



Effect of use of Mobile Phone on Adjustment of Higher Secondary School Students in Jalgaon District

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Abstract :

In today's modern era, the global population has been captivated by the introduction of advanced technological devices. The reliance of individuals on mobile phones, devices, and the services they provide has reached such high levels that without them, people struggle to progress in their personal and professional lives. This excessive dependency has resulted in a growing addiction to mobile phones, particularly among Higher Secondary School Students. To investigate the impact of mobile phone usage on the adjustment of higher secondary school students in Jalgaon District, a study was conducted. Primary data was collected from 80 adults, both males and females, using a structured questionnaire. The Sinha and Singh's Adjustment Inventory for school students were utilized to gather the necessary data. Statistical analysis was performed using the 't' test. The results of the study revealed a significant difference in mobile phone usage between males and females, as well as a significant difference in adjustment levels. Female students have good adjustment level when compared to the male students.

Keywords :

Mobile Phone, Adjustment of Higher Secondary School Students.

Technology has been around for a long time, but it wasn't until the 21st century that it began to rapidly expand. As a result, the changes we have witnessed in the world are the most significant ones so far. The advancements and progress in technology have not only improved our communication systems but have also made our lives much easier than anyone could have ever imagined. One of the most remarkable inventions of this technological era is the mobile phone. Nowadays, it is unimaginable to live without a mobile

phone. In India, it seems like almost every person owns one, from a rickshaw puller to a high-profile trader. Mobile phones are no longer just used for communication; they also provide access to various types of content such as weather updates, news reports, educational information, sports content, music videos, and much more. Technological devices like laptops, desktops, mobiles, tablets, and notebooks have become extremely useful for higher education. Students heavily rely on mobile phones for gathering information. Moreover, mobile phones are easily accessible to everyone due to their affordability compared to other technological devices, and they can be conveniently carried anywhere.

It has been demonstrated through research that excessive utilization of social networking, texting, and mobile phone chatting leads to decreased grades and subpar academic achievement among students. Although individuals of different age groups find mobile phones to be convenient and beneficial, younger generations tend to value them more and rely on them to a greater extent. Studies have shown that certain students have developed the habit of keeping their mobile phones on during classes and study sessions, even in the library, consequently causing distractions for others.

Operational Definition Of Key Terms Adjustment :

The process of adjustment involves a living organism's ability to maintain equilibrium between its needs and the surrounding circumstances. According to Kulshrestha (1979), this process entails the individual's attempt to cope with stress, tensions, conflicts, and other challenges while fulfilling their needs. Additionally, the individual strives to establish a harmonious relationship with their environment. L.F. Shaffer (1961) further elaborated



that adjustment is the mechanism through which a living organism achieves a balance between its needs and the factors that impact the fulfillment of those needs.

Emotional Adjustment :

The term pertains to the way an individual adjusts in emotional connections with others, encompassing both internal and external relationships within and beyond the educational institution, as evident in their attitudes and actions.

Social Adjustment :

The term pertains to an individual's adjustment in social interactions with others, encompassing both their interactions within and outside of the educational institution, as evidenced by their attitudes and conduct.

Higher Secondary School Students :

Higher Secondary School Students are those students who are studying in standard XI and XII in the higher secondary school students is Jalgaon District, Maharashtra, India.

Importance Of The Study :

Smartphone addiction has detrimental effects on student learning and overall academic performance. The more students use their phones while studying, the more it negatively impacts their ability to learn. It is crucial to make adjustments at every stage of life. During childhood, children are completely dependent on their parents, but as they grow, they learn to share and become more independent. However, as the desire for material possessions increases, feelings of jealousy, hatred, and complexity arise. Therefore, it becomes necessary to explain the importance of adjustment so that individuals can adapt well to their current situations. Expectations often pose as the main problem. The more one expects, the more they need to adjust. Hence, studying the adaptability of individuals in society can be beneficial. Through the factor of adjustment, individuals can successfully adapt themselves to any condition.

Review Of Related Literature :

Heo & Lee (2018) undertook a research

project focusing on the impact of smart phone addiction on the adjustment of higher secondary school students in their academic lives. The main aim of the study was to establish a causal relationship between smart phone addiction and school adjustment, which had not been definitively proven before. The findings of this study can provide a solid foundation for the creation of programs aimed at enhancing school adjustment among higher secondary school students.

Bhardwaj and Ashok (2015) conducted a research on the topic of mobile phone addiction and loneliness among a group of 100 teenagers (N=100) in Mumbai, India. The participants consisted of 50 boys and 50 girls, with ages ranging from 13 to 17 years. The researchers employed a random sampling method to recruit the subjects for the study. The research utilized a survey method, collecting data through a personal information form, the Mobile Phone Addiction Scale developed by Dr. A. Velayudhan and Dr. S. Srividya, and the Loneliness Inventory by Uma, Meenakshi R., and Prof. K. Krishnan. Statistical methods such as correlation and t-test were employed to analyze the data. The findings of the study revealed a high level of mobile phone addiction among teenagers, with no significant gender difference observed. Additionally, the results indicated that although teenagers experienced a high level of loneliness, no gender differences were found in this aspect. Furthermore, the study demonstrated a significant association between mobile phone addiction and loneliness ($r=.456$).

