

## CO RELATION STUDY OF MOBILE PHONE ADDICTION AND FAMILY ENVIRONMENT AMONG YOUNG ADULTS

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**Abstract** - The study aimed to investigate the relation between Mobile Phone Addiction and Family Environment of Young Adults. A total sample of 108 young adults from different areas of Ludhiana were selected for the study through random sampling. A study used a validated questionnaire to measure the mobile phone addiction and family environment among young adults. So, the results of the study showed there exist a positive relationship between Mobile Phone Addiction and Family Environment. Young adults who reported high level of Mobile Phone Addiction have also high level of Family Environment. The findings also show that Mobile Phone has positive effects on Family Environment as it can improve communication, promoting healthy family dynamics and fostering open communication.

**Keywords:** Mobile Phone Addiction, Family Environment, Young Adults.

### 1 INTRODUCTION

Young Adulthood is a unique developmental period that occurs between the ages of 18 and 25 years, during which there are key developmental tasks that allow the young adult to participate in self-exploration and identity formation. Phone addiction is the obsessive use of a smartphone. The behavioural addiction is often dubbed as “nomophobia,” or the fear of being without a mobile device. Youth initiatives India’s Mobile Phone revolution. The under 25s are in a majority in India. They are Mobile Phone savvy. Besides, a girl stated that she cannot imagine a life without a Mobile Phone (Ahmed, 2004). Therefore, there is a scope for belief that the use of Mobile Phone may possibly and subsequently lead to have an addiction and addiction of Mobile Phone can substantially influence on academic achievement of a student.

The young adults in the world between the ages of 18 to 25 are the most affected group, so it is even more crucial that we go deeper into this issue. In this day and age, nearly everyone strives to determine their strengths both at work and in other. Generation Z is declining on a personal level due to their poor comprehension and interpretations. People have adopted the smartphone lifestyle and developed habits as a result. For example, someone who doesn't leave their house without checking their phone first thing in the morning or who sets reminders and alarms for different occasions may eventually total reliance on an electronic device. Despite having large phone bills, being in public annoyance, and an inability to control their wants to seek fast gratification, those who are addicted to these expedient devices have lesser levels of tolerance and self-regulation. Headache, fatigue, tension, worry, lack of sleep, and trouble concentrating are among the most typical complaints from smartphone users.

Similarly, Family is one of the oldest and most fundamental foundations that people have created to control and align with their behaviour as they attempt to satiate their basic needs. One of a family's most important responsibilities is to provide a safe haven for adolescents to grow personally. A healthy family should provide adolescents with the fundamental trust, love, emotional support, and secure comfort. Children and adolescents receive fundamental education in the family setting, which includes teaching them psychosocial skills and basic psychological traits (Deepshikha et al., 2009).

Family Environment describes the psychological features, emotional support, and social support that children have periodically access to within the family. It also refers to the teenagers' perception of the psychological climate within the family, which can be quantified. The Family Environment (parenting style, behaviour supervision, and emotional intervention) plays a decisive role in the quality of peer interaction among adolescents. Family Environment refers to different modalities of interaction within family members such as levels of family communication, expressiveness, and conflict. All the developmental phases of lifespan are intertwined with multifarious relationship patterns differing in their nature, intensity and impact individuals and their social functioning (Bhonsle et al., 2015).

According to Dasgupta and Sain (2015), the Family Environment is seen as a system in which interpersonal relationships and conduct are mutually beneficial. The primary source of support for the physical and mental development of adolescents may be their Familial Environment. The Family Environment is recognized as being crucially important when taking into account the activity and emotional health of teenagers (Noller et al., 1991).

## 2 REVIEW OF LITRATURE

**Rach mat et al., (2020)** data analysis was performed on 263 parents of young children, ages 4-6. The study's findings demonstrated that while Smartphone Addiction negatively impacts children's emotional development, the Family Environment has a partially direct impact on it. It suggests that building a happy home environment and lowering Smartphone Addiction levels should always be the top priorities if you want to enhance children's development of pleasant emotions.

**Sarma et al., (2016)** analysed 80 Guwahati-based young adults. The Family Environment and Mobile Phone Addiction were measured using the Family Environment Scale (Bhatia and Chaddha, 1993) and the Mobile Phone Addiction Scale (Velayudhan and Srividya, 2012), two psychological instruments. The study found a link between Mobile Phone Addiction and the Family Environment that is not positive.

