



## SMARTPHONE ADDICTION OF POSTGRADUATE STUDENTS OF SIDHO-KANHO-BIRSHA UNIVERSITY, PURULIA

Prasanta Gayen<sup>1</sup>, Ramesh Chandra Mahato<sup>2</sup>

<sup>1&2</sup> *Research Scholar, Department of Education,  
Sidho-Kanho-Birsha University, Purulia, WB, India*

### Abstract

Smartphone addiction has become a common phenomenon among the young adult minds in this 21<sup>st</sup> century. It is the excessive use of smartphone that directly or indirectly affects the daily life of human beings. The present study aims to investigate the relationship among the different dimensions of smartphone addiction namely daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, tolerance of postgraduate students of Purulia district of West Bengal. It is a descriptive survey type research. Data for the study have been gathered from 140 postgraduate students of Sidho-Kanho-Birsha University using simple random sampling technique applying “*Smartphone Addiction Scale*” by Kwon et al. (2013). The collected data has been analyzed using coefficient of correlation in SPSS version 26.0. Result revealed that the different dimensions of smartphone addiction like daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance of postgraduate students have statistically significant positive correlation among them.

**Keywords:** *smartphone addiction, postgraduate students, daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, tolerance*

### Introduction

Internet addiction has become a widespread issue among people in the twenty-first century (Mahato, Gayen & Mahato, 2023a). Just like internet addiction, smartphone addiction is also become the angst of the age. Smartphone addiction is the uncontrollably excessive use of smartphones that has a negative impact on other aspects of one's life (Park & Lee, 2012). This addiction is mostly prominent among the young students. They spend most of their time on smartphone. Be it education or entertainment, smartphone is their only companion. Though smartphone is helping them to gain more knowledge and keep them up to dated, it directly or indirectly affects their life a lot by making them addicted to it.

The present study has been performed using coefficient of correlation that is quite common in social science research. A lot of study can be found using such, like Gayen and Sen (2021), Gorain et al. (2018), Mahato, Gayen and Mahato, (2023b; 2023c), Mahato and Sen (2023), Mahato and Sen (2021), Mondal et al. (2018), Sutradhar and Sen (2022a; 2022b), Adhikari et al. (2023), Gayen, Sen and Adhikari (2023), Sen et al. (2023) etc. Mahalanobis distance (MD) is also another important method to draw the inferences. There are lots of studies that used MD such as, Adhikari (2023), Ahmed et al. (2020), Ahmed et al. (2021), Ahmed et al. (2022), Gorain et al. (2021), Mohanta et al. (2023a; 2023b; 2023c), Sen and Pal (2020), Sen et al. (2023), Sen, Pal and Adhikari (2023) etc. This inference is being drawn using cluster

analysis. There is also lot of studies done using cluster analysis, such as Adhikari and Sen (2023), Ansary et al. (2023), Gorain et al. (2022), Mohanta et al. (2023a), Saha, Sen and Adhikari (2021), Sen et al. (2023) etc.

## **Literature Review**

Jabeen, Sarvat & Hashmi ((2021) conducted a study on smartphone addiction and family communication in adults and found that no significant effect of smartphone addiction exists on family communication. Moreover, age group of 18-20 years is more addicted to smartphone than the other age groups. Pandya, Christian & Patel (2021) performed a study on smartphone addiction among late adolescents and young adults (aged 15 to 24 years) of Ahmedabad city, Gujarat, India and found significant difference among them in terms of age group, smartphone usage per day, common purpose of usage of smartphone, their streams, and monthly expenses of recharging their smartphone. Vyas et al. (2021) made a study on smartphone addiction among school going children (8-12 years) during covid-19 pandemic and discovered that a fair positive correlation is there between smartphone addiction and its effects among school going children of Nadiad city. A study by Singh & Kumari (2021) on loneliness and smartphone addiction among youths revealed that significant highly positive relationship is there between loneliness and smartphone addiction of college going students. García-Santillán & Espinosa-Ramos (2021) conducted a study on smartphone addiction of high school students of public sector institution in the Port of Veracruz, Mexico and discovered no statistically significant difference between male and female students in smartphone addiction.

