

“A Study To Assess The Attitude Of Parents On Addiction Of Smartphone Among Children In Selected Area Of Makhnumajra Baddi, Distt. Solan, [H.P]”

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Abstract-

Aim of study to assess the level of attitude of parents on addiction of smartphone among children in selected area of Makhnumajra, Baddi, Distt. Solan.

Material And Methods: *A quantitative research approach, non-experimental, descriptive research design was used in this study. The sample was selected by random sampling technique. Sample size was 120. A Likert scale was used to assess the level of attitude of parents regarding addiction of smartphone among children in selected area of Makhnumajra Baddi. The tool was validated by the experts and found to be valid for this study. The results show that out of 120 parents, 3.33% were disagree, 33.33% were strongly disagree, 10.00% were agree and 53.33% were strongly agree regarding addiction of smartphone among children. The study participants showed strongly agree regarding addiction of smartphone and significant association was found among socio demographic variables as education of mother.*

Study Findings

Regarding level of attitude of parents among addiction of smartphone of children were found to be like this:

The level of attitude of parents regarding addiction of smartphone among children revealed that out of 120 parents 4(3.33) parents were disagree, 40(33.33) parent were strongly disagree, 12(10.00) parents were agree and 64(53.33) parents were strongly agree regarding addiction of smartphone of children.

With regard to the association between the attitude regarding addiction of smartphone by children among parents and selected socio- demographic variables in the present study findings revealed that there was a significantly associated with mother's education.

Conclusion: *The study shows that parents of Makhnumajra Baddi were strongly agree related to addiction of smart phone among children.*

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I. Introduction

The current generation is growing up in an era, where smartphone devices are a normal part of daily communication and interaction. Families are spending more time indoors with multiple electronic devices and less time interacting face to face in outdoor settings.

Most of the early adopters of smart devices are from the younger generation, specifically teenagers. Such devices have become an integral part of their lives, allowing them to stay connected all over and around. The uses of smartphones offer advantages like playing games online, watching videos, socializing by electronic media, experiencing the array of information on World Wide Web.

The widespread use of mobile phones has been reported worldwide, reaching 3.5 billion global users in 2020. All generation groups are addicted to the use of smartphones. Smartphones have achieved a milestone in modern technology where they become handy to everyone. Advancements take place in mobile phone technology, which has enabled its use in online purchasing as well as communication. On one hand, it is the fastest source to everything. But we cannot deny the fact of its harmful effects. The young generation are the age groups who have been addicted to smartphones.

Parenting behavior and child-rearing practices are important factors in determining how children develop. The quality of interactions between the child, the parent, and siblings intervenes the relation that the child will have with others outside the home. Consequently, we are of the opinion that the views and experience of parents are an important component to understanding the phenomenon of smartphone overuse among children. There have been few studies on the awareness of parents of the risk of their children's smartphone overuse and parents' attitudes towards this societal phenomenon, which are considered crucial factors when investigating and determining which investigations to use to control these public health issues.

It is only the parents who can mold child's behavior personality in this regard parents can play an important role in enhancing the sense of responsibility in vigilant use of mobile at the early age. Smartphone addiction is a phenomenon that pertains uncontrollability of their usage, people with this problem encounter, social, psychological and health problems. They damage the visual system and sensitive part of the ear. They develop lethargy and depression and high risk of exposure to brain tumor. The personal addiction of smartphone is deeply affected the persons social and personal skills. It is noticed that youngster is expert at texting but poor at real communication with someone faces to face. It may find a kid holding full grip on a computer game but not on any outdoor games. This is really considerable real issue attached with future security of young generations. They all prioritized smartphone their self. Children who have start to use smartphone in their early lifetime have changes in their physical and emotional level due to disturbance in sleeping patterns and existing illness.

