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The impact of cell phones on young teens

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Abstract

People are becoming more reliant on modern technology and media devices such as cell phones, computers, and tablets. Young people, particularly teens, are particularly receptive to these technologies. Smartphones are important in their lives since they allow them to learn and explore a wide range of things in a matter of seconds. Adolescents, on the other hand, have encountered physical, educational, and social concerns as a result of spending more time on smartphones. In light of this, the current study looked into the effects of smartphones on early adolescents. Using a simple random sampling approach, 200 samples were collected from five schools in Jagannath Prasad block; district Ganjam, Odisha, for the study. A self-created questionnaire was utilised to acquire the necessary information from the respondents. The findings revealed that teenagers are spending more time on their smartphones, with the goal of becoming active on social media. In terms of consequences, their school performance was the first to suffer, followed by their health.

Keywords: smartphones, young adolescents, health, education

Introduction

Everything we need is in the palm of our hands in the twenty-first century. Technology has achieved its pinnacle, yet it continues to evolve on a daily basis. People are becoming more reliant on modern technology and media devices such as cell phones, computers, and tablets. According to Pew Research Center, 12-13 year olds, 52% had a cell phone in 2008. Mobile phone ownership jumped to 72% at age 14 in that survey, and by the age of 17 more than eight in ten teens (84%) had their own cell phone (Lemhart, 2009) [6]. Beyond age, there are few differences in mobile phone ownership by other personal characteristics. Girls and boys are equally likely to own a phone and there are no differences by race or ethnicity in phone ownership. However, there are small differences in phone ownership by socio-economic status; in families with the highest levels of income and education, teens are more likely than in less well-off families to have a cell phone (Lemhart, 2009) [6]. Recently from an Indian study of Mahakud and Bhola (2014) [8] found that more male participants usage social networking especially through mobile than to their female counterparts. Young people, particularly young teenagers, have a grasp on these technologies. Smart phones are one of the fastest-growing technologies in the last several decades, and young teenagers are drawn to them because of their appealing characteristics. According to a research published by common sense media in 2016, 50 percent of adolescents are glued to mobile gadgets. Smartphones are used by adolescents for both personal and academic purposes (Hurley, 2020). On the adolescent's point of view, they can communicate with their teachers and classmates on a frequent basis because of their phones. If they have a problem with their studies, they can instantly seek assistance from their peers or teachers. In a study Yan Yu, Wen Tian, and Vogel, *et al.* (2010) [12] stated that usage of mass media especially mobile and internet for access of social networking is the process not only helps to improve the academic performance of college adolescents, but also improve such aspects that are important in better learning outcomes. Even today social networking plays a vital role for career selection (Mena, Llupia, Alberto, a-Basteiro, Aldea, Sequera, V. G., & Trilla, 2012) [10]. Although some of the studies (Ellison, Steinfield, Lampe, 2007; Valenzuela, Park, Kee, 2009 and Koroleva, Krasnova, Veltri, Günther, 2011) [3, 11, 5] especially conducted in the usage of social networking stated that, usage of social networking such as mobile phone, internet negatively affects both physical and psychological wellbeing of both male and female participants (Gupta & Kumar, 2016) [4]. On the other hand, the study of Manago, Graham, Greenfield, Salimkhan (2008) [9] stated that due to the uses of social networking sites female users feel stress for their physical attractiveness and sociability.

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Methodology

An explorative research design was used to accomplish the objectives of the study. The study was conducted in the Jagannath Prasad Block, Ganjam district of state Odisha, India. For conducting the study, a simple random sampling design was adopted. Out of all schools in Jagannath Prasad Block, a total of five were selected randomly. A total sample of 200 adolescents was selected by the method of lottery method from the selected schools of classes VII to X. After the selection of samples, the researcher took permission from the principal of the respective schools and briefed them about the objectives of the study and the importance of their sincere responses before distribution of the questionnaire. A self-constructed questionnaire was used to collect the desire information from the respondents. After the collection of data, frequencies, and percentage, mean value, and chi-square test were computed and the results were interpreted.

Result and Discussion

Table 1: Adolescents using phones

	Frequency	Percentage
Yes	200	100
No	0	0

From table it revealed that the entire respondents were using mobile phones.

Table 2: Models of phones

	Frequency	Percentage
Android	170	85
Keypad	30	15
Iphone	0	0

From the table 2 results revealed that 85% of respondents are using android phones.

Table 3: Purpose of using phones

	Frequency	Percentage
Studying	55	27.5
Doing social media activities	80	40
Playing games	40	20
Communication	25	12.5

The result obtained from the table 3 that 40% of adolescents used phones for doing social media activities.

Table 4: Using phones during study hour

	Frequency	Percentage
Yes	160	80
No	40	20

The result obtained from the table 4 that 80% of adolescent were using mobile phones during study hours.

Table 5: Reasons for using phones during study

	Frequency	Percentage
Asking doubts	50	25
Chatting	75	37.5
Playing games	85	42.5

From the table 5 results revealed that 42.5% of adolescents were using phones during study hours for playing games.

