

GENDER CONSIDERATION AND CORRELATES OF PROBLEMATIC SCREEN USE, PERSONALITY, AND LONLINESS AMONG ADOLESCENTS

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Abstract

The present study examines the differences between males and females on the problematic use of screen and to examine relationship between loneliness, personality, and problematic screen use. For the realization of objective data was collected by administering loneliness scale, big five personality inventory and problematic screen use questionnaire were utilized via digitally adapted questionnaire which was formed with the help of Google forms. The sample consisted of 133 young adult participants, who were owing mobile phone, laptop, or both. Out of these 79 were males and 54 were females, age ranging between 16 to 30. Descriptive and inferential statistics were applied to analyze the data with the help of SPSS 25. The results indicated that no significant differences exist among male and females on problematic screen use. However, Pearson correlation indicated that a strong relationship exists between screen use and loneliness. No relationship found between personality and screen use. In contemporary era, this study has relevance to understand the screen use and personality differences.

Keywords: Gender, Personality, Loneliness, Problematic Screen Use

Introduction

Technology is a part of our world. Technology refers to machines that can be used by us to solve our real-life problems. Technology is very powerful and improving our life, it made everything easier. Technology changed our day to day lives in countless ways like how we behave, work, play and live. Countless invention like new apps, video games, mobile banking and various online or internet sources provides every service online which makes our life very easy, time savings, resource savings and provide people that much time to invest on other productive or qualitative works. But due to this people spend their lots of time online, on phone or laptop while playing video games, watching online videos and various social media platform. Which leads too

much screen use, and this screen addiction makes various psychological, physiological, and social problem to people who using screen. The present research on problematic screen use. (Francesca Gottschalk,2019) states that now a days preschoolers or children are become more familiar with digital devices or Internet before they are familiar to books.

Technology affects the way of individuals communicate, learn, and think. It helps society and consort how people interact with each other on a day-to-day life. We are living in an era where screen use and technology advances are common. The internet and cell phones are some examples. A person uses a particular type of technology which would or enlarge his or her profession like a student will use technology to enhance their academic

record, or a professional employee will use technology to enhance their job profession. Television is now replaced by new services such as YouTube, Facebook, amazon prime, Netflix these types of new media invention provide vast platform of choice (Of com, 2019).

In 1996, the psychologist k. Young become the first researcher to publish a detailed case report of problematic internet use. Different Studies suggest high continuity rates with attention deficit hyperactive disorder, and mood disorders among younger individuals. Treatment for problematic screen use include cognitive behavioral therapy and selective serotonin reuptake inhibitors. The technology and uses of screen use affects our psychology remains understudied. More Research is needed into the natural course like, pathophysiology, epidemiology, and treatment of problematic internet use. A study by (Dong, G., Hu, Y., & Lin, X. (2013). States that using internet and screen use as a Reward and punishment as a tool among children can raised internet addiction disorder. Another study by (Dong, G., DU, X., Hung, J. 2011) also present that using internet as a Reward and Punishment tool among young adults and children only lead to addictions as compared to healthy control. A research by (zaccali, R., Science, G., Bruno, A., Cava, L., Pandolfo, G., M uscatello, M.R., 2014) states that Internet and screen use addiction Relates with Alexithymia, Anxiety, Depression and various psychological problems.

Research Objectives

- To study gender differences in problematic screen use among adolescents
- To study personality correlates of problematic screen use adolescents
- To study loneliness correlates of problematic screen use adolescents

Methodology

Following measures, tools and methods were used to conduct the research study:

Measures

Demographic Sheet: The Demographic page was used to study of the participants basic details such

as their name, age, sex, race, residence, occupation, their family position, education, marriage status, and more factors. These details added in evaluating whether they qualified for characteristics of inclusive criteria or not.

Loneliness Scale: The Three Items Loneliness scale developed by ME HUGHES (2004), is an interviewer administered questionnaire. Which assesses to measure participants subjective feelings of loneliness as well as feelings of social isolation. The questionnaire used three items including “How often do you feel that you lack companionship” or “Hoe often do you feel left out” and “ How often do you fell isolated”. Participants responded to items on a 3-point scale: 1= Hardly ever ; 2= some of the time ; 3= often. The total score is summed of all items, higher scores indicate greater degree of loneliness.

The Big Five Personality Inventory: The Big Five Personality Inventory by (RAMMSTEDT, B.& JOHN. O.P, 2007) used for measuring personality. The Big Five Personality Traits are – Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism. These factors represent the basic structure of all types of personality traits. There are 10 items and these items Rated on a scale from 1- Disagree strongly, 2- Disagree a little, 3- Neither Agree nor Disagree, 4- Agree a little, 5- Agree Strongly.

Problematic Screen Use: Problematic screen use is a self constructed questionnaire to access the minimum and maximum time spend by participants on mobile phone, laptop and television etc. It contains two items which are to be responded on a 3 point scale. These can be score as 0,1,2. Highest score indicate use of screen.