In this technology driven world we spend most of over time with our mobile phones. Remembers the days back when we use to have a landline in our homes, the good old days never come back where we use the phones only for contacting someone and answering calls. The evolution of phone and technology develop rapid and now everyone in house has their smartphone we have so many apps which are useful for us which make our life easy. We can pay a bill, order food online, book tickets. But the problem is serious when we misuse and use a smartphone limitlessly. The problem is children uses mobile phones all day and so we can say that even children are addicted to this. The smartphone is affecting growth and development of children when they use it without limits.

The frequent use of smartphone devices for long period of time can have an impact on users. Previous studies have shown that smartphone overuse is associated with physical health problems such as obesity, headaches, vision problems, neck, shoulder and backpain.

In addition, psychological problems have been identified including anger and violence, loneliness and depression and insomnia.

Smartphone are equipped with multimedia phone features, which includes camera functions, sound recording functions, video functions and many others. These features assist students to drive their learning process and dreaming effectively. According to Kibana and Magaya 2015. Most smartphone and recreational applications are addicted to both the higher level and lower levels students in Tanzania, which in turn effects their academics performance. The applications included WhatsApp, twitter and Facebook. Furthermore, learning system have emerged over the year and involve ubiquitous learning [u learning], which being powered by smartphone capabilities in the learning environment. According to Jung 2014, ubiquitous learning [u learning] combines the characteristics of electronic learning [e learning] and mobile learning [m learning], in driving forward different form of learning through the internet connection process in 21th century.

Smartphone have penetrated into people's lives at a speed that one can barely notice. Problematic use of smartphone has been differentiated as a type of addiction. Due to the adverse impact of smartphone addiction on affect, social, and behavioral development, it has become one of the most common non-drug addictions in the contemporary era. On top of this, smartphone addiction shares typical withdrawal symptoms associated with drug, internet, and other types of addiction, such as being out of control, tolerance, mood changes, and relapse. Reactions resulting from brain activation by certain stimuli are also identical. In particular, smartphone addiction has a significant impact on adolescents, resulting in a number of mental and physical dysfunctions such as suicide, sleep disorder, anxiety, depression, unhappiness, and low self-esteem; in addition, it spoils their academic performance and leads to interpersonal difficulties.

It is evident that teenagers and young adults are heavier users of smartphone. Smartphone addiction has translated into a serious behavioral issue among the young. The considerable amount of time that they spend on smartphone influences their interpersonal difficulties. Conversely, a positive parent-child relationship can improve social skills and reduce problematic behaviors. In particular, loneliness is a common emotional response among adolescents with poor parent-child interaction. Antonoil-Toland found that the parent-child relationship was one of the best predictors of adolescent loneliness; namely, a poorer parent-child relationship fosters a greater level of loneliness in young people. Loneliness in today's world seems increasingly ubiquitous, while the use of communication devices in the era of the Internet has made this loneliness worse. In addition, Zhang et al. saw that the parent-child relationship could indirectly affect teen Internet addiction, via associated loneliness. In contrast, people with high self-efficacy tend to take more positive action to offset their loneliness.

Need Of Study: The growing prevalence of phone addiction has raised conures among researchers, psychologists and society as a whole. A number of problematic behaviors have emerged in the information technology era, such as gambling, internet, gaming and sexual behaviors, which may lead to compulsive engagement. extreme instances may lead to individual feelings unable to control these behaviors may be considered non behavioral substance addictions.

The frequent use of smartphone devices for long periods of time can have an impact on users. Previous studies have shown that smartphone overuse is associated with physical health problems such as obesity, headache, vision problems, and neck, shoulder, and back pain. In addition, psychological problems such as neck, shoulder, and back pain. In addition, psychological problems have been identified, including anger and violence, loneliness and depression and insomnia.

