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Mobile Paradox – Are Younger Generations Addicted to Smartphones? A Behavioral Survey

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Abstract

The current investigation endeavored to inspect the inescapability and relationship of cell phone dependence among veterinary and designing undergraduates. 200 undergraduate (one hundred from each order) owning cell phones and consenting to take an interest were incorporated. Well-structured questionnaires comprising of inquiries identified with segment data (section 1), enchanting highlights of the cell phone, which caused members to get pulled in and concerning medical problems (part 2), and cell phone fixation conduct (section 3) were electronically sent. A free sample t-test was performed to survey the sharp dissimilarities inside the factors and discovered there were no noteworthy contrasts in their demeanor. Pearson connection uncovered there existed a robust positive relationship among veterinary and engineering undergraduates' disposition on cell phone fixation foundation. Results set up that engineering undergraduate is dependent on some degree further contrasted with veterinary researchers.

Keywords: smartphone, behavior, veterinary, engineering, students, media.

1. Introduction

Cell phones have become a protuberant part of everyday work and individual life. Be that as it may, this tremendous routine change in our way of life conveys a steady progression of data that contrarily impacts human conduct, particularly the young age delicately – being connected to animating uneasiness, stress, consideration, rest and much more (Cha, Seo, 2018). A cell phone is a convenient specialized gadget that capacities like a PC and has a working framework supporting the necessities of its clients (Alshammari et al., 2018), it has different models and standard working frameworks that help web access, email, and different highlights not gave by customary cell phones (Chaudury, Tripathy, 2018). In circumstances when these advanced contraptions are abused, they may hurt the client's physical and emotional well-being also. This cell phone dependence by and large called nomophobia (Davie, Hilber, 2017) and can just be deciphered as the powerlessness of a person's authority over taking care of cell phones (Samaha, Hawi, 2016). Extraordinary utilization of cell phones likewise alluded to as tricky cell phone use (PSU), is characterized as investing an excess of energy utilizing a cell phone, to the extent that it adversely impacts different parts of a person's everyday life (Ding, Li, 2017). Various investigations have detailed that Smartphone enslavement has been seen as corresponded with different physical and intense subject matters, as they tried this relationship among different age gatherings (Lee et al., 2017, Park, Lee, 2014, Wei, Lo, 2006, Gao et al., 2016) However, barely hardly any Indian situations have contrasted cell phone fixation between youth having a place with Veterinary and Engineering discipline.

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Remembering the high pace of cell phone use among Indian youth, this territory should be additionally inspected, with attention on dull jobs of innovation in encouraging dreams and carrying on practices. This paper, subsequently, is expected to investigate the social mentality of understudies unprotected to this computerized development.

Luca (Luca et al., 2019) examined to build up a total self-report scale that represents the intellectual, full of feeling, social, and conduct effects of cell phones in regular daily existence named the Smartphone Impact Scale (SIS), a twenty-six criteria scale that investigations seven components of cell phone sway.

Results uncovered the open relationship between its subscales, psychosocial develops, and day by day use of cell phones and applications. One more examination by Namsu (Namsu, Hyunjoo, 2014) explored the dissimilarities between cell phone clients with high and low dependence inclinations among Korean undergrads. The explanatory outcomes uncovered that more females were among the respondents with high dependence propensities. The discoveries referenced that profoundly dependent cell phone clients have a more prominent degree of inspiration for talking, thinking about others, and availability to others than the low addictive clients. The inclination of cell phone exercises, for example, voice calls, interpersonal organization destinations (SNSs), and visiting, are appeared among dependent cell phone clients. So also, Alhassan (Alhassan et al., 2018) considered the pervasiveness and components related to cell phone enslavement and sadness among a Middle Eastern populace. The outcomes found a positive connection between's cell phone enslavement and gloom. The investigation instructed sensible use concerning cell phones, particularly among more youthful grown-ups and less taught clients who could be at a greater danger of despair. One more examination assessed psychosocial factors influencing cell phone dependence in college understudies, and the outcomes uncovered that variables, for example, age, sexual orientation, and instructive status don't affect cell phone compulsion and that all people, regardless old enough, sex, and social class, are in danger of cell phone fixation.

