



MOBILE PHONE ADDICTION AND PERCEIVED LONELINESS AMONG COLLEGE STUDENTS

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ABSTRACT

The study of mobile phone addiction and perceived loneliness among the college students, was done in 120 college students from the Kollam district. The major statistical techniques used are Pearson Product Moment Correlation, and independent sample t test. The intercorrelation was assessed between the variables mobile phone addiction and perceived loneliness among male and female college students. Mobile phone addiction is not linked to loneliness. But there is interrelationship between mobile phone addiction and its sub-variables. Hence, mobile phone addiction may influence an individual apt to have loneliness. Regarding the result of the research, it is suggested that in future studies other variables such as aggression, personality characteristics, stress, anxiety should be investigated along with perceived loneliness. Hope that more researchers in the future will be motivated to apply these approaches to the understanding of the new and exciting field of mobile phone addiction and perceived loneliness.

KEY WORDS: Mobile Phone Addiction, Perceived Loneliness, College Students

INTRODUCTION

While many researches have analyzed the psychological antecedents of mobile phone addiction and mobile phone usage behavior, their relationship with psychological characteristics remains mixed. (Hong et al., 2012). In line with the developing technology, the mobile phone use has become a part of daily life. New generation mobile phones enable people not only to talk but also to connect to the virtual networks constantly from anywhere thanks to their computer and internet connection features. Currently, the mobile phones have become an important part of the daily life of the individuals and started to be considered as an imperative tool by the users (Sahin et al., 2013).

Although mobile phones are a very useful tool, their uncontrolled, inappropriate, or excessive use may cause social, behavioral, and emotional problems in adolescents, as well as addiction to mobile phones (Chóliz, 2010, 2012). Mobile phone addiction is considered to be an impulse control disorder similar to pathological gambling but excluding drunkenness (Leung, 2008). When reviewing the literature related to mobile phone addiction, several studies are seen to have been conducted on determining the relationship of mobile

phone addiction with demographic variables such as gender and age; mental health variables such as aggression, depression, and anxiety (Ha, Chin, Park, Ryu, & Yu, 2008; Kim et al., 2015); and shyness (Casey, 2012; Park, 2009) (Hoşoğlu, 2019).

On the other hand, other researchers have suggested loneliness to be a variable associated with mobile phone addiction (Hjenaabadi, 2016; Naderi & Haghshenas, 2009, etc.). Loneliness can be defined as the undesirable experience individuals have when perceiving a conflict between the desired and achieved patterns in their social surroundings (Bhardwaj & Ashok, 2015). Studies examining the relationships between mobile phone addiction and loneliness have indicated a positive relationship between these two variables (Aktaş & Yılmaz, 2017; Beranuy, Oberst, Carbonell & Chamorro, 2009; Reid & Reid, 2007). (Hoşoğlu, 2019),

OBJECTIVES

To examine if there any relationship between mobile phone addiction and perceivedloneliness.

- To find out whether there exists any difference in mobile phone addiction between males and female college students.
- To find whether there exists any difference



in perceived loneliness level between male and female college students.

- To find out whether there exists any difference in mobile phone addiction between college students based on their family.
- To find out whether there exists any difference in perceived loneliness level between college students based on their family.
- To find out whether there exists any difference in mobile phone addiction between college students based on their education level.
- To find out whether there exists any difference in perceived loneliness level college students based on their education level.

RELATED STUDIES

(Ren & Ji, 2019) conducted a study to find out whether there is any relationship between perceived social support and loneliness and also to find out whether the psychological capital has any mediating effects on the relationship between perceived social support and loneliness. The sample was constituted of 694 adolescents (364 males and 330 females) within the age range from 12 to 15 years. The sample was selected through random cluster sampling technique from the six regions of Hunan Province of China. Data was collected by administering Perceived Social Support Scale by Zimet et al. (1990), Psychological Capital Questionnaire by Fan et al. (2015) and Loneliness Scale by Zhou et al. (2012). Pearson Correlation analysis and multiple linear regression analysis were applied for statistical analysis. Results revealed that there is negative correlation between social support and negative correlation was also found between psychological capital and loneliness; these correlations were found to be significant. Psychological capital was found to have significant mediating effects on the relationship between perceived social support and loneliness.