However, the smartphone poses a negative impact on our ability to think, remember, pay attention, and regulate emotions. The increase in popularity and frequency of smartphone use has led to the emergence of clinical cases of people presenting with abuse symptoms. The concept of addiction is not easy to define, and the usage of the term addiction has been considered controversial. Smartphone addiction is generally conceptualized as a behavioral addiction including mood tolerance, silence, withdrawal, conflict. Addiction has caused mental health, physical health, and neurological problems. Furthermore, tolerance, silence, withdrawal and craving have been associated with excessive smartphone use.

Its prevalence worldwide has been estimated between 7.6 and 34.0% in the general population before the COVID-19 pandemic. The prevalence of smartphone addiction was 23%, while depression was present among 45% of the study participants. Comparatively higher duration of smartphone use was significantly associated with smartphone addiction.

In recent years mobile telecommunication systems have grown significantly and mobile has become an essential part of daily life and is very popular among the people of almost every age group. It has virtually affected the society's accessibility, security, safety, coordination of business, social activities and has become a part of culture of the world.

Research Problem: A study to assess the attitude of parents on addiction of smartphone among children in selected area of Makhnumajra, Baddi, H.P

Objectives:

1. Assess the level of attitude on usage of smartphone by children among parents.
2. To find out association between level of attitude of parents on addiction of smartphone by children with their selected demographic variables.

Assumption: The study assumes that

1. Parents have different level of attitude regarding usage of smartphone by children.
2. Parents will be willing to participate in study, will feel free and respond honestly to the tool.
3. Parents can have significant level of knowledge regarding usage of smartphone among their children

Delimitation: Study is limited to the parents only who are

1. Villagers of Makhnumajra, Baddi.
2. Having child of age group in between 1 to 14 years.
3. Present at the time of data collection.

II. Material & Methods

Research approach: - quantitative descriptive approach

Research design: - descriptive research design

Research setting: - study was conducted in selected area of makhnumajra, baddi(h.p)

Target population: - parents in selected area of makhnumajra, baddi

Sample: - parents who have children between age group of 1 year to 14 years in selected area of makhnumajra

Sample size: - 120 parents.

Sampling technique: - random sampling technique was used to select the sampling.

Development And Description Of Tool: -

Development of tool:

A Likert scale is used to assess the attitude of parents on addiction of smartphone among children was conducted. The tool was divided into two parts: -

Section A: - socio- demographic variables

Section B: - likert scale

Total consists of 27 items.

Description of tool:

The tool consists of:

Section A: - Socio- Demographic variables which includes gender, age group, religion, type of family, education of mother, education of father, sex of child, number of children, internet connection, time spend on mobile phone. This part consists of personal information.

Section B: - This part consists of Likert scale to assess the attitude of parents on addiction of smartphone among children.

Validity Of Tool: -

The validity of tool was determined by expert’s opinions. The tool was given to experts from Nursing field as well as from language teachers (Hindi or English both) Suggestions and modification by experts were included in the tool.

Reliability Of Tool: -

Reliability was established through Karl’s Pearson method. The co-efficient of correlation was computed and reliability was found to be 0.77. The tool was found to be positively reliable to conduct the study.

Ethical Consideration: -

Permission was taken from Principal of BUEST Nursing College, Pradhan of Makhnumajra. Written consent was taken from individual subject before administering the tool.

Data Collection Procedure: -

The study was conducted in selected area of Makhnumajra, Baddi. Written permission was taken from Principal of BUEST Nursing College, Pradhan of Makhnumajra. After taking written informed consent, tool was administered to the selected sample and they were asked to fill it.

Plan Of Data Analysis: -

Analysis and interpretation of data was based on objectives and was done by using descriptive and inferential statistics i.e., by calculating chi-square test.

The level of significance choose was $p < 0.05$. Tables were used to present significant findings.

Chi-square test was used to assess the level of attitude regarding usage of smartphone by children among parents.

