



SOCIAL ADJUSTMENT AND SMARTPHONE ADDICTION AMONG MALE AND FEMALE UNIVERSITY STUDENTS

Dr. Anil Gupta

M.A., Ph.D.

**Department of Psychology
Patna University, Patna**

Abstract: The objective of research study was to explore social adjustment and smartphone addiction among male and female university students. For this, the sample comprised of 200 university students from urban Patna in the age group of 18-23 years. Incidental sampling technique was used in the study. Smartphone Addiction Scale by Vijayshri & Masaud Ansari and Social Adjustment Scale by Ashutosh kumar have been used in this study. Statistical technique such as Mean, SD, t-test and correlation were used for data analysis. Results revealed that male students have higher levels of social adjustment than female students and female students are more vulnerable to smartphone addiction. Also, there is a negative relationship between social adjustment and smartphone addiction.

Keywords: Social Adjustment, Smartphone Addiction, University Students

Introduction

Any new technology brings with it both good and bad sides. Smartphones are no exception to this. In fact, smartphones are such a versatile device that it is natural for students to use them for non-academic purposes. Apart from being an educational tool, the smartphone is a powerful medium of entertainment and social media platform, especially for teenage students.

Smartphone: Concept and Utility

Smartphone is such an all-in-one device that can perform many special tasks along with common needs. In some cases handwriting can also be done using keyboard, voice to make special notes. In present time, everyone likes to make pictures and videos on special occasions. Determining the actual position from GPS, uploading from Wi-Fi are common features of the smartphone. Microphone, compass, accelerometer, ambient light sensor are important features. It has also become possible to measure temperature, humidity and pressure with mobile devices. In the near future, many such new features will be added, which will prove to be very useful for the common people as well as the students.

Overall, a smartphone is device through which all kinds of educational and non-educational tasks, whether it is general or specific, can be done easily. Apart from being the main means of telecommunication, this smartphone is very popular among students due to many other features. The biggest reason for this is to simplify many tasks, in which the study and learning of students is the main task. This is the reason why the usefulness of smartphones for all classes is increasing day by day.

Uses of Smartphone

- 1. Use of calling:** Calling feature is most used in mobile phones and people can make calls in smartphones like normal phones.
- 2. Use of video calls:** The most significant transition to the digitally enhanced smartphone has resulted in established video calls surpassing its predecessors.
- 3. Use of email:** People can send and read their messages, emails, reply when received, from their smartphones just like a computer.
- 4. Use of Maps and GPS:** Almost all smartphones come with inbuilt map and GPS features that you can take advantage of while traveling. If you are in a new place, there is no better guide than a smartphone to find your way.
- 5. Use of e-banking:** People can complete important banking task sitting at home through mobile banking app on their smartphones. The expensive use of smartphone has also resulted in electronic banking operations.
- 6. Use of e-library:** The Government as well as the NGO's has used the digital world to create an e-library providing e-books, e-journals and papers, etc. for the convenience of the students.

7. **Use of Bill Payment, Ticket Booking, Recharge:** Through smartphone, you can pay bills like electricity, water, gas, telephone, internet etc. sitting at home. If you have to go out for work then you can book your train, bus, plane ticket through smartphone itself. Apart from this, you can also do mobile recharge, DTH recharge.
8. **Use of e-shopping sites:** The Smartphone has enabled an individual to order various products like groceries, clothing, and other accessories, etc. at the doorstep itself.
9. **Social media for better transparency:** Social media in 21st century is playing a crucial role in the community of adolescents. Online study, discussion groups, digital community pages, etc. has provided a gateway for transparency of information.
10. **Use of e-learning portals/website:** The plethora of information available in the digital world has eased the way of learning and revolutionized the entire process of education.
11. **Social networking sites to promote skills:** Regardless of the negative impact of abdominal use of smartphone, it is also observed that lot of adolescents are using the digital platform to promote their talents and skills. Example: LinkedIn, You Tube, etc.
12. **Entertainment:** Smartphones can play songs for you. You can play the movie of your choice. You can play video games. Whatever type of entertainment you like, smartphone can provide it for you.
13. **Use of camera:** If you have a smartphone then you will not need to buy a separate digital camera. Because the camera feature comes in the smartphone, through which you can take photos and make videos of any program.
14. **Internet use:** Today mobile phones consume more internet than computers. You can have a computer like internet experience through a smartphone.
15. **Use of Apps:** Many useful apps have been created for smartphones through which many everyday tasks can be accomplished. Mobile apps can be easily downloaded from Google Play Store so that people can use them as per their need.

Smartphone Addiction

Smartphones are new becoming an integral part of everyone's lifestyle. If the smartphone is not close even for a while, a strange kind of distraction and restlessness is felt. Some studies have suggested that the problem of uncontrolled use of mobile phones can be a symptom of lack of impulse control or depression. And we can be victims of a technology addiction.

