

EFFECT OF PSYCHONEUROBICS ON SMARTPHONE ADDICTION IN YOUTH

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Abstract

The aim of the present study is to evaluate the effectiveness of Psycho Neurobics in reducing Smartphone Addiction of the youth of Ahmedabad city, Gujarat in the age group of 14 to 24 years. Smartphone Addiction is one of the biggest non-drug addictions in human history and a common problem among worldwide people of all ages.

Psycho Neurobics may help in creating the suitable vibrations in the body using certain Raas (Mudra Therapy), Rang (Colour Therapy) and Naad (Music Therapy) for reducing the Smartphone Addiction, gaining and maintaining overall emotional, physical, and spiritual health through the power of mind. Youth of Ahmedabad city, Gujarat, in the age group of 14 to 24 years were included in the study using random sampling technique. Among a total of 30 participants of age 15 to 24 years. The tools used for data collection was General information through Google form, Smartphone Addiction Scale SAS-VAM to assess the smartphone addiction in youth and Enlightening Psycho Neurobics, Blissful Psycho Neurobics, Neurobic Spa, Pran Mudra, Vayu Mudra, 'O' Sound, 'Humming' Sound were used as integrated intervention. The data was analyzed using descriptive statistics and t test.

The study revealed that Psycho Neurobics had proved to be an easy method to reduce Smartphone Addiction.

1. INTRODUCTION

The aim of the present study is to evaluate the effectiveness of Psycho Neurobics in reducing Smartphone Addiction of the youth of Ahmedabad city, Gujarat in the age group of 14 to 24 years. Smartphone Addiction is one of the biggest non-drug addictions in human history and a common problem among worldwide people of all ages. In 2020, the total number of smartphone users worldwide will reach 3.5 billion. By 2023, there will be 4.1 billion smartphone users globally. The 50 markets worldwide with the highest number of active smartphone users. China has the most active smartphone users by far, boasting 874.4 million by the end of 2020. It will remain the 1st market by smartphone users toward 2023; India takes the 2nd with 442.7 million smartphone users in 2020, followed by the U.S. with 270.0 million.

It is speculated that not only addiction to smartphone usage can affect one's mental and behavioral status, but also that those with mood disorders are more likely to become addicted to using their smartphones.

Definitions of Addiction

Addiction is a biopsychosocial disorder characterized by repeated use of drugs, or repetitive engagement in a behavior such as gambling, despite harm to self and others.

Definitions of Smartphone Addiction

The intensive use of smartphones in daily life practices can turn into problematic use, effecting interpersonal communication, human health, and happiness. The problematic use of mobile phoned can be classified as harmful use (using mobile phones in traffic), improper use (using mobile phones in the classroom, in a meeting, or in the cinema) and excessive use (Walsh, White, & Young, 2007).

Definition of Youth

Youth is the time of life when one is young, and often means the time between childhood and adulthood. The term Youth also sometimes refers to individuals from the ages of 14 to 21.

The United Nations defines youth as persons between the ages of 15 and 24.

Psychoneurobics is a science based integrated therapy that include Raas (Mudra Therapy), Rang (Colour Therapy) and Naad (Music Therapy) for gaining and maintaining overall emotional, physical, and spiritual health through the power of mind. By practicing Psychoneurobics daily that might reduce smartphone addiction over a period of time.

Psycho Neurobics that help to reduce smartphone addiction are Enlightening Psycho Neurobics, Blissful Psycho Neurobics and Neurobics Spa. Enlightening Psycho Neurobics is the exercise of installing the true knowledge. Hence by performing Enlightening Psycho Neurobics the second major chakra that is located in the centre of the two eye brows can be energized. This is because of the presence of alpha and very slow beta waves in the brain. These waves open the ajna chakra, due to which high frequency to low frequency transferred to Smartphone and it removes mobile radiation.

Enlightening Psycho Neurobics is performed using “Pran Mudra” by placing the index finger and the big finger straight and having the tips of thumb, ring finger and short finger holding together. As Ajna Chakra is associated with indigo colour that translates the true knowledge, hence by visualizing indigo colour directed towards the Ajna chakra, it can increase psychic power and remove mobile radiation.

The sound that is associated with Enlightening Psycho Neurobics is “O” chanting. By chanting “O” and using “Pran Mudra” certain specific sound waves and rhythms are produced that can activate the Ajna chakra removing mobile radiation.

Blissful Psycho Neurobics is performed using “Vayu Mudra” by placing the index finger to the root of thumb and locked by thumb, and remaining big finger, ring finger and short finger holding together. As Crown Chakra is associated with violet colour that translates the emotion of bliss, hence by visualizing violet colour directed towards the Crown chakra, it can increase blessing power to fulfill the goals of oneself.

The sound that is associated with Blissful Psycho Neurobics is “Humming” chanting. By chanting “Humming” and using “Vayu Mudra” certain specific sound waves and rhythms are produced that can activate the Crown chakra increasing blessing power to fulfill the goals of oneself.

Neurobics spa is a unique exercise of meditation with APAN VAYU mudra in which we do meditation for clearing the whole chakra and for complete relaxation of body, mind and soul with APAN VAYU mudra. In Neurobics spa we inhale seven colours (VIBGYOR) related with virtues and clear all chakras of the body.