Data Analysis And Interpretation

Section 1

Demographic Characteristics Of The Sample

N= 120

DEMOGRAPHIC VARIABLES		PERCENTAGE	FREQUENCY
Variables	Options		
Gender	Male	78%	94
	Female	21%	26
Age	18-25 year	60%	72
	26-30 year	16%	20
	31-40 year	20%	24
	40 or above	4%	4
Religion	Hindu	93%	112
	Sikh	7%	8
	Muslim	0%	0
	Others	0%	0
Type of Family	Nuclear	87%	104
	Joint	13%	16
Education of Mother	Below Matriculation	3%	4
	Matriculation	36%	44
	Intermediate	30%	36
	Graduate or above	23%	28
Education of Father	Below matriculation	13%	16
	Matriculation	20%	24
	Intermediate	20%	24
	Graduate or above	46%	56
Sex of Child	Male	46%	56
	Female	53%	64
No. of Child	1	53%	64
	2	33%	40

	More than 2	13%	16
Internet Connection	Available	56%	68
	Not available	43%	52
Time spends on mobile phone	1-2 hour	43%	52
	2-3 hour	56%	68
	More than 3 hours	0%	0

TABLE NO. 1: - Depicts that majority i.e. 94(78%) of subjects were male, majority 72(60%) subjects were in age group of 18-25 years, majority 112(93%) of subjects belongs to Hindu, majority 104(87%) were belong to nuclear family, majority 64(53%) of subjects having female child, majority 64(53%) of subjects having one child, majority 68(56%) of subjects have internet connection, majority 68(56%) of subject’s children spend 2-3 hours on mobile phone.

Charts

Fig.1: -Frequency And Percentage Distribution Of Samples According To Demographic Sample.

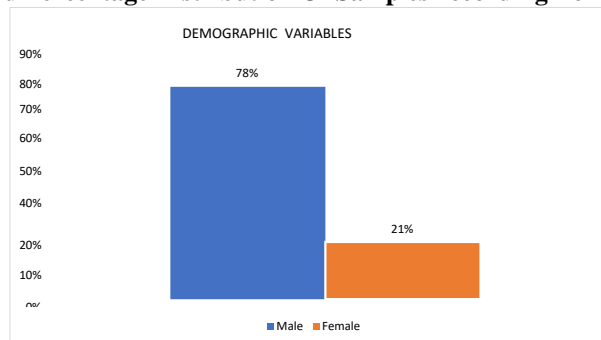


Fig 1. Depicts that majority (78%) parents were male and minority (21%) were female.

Fig.2: -Frequency And Percentage Distribution Of Samples According To Age Group.

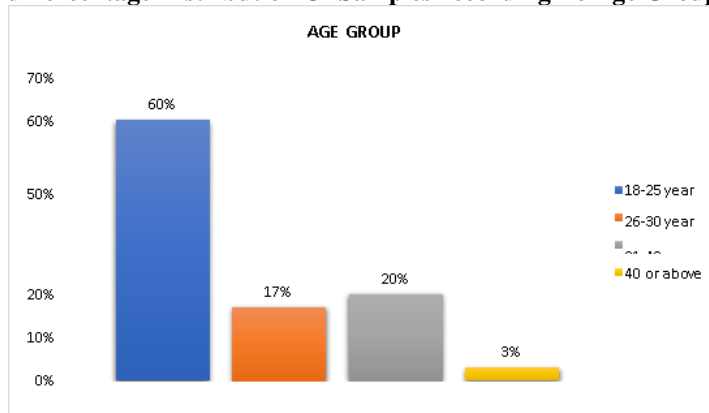


Fig.2 Depicts that out of total 120 parents, majority (60%) were in the age group of 18-25 years where as minority (3%) were in the age group of 36-45 years.

Fig.4: -Frequency And Percentage Distribution Of Samples According To Type Of Family.