(Andretta & McKay, 2018) conducted a study to examine whether loneliness has significant effect on social, emotional, and academic self-efficacy among school students. The study was conducted in United Kingdom across 12 months. The sample consisted of two independent samples viz. Sample I & Sample II. Sample I consisted of 996 adolescents studying in secondary schools in Northern Ireland. Sample II consisted of 829 adolescents studying in

secondary schools in Scotland. The age ranges of the participants were from 13 to 14 years. Data were collected at baseline and at + 12 months. UCLA Loneliness Scale and Self-Efficacy Questionnaire for Children (SEQ-C) were administered for collecting data. Descriptive statistics, correlation and ANOVA were computed for statistical analysis of the data. Result showed higher level of loneliness at 12 months as compared to baseline in case of both male and female adolescents. It also revealed that loneliness do not predict academic and emotional self-efficacy. In case of female loneliness plays a greater risk on social self-efficacy.

(Nayar et al., 2018) conducted a comparative study on depression, anxiety and perceived loneliness between hostellers and day boarders. The sample was consisted of 80 adolescents (only male adolescents) studying from class VI to class XI. Out of 80 adolescents, 40 were hostellers and 40 were day boarders. The age range of the sample was from 11 to 17 years. Data were collected by administering the UCLA Loneliness Scale, Screen for child anxiety related disorders (SCARED, child version), 11- Item Kutcher Adolescent Depression Scale: KADS 11. Chi-square test was applied for statistical analysis of the data. Result showed significant difference in the panic disorder and loneliness between hostellers and day scholars. But no significant difference was found in SCARED (Screen for child anxiety related disorders), GAD, Separation anxiety, Social anxiety, School avoidance between hostellers and day scholars.

METHOD

The descriptive research design was used for this study; it helps to provide answers to the questions of who, what, when, where, and how associated with a particular research problem; Descriptive statistics are often designed and structured to examine the characteristics depicted in research questions (Neumann, 2003).

In the present study, a purposive sampling method was used. The sample selected for the study consists of 120, including 60 males and 60 females, pursuing undergraduate or postgraduate courses from various colleges across Kerala. Google form was used to collect data from the samples.

The measures used was Mobile Phone Addiction Scale (Velayudan & Srividhya, 2012) and the Perceived Loneliness Scale (Dr. Praveen Kumar jha, 1997)



RESULTS AND DISCUSSION

Table 4.1: The intercorrelation coefficients mobile phone addiction and perceived loneliness level among male and female college students. Results of Pearson's ProductMoment Correlation Analysis.

SI.No.	Variable	1	2	3	4	5	6	7	8
1.	Maladaptive usage	()	.421**	.331**	.597**	.441**	.645**	.703**	0.070
2.	Self-expression		()	.472**	.464**	.336**	.522**	.697**	.118
3.	Peer relationship			()	.543**	.361**	.594**	.795**	.016
4.	Interpersonal relations				()	.332**	.618**	.786**	.100
5.	Impulsivity					()	.431**	.589**	.018
6.	Usage time						()	.835**	.008
7.	Mobile							()	.045
10.	Loneliness								()

** Correlation is significant at 0.01 level (2-tailed)

From table no;1 it indicates that there is no correlation between mobile phone addiction and perceived loneliness among college students, rather there exist an inter- correlation between the subscales of mobile phone addiction (maladaptive usage, self-expression, peer relations, interpersonal relationships, impulsivity, usage time). A positive inter-correlation is found between maladaptive usage and self-expression ($r = .421^{**}$, $p = .01$), maladaptive usage and peer relations ($r = .331^{**}$, $p = .01$), maladaptive usage and interpersonal relationships ($r = .597^{**}$, $p = .01$), maladaptive usage and impulsivity ($r = .441^{**}$, $p = .01$) maladaptive usage and ($r = .645^{**}$, $p = .01$).

Thus, the hypothesis that there will be no significant relationship between mobile phone

addiction and perceived loneliness among male and female college students was accepted. (Paul & Vashisht, n.d.)

Result of t test

The t-test of the significant difference between means of large independent samples is used to compare the means between any two groups on any of the variables.