Objectives Of The Study :

1. To examine the overall adjustment of higher secondary students.
2. To investigate the education adjustment of higher secondary students.
3. To explore the emotional adjustment of higher secondary students.
4. To analyze the social adjustment of higher secondary students.



Hypotheses Of The Study :

1. There will be no significant difference in; total adjustment between male and female of higher secondary students.
2. There will be no significant difference in education adjustment between Male and female of higher secondary students.
3. There will be no significant difference in emotional adjustment between male and female of higher secondary students.
4. There will be no significant difference in social adjustment between male and female of higher secondary student

Delimitations Of The Study :

1. The study was conducted in Jalgaon district only.
2. Only 05 Higher Secondary Schools were included in the present study.
3. The study was delimited to the sample of 200 (100 boys and 100 girls) higher secondary

school students.

4. The study was delimited to the usage of smart phone among 11th and 12th class students.

Research Methodology :

Sample

For the present study 60 boys and 60 girls were randomly selected from higher secondary schools of Jalgaon district of Maharashtra state. Tool used- "Adjustment Inventory for school students" was constructed by A.K.P.sinha and R.P. Singh with 60 items equally distributed on Emotional, Social, Educational adjustments was used for total adjustment 5 cores.

Statistical Techniques Used :

Two-way Analysis of variance with 2x2 factorial designs was applied in order to study the smartphone addiction among Higher Secondary School students belonging to different gender and locality.

ANALYSIS AND INTERPRETATION OF DATA

Table - 1

Table showing "t" value of total adjustment of higher secondary male and female students

Variable	Groups	N	Mean	SD	t value	sig
Adjustment	Male	60	18.19	6.71	4.50	0.01
	female	60	14.75	5.27		

Table 01 shows Gender wise comparison of total Adjustment between male and female higher secondary students. According to total Adjustment of male students Mean is 18.19 and SD is 6.71. For female students, Mean is 14.75 and SD is

5.27. The calculated t' is 4.50. Hence the null hypotheses are rejected. The results are significant difference related to total Adjustment, between male and female higher secondary students.

Table - 2

Table showing „t“ value of educational adjustment of higher secondary male and female students

Variable	Groups	N	Mean	SD	t value	sig
Emotional adjustment	Male	60	6.08	2.70	5.60	0.01
	female	60	4.89	2.62		

Table 02 shows Gender wise comparison of educational adjustment between male and female higher secondary students. According to educational adjustment of male students Mean is 6.08 and SD is 4.89. For female students, Mean is 4.89 and SD

is 2.62. The calculated t' is 5.60. Hence the null hypotheses are rejected. The results are significant difference related to educational adjustment, between male and female higher secondary students.

**Table - 3**

Table showing „t“ value of emotional adjustment of higher secondary male and female students

Variable	Groups	N	Mean	SD	t value	sig
Emotional adjustment	Male	60	4.25	2.80	3.60	0.01
	female	60	2.30	2.05		

Table 03 shows Gender wise comparison of emotional adjustment between male and female higher secondary students. According to emotional adjustment of male students Mean is 4.25 and SD is 2.80. For female students, Mean is 2.30 and SD

is 2.05. The calculated t' is 3.60. Hence the null hypotheses are rejected. The results are significant difference related to emotional adjustment, between male and female higher secondary students.

Table - 4

Table showing „t“ value of social adjustment of higher secondary male and female students

Variable	Groups	N	Mean	SD	t value	sig
social adjustment	Male	60	5.68	2.68	1.15	No significant
	female	60	5.80	2.05		

Table 04 shows Gender wise comparison of social adjustment between male and female higher secondary students. According to social adjustment of male students Mean is 5.68 and SD is 2.68. For female students, Mean is 5.80 and SD is 2.05. The calculated t' is 1.15. Hence the null hypotheses are accepted. The results are no significant difference related to social adjustment, between male and female higher secondary students.

students. The results indicate that there is a clear distinction in the adjustment of male and female students, with females displaying higher levels of good and excellent adjustment compared to their male counterparts.

Findings Of The Study :

1. Significant impact has been found in; total adjustment between male and female of higher secondary students.
2. Significant impact has been found in education adjustment between Male and female of higher secondary students.
3. Significant impact has been found in emotional adjustment between male and female of higher secondary students.
4. No significant impact has been found in social adjustment between male and female of higher secondary student.

Conclusion :

According to the findings of the current study, there is a notable contrast in the overall adjustment levels between male and female higher secondary

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