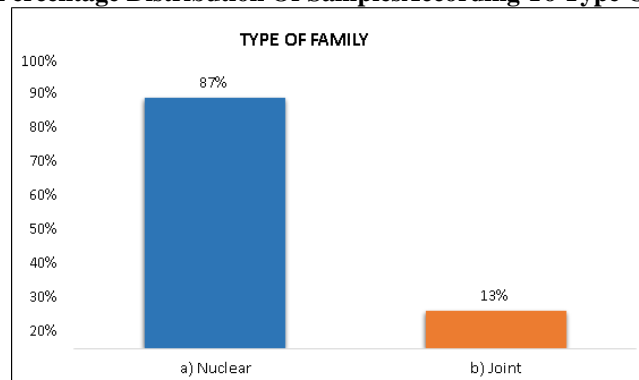


Fig.4: - Depicts that majority (87%) were having nuclear family and minority (13%) were having joint family.

Fig.5: -Frequency And Percentage Distribution Of Samples According To Education Of Mother.

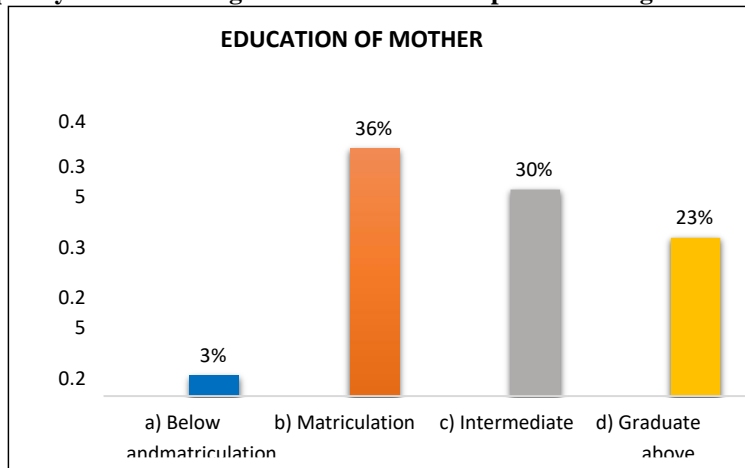


Fig.5: - Depicts that out of 120 parents, minority (3%) were below matriculation, majority(36%) of mothers were having education in matriculation while (30%) were having intermediate and (23%) were graduate and above.

Fig.6: -Frequency And Percentage Distribution Of Samples According To Education Of Father.

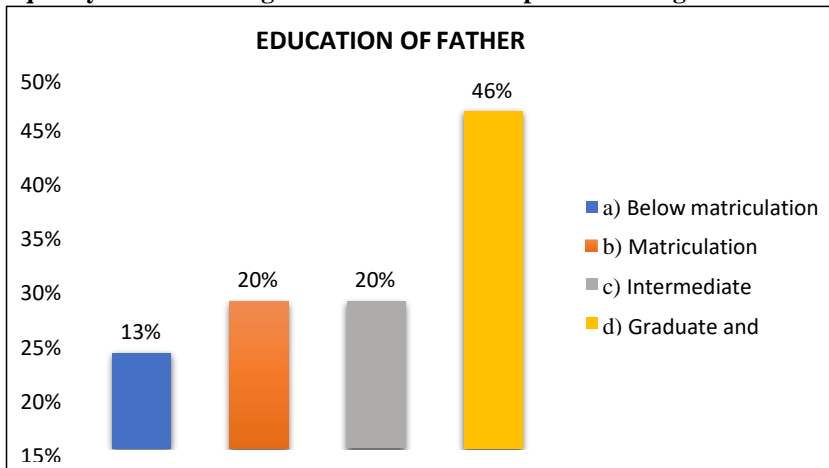


Fig. 6: - Depicts that out of 120 parents, minority (13%) fathers were below matriculation, (20%) were having matriculation, (20%) were intermediate and majority (46%) were graduate or above.

Fig.7: -Frequency And Percentage Distribution Of Samples According To Sex Of Child.

