Department of Physics and Electronics

Exploring patterns of mobile addiction

BY   VELAN.E

2240153

ARPIT TIWARI

2240156

Introduction

As we know Mobile addiction has become too common, that people aren't aware of over-mobile usage, this survey tries to map it.

Mobile addiction, often referred to as smartphone addiction or nomophobia (the fear of being without a mobile phone), is a behavioral addiction characterized by excessive and compulsive use of mobile devices, such as smartphones and tablets. People experiencing mobile addiction find it challenging to control their device usage, leading to negative impacts on their daily lives, mental well-being, and interpersonal relationships.

The addictive nature of mobile technology is fueled by constant notifications, social media platforms, online gaming, and the accessibility of the internet, keeping users engaged for extended periods. Mobile addiction can lead to disrupted sleep patterns, decreased productivity, social withdrawal, and even adverse effects on physical health due to prolonged screen time.

Addressing this issue involves raising awareness, setting healthy usage boundaries, and promoting digital mindfulness to maintain a balanced relationship with mobile devices.
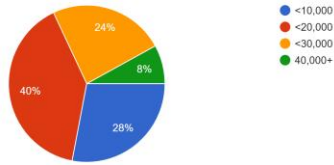
Effects

Physical effects

- Digital eye strain
- Neck problems
- Increased illness
- Road accidents
- Infertility
- Poor posture
  - Physical immobility
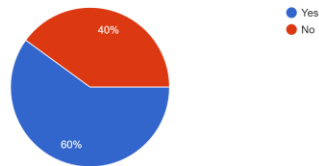
    ....many more

Mental effects

- Sleep disturbances
- Anxiety
- Depression
- Obsessive compulsive disorder
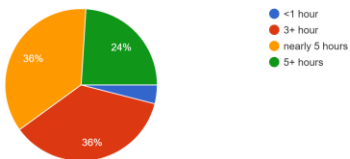- Relationship problems

  ....many more

Survey and report
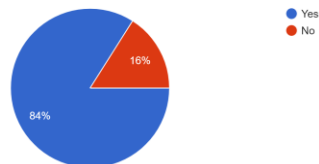
How much does your mobile phone cost around
25 responses

- <10,000
- <20,000
- <30,000
- 40,000+

24%
8%
40%
28%

Basically, the effects of mobile phone depend on its radiation level. So, some expensive mobile phones have high radiation level and active timings as it's feature. Only less number have these kinds of expensive phones.

Are you aware of your radiation level of your phone?
25 responses

- Yes
- No

40%
60%

Mostly knowing your radiation level plays prominent role in your mobile usage duration. Half of the survey polled that they are aware and vice-versa, indicating a positive trend towards people being more conscious of their health.

What is your daily mobile screentime?
25 responses

- <1 hour
- 3+ hour
- nearly 5 hours
- 5+ hours

36%
24%
36%

Screentime indicates your digital behaviour and also one's physical and mental health, there is no objection that more screentime leads to more eye straining
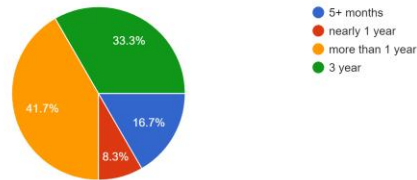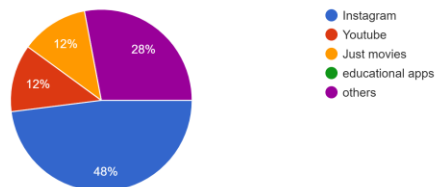
Are you aware of health issues due to over screentime?
25 responses

- Yes
- No

16%
84%

As many are aware of their health issues due to over screentime, it helps them to set their boundary and maintain screen time

Eventhough if you are aware, why do you still choose to stick with your phones
25 responses

Personal problems	4 (16%)
No other work to do	9 (36%)
Lack of social life	4 (16%)
Others	14 (56%)

Even though if people are aware about their health issues, screentime and radiation levels, people still tend to use expose themselves to screen. Because of lack of social life and depression, they choose to use their phones.
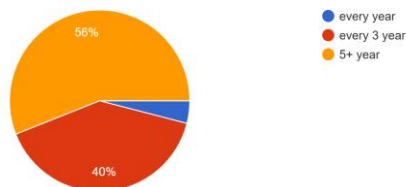
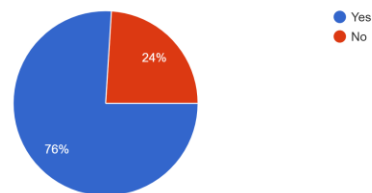**How many years have you been using your mobile overtime**
24 responses

- 5+ months
- nearly 1 year
- more than 1 year
- 3 year

33.3%
41.7%
16.7%
8.3%

It's important to keep track of how long you've been using your mobile phone, whether it's been months or years.

