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To Investigate How Major Variations and Sex-Related Mental Health Characteristics Affect Mental Health

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Abstract

Smart phones are becoming more and more common in both personal and business life around the world. In many nations, smart phones have been quickly embraced and have made it simple to access information in ways that were previously impractical. Particularly smart phones, which combine several features including a camera, multimedia player, phone, Internet browser, navigation system, e-mail, gaming device, and social networking services (SNS) into a single portable device, have significantly altered our daily life. While smartphones have made life easier, they have also had a number of negative effects. It has been shown that excessive smartphone use can have a negative impact on relationships, academic achievement, and real-world social interaction. Additionally, due to the portability factor that enables real-time and customized Internet services anywhere; excessive smart phone use can result in negative effects similar to those brought on by problematic Internet use, including comorbid psychiatric disorders and the impairment of social and emotional functioning. Use of mobile devices excessively can interfere with physical activities. Historically, activities like making and receiving phone calls, sending and receiving text messages, updating social networking sites, and using the Internet have been classified as sedentary behaviors. Due to the low levels of energy expenditure caused by such inactive activity, obesity and the metabolic syndrome are just two health issues that are associated with it.

Keywords: Multimedia Player, Phone, Internet Browser, Navigation System

1. Introduction

A technique to connect computers together so they may share data and other information was created in the 1950s by scientists working in the fields of computer science and computer technology (Almagor, 2011a) [1]. Researchers and scientists have continued to study the sharing of data and information across computers throughout time. These initiatives eventually led to the creation of the Internet, a global network of computer systems. It is a network of networks where internet users can communicate information with ease and no obstacles (Luppicini, 2010) [2]. The main purpose of the internet is to provide a global platform for the exchange of knowledge and ideas. This kind of platform could only be easily provided through the Internet. The "U.S. department of defense" was the lone user of the internet in its early stages. Especially during times of conflict, the U.S. army employed this technology to share information.

In the modern sense, the Internet is a massive collection of various network, information, and data exchange capabilities in addition to being a network. With the aid of a certain common protocol and common services, the data and information are utilised. It is executed using a specific command that is managed by servers of particular networks rather than by a single individual. Overall, it can be concluded that people in the early 1960s used some innovative thinking to create the Internet in its current form. They were aware of the advantages of having interconnected computers and the ease with which users could transfer data and information between them.

This technology is essential to the global defense and security system. Today, a country may easily keep an eye on its border and can also see the activities of its neighbors. These kinds of tasks or activities are only made possible with the aid of the internet. As a result, it is possible to describe the Internet as a vast network of networks. In 1962, J. C. R. Licklider was the first to suggest using computer networks on a worldwide scale.

It's vital to pay attention to other big scientific studies that are similarly relevant to and somewhat interconnected with the Internet in order to better appreciate the role of the Internet in a broader context. We are aware that four

categories of scientific discoveries or discoveries are well-known worldwide. These studies' concepts and recommendations at the time were debatable. But with time, my perspective of the entire universe shifted. These studies offered alternative theories in the life or medical sciences that challenged preconceived notions about these fields of study (Floridi, 2009) [3].

1. The first was proposed by Nicolaus Copernicus, who claimed that the sun is the universe's center and that it is not in motion. However, at the time, his theory was debatable.
2. Charles Darwin, the second, is well-known for his "Theory of Evolution through Natural Selection."
3. Sigmund Freud was the third. He is well known for his psychoanalysis. He created a topographical mental model (Conscious, Subconscious, and Unconscious).
4. The Internet was the fourth: All of the resources used to create the Internet were donated by "The U.S. Department of Defence Advanced Research Project Agency" (Almagor, 2011b) [4]. In particular during a time of conflict, the scientists wished to develop a communication system between two locations. The communication link was a significant issue for higher authorities and others during times of conflict. Therefore, the scientists focused on finding a solution to the communication problem, particularly during a time of conflict. The early internet was adopted in U.S. defense and ultimately in colleges and telecommunications firms thanks to the work of these scientists and authorities. The internet expanded in the 1960s and 1970s, becoming computer networks for information transmission using "packet switching" (Carpenter, 1996) [5]. The Internet as we know it today was created in the United States in the 1990s, and it quickly spread throughout the world.

