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## IMPACT ON USUAGE OF SMART PHONES – A SPECIAL REFERENCE OF STUDENTS

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### Abstract

Smart phone is a mobile phone which offers advanced technologies with functionality similar a personal computer. While offering a standardized platform for application developers a smart phone performs as complete operating system software. Secondly, there are also very advanced features in smart phone such as internet, instant messenger and e-mail and also built-in keyboard are very typical. Because of these reasons we can say a smart phone a miniature computer with the similarities of a sample phone. With the growing speed of technological advancement, Smart phones have become the essential components of our daily performance. As we look for convenience, we also respect the devise, which can combine multiple features and which gives us more mobility and entertainment. As the whole world is going into the new phase of technological performance, our needs become more sophisticated. On the one hand, we need speed, quality, and effectiveness on the other hand, these features should be combined in a solution small enough to carry it in the pocket. This research papers is to be discussed about **“Impact on Usage of Smart Phones – A Special Reference of Students”**

**Key Words:** Smart Phones, Integrated Technology, Learning System, Wireless Mobile device, Technology facilities.

### INTRODUCTION

Smart phones have come to exemplify one of the wisest and the most convenient technological ideas in the history of mankind. The unique combination of features makes Smart phones extremely usable and useful for different purposes. In business or in pleasure Smart phones expand our capabilities and help us resolve our problems in timely manner. In today’s world, mobile phones are a necessity. Almost every young student has access to one and it is a tool that has changed the way education works as well. The digital world can be a lot to adjust to. Smart phones, the internet, social media, unlimited resources – all can seem a bit overwhelming, but at the same time, these things are indispensable. Needless to say, having access to a mobile phone has a massive effect on student life and their educational journey. Like any invention, mobile phones have a good side and a bad. Both of these sides need to be kept in mind, as one tries to understand the extent of impact mobile phones have had on student life. Here are some good and bad ways in which mobile phones have affected students:

#### Positive Effects of Mobile Phones on Students

1. The biggest advantage of the mobile phone is the ease of communication. Students can have 24/7 access to their peers, their teachers, their parents, and their friends, meaning that any doubt to be solved or information to be shared can be done in a matter of minutes. This is especially useful during stressful exam times or when students have absenteeism, since they can easily catch up on the work they missed.
2. Security and safety of students is another major positive effect of the mobile phone. Through location services and texts or phone calls, parents and teachers can be assured that students are safe and secure at all times. Going to extra classes, taking part in co-curriculars, going out of town on a school trip, etc. has never been more stress free.



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3. Mobile phones have brought the world into our homes. For students, smartphones represent the endless world of knowledge, at their fingertips. All the information and technology that a student could possibly need, is easily accessible to them at all times, making the process of study much more streamlined and effective.
4. Mobile phones have also brought convenience and accessibility to the classroom. Earlier, students that did not have a computer could not research online or avail the services of the internet. However, with smartphones, students have the internet with them all the time, meaning that studying or researching online is extremely fast and convenient.
5. Mobile phones also have a big role in time management and organisation in a student's life. Apps like notepads, alarms, reminders, calendars, digital organisers and list-makers help students keep their academic and extra-curricular life on track. They can ensure they never miss an assignment deadline or forget an exam date.
6. Apart from aiding students in studying, mobile phones also play a huge role in keeping them stress-free and allowing them some much needed relaxation. Through mobiles, students can listen to music, read books, watch movies, pick up new hobbies, listen to podcasts, play games, connect with their friends and basically partake in activities that will take their mind off work, and give them some time to rejuvenate.

### Negative Effects of Mobile Phones on Students

1. There is no denying that the biggest distractions in a student's life comes from the smartphone. A phone offers numerous channels where students can spend time, without even realising how much time is being wasted. Social media, movie streaming platforms, gaming, etc. are all serious distractions that can affect a student's school life and academic performance severely.
2. Mobile phones also come with certain health risks. The blue light of mobile screens have been known to cause problems with eyesight. Similarly, radiation from phones can be harmful for some children. Apart from this, lack of physical exercise, sleep deprivation, headaches are also some health issues that are associated with mobile phone usage.
3. One of the biggest perils of mobile phones is the access they provide to social media platforms. Excessive use of social media has been linked not only with physical health issues but also serious mental and emotional health disorders. Social media addiction, cyberbullying, body image issues, depression, anxiety, alienation, etc. are some of the issues that social media and therefore, smartphones are responsible for in young children.
4. Since mobile phones bring a world of resources to your fingertips, it also leads to certain resources that are not reliable. Mobile phones can expose students to unreliable sources, misinformation, propaganda, inappropriate content and other such things that can also harm their academic and personal lives to a large extent.

