 items and had high internal consistency validity (Cronbach's alpha = .94). TMD showed strong and statistically significant correlations with the MPDQ. This is a reliable and valid tool for measuring mobile phone dependence.

2) SINHA'S COMPREHENSIVE ANXIETY TEST (S C A T) Hindi version.

Constructed by A.K.P. Sinha (Raipur M.P.) and L.N.K. Sinha (Patna) scale and approved by National Psychological Corporation, Agra. Scale comprises of 90 questions, which are related to the personality of the individual. The answers were taken by 'Yes' or 'No' responses. The 'yes' response indicates the proneness for anxiety. The total score obtained in the scale may vary

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between 0 - 90. The obtained raw scores are converted into percentiles separately for males and females interpretation is carried out. The test retest reliability of the test is 0.85 and reliability coefficient is 0.92. and the validity is 0.62 significant beyond .001 level of significance.

ANALYSIS AND INTERPRETATION OF DATA

After collecting relevant data, the data were organized and tabulated under different headings of the variables in the study. The analysis and thereafter interpretation of the data were made. In the present study initial sample comprised 76 which was quite large to assume normal distribution. To fulfil the basic condition of two way anova the number of subjects in each group of factorial design was made equal. So some of cases was randomly deleted.

TABLE 1

Descriptive Statistics			
	N	Mean	Std. Deviation
Anxiety	76	30.96	13.486
Mobile_dependency	76	34.12	12.797

TABLE 2 THE SUMMARY OF TWO-WAY ANOVA

TESTS OF BETWEEN-SUBJECTS EFFECTS						
DEPENDENT VARIABLE: MOBILE DEPENDENCY						
SOURCE	SUM OF SQUARES	DF	MEAN SQUARE	F	SIG.	PARTIAL ETA SQUARED
INTERCEPT	39410.281	1	39410.281	4425.014	.000	.994
ANXIETY	6641.281	1	6641.281	745.688	.000 **	.964
SEX	132.031	1	132.031	14.825	.001**	.346
ANXIETY X SEX	132.031	1	132.031	14.825	.001**	.346
ERROR	249.375	28	8.906			
TOTAL	46565.000	32				
CORRECTED TOTAL	7154.719	31				

Table 2. Shows that F-value of 745.688 corresponding to the effect of anxiety was found to be significant at 0.01 level. From this it may be inferred that students having high and low anxiety differ significantly in mobile phone dependency. Hence the research hypothesis anticipating significant effect of anxiety on mobile phone dependency was accepted.

The table 2 also shows that the F-ratio 14.825 which indicates the difference between the male and female students on mobile dependency is significant at 0.01 level. It conveys that male and female students were differ with regard to mobile phone dependency. Hence the second hypothesis anticipating significant effect of sex on mobile phone dependency was accepted here.

Discussion

Matar B. J., Jaalouk D (2017) conducted a cross sectional study and concluded that several independent positive predictors of smartphone addiction emerged including depression and anxiety.

Pearson, C., & Hussain, Z. (2016). Conducted a study collecting information from 640 smartphone users between the ages of 13 and 69. And found that those who live with illnesses such as anxiety or depression, or those who have family problems to an extent that they are “emotionally unstable,” are more dependent on the devices.

These studies provides support to the findings of the present study. In the present study, mobile phone dependency of students were found to be influenced by the level of anxiety. High and low anxiety groups of students reveal significant difference in their mobile phone dependency. The people with high anxiety show impaired mental health and some neurotic tendencies also displays boredom, lack of interest, felling of rejection, and other negative emotions, impulsiveness, phobic tendencies and depression. Anxious people try to find stimulations so, only in the simulated world of mobile phone can find their self-assurance.

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