After some time, innovations like "Email," "The World Wide Web," "File Sharing," "Social Networking," "Blogs," and other platforms for data sharing emerged as complements to the Internet. Before the creation of the internet in its current form, it was unimaginable.

2. Statement of the problem

The accessibility and portability of new media have made internet addiction among young people a possible issue. Nowadays, people of all ages use the internet as part of their daily lives. It has a significant impact on young people's lives and daily activities. The internet has an impact on young people's life in both positive and harmful ways. The negative effects of excessive internet use can be seen in many areas of a person's life, including bad social and personal relationships, mental health, and the psychological and physical well-being of young people. Consequently, the suggested study concentrates on the “Impact of Internet Addictions on Mental Health Among College Students from Thane City and Aakurdi Village”

3. Objectives of the study

1. To investigate how major variations and sex-related mental health characteristics affect mental health.
2. To determine whether internet addiction and mental health are related.

4. Review Of Literature

Akoki and Downes (2004) [6]"An analysis of young people's use of and attitudes toward cell phones" was done by. This study investigates the behavioral and psychological aspects of cell phone use among college students. combining quantitative (survey) and qualitative (focus groups) methods. According to the study, participants use their mobile phones for a wide range of activities, including financial motivation, social connection, personal safety, reliance, image and privacy control, information access, time management/coordination, and parental interactions. Based on focus group interviews, Aoki and Downes' analysis revealed five distinct user categories in terms of their attitudes toward using mobile phones and the extent to which they do so. The categories included users who are sophisticated, reliant, practical, cost conscious, and concerned about safety and security. Users who were financially responsible felt that having mobile phones helped them save money. Users who identified as being safe and secure were aware of their own security and thought that mobile phones could also be utilized to maintain security. The term "dependent user" refers to someone who is dependent on their phone and feels cut off from reality without it. The most experienced cell phone owners belong to the sophisticated group, and they believe that a mobile phone is absolutely necessary for living comfortably in the modern world. The practical group's users think that mobile phones offer benefits for safety, cost savings, and time efficiency.

Stuckey (2004) [7], there are 5 factors that contribute to cell phone addiction, including imagination, appropriation, objectification, assimilation, and conversion. He said that the impact that cell phones have on our daily lives and social interactions is unprecedented. They constantly encroach on our personal space. Technology has the potential to make people more solitary and isolated from society, as well as to converge on a single language or set of standards.

Katz (2005) [8] looked into how using a cell phone could lead to the development of one's own microculture. He asserted that shifting cultural values and norms show consumers' capacity to advance and repurpose technology for their own needs. He highlighted that by allowing people to keep their private conversations apart from the culture around them, a sophisticated but exclusive "walled garden" of microculture will grow.

5. Research Methodology

A research design is mostly used since it offers the most information about the study for the least amount of money. A research design informs researchers about the best methods for data collection, hypothesis testing, and statistical analysis. Additionally, it gives the researcher control over undesirable variance. Bias should be minimized and reliability should be increased in a good study design. As a result, extra consideration must be given to the choice of a research design.

The amount of Internet Addiction and the Type of Courses are included in the 32 factorial design employed in the current study. When two or more independent variables are being researched at once, a factorial design is utilized. Values of independent variables are examined in all

potential interactions in the factorial design. The factororial design is appropriate for studies where a given issue is influenced by a multitude of factors. There are two types of factorial designs: simple factorial and complex factorial.

6. Population

This section lists the numerous organizations where the study was conducted and the guidelines under which it was approved. The responders for this study will be 400 subjects, Through the use of the testing inventories, the group was chosen at random.

6.1 Sample & Sampling Techniques

It was a convenient (Incidental/Purposive) sampling. This section lists the numerous organizations where the study was conducted and the guidelines under which it was approved. The responders for this study will be 400 subjects, Through the use of the testing inventories, the group was chosen at random.

The current study's objective was to compare Mobile Phone addiction and mental health among students in the different Schools. The following test tools were taken into consideration for this purpose with their respective manuals' descriptions of their objectivity, reliability, and validity. In this study, two (02) inventories were used. The Mobile Phone Addiction Test, which was employed in this study, was created by Kimbal Young and translated and standardized into the region's language by Mittal Vekariya.

