



# Impact of mobile phone addiction among college going students

■ Purvi Nishad\* and Amar Singh Rana<sup>1</sup>

Department of Home Science (Human Development and Family Studies), Sam Higginbottom Institute of Agriculture, Technology and Sciences, ALLAHABAD (U.P.) INDIA

<sup>1</sup>Department of Environmental Science, Sam Higginbottom Institute of Agriculture, Technology and Sciences, ALLAHABAD (U.P.) INDIA

(Email: [purvinishad4@gmail.com](mailto:purvinishad4@gmail.com))

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\*Author for correspondence

## INTRODUCTION

The rapid technological advancement has resulted in invention of many gadgets and cell phone is one of them. Cell phones are considered as an essential item, an integral tool necessary for communicating and connecting to families, friends and work or even used for emergencies.

Cell phones play an important role in our lives. They provide us with a method to connect to important others in our lives. Cell phones not only provide a social outlet, but are a means to engage oneself in interesting activities such as surfing the internet, playing games, conducting research and taking and sharing photographs. They provide us with more flexibility compared to home telephones as they allow the user to leave home and remain connected. Cell phones also enable us to seek help in case of an emergency and enable parents to keep an “eye” on their children.

On the other hand cell phone use can present a problem for the user, e.g., texting while driving or walking while using cell phones. Very serious problems have arisen specifically due to the use of cellular telephones by young people. These include sexting and cyber bullying. Excessive use of mobile is being made these days as it is becoming a multifunctional gadget which is hampering the social interactions of people.

Terms such as “Smartphone addiction”, “compulsive mobile phone use”, “mobile phone addiction”, “mobile phone dependence”, “problematic mobile phone use”, and “mobile phone overuse”, have all been used to describe more use of mobile phone.

“Smartphone users feel they’ve got more control to communicate with whoever they want, whenever they want. But ironically, it’s that sense of control that creates the anxiety. It’s made younger people more reliant on maintaining those contacts – which can create issues from bullying, to being marginalised and excluded. People lose