

Impact Of Mobile Phone Usage On Teenagers

Ajwanda Shrivastava

Student, School of Business & Management, Jaipur National University, Jaipur

ABSTRACT

The adoption of the mobile phone by Teenagers has been a global phenomenon in recent years. It is now an integral part of teenager's daily lives and for most of the people, popular form of communication. In fact, the mobile phone is turning out to be a social tool. Inexpensive and provides easy access to communication.

Talking about the positive sides young people use it to organise their life. It offers a number of functions as making or receiving calls, SMS (short message service), MMS (Multimedia massage), Bluetooth, infrared, recording audios and videos which attracts users.

The introduction of smartphones these functions have expanded way more. It can be any fitness, entertainment, social networking, music, and may more ultimately making life of teenagers much more fascinating, comfortable, informative etc. These include Using of the technology to hide from emotionally distressing events, such as Disturbing relationships. Some argue that as many young people choose to Message rather than to talk about difficult situations that will affect their capacity to interact with each other. The screen time is increasing with time and teens are now face problems like feeling isolated, helpless, alone, bored when not using their phone.

With This Study work is done upon the gaps which were existing in previous research conducted on relegated topics. Keeping mobile phone is causing its misuse in our society, students should be made aware of its negative effects that it can have on their studies and career development. Therefore, this paper discusses the various impact of the usage of mobile phone on teenagers/young adults.

INTRODUCTION

Since the past decade use of mobile phones has changed and this increase has become so apparent that you hardly ever come in contact with someone who does not possess a mobile phone or smartphone.

It has been in existence much before young people really adopted it. And now the adoption of the mobile phone by Teenagers has been a global phenomenon in recent years. It is now an integral part of

teenager's daily lives and for most of the people, popular form of communication. In fact, the mobile phone is turning out to be a social tool. Inexpensive and provides easy access to communication.

Young people use it as a positive tool to organise their life. Cell phones are used for different purposes including different features. It offers a number of functions as making or receiving calls, SMS (short message service), MMS (Multimedia message), Bluetooth, infrared, recording audios and videos which attracts users.

Also there exists some problems like hiding behind the technology from emotionally distressing events, such as ending relationships, ostracism of those without mobile phones and cyber bullying.

The mobile phone is used as symbol of status by young people. The features, the looks and personalised accessories all shows to the phone's status. It is seen as a fashion accessory satisfies the need for individualisation also signifies being part of the peer group. Indeed, even the possession of a mobile phone indicates that one is socially connected and accepted, accessible and in demand. It can also be seen as a symbol of freedom and independence from one's family. The more the technology and usage of mobile phone has made the teenagers closer to the world the more adversely it has affected their social life, mental health, behaviour pattern, productivity. Etc. Ultimately it is turning out to be a drug, creating anxiety and loneliness.

What problems it is creating:

1. Mobile phones cause distraction and loss of focus of teenagers in class.
2. Excessive use of cellular phones keeps students busy and they find less time for studies and doing other productive work
3. It promotes copy culture
4. Make limited the students' contacts or social interactions
5. Student health is affected by increasing level of depression, stress.
6. Use of cellular phones in classes, libraries, and public places to avoid interactions.



REVIEW OF LITERATURE

- Scott Campbell (2000) says that cell phones can close people off, but also help them connect with the world around them & he shows there can be a good use for smartphones when used properly & also says, technology itself is not good or bad, it is how it is used and who it is used with.
- Ling and Helmer Sen (2000) says that mobile phones fulfil a need when a child transitions from elementary to middle school at about age 12-13 years and enters adolescence. Although younger children have the linguistic competence and social skills to use the telephone (Each, 1981) many adolescents and parents have reported
- Expanding on the dimension of de-location, Srivastava (2004) reveals in his study that the 'sense of belonging to place' is slowly fading away and being taken over by 'sense of belonging to the communications network' (p.7). "Mobile phones cause users to construct their own 'at-home'"
- Caronia and Caron (2004) in his research said that the mobile phone resulted in a 'drastic' social performance and is perceived to be a 'detonator' of social thinking. Mobile phone adds to the reflective thinking of a person making them more image conscious and how to present themselves in public.
- Vaidyanathan and Late (2007) findings revealed that teenagers are losing the skills of communication such as eye-to-eye contact and good posture while speaking. The findings also revealed that teenagers are more habitual of answering back through text messages rather than speaking back. Parents are also concerned about their teenagers losing communication skills and consider it a huge disrespect and disregard (it was not apparent whether it was culturally a based perception). This also implies that there is a gap between adults (digital immigrants) and teenagers (digital natives), in terms of understanding, that each technology brings in its own form of communication pattern.
- The Study of Al-Bade et al., 2014 talks about Smartphones and social media that is associated with them, can also serve as a "distraction" to the teenagers who rely on it the most. In addition, it "decrease productivity" of the students who are consumed by it.

