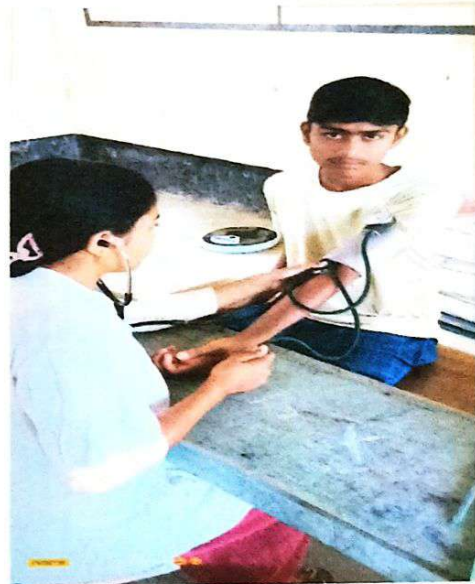
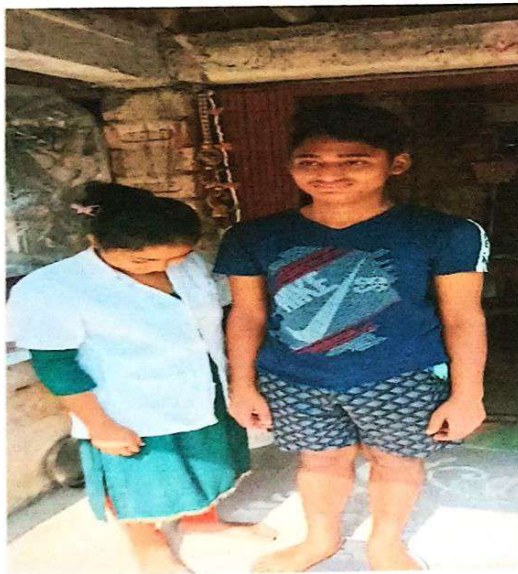


Vidyasagar University

A Project Work
On

*"Assessment of the Impact of Mobile Phone Use on
Adolescent of Contai-III Block area"*

This project work submitted for the partial fulfillment for the award of degree of
B.Sc 5th sem (Hons) from Vidyasagar University



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This is to certify that Mr./Miss. Debjani Adak

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has successfully completed a dissertation / project entitled ... Assessment

of the Impact of Mobile phone use on

Adolescent of Contai-III Block area.

for the paper CC-12.P in the year 2023-24

Date :



Apurba Ghosh
19/10/2024

Signature of HOD
Head
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Sanku

Signature of Principal
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CERTIFICATE BY THE SUPERVISOR

This is to certify that **Debjani Adak** (Roll: 1125129; No.- 210126) a student of B.Sc. 5th semester, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics “**Assessment of the Impact of Mobile Phone Use on Adolescent of Contai-III Block area**” partial fulfillment for the award of B.Sc 5th semester. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work.

I wish success in her life

Date: 20.02.24

Place: -----

Tonmoy Kumar Giri

.....
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Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date: 20.2.2024.....

Debjani Adak
Debjani Adak

Abstract

The study has been to assess the effect of mobile phone addiction on personality and mental health of adolescent selected from Contai-III Block. It is found that mobile phones have become one of the necessities of life of the adolescent in particular. It is used as a means of not only communication, but also for academic purposes. Further the adolescent are found to be using mobile phones not only for these purposes for each and every thing like spending time during the free time, chatting, What's app, internet, face book, games etc. but this has gradually become habit and every adolescent is highly dependent on the mobile phone, which leads to mobile phone addiction.

Mobile phone usage is so strongly integrated into adolescent behavior that symptoms of behavioral addiction, such as mobile phone usage interrupting their day- to -day activities. I observed that most adolescent use mobile phone for social media and gaming purposes. I have noticed that adolescent who use mobile phones mostly have physical and mental problems, such as headaches, sleep disturbances, eye strain, etc and suffer FOMO.

Keywords: Adolescent, Mobile phone, Addiction, Headaches, Sleep Disturbances, Eye Strain, FOMO.

