

## Comparison of loneliness and coping self-efficacy in cell phone addicted and normal female college students

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### Introduction

A major part of today's young people's lives, especially college students, are connected to the internet and mobile phones. However, this relationship can lead to the development of different learning skills. But alongside of these skills and benefits, there must also be hidden dangers. Cell phone addiction has been a big problem for current century. Interventions to reduce the effects of cell phone addiction are needed. Cell phone addiction is a new fear that prevents a person from having a rational connection with a cell phone and has a negative impact on well-being. The purpose of this study was to compare loneliness and coping self-efficacy in cell phone addicted and normal female college students.

### Methods

The design of this research was ex-post facto. The statistical population of this research included all female college students in the University of Zanjan during the academic year of 2017-2018. The participants of this study were 70 students (35 cell phone addicted and 35 normal group), who were selected by multi-stage random method. The instruments used in this study were Koohy Cell phone Addictive Scale, UCLA Loneliness Scale of Russel, and Chesney Coping Self-Efficacy Scale.

### Results

The index of F in loneliness equals to 18.45 and in self-efficacy equals to 31.64 the results of Multivariate Analysis of Variance (MANOVA) showed

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that there were significant differences ( $p < 0.01$ ) between loneliness and coping self-efficacy in cell phone addicted and normal female college students.

### **Discussion**

The results of the current study showed that there were differences between loneliness and subscales of coping self-efficacy in cell phone addicted and normal female college students. In fact, cell phone addicted group had higher loneliness than the comparison group. Furthermore, in cell phone addicted group stopping unpleasant emotions and thought, using problem-focused coping and getting support from friends and family were lower than normal group

**Keywords:** loneliness, coping self-efficacy, cell phone addicted, female college students