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SOCIAL NETWORKING ADDICTION AND MENTAL HEALTH OF ADOLESCENT STUDENTS

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Abstract

Now-a-days, it is commonly observed that with the advancement of mobile phones, there is an increase in number of cell phone users, especially young adults or adolescents. They are using mobile phones very frequently for day to day activities. Keeping in view this thing, it is important to study the effects of mobile phone exposure on mental health of adolescent students.

The study was conducted on a sample of 100 adolescent students of rewari district. Mobile addiction scale developed by Dr. A.Velayudhan and Dr. Srividya and Mental health scale by Pramod kumar were used for data collection. The main findings indicated that mobile addiction puts no or very little affect on mental health.

Keywords: *Mobile Addiction, Mental Health, Adolescent Students*.

MOBILE PHONE ADDICTION

An Addiction is when, the thing you are addicted to begins to control your life and interferes with your daily activities, work and relationship. Earlier addiction was found in form of drugs, alcohol, television etc. But with the boom of technology, the signs of addiction can also be found in the form of cell phones.Just like television and computers, mobile phones introduced by MARTIN COOPER, are technological instruments which are being used more and more often now-a-days.The use of cell phones have risen to that extent that people are substituting ,on a grand scale , the valuable experience of face-to-face conversation with simply sending a text that

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consists of a few words.Mobile addiction, especially among students, evidently results in that they don't know how to act when they are not using their cell phones.

MENTAL HEALTH

Mental health is a level of psychological well being in satisfactory adjustment to the society and to the ordinary demands of life. From a different perspective, mental health may include an individual's ability to enjoy life and create a balance between life activities and efforts.

MOBILE PHONE AND MENTAL HEALTH

Mobile phones have a great influence on the human's psychological mind. Various problems like stress, sleep disturbances and symptoms of depression are commonly observed, especially in young adults.Consistent phone use can cause a chain reaction affecting one aspect of a user's life and expanding to contaminate the rest. It usually starts with social disorders which can lead to depression and stress and ultimately affect lifestyle habits such as sleeping right and eating right.

OBJECTIVE OF THE STUDY

- To study the relation of mobile addiction with mental health of adolescent students.

HYPOTHESES OF THE STUDY

The hypothesis framed for the present study was as follows:

- There will be no significant relationship between mobile addiction and mental health.

RESEARCH METHODOLOGY

In the present study, Descriptive Survey method of research was used.

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SAMPLE

A sample of 100 adolescent students was selected for study using the random sampling technique.

TOOLS USED

- Mobile phone addiction scale by Dr. A. Velayudhan and Dr. S. SriVidya.
- Mental health scale by Pramod Kumar

STATISTICAL TECHNIQUES FOR DATA ANALYSIS

For the purpose of analysis of data- correlation (r) was used.

ANALYSIS AND INTERPRETATION OF DATA

Table-1

Mean & correlation (r) of Mobile Addiction score and Mental Health score of Adolescent students

	No. of students	**Mean**	**r- value**
Mental health	100	19.68	0.20
Mobile addiction	100	99.85	

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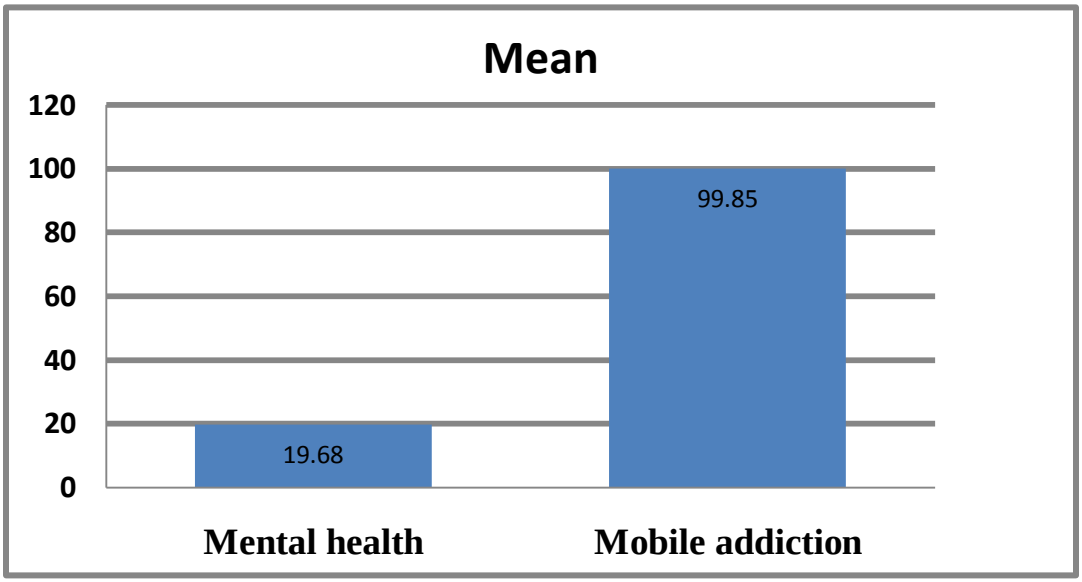

Table 1 showed coefficient of correlation between scores of mental health and mobile addiction of adolescent students.

Coefficient of correlation i.e. **r-value** derived from the scores of mental health and mobile addiction of college students was **0.20** which shows that there is **low degree of positive correlation** between mental health and mobile addiction of adolescent students.

MAJOR FINDING OF THE STUDY

Major finding of the study on the basis of data analysis and interpretation of data was as follows:

- There is low degree of positive correlation between mental health and mobile addiction of adolescent students.

CONCLUSION

- There is very low degree of positive correlation between mental health and mobile addiction. Thus, it can be concluded that mobile addiction puts no or very little affect on mental health or it can also be said that there is no significant relation between mental health and mobile phone.

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