Further, the discoveries demonstrated Smartphone compulsion increments as people's familial help diminishes (Servet et al., 2017). A past report broke down the impact of cell phone use propensities on cell phone enslavement in Korean teenagers. A sum of 370 center school understudies took an interest. The thoroughness of cell phone compulsion was estimated through clinical meetings, and the Korean Smartphone Addiction Proneness Scale. The investigation showed that the hazard factors for cell phone enslavement were female, distraction, conflict, and use for the omnipresent attribute; the protective factor was utilized for learning (Hyuk et al., 2017). Accordingly, Negi (Negi, Godiyal, 2016) watched HNBUG-SRT College understudies and discovered 64 % of understudies' utilized cell phones on the grounds. The overview revealed that there were negative mental impacts of cell phone utilization at a young age. They felt discouraged and restless while utilizing phones. Then again, a few young people demonstrated loosen up conduct even without having a mobile phone.

2. Materials and methods

This study focused on young learners of Engineering and Veterinary science to decide any social contrast in their cell phones get to.

Further, the investigation looked to analyze the predominance of cell phone habit and think about the confidence anticipating their fixation.

Members were 200 veterinary and designing understudies who utilized a cell phone. Organized questionnaires' were electronically sent to respondents. Before the review, the partakers were educated about the overview, and they agree to take an interest in the investigation was looking. The survey remembered things for segment factors, hazard issues for cell phone fixation, and cell phone addictive conduct. The members reacted to inquiries on cell phone routine examples, for instance, the span of everyday cell phone use; the generally utilized motivation behind a cell phone, for example, games, online networking, amusement, correspondence with individuals, getting to the most recent data, or different highlights. Also, psychosomatic medical issues brought about by cell phone use were evaluated. Substantial medical issues included dry eyes, rest unsettling influences, torment in neck/shoulder, and others. Mental issues included displeasure, aggravation, tension, misery, anxiety, and others. Members could pick different reactions to report the problems that they confronted and can likewise communicate their reasons in the "others" choice. Concerning fixation, questions were evaluated on a 5-point Likert-type

scale from 1 (never) to 5 (consistently), to analyze their mentality while getting to cell phones, for example, messaging somebody in the same house, spending more cash on a cell phone, losing significant time on the telephone, watching versatile while eating or taking it to the restroom, leaning toward a holiday spot without portable system and others. Out of 200 members, 167 gave a legitimate reaction representing 67 % guys and 33 % females. An autonomous example of a t-test did survey the conduct contrasts inside the factors. A Pearson connection did quantify relationships between's the factors. Measurements for every examination depend on the cases with no absent or out-of-run information for any element in the investigation. Table 1 demonstrates test size and means test attributes; it could be seen that most of the members had a place with the age bunch 18–20, and clearly, most were students.

Table 1. Description of sample characteristics

	<i>Veterinary (N=78)</i>	<i>Engineering (N=89)</i>
Gender		
Male	61 (78.21)	51 (57.30)
Female	17 (21.79)	38 (42.70)
Age		
18–20	65 (83.33)	69 (77.53)
21–25	11 (14.10)	20 (22.47)
26–30	2 (2.56)	0
Qualification		
Under Graduate	69 (88.46)	82 (92.13)
Post Graduate	9 (11.54)	7 (7.87)

83.50 % (167) Sample Size

3. Discussion

Research Question 1: At the α 0.05 level of significance, is there sufficient evidence to conclude that there is a behavioral difference in the usage of smartphones among the veterinary and the engineering students?

Table 2. Smartphone access behavior among veterinary and engineering students

Smartphone infatuation criterion	<i>Veterinary (N=78)</i>			<i>Engineering (N=89)</i>		
	Frequency	Mean±SD	T/P-Value	Frequency	Mean±SD	T/P-Value
<i>Purpose of a smartphone (DF=5)</i>						
Social media	60 (76.92)	1.23±0.424	-0.412 0.680	66 (74.16)	1.26±0.44 0	-0.413 0.681
Chatting with friends	76 (97.44)	1.03±0.159	-1.260 0.210	83 (93.26)	1.07±0.252	-1.296 0.197
Online Shopping	10 (12.82)	1.87±0.336	7.849 0.000*	57 (64.04)	1.36±0.48 3	8.031 0.000*
Entertainment	20 (25.64)	1.74±0.439	4.661 0.000*	53 (59.55)	1.40±0.49 4	4.696 0.000*
Games	22 (24.72)	1.63±0.468	1.557 0.121	29 (37.18)	1.75±0.434	1.577 0.117
Others	11 (14.10)	1.86±0.350	-1.750 0.082	21 (23.60)	1.76±0.427	-1.737 0.084
<i>Time Spent per day (DF=4)</i>						
0–30 Minutes	2 (2.56)	1.97±0.159	-0.696 0.487	1 (1.12)	1.99±0.106	-0.679 0.499

