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## To investigate gender difference in smart screen addiction among Jammu University students

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### Abstract

Like the general public, students spend a large portion of their waking hours in front of screens, including those on phones, tablets, computers, and televisions. People's experiences with multiple screens have the potential to spiral out of control and develop into a form of behavioral addiction. Therefore, in this study, it is aimed to determine the gender difference in screen addiction among 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 males and 100 females) randomly. The collected data were analyzed by SPSS software in which 't' test is used. The 't' value is 2.771 which was found to be statistically significant at 0.05 level of significance. As a result, male students of Jammu University were found to be more addicted regarding smart screen among female students of Jammu University.

**Keywords:** Smart screen, addiction, phones, tablets, computers

### Introduction

Reports of mobile phone addiction have surged in tandem with the sharp rise in mobile phone use in recent years. However, research on mobile phone addiction appears to be scarce, despite the fact that numerous studies support the concept of media addictions to television and the Internet. "Craving or compulsion, loss of control, and persistence in the behavior despite accruing adverse consequences" are among the criteria used to diagnose media addiction (Shaffer *et al.*, 1999) [5]. For many people nowadays, a cell phone is a lifeline. Worldwide, it is estimated that 4.5 billion people use cell phones. And it should come as no surprise that young people make up a sizable portion of this quantity. For them, the cell phone is less of a luxury and more of a need. Numerous international surveys on youth have revealed that they view cell phones as essential to their survival; some have even gone so far as to state that they would prefer to go a day without food than to be without their phones. It makes sense that their lives revolve around their phones—they are always texting, calling, listening to music, playing games on them, or just fiddling with them—so it is understandable that their absence from them causes them to become anxious. In May of 2012, India ranked as the world's second-largest developing country with 929.37 million mobile phone subscribers, according to the Telecom Regulatory Authority of India (TRAI, 2012) [4]. "User personality and individual attributes such as age and gender were found to be differentially associated with some aspects of phone-related behaviors," according to Turner *et al.* (2008) [6].

### Objective

The objective of the study was to compare the smart screen addiction among male and female students of University of Jammu.

### Hypothesis

There will exist no statistically significant difference between male and female students of University of Jammu regarding smart screen addiction.

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## Methodology

The present study is qualitative in nature and descriptive research design will be used to measure the objective of the study. The main objective of the study is to investigate smart screen addiction among male students and female students of University of Jammu. Smart screen addiction scale has been used to measure and compare smart screen addiction. Randomized sampling technique has been used for the

collection of the data. Total 200 students between the age group of age 20 to 28 years has been selected, out of which 100 male students and 100 female students from University of Jammu. For analyzing the data 't' test has been used.

## Findings

	Group Statistics				
	Group	N	Mean	Std. Deviation	Std. Error Mean
Smart screen addiction	Male	100	62.8200	13.92286	1.39229
	Female	100	57.1100	15.19429	1.51943

		Independent Samples Test								
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	5% Confidence Interval of the Difference	
								Lower		Upper
Smart screen addiction	Equal variances assumed	.046	.831	2.77	198	.006	5.710	2.060	1.645	9.774
	Equal variances not assumed			2.77	196.5	.006	5.710	2.060	1.645	9.774

Tabulated 't' value at 0.05 level is 1.98

This table shows statistically significant difference between male and female students of University of Jammu regarding smart screen addiction at 0.05 level of significance as the obtained 't' value is 2.771. This was greater than the tabulated 't' value i.e. 1.98, so the null hypothesis which states that there will be no statistically significant difference between male students and female students of University of Jammu is rejected and the hypothesis which that there will exist significant difference got accepted.

## Conclusion

The present was designed with an objective to compare the smart screen addiction among male and the female students of University of Jammu. Total 200 students were selected 100 male students and 100 female students randomly as a sample. For analyzing the data 't' test has been used. The mean and standard deviation values with regard to male students were recorded 62.8200 and 13.92286 respectively whereas in case of female students were recorded as 57.1100 and 15.19429 respectively. The "t" value is 2.771 at 0.05 level of significance which was found to be statistically significant. Hence the hypothesis states that there exist no statistically significant difference between male students and female students regarding smart screen addiction has been rejected and the hypothesis which that there will exist significant difference got accepted.

## Discussion

Our results show that there exist statistically significant difference among male students and female students of University of Jammu. However, the male students of University of Jammu were found to be more addicted than female students of University of Jammu. Devis, *et al.* (2009) [2] conducted similar study and determined that boys and adolescents use mobile phones more frequently on weekends than on casual weekends. Boys also use mobile phones more frequently than girls. Teenagers view their cell phone as essential to their lives; girls outnumber boys. (Oksman, 2006) [3]. Billieux *et al.* (2008) [1] examined disparities in gender between the impulsion and problematic use of smartphones by

young people. The outcomes revealed that men are more likely than women to use mobile phones in dangerous situations whereas women are more dependent on them. The findings regarding impulsion indicate that women display significantly higher levels of urgency, while men show significantly higher levels of sensation seeking and lower levels of perseverance.

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