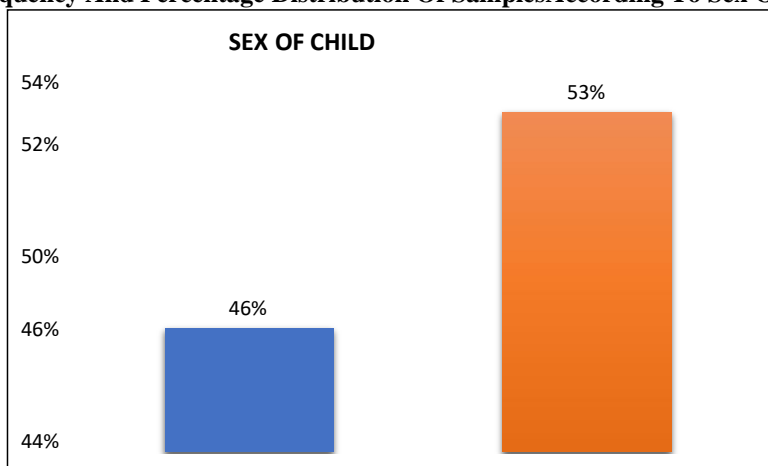


Fig.7: - Depicts that out of 120 parents, majority (53%) were female and minority (46%) were males.

Fig.8: -Frequency And Percentage Distribution Of Samples According To Number Of Children.

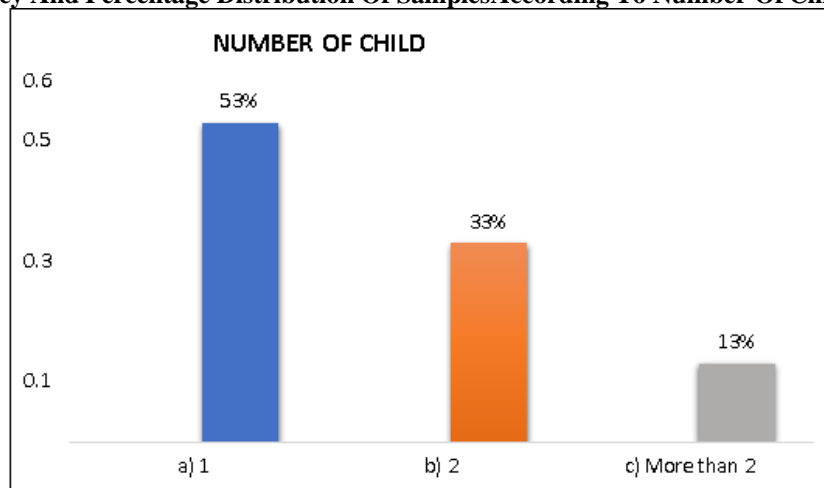


Fig. 8: - Depicts that out of 120 parents, majority (53%) were having 1 child, (33%) were having 2 children and minority (13%) were having more than 2 children.

Fig.9: -Frequency And Percentage Distribution Of Samples According To Internet Connection.

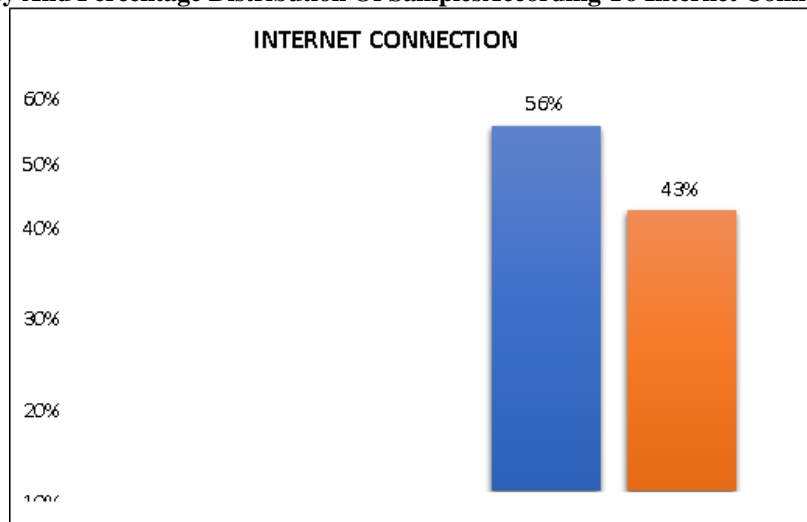


Fig. 9: - Depicts that majority (56%) were having available internet connection and minority (43%) were not having internet connection.