Sample

The sampled participants were all from the age group of 16 to 30 years. A total number of 133 participate are finalized sample for the present study (n=133), with female comparison 59.40% (n=79) of the sample and male comprising 40.60% (n=54) of the study sample.

Data Collection

For the data collection survey method was used with the utilization of google forms, the

questionnaire contained consent form for informing the subject about the purpose of this study, confidentiality of personal information or demographic data and acknowledgement of participant's willingness to participate in the study. A section was followed for the participants to provide their demographic details, followed by another section, for the self report instruments utilized for the present study, I.e. Three item loneliness scale by (HUGHES,2004), The Big Five Personality Inventory by (Rammstedt, &John, 2007) and self constructed Problematic Screen Use. All the items manually typing and converted into a digitalized form and setting the response method. The questionnaire with a small message

was then shared via social media sites like Facebook, Instagram, LinkedIn and WhatsApp to various groups of people. For the participations to be counted in the study we are specifying the inclusive criteria.

Results and Discussion

This section of the research will discuss the findings of demographic profile of sample participants in detail. Table 1 depicts the gender wise distribution. Female found more as compared to male sample participants. Loneliness mean is also found higher as compared to other variables.

Table 1: Gender wise distribution

Gender	Frequency	Percentage
Female	79	59.40
Male	54	40.60

Table 2: Descriptive statistics for various variables used in study

	Ownership	Screen Use	Loneliness	C	E	A	N	O
Mean	1.57	2.74	5.49	6.38	6.71	7.11	6.22	7.13
SD	.497	.647	1.29	1.67	1.74	1.70	1.90	1.90
Variance	.247	.419	1.67	2.79	3.05	2.89	3.61	3.62
Skewness	-.292	.302	.302	.422	-.551	.123	.119	-.346
Kurtosis	-1.944	-.693	-.693	.346	.440	-.327	-.077	-.138

Table 3: t value between males and females on screen use and loneliness

Variables	Gender	Mean	SD	t	df
Screen Use	B	2.80	.626	0.764	131
	G	2.71	.663		
Loneliness	B	5.59	1.252	0.753	131
	G	5.42	1.326		

Table 4: Correlation between demographic variables, problematic screen use and loneliness.

Variables	Screen Use	Loneliness
Education	.411**	.444**
Ownership	.811**	.716**
Un/Married	.451**	.644**

Table 5 Showing Pearson's correlation among variables

	P.S. Use	Loneliness	C	E	A	N	O
P. Screen Use	1	.911**	.019	.000	-.044	.133	.057
Loneliness		1	.019	.000	-.044	.391**	.057
Conscientiousness			1	.284**	.183*	-.052	.035
Extraversion				1	.168	-.250**	.086
Agreeableness					1	.007	.248**
Neuroticism						1	-.133
Openness							1

This section of the research will discuss the findings in relation to important for policy, the hypothesis was accepted or rejected, practice overall implications of the findings. Present study survey for the problematic screen use in relation with children's and young adults and to examine the sample demographic we discuss about problematic screen use in three sections pertaining to every hypothesis as described follows.

H1: There will be gender differences in screen use.

The present study 133 male and female participants of age (16-30) years of children's and adults who are using screen for their day-to-day life like smart phone, laptop or various devices for their academic work or professional work and various entertainment motives. Although boys and girls spend almost similar amount of time using devices, as there are no significant differences between these, but boys are slightly higher than girls in terms of mean score.

H2: There will be a relationship between personality and screen use.

This study is aimed to explore the relationship between screen use and personality too. Personality scale (Big five inventory personality inventory) is used, and results indicate that no relationship found between personality and screen use, it implies that problematic screen use is not associated with any specific type of personality and there may be other factors responsible for it.

H3: There will be relationship between loneliness and screen use.

To examine the relationship between loneliness and screen use. Result of the present study states that there is a positive relationship between problematic screen use and loneliness. It can be implied that excessive use of screen use will lead to loneliness or vice versa Loneliness is state of far away from everyone or rest of the world. Problematic screen use led to loneliness, or it can be said that it is a coping strategy to cope up with loneliness.

Conclusion

The present study resulted in the problematic screen use may be the reason of loneliness or loneliness may lead to the problematic or excessive screen use in sampled population. This research also implies that there are no significant gender differences in screen use. Although boys and girls spend similar amount of time using devices according to our research results male and Female are not differ in screen use. Secondly, no relationship found between problematic screen use and personality. However, loneliness was positively correlated with neuroticism. The present research study has highlighted the relationship between screen time and its effect on gender difference, personality, and loneliness.

Recommendations

To reduce screen use among children's, parents avoid using video games or mobile phone as a reward and punishment tools. To reduce loneliness, anxiety, and depression, it's imperative that individuals receive strong, adequate, and meaningful social and family support. Families, friends especially parents, should provide a healthy, warm, and safe environment to their

children to grow in so that they can't feel left out. Parents and teachers should guide about positive and negative impact of screen use among children. They should make children aware of the pro and cons of screen use in their life. Awareness about negative impact of screen use should be increased. Problematic screen use and its impact on children's and young adults is a topic of concern and it is important that exploratory and extensive studies should be conducted in this area.

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