

Mobile phone addiction and personality

Poonam Vats and Palak Aggarwal

Department of Psychology, Mata Sundri College for Women, University of Delhi, Delhi

Mobile phone is a valuable human invention however it is commonly seen that mobile phones are one of the common means of addiction too. The present study aims to explore mobile phone addiction among young male adults and compare their personality traits. Two psychological tools were used to measure the variables taken in the study. Two scales were used Mobile Phone Addiction and NEO Five Factor Inventory on 150 undergraduate students of third year were selected for the study from different colleges of Delhi /NCR region. The study was conducted in two phases. Non probability purposive sampling technique was used to select the two criterion groups (addicted & non-addicted). Data was analyzed with the help of Descriptive and Inferential statistics. Results showed that males with mobile phone addiction were less conscientious, less open to experience and more disagreeable in comparison to males without mobile addiction. The study can serve as a future prospect in the field of cyber and applied social psychology with the purpose of creating awareness among Indian society about harmful consequences of mobile phone addiction.

Keywords: addiction, mobile phone, personality, cyber psychology

"Addiction is a silent ghost to destroy a consolidate mind"

In the contemporary era, though mobile phones has served as an advantageous commodity however it has led to significant harm which includes problematic behaviors like addiction. Numerous research show the one is who addicted to mobile phones, have certain common predominant traits, hence it becomes vital to understand personality traits of young adults becoming a victim of mobile phone addiction.

Walker (1989) defined Addiction as "a persistent behavioral pattern characterized by: a desire or need to continue the activity which places it outside voluntary control; a tendency to increase the frequency or amount of the activity over time; psychological dependence on the pleasurable effects of the activity; and, a detrimental effect on the individual and society". Behavioral addiction is referred to "as a compulsion to engage in a rewarding and non-drug-related behavior", sometimes it is even called as natural reward which may or may not disturb person's physical, mental, social or financial well-being.

Pepper et al. (2018) said "the behavioral addiction of Smartphone use begins forming neurological connection in the brain in ways similar to how opioid addiction is experienced by people taking Oxycontin for pain relief- gradually". According to Lin et al. (2014), mobile phone addiction could be considered a form of behavioral addiction. Specifically, Griffiths (1996) operationally defined these addictions as non-chemical behavioral addictions that involve human machine interaction.

Harmful effects of mobile phone addiction

Addiction and overuse has led to cause significant social and psychological damage to people. Many mobile phone addicts are found to have low self-esteem and have difficulty in their social

relationships and feel that they need to constantly contact with others. Turning off mobile phones can provide anxiety, sensitiveness, sleep disorders, insomnia and even shivering and digestive problems (Hassanzadeh & Rezaei, 2011). Also, it creates emotional attachment for users, so these people believe that without the use of mobile phones there is no life. These findings support the negative impact of excessive use of mobile phones on physical and psychological health of students (Kamibepu & Sugiura, 2005).

Mobile phone addiction among youth

In November 2009, the Pew Internet and American Life Project found a large number of American teenagers of admitted they like to text even while driving vehicles (Madden & Lenhart, 2008). In a follow up study, after a period of six months the adults reported they continued with texting while driving vehicles at the same pace (Madden & Rainie, 2010). Mobile phone users have increased rapidly especially among the youth. 60% of United States college students consider themselves to have a cell phone addiction and 44% of American youth says they couldn't go a day without their mobile phone devices.

Mobile phone addiction and personality

Addiction may have its relation with one's personality. It may begin to influence and shape an individual's trait by bringing change in activities that are centered towards mobile phones. A multiple regression model study demonstrated that people who are addicted to mobile phones exhibit tendencies toward the having certain personality features. Personality refers to our characteristic ways of responding to individuals and situations. People can easily describe the way in which they respond to various situations (Passer & Smith, 2007). Allport (1961) defined personality as "the dynamic organization within the individual, of those psychological systems that determine his characteristic behavior and thought". Costa and McCrae examined a set of five factors. They are often called Big Five Factors. The five factors may be easily remembered using the acronym 'OCEAN'. These dimensions are: Conscientiousness, Extraversion, Agreeableness, Neuroticism

Corresponding Author:

Dr. Poonam Vats

Department of Psychology, Mata Sundri College for Women
University of Delhi, Delhi

E-mail: dr.poonamvats72@gmail.com