RATIONALE OF THE STUDY

The problem most individuals face with the usage of mobile phones is that they are no longer able to hold face-to-face conversations or communicate effectively in person because they have been communicating solely through the systems available on the phones or smartphones. Individuals often are mostly mis-communicate and further, misunderstand information given

by the person from the other side through the use of cell phones, as well. This is more in the cases of younger

teenagers who use mobile phones more frequently than others are more dependent on the devices in their day to day life. Individuals rely on their smartphones for to communicate through different mediums and not only this the usage has created such a behaviour in which they feel frustrated, angry, and feel hopeless for no reason. There have even been social anxiety and loneliness accusations said to come from too much smartphone/mobile phone and social media use linked together. And as the usage is becoming habitual the problems are increasing day by day as u can see that smartphones are everywhere and seem to decrease social interactions. Everyone has mobile phone nowadays and those who do not have it feel like they are missing out from people. On a college, mobile phones can be seen waiting in line in the mess, in classes, in the library, and almost anywhere. Sometimes they are used as an excuse not to talk and avoid people.

OBJECTIVES

- 1) To gain an understanding of teenagers' mobile phone usage pattern .
- 2) To understand the effect on teenagers psychological aspects and behavioural aspects with regards to their mobile phone usage.
- 3) To study amount of time you spend on social media platforms through smartphones and how they limit social interaction.
- 4) To know How have smartphones/mobilephone produce anxiety , change in attitude and affect the mental health.

RESEARCH METHODOLOGY

SAMPLING DESIGN :-

Universe: Jaipur

Sample unit : Teenagers

Sample size : 115

Data collection tools:

- o Responses through online Questionnaire (google forms)
- o Online articles
- o Newspaper, Journals, magazines

Method of sampling : convenience sampling

HYPOTHESES:-

Ho: -There is no significant relationship between usage of different functions of mobile phones and social interactions, behaviour of teenagers of different age group.

H1: - There is significant relationship between usage of different functions of mobile phones and social interactions, behaviour of teenagers of different age group.

PROCEDURE/METHOD: -

This research is indented to be a questionnaire- based descriptive study based on convenient sampling investigating usage patterns of mobile phones on teenagers. Overall, the research design includes a survey consisting of a series of basic questions related to demographic characteristics of the respondent, as well as use of smartphone / mobilephone as a social tool and means of communication, statements with a cheack box scale for respondents to state their level of agreement or disagreement related to their smartphone use, andThe survey also provides an optional series of open-ended questions that are able to be answered by typing two to three sentences in provided space of survey, if they choose to participate in that area of the study. These open-ended questions provide the option for participants' to express their opinions on the significant experiences they have encountered that relate to their use of smartphones. Questionnaire regarding attitudes, beliefs, and impact of cellular phones, were conducted on 115 participants consisting teenagers from age group 13 to 20 . consisting of high school and university students.

The research was conducted via an online survey that was developed in Google forms . Before responding to the survey, participants were informed of the purpose of the survey through an email that was sent to distribute the survey. Each participant was given a chance to either accept or deny the position of being a participant in this study. Respondents were asked to give ranking.

The options included the following: staying in touch with friends& family, discuss schoolwork, officerelated work (if working parttime), and news, check email, listen to music, watch video, c alendaring and appointments, clock and alarm,and any other use.

ANALYSIS: -

The **first question of the survey asked the participant to state their gender and the second question asked the participant to state their age.** From the total 115 participants, 67 were females(61.7%), 48 were males(41.7%). From the total participants, 2 were in the 14-16 range (0.87%) , 5 were in the 16-18 range (4.35%) and 109 were in the 18-20 range (94.78%)(**TABLE NO. 1**):-

AGE	NO. OF PARTICIPANTS	NO. OF PARTICIPANTES (IN%)
14-16	2	0.87
16-18	5	4.35
18-20	109	94.78
TOTAL	115	100

Among which most of the students were college going(110) and some were high school students out of Which comprises of 97.3% and 2.7 respectively. 2 did not responded to the question.

