



USE OF MOBILE PHONE AMONG THE SCHOOL GOING ADOLESCENTS AND ITS EFFECT ON THEIR PSYCHO-SOCIAL ASPECTS

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ABSTRACT

Since the last two decades, the risk factor of various diseases has spiked up among the children and adolescents, which has an immediate alliance to the increased use of smartphones. Previously children used to lag behind their adults for possession of smartphones, but with ease of accessibility in succeeding years, smartphone ownership among teens has jumped to 72% with unnecessary prolonged screen time durations. The objective of this literature review was to highlight and refresh the slow poisoning effects of the smartphones in our younger generation due to its compelling traits which make them use it for a long time carelessly. Social media adolescence affects child's quality and quantity of sleep, attention span, academic performance and their psycho-social aspect (maurya and et. al, 2014). In now days many students are using different social media, like internet, mobile phone, television and other mass media methods as a parts of daily activity chores

Keywords: Smartphones; Children; Adolescents; Smartphone Dependency; Behavioral Issue.

1. INTRODUCTION

Learning is the imperative for the cognitive or intellectual development of the students. Today students are learning in different ways, like Text books, Newspapers, Journals, Magazine and different social media. Social media plays an integral part of communication in the twenty first century. The world is changing very fast for electronic media.. Mobile phone is one of the vital social Medias in the students learning. Mobile phones become an integral part of our daily life. It is a two way process of communicating idea, knowledge and concepts. India is the fastest growing mobile subscribed base in the world with 950 million users. 81% of India uses a mobile phone, 10% of India uses a smart phone where as 9% of India use a Multimedia Phone (Sundari 2015). It has increased the attraction of the various age groups, like children, Adolescence and elder customers. Among them adolescents required more information related with various field with the help of mobile phone (Gupta and Kumar 2016). Mobile phone is the most necessary medium of communication for adolescence. Adolescence Students are used mobile phone in classrooms to communicate their friends. But usages of mobile phones adversely affect student's concentration and psychological wellbeing. Excessive mobile phone use has been found to be associated with health problems such as impaired concentration, headache, dizziness, fatigue, thermal sensations in and around ear, facial dermatitis, and stress, sleep disturbances owing to nighttime use, and frustration (Gupta, et. al, 2015). Indian telecommunication network is the second largest in the world. Indian telecom industry has seen exponential growth in the recent years. In India, people living in rural and urban areas, literate or illiterate they are now dependent on mobile phones. Mobile phone is gaining popularity, generally young generation. Because mobile phone is used as means of interactions among people in which they create, share, exchange information and ideas in virtual communities and networks (Rabiu, et. all 2016).



The aims of this study, was to examine of mobile phone usage among the secondary school going adolescence students and to assess the effect of mobile phone use on their psycho-social aspect.

2. LITERATURE REVIEW

Anboucarassy & Begum (2014) has conducted a study on “Effect of use of mobile phone on mental health of higher secondary school students”. The findings of this study revealed that mental health of higher secondary school students are affected by the use of mobile phones. This study also found that there is significant difference between the mental health of higher secondary male and female students with respect to the use of mobile phones. Gupta & Garg & Arora (2015) have conducted a study on “Pattern of mobile phone usage and its effects on psychological health, sleep, and academic performance in students of a medical university”. The result of this study revealed that late night usage of mobile phone was highly significantly ($p < 0.0001$) associated with difficulty in waking up, waking time tiredness, decline in study habits, difficulty in concentration, increase in missed classes, and going late for classes. Sundari (2015) has conducted a study on “Effects of mobile phone use on academic performance of college going young adults in India”. The results of this study revealed that the Majority (42.1%) of respondents told that they should not use mobile phones on college premises. 30.7% of respondents said that they should not use mobiles in class rooms. But 23.9% of respondents said that there are no rules in their colleges. This study also found that some students are told that use of mobile phone has increased the academic performance. Gupta & Kumar (2016) has conducted a study on “Impact of Mobile Phone on Youth: A Psycho-Social Study”. The findings of the study indicate that the mean difference (± 1.244) of male and female participants’ uses of mobile from the age group 17- 23 years indicates no such significant difference. But the male and female mean difference (± 2.441) from the age group of 24 to 30 years of age indicates a significant difference. This study also found that female use mobile more hours than to male participants. Priya & Jeevitha (2017) has conducted a study on “Analysis of mobile phone usage and the academic performance of college students”. The findings of the study revealed that there was a significant relationship between mobile phone users and their academic performance.

