Editor

Dr. Bapu G. Gholap

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# Mobile Phone Dependency and Personal Adjustment among College Students.

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**ABSTRACT**
        This study aims at find out the relationship between personal adjustment and the mobile phone dependency. The sample of the study consisted of 72 undergraduate students from S. M. college Murgud, affiliated to Shivaji UniversityKolhapur, Maharashtra.. The Personal Adjustment Inventory by C.G. Deshpande and The test of Mobile phone Dependency (TMD) by byChóliz M. (2012) was used. After analysing the data, it is revealed that there is significant positive relationship $(r = .71, n = 72, p < .001)$ exists between mobile phone dependency and poor personal adjustment or maladjustment among college students.
**Key Words:** Mobile Phone Dependency, Personal Adjustment.

**INTRODUCTION**
        There is a tremendous revolution taken place in 21$^{st}$ century in information and communication technology. Whatever available on computers earlier that is easily available on the tiny device called mobile phone or cell phone today. Technology, over the years has developed acquiring every corner of human life. Same is the case with mobile phones, they are becoming smarter and smarter day by day. Now days this device is called smartphone as this device is not only a communicating device but also a true

present LIS curriculum followed in India is not updated and need to change as per the demand of LIS job market. Employer are not satisfied with the skill of LIS student .LIS professional must have the ability to locate,evaluate,and use of information effectively.UGC should appoint review committee to look after the situation of LIS curriculum in India.

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**09**

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**INTRODUCTION**

There is a tremendous revolution taken place in 21st century in information and communication technology. Whatever available on computers earlier that is easily available on the tiny device called mobile phone or cell phone today. Technology, over the years has developed acquiring every corner of human life. Same is the case with mobile phones, they are becoming smarter and smarter day by day. Now days this device is called smartphone as this device is not only a communicating device but also a true

companion of human being. Mobile Phone has become a tool of many things such as sending and receiving S.M.S., e-mails, searching on web, online shopping, and libraries of songs and books, watching TV and Videos, moreover a mobile phone is a device of online banking

The misuse of the mobile phone cannot be neglected. They are used while driving a vehicle which causes accidents. Many youngsters use mobile phones excessively which not only hampers their career but also disturb their mentality. Overuse of mobile phones can lead to physiological and psychological health problems, give rise to conflict with parents and family members, can give a rise to social relationship problems. The young generation is wasting their valuable time on unnecessary mobile use. It is a clear loss of nation also. According to world health organization "excessive mobile phone use may causes a long-term health risk." Another side effect of mobile phone is decreasing face to face communication and increasing of cybercrime.

Why some people more likely to become addicted to their smartphones than others? Are personality types determine the smartphone addiction to answer this question this research has been carried out. There is a study demonstrating that internet-addicted teenagers get higher scores in scale N (neuroticism) and P (Psychoticism) in comparison with the control group and they have specific personality characteristics. E.g. they show anger, depression, anxiety, impulsion and other negative emotions and behavior patterns seek stimulations and receive less supports in actual lives in terms of neuroticism. With respect of psychoticism they are less adaptive to the outside world with few concerns on other persons. Only in the virtual world of internet can find their confidence. (Yong,2007) introvert type personality and lower self-esteem is related with the internet addiction among women (Hamburger &Artizi, 2000). In the study Kubey,

Levin and Barrows found that introvert people having problems in interpersonal relationship do prefer using the internet and may substitute real and face to face relations for cyber communication (Kubey, Lavin & Barrows, 2001).

Adjustment is a process and it is a interaction between the person and environment. In this process the person tries to manage to cope with various demands and pressures of the environment. According to Rogers (1961) personal adjustment is a basic type of adjustment and it determines the other types of adjustment. Well-adjusted person demonstrates various behavioural characteristics he can conform the norms of society. He knows himself in well manner, he shows great confidence in himself and in others. He having the strong sense of security and responsibility. He is emotionally stable. He having the specific life goals. So as concerned with the mobile phone dependency well-adjusted person should be less mobile phone dependent. So the present study is an attempt to revel the relation between personal adjustment and mobile phone dependency.

**OBJECTIVES:**

1) To measure the mobile phone dependency among college students.

2) To study the relationship between mobile phone dependency and Personal adjustment among college students.

**STATEMENT OF THE PROBLEM**

"To Study the relationship between mobile phone dependencies of students with their personal adjustment"

**HYPOTHESIS**

1) There is a Positive relationship between mobile phone dependency and Low personal adjustment/Maladjustment among college students

**RESEARCH VARIABLES**

1) Mobile phone dependency
2) Personal Adjustment

## RESEARCH DESIGN

In this study an attempt has been made to find out the relation between mobile phone dependency and personal adjustment among college students. It is a survey research and a correlation study.