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30 Minutes–1Hour	6 (7.69)	1.92±0.268	1.202 0.231	12 (13.48)	1.87±0.343 1.221 0.224
1–2Hours	2 (2.56)	2.00±0.000	4.878 0.000*	21 (23.60)	1.76±0.427 5.213 0.000*
2–3Hours	11 (14.10)	1.86±0.350	1.557 0.121	21 (23.60)	1.76±0.427 1.577 0.117
More than 4 Hours	24 (30.77)	1.69±0.465	6.833 0.000*	69 (77.53)	1.22±0.42 6.787 0 0.000*
<i>Location while sleeping(DF=3)</i>					
Beside you	71 (91.03)	1.09±0.288	1.524 0.129	86 (96.63)	1.03±0.181 1.481 0.141
Other Room	1 (1.12)	1.99±0.113	-0.093 0.926	1 (1.12)	1.99±0.106 -0.093 0.926
Switched Off	1 (1.12)	2.00±0.000	-0.936 0.351	1 (1.12)	1.99±0.106 1.000 0.320
Others	6 (7.69)	1.92±0.268	-2.129 0.035	1 (1.12)	1.99±0.106 -2.029 0.045
<i>Attitude when unable to access mobile(DF=5)</i>					
Anger	14 (17.95)	1.82±0.386	-3.945 0.000*	1 (1.12)	1.99±0.106 -3.726 0.000*
Tension	28 (35.90)	1.64±0.483	11.016 0.000*	86 (96.63)	1.03±0.181 10.479 0.000*
Depression	8 (10.26)	1.90±0.305	-2.646 0.009	1 (1.12)	1.99±0.106 -2.512 0.014
Irritability	71 (91.03)	1.09±0.288	1.524 0.129	86 (96.63)	1.03±0.181 1.481 0.141
Restlessness	68 (87.18)	1.13±0.336	2.296 0.023	86 (96.63)	1.03±0.181 2.214 0.029
Other Issues	4 (5.13)	1.95±0.222	-0.936 0.351	1 (1.12)	1.99±0.106 1.000 0.320
<i>Health Issues (DF=5)</i>					
Eyes begin to burn and itch.	19 (24.36)	1.76±0.432	-1.516 0.131	80 (89.89)	1.10±0.303 -1.454 0.149
Blurred vision	2 (2.56)	1.97±0.159	11.451 .000*	1 (1.12)	1.99±0.106 11.196 0.000*
Eye fatigue	1 (1.12)	1.99±0.113	-0.696 0.487	1 (1.12)	1.99±0.106 -0.679 0.499
Headaches	8 (10.26)	1.90±0.305	-0.093 0.926	49 (55.06)	1.45±0.50 -0.093 0 0.926
Shoulder and Neck Problems	61 (78.21)	1.22±0.416	3.792 0.000*	86 (96.63)	1.03±0.181 3.625 0.000*
Other Issues	2 (2.56)	1.97±0.159	-0.696 0.487	1 (1.12)	1.99±0.106 -0.679 0.499

(Figures in Parentheses indicate a percentage, * denotes p-value significant at 0.05 level, DF= Degree of Freedom)

Smartphones have been around for quite a long time, however, so why the abrupt increment in close to home reliance? All things considered, as called attention to by Bajpai (Bajpai, 2016), it is controlled by the idea of the substance on the gadget, for example, web, informal communities, applications, video, and music, etc. Internet-based life systems and passionate content, over the top exposure to data and records for example games, surfing, applications, Internet erotic

entertainment, cybersex and dating applications, shopping, betting, stock exchanging, and sell-offs are a portion of the well-known motivation driven triggers (Dscout, 2016, Tsetsi, Rains 2017). Studies mentioned that smartphones are considered as extensions of mind (Park, Kaye 2019). Studies have indicated that cell phone habit has overlying highlights with substance-related or conduct addictive disarranges, yet the extraordinary properties of cell phones, that is, its excellent availability and a few online applications, added to its unusual yet across the board addictive practices (Lin et al., 2016, Chan, 2018). For most people, the concept of having a cell phone was always one so that they could be contacted in the case of an emergency or they could swiftly access to someone. While respondents have moved beyond this as the sole purpose of having a cell phone, as mentioned in Table 2, the majority of students (97 % veterinary and 93 % engineering) believed "chatting with friends" was the significant motive to use a smartphone. In comparison, more than 70 % population were concerned on social media, and 64 % engineering and 13 % veterinary scholars opted for online shopping; further respondents mentioned they used smartphones for money transfer, banking, works related to sharing business, and stock markets and watching adult content.

