



3. ADDICTION AND IMPACTS OF SMARTPHONE ON YOUTH - A REVIEW

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Abstract -- Because of the advancement in the features of Smartphone, we are prone to be completely dependent on it. Whether it is private or public sector, business sector, education field, health sectors, Smartphone has its impact on mental, psychological, physical and social state of human being.

The limited or required use of Smartphone is beneficial but excessive use of Smartphone is harmful and increasingly become a problem for young generation. Over use of Smartphone not only causes psychological and behavioural problems but also physical problems and performance issues. It is also responsible for Stress in Smartphone addicted person.

The main objective of this paper is to the review the impact of mobile phone on the life of Young generation and to understand all the positive and negative aspects of Smartphone on the society.

Keywords: Young generation, Smart phone, Addiction, Literature review, Assessment

With recent development in telecommunication technology, Mobile phone is considered as an important communication tool and it now is considered as fundamental need of the society. People now a days are increasingly using mobile phones rather than the fixed telephones as all the essential accessories, applications are assembled and installed in it. Hence it is considered as a lifeline for many users. It is estimated that there are around 4.5 billion people all over the world use the cell phone and that to huge number of young generation.

The [statistical](#) studies show that the number of mobile phone users in India is expected to rise to 730.7 million and is predicted to reach almost 468 million by 2021. (www.statista.com) Smartphone provides opportunities to connect with media content at any time of the day. (broadcastingcable.com) According to recent survey there are about 300-400 million Smartphone users and about 650 million mobile phone users in India according to Counterpoint Research. (indianexpress.com). Cellular phones are very popular in younger generation within a short span of time Youth is more prone towards using mobile phones for activities other than communication than older generation

The Surveys show -

- With the advancement in the telecommunication there will be spreading of advanced mobile technology all over the world by 2020. There will be 70% of people using Smartphone and 90% covered by mobile broadband networks. By 2020, 80% of all mobile data traffic will come from Smartphone. Video traffic will grow 55% per year until 2020,

The people are engaged in their Smartphone use to such an extent that they neglect their other parts of life. "Mobile phone addiction" is the most commonly used terms to describe this kind of addiction and, recently it is described as "Smartphone addiction".(Goswami Vandana et al 2016)

The researchers and consultants are using few fixed measures for the assessment of mobile phone addiction. The research studies have investigated the impact of over use of the mobile phone by using their own collective attributes (Sanchez and Otero 2009). This covers issues such as tolerance, withdrawals, escape from other problems, desire and negative impacts upon daily life at various levels such as social, family, professional and financial levels.

Toda, et al. in 2004 developed Mobile Phone Dependence Questionnaire, and Walsh, et al. in 2010 developed Mobile Phone Involvement Questionnaire including aspects based on exploratory criteria (Goswami, et al, 2016)

Chiu in 2014 and Samaha and Hawi, in 2016 observed that Smartphone addiction is significantly related to stressors from interpersonal and school-related anxiety as individual experience helplessness. According to Wang et al, (2015) Smartphone can provide its users instant connections with their social contacts and act as an easy escape .



Researchers explain how the mobile phone levels the gender differences between boys and girls specifically by giving rise to 'gendered' sub-cultures. Rautiainen (2001) and Lobet-Maris and Skog (2002) in their studies observed that the girls use mobile phone primarily as a tool for communication and maintenance of peer-groups and contacts, and social aspects (such as design, ringtone, and colour), boys use it more for its own sake, exploring its features, and as a toy; this difference in use balancing out the amount of use among both groups.

Positive & Negative Impacts of Smartphones

People all over the world are so use to Smartphone that their life is affected by use of it. There are both positive and negative impacts of Smartphone. The impacts of Smartphone can be observed in the field of education, health and social life. Mobile technology has drastically changed the cultural norms and behaviour of individuals and lifestyle. (S. Gowthami et al, 2016)

In the field of Education the use of the Internet has become a part of life of every student and whenever needed it's a mean to search for the information. Distance education, online courses etc. is a learning mechanism that focuses to liberate students from limitations of time and location and offers flexible opportunities for education.

Distance learning through virtual classes enable students to continue their education without impacting their routine work and family life. Smartphone within and without the classroom make it easier for students and teachers to cooperate with each other. (Manojkumar,2011). Never the less the education system of developing countries these devices can play integral part in the education systems. Smartphone is useful for education development.