Signs and Symptoms of Smartphone Addiction

- Excessive use of smartphone leads to loss of time.
- Putting relationships at risk due to smartphone use.
- Lack of interest in other activities and hesitation to interact with people.
- Anger, irritation, restlessness, stress when smartphone network is low or battery is low.
- Needs the latest smartphone, more apps, or more usage.
- Withdrawal: When the smartphone is unreachable
- Spend more time on the smartphone than talking to people.
- Someone keeps checking their phone without any reason.
- Even if someone is doing important work and is still using the smartphone again and again.
- Waking up in the middle of the night to check smartphone.
- Being unable to concentrate on studies or work due to spending too much time on the smartphone.
- Being easily distracted by smartphone apps or email alerts.
- A person is using smartphone in the middle of some work which requires his more attention.
- Feel uncomfortable when smartphone is not near.
- If someone uses smartphone as soon as he wakes up in the morning and keeps his smartphone with him while sleeping at night.

Physical Effects of Smartphone Addiction

- **Eye related problems:** Anyone can become a victim of eye related problems due to excessive use of smartphone. Blue light emitted from smartphones is harmful for eyesight and gradually causes eye pain, blurred vision, red eyes and dry eyes. Smartphone are also linked to persistent headache, due to which not only the elderly but also the younger people are getting troubled.
- **Pain in neck and shoulders:** Using smartphone for hours daily causes pain in neck and shoulders and no one even realizes from which day it started. If anyone uses the smartphone while lying down, sitting crooked or on the elbows, its direct effect is visible on the neck and shoulders and this pain can later make the person arthritis patient.
- **Problem of deafness:** If a person spends too much time in the day using earphones, it can lead to the problem of deafness. This habit has a direct impact on a person's hearing ability. In such a situation, not only the earphones but also the waves emanating from the smartphone can damage the delicate tissues of the ear and the inner part of the person's ear can be badly damaged.
- Headache
- Male infertility due to radiation.
- Car accidents: Many people believe that they can use their phone and do many things while driving, but this causes significant harm and can be a danger to the driver and other road users.

Psychological Effects of Smartphone Addiction

- Sleep disturbance
- Smartphone addiction has been linked to increased sleep disorders and fatigue among users.
- Using smartphone before sleeping increases the chances of insomnia.
- Bright light can reduce the quality of sleep.
- Cell phone use may prolong sleep time.
- Smartphone light can activate the brain.
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- Depression
- Stress and OCD
- Relationship problems: Offline relationships can be affected by excessive use of smartphones and social media.
- Anxiety

Social Adjustment

Social adjustment means that individuals adjust themselves to social norms, values and expectations and mingle comfortably in society. It is a process by which individuals establish a balance between their own needs and the needs of society.

Some aspects of social adjustment

1. Functioning in social roles: The individual must be able to function effectively in various social roles such as students, parent, employee, etc.
2. Enjoying recreational and leisure activities: The socially adjusted person should use their free time in creative and enjoyable activities.
3. Self-care: Taking care of your physical and mental needs and maintaining a healthy lifestyle is also an important aspect of social adjustment.
4. Following social norms and values: One must follow the rules and values of society and have respect for others.
5. Adaptation to new social contexts: The individual must be able to meet new people, join new groups, and feel comfortable in different social situations.

Important of social adjustment

1. Mental health: Socially adjusted individuals experience better mental health, as they are less affected by stress and anxiety.
2. Positive relationships: Social adjustment helps people from healthy and positive relationships.
3. Productivity: Socially adjusted individuals are more productive in their work and studies.
4. Participation in the community: Social adjustment enables individuals to actively participate and contribute to the community.

Causes of poor social adjustment

1. Lack of social skills: Some individuals may have difficulty with social skills such as making conversation, listening to others, and expressing their feelings.
2. Emotional problems: Depression, anxiety, or other emotional problems can also interfere with social adjustment.
3. Social isolation: Some individuals may experience social isolation or loneliness, which may affect their social adjustment.

Review of Literature

Haug, et al., (2015) found that smartphone addiction was more found in younger adolescents compared to young adults.

Kose and Murat (2021) found that 97.9% of adolescent high school students were connected to the internet via smartphone and spent around 3-4 hours per day on the internet. As a result, adolescents who spend more time on smartphones also have increased cyberchondria.

Alotaibi, Fox, Coman, Ratan and Hosseinzadeh (2022) found that a total of 545 undergraduate students participated and 67% were smartphone addicted. It also depicts that the students result in lower academic performance, physically inactive, insomnia, pain in the neck, eyes and some may have serious mental illness.

