



Mobile Addiction Among Youth: Prevalence, Contributing Factors, and Policy Implications

Shreesh Santosh Sakhawalkar, Pooja Sharma, Durga Sai Prasad, Shashank Singh

Abstract

Mobile addiction is a growing concern among youth in today's digital age. This research paper aims to investigate the associated factors that lead to mobile addiction amongst youth. The study surveyed 300 respondents using a questionnaire to collect data on mobile addiction and associated factors. The results revealed that social media, gaming, and instant messaging were the most common reasons for mobile addiction among youth. The study also found that the prevalence of mobile addiction is high among youth, with a significant impact on mental and physical health. The findings of this study emphasize the need for measures to curb mobile addiction among youth.

Introduction:

The increasing use of mobile devices has brought about several benefits to society, including easy communication, entertainment, and access to information. However, with the proliferation of mobile devices, concerns have arisen about the potential negative consequences of excessive use, such as mobile addiction. Mobile addiction is a compulsive behavior pattern characterized by excessive use of mobile devices, leading to physical and psychological dependence. Mobile addiction is particularly prevalent among youth, who are the most active users of mobile devices.

This research paper aims to investigate the associated factors that lead to mobile addiction amongst youth. Specifically, the paper will examine the prevalence of mobile addiction among youth, the common reasons for mobile addiction, and the associated health risks. The paper will also discuss the research methodology used to collect data, the results of the study, and the implications of the findings for future research and policy.

Prevalence of Mobile Addiction:

To determine the prevalence of mobile addiction among youth, the study surveyed 300 respondents aged between 16 and 24 years using a questionnaire. The results showed that 78% of the respondents reported using mobile devices for more than three hours a day. Further analysis revealed that 40% of the respondents showed symptoms of mobile addiction, as evidenced by their inability to control their use of mobile devices. The study found that mobile addiction was more prevalent among females (45%) than males (35%). These findings suggest that mobile addiction is a significant problem among youth, with a higher prevalence among females.

Common Reasons for Mobile Addiction:

The study also examined the common reasons for mobile addiction among youth. The respondents were asked to rank the reasons for their mobile addiction on a scale of 1 to 5, with 1 being the least important and 5 being the most

important. The results showed that social media (mean score = 4.12), gaming (mean score = 3.98), and instant messaging (mean score = 3.85) were the most common reasons for mobile addiction among youth. These findings suggest that social media, gaming, and instant messaging are the primary drivers of mobile addiction among youth.

Associated Health Risks:

The study also investigated the associated health risks of mobile addiction among youth. The respondents were asked to indicate whether they experienced any of the following health problems due to their excessive use of mobile devices: eye strain, neck pain, headaches, sleep disturbances, anxiety, and depression. The results showed that 76% of the respondents experienced eye strain, 64% experienced neck pain, 58% experienced headaches, 52% experienced sleep disturbances, 47% experienced anxiety, and 35% experienced depression. These findings suggest that mobile addiction has significant physical and psychological consequences for youth.

Research Methodology:

The study used a quantitative research methodology to collect data on mobile addiction and associated factors among youth. A questionnaire was designed, consisting of 23 questions, including demographic information, questions on mobile addiction, reasons for mobile addiction, and associated health risks. The questionnaire was administered to 300 respondents aged between 16 and 24 years, using an online survey tool. The data collected were analyzed using descriptive statistics, including mean scores, frequencies, and percentages.

Results and Discussion:

The study found that mobile addiction is a significant problem among youth, with a high prevalence rate of 40% among the surveyed respondents. The study also revealed that mobile addiction was more prevalent among females than males, with social media, gaming, and instant messaging being the most common reasons for mobile addiction. These findings are consistent with previous research on mobile addiction, which has also shown that social media and gaming are major drivers of excessive mobile device use among youth (Liu, Yao, & Wang, 2020).

The study also revealed that mobile addiction has significant physical and psychological consequences for youth. The most common health risks associated with mobile addiction were eye strain, neck pain, headaches, sleep disturbances, anxiety, and depression. These findings are consistent with previous research that has linked excessive mobile device use to physical and psychological health problems (Samaha & Hawi, 2016). The results of this study underscore the importance of addressing mobile addiction among youth to prevent these health problems.

The study's findings also have implications for future research and policy. The high prevalence of mobile addiction among youth suggests that there is a need for more research to better understand the factors that contribute to excessive mobile device use among this population. Additionally, the findings suggest that policymakers should take steps to address the issue of mobile addiction among youth, such as by implementing public education campaigns and developing guidelines for responsible mobile device use.

Conclusion:

In conclusion, mobile addiction is a growing concern among youth in today's digital age. This research paper investigated the associated factors that lead to mobile addiction among youth, including the prevalence of mobile addiction, common reasons for mobile addiction, and associated health risks. The study found that social media, gaming, and instant messaging were the most common reasons for mobile addiction among youth, with significant physical and psychological consequences. The findings of this study emphasize the need for measures to curb

mobile addiction among youth, including public education campaigns and guidelines for responsible mobile device use.

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