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Smartphone Addiction: Relationship between Gender, Emotional Instability and Loneliness among UiTM Raub Students

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Abstract: This study was conducted to look in depth on smartphone addiction among UiTM Raub students. This is due to a situation where it can be seen that most of students always use the smartphones whenever and wherever they go. Furthermore, UiTM Raub has been provided with a full wifi-coverage, thus, the students have ready access to internet. Therefore, there are three objectives of this study which are 1) to find out the relationship between smartphone addiction and gender 2) to study the relationship between smartphone addiction and emotional instability (stress) and 3) to study the relationship between smartphone addiction and loneliness among students. The population of this study is 2835 students in UiTM Raub, Pahang. The sample for this study consists of 338 respondents. Furthermore, this study employed stratified sampling technique. The results that were obtained stated that;1) there is no a relationship between smartphone and gender 2) there is a relationship between smartphone addiction and emotional instability (stress) and 3) there is a relationship between smartphone addiction and loneliness. It can be concluded that the relationship between smartphone addiction and emotional instability (stress) and loneliness, all is significant. However, for relationship between smartphone and gender, there is no significant can be proven. Thus, further research could be carried out in order to track the students smartphone habit and to know the relaxation techniques when they are feeling stress and lonely.

Keywords: Emotional Instability (Stress), Gender, Loneliness, Smartphone Addiction

1.   Introduction

The use of smartphone is increasingly popular among Malaysians. According to Hakoama, & Hakoyama (2011), smartphone refers to mobile phones with advanced computing features and connectivity compared with ordinary mobile phones. Smartphone allows users to install applications on its based advanced phone platforms such as Symbian, Android, iOS or Windows Phone. In addition, the smartphone uses an operating system that provides a platform for application development.

Meanwhile, smartphone addiction refers to overuse of smartphone which has been utilized to people fascinated in their smartphone use to the degree that they disregard different ranges of life. The most utilized terms to portray this sort of fixation are "cellular telephone compulsion" and, as of late, "smartphone habit" (Roberts, Yaya & Manolis,2014). There are several exploratory studies about smartphone addiction. First, Hakoama and Hakoyama (2011) mentioned that wireless is normally described as an advanced innovation which has been accepted by both genders; female and male. In fact, smartphone offers greater benefits as compared to Internet. Second, according to Roberts, Yaya & Manolis (2014), emotions can be defined as situation experienced by humans involving several changes of psychological self. One of them is emotional instability or known as stress which causes negative emotions control us such as depression and anxiety. Besides, neurotic behaviour is also can be defined as someone who is excessively anxious. Emotional unstable or neurotic person uses the

smartphone for copying or interpreting their emotion to their smartphone. On the other hand, depression or loneliness emerges from the absence of social connections. Loneliness in this manner less likely emerges from an absence of close contact over starting with an absence about contact. Whilst a short messages service (SMS) return may improve encounter about loneliness, the closeness necessities for loneliness person to be fulfilled more straightforwardly by a vocally expressive, on-going voice call. Loneliness person would be more likely with co-partner with application on smartphone and also rather will hint at a summed up inclination to talking in texting around their smartphone (Reid & Reid, 2007).

It cannot be denied that smartphone has many benefits, however, most of people nowadays including students are addicted to their smartphone in which could affects their social life, academic, and professional performance (Griffiths, 2013). Thus, this study aims: 1) to find out the relationship between gender and the smartphone addiction, 2) to know whether the emotional instability (stress) associated to the smartphone addiction and to study the relationship between smartphone addiction and loneliness among students. By having this study, the collected data could give an insight on the relationship between smartphone addiction and emotional instability or stress. In addition, the influence of smartphone addiction towards loneliness could be studied as well.

2.   Literature Review

There are quite many studies have been done on smartphone addiction and gender, smartphone addiction and emotional instability or known as stress and smartphone addiction and loneliness.

First, Hakoama and Hakoyama (2011) have identified that there is 49.1% of female respondents spent under 30 minutes in using their smartphones while 24.6% of them spent over one hour in a day. Meanwhile, as for the male respondents, 69.7% talked less than 30 minutes a day and 11.6% talked over one hour per day in using their smartphones.

Second, Jones (2014) identified several factors which contribute to smartphone addiction among students. One of the factors is emotional. There is 56.9% of students said that they are addicted to instant and constant communication meanwhile 77.4% of students also believed that they are feeling disconnected, 25.8% naked and 25.8% stressed when they did not carry their smartphones. Meanwhile, Roberts, Pullig and Manolis (2015) also found that the identity attribute of emotional instability had an immediate and positive association with smartphone addiction habit. Meanwhile, Hwang, Yoo and Cho (2012) who reported that high smartphone addiction comes with high despondency.Next, smartphone addiction and loneliness. There are some prominent studies had been done in this area. First, according to Bhardwaj, Sode and Ashok (2015), the relationship between loneliness and smartphone addiction is positive. In addition, the study shows that the higher of the level of loneliness, the higher of the smartphone addiction habit. Meanwhile, Roberts, Pullig and Manolis (2015) found that loneliness and smartphone addiction was significant and negative. Besides. Reid & Reid (2007) found that lonely people preferred to making voice calls and sending texts. This is in line with Casey (2012) who found that respondents who scored high on the level of loneliness will report a higher frequency of smartphone use. Thus, this means that the higher score on the level of loneliness, the higher probability to be addicted to a smartphone. However, based on test with Spearman, the score for loneliness toward smartphone addiction is around 0.082. Thus, it could be summarized that there is no correlation connection between loneliness with smartphone addiction as the correlation connection has to be at score < 0.05.