### SIGNIFICANCE OF THE STUDY

The development of technology has a profound impact on the academic lives of the students. Smartphone usage became popular to young generation because of its educational and entertaining options by using the numerous applications. Among the young people, students are increasingly using Smartphones. But excessive Smartphone usage usually makes the students addicted to it and that impact on user's academic performance, daily activities, physical and mental health, withdrawal tendency, and social relationships.

Social media is playing very important role. It affects the minds and mentality of students very easily which is harmful for the psychological and also physical health of the students. The usage of all these apps and sites leads the students to less concentration on their career. Therefore, this study will identify the factors that affect the level of smartphone addiction to the students and its impact on their overall academic performances.



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## **OBJECTIVES**

1. To analyse the smartphone users with respect to their usage patterns.
2. To study the impact of using smartphone on
  - a. Health
  - b. Education
3. To present the findings and suggest some remedies to overcome the addiction.

## **RESEARCH METHODOLOGY**

This is an empirical study for the identification of the Smartphone addiction factors of students through literature review independent variables have been taken. A questionnaire has been developed based on it. The reliability and validity of the questionnaire has also been tested. The research design is based on descriptive statistics.

## **SAMPLE**

The sample of this study consisted of students of 2 different colleges. This study followed convenience sampling and invited students to deliberately participate in the study. We ensured whether the students have used the smartphone last twelve months continuously or not. Undergraduate and Postgraduate students studying first year to three year participated in the study. The minimum and maximum age was 16 and 24 respectively.

## **DATA COLLECTION**

For data collection, structured questionnaire with important questions related to their studies and health were included. Convenience sampling method (non-random sampling technique) was used for data collection. The sample size of the study is taken as 200.

## **SCOPE**

The main aim of the study is to find out the impact of smartphone addiction on students and its effect on their studies and health. The attitude of students age group 16-24 years towards smartphone and how it is affecting their lives.

## **LIMITATIONS**

The findings show is the academic performances of students but it is only related to girls, this study is only based on one sided gender evaluation. The study is also conducted in 2 colleges, so it is may be applicable or related to that particular college.

With the larger sample size spread across other colleges one might arrive at results with large responses and can be applicable to the urban city.

## **IMPORTANCE OF MOBILES PHONES FOR STUDENTS**

Mobile phones are most valuable one in today's world. This hand sized product is needed for every category of people like category of people like youngsters, adult, women, students old people and even children also. Having a mobile in your hand is like having this world with you. We can chat, read, view, entertain, watch movies, etc. In this competitive world, we have various numbers of brands. Making your choice to purchase in the showroom will give you clear idea about product and showrooms like Samsung, Micromax, Lenova Mobile showroom in Chennai, etc., should make your purchase a better one.



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**Connectivity:** can evaluate one individual by how much ability he has to make contact with others. How socially he is mingling with other. In olden days it is very difficult to get social. Now because of social media, we made it possible. Mobile phones made it much easier to be in social media. The students really need their availability in social media because it helps them to get in touch with higher officials which make them get better career.

**Education:** In education wise, it is very helpful for students. In olden days if they had any doubts about their studies they should seek library or friends home. But now they can get answers to their questions from the place where they are. The only needed things are mobile phones and data. It really saves their time and makes them read more things and attain more marks.

**Responsibility:** If a parent really wants to show the responsibility to their children fine thing is to gift one mobile phone. So, by taking care of the product they can attain responsibility and when coming to recharge they will understand the values of money.

