



IMPACT OF SMART PHONE USAGE ON HEALTH, PSYCHOLOGICAL CONDITIONS AND ACADEMIC PERFORMANCE OF TEENAGERS IN PUNE CITY

Ms. Vasanti Kashid¹

¹Research Scholar

Prof. S. I. Kumbhar², Ph.D.

²Research Guide

Abstract

Today, in India a majority of the teenagers from the lower socio-economic background are not untouched by the adverse effects raised due to over utilization of smart phone. This study focused on the adverse impacts due to over utilization of smart phone on the health, psychological conditions and academic performance of the teenagers, their habits related to using of smart phone, and their opinions regarding the need of control on the utilization of smart phone. This study also focused on the parents' intervention in fixation of using smart phone.

Key Words: Smart phone, Habits of using smart phone, Teenagers.



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I. Introduction –

Now a day's smart phone has become an integral part of teen agers. Through the several studies it was found that, more male teenager's usages social networking especially through the smart phone. Addiction of smart phone found in various groups like children, teen agers, and adult youth. Smart phone addiction abuses are some of the forms of compulsive use of a smart phone by teen agers. A new kind of health and psychological disorder in this category is become a great challenge for psychologists and health care consultants in India today. Due to revolution in the technology there is a tremendous increase in usage of smart phone even in the rural parts of the country. Smart phone abuse is also increasing as more and more teenagers enjoy exploring their smart phones in their free hours which is caused for adverse effects on their health, psychological conditions and academic performance. Addiction of smart phone among teenagers influences their personal life and family life and decreases academic performance. There are majority of teenagers with excessive use of smart phone and having physical and psychological health problems such as – depression, anxiety, sleeping disorders, etc.

Today majority of the teenagers tend to relate to virtual relationships rather than social relationships and excessive use leads to negative health, psychological outcomes and poor academic performance. There are several studies, focused on the factors which are related with smart phone addiction are determined to be gender socio-economic level, perceived health condition and smart phone function. Majority of the studies have proclaimed that in the 21st century smart phone addiction has become one of the major non-drug addictions. Increase in the usage of smart phone among teenagers has raised concern about social and psychological issues not only in big cities but also in rural parts of the country. Through the study an attempts have been made to focus on the adverse impacts due to over utilization of smart phone on the health, psychological conditions and academic performance of teenagers in Pune city.

II. Review of Literature

- 1) M. Krithika and S. Vasantha, (2017), have focused on the pattern of mobile phone usages among teenagers and adults in Chennai city. Authors have examined the extent of addictive behaviour towards the usage of mobile phone. Through the study authors have observed that smart phone usage is so strongly integrated into teenager's behaviour and it interrupting their day to day activities.
- 2) Aohi. U. and E. J. Downes, (2003), have focused on the behavioural and psychological aspects of smart phone usage among college students. Authors have also endeavoured to look at the motivational and behavioural characteristics of mobile phone.
- 3) Alpana Vaidya, (2016), has focused on the pattern of mobile phone usage among collage going students in Pune city and discussed on the gender differences related to mobile phone usage among college students. Author has found that, use of smart phone is more at night as compared to day time. Gender differences were not observed in terms of usage period of mobile phone.
- 4) Vipula Mahendrakar, (2017), has investigated the magnitude of smart phone addiction and abuse to smart phone among adolescent and its consequent impact on their health and academic performance. The main objective of this study is to investigate some aspects of the emerging literature pertaining to the impact of over utilization of smart phone on the life of teen agers.
- 5) Y. Bhutia and A. Tariang, (2016), have discussed on the smart phone addiction among teenagers of Shillong. Authors have observed that, majority of the teenagers are

moderately addicted to mobile phones. Authors have pointed out that, mobile addiction among teenagers could be due to attitude of individual towards the object and its usage and it may be linked to anxiety of each individual.

III. Importance of the study –

Increasing utilization of smart phone among teenagers is not unique to India. In India, the several studies have only looked at few issues such as their use of smart phone for supporting relationships, social integration etc. But there were very few studies have been conducted on the health, psychological issues and adverse effects on the academic performance. On this background the present study is important because, it provides information about the impacts of overutilization of smart phone on the health, psychological conditions and academic performance of teen agers. It is also important to focus on their habitual behaviour related to the usage of smart phone. The study on the social implications of mobile phone is extremely significant when it comes to the future of teen agers.

IV. Objectives of the study –

- 1) To focus on the adverse impacts of the over utilization of smart phone on the academic performance.
- 2) To understand the smart phone related habits of teen agers.
- 3) To focus on the nature of problems pertaining to hearing, concentration and issues related to eyes.
- 4) To focus on the parent's intervention in fixation of using smart phone.
- 5) To understand the opinions of the teenager regarding the need of control on the utilization of smart phone.