Table 6: Time spend on phones

	Frequency	Percentage
1-3 hrs	80	40
3-5hrs	90	45
5hrs and above	30	15

The result from table 6 revealed that 45% of adolescents were spending 3-5 hrs. per day phones.

Table 7: Impact of phones on adolescents

Area	Mean	Standard deviation	Co-efficient of variation
Education	2.47	1.15	46.5
Health	1.67	0.59	35.3

Table 7 shows the areas of impact of phones on adolescents by taking the coefficient of variation (CV) values. As the CV value is more it can be revealed from the findings that the impact is also more, so from the above table it is identified that in the education, CV values is 45.5 which is highest indicating more but in the other area (Health) the CV is 35.3 which indicates comparatively less impact of phones on adolescents.

Table 8: Reasons of impact on different area

Area	Reasons	χ^2 Value	P – Value
Education	Ignoring homework	174.18	0.000*
	creativity affects	163.23	0.000*
	Attention decrease	101.817	0.000*
	Less interest in study	103.187	0.000*
	Poor academic performance	148.911	0.000*
Health	Less interest in outdoor games	5.217	0.331
	Eye problems	143.714	0.000**
	Headache	5.321	0.062
	Obesity	2.147	0.326
	Back pain	2.085	0.149
	Attention decrease	7.894	0.029*
	Sleep disorder	51.712	0.000**

Table 8 indicated that in the area of education, the P-value is < 0.05 which indicates that the results are statistically significant. Hence it can be interpreted that all the reasons are statistically significant at a 1% level of significance. In case of health as the P-value is > 0.05 which indicates that the results are not statistically significant. Hence, it can be interpreted that the reasons are not statistically significant.

Discussion

From table 1 the result highlight that all the respondents were using phones. it is because phones are very common for communication. It is because during adolescence, communication and connectedness with peers is claimed to be an essential part of adolescents’ self-formation (Peterson, 2010), so they used phones. In case of model, majority of adolescents were using android. Because android phones have an easy operating system with new technology and many features, so these models are very popular among adolescents. The findings can be supported by Asher (2015) who found that android was the most commonly installed operating system. It is most affordable and it has all capacities to perform a variety of tasks (Table 2). From table 3 majority of adolescents were using phones for doing social media activities. This can be supported by the findings of Lenhart *et al.* (2010) [7] that adolescents found that phones are the centrepiece of their communication; they communicate with their friends through chatting and messaging. Nowadays as most adolescents used phones therefore they maintain their friendship and family relationships by connecting them on social media. Majority of adolescents were using phones during study hours and the reason for this was playing games in mobile phones. It may be the fact that adolescents cannot

study constantly for a longer period without any break, so for relaxation and to refresh their mind (Table 4& 5). From table 6 result highlight that majority of adolescents were spend 3-5 hrs per day on phones. It may be the fact that adolescents are more curious to explore new things. Another fact is that they are more interested in chatting with their friends and making new friends, so they spend more time on phones. It provides them a valuable source of creative self-expression and makes them feel less lonely and more connected.

From table 7 result highlighted that, in the area of education the impact of phone is more as most of the adolescents were using phones during the study hours which was affect their study time as well as their education. From table 8 as the P-value is < 0.05 from all the reasons like ignoring homework, low attention, creativity affects, poor academic performance and less interest in study, under the of area education, hence it can be interpreted that all the reasons are statistically significant at a 1% level of significance. Because in today's generation everything was in their phones so they did not do any kind of effort for completing or doing any assignment or lese they direct search it on their phones and paste it as their answers, which was affect in their grades. Adolescents can get all the notes and home assignments from their friends directly. The adolescents think that with the help of phone they can seek help from their friends and other study-related groups for completing their assignments. Since they can complete their assignments and get notes from their friends so they are not tensed about their submission and they intentionally delay their work until the last time. But the adolescent are busy with phones so they cannot concentrate on their study, they get distracted easily through chatting, scrolling, and checking the status of their friends because of which they forget their task, or they delay in submitting their assignments and homework timely. This affects their education negatively.

In case of health as the p value is P-value is > 0.05 which indicates that the results are not statistically significant. Hence, it can be interpreted that the reasons are not statistically significant. It is because

Everyone is more conscious about education because they think that spending more time on the phone for chatting with friends and playing games can hamper their academic activities and but most of them are not aware that phones have many negative effects on health too. So they are unaware of the seriousness of health affected by the use of phones. So education affects more as compared to health.

Conclusion

Mobile phones have played an important role in the lives of adolescents since they serve as a link between them and help them stay connected. According to the findings, teens spend more time on their phones than adults, even when they are studying. And the main reason people use phones is to stay connected on social media and play games. As a result, their education suffers as they neglect their schoolwork due to their phones. To overcome this, teenagers must be aware of the harmful effects of phones, and their parents must also educate them on the adverse effects of phones on them.

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