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A comparative study on smart screen addiction among physical education and other departments of Jammu University

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Abstract

In daily life, students spend a significant part of their time in front of screens such as phones, tablets, computers and televisions, as in the general public. Individuals' multi-screen experiences may tend to get out of control and turn into a kind of behavioral addiction. Therefore, in this study, it is aimed to determine the screen addiction among physical education students and other department students of Jammu University. The present study is descriptive in nature and randomized sampling has been used to measure the various objectives of the study. For this purpose, 200 students were selected 100 from physical education department (50 males and 50 females) and 100 from other department students (50 males and 50 females). The collected data were analyzed by SPSS software in which 't' test is used. The 't' value is 1.068 which was found to be not significant at 0.05 level of significance. As a result, other department students were found to be more addicted regarding smart screen among physical education department students.

Keywords: Smart screen, addiction, computers, television

Introduction

Regular use of a cell phone has been linked to a rise in addiction. It was known that there was a positive correlation between a cell phone addiction and depression severity and a negative correlation between a cell phone addiction and academic success (Cagan *et al.*, 2014) [2]. Park (2005) [4] asked for reports from the participants. Their minutes of mobile phone use and divided them into light users, who claimed to use their phones heavily, and less than nine-minute users, who claimed to use their phones for less than nine minutes. Respondents who indicated they used the service for less than nine minutes were categorized as "light" users, whereas those who indicated they used it for more than nine minutes were classified as "heavy" users. Seven dependent criteria were used to gauge mobile phone addiction. Tolerance, withdrawal, accidental use, cutting back, time invested, taking the place of other activities, and continuous use were among them. According to the findings, mobile phone users became more accustomed to mobile phones, even though they could result in such issues like exorbitant phone bills and public irritation. Furthermore, When the Smartphone was not working for a while; users grew very agitated and nervous. This conduct persisted although; these were alarming indications of addiction. One of the first pertinent studies was conducted by Bianchi and Phillips (2005) [1] suggested that depression or a lack of impulse control could be the cause of the issue with cell phone use. Taking care of the underlying issue in addition to improper they employed a few dependent variables to measure mobile phone use predict the addiction to mobile phones, such as the reported time per week just using the device without any issues, according to reports proportion of socially based use, as well as the stated proportion of usage for business purposes. Additional factors were taken into account containing the stated usage percentage for additional features. The findings showed that the addictions to technology provide a suitable beginning point for thinking about the issue usage of a mobile phone. The findings also showed that young people seem to be more vulnerable to high and problematic use. They were the ones who used their phones' other features and the SMS feature the most. In a short period of time, mobile phones have become incredibly popular among younger generations (Hakoama & Hakoyama, 2011) [5].

Compared to older generations, youth are more likely to use their phones for purpose other than communication (Mackay & Weidlich, 2007) [6].

Objective

The objective of the study was to compare the smart screen addiction among physical education and other department students.

Hypothesis

There will exist no statistically significant difference between students of the physical education department and other department students.

Methodology

	Group Statistics				“t” value
	Group	N	Mean	Std. Deviation	
Smart screen addiction	Physical Education Department	100	58.990	15.53783	1.068
	Other Department	100	61.290	14.90461	

Tabulated ‘t’ value at 0.05 level is 1.98

This table shows no significant difference between Physical Education and Other Department students regarding smart screen addiction at 0.05 level of significance as the obtained ‘t’ value is 1.068 which less than the tabulated ‘t’ value i.e. 1.98, so the null hypothesis which states that there will be no statistically significant difference between Physical Education Department and Other Department students is accepted.

Conclusion and Discussion

The present was designed with an objective to compare the smart screen addiction among physical education students and the smart screen addiction among other department students. Total 200 students were selected 100 from physical education department (50 males and 50 females) and 100 from other department students (50 males and 50 females) as a sample. For analyzing the data ‘t’ test has been used. The mean and standard deviation values with regard to Physical Education students were recorded 58.990 and 15.53783 respectively whereas in case of Other Department students were recorded as 61.290 and 14.90461 respectively. The t value is -1.068 at 0.05 level of significance which is found to be not statistically significant. Hence the hypothesis states that there exist no statistically significant difference between students of the physical education department and other departments regarding smart screen addiction has been accepted. Demirbilek and Minaz (2020) [3] conducted similar study to determine smart screen addiction status, physical activity level and related factors of university students. A total of 147 participants attended in this study and found that there was no significant difference between the level of physical activity and the score of smart phone usage as the main aim of this study.

References

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The present study was qualitative in nature and descriptive research design has been used to measure the various objectives of the study. The main objective of the study is to investigate smart screen addiction among students of physical education and other departments of University of Jammu. Smart screen addiction scale has been used to measure and compare smart screen addiction. The random sampling technique has been used to select the subjects. 200 students between the age of 20 to 28 years. Out of which 100 students from physical education (50 males and 50 females) and 100 students from other departments were selected randomly for a sample. For analyzing the data ‘t’ test has been used.

Findings

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