

## SMARTPHONE ADDICTION AND ACADEMIC STRESS OF POST ADOLESCENTS

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### ABSTRACT

The present investigation is an attempt to study the smartphone addiction and academic stress of post adolescents. The investigator adopted survey method for the present study. The tools used in the present study are Smartphone Addiction Scale (2018) constructed and validated by the Investigator and Academic Stress Scale by Balaji Rao (2008). The population and sample consists of 300 post adolescents. The findings revealed that there is no significant relationship between smartphone addiction and academic stress of post adolescents.

### Introduction

Technology has become an integral part of the majority of people in their daily lives. As people become increasingly more reliant and absorbed in technology, it is no surprise that today's children have become avid users as well. Technology has played a big role in changing the way the children learn, get entertained, how they interact with friends and how they behave in society. As children continue to become more immersed in media, many adults have begun to wonder whether or not this exposure to such a high amount of electronic media is a good thing or not. On the pro side, there is an argument that technology is preparing children for the 'real world' that they will have to enter into. On the other hand, however, others argue that children using technology are becoming socially stunted, ungrateful, and ridden with health related issues. Technology has opened up a world of great opportunities, but these opportunities have come with great risks. It is not bad to give our children technological tools like ipads, video games, computers, etc. But it is our role as adults to guide them on how to use this technology and also set limits on when to use specific technological tools.

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In order to fully understand the argument surrounding technology and children, one must understand the pros and the cons, and how the decisions about technology use would affect today's children as they develop.

### **Significance of the study**

Worldwide technology and its changes play a major role in each individual's life. Mobile phone is considered as an important communication tool and became the integral part of the society, it is not only a communication device but it is also a necessary social accessory. People are increasingly using smart phones rather than the fixed telephones. The cell phone today is a lifeline for many. And it comes as no surprise that a huge chunk of this quantity consists of the youth. Smart phones are becoming increasingly indispensable in everyday life and offer a substantial variety of mobile applications for information, communication, education, and entertainment purposes. Smartphone addiction could be considered a form of technological addiction. Mobile phone usage is so strongly integrated into young people behavior that symptoms of behavioral addiction, such as cell phone usage interrupting their day-to-day activities. Umpteen number of surveys conducted on the youth worldwide have figured out that they consider cell phones an integral part of survival and some have even gone to the extent of saying that they would rather go without food for a day than without their cell phones. With constant texting, calling, listening to music, playing phone games or simply fiddling with the phone being such an integral part of their lifestyles, it is little wonder that not having it around strikes them with paranoia. In today's highly competitive world, due to smart phone addiction students face various academic problems including exam stress, disinterest in attending classes and inability to understand the subject. At school there is a range of academic pressure feel, derived from a need for perfection, worry over grades, parental pressure, competition, sports, or a tough class load. The nervous breakdowns, panic attacks, burnouts, and depression are also apparent in many younger students. The same situation is not always stressful for all people, and all people do not undergo the same feelings or off-putting thoughts when stressed. Students were considered to be the future pillars who take the responsibilities to take our country to the next phase they should be in a better way. To know this, the investigator decided to conduct a study on Smart Phone Addiction and Academic Stress of Post Adolescents.

## **Statement of the problem**

Smartphones, one of the greatest inventions in the late 20th century, now have become the newest addiction in the world. Even though it has given us convenient and comfort, it doesn't mean it has no adverse effect. It is something that is going to affect everyone on day to day basis. The concept and ideas of the adolescents with smart phone use and mental health generated a possible pathway for personnel dependency and also for the direct sources of stress, depression, sleep disturbances, aggression, and to a list of risky behaviors. Academic stress is the feeling of anxiety or apprehension over one's performance in the academic activities. Smartphone addiction can lead the student's being unable to perform to the best of their abilities in their academics. Thus the problem is stated as Smart phone Addiction and Academic Stress of Post Adolescents.

## **Operational definition of the key terms**

### **Smartphone addiction**

Smartphone addiction is a habitual drive to continue to use one's smartphone repeatedly despite any negative impact on one's well-being. In the present study it refers to the scores obtained by the post adolescents in administering the smartphone addiction scale.

### **Academic stress**

Academic stress refers to the experience of distress faced by post adolescents in the areas related to academics like personal inadequacy, fear of failure, interpersonal relationship with teachers, teacher-pupil relationship and inadequate study facilities respectively.