2. OBJECTIVES

The following objectives have been selected for the present study.

1. To find out Smartphone addiction in Youth in the form of psychological health issues such as Compulsion, Forgetfulness, Lack of Attention, Depression and Anxiety, Disturbed Hunger/Sleep, Social Withdrawal.
2. To find out effect of Psychoneurobics on Smartphone addiction in Youth such as Compulsion, Forgetfulness, Lack of Attention, Depression and Anxiety, Disturbed Hunger/Sleep, Social Withdrawal.

3. HYPOTHESIS

The following hypotheses have been formulated for the present study.

H₀ : There will be no effect of Blissful Psychoneurobic, Enlightening Psychoneurobic and Psychoneurobic Spa on Smartphone Addiction in Youth.

4. METHODOLOGY

The study was performed to 30 participants in the age group of 14 to 24 years. Smartphone Addiction of these 30 participants was measured using Smartphone Addiction Scale SAS-VAM. Psycho Neurobics were performed for 45 days for duration of 57 minutes every day. At the end of 45 days Smartphone Addiction of the participants was observed.

- Participants in the age group of 14 to 24 years were chosen.
- The consent of the participants was taken before the study was designed.
- Their Smartphone Addiction was measured using Smartphone Addiction Scale SAS-VAM.
- All those participants who had Smartphone Addiction were listed and 30 participants were chosen among them.
- Enlightening Psycho Neurobics was practiced every day for a duration of 15 minutes. Blissful Psycho Neurobics was practiced every day for a duration of 15 minutes. Neurobics spa was practiced every day for a duration of 27 minutes. This was continued for 45 days regularly.

- At the end of 45 days Smartphone Addiction of the participants were measured again. The data were collected and it was tabulated.

5. RESULT AND DISCUSSION

The paired “t” test was done to find the difference between the means of the two dependent samples. The level of significance at 0.05 for 29 degrees of freedom was studied. The null hypothesis H_0 that there will be no effect of Blissful Psychoneurobic, Enlightening Psychoneurobic and Psychoneurobic Spa on Smartphone Addiction in Youth was tested.

Table 1: Statistical analysis of mean of Smartphone Addiction of 30 participants before and after practicing Psycho Neurobics

t-Test: Paired Two Sample for Means

	<i>Smartphone Addiction Before</i>	<i>Smartphone Addiction After</i>
Mean	60.97	43.9
Variance	172.86	134.51
Observations	30	30
Pearson Correlation	0.396404392	
Hypothesized Mean Difference	0	
Df	29	
t Stat	6.845345059	
P(T<=t) one-tail	0.00	
t Critical one-tail	1.699127027	
P(T<=t) two-tail	0.00	
t Critical two-tail	2.045229642	

Figure - 1: Graph showing Smartphone Addiction of 30 participants before and after practicing Psycho Neurobics

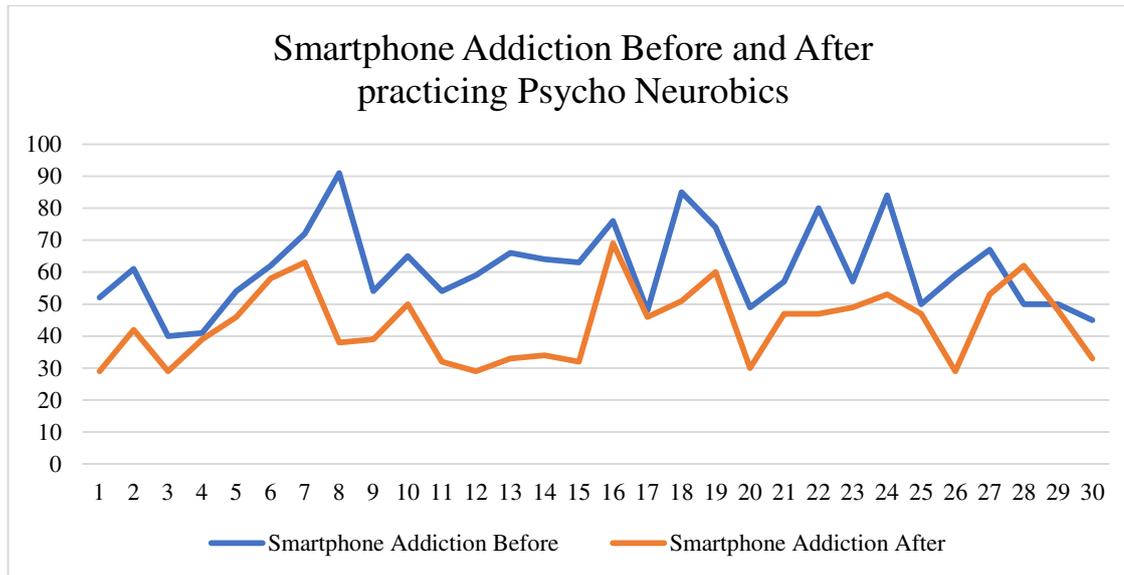


Figure - 2: Graph showing Mean value of Smartphone Addiction of 30 participants before and after practicing Psycho Neurobics