## SAMPLE

The sample of the study consisted of 72 undergraduate college students from SadashivraoMandlik College, Murgud.Dist. Kolhapur, Maharashtra. It consists 44 male and 28 female students.

## TOOLS

### 1) THE TEST OF MOBILE PHONE DEPENDENCE (TMD) by Chóliz M. (2012)

The items included in this instrument were developed based on criteria contained in the Diagnostic and Statistical Manual for Mental Disorders-Fourth Edition-Text Revision (DSM-IV-TR; American Psychiatric Association, 2000) for dependence disorder. The questionnaire consisted of 22 items and had high internal consistency validity (Cronbach's alpha = .94). TMD showed strong and statistically significant correlations with the MPDQ. This is a reliable and valid tool for measuring mobile phone dependence.

### 2) PERSONAL ADJUSTMENT INVENTORY by C. G. Deshpande

This inventory consists 20 statements.The subject has to see how far each statement is applicable to him/her on a three point scale. The test is standardised on 150 adults (college students and above). The reliability of this test had calculated by split half method and the reliability is .81. The validity of this inventory was measured against the marriage adjustment scores and biserial correlation is .35. **The norms of this inventory has given, Low score indicates higher personal adjustment and high score indicates the poor adjustment or Maladjustment.**

## ANALYSIS AND INTERPRETATION OF DATA

The purpose of the study was to determine the relationship between mobile phone dependency and personal adjustment among college students. Pearson Co - relational method is used for determining the relation between mobile phone dependency and Personal adjustment.

### Table No 1

Table no 1 shows the correlation between mobile phone dependency and Personal Adjustment among college students.

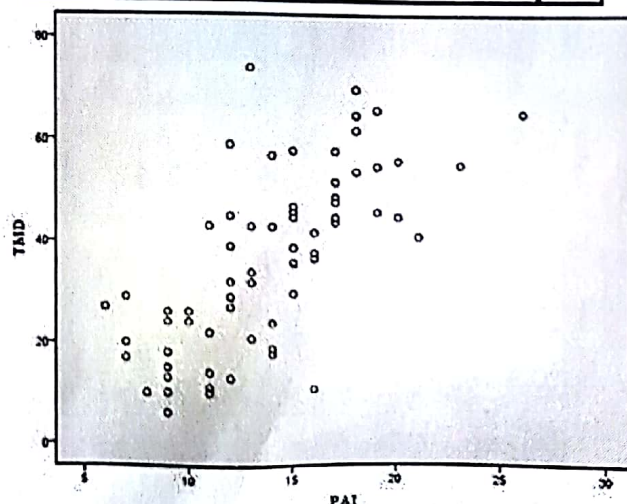| Correlations | | PAI | TMD |
|---|---|---|---|
| PARSONAL ADJUSTMENT | Pearson Correlation | 1 | .714** |
| | Sig. (2-tailed) | | .000 |
| | N | 72 | 72 |
| MOBILE DEPENDANCY | Pearson Correlation | .714** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 72 | 72 |
| ** . Correlation is significant at the 0.01 level (2-tailed). | | | |



Table no 1 shows the correlation between

mobile phone dependency and personal adjustment amongcollege students.For this analysis person correlation method was used. Form the obtained value in table no 1 show the correlation score between Mobile phone dependency and Personal Adjustment is .714 (r = .71, n = 72, p < .001) and it is significant at 0.01 level (2 tailed). This specifies that the correlation between mobile phone dependency and Poor Adjustment is positive. As per the norms of personal adjustment inventory Low score indicates higher personal adjustment and high score indicates the poor adjustment or Maladjustment. **It shows that higher the level of Poor adjustment or Maladjustment, greater the mobile phone dependency.**So the hypothesis "There is a Positive relationship between mobile phone dependency and Low personal adjustment/Maladjustment among college students" is accepted here.

## CONCLUSION

After analysing the data, it is revealed that there is significant positive relationship (r = .71, n = 72, p < .001) exists between mobile phone dependency and poor personal adjustment or maladjustment among college students. The maladjusted people show impaired mental health and some neurotic tendencies also. Maladjusted people display boredom, lack of interest, felling of rejection, and other negative emotions, anxiety, impulsiveness, phobic tendencies and depression. Maladjusted people try to find stimulations and have less supports in actual life. So, only in the simulated world of mobile phone can find their self-assurance.

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