7. Analysis and Data Interpretation

Table 1: Interaction F For Sex Variables and Area Variables on Mobile Phone Addiction

Variables	B1 (Male students)	B2 (Female students)	F	Sig.
Rural students (C1)	48.34	42.94	0.19	N.S.
Urban students (C2)	46.83	40.75		

Sig. levels df2 =0.05=3.85 / 0.01=6.66

Table 2: L.S.D. Table for Interaction of Sex and Area Variables on Mobile Phone Addiction

Sr. No.	Pairs	Mean Diff.	Significance
1	B1C1 vs. B1C2	0.48	N.S.
2	B1C1 vs. B2C1	5.43	0.01
3	B1C1 vs. B2C2	5.57	0.01
4	B1C2 vs.B2C1	5.86	0.01
5	B1C2 vs. B2C2	6.05	0..01
6	B2C1 vs. B2C2	0.18	N.S.

Sig. levels for L.S.D. 0.05=3.77/ 0.01=4.89

The Interaction F for Sex Variables and Area Variables on Mobile Phone Addiction F value was 0.013, which was not significant at 0.05 levels, as could be seen from table. It can be concluded that there was no significant mean difference between the Sex factors, Area variables, and their Mobile Phone Addiction score. As a result, the Ho6 was not rejected at 0.05levels.

The results of the interaction between the Sex variables and Area variables on Mobile Phone addiction are shown in Table, which also stated that the majority of pairs are significant at 0.01 levels. The largest mean difference between male urban students and female rural students (B1C2 vs. B2C1) was 6.05, indicating a significant difference. Mobile Phone addiction had the smallest mean difference between B2C1 and B2C2 (female rural students versus female urban students) of 0.19.

Table 3: Interaction F For Types of faculty, Sex and Area Variables on Mobile Phone Addiction

Variables	A1 (Arts students)		A2 (Commerce students)		A3 (Science students)		F	Sign.
	B1 male students	B2 female students	B1 male students	B2 female students	B1 male students	B2 female students		
C1	50.45	44.45	45.04	37.79	46.6	43.8	0.15	N.S.
C2	47.12	40.76	47.68	37.87	48.72	46.74		

Significance levels df1 =0.05=3.00 / 0.01=4.63

Table 4: Table For Interaction of Sex and Area Variables on Mobile Phone Addiction