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LIST OF ABBREVIATION

SAHM= *stay*-at-home mother

SAHD=*stay*-at-home father

WHO= World Health Organization

BMI=Body Mass Index

WHR=Waist Hip Ratio

SBP= Systolic Blood Pressure

DSP= Diastolic Blood Pressure

SSK=Shishu shiksha Kendra

MSK=Madhyamik shiksha Kendra

SD=Standard Deviation

SE=Standard Error

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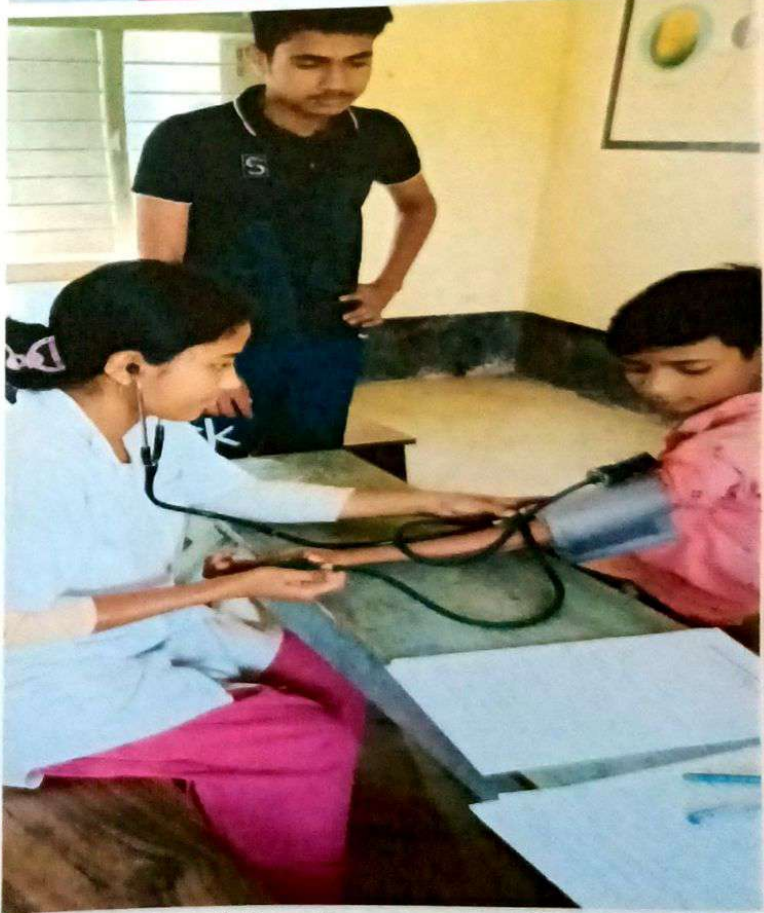
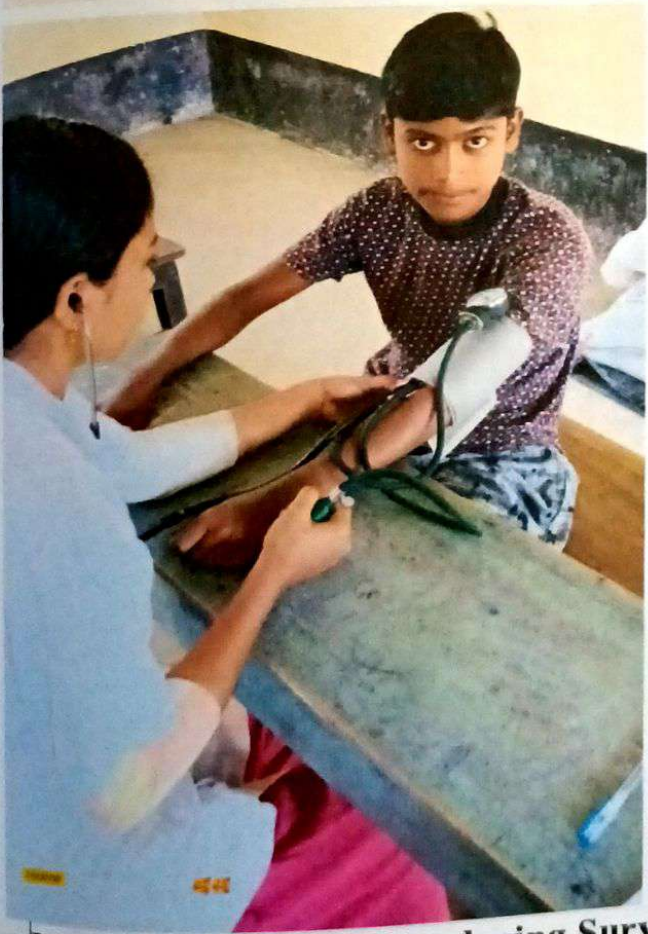
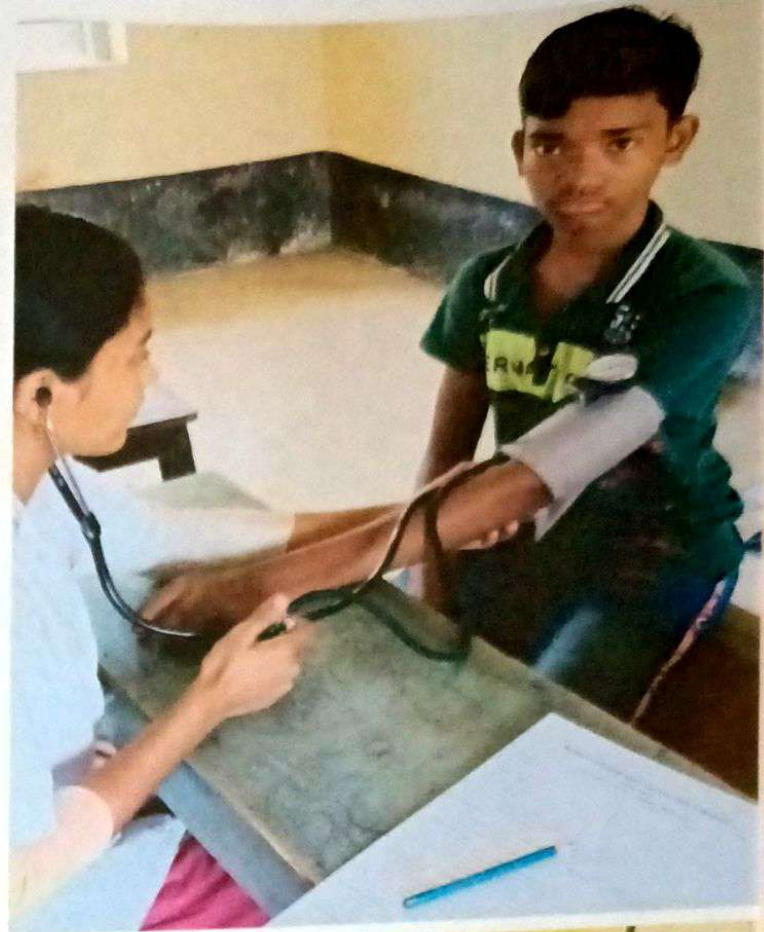


Plate: Different activities during Survey of Effect of mobile phone use at Contai-III