The main objective of the study was to find out whether any significant difference exists between the main study variables; Mobile phone addiction and perceived loneliness concerning gender, family type and educational status.



Table 4.2 Difference in the study variable based on gender and mobile phone addiction.

Variables	gender	N	Mean	SD	t value
Mobile phone	Female	60	87.62	14.44	-1.37
Addiction	Male	60	91.27	14.74	

Table 2.1 shows the N, mean, SD, standard error mean, t value, and significance of mobile phone addiction concerning gender. By observing the mean value of males and females, it is clear that there exists no significant difference with mobile phone addiction concerning gender. The t value is ($t = -1.37$, $p > .05$). The mean score of females (87.62) is lower

than the mean score of males (91.27). It shows that females and males did not differ significantly in terms on mobile phone addiction (Pawłowska & Potembska, 2011)

Thus, the hypothesis that states there is no significant difference in mobile phone addiction concerning the gender are accepted.

Table 4.3 Difference in the study variable based on gender and perceived loneliness.

variables	gender	N	Mean	SD	t value
Perceived loneliness	Female	60	110.27	14.53	1.52
	male	60	106.50	12.36	

The mean, SD, t-test, and significant level of perceived loneliness among males and females are shown in Table.2.2. The findings reveal that there is no significant difference between perceived loneliness and gender. Perceived loneliness among females has a mean score of 110.27 which is lower than the mean score of males 106.50 and the t value ($t = 1.52$, $p > .05$) and corresponding deviation are 14.53 and 12.36, respectively was found to be not

significant. (Jain, 2017) found that Male adolescents perceived more Loneliness than the Females; whereas several other studies found that Females perceived more Loneliness than the Males.

Thus the hypothesis that states there is no significant difference in perceived loneliness concerning the gender are accepted.

Table 4.4 Difference in the study variable based on mobile phone addiction and different family in our society

Variable	family	N	Mean	SD	t value
Mobile phone Addiction	Joint	21	92.90	18.11	1.19
	Nuclear	99	88.71	13.80	

The sample size, mean, SD, standard error mean, t value, and significance of mobile phone addiction with family type are shown in the table 2.3. It is obvious from looking at the table it is clear there is no significant difference between mobile phone addiction and family type. While observing the mean of nuclear and joint family type 92.90 and 88.71 and the corresponding deviation are 18.11 and 13.80 and

respectively the t value $t = (1.19)$ was not significant.

Thus the hypothesis that there is no significant difference between mobile phone addiction and family type among college students is accepted (Xie et al., 2019).



Table 4.5 Difference in the study variable based on perceived loneliness and different family in our society

variables	family	N	Mean	SD	t value
Perceived loneliness	Joint	21	10.45	10.45	-.389
	Nuclear	99	14.17	14.17	

The sample size, mean, SD, standard error mean, t value, and significance of perceived loneliness with family type are shown in the table 2.4. It is obvious from looking at the table it is clear there is no significant difference between perceived loneliness with family type. While observing the mean of nuclear and joint family type 10.45 and 14.17 and the corresponding deviation are 10.45 and 14.17 and respectively the t value ($t = -.389, p > .05$) was not to be significant. (Hangul, 2015) where the

study on Perceived Loneliness and social Adjustment among adolescents of Middle income families residing in Guwahati found that there is no significant difference between Male and Female adolescents in case of their Perceived Loneliness level and also that Perceived Loneliness is negatively related with Social Adjustment.

Thus, the hypothesis that there is no significant difference between perceived loneliness and family type among college students is accepted.

Table 4.6 Difference in the study variable based on mobile phone addiction and different education level.

Variables	Education	N	Mean	SD	t value
Mobile phone Addiction	Graduation	62	89.44	16.39	-.05
	Post- graduation	58	89.45	12.66	

The table 2.5. shows the significant difference between mobile phone addiction and based on educational level. Results from the table shows that mobile phone addiction does not show any significant difference with based on educational level among college students. By observing the mean of educational level graduation and post -graduation is 89.44 and 89.45 and the corresponding deviation are 16.39 and 12.66 and the t value ($t = -.05, p > .05$) was not to be significant. Mobile phone addiction has no significant effect on student's

academic achievement. The findings conclude that mobile phone addiction decreases academic performance of students as students lower their focus on academic learning and get addicted to mobile phones for cyber loafing.