V. Limitations of the study –

- 1) The main purpose of the study is to examine smart phone usage among the teenagers and therefore, this study does not focused on the other age group.
- 2) There are many variables that influence the behaviour pattern of teenagers, but the present study is confirmed to selected variables like – using habits of smart phone, duration of using smart phone, impacts of smart phone usage on health, psychological conditions and academic performance etc.
- 3) The geographical limit set for the survey population was the Pune city only.

VI. Sampling Technique -

Convenient Sampling method has been followed to select student population in Pune city.

VII. Size of the sample –

The sample population consisted of 40 teenagers in the age group of 16 to 19 years, (20 male and 20 female students).

VIII. Research Methodology -

For the study purpose descriptive research design was adopted. Primary data were collected from the selected teenagers with the help of structured questionnaire. The collected primary data were analysed through simple percentile analysis method. Secondary data were collected through various study paper’s articles published in the national and international journals.

IX. Results and Discussion –

Table No.1: Adverse impacts of the over usage of smart phone on academic performance of teenagers

Particulars	Frequency	Percentage
Yes	21	53%
No	19	47%
Total	40	100%

As per the collected information it was observed that 53% respondents were facing the adverse effects on their academic performance due to over usage of smart phone. 47% respondents have negatively responded in this regard. It shows that, over usage of smart phone is negatively effecting on the quality of academic performance of the teenagers.

As smart phone usage has tremendously increased in recent years so too have the reports of mobile phone addiction. Teenagers are not exception for this. Many studies have showed that majority of teenage students are using smart phone more than 10 to 15 hours in a day. These teenagers are using smart phone in the morning, afternoon, evening and even at late night period. There is no any time bar for the usage of smart phone by the teenagers.

The following table shows the facts in this regard. The following tables indicate the facts related to habits of teenagers about usage of smart phone.

Table No.2 (A): Periods of using smart phone by teenagers

Period	Frequency	Percentage
In the morning only	03	8%
In the afternoon only	07	17%
In the evening only	06	15%
At night only	16	40%
All the periods	08	20%
Total	40	100%

From the above table it is revealed that, majority of the respondents (40%) were using smart phone at night. 17% were using smart phone in the afternoon, 15% using in the evening and 8% were using in the morning period only. 20% respondents were using smart phone all the times. It shows their addiction of smart phone. It also shows that more and more teenagers enjoy exploring their smart phone not in a specific period. It is the indication of smart phone abuse is increasing among the teenagers.

There are several apps available for use through the smart phone which is strongly integrated into adolescent's behaviour that symptom of behavioural addition, such as smart phone usage disturbing their daily activities. It is very important to know about the various apps which are in frequent use by the teenagers. The following table provides the fact in this regard.

Table No.2 (B): Various apps in frequent use by teenagers

Particulars	Frequency	Percentage
WhatsApp	08	20%
Facebook	-	-
YouTube	06	15%
Internet	11	27%
Games	02	5%
All the above apps	13	33%
Total	40	100%

Majority of the respondents (33%) were using all the apps, that is WhatsApp, Facebook, YouTube, Internet, Games, etc. 27% respondents were using Internet, 20% were using WhatsApp, 5% respondents were using smart phone for playing games and 15% of the respondents were using YouTube. The usage of such apps has created a new environment in which even the teenagers belonging to the lower strata are using these apps through media gadget very easily and freely. The following table indicate the fact about duration of using smart phone every day.

Table No.2 (C): Duration of using smart phone every day by the teenagers

Duration	Frequency	Percentage
Up to 1 hour	10	25%
2 hours	14	35%
3 hours and above	16	40%
Total	40	100%

As per the information provided by the respondents it was found that majority of the respondents (40%) were spends 3 hours or more than three hours for exploring various apps available on their smart phone every day. 35% respondents have stated that they spends at least two hours every day for exploring various apps on smart phone and 25% respondents have stated that, they spends only one hours or less than one hours for using smart phone. It is concluded that, very few of the respondents spends very few hours without mobile phone.

Due to over utilization of smart phone, there are several health related, psychology related problems faced by the teenagers. The following table indicates the facts in this regard.

Table No.3: Extent of health and psychological problems due to over usage of smart phone

Extent of problem	Hearing problem		Eye problem		Concentration problem		Sleeping problem	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Severe	01	2%	-	-	-	-	25	63%
Medium	-	-	-	-	09	22%	-	-
Moderate	05	13%	15	38%	14	35%	14	35%
No any problem	34	85%	25	62%	17	43%	01	2%
Total	40	100%	40	100%	40	100%	40	100%

Habit of listening music continuously through the smart phone may cause for the increase in hearing related problems. In this context it was found that, only 2% respondents were facing severe hearing problem and majority of the respondents have not any kind of hearing problems due to smart phone. Sometimes it may happen that, the teenagers who excessively use their smart phone continuously may face to the eye related problem. Several studies have shown that exposure to electromagnetic fields emitted by digital smart phone prior to sleep decreased the rapid eye movement. In this context it was found that, 38% respondents were facing the eye related problems at moderate level. 62% respondents have not any eye related problems due to over utilization of smart phone.