**Arif et al., (2022)** examine a sample of 300 persons. Through the use of snowball sampling, the data was gathered online. The findings indicate a correlation between Family communication and Smartphone Addiction, as well as a statistically significant difference in the demographic variable for education and weekday Smartphone use for Smartphone addiction.

**Jabeen et al., (2021)** examined 100 males and 100 females in the sample size. Based on their age, the participants were split into three groups: 18–20, 21–23, and 24–25 years old. The purposive sampling method was used to choose the sample. According to the study's findings, Smartphone Addiction has no appreciable impact on family communication. Furthermore, compared to other age groups, the 18–20 age group is more dependent on Smartphones.

**Liu et al., (2020)** examined 1020 Chinese adolescents in which a cross-sectional questionnaire survey about social anxiety, family dysfunction, addiction to cell phones, and mindfulness were used. The findings indicated that the relationship between Mobile Phone Addiction and dysfunctional families was partially mediated by social anxiety. Furthermore, mindfulness mediated the indirect relationship through social anxiety as well as the direct correlation between Mobile Phone Addiction and dysfunctional families.

### 2.1 Objectives of the study

1. To investigate the relationship between Smart Phone Addiction and Family Environment among Young Adults.

## 2.2 Hypothesis of the study

**H1:** There exists a significant relationship between Smart Phone Addiction and Family Environment among Young Adults.

## 3 RESEARCH METHODOLOGY

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. In it we study the various steps that are generally adopted by a researcher in studying his research problem along with the logic behind them.

### 3.1 Research Design of the study

The Purpose of the current study is to study a Co-relation between Mobile Phone Addiction and Family Environment among Young Adults. It will be descriptive and co-relational in nature.

### 3.2 Variables of the study

Independent variable: Mobile phone Addiction

Dependent Variable: Family Environment

### 3.3 Sample of the study

The present study will investigate a sample of 108 Young Adults through random sampling method who were students enrolling in Graduation and Post-Graduation studies in different educational institutions in Ludhiana.

### 3.4 Data Collection Tool

- Family Environment Scale developed by Bhatia and Chadha (1974).
- Mobile Phone Addiction Scale designed by A. Velayudhan and S. Srividya (2012)

### 3.5 Statistical Tool Used

Karl Pearson's product moment has been used for the study.

## 4 RESULT AND DISCUSSION

After the data was kept in SPSS software the research hypothesis was analysed by using the Karl Pearson's product moment method. The result was presented in the following table:

**Table 1.1 shows the coefficient of correlation between Family Environment and Mobile Phone Addiction among Young Adults (N=108).**

Variables	N	R
Mobile phone addiction and family environment	108	.0.19

**\*Correlation is significant at the 0.05 level.**

The above table revealed that correlation coefficient between Smart Phone Addiction and Family Environment among Young Adults. The correlation coefficient value was found to be is .019, Which is significant at 0.05 confidence level. This Indicates that Mobile Phone Addiction has significantly positive correlation with family environment. As a positive relation was found between mobile phone addiction and family environment Therefore, the hypothesis of the study ***"there exists a relationship between Family Environment and Mobile Phone Addiction of Young Adults" Has been accepted.***

## 5 DISCUSSION

The present study includes 108 participants. In this study a positive relationship has been found between Young Adults. The result of this study shows that there is a positive

relationship between Mobile Phone addiction and Family Environment which means that an increase in the level of Mobile Phone Addiction is the increase in the Family Environment among Young Adults. The outcome of the study entailed with the findings of Buctot, D. B., Kim, N., & Kim, S. H. (2021) Study which found positive relationship between Family Environment and Mobile Phone Addiction which means Mobile Phone has positive effects on Family Environment as it can improve communication, connection provides young adults with instant information allowing them to research topics and find answers to their questions quickly.

## 6 CONCLUSION

So, it can be concluded that Mobile Phone Addiction is likely to be positively associated with Family Environment among Young Adults. So, to the hypothetical conclusion based on the hypothesis and analysis table it is important to note Mobile Phone Addiction is a common experience among Young Adults and can have positive impact on their Family Environment. Therefore, it is important to recognize and address the level of Mobile Phone Addiction among Young Adults. The interventions that aim to reduce the level of Mobile Phone Addiction and promote the Family Environment may prove benefit for the society. Such interventions may include stress management techniques and encouraging social support network.

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