



# SMARTPHONE ADDICTION WITH RESPECT TO SOCIAL ANXIETY AMONG YOUNG ADULTS IN RURAL AREAS OF CHHATTISGARH

Dipti Dodani, Ujjwal Sharma, Gunjan Mishra

Amity university

## ABSTRACT

In today's world we cannot imagine life without technology mainly the smartphones. The children and teenagers are using smartphones without any limitations, young adults are spending almost double the time on smartphones over the past decade and that is affecting them physically and mentally. No doubt it has brought great convenience to people's lives. It has also affected the quality of sleep, loss of appetite, and majorly it affected the face-to-face interaction among people. The scope of technology has spread so far, that it is now affecting the young adults of rural areas as well. Today, no one remains untouched. The parameters being correlated in this research paper are smartphone addiction and social anxiety. Excessive use of smartphone often leads to adverse effects like smartphone addiction. Social anxiety is also known as social phobia is an intense anxiety of being negatively judge. The main purpose of this study to find out the relationship between smartphone addiction and social anxiety among the young adults of rural areas. Data was collected from the sample of 100 young adults from rural areas of Chhattisgarh in which the ratio of males and females were equal. Variables were measured using smartphone addiction scale and Liebowitz social anxiety scale. Statistical product and service solution (SPSS) 16 was used to analyse descriptive statistics, persons correlations, independent sample t-test and so on. According to the Pearson correlations it shows that smartphone addiction had no significant correlation with social anxiety in the sample. Smartphone

addiction has no predictive effect on level of social anxiety among the young adults of rural areas and males are addicted to smartphone as compared to females. Females have higher level of social anxiety than males.

*Keywords* young adults, rural area, social anxiety, smartphone addiction.

## Introduction

In the lives of people all around the globe, technology now plays an essential role. Due to modern technology, it has been made easier to have access to education, health, industry, transportation and many more possibilities. Since the emergence of the internet and smartphones, research is showing an increase in the number of people struggling with an addiction to smartphone. It's not uncommon for both youth and adults to feel a need to constantly be "plugged in" to social media and the internet, but this often leads to a fear of missing out, and fear of being left out in young people. Coupled with the neurological changes that take place in the brain while being online, smartphone addiction can be added to the list of behavioural addictions. However, some teens and young adults cross from normal use into a realm in which there is having a negative impact on school, work, family, and social life.

Smartphone addiction is a disorder involving compulsive overuse of the mobile devices, usually quantified as the number of times users access their devices and/or the total amount of time they are online over a specified period. Compulsive smartphone use is just one type of technology addiction. However, other technologies prone to overuse, like social media and gaming, are often accessed through mobile devices. Smartphones lend themselves to overuse because, unlike a desktop or laptop, they can be easily carried anywhere the user goes. As a result, the devices are increasingly the user's primary computing device.

Although phone addiction is not yet classified as a psychological disorder, experts have identified problematic patterns and behaviours. One of the most telling characteristics is the fear of losing access to one's phone or not having connectivity. That anxiety is so widespread that it's been named: nomophobia, a portmanteau that stands for no mobile phone phobia.

Presently, the smart phone has become part and parcel of peoples' lives that many do not feel comfortable Ordinarily without a Smartphone around them

Social anxiety disorder (SAD) is a common mental health disorder affecting adolescents often associated with comorbidities like depression, suicide ideation and substance abuse. The objective of this study was to estimate the prevalence of social anxiety in adolescents and to explore its correlation with smartphone usage.

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) social anxiety is fear or anxiety in social situations, particularly where an individual is exposed to scrutiny or has a possibility of negative evaluation by others.

In the current scenario, India has the second-highest number of internet users (maximum in China) and every year the number continues to increase exponentially.

The explosive growth of the Internet in the last Decade has had a huge impact on communication and interpersonal behavior. Psychological research During the same period has sought to increase Understanding of this impact. The phones were Originally designed to facilitate communication and research activities. However, the dramatic Increase in the use in recent years Has led to pathological use (smartphone addiction). The effect of smartphone addiction includes the Impairment of academic performance, psycho-Logical well-being, and interaction with peers and Family members.

In the Indian setting, the prevalence of SAD is understudied, further, to the best of our knowledge its correlation with smartphone addiction has not been explored. Keeping this background in mind present study was conducted with the aim of estimating the burden of SAD among the college students along with exploring any correlation between social anxiety and smartphone addiction among students.