Fig. 10: - Frequency And Percentage Distribution Of Samples According To Time Spend On Mobile Phone.

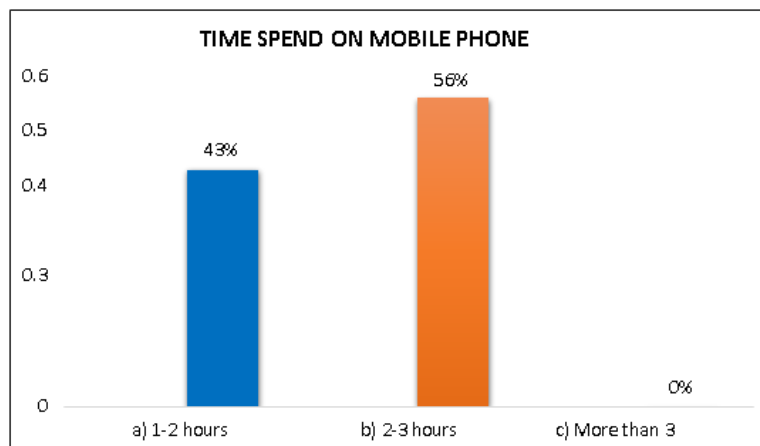


Fig. 10: - Depicts that majority (56%) children spend 1-2 hour on mobile phone and minority (43%) were spend 2-3 hours.

Section 2

Finding related to assessment of attitude regarding addiction of smartphone by children among parents.

N=120

CRITERIA MEASURE OF ATTITUDE SCORE		
Category score	Percentage	Frequency
Up to 25% disagree	3.33	4
26% - 50% strongly disagree	33.33	40
51% - 75% agree	10.00	12
Above 75% strongly agree	53.33	64

Table No 2. Depicts that majority (53.33%) subjects were having strongly agree and minority (3.33%) were having disagree.