As these gadgets become progressively joined into our own lives, this height in time is a portrayal of both a culture and an innovation move. Study members' reactions identified with the usual time spent on their cell phones are stressing (Stern, Burke 2017). Around 31 % veterinary and 78 % building young people are busy with their telephones for over four hours, while some (14 % veterinary and 24 % designing) saw as connected with their portable for 2–3 hours. Past examinations have shown that individuals develop restraint by investing more energy in their cell phones to accomplish comparable joy from the web (Cha, Seo, 2018; Atroszko et al., 2015). As advocated by Marler (Marler, 2018) low-income and minority teens are more inclined to access the Internet by phone, and paying more for Internet access on that platform. Considerable increment in cell phone use and their capabilities permit adolescents to get to the Internet, impart, and engage themselves at whatever point and any place. Consequently, most youths utilize the smartphone as a consistent friend (Katz, Akhus 2002). "Where is your Mobile while you sleep?" was the next query. Even though the question appeared pretty cool, participants' answers could determine whether they are a phone addict. More than 90 % of the total population responded unanimously of having phone beside them when they sleep, while few (8 %veterinary and 1 % engineering) denoted they keep phones in a mobile stand for charging. Compatibly, according to Roberts (Roberts et al., 2014) individuals who have an addiction habit might be interested about having the phone in bed with them, meaning they were using the phone all the time until they fell asleep or they mostly need a phone even though it was not necessary. Correspondingly, a study carried out by Rafique (Rafique et al., 2020), showed a positive correlation between bedtime mobile use and poor sleep quality. Further, the findings reported that having mobile near the pillow while sleeping leads to day time sleepiness, sleep disturbances and increased sleep latency.

A smartphone is a massive viable asset, and the thought of losing it or somebody accessing it can be upsetting on many levels, with privacy being chief among them (Dale, Archer 2013). However, if individuals were feeling deep anxiety over losing their phone because they were unable to use the phone until it was returned or replaced, that could be a sign of a different problem for them (Boumosleh, Jaalouk, 2018, Tewng et al., 2018). A later report by Elhai (Elhai et al., 2017), detailed that all-encompassing utilization of cell phones prompts sadness, nervousness, stress, and low confidence, going from minor to average impacts. Research shows that people experiencing higher levels of negative affect, especially sadness, are more likely to display negative cognitive biases (Beevers et al., 2019). A study report by Rao and Lingam (Lingam, 2020) revealed widespread fear and anxiety over smartphone usage which are described as "Moral Panic". All the more dreadfully, the findings in Table 2 shows over 90 % understudies of both controls feel disturbed. In comparison, 87 %veterinary and 97 % designing researchers view themselves as anxious when they couldn't get to their cell phone, and 3 % announced tiredness and torpidity. It looks into guaranteed that respondents' who are distracted with their media use and those demonstrated withdrawal side effects, for example, encountering anxiety or tumult at leaving the cell phone at home—these side effects have recently been considered comparable to Internet dependence (Tao et al., 2010); a term firmly identified with cell phone habit. Access to the online world is a central element of cell phones. Zhang (Zhang et al., 2014) idea, not just dependence on cell phone utilization can influence one's psychological and social status, yet also that those with temperament issues are bound to get dependent on utilizing their cell phones. Correspondingly, Augner (Augner, Hacker, 2012) contended that although cell phone enslavement isn't at present

perceived as an official determination, excessive cell phone use may have a significant adverse effect on prosperity and social conduct. Studies by Khurana (Khurana et al., 2010), has likewise worried about wellbeing dangers of electromagnetic radiation presentation regarding warm and non-friendly impacts from cell phone enslavement just as from their portable base stations.