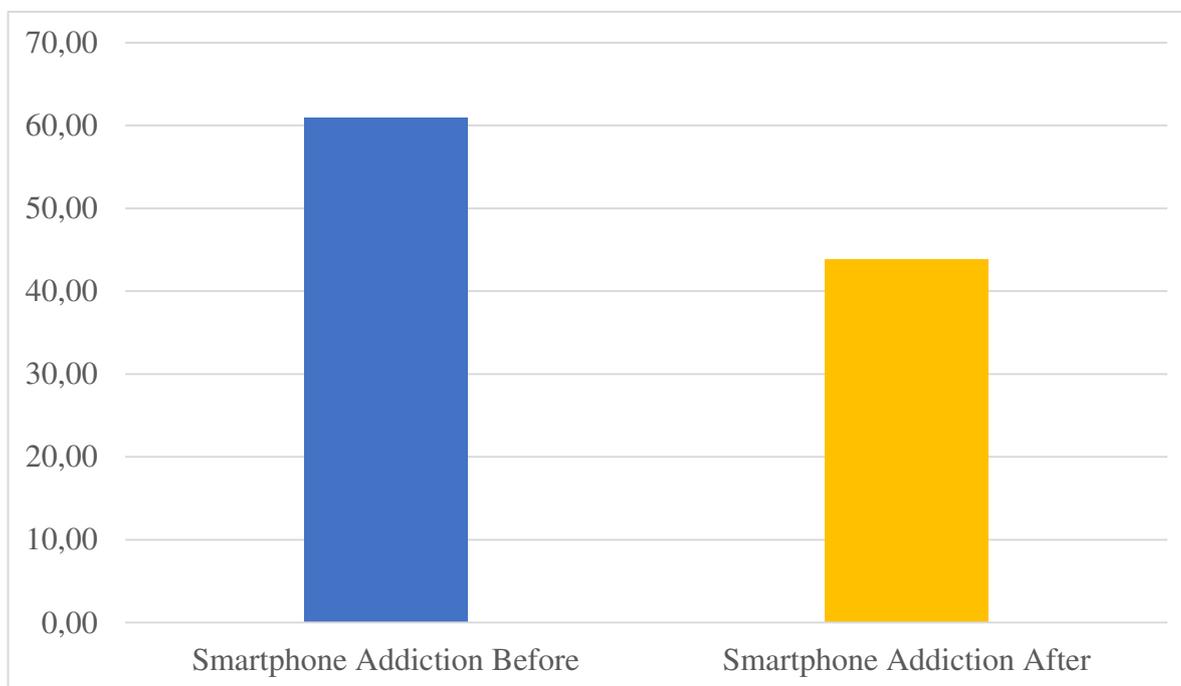


Table 2: Statistical analysis of mean, SD, p value of Smartphone Addiction of 30 participants before and after practicing Psycho Neurobics

Sr. No.	Group	Total Participants	Mean	SD	p value	Remarks
1	Before practicing Psycho Neurobics (Pre-test)	30	60.97	14.88	6.84	The null hypothesis (H_0) is rejected
2	After practicing Psycho Neurobics (Post-test)	30	43.9	11.40		

Table 2 shows that the null hypothesis (H_0) is rejected that means it is found to have a significant difference between two groups before and after practicing Psycho Neurobics by the participants in the age group of 14 to 24.

6. INTERPRETATION

There is effect of Blissful Psychoneurobic, Enlightening Psychoneurobic and Psychoneurobic Spa on Smartphone Addiction in Youth.

Before practicing Psycho Neurobics, the mean of Smartphone Addiction before Psycho Neurobics was 60.97 and the mean of Smartphone Addiction after Psycho Neurobics was 43.9. It was found that the t-value of Smartphone Addiction before and after Psychoneurobics is 6.84. The t value 6.84 is greater than p value (2.04) which is significant at 0.05 significance level. Hence it is found to have a significant difference between the Smartphone Addiction before and after practicing Psycho Neurobics.

It is found that the practice of Psycho Neurobics reduces Smartphone Addiction by improving the energy levels of brain.

7. CONCLUSION

Practice of Psycho Neurobics helps us in various forms of self-healing. Though there are studies in the field of medical science to reduce Smartphone Addiction, the positive effect of Psycho Neurobics in reducing Smartphone Addiction have taken notice just because there are no medication that cause side effects involved in this self-healing.

8. LIMITATIONS OF THE STUDY

- i. The sample size of the present study was limited with 30 participants from Ahmedabad city, so the results of this study were not generalized to whole population.
- ii. The sample was selected randomly, so it was a limitation that some participants were not covered in the sample as they really wanted to be participants.
- iii. The sample was selected of 14 to 24 years of age only, so it was a limitation that some participants of other ages were not covered in the sample.
- iv. One limitation will be of the role of intervening variables, which may even influence the other dependent variables, apart from the independent variables are not taken into consideration.
- v. Some participants may not continue practicing different therapies lifelong, so, the results (even if achieved successfully) may revert over a long-time duration

9. REFERENCES

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