Smartphones distracts students to enables them to text, cooperate on social networking sites, check e-mails, play online games, and even watch TV channels do video chatting. In addition, it would not be easy for students to make calls during examinations to cheat but it may be easy for them in a crowded classroom or examination hall to use their Smartphone to access information online to cheat in examinations.(Manojkumar,2011)

The misuse of Smartphone could be through the use of text message exchange with other students, find answers on the Internet, using advanced calculator and phone applications, reading notes saved on their phones to help on the test. Smartphone can encourage harassment also which are very serious problems in schools across many countries including United States of America (USA). Smartphone come equipped with camera and video technology, which can be used to record and photograph harassing in schools and colleges. (S. Gowthami et al, 2016)

Accordingly surveys more than 10 million users in USA use Smartphone to search for health information and facilities. There is huge number of Medical and healthcare apps for Smartphone are, including drug references, medical calculators, reference guides and personal health and lifestyle applications. This in turn enables the Smartphones to play a key role in health sector. Recently more than 40,000 mobile health apps available for tablets and Smartphone, and more than 500 health projects underway worldwide with the emphasis to use Smartphone apps in health sector. Analysis show that the number of people using health related apps is growing drastically and 2012 surpassed 247 million.(Kantar,2012).

A survey conducted on a small number of US healthcare students, administrators, providers, and nurses by a software company reported that almost 83% use Smartphone to access, 72% use Smartphone to write notes and memos, 50% use it for drug references, 28% use Smartphone to access clinical decision support tool and 13% to view medical images. (S. Gowthami et al, 2016).

Research studies have also claimed that mobile phones have a negative impact on health of an individual. If you are using mobile phone for long hours daily it might lead to serious health issues. Mobile phones lead to a lot of accidents. A lot of people do their daily work, drive while taking on mobile phones. There is high risk of accident if you are talking on the mobile phone and driving as you are giving your half attention to the mobile call and are having half attention on the road. Research have shown that on an average, the targeted users use to check their phones 34 times a day, but not necessarily that it was really needed to check emails instead it is habitually checking, which may result, in relying on phone more than doing things themselves. (Kantar, 2012)



Another aspect that has been noticed is that lots of parents let their kids carry and use Smartphone's even in their very young age. Also there are major issues associated. The high frequency of cell phone use can have negative effects on our stress levels. Overall, excessive cell phone use can be a risk factor for mental health issues in young adults. (S. Gowthami et al, 2016). Regular users of wireless phones had health symptoms more often and reported poorer perceived health than less frequent users. Srivastava and Tiwari (2013) investigated that the effects of excess use of cell phone on adolescent's mental health and quality of life. They randomly selected 100 male students from Uttar Pradesh

Use of Smartphone has Psychological Impacts both positive as well as negative. According to a survey on use of Smartphone, the Smartphone can reduce stress in busy work life. Smartphone enables users to interact with their friends and family and interacting with friends and families enables users to utilize such time to promote their social life. (Nufit,2012). According to psychological concept the key to keep the brain functioning in its peak condition throughout the life lies in its smart use of Smartphone which will increase the brain function instead of using the Smartphone only for entertainment it could be used to access useful information. (S. Gowthami et al, 2016)

But according to recent research, the addiction to Smartphone is increasing rapidly. Smartphone addiction is not just a catching word but researchers have observed habitual and baseless communication as a serious psychic problem and also responsible for significantly changing our brain's perception for the device (Nufit,2012). Professor of Psychiatry Dr Gary found a significant positive relationship between Selfishness and addiction to the phones, suggesting that the more Selfish a person is, the more likely they are to be addicted to their Smartphone (S. Gowthami et al, 2016).

Conclusion

On the basis of this review paper it has been observed that young generation is more inclined towards using mobile phones for activities other than communication than older generation because in adolescence stage, people are more subject to changing life style, building them more Tech savvy which creates certain behavioural disorders. The fame of the mobile phones is followed by an alarm towards the ill effects of cell phone radiation, Fatigue, headache, decreased concentration and local irritation, various types of stress and burning are the major effects of excessive usage of mobile phones.

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