Moreover, the weak stance during the utilization of cell phones can cause physical issues, particularly the neck and shoulder, are subject to be influenced by utilizing cell phones in addition to the muscles demonstrating an elevated level of weariness that expansion the pain (Szeto 2009, Akodu, 2018). 78 % veterinary and 97 % designing respondents see themselves as to experience the ill effects of issues identified with neck and shoulder torment while a few (3 % veterinary and 1 % building) asserted obscured vision. Along these lines, Yang et al. (2016) expressed that upper back and elbow were mostly connected with the long stretches of cell phone use every day. Past research has revealed that the most widely recognized musculoskeletal agony was the neck, lower back, and shoulder. In light of their age gathering, these understudies embrace a static and flexed spinal stance while messaging on cell phones, which is the most widely recognized stance that adds to neck torment (Al-Hadiidi et al., 2019; Gustafsson et al., 2011; Alsalameh et al. 2019; Neupane et al., 2017; Xie et al., 2018).

They are assuming that all conditions for the inference met, and since the $p < 0.05$ at 50 % significance level, behavior pattern of veterinary and engineering students remained indifferent in their drive for using a smartphone for online shopping and entertainment; spending more hours on the phone; getting angry and tensed when their smartphone is unable to access and encounter blurred eye vision and neck and shoulder problem". In this study, a strong positive relationship is observed in smartphone usage behavior among veterinary and engineering students, and both populations do not render any difference in their smartphone usage pattern. On the other hand, it is not sufficient from the t statistic and degree of freedom to support the research question for the following parameters" depending smartphone for surfing social media and playing games, location of their mobile. At the same time, they sleep, feeling irritated and restless when denied phone access and related health issues" as the p values are more significant than α value (0.05).

User Behaviour on Smartphone Access

Research question 2: Is there any co-relation on the frequency of smartphone addiction between veterinary and engineering students?

The statistical output indicates that the Pearson's correlation coefficient is 0.816. $Y = 1.225x + 0.6915$, $P < 0.05$ (Fig 1). The upward slope in the scatter plot indicates a fairly strong positive relationship between veterinary and engineering students' addiction behavior towards smartphones. Hence the study agrees with the research question postulated owing to the smartphone obsession attitude found associated between veterinary and engineering respondents—table 3 below depicts primary smartphone addiction indicators as expressed by participants of two unique disciplines.

There is nothing wrong with being happy when a digital gadget is updated, so it advances, but looking forward to it more than anything else might be a bit much. Based on the smartphone addiction diagnostic criteria proposed by Lin and Winther (Lin et al., 2016; Kardefelt-Winther et al., 2017), respondents were questioned on their attitude towards the use of smartphones in their routine. The statistic in Table 3 shows, even though 41 % veterinary and 35 % engineering scholars deny to attend the phone call during a lecture; it is awful to know that 34 % Veterinary and 50 % engineering learners agree with calling or texting somebody inside their house and 29 % veterinary and 45 % engineering students are concerned about app updates as early as possible. In the viewpoint of Yogesh (Yogesh et al., 2014), several people do this, and it might seem cute or funny initially, but when it starts to turn into a regular occurrence, it might distress that person. Further, 41 % of veterinary and 47 % of engineering beginners accept that they eat their meals with their faces buried in their smartphones. Comparing to Aggarwal (Aggarwal et al., 2012), concentrate among Indian inhabitant specialists' unnecessary utilization of smartphones prompts enslavement, which effects work execution and negative wellbeing results making this circumstance grimmer.

Indeed, Ingraham and Reeves (Ingraham, Reeves, 2016), argue that the influence of smartphones have expanded anxiousness leading to long-lasting state of moral panic infusing online media platforms. Moreover, right now, actuality is how the cell phone permits work to penetrate all aspects of a person's life, attacking even the washroom (7 % veterinary understudies), anyway, 40 %veterinary and 53 % engineering scholars emphatically rejected this demeanor, further not in any case a solitary building understudy consented to have his/her portable at the

restroom. Incomprehensibly, the cell phone additionally occupies one from significant day by day errands, in this study 34 % veterinary and 46 % engineering researchers acknowledged themselves losing time during consistently work because of rehashed interruptions, accordingly, an individual considers seriously on an assignment and disregards time and area while being productive (Csikszentmihalyi, LeFevre, 1989).

