

Association between the Extent of Mobile Phone Usage with Psychological Wellbeing and Academic Performance of Adolescents

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Abstract:-

Introduction: The present cell phones, nonetheless, are stuffed with numerous extra highlights, for example, internet browsers, games, cameras, video players and even navigational frameworks. **Aims:** The aim of this study was to determine the Association between the extent of mobile phone usage with psychological wellbeing and academic performance of adolescents. **Materials and Methods:** It was a quantitative descriptive approach with cross sectional descriptive survey design. The population involved in this study was adolescents studying in high schools at Bagalkot. Sample were adolescents studying in 8th, 9th and 10th standards of Shri B.V.V sangha's English Medium High School, Vidyagiri at Bagalkot. Sample size is 120 (Total) adolescents were included in the study. Further, data were collected by structured questionnaire, Ryff's psychological wellbeing scale and academic performance rating scale. **Results:** majority (63.3%) were mild mobile users and 36.7% were moderate users. 50% were never or seldom felt life interesting and there was no student found with low spirit, unhappy or excellent spirit. A significant association was found between the cell phone utilization of youths and mental prosperity, A significant association was found between the cell phone use of adolescents and their selected socio-segment factors like mother's occupation ($\chi^2= 10.71$; $P<0.05$), father's schooling ($\chi^2= 17.84$; $P<0.05$) and family month to month pay ($\chi^2= 20.62$; $P<0.05$). A significant association was found between the mental prosperity of adolescents and their chose socio-segment factors like gender ($\chi^2= 6.599$; $P<0.05$) and religion ($\chi^2= 13.576$; $P<0.05$).

Conclusion: After thorough analysis of the data, researcher concluded that the general discover of the examination uncovered that, there was a positive correlation found between the psychological wellbeing and academic performance among adolescents.

Keywords:- Mobile Phone Usage, Psychological Wellbeing, Academic Performance and Adolescents.

I. INTRODUCTION

A cell phone is a remote handheld gadget that permits clients to settle on and get decisions and to send instant messages, among different highlights. The soonest age of cell phones could just settle on and get decisions.¹ Wireless innovation originally got in progress in 1843, when a scientific physicist named Michael faraday started investigating space to check whether it could direct power. Cells, similar as conventional telephones, permit you to put and get calls. Unlike customary telephones, for example, payphones or landlines, the phone is portable, permitting you to put a call while progressing as long as you have battery life. Safety: the PDA permits anybody in a crisis to contact the assistance they want right away. An underlying receptor checks the beat when you apply finger strain to it. The outcomes are then shipped off a clinical call community which works 24hours out of each day. A general public was set up by people before. To start with, individuals used to live in the caverns. At that point with the progression of time, social orders were set up as the populace duplicate, individuals engaged in various violations. Presumably, developments were made however these innovations were additionally abused and made numerous issues. Today, we have cell phones in our pockets for correspondence as an incredible gift. In any case, there are additionally the dull sides of mobiles. There is no grain of salt in the helpfulness if cell phones however its abuses have brought incredible misfortunes for humankind. Mental prosperity is very like different terms that allude to positive mental states, for example, bliss or fulfilment, and from multiple points of view it isn't essential, or accommodating to stress over fine differentiations between such terms. ⁴

Scholarly accomplishment is normally estimated through assessment or constant appraisals yet there is no broad concession to how it is best assessed or which perspectives are generally significant-procedural information, for example, abilities or explanatory information, for example, realities. Besides, there are uncertain outcomes over which individual factors effectively foresee scholastic execution, components, for example, test

tension, climate, inspiration, and feelings require thought when creating models of school accomplishment. Presently, schools are getting cash dependent on its understudy's accomplishments. A school with more scholarly accomplishments would get more cash than a school with less accomplishment.⁵

The aims of this study are as follows: To assess the level of use of mobile phone among adolescents, To assess the level of psychological wellbeing among adolescents, To assess the level of academic performance among adolescents, To determine the association between extent of mobile phone use, and psychological wellbeing among adolescents, To find the association between extent of mobile phone use and academic performance among adolescents, To find out the association between psychological wellbeing with selected demographic variables, To find out the association between academic performance with selected demographic variables, To find the correlation between psychological wellbeing and academic performance among adolescents.

