Smartphone Addiction among the higher secondary School Students

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Abstract
This study explores the prevalence of smartphone addiction among higher secondary school students in the Chennai and Thiruvalluvar regions of Tamil Nadu, India. The researchers employed a normative survey method to gather data, utilizing an online gaming addiction tool designed specifically for this investigation. The sample for the study comprised 780 higher secondary school students, and the collected data were analyzed using mean, standard deviation (S.D), and 't' value statistics. The findings of this research indicate that, on average, smartphone addiction among higher secondary school students is prevalent. Interestingly, the level of smartphone addiction showed a significant difference based on gender, suggesting that there may be variations in usage patterns and dependency among male and female students. However, the study did not find significant differences in smartphone addiction when comparing students from different localities within Chennai and Thiruvalluvar, implying that the issue is widespread across the studied regions.

Introduction.
In today's rapidly evolving digital age, smartphones have become an integral part of our lives, offering a wide array of functionalities and conveniences. However, the proliferation of smartphone usage has raised concerns about potential addictive behaviors, particularly among adolescents and young adults. This study delves into the prevalence of smartphone addiction among higher secondary school students in the Chennai and Thiruvalluvar regions of Tamil Nadu, India.

Objectives
1.   To find out the level of smartphone addiction among the higher secondary school students.
2.   To find out the significant difference in the smartphone addiction among the higher secondary school students with respect to sub variables selected for the study
a.   Gender (Male / Female)
b.   Locality (Rural / Urban)

Hypotheses
1.   The level of smartphone addiction among the higher secondary school students is low.
2.   There is no significant difference in the smartphone addiction among the higher secondary school students with respect to Gender (Male / Female).

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3. There is no significant difference in the smartphone addiction among the higher secondary school students with respect to Locality (Rural / Urban).

Tool

1. Smartphone Addiction tool (SAT) prepared and validated by the investigators.

Method

Simple random sampling is a procedure in qualitative research for selecting participants. It means each individual has an equal probability of being selected from the population, ensuring that the sample will be representative of the population.

The present investigation has been conducted at Chennai and Thiruvalluvar district of Tamil Nadu. A simple random sample of 780 higher secondary school students selected for the study.

Inferential Analysis: Smartphone Addition

Hypothesis: 1

The level of smartphone addiction among the higher secondary school students is low.

Table - 1

The Mean and SD Scores of Smartphone Addiction

S.NO	Sub variables	N	Mean	S.D
1.	Entire sample	780	49.26	7.78

The computed mean score of the smartphone addiction among the higher secondary school students for the total sample is found to be 49.26 and the SD is 7.78 respectively. From the table the mean value laid between 39.5 to 66.40. Hence the respective null hypotheses is rejected and concluded that the smartphone addition of higher secondary school students is average.

Hypothesis: 2

There is no significant difference in the smartphone addiction among the higher secondary school students with respect to Gender (Male / Female)

Table - 2

't' test values for Smartphone Addition among the Higher Secondary School Students

Sub variable		N	Mean	S.D	't'value	Significant at 0.05 level
Gender	Male	305	50.78	7.75	5.338	S
	Female	475	47.73	7.81		

The calculated 't' value for the sub variables like gender is found to be 5.338 it is significant at 0.05 level for the df 778. Hence the respective null hypotheses is rejected; it is concluded with 95 percent confidence. It shows that the sub variable of students gender differ significantly in their Smartphone addiction.

Hypothesis: 3

There is no significant difference in the smartphone addiction among the higher secondary school students with respect to Locality (Rural / Urban)

Table - 3
't' test values for Smartphone Addition among the Higher Secondary School Students

Sub variable		N	Mean	S.D	't'value	Significant at 0.05 level
Locality	Rural	355	48.96	8.05	0.314	NS
	Urban	425	48.88	7.83		

The calculated 't' value for the sub variable like locality is found to be 0.314 it is not significant at 0.05 level for the df 778. Hence the respective null hypotheses accepted; it is concluded with 95 percent confidence. It shows that the sub variable of students gender do not differ significantly in their Smartphone addiction.

Findings of the Study
➢ The level of Smartphone addiction among the higher secondary school students is average.
➢ The male higher secondary school students are having high Smartphone addiction than the female higher secondary school students.
➢ The rural higher secondary students having high Smartphone addiction than the urban higher secondary students.

Conclusion
This study provides valuable insights into the prevalence and variations in smartphone addiction among higher secondary school students. It contributes to the growing body of knowledge about the impact of smartphones on the lives of young individuals and highlights the importance of developing strategies to address this issue and promote healthy digital habits. Further research and interventions in this area are warranted to ensure the well-being and academic success of our youth in an increasingly digital world.

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