**Entertainment:** After studies and their busy classes students really want some relaxation. So, mobile phone makes this possible. Playing games, music and videos etc., will provide the different feel. So we need better brands for better device and brands like Samsung, Nokia Vivi, Oppo etc.,

**DATA ANALYSIS**

**AGE FACTOR**

Table showing age factor

S.no	Options	No of respondents	Percentage of respondents
1	16-18	137	68%
2	19-20	58	29%
3	21-22	5	3%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**GENDER**

Table showing gender

S.no	Options	No of respondents	Percentage of respondents
1	Male	0	0%
2	Female	200	100%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**EDUCATIONAL QUALIFICATION**

Table showing educational qualification

S.no	Options	No of respondents	Percentage of respondents
1	Pursuing Graduation	100	50%
2	Pursuing Inter	100	50%
	<b>Total</b>	<b>200</b>	<b>100%</b>



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**OWN SMART PHONE**  
**Table Showing Own a smartphone**

S.no	Options	No of respondents	Percentage of respondents
1	Yes	200	100%
2	No	0	0%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**BRAND OF SMARTPHONE**  
**Table showing Brand of smartphone**

S.no	Options	No of respondents	Percentage of respondents
1	Iphone	2	1%
2	Samsung	82	41%
3	Vivo	33	17%
4	Redmi	61	30%
5	Others	22	11%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**AGE OF USAGE OF PHONE**  
**Age at which they started using the phone**

S.no	Options	No of respondents	Percentage of respondents
1	Below 15	14	7%
2	16-18	142	71
3	19-22	44	22%
4	23-25	0	0%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**TIME SPENT IN A DAY**  
**Table showing time spent in a day**

S.no	Options	No of respondents	Percentage of respondents
1	60 min	53	26%
2	1-2 hrs	69	35%
3	3-5 hrs	52	26%
4	6-8 hrs	26	13%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**COMMON PLACE OF USAGE**  
**Table showing Common place of usage**

S.no	Options	No of respondents	Percentage of respondents
1	At home	182	91%
2	In Public transport	5	2%
3	At bus stop	1	1%
4	At college	12	6%
5	<b>Total</b>	<b>200</b>	<b>100%</b>



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### MOST USED FEATURE

Table showing Most used feature

S.no	Options	No of respondents	Percentage of respondents
1	Gaming	27	13%
2	Browsing	29	15%
3	Messaging	32	16%
4	Social media	112	56%
	<b>Total</b>	<b>200</b>	<b>100%</b>

### PROLONGED USED CAUSE HEALTH PROBLEM

Table showing Prolonged used cause health problem

S.no	Options	No of respondents	Percentage of respondents
1	Yes	161	81%
2	No	39	19%
	<b>Total</b>	<b>200</b>	<b>100%</b>

### SLEEPING HIBITS CHANGED

Table showing Sleeping habits changed

S.no	Options	No of respondents	Percentage of respondents
1	Yes	160	80
2	No	40	20%
	<b>Total</b>	<b>200</b>	<b>100%</b>

### HAVE GLASSES DUE TO PHONE

Table showing Having glasses due to phone

S.no	Options	No of respondents	Percentage of respondents
1	Yes	111	56%
2	No	89	44%
	<b>Total</b>	<b>200</b>	<b>100%</b>

### SUFFERED FROM HEADACHE

Table showing Suffered from headache

S.no	Options	No of respondents	Percentage of respondents
1	Sometimes	137	69%
2	Always	7	3%
3	Never	56	28%
4	<b>Total</b>	<b>200</b>	<b>100%</b>





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**IRRITATION, RESTLESSNESS, ANGRY**  
**Table showing Irritation, Restlessness, Angry**

S.no	Options	No of respondents	Percentage of respondents
1	Sometimes	84	42%
2	Always	17	9%
3	Never	99	49%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**AWARE OF EAR HEARING DYSFUNCTION**  
**Table showing aware of Ear hearing dysfunction**

S.no	Options	No of respondents	Percentage of respondents
1	Aware	136	68%
2	Not aware	64	32%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**USED FOR STUDYNG PURPOSE**  
**Table showing Used for studying purpose**

S.no	Options	No of respondents	Percentage of respondents
1	Sometimes	97	48.5%
2	Always	99	49.5%
3	Never	4	2%
	<b>Total</b>	<b>200</b>	<b>100%</b>

**FINDINGS**

**FINDINGS BASED ON DEMOGRAPHIC PROFILE**

- Research findings shows that majority of the respondents were between 16-18 and others contribute less.
- The study concentrates on female students of colleges studying inter and graduation.
- There is equal no of students of both the educational level i.e., graduation and inter.