II. MATERIALS AND METHODS

It was a quantitative descriptive approach with cross sectional descriptive survey design. The target population was adolescents between 10-19 years of age. A sample of 120 adolescents was selected by Disproportional simple random sampling method, with 40 adolescents selected randomly (lottery method) from each class. The socio demographic data and mobile phone usage was collected by Structured questionnaire, psychological wellbeing was assessed by Ryff's psychological wellbeing scale, and Academic performance of students was assessed by academic performance rating scale. Data analysis and interpretation was performed utilizing enlightening factual estimates, for example, recurrence appropriation, rate dissemination, mean, standard deviation and inferential measurable estimates, for example, Chi-square, Fisher's exact test, ANOVA and Multiple regression..

III. RESULTS

35% of adolescents were in the age group of 14 years to 15 years, 33.33% were in the age group of 15 years to 16 years and 31.67% were above 16 years. 50.83% of adolescents are male and 49.14% female. 71.6% of adolescents were Hindu, 23.33% were Muslims and 5% were Christian.

majority 63.3% were mild mobile phone users and 36.7% were moderate users. 50% were happy with life, 50% were never or seldom felt life interesting and there is no students with low spirit, unhappy and Excellent spirit. 73.3% were having average academic performance, 23.3% were having good academic performance, 3.3% were having poor academic performance

Therefore there is a significant association between Mobile phone use and Psychological wellbeing of adolescents. Linear regression F value (4.43) at 5% level of significance with p value 0.013. Adjusted R square: 0.216.

A significant association between Mobile phone use and academic performance of adolescents, Linear regression F value: 5.12 at 5% level of significance with p value 0.001. Adjusted R square: 0.221

➤ Association between mobile phone usage with their socio demographic variables.

Significant association was found between mobile phone use and mother's occupation, father's education (p value 0.001), monthly family income (p value 0.001), Type of family (p value 0.03),

➤ Association between psychological wellbeing with their socio demographic variables.

A significant association was found between psychological wellbeing and gender (p value 0.01), religion (p value 0.01), monthly family income (p value 0.01) of adolescents.

➤ Section X: Correlation between psychological wellbeing and academic performance among adolescents.

The scores of psychological wellbeing scale are put in X column and the scores of academic performance are put in Y column. Then substituted values in the formula. The r value obtained was 0.378 and p value is 0.001, hence the association between the two variables is found statistically significant.

After reviewing many studies related to adolescent's mobile phone usage and psychological wellbeing & academic performance, and A broad it has immensely influenced me to take up the present study, The studies influenced me to conduct this present study as follows.

A study was conducted on association of excessive smart phone use with psychological wellbeing in 2018 at Chiang Mai, Thailand. 800 samples, from January to March 2018 among university students aged 18–24 years. Out of the 800 respondents, 405 (50.6%) were ladies. On the whole, 366 (45.8%) understudies were arranged as being unreasonable clients of smartphones. Understudies with inordinate utilization of advanced cells had lower scores the mental prosperity of college understudies. Procedures intended to advance solid smartphone use could emphatically affect the mental prosperity of understudies.⁶

A Study conducted on Assess the Level of Internet Addiction among Adolescents in Mangalore, in the year of 2018, in this study descriptive approach was used. The tool consisted of a baseline preform, an adjusted type of IA test and an organized poll created during the examination. Those devices were utilized to evaluate the degree of IA and its effect among youths of english medium secondary schools. The investigation uncovered that greater part (70.5%) of the young people was ordinary clients, 23% had a mellow habit, 6% had a moderate fixation and 0.5% had an extreme

enslavement. The lion's share (73%) of tests had a mellow effect, 16.5% had a moderate effect, and 10.5% had no effect. A portion of their segment factors like age, class, and control of fathers have huge relationship with both IA and effect of IA.⁷

IV. CONCLUSION

After thorough analysis of the data, researcher concluded that the overall findings of the study revealed that, there was a positive correlation found between the psychological wellbeing and academic performance among adolescents.

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