

Study on the Association of Mobile Phone Usage with Stress among University Students of Delhi-NCR.

Meghna Badola, Bandana Dobhal, Anima Dixit, Dr Aanchal Anant Awasthi,
Dr Neha Taneja and Dr Rajiv Janardhanan

*Amity Institute of Public Health
Amity University, Noida, Uttar Pradesh*

Introduction

In today's society, there is a constant concern that the ever-increasing use of mobile phones may have harmful effects on physical and mental health of people. There is insufficient evidence regarding the potential risk of mobile phone use on stress.

Objective

The objective was to study the prevalence of stress among university students and to find its association with sociodemographic factors and mobile phone use.

Methods

The cross sectional study was carried out among 185 students in a private university in Noida, UP, between August to September 2019. It was conducted during mid semester to ensure that there was no university exam or event. The questionnaire was compiled and developed from different published sources regarding the manner, purpose and intensity of mobile phone use along with Perceived Stress Scale (PSS) for measuring stress level. Data analysis was performed using statistical software SPSS (VER.23.0). Descriptive statistic and bivariate analysis are carried out to find association and considered significant at $P < 0.05$.

Result

The study subjects included 62.2% females and 37.8% males mild stress symptoms were reported by 17.8% students, moderate 74.6% and severe stress in 7.6% students. Duration of phone use above 120 minutes in a day was 89.1%. On observation stress was significantly associated with course of study ($P=0.04$) and making frequent phone calls ($P=0.014$). It was also observed that headache due to mobile phone use was significantly associated with stress ($P=0.007$)

Conclusion

The results indicated that the intensity and modality of mobile phone use could be a factor that can influence causal pathways leading to stress in the university students.