Nufus (2019) found that the smartphone addiction correlates with many psychological disorders such as anxiety, depression, insomnia, low self-esteem and others.

Lei, Ismail, Mohammad and Yosoff (2020) found that smartphone addiction and psychological health are correlated. It has been concluded that smartphone addiction can lead to psychological problems.

Objectives:

1. To estimate the relationship between Social Adjustment and Smartphone Addiction among university students.
2. To evaluate the effect of Social Adjustment and Smartphone Addiction among university students.

Hypothesis:

1. There would be significant relationship between Social Adjustment and Smartphone Addiction among university students.
2. There would be significant difference among male and female university students on Social Adjustment.
3. There would be significant difference on Smartphone Addiction scale among male and female university students.

Research Methodology

Sample: The sample comprised of 200 university students from urban Patna. The sample consists of 100 male students and 100 female students. They were of the age group of 18-23 years. The basis of selection was incidental sampling technique.

Tools: 1. Smartphone Addiction Scale developed by Vijayshri and Masaud Ansari was used to measure the smartphone addiction of the sample. 2. Social Adjustment Scale developed by Ashutosh kumar was used to measure the social adjustment of the respondents.

Research design: Between group design was used in this present study.

Statistical tools: Independent simple t-test and correlation were used to analyze the data.

Results and Discussion**Table – 1**

Table showing correlation between Social Adjustment and Smartphone Addiction among university students.

Variable	N	r	df	Level of sig.
Social Adjustment vs Smartphone Addiction	200	-0.517	198	P< .01

From the above table-1 it can be clearly seen that there is significant negative correlation between social adjustment and smartphone addiction ($r = -0.517$; $df = 198$; $p < .01$). So this hypothesis is confirmed. Students with lower levels of social adjustment have higher levels of smartphone addiction. University students are often very busy with their studies and their entire focus is on setting up their future career. These students stay away from society even while living in it, because they want to fulfill all their needs through their smartphones. Such students spend more time on smartphones instead of socializing with others. This is the reason why smartphone addiction increases in students with lack of social adjustment. That is, if the social adjustment of the students is good, the level of smartphone addiction is low. Thus, it can be seen that there is a negative relationship between smartphone addiction and social adjustment.

Table – 2

Table showing Mean, SD and t-ratio on the measure of social adjustment of male and female university students.

Variable	Groups	N	Mean	SD	t-ratio	df	Level of Sig.
Social Adjustment	Male	100	54.33	16.15	3.618	198	P< .01
	Female	100	46.65	13.76			

It can be seen from the above table-2 that the social adjustment of male and female students have different Mean scores. The mean value of male students was found to be 54.33 and the mean value of female students was 46.65. It can be said that male students have more social adjustment than female students. The t-ratio was found to be 3.618 which was significant at 0.01 level. So this hypothesis is confirmed. Thus male and female university students are significantly different on social adjustment. Women have to spend more time inside the house as they are not allowed to go out of the house for long periods and talk to other men. Whenever women have to do any work outside the home, their family members do that work themselves, due to which a low level of social adjustment is seen among women. Men often do all the work outside the home. Men can do their work well anywhere and among all kinds of people. That is why the level of social adjustment of men is higher. Paramanik, Sahal, and Mondal (2014) revealed that girls score higher on adjustment indicated that better adjustment of girls than boys.

Table – 3

Table showing Mean, SD and t-ratio on the measure of smartphone addiction of male and female students.

Variable	Groups	N	Mean	SD	t-ratio	df	Level of Sig.
Smartphone Addiction	Male	100	60.19	18.14	8.746	198	P< .01
	Female	100	85.13	22.00			

It can be seen from the above table-3 that the smartphone addiction of male and female students have different Mean scores. The mean value of male students was found to be 60.19 and the mean value of female students was 85.13. It can be said that female students have more smartphone addiction than male students. The t-ratio was found to be 8.746 which was significant at 0.01 level. So this hypothesis is confirmed. Thus male and female university students are significantly different on smartphone addiction. Often female spend more time at home due to which they start feeling boredom and social alienation, hence females are more dependent on smartphones. Most of the women are crazy about social media. She keeps checking her social media profiles to see new updates on her status. Shopping is the most interesting aspect in women's life. They keep searching for different products on different online shopping portals whether they want to buy or not. Women use online chatting more. Under such condition females are more exposed to smartphone addiction. Abed N. S, et al., (2018) found that the impact of mobile phone use was greater on women than men. Tariang A. (2014) found that college going females are slightly more addicted to mobile phones as compared to college going males.

Conclusion: 1. Social adjustment and smartphone addiction are negatively correlated. 2. Male students have more social adjustment than female students. 3. Female students have more smartphone addiction than male students.

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