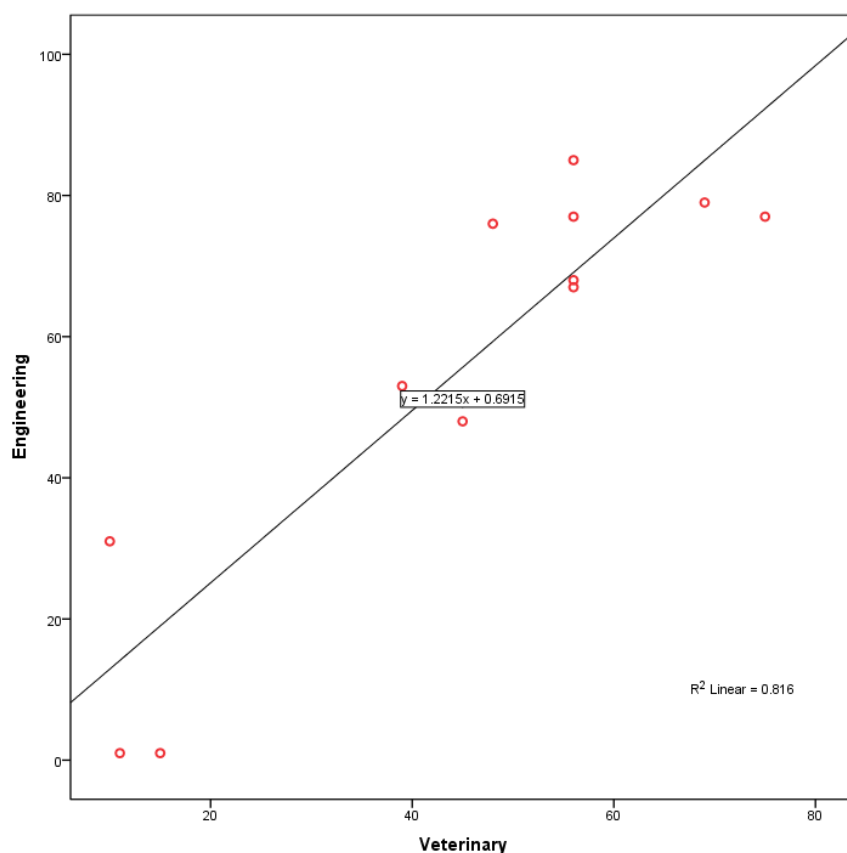


Fig. 1. Relationship between veterinary and engineering students addiction behavior over smartphones

Further, 34 % of veterinary and 40 % of engineering scholastics consent to spend more cash on their telephone than all else even though it is nothing unexpected to realize that members have a place with veterinary (38 %) and engineering (53 %) discipline falter to favor an excursion spot without a portable system.

4. Results

One of the fundamental constraints of this examination was that it depended on the genuineness and honesty of the members. The author accepts that a few people can be less open while giving individual data on the web, as should be obvious where it is proceeding to find out a lot bigger examples ought to be gotten in future examinations on this point. Moreover, any future replications of this examination could go further and increase a more extensive case and investigate understudies' perspectives on cell phone abuse.

This study attempted to find a prevalence of smartphone addiction infatuation behavior among veterinary and engineering students ended up in the following results:

➤ A total of 78 veterinary 89 engineering students participated in the survey. The majority of participants (84 % veterinary and 78 % engineering) belonged to the age group 18–20, while 3 % of respondents from veterinary disciplines were between the ages 26–30. In this study, most respondents (88 % veterinary 92 % engineering) were undergraduate, while 12 % veterinary 8 % of engineering learners were pursuing postgraduate education.