*When the respondents were asked that **why they took mobile phone** , 103 responded to the question and most of the reasons came out to be that they purchased it for the convenience and make their life more comfortable and easier . Also many of them were asked by their parents to get one for them so that they can stay connected with their children. Other suggested that they took mobile phone as they want to stay connected with their friends and family. Most importantly they wanted to buy a mobile because everyone around them have mobile phones and they feel left out.(**TABLE NO. 2**):-

Reasons for purchase	No.of respondents	No.of respondents(%)
For convenience	80	77.7
Because parents asked to get one	6	5.8
Everyone around had one	12	11.1
Other	5	5.4
Total	103	100

***When asked How many hours a day do you spend using your mobilephones ?** Option A Count 1 Less than one hour per day which is 1.8% and 22 have chosen it . second was upto 2 hours per day to which 24 responded and they were 21.1% . 3rd was 2-4 hours per day it got 43 responds which were 37.7% and finally more than 4 hours per day which got maximum responses i.e. 45 with 39.5% . **(TABLE NO. 3):-**

No. of hours used	No. of responses	%
Less than 1	2	1.8
Upto 2 hours	24	21.1
2-4 hours	43	37.7
More than 4 hours	45	39.5
Total	114	100

*When respondent were asked about their usage of mobile phone with refrence of the time i.e. **which time they prefer more for mobilephone usage**. Most answers came out to be usage of phones late night with 45.6% where 52 responded followed by evening with 28 response (24.6%) then always with 22 response (19.3%) then afternoonwith 10 response(8.8%) and 2 leastresponse(8.1%) for morning.

*When response regarding **the usage of phone for messaging your family, friends even when in the same room**, were recorded the result came out that 52.8 % people mostly belonging to the age group of 14 to 17 said no. people belonging to age of 18 to 20 i.e. (26.1 %&19.1%) said yes or maybe

they were doing so but they don't know exactly. **(TABLE NO. 4): -**

Mobile use to send messages to family member even when in same room	14-16		16-18		18-21		Total	
	No.	%	No.	%	No.	%	No.	%
Yes	1	100	2	33.33	28	25.93	30	19.1
No	0	0	4	66.67	57	52.78	63	54.8
Maybe	0	0	0	0	22	20.37	22	19.1
Total	1	100	6	100	108	100	115	100

*When the respondents are asked about **where they keep their phone while they are sleeping**the responses were as follows:There were 47.4% of people who keep their phones right beside them on their bad which includes 54 people and 28.1 % people are the one which always keep their mobile near charging point which includes 32 people and remaining are around 23 % which includes 29 people these are the ones who usually put their mobile phone far away from them . **(TABLE NO. 5): -**

Place where Mobile kept at night while sleeping	Number of respondents	Percentage
Right beside on their bed	54	47.4 %
Near charging point	32	28.1%
Far away from bed	29	22.8%
Total	115	100

CHI SQUARE ANALYSIS And HYPOTHESIS TESTING

Ho: -There is no significant relationship between usage of different functions of mobile phones and social interactions, behaviour of teenagers of different age group.

H1: - There is significant relationship between usage of different functions of mobile phones and social interactions, behaviour of teenagers of different age group.

USAGE OF MOBILEPHONE FOR SENDING TEXT MESSAGE

Occupied table

AGE	ALWAYS	OFTEN	SOMETIMES	RARELY	NEVER	TOTAL
13- 15	0	2	0	2	0	4
16-18	2	4	1	0	0	7
19- 21	43	25	34	2	0	104
Total	45	31	35	4	0	115

Expected table(A*B / TOTAL) A = total of row B = total of column

AGE	ALWAYS	OFTEN	SOMETIMES	RARELY	NEVER	TOTAL	Chi
13-15	1.56	1.09	1.21	0.14	0	4	square value= 32.99
16-18	2.74	1.89	2.13	0.24	0	7	
19-21	40.70	28.03	31.65	3.62	0	104	
Total	45	31	35	4	0	115	Table value = 15.50

USING SOCIAL NETWORKING APPLICATIONSOccupied table

AGE	ALWAYS	OFTEN	SOMETIMES	RARELY	NEVER	TOTAL
13-15	2	2	0	0	0	4
16-18	6	1	0	0	0	7
19-21	41	32	20	11	0	104
TOTAL	49	35	20	11	0	115

AGE	ALWAYS	OFTEN	SOMETIMES	RARELY	NEVER	TOTAL	Chi
13-15	1.70	1.22	0.70	0.38	0	4	square value=

16-18	2.98	2.13	1.22	0.67	0	7	18.34
19-21	44.31	31.65	18.09	9.95	0	104	Table
TOTAL	49	35	20	11	0	115	value =15.50

Expected table

INTERPRETATION

From the above chi square analysis, it is clear that table value is less than computed value in case of both sending text messages and using of social networking application. which clearly indicate that alternative hypothesis is accepted and null rejected.