Which application extend your screentime
25 responses

- Instagram
- Youtube
- Just movies
- educational apps
- others

12%
12%
28%
48%

Even though if everyone is aware of these effects, they still tend to use because of some applications and platforms. Some applications and platforms are especially designed to attract

Do you change your mobile phone frequently for new one?
25 responses

- every year
- every 3 year
- 5+ year

56%
40%

Over-usage of mobile isn't just a personal issue, it is a social problem and also environmental issue. If one changes their mobile phone or any devices for sake of a new one, it will result in lots of e-waste

I have additional items like headphones, smartwatches etc, bagged up with me.
25 responses

- Yes
- No

24%
76%

Many tend to buy extra accessories with their mobile phones, which will also support more spending with devices and also leads to lot of e-waste environmentally

Do you disturb your sleep schedule cause of screentime
25 responses

- Yes, untill 1 am
- Yes, untill 3 am
- Yes, untill 12 am
- Yes, untill 11 am
- No

36%
8%
12%
8%
36%

Disturbing one's sleep schedule because of their screen is really a major issue causing physical and mental instability. Most of the adults undergo these cases resulting in inactivity
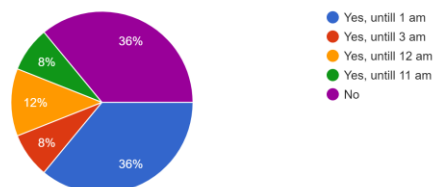
How many hours a day, do you spend on phone calls
25 responses

- <30 minutes
- 1 hour
- 2+ hour
- zero

28%
8%
16%
48%

Apart from other mobile activity, spending most of time on phone calls is really a concerned issue. Overtime on calls and exposing your head to radiation results in brain tumours and many other effects

Do you experience discomfort, such as eye strain or sleep disturbances, due to mobile phone usage?
25 responses

- Yes
- No

48%
52%
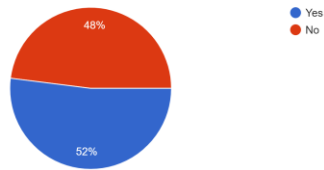
Longer usage of phones will result in some kind of health issue, as they are using it for long terms, symptoms must have started slowly.

Are you aware of e-waste
25 responses

- Yes, i know what it is
- Yes, i'm aware of everything in e-waste
- No

32%
8%
60%
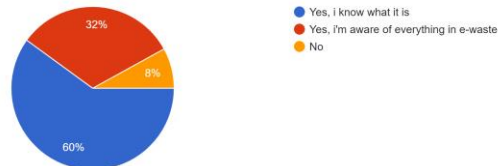
Being aware of e-waste is must as the device they are holding will be an e-waste one day

As we can see that many of them between age of 17 to 22 are mostly aware of mobile overusage, it is important for this age group to learn about responsible mobile phone usage. While mobile phones can provide us with great convenience and connectivity, excessive usage can have negative effects on our mental and physical health. It is important to set boundaries and limit our screen time, especially before bed, to ensure a good night's sleep. Additionally, it is important to be mindful of the content we consume on our phones and ensure that we are not spending too much time on social media or other apps that may be negatively impacting our mental health. By being aware of the potential negative effects of mobile phone overusage and taking steps to mitigate them, we can ensure a healthier and happier lifestyle.

This also depends on Sociodemogrophies

- By age: In general, the data show that the total time spent on cell phones decreases with age, with the highest times reported for people less than 20 years old, principally adolescents, approximately 14 years old (50, 61, 75, 78, 82, 83, 121). This fact is related to the decreased self-control found in this age group.
- By Gender
- Education, Cultural differences, and Economic status differences
- Geographical and cultural differences

Conclusions

In conclusion, our exploration into mobile dependency underscores the pressing need for increased awareness and thoughtful action in the digital age. The pervasive influence of mobile devices on our daily lives, while undoubtedly beneficial, has given rise to a concerning trend of excessive usage leading to dependency. By spreading awareness, encouraging self-reflection, and implementing responsible practices, we can goal the adverse effects of mobile addictions and create a society where technology serves as a tool for empowerment and enrichment rather than a source of compulsive behavior.