Table 3. Key smartphone addiction statistics

<i>Smartphone User attitude</i>	<i>Veterinary</i>					<i>Engineering</i>				
	Never (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)	Never (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)
Calling or messaging someone in the same house	20 (25.64)	2 (2.56)	22 (28.21)	24 (30.77)	10 (12.82)	3 (3.37)	1 (1.12)	72 (80.90)	13 (14.61)	0
Spending more money for smartphone than anything else	20 (25.64)	2 (2.56)	8 (10.26)	24 (30.77)	24 (30.77)	18 (20.22)	4 (4.49)	0	48 (53.93)	19 (21.35)
Using phone despite important tasks	20 (25.64)	19 (24.36)	11 (14.10)	24 (30.77)	4 (5.13)	23 (25.84)	13 (14.61)	48 (53.93)	4 (4.49)	1 (1.12)
Loosing precious hours while having mobile	20 (25.64)	2 (2.56)	8 (10.26)	24 (30.77)	24 (30.77)	11 (12.36)	1 (1.12)	7 (7.87)	8 (8.99)	62 (69.66)
Watching phone while eating	7 (8.97)	2 (2.56)	8 (10.26)	29 (37.18)	32 (41.03)	9 (10.11)	1 (1.12)	4 (4.49)	19 (21.35)	56 (62.92)
Have the habit of taking phone to bathroom	65 (83.33)	2 (2.56)	8 (10.26)	2 (2.56)	1 (1.28)	88 (98.88)	0	0	0	1 (1.12)
Answering phone call in the middle of lecture	52 (66.67)	16 (20.51)	8 (10.26)	2 (2.56)	0	17 (19.10)	41 (46.07)	22 (24.72)	8 (8.99)	1 (1.12)
Have the habit of checking phone once it makes noise	1 (1.28)	2 (2.56)	13 (16.67)	49 (62.82)	13 (16.67)	11 (12.36)	1 (1.12)	7 (7.87)	18 (20.22)	52 (58.43)
Glancing at the phone screen randomly	20 (25.64)	2 (2.56)	8 (10.26)	24 (30.77)	24 (30.77)	10 (11.24)	11 (12.36)	55 (61.80)	8 (8.99)	5 (5.62)
Choosing a job where mobile usage is prohibited during working hours	20 (25.64)	13 (16.67)	18 (23.08)	24 (30.77)	3 (3.85)	14 (15.73)	27 (30.34)	45 (50.56)	3 (3.37)	0
Updating mobile apps immediately	25 (32.05)	5 (6.41)	17 (21.79)	24 (30.77)	7 (8.97)	11 (12.36)	2 (2.25)	19 (21.35)	13 (14.61)	44 (49.44)
Preferring a vacation spot without mobile network	48 (61.54)	15 (19.23)	6 (7.69)	5 (6.41)	4 (5.13)	58 (65.17)	30 (33.71)	0	0	1 (1.12)

➤ Focusing on respondents attitude towards smartphone obsession, the study did not find any significant difference between the survey sample since they revealed a similar response for the following:

"Chatting with friends" seemed to be an important aspect they are often engaged in. 97 % veterinary (T/P-Value= -1.260/0.210) and 93 % engineering (T/P-Value= -1.296/0.197) learners agree to this view; in addition according to 77 % veterinary (T/P-Value = -0.421/0.680) and 74 %

engineering (T/P-Value= -0.413/0.681) respondents "Social Media" meant to be a significant cause for getting attracted to the smartphone.

14 % veterinary (T/P-Value= 1.557/0.121) and 24 % engineering (T/P-Value= 1.577/0.117) students spent around "2-3 hours" per day on their smartphone.

A huge number of population (91 % veterinary, T/P-Value= 1.524/0.129 and 97 % engineering, T/P-Value= 1.481/0.141) acknowledged that they keep their "personal mobile beside them while sleeping" whereas 1 % of both disciplines either have their smartphone in "other room or switch it off" when they sleep.

Most of the respondents "feel irritated" (91 % veterinary, T/P-Value= 1.524/0.129; 96 % engineering, T/P-Value= 1.481/0.141) and "Restless" (87 % veterinary, T/P-Value= 2.296/0.023, 97 % engineering, T/P-Value= 2.214/0.029) when they happened to misplace or unable to access their smartphone.

Moving on the "Health Issues," engineering students suffer increasingly more than veterinary scholars; the results indicate 90 % engineering youth agonize with "Eye burn/itch problem" compared to 24 % veterinary learners, further 55 % engineering and 10 % veterinary students complain "Headache" whereas 97 % engineering and 78 % veterinary scholars claim "Shoulder and Neck Problems."

➤ However, there are certainly differences in respondents' attitude towards getting fascinated by their smartphone as provided below:

64 % engineering learners (T/P-Value=8.031/0.000) preferred "online shopping", despite 13 % veterinary students (T/P-Value= 7.849/0.000) opted it.

In terms of entertainment, 60 % of engineering (T/P-Value= 4.696/0.000) and 26 % of veterinary scholars (T/P-Value=4.661/0.000) considered it an important aspect in a smartphone.

24 % of engineering students (T/P-Value=5.213/0.000) spent "1-2 hours" on their mobile, on the other hand, 3 % veterinary scholars perceived similarly (T/P-Value= 4.878/0.000),

78 % of engineering (T/P-Value= 6.787/0.000) and 31 % veterinary scholars (T/P-Value=6.833/0.000) admitted to accessing smartphones "more than four hours."