**FINDINGS BASED ON USAGE OF SMARTPOHONE:**

- Every respondent owns a smartphone. it shows the interest of the respondents to own a smartphone despite whether they belong to graduation or inter.
- Most of the respondents owns the brand of Samsung that shows they prefer the quality of the brand while the least is of Iphone as it is expensive.
- The responses shows the interest to discover a new gadget at a early age i.e., 16-18, while the others use it at later stage.
- Most of the respondents use for 1-2 hours in a day which is quite normal. While least used it for 6-8 hours that shows the huge usage of smartphone.
- The data shows that most of the respondents use the smartphone at their level of convenience or free time. While there are some few who use it at a particular time.



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- There is huge usage of smartphone at home by the respondents. While the least is at bus stop and other places like transportation and college.
- More than half of the respondents use the social media as the most used feature in their smartphone. While others use it for different purpose depending on their needs.

### FINDINGS BASED ON THE HEALTH ISSUES

- More than 2/3 of the respondents knows about the health problems of using it for a longer period of time. It shows the awareness of the effects of smartphone among students.
- Large number of respondent's sleeping habits have been changed due to late night usage of smartphones. It shows the students level of usage in nights and its effects on their health.
- More than half of the respondents have glasses due to the usage of smartphones that indicates the negative effects on their health due to excess use of smartphone.
- More than half of the respondents have been suffered from the headache due to excess use of smartphone while few suffered it sometimes and never.
- Most of the students have never suffered from any irritation or restlessness or anger due to excess usage of smartphone.
- Majority of the students are aware of the fact that ear hearing disfunction happening due to radiation.

### FINDINGS BASED ON IMPACT ON STUDIES

- There is a positive response that half of the respondents use the smartphone always for studying purpose.
- Majority of the students have the feeling that there is a lack of practical knowledge due to excessive use of smart phone which should be improved by using smartphone less.
- Majority off the students feels that using of smartphone does become their habit as it is not a good factor for a student and it must be used less.

### CONCLUSIONS

The main objective of the study was to analyse the smartphone users with respect of their usage patterns. From the study findings it was determined that majority of the respondents started using smartphone at an early age of 16-18 and the time spent was minimum 3 hrs a day any time they want at their convenience in the home. The study also established that usage of smartphone has a reflection on their health as their sleeping habit have been changed and 56% of them have glasses due to excess use of smartphone and majority of them have also suffered from headache, earache, neck pain and irritation. The respondents re also aware of the diseases caused due to radiation of smartphone. In spite of knowing the fact about the negative effects of smartphone the students tends to use it and have a bad effects on their health that need to be managed by them.

Another most important objective of the study was to determine the impact of smartphone usage on the studies of the students and it does have a positive impact and 50% of the respondents use the smartphone for the studying purpose and which was helpful to them. It was also noticed that most of them use it during the exams and classrooms also which tends to divert their concentration from the studies but it did not have a much impact in their grades that shows the management off usage among them.

### SUGGESTIONS

Based on the findings, it is recommended that the students should reduce the use of smartphone and addiction to it and priorities their day-to-day tasks and concentrate on their studies to be a successful person. The students must get





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aware of the all the diseases that are causing due to the excess use of smartphone there must a campaign or a program conducted to give them information about the various facts.

The use of smartphone is having for studies is high among students but there is also lack of practical knowledge due to online information. So the management must focus on the development of some practical or curricular activities to provide the education.

The technological advancements are proved to be the reasons to be addicted to smartphone, the students must try any solution to get rid of smartphone usage like less recharges of data packages, no games in smartphone or purchase of new smartphone from time to time when you don't need it. Moreover, it is the responsibility of the individual to be attentive regarding their usage patterns and make use of smartphone when it is only needed and less use of social media to have a healthy and happy life.

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