**Gananda, P.V (2021)** A total of 113 data were grouped through an online survey from five faculties at UPSI to study the association between smartphone addiction and social anxiety. According to the conclusions, university students are more likely than population to get hooked to their smartphones and are more inclined to developing social anxiety disorder

**Prosenjit Ghosh (2021)** A cross-sectional study on 70 postgraduate medical students to novelty the association of smartphone addiction with social phobia among the study participants and to measure the pattern of smartphone use. No significant correlation was found between the social phobia and smartphone addiction.

**Liat Turgeman (2020)** The sample involved of 140 participants, 73 male and 67 female university students. This paper explored the association between social anxiety and excessive smartphone use. The result presented a positive connotation between social anxiety and excessive smartphone use.

**Necdet Konan (2018)** The sample comprised of a total of 330 prospective teachers, counting 117 Faculty of Education and 213 pedagogical development students. The purpose of this study to determine the relationship between smartphone and interaction anxiety. As an outcome found there was a Statistically significant positive correlation between prospective teachers' smartphone addiction and Interaction anxiety

**Xu.J (2017)** in this paper 220 students in a Beijing high school investigated through the Mobile Phone Addiction Index, Liebowitz Social Anxiety Scale and UCLA Loneliness Scale. the percentage of phone addiction among phone users of high school students is approximately 17.95%, and it diverges significantly from different school department there is no correlation between phone addiction and social anxiety; there is a higher sagacity of loneliness in classmates who have phone addiction

**Asli Enez Darcin .et al (2016)** In this study of 367 University students of Istanbul, Turkey specified that social phobia was linked with the hazard of smartphone addiction in young people. Younger individuals who mostly use their smartphones to access social networking sites also have an unnecessary form of smartphone use.

### Objective and Hypothesis

The objective of the present study is following

1. Find the relationship between the smartphone addiction and the level of social anxiety among the participants
2. To assess the level of smartphone addiction among the sample
3. To assess the level of social anxiety among the students

Hypothesis of the study

H1: There is no significant correlation between the smartphone addiction and social anxiety among the participants

H2: Males are more prone to smartphone than Females

H3: Females have higher level of social anxiety than males

## Methodology

### Materials and method

Data was collected by 100 participants between the age of 17 to 24 years where the ratio of males and female are equal i.e., 50 males and 50 females from some of institution which are located in in the districts of Dhamtrai (bhakhara, dani tola etc) have been chosen as place for this research. The sample in the research were selected by using simple stratified sampling technique which ensures that everyone has equal chance of selecting it is a non-bias method. The questionnaire was given to the participants they were asked to provide their consent before taking part in the study. The questionnaire consists of 3 parts first, the instructions form, smartphone addiction was assessed using SAS-SV and social anxiety was assessed using LSAS scale.

#### The smartphone addiction scale- short version (SAS-SV)

This scale consists of Of 10 items for assessing smartphone addiction in the sample. Every question has 6 options from strongly disagree to strongly agree. the maximum score and the minimum score of the scale is 60 and 6 respectively. The scale has cut-off value to evaluate the smartphone addiction based on gender (31 for males and 33 for females).

#### The Liebowitz social anxiety scale (LSAS)

The LSAS is self-rating scale introduced by Dr. Michael Liebowtiz. This scale consists of 24 items for assessing the level of social anxiety among the participants. The scale is divided into 2 subscales 13 items for performance anxiety and 11 concern social situation rated from 0-3. Where higher score indicates high level of social anxiety

### Statistical analysis

After collecting the data and entering them into the statistical package for the social sciences, version 16. The analysis was done by the independent t test and pearson's correlation coefficient.

**Result Analysis**

To collect the responses from the participants the questionnaire was given directly to them from different colleges of district of dhamtra. A total of 100 questionnaire was given to the samples where males are 50 and females are 50. In order to test the hypothesis of the study pearson's correlation coefficient to study the main research objective and independent t-test was performed and the result shows there is no correlation between the smartphone addiction and the social anxiety among the young adults of rural areas of Chhattisgarh

*Table 1 shows the result of pearson's correlation*

Correlation	M	SD	1
1.smartphone_addiction	37.11	8.005	
2.socialanxiety	72.46	17.318	0.13

The result shows there is no significant correlation between the variables the level of significance is greater than 0.05.

*Table 2 illustrates the difference in gender of level of smartphone addiction*

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Smartphone Addiction	Female	50	36.5	6.831	0.966
	Male	50	37.72	9.058	1.281

The result of the independent t-test show that males have high level of smartphone addiction than females in the study.

Table 3 illustrates the difference in gender of level of social anxiety

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Social anxiety	female	50	74.3	18.644	2.637
	Male	50	70.62	15.856	2.242

The result in table 3 show that females have higher level of social anxiety as compared to males.