Thus the hypothesis that there is no significant difference between mobile phone addiction based on educational level among college students is accepted. (Babadi-Akashe et al., 2014)

Table 4.7 Difference in the study variable based on perceived loneliness and different education level.

variables	Education	N	Mean	SD	t value
Perceived loneliness	Graduation	62	110.24	12.84	1.56
	Post- graduation	58	106.40	14.13	

The table 2.5. shows the significant difference between perceived loneliness based on educational level. Results from the table shows that mobile phone addiction does not show any significant difference with based on educational level among college students. By observing the mean of educational level graduation and post -graduation is 110.24 and 106.40 and the corresponding deviation are 12.84 and 14.13 and the t value ($t = 1.56, p > .05$) was not to be significant. This is especially significant for young

people as feelings of loneliness and isolation are known to negatively impact students.

Thus the hypothesis that there is no significant difference between perceived loneliness based on educational level among college students is accepted (Bruehlman-Senecal et al., 2020).

SUMMARY

Mobile phone addiction is not linked to loneliness. But there is an interrelationship between



mobile phone addiction and its sub-variables. When the students are addicted to mobile phones it may indirectly cause someone to feel lonely. This is because loneliness is an undesirable feeling that derives from inconsistency between wished and accomplished levels of social connection. Hence, mobile phone addiction may influence an individual apt to have loneliness.

CONCLUSION

1. There will be no significant relationship between mobile phone addiction and loneliness. But there is an inter-relationship between mobile phone addiction variables and its sub variables.
2. There is no significant difference in mobile phone addiction between male and female college students.
3. There is no significant difference in perceived loneliness level between male and female students.
4. There is no significant difference in mobile phone addiction between different types of families in our society.
5. There is no significant difference in perceived loneliness level between different types of families in our society.
6. There is no significant difference in mobile phone addiction between college students based on their education level.
7. There is no significant difference in perceived loneliness between college students based on their education level.

Mobile phone addiction is one of the severe technology addictions which had become serious problems these days especially to students. The present study entitled "Mobile phone addiction and perceived loneliness among college students" attempted to explore and analyze the relationship between mobile phone addiction and perceived loneliness among college students. From the correlation coefficient of the study, it is observed that there is a positive interrelationship between mobile phone addiction and its sub variables. Further the study also attempted to find out the difference in mobile phone addiction and perceived loneliness on the basis of the course of their gender, education, family type. But there was no difference in mobile phone addiction and perceived loneliness among college students on the basis of gender, education, family types.

IMPLICATIONS OF THE STUDY

The present study was designed to understand and find out the relationship between mobile phone addiction and perceived loneliness among college students. The findings of mobile

phone addiction and perceived loneliness is aimed to understand any relationship between these 2 variables. The result of the study showed that there is no relationship between these two variables but there is inter-relationship between mobile phone addiction and perceived loneliness. That means the students who are addicted to mobile phones may indirectly cause someone to feel lonely. In this study the result shows no difference in mobile phone addiction and perceived loneliness on the basis of the course of their gender, education, and types of family.

LIMITATIONS OF THE STUDY

1. The current study is only in a limited number of samples (120).
2. The participants of the study were only from specific districts from Kerala.
3. Faking of response and response bias by the participants may have impacted the result.
4. The study was conducted online and thus there exists an uncertainty over the validity of the data and sampling issues.

SCOPE FOR FURTHER RESEARCH

In the present study, the sample consists of a very limited number of college students. Therefore, the generalization of the result is limited. These samples could consist of participants from different areas, from different socio-economic environments.

It will help the researchers to find the relationship between mobile phone addiction and perceived loneliness. The study could be conducted by taking one type of institution whether government and institutions and private institutions. The same study can be conducted on schools also for broader generalization. In this study the findings are based on mobile phone addiction and perceived loneliness. Regarding the result of the research, it is suggested that in future studies other variables such as aggression, personality characteristics, stress, anxiety should be investigated along with perceived loneliness. Hope that more researchers in the future will be motivated to apply these approaches to the understanding of the new and exciting field of mobile phone addiction and perceived loneliness.

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