

# IMPACT OF GADGET ADDICTION ON MENTAL HEALTH AMONG ADOLESCENTS

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## Abstract

Adolescents, also referred to as teenagers, are individuals having chronological age between 13 to 19 years. The youth culture emphasizes immediacy and obliviousness to adult responsibilities. It has its own social hierarchy, its beliefs and its own values and standard of behavior. Adolescence is the most demanding and crucial period in the life span of human being. Hence great emphasis has to be given during this period. The current research therefore aims at finding the impact of gadget addiction on the mental health of adolescents. It also intends to find the difference among other demographic variables such as gender, parental occupation, and type of school. The research design adopted in this research is Expost Facto in nature. The respondents of the study were 60 high school students comprising of 30 boys and 30 girls belonging to the age group of 13years and 15years from Tambaram, Kanchipuram district, Tamil Nadu. The tools used are internet addiction test (IAT), developed by Dr. Kimberly Young (1998), and the Mental health inventory (MHI-38) constructed by Veil and Ware (1983). The collected data were analyzed using t-test and Pearson correlation method. The results indicate that there exists a negative correlation between gadget addiction and mental health among adolescents.

**Key Words:** Adolescents, Gadget addiction, and mental health.

## Introduction

Adolescence is a developmental transition between childhood and adulthood. Adolescence show a marked transition in their cognition compared to childhood. The most distinctive change is that adolescents master the ability for abstract thinking. This ability advances, and they handle more complex abstract relations later in adolescence.