### Findings and conclusion

A total of 100 participants were chosen for the research study. The ratio of males and females were equal. The age of the participants was between 17 and 24 years old. Most of them were addicted to smartphones. In the study of Chen et al, showed that males use smartphone for playing games on phones, listening to songs and watch online videos where as females are use smartphone for messages and phone calls and social media.

Prevalence of smartphone addiction is found to have more in male participants as compared to females. The mean of male participants (37.7) is greater than the females (36.5). According to the recent issue of the Blue Book of Beijing Social Mentality, an annual study published by Social Sciences Academic Press (China) males are more inclined to anguish from the smartphone addiction than the females. Amongst all young adults, people between the age of 21 and 30 years old were the most hooked to smartphones.

The research shows that females has shown higher level of social anxiety as than male participants. According to the research by J Reichenberger in 2019 females are almost twice as often develop social anxiety disorder (SAD) as compared to males.

There was no significant correlation was found between the smartphone addiction and social anxiety in our study. The findings significantly extend the prior research there is no correlation between the smartphone addiction and social anxiety (Xu, J., 2017) show there is no significant correlation between the mobile phone

dependency and the social anxiety. The reason behind this deviation between other researches may be the different time of research or the place or the society they live in. These difference in the result due to the difference instrument used in the study and the method used in the research and can be also due to the difference in the sample size and the participants in the study. Maybe the young adults living in the rural area are still unaffected by the smartphones.

In the study of Prosenjit ghosh (2021) no association was found between the smartphone addiction and social phobia among the 70 participants. That might be due to insignificant size of the sample and numerous other reasons that might subsidize to the anxiety in the subpopulation. But in this study, there was a correlation between the smartphone use duration and smartphone addiction.

### **Limitations**

The study was limited to Chhattisgarh and the total sample size is small i.e., 100 participants. This study used questionnaire method for data collection other methods like interview method of case study for more insightful results. Due to limited time frame certain facts has not been touched.

### **Conclusion**

The present research paper found that all the participants are addicted to smartphones but the males have higher level of smartphone addiction than the females. And the females have shown higher level of social anxiety than males. No significant correlation was found between the smartphone addiction and level of social anxiety. The no effect on the level of social anxiety by the smartphone addiction on the young adults of rural areas of Chhattisgarh. In the future researches on the smartphone addiction and social anxiety other than the questionnaire method more methods should inculcate in the process of research like interview methods, case taking etc. and further explore the correlation between the variables. In depth study in the different demographic factors, time and place. A longitudinal approach would allow us to find the changes in the result over time.



## Reference

- Asli Enez Darcin, Samet Kose, Cemal Onur Noyan, Serdar Nurmedov, Onat Yılmaz & Nesrin Dilbaz (2016): Smartphone addiction and its relationship with social anxiety and loneliness, Behaviour & Information Technology.
- Chen B, Liu F, Ding S, Ying X, Wang L, Wen Y. Gender differences in factors associated with smartphone addiction: a cross-sectional study among medical college students. BMC Psychiatry. 2017;17:341
- Gananda, P.V., Vellu, V., Yusuf, S., Ibrahim, M.S. (2021). Smartphone addiction and social anxiety among University students: a cross-sectional study. The Asian Journal of Professional and Business Studies 2 (1).
- Ghosh P, Ghosh A, Khasnabis M. Prevalence of smartphone addiction: correlates of Smartphone use and its association with social phobia in post-graduate medical students in Assam. Int J Community Med Public Health 2021;8:xxx-xx.
- Kwon M, Kim DJ, Cho H, Yang S. The smartphone Addiction scale: development and validation of a Short version for adolescents. PloS one. 2013;8(12):e83558.
- Liebowitz MR. Social phobia. Mod Probl Pharmacopsychiatry. 1987;22:141-73.
- Necdet Konan—Emine Durmuş – Aslı Ağıroğlu Bakır – Duygu Türkoğlu. (2018). The Relationship between Smartphone Addiction and Perceived Social Support of University Students'. International Online Journal of Educational Sciences.
- Reichenberger J, Pfaller M, Forster D, Gerczuk J, Shibani Y and Mühlberger A (2019) Men Scare Me More: Gender Differences in Social Fear Conditioning in Virtual Reality. Front. Psychol. 10:1617. Doi: 10.3389/fpsyg.2019.01617
- Turgeman, L., Hefner, I., Bazon, M., Yehoshua, O., & Weinstein, A. (2020). Studies on the Relationship between Social Anxiety and Excessive Smartphone Use and on the Effects of Abstinence and Sensation Seeking on Excessive Smartphone Use. International journal of environmental research and public health, 17(4), 1262. <https://doi.org/10.3390/ijerph17041262>