3.   **Methodology**

The population of this study is 2835 students in UiTM Raub, Pahang. The students are divided into five programmes which are AM110, BM111, BM119, CS110 and CS111. The average of the respondents was between 18 to 24 years of age.This research used stratified sampling technique where 338 participants were randomly assigned smartphone addiction questionnaire. However, only 276 samples were taken into account as they gave answers in terms of either no or yes, which in line with the objective of this study.

This sampling procedure allows equal chance for any element in the population to be selected as a sample for the study. In other words, a probability sampling procedure ensures every sampling unit in the target population has a known, equal, nonzero chance of being selected. When draw the elements form the population, it is most likely the distribution patterns of the characteristics on this study are interested in investigating in the population. Formula $x = (\frac{n}{N} \times 338)$ was used in this study where n = number in one group, N = total population and s = number to be selected to know the sample in each programme. Following this, the respondents completed questionnaire to assess their attitudes towards the smartphone.

Table 1. The number of Students for Each Programme

Programmes	Total student
AM110	952
BM111	466
BM119	456
CS110	522
CS111	457
Total	2853

In the questionnaires, there were three variables have been employed which are gender, emotional instability and loneliness. Besides, there were several specific questions on the survey instrument measured each dependent variable. These questions were answered by using a – Likert scale from totally disagree to totally agree and not applicable to always. There are a few steps that were employed in this study. First, the population of this study had been determined by probability sampling design which stratified sampling technique was used. Stratified sampling technique was used in this study to select a group of subjects (a sample) for study from a larger group (a population). Second, this study leads a qualitative research with the cross sectional technique for questionnaires. Third, before conducting the real study, one pilot study was conducted to decide the effectiveness, and usefulness of the survey instrument. The draft survey questionnaire was presented and distributed to the students, and they gave feedback which related to the questionnaire such as its strengths and weaknesess. The reliability test was 0.933 for the pilot study data. Using suggestions and feedback, appropriate changes were made to the survey.

4   **Result and Data Analysis**

This study is divided to three sections which are smartphone addiction scale, stress and loneliness.The reliability for stress section 0.856   is the highest cronbach's α. The range followed by smartphone addiction scale (0.845), stress (0.856) and loneliness (0.814).

Table 1. Reliability statistics for smartphone addiction

Section	Cronbach's Alpha
Smartphone Addiction Scale	0.845
Stress	0.856
Loneliness	0.814

Based on the findings, it can be said that 57.6% of the respondents are female and the rest, 442.3 % comes from male respondents. Meanwhile, there was 71.7% of the respondents agreed that they have addicted to their smartphone. Meanwhile, 28.2% of the respondents does not addicted to their smartphone.

Table 2. Do you think you are addicted to your smartphone?

		Gender		
		Male	Female	Total
Do you think you are addicted to your	Yes	88	110	198
smartphone?	No	29	49	78
Total		117	159	276

Based on Table 3, it can be seen that there is no significant relationship between smartphone addiction and gender.This is because the value of significant level is greater than 0.05.

Table 3. Chi-Square Tests for Gender

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.209[a]	1	.271		
Continuity Correction[b]	.930	1	.335		
Likelihood Ratio	1.219	1	.270		
Fisher's Exact Test				.283	.167
Linear-by-Linear Association	1.205	1	.272		
N of Valid Cases	276				

Next, based on Table 4, it can be seen that the Spearman's rho correlation coefficient, it can be seen that the value of significant is 0.000 less than which is 0.05. Therefore, there is a significant relationship between smartphone addiction and emotional instability or stress.

Table 4. Correlations between Emotional Instability (Stress) and Smartphone Addiction

			STRESS	Do you think you are addicted to your smartphone?
Spearman's rho	STRESS	Correlation Coefficient	1.000	.249**
		Sig. (2-tailed)	.	.000
		N	276	276

Meanwhile, for Table 5, it can be reported that based on the Spearman's rho correlation coefficient, it can be seen that the value of significant is 0.000 less than which is 0.05, there is a significant relationship between smartphone addiction and loneliness.

Table 5. Correlations between Loneliness and Smartphone Addiction

			Do you think you are addicted to your smartphone?	LONELINESS
Spearman's rho	Do you think you are addicted to your smartphone?	Correlation Coefficient	1.000	.436**
		Sig. (2-tailed)	.	.000
		N	276	276

5.   Conclusion

From the result that was obtained, it is proven that there is no significant relationship between smartphone addiction and gender. This can be supported with a study done by Perry and Lee (2007) who found that there are no gender differences for addiction measures among the undergraduates students. Meanwhile, it can be concluded that there is a relationship between smartphone addiction and emotional instability or stress. The more stressful the respondents are, it easier for the respondents become addicted to the smartphone. This can be related to previous study by Roberts, Pullig and Manolis (2015) who found that the identity attribute of stress (emotional instability) had an immediate and positive association with smartphone addiction habit.Next, based on the findings, it can be said that there is a relationship between addicted to smartphone and loneliness. The respondents will be more addicted to the smartphone if the respondents feel lonely. This is in line with Bhardwaj and Ashok (2015) mentioned that the relationship between loneliness and smartphone addiction is positive. It shows that the higher the level of loneliness, the higher the smartphone addiction habit. Lastly, further research could be carried out to track the student's smartphone habit and to know the relaxation techniques when they stress and feel lonely.

6.   References

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