Which tells that H1: - There is significant relationship between usage of different functions of mobile phones and social interactions, behaviour of teenagers of different age group.

It is clear that teenagers are using more of the function of mobile phones and ultimately this is causing them stress affecting their health, attitude and mental state.

In the study conducted by me on impact of mobile phone usage on teenagers it is found that most of the teenagers from the age group of 13-20 are found to be habitual of usage of mobile phone or their smartphones specifically. the fact that most of them use the phones late night and there is surety that most of these are the persons who end up keeping their phone right beside them on their bed and or near charging point indicating that they cannot do a day without phone the observation that most of them keep their phone on vibrate or silent mode gives the information that now a days teens are more conscious about using their phones as there are continuous messages and calls and notifications almost

SUGGESTIONS

1. The current study should provide the impetus for new investigations to refine the understanding of mobile phone use among teenagers.

2. In addition, the consequences of intense mobile phone use could be further explored in terms of degree of psychological symptoms experienced by users of the mobile phone.
3. Researches have been done on psychological problems and social problems associated with mobile phones, but more and more researches should be done on problems related to impact on studies of student which have been neglected.
4. Keeping mobile phone has become fashion and its misuse is also very common in our society, students should be made aware of its negative effects on their studies and career development.
5. As the population of teenagers are moving more and more towards the digital world and ultimately it is making them more and more depressed and use to mobile phone usage, there is serious need of making them realise that all this comfort which they are getting from usage of mobile phone is making isolated and ultimately will cause more issues.
6. Teenagers should work towards getting involved with more productive activities so that their screen time is reduced and the issues caused due to more usage could be reduced.
7. As far as possible relying on mobile phones even for things which could be done by our self or from some other equipment's should be done.
8. Parents are responsible for providing right guidance to the young teenagers regarding usage of mobile phones/ smart phones.

CONCLUSION

Mobile phones/smartphones are increasingly one of the most popular information access devices. They have an effect on how people communicate among themselves and how people perform their day to day lives.

The conclusions found through the completion of this study include:

The individuals who reported being affected the most in their social interaction due to smartphone use was teens of 18-20 years.

younger age group spend more time on their smartphones on a day-to-day basis than those of younger teenagers. The individuals in the younger age groups, who spend more time using their smartphones, use the smartphones as a main line of communication. Most of this communication is done in their homes and not in face-to-face interactions.

The more applications and features available to individuals increase the amount of negative social life impacts because the individuals rely solely on these methods. 46% of teens use their mobile phones to text the person right beside them or in the same house clearly indicating that how the comfort is used misrely by the teens of now age as this is causing reduced social interaction and increased fear of rejection, those who are good in talking through calls or SMS are not able to speak up in reality and those who are able to speak are most of the time indulged in using phones even when they are with other people.

ultimately it could be said increasing usage is causing a difference in the behaviour and attitude of teens. And me being a part of this crowd wanted to explore deep insight of the phenomenon that why do people are actually being attracted by this culture where everything is online and on their smartphones or mobile phone, enjoyment has taken a form of showoff. be it events be it our achievement, be it the movie theater, everything and anything you do is part of our mobile culture now. when it is used as knowledge base and as information source it can do wonders but what I have found is that slowly these habits of flaunting everything is creating a problem that requires to be tackled otherwise there may be several serious implications of it.

BIBLIOGRAPHY

References:

1. Campbell, Rachel (2006) said. Teenage girls and cellular phones: Discourses of independence, safety, and 'rebellion'. Journal of Youth Studies.8, 195-212
2. Harrell, Lennart; Carlberg, Michael; Mild, Knell Hansson (2006) said. Case-control study of the association between the use of cellular and cordless telephones and

malignant brain tumours diagnosed during 2000-2003. Environmental Research, 100, 232-241

Websites:

3. https://www.researchgate.net/publication/281404954_Impact_of_usage_of_Cellular_phones_on_Study_Habbits_of_students_and_their_Psycho_social_development_A_case_study_of_Sindh_university_students
4. <https://www.scribd.com/doc/262881035/research-paper-smartphones-final-copy>
5. https://www.researchgate.net/publication/27465354_The_impact_of_the_mobile_phone_on_young_people's_social_life
6. https://www.researchgate.net/publication/27465354_The_impact_of_the_mobile_phone_on_young_people's_social_life
7. https://digitalcommons.odu.edu/cgi/viewcontent.cgi?article=1590&context=ots_masters_projects
8. <https://www.importantindia.com/22931/advantages-and-disadvantages-of-using-a-smartphone/>
9. <https://yp.scmp.com/blogs>
10. <https://www.scribd.com/doc/262881035/research-paper-smartphones-final-copy>