### **Post adolescents**

Post adolescents refer to the students of the period following adolescence and preceding adulthood and belonging to the age group 16- 19 years.

## **Objectives of the study**

1. To find out whether there is any significant difference in smartphone addiction of post adolescents with regard to gender.
2. To find out whether there is any significant difference in academic stress of post adolescents with regard to gender.
3. To find out whether there is any significant relationship between smartphone addiction and academic stress of post adolescents.

## Hypotheses

1. There is no significant difference in smartphone addiction of post adolescents with regard to gender.
2. There is no significant difference in academic stress of post adolescents with regard to gender.
3. There is no significant relationship between smartphone addiction and academic stress of post-adolescents.

## Methods Adopted

The investigator has adopted survey method to study the smartphone addiction and academic stress of post adolescents.

## Tools used

The tools used in the present study are: Smartphone Addiction Scale (2018) Constructed and Validated by the Investigator and Academic Stress Scale by Balaji Rao (2012)

## Population and Sample

The population and sample for the present study consists of 300 post adolescents.

## Analysis of Data

### Hypothesis-1

There is no significant difference in smartphone addiction of post adolescents with regard to gender.

**Table: 1**

**Difference in smartphone addiction of post adolescents with regard to gender**

Variable	Gender	N	Mean	SD	Calculate d 't' value	Remarks at 5% level
Smartphone Addiction	Male	151	121.40	20.476	6.816	Significant
	Female	149	142.13	31.160		

( The table value of ' t ' at 5 % level of significance is 1.96 )

It is inferred from the table (1) that the calculated 't' value is greater than the table value at 5 % level of significance. Hence there is significant difference in smartphone addiction of post adolescents with regard to gender and null the hypothesis is rejected.

### Hypothesis-2

There is no significant difference in academic stress of post adolescents with regard to gender.

**Table-2**

**Difference in academic stress of post adolescents with regard to gender**

Variable	Gender	N	Mean	SD	Calculated 't' value	Remarks at 5% level
Academic Stress	Male	151	73.62	16.125	0.725	NS
	Female	149	72.04	21.207		

(The table value of 't' at 5 % level of significance is 1.96 )

It is inferred from the table (2) that the calculated 't' value is less than the table value at 5 % level of significance. Hence there is no significant difference in academic stress of post adolescents with regard to gender and the null hypothesis is accepted.

### Hypothesis-3

There is no significant relationship between smartphone addiction and academic stress of the post adolescents

**Table-3**  
**Relationship between smartphone addiction and academic stress of post adolescents**

Variables	N	Calculated 'r' value	Remark at 5% level
Smartphone addiction and Academic stress	300	0.109	NS

NS – Not Significant

It is inferred from the table (3) that the calculated 'r' value is less than the table value at 5% level of significance. Hence, there is no significant relationship between smartphone addiction and academic stress of post adolescents and the null hypothesis is accepted.

### Findings and Interpretation

1. Significant difference is revealed between male and female students in their smartphone addiction. While comparing the mean scores, female students are more addicted to the smartphone than male students. This may be due to the fact, the female students spent more time in home and they have no other recreational activities like male students.
2. No significant difference is revealed between male and female students in their academic stress. This may be due to the fact that most of the schools are providing stress related programmes to the students in order to cope with their academics.
3. No significant relationship is revealed between smartphone addiction and academic stress of post adolescents. This may be due to the fact that students who are addicted to smart phones, have a motivation to achieve internet fame and gather viewers. They upload videos intended for a small network of friends and may restrict the privacy setting to only

allow access to those individuals. They are well aware that smartphone addiction can cause psychological problems and thus it affects their academics and their life.

Based on the light of findings the investigator has made the following implications for the study.

4. Female students are more addicted to the smartphone than male students. Female students should be given awareness about the harmful effects of smartphone usage and it is also the duty of the parents to provide proper guidance about how to utilize it with care.

## Conclusion

No significant relationship is revealed between smartphone addiction and academic stress of post adolescents. Smartphone is a great boon to the people of the 21st century, but at the time excessive use of smartphone and internet would lead the students towards poor health problems both physical and mental. It gives a lot of useful information to all, but many adolescent students use the smartphone in a vulnerable way. At the global level, it causes severe negative impacts on the teenage students. Moreover, smartphone addicted students start to skip their classes, spend less time with their family and avoid friends. It causes psychological problems and also it decreases the academic growth among them.

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