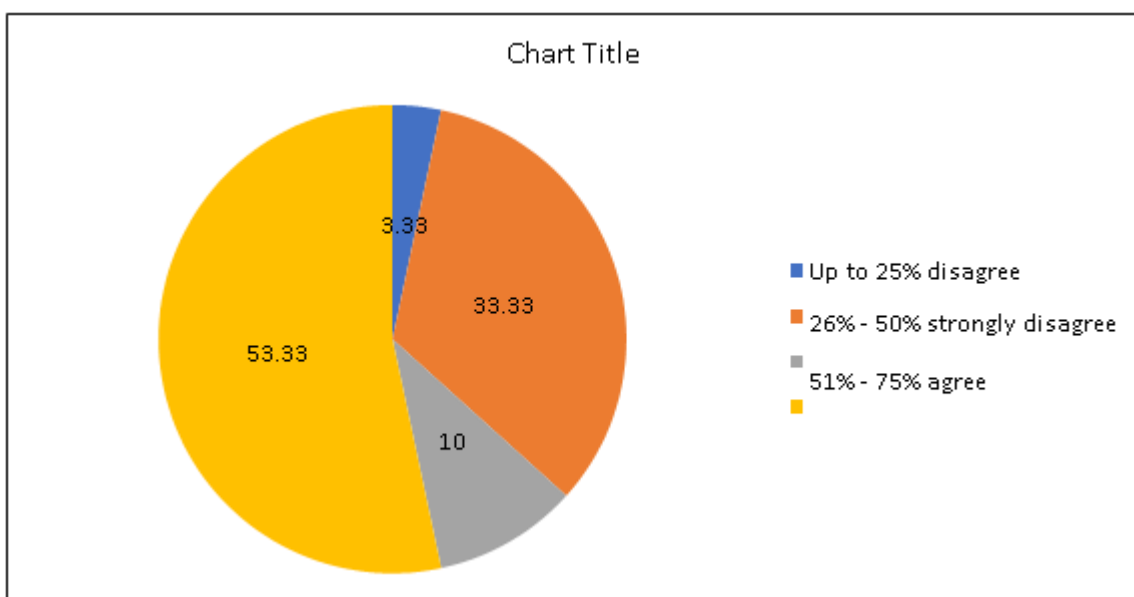


Fig 11:- Depicts that (3.33%) parents up to 25% were disagree, (10.00%) have 26%-50% were agree, (33.33%) have 51%-75% were strongly disagree and (53.33%) have above 75% strongly agree.

Section 3

Findings related to association between attitude regarding addiction of smartphone by children among parents and selected socio-demographical variables.

Demographic variables		Levels (N=120)				Association with knowledge score				
Variables	Options	Disagree	Strongly Disagree	Agree	Strongly Agree	Chi Test	P Value	Df	Table Value	result
Gender	Male	0	8	8	4	1.755	0.941	6	12.59	Not Significant
	Female	4	48	32	8					
Age	18-25 years	4	40	24	4	7.3	0.596	9	16.916	Not Significant
	26-30 Years	0	12	8	0					
	31-35 Years	0	12	4	8					
	36-45 years	0	0	4	0					
Religion	Hindu	4	56	40	12	1.875	0.595	3	7.815	Not Significant
	Muslim	0	8	0	0					
	Sikh	0	0	0	0					
	Christian	0	0	0	0					
Type of Family	Nuclear	4	56	32	12	1.010	0.799	3	7.815	Not Significant
	Joint	0	8	8	0					
Education of Mother	Below Matriculation	0	0	0	0	35.860	0.00	12	21.026	Significant
	Matriculation	0	16	8	4					
	Intermediate	0	8	4	4					
	Graduation or above	0	16	16	4					
Education of Father	Below Matriculation	4	24	20	8	3.626	0.934	9	16.919	Not Significant
	Matriculation	0	16	8	0					
	Intermediate	0	12	8	4					

	Graduate or above	0	12	4	0					
Sex of the child	Male child	4	40	32	8	1.833	0.608	3	7.815	Not Significant
	Female Child	0	24	20	8					
Number of Children	One	4	36	16	8	4.555	0.871	9	16.919	Not Significant
	Two	0	16	20	4					
	Three	0	4	4	0					
	Four or more	0	8	0	0					
Internet connection	Available	0	20	28	8	5.073	0.167	3	7.815	Not Significant
	Not-available	4	44	12	4					
Time spendson mobile phone	1-2 Hour	4	32	8	8	4.448	0.214	3	7.815	Not Significant
	2-3 hour	0	32	32	4					
	More than 3 hours	0	0	0	0					

Significant ($p \leq 0.05$); Not Significant (> 0.05)

III. Summary Of The Study Findings

Regarding level of attitude of parents among addiction of smartphone of children were found to be like this:

The level of attitude of parents regarding addiction of smartphone among children revealed that out of 120 parents 4(3.33) parents were disagree, 40(33.33) parents were strongly disagree, 12(10.00) parents were agree and 64(53.33) parents were strongly agree regarding addiction of smartphone of children.

With regard to the association between the attitude regarding addiction of smartphone by children among parents and selected socio- demographic variables in the present study findings revealed that there was a significantly associated with mother’s education.

IV. Conclusion: -

The study participants showed strongly agree attitude regarding addiction of smartphone by children and significant association was found among education of mother.

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