Internet media and social networking sites along with smart phone and their technological convergence have brought revolutionary changes on the human life and human minds at all levels. Accompanied by the competitive pressures such a rapidly changing electronic era has not only brought opportunities, but also the daunting various challenges, psychological and physical problems for the youth. Problems related to concentration are also

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one of the severe problems facing by youth today. As per the provided information, 22% respondents were facing medium level problems related to concentration. 35% respondents were facing concentration problem moderately and 43% respondents have stated that they have not any kind of problem related to concentration ability due to using of smart phone.

As per the information provided by the respondents it was found that, 63% of them were facing severe sleeping problems if they do not use their smart phones at least ones in a day. 35% respondents were facing sleeping problem at moderate level; and only 2% respondents have stated that they have not any sleeping problem even though they are not using smart phone. It indicate that, majority of the respondents were facing sleeping disorder problem if they did not use mobile. Smart phones have become an integral part of their day to day life. Majority of them sleep late due to usage of mobile phone and woke up from sleep to respond to respond to phone calls and messages.

A question has been asked to the respondents with a view to know whether there is any intervention by their parents in the fixation to duration for using smart phone. The following table indicates the fact in this regard.

Table No.4: Parent’s intervention in fixation of duration for using smart phone

Particulars	Frequency	Percentage
Yes	20	50%
No	20	50%
Total	40	100%

It was found that, 50% parents of the respondents were intervened in the fixation of duration, of using smart phone by their children 50% parents were not intervened in the fixation of smart phone usage time. The smart phone may also act as a safety link between teenagers and their parents in the cases of actual emergency; hence, security reasons are critically important for teenager’s parents. Therefore, many parents are not willing to restrict time of using smart phone by their children. It is observed that, some of the parents have optimistic view as they come to know the potential advantages of smart phone on learning ability and creativity of the children. Therefore, they are not fixed time bar for the usage of smart phone.

Table No.5: Need of control on the utilization of smart phone (opinion of respondents)

Opinions	Frequency	Percentage
Yes	35	88%
No	05	12%
Total	40	100%

In the opinion of 88% respondents, there is a need of control on the over usage of smart phone by teenagers. In the opinion of 12% respondents there is no need of such control on the usage of smart phone. Majority of the teenagers are know that although the usage of smart phone has made positive impacts on the wellbeing of users, still the negative impacts of smart phone cannot be neglected. Therefore, as per the selected sample of majority of the respondents have positively opined about the need to control on the utilization of smart phone.

X. Major findings –

- 1) It was observed that, majority of the respondents were facing the adverse impacts of over usage of smart phone on their academic performance.
- 2) It was observed that, majority of the respondents were enjoying through exploring their smart phone not in a specific period of time. It is the indication of smart phone abuse is increasing among the teenagers.
- 3) It was found that, majority of the respondents were using the apps like Whats App, Facebook, YouTube and Internet. It is concluded that the usage of such apps has created a new environment in which people from the lower strata are using these apps very easily.
- 4) It was found that the respondents who have a habit of keeping smart phone nearby them even at night or who excessively use their smart phone at night are prone to disrupted sleep, restlessness, stress and fatigue.
- 5) Majority of the respondents spends were using their smart phone at least three hours or more than three hours every day. Very few of the respondents spends less than one hour for using smart phone every day.
- 6) On the basis of collected information it was observed that, many respondents were facing the hearing problem, eye problem, concentration and sleeping problem due to over usage of smart phone.

- 7) It was found that, some parents have intervened in the fixation of duration for using smart phone. Some of the parents have optimistic view as they aware about the benefits of smart phone on learning ability and creativity of children.
- 8) Majority of the respondents positively opined about the need to control on the utilization of smart phone.

XI. Suggestions –

- 1) Future study may be conducted by using variables like personality, psychological health, physical health, academic performance etc.
- 2) Study may be conducted to examine urban-rural differences in the smart phone usage.
- 3) There should be organizations of counselling and awareness programmes in schools and colleges.
- 4) There should be parent's intervention in fixation of time duration for using smart phone.
- 5) A mobile app may generate to monitor the teenagers behaviour on smart phones.
- 6) There should be strict mobile phone usage rules and regulations in schools and colleges.

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