Sr. No.	Pairs	Mean Diff.	Significance
1	A1B1C1 vs. A1B1C2	3.41	N.S.
2	A1B1C1 vs. A1B2C1	6.08	0.05
3	A1B1C1 vs. A1B2C2	9.5	0.01
4	A1B1C1 vs. A2B1C1	5.43	0.05
5	A1B1C1 vs. A2B1C2	2.88	N.S.
6	A1B1C1 vs. A2B2C1	12.76	0.01
7	A1B1C1 vs. A2B2C2	12.66	0.01
8	A1B1C1 vs. A3B1C1	4.01	N.S.
9	A1B1C1 vs. A3B1C2	1.82	N.S.
10	A1B1C1 vs. A3B2C1	6.91	0.05
11	A1B1C1 vs. A3B2C2	3.82	N.S.
12	A1B1C2 vs. A1B2C1	2.66	N.S.
13	A1B1C2 vs. A1B2C2	6.32	0.05
14	A1B1C2 vs. A2B1C1	2.01	N.S.
15	A1B1C2 vs. A2B1C2	0.54	N.S.
16	A1B1C2 vs. A2B2C1	9.33	0.01
17	A1B1C2 vs. A2B2C2	9.26	0.01
18	A1B1C2 vs. A3B1C1	0.60	N.S.
19	A1B1C2 vs. A3B1C2	1.62	N.S.
20	A1B1C2 vs. A3B2C1	3.51	N.S.
21	A1B1C2 vs. A3B2C2	0.37	N.S.
22	A1B2C1 vs. A1B2C2	3.72	N.S.
23	A1B2C1 vs. A2B1C1	0.61	N.S.
24	A1B2C1 vs. A2B1C2	3.22	N.S.
25	A1B2C1 vs. A2B2C1	6.66	0.05
26	A1B2C1 vs. A2B2C2	6.84	0.05
27	A1B2C1 vs. A3B1C1	2.09	N.S.
28	A1B2C1 vs. A3B1C2	4.27	N.S.
29	A1B2C1 vs. A3B2C1	0.82	N.S.
30	A1B2C1 vs. A3B2C2	2.28	N.S.
31	A1B2C2 vs. A2B1C1	4.32	N.S.
32	A1B2C2 vs. A2B1C2	6.96	0.05
33	A1B2C2 vs. A2B2C1	2.94	N.S.
34	A1B2C2 vs. A2B2C2	2.89	N.S.
35	A1B2C2 vs. A3B1C1	5.74	0.05
36	A1B2C2 vs. A3B1C2	8.01	0.01
37	A1B2C2 vs. A3B2C1	2.85	N.S.
38	A1B2C2 vs. A3B2C2	6.03	0.05
39	A2B1C1 vs. A2B1C2	2.61	N.S.
40	A2B1C1 vs. A2B2C1	7.29	0.01
41	A2B1C1 vs. A2B2C2	7.17	0.01
42	A2B1C1 vs. A3B1C1	1.45	N.S.
43	A2B1C1 vs. A3B1C2	3.66	N.S.
44	A2B1C1 vs. A3B2C1	1.42	N.S.
45	A2B1C1 vs. A3B2C2	1.63	N.S.
46	A2B1C2 vs. A2B2C1	9.87	0.01
47	A2B1C2 vs. A2B2C2	9.75	0.01
48	A2B1C2 vs. A3B1C1	1.12	N.S.
49	A2B1C2 vs. A3B1C2	1.08	N.S.
50	A2B1C2 vs. A3B2C1	4.02	N.S.
51	A2B1C2 vs. A3B2C2	0.93	N.S.
52	A2B2C1 vs. A2B2C2	0.10	N.S.
53	A2B2C1 vs. A3B1C1	8.74	0.01
54	A2B2C1 vs. A3B1C2	10.96	0.01
55	A2B2C1 vs. A3B2C1	5.84	0.05
56	A2B2C1 vs. A3B2C2	8.96	0.01
57	A2B2C2 vs. A3B1C1	8.64	0.01
58	A2B2C2 vs. A3B1C2	10.89	0.01
59	A2B2C2 vs. A3B2C1	5.76	0.05
60	A2B2C2 vs. A3B2C2	8.88	0.01
61	A3B1C1 vs. A3B1C2	2.23	N.S.
62	A3B1C1 vs. A3B2C1	2.91	N.S.
63	A3B1C1 vs. A3B2C2	0.23	N.S.
64	A3B1C2 vs. A3B2C1	5.14	N.S.
65	A3B1C2vs. A3B2C2	2.01	N.S.
66	A3B2.C1 vs. A3B2C2	3.13	N.S.

Sig. levels for L.S.D. 0.05=5.27/ 0.01=6.89

5. Conclusion

Today, billions of people worldwide are aware of how crucial mobile devices are to their everyday lives. Our daily life and identity status are both reflected in the use of mobile phones. The actual electronic gadget, screen savers, ringtones, backgrounds, and accessories aid in defining ourselves or what we are to the outside world. Due to their many benefits and inexpensive price, mobile phones are no longer seen as luxury items but rather as necessities. They are now fully incorporated into society. Nearly everyone today relies on their cell phone for daily activities, and some people find it difficult to go an hour without using their phone. These days, teenagers are also wearing this as a fashion statement. As individuals prefer to check the time on their mobile phones, wrist watches have being displaced by smartphones. Calculations are performed by this device, which also wakes users up and reminds them of all daily obligations and appointments.

Numerous mobile phone models come with capabilities including SMS Services, Calling, Internet Browser, Games, MMS, WAP, WIFI, GPRS, Infrared / Bluetooth, Radio, Music Player / MP3 / AAC, FM, Video/Built-in Camera, Video Recorder, Touch screen, Audio Recorder, and more. Size, color, battery life, polyphonic ringtones, cost, and robustness navigator, fashion Face Recognition, Voice Recognition, Fingerprint Recognition, Social Networking, 3G, 3Gs, 4G, and 4Gs Organizer for personal use, USB, integrated torch, Alarm, clock, phone book, calculator, speaker phone Countdown timer, conference calling, photo album, gallery, currency converter, quad band, profiles, screensavers, dual sim, set reminders, etc. are just a few of the features that are built-in to the hand free speaker. The rapid uptake and widespread use of mobile phones has transformed how people interact, communicate, and associate with one another.

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