**Objectives of the Study:** To find out the relationship among daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance of smartphone addiction of postgraduate students.

## **Hypothesis of the Study**

**H<sub>01</sub>:** There is no significant relationship among daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance of smartphone addiction of postgraduate students.

## **Methodology of the Study**

- (a) **Method:** Descriptive Survey method has been applied for the present study.
- (b) **Population:** The population of this study includes all the postgraduate students studying in Sidho-Kanho-Birsha University, Purulia district, West Bengal.
- (c) **Sample and Sampling Technique:** A sum of 140 postgraduate students have been selected as sample through a simple random sampling technique from Sidho-Kanho-Birsha University.
- (d) **Tools used:** “*Smartphone Addiction Scale*” by Kwon et al. (2013) has been used in this study. This scale is comprised of six subscales: daily-life disturbance, positive anticipation, withdrawal, cyber space-oriented relationship, overuse and tolerance.
- (e) **Statistic used:** Descriptive statistics like mean, standard deviation and coefficient of correlation have been used to analyze the data in SPSS version 26.0.

## **Results and Discussions**

Descriptive Statistics			
<i>Variables</i>	<i>Mean</i>	<i>Std. Deviation</i>	<i>N</i>
<i>Daily-Life Disturbance</i>	19.03	4.840	140
<i>Positive Anticipation</i>	20.05	5.427	140
<i>Withdrawal</i>	11.48	3.997	140

<b>Cyberspace-Oriented Relationship</b>	11.74	3.939	140
<b>Overuse</b>	24.18	6.559	140
<b>Tolerance</b>	21.91	5.585	140

Table 1: *Descriptive statistics of daily-life disturbance, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, tolerance*

Correlations						
	A	B	C	D	E	F
<b>A. Daily-Life Disturbance</b>	1					
<b>B. Positive Anticipation</b>	.020	1				
<b>C. Withdrawal</b>	.035	.375**	1			
<b>D. Cyberspace-Oriented Relationship</b>	.134	.055	.378**	1		
<b>E. Overuse</b>	.024	.317**	.369**	.414**	1	
<b>F. Tolerance</b>	.178*	.257**	.098	.296**	.304**	1
**. Correlation is significant at the 0.01 level (2-tailed).						
*. Correlation is significant at the 0.05 level (2-tailed).						

Table 2: *Coefficient of correlation among daily-life disturbance, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse and tolerance of postgraduate students*

From table 2, it also observed that:

- Daily-life disturbance is significantly correlated with tolerance at .05 level of significance but it is insignificantly correlated with positive anticipation, withdrawal, cyberspace-oriented relationship, and overuse.
- Positive anticipation is significantly correlated with withdrawal, overuse, and tolerance at .01 level of significance but it is insignificantly correlated with cyber space-oriented relationship.
- Withdrawal is significantly correlated with cyber space-oriented relationship and overuse at .01 level of significance but insignificantly correlated with tolerance.
- Cyber space-oriented relationship is significantly correlated with overuse, tolerance at .01 level of significance.
- Overuse is significantly correlated with tolerance at .01 level of significance.

So, it is revealed that 09 out of 15 relationships among different dimensions of smartphone addiction are significant. Thus, the null hypothesis ( $H_0$ ) “*There is no significant relationship among daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance of smartphone addiction of postgraduate students*” is rejected. Therefore, the alternative hypothesis ( $H_a$ ) “*There is significant relationship among daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance of smartphone addiction of postgraduate students*” is accepted.

**Major Findings of the Study:** From the analysis of the data, it has been revealed that the different dimensions of smartphone addiction like daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance of postgraduate students have statistically significant positive correlation among them. Therefore, it can be said that all the different dimensions jointly constitute smartphone addiction among the postgraduate students of Purulia district of West Bengal.

## Conclusions

While the Internet and smartphones are utilized as communication tools, people tend to use them unnecessarily, which leads to addiction (Singh & Kumari, 2021). So, to conclude, it can be said that the different dimensions of smartphone addiction like daily-life disturbances, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance of postgraduate students are related to each other that resulted in causing smartphone addiction among the young minds.

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