

Impact of smart phones on Youth

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