18 % veterinary students (T/P-Value= -3.945/0.000) were "angry" when smartphone access was denied by any means, in contrast to 1 % engineering students T/P-Value= -3.726/0.000) showed such extreme emotions. Further, 90 % engineering students (T/P-Value= 10.479/0.000) were more tensed when compared to 36 % veterinary learners (T/P-Value=11.016/0.000).

Besides, 97 % of engineering youth (T/P-Value=3.625/0.000) grieved from "Shoulder and Neck problem" when compared to 78 % of veterinary learners (T/P-Value=3.792/0.000).

➤ Directing at smartphone access behavior, most of the addiction activities correlated with veterinary and engineering students.

✓ 34 % veterinary and 51 % of engineering students agreed to text or call somebody at their proximity.

✓ 34 % veterinary and 40 % of engineering learners tend to spend lavishly on their smartphones.

✓ Hanging with smartphones when there are more productive works to get done seemed to be a habit among 23 % veterinary 32 % engineering youth.

✓ 41 % veterinary and 47 % of engineering scholars often have their phones while eating.

✓ 45 % veterinary and 46 % engineering population practice to have a glance at the phone as soon as it makes noise.

✓ The most alluring fact is that 34 % of veterinary and 41 % of engineering participants monitor the phone even when nothing happens.

The ideal approach to break the mobile phone dependence is to consider it a physical habit, for example, smoking, drinking, or eating. [Figure 2](#) means potential methods for perceiving propensities and attempting to oversee quality hours ([Nate, Klemp, 2018](#)). Cell phone misuse and dependence may even turn into the reason for a mishap and demolishing one's close to home or public activity ([Khan, 2008](#)).

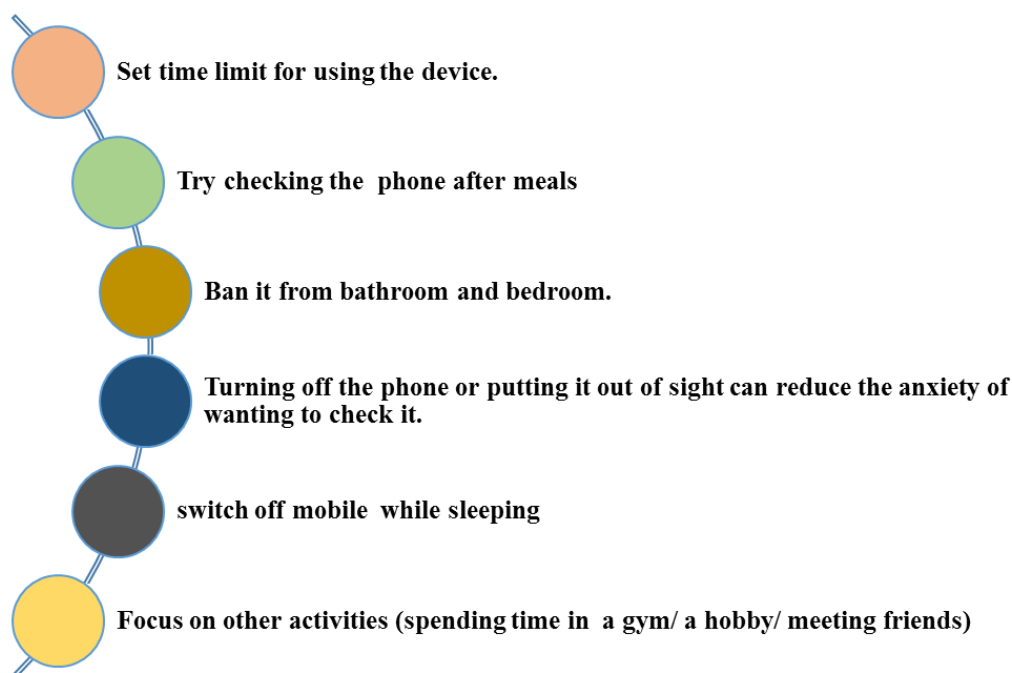


Fig. 2. Methods to curb smartphone obsession

5. Conclusion

To close, cell phone fixation has risen as a critical issue among both the gatherings despite the marginally greater extent of habit among engineering understudies. The current investigation, in any case, didn't survey the financial status, individual cash of understudies, which may impact cell phone reliance practices. Serious studies among assorted understudies would draw out a clearer picture. Cell phones as a self-learning apparatus giving smooth availability are basic. Their advantages lead to abuse bringing about dependence. Expanded mindfulness age is required among the adolescent concerning cell phone abuse.

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