3. THE OBJECTIVE OF THE STUDY

The study aimed to:

1. To study the nature of using Mobile Phone among the School Going Adolescents.
2. To find out the Effects of using Mobile Phone on Psychological Aspect of the School Going Adolescents.
3. To find out the Effects of using Mobile Phone on Social Aspect of the School Going Adolescents.
4. To find out the Effects of using Mobile Phone on Psychological Aspect of the School Going Adolescents with respect to their gender, locality, type of school and subjects group taken.
5. To find out the Effects of using Mobile Phone on Social Aspect of the School Going Adolescents with respect to their gender, locality, type of school and subjects group taken.

Research Question:

1. How do the School Going Adolescents use Mobile Phone?

4. RESEARCH OF THE METHODOLOGY:

Method of the Study:

The study is Descriptive type of nature. The investigator will adopt Descriptive type survey method for conducting this study.





Population of the Study:

All the School going adolescence students in the state of West Bengal have been treated as population for this study.

Sample of the Study:

The investigator will be taken 700 School going adolescence students as a Sample for the Conducting in this study.

Sampling Technique:

Stratified random Sampling method will be used by the investigator for the collection of data in this study.

Tools of the Study:

The investigator will use three types self-made questionnaire as a tool for the collection of data in this study. Such as-

Mobile Phone Related Questionnaire.

Psychological Aspects Related Questionnaire.

Sociological Aspects Related Questionnaire.

Hypotheses of the Study:

H₀₁: There would not have any significant Effects of using Mobile Phone on Psychological Aspect of the School Going Adolescents.

H₀₂: There would not have any significant Effects of using Mobile Phone on Social Aspect of the School Going Adolescents.

H₀₃: There are no significant differences among the School Going Adolescents in respect to the Effects of using Mobile Phone on Psychological Aspect on the basis of their gender, locality, and type of school and subjects group taken.

H₀₄: There are no significant differences among the School Going Adolescents in respect to the Effects of using Mobile Phone on Social Aspect on the basis of their gender, locality, and type of school and subjects group taken.

Operational Definition of the Terms:

Mobile Phone:

A mobile phone is a wireless handheld device that allows users to make and receive calls and to send message, among other features. A mobile phone may also be known as a cellular phone or simply a cell phone.

School Going Adolescence:

Here in this study, by the term 'School Going Adolescence' are refers to those whose age between 12 to 18 years and who are study between Seven to Twelve Class.

Psychological Aspect:

Here in this study, the researcher point out the Psychological Aspect refers to Emotion, Intelligence, Motivation, Interest, Attention, and Personality and so on.

Social Aspect:





Here in this study, Social Aspect refers to the Socialization, Social relationship, social norms and social communication.

Statement of the Problem:

The investigators have tried to find out the effects of using mobile phone on Psycho-Social Aspects among the school going adolescence through the present study. Hence, the present investigator has selected the Title of their research problem in the following manner- "Use of Mobile Phone among the School Going Adolescents and its effect on their Psycho-Social Aspects".

Emergence of the Problem:

Gupta & Kumar has conducted a study on "Impact of Mobile Phone on Youth: A Psycho-Social Study". After the analysis they found that male and female participants' uses of mobile from the age group 17- 23 years indicates no such significant difference. They also found that the male and female mean difference (± 2.441) from the age group of 24 to 30 years of age indicates a significant difference. On the other review a study was conducted by Priya & Jeevitha on the title of "Analysis of mobile phone usage and the academic performance of college students". And this study was point out that there was a significant relationship between mobile phone users and their academic performance. On the basis of those researches it is found that mobile phone affects the different life performance and academic performance. So we can say that mobile phone may be affects the psycho-social aspects.

Need and Significance of the Study:

Present society is purely technology based. Technology brings a vast change in the society. Human beings are dependent upon machine day by day. Mobile phone is one of the greatest influential factors at present society. School going adolescence is the main users of it and they became affected and intoxicated by it. With all the benefits and conveniences we must also consider the potential negative effects that advances with its excessive use. The fast mobile users are two much curious by its glamorous applications. Using mobile phone affects the school going adolescence and in their psycho-social aspects. Through it have some bad impacts. The researcher wishes to work on the impact of psycho-social aspects of exercise use of mobile phone among the school going adolescence.

5. CONCLUSION:

With a dramatic increase of use of mobile phone in recent years. But many students use mobile phones excessively and inappropriately. It has positive effect as well as negative impact in our society. As mobile phone usage is highly prevalent among the School going adolescence students, their impact on mental health, sleep and different social aspect. Smartphones being an indispensable part of modern telecommunication, entertainment and educational access is being used in every individuals' life .The latest version of smartphones has additional features which make them more appealing to the younger generation With increase in smartphone use there is an increase in the incidence of harmful effects on health, which on the longer run may lead to major health implication Today everyone use mobile phones for their own or the other purposes. This study concluded that mobile phone usage of the School going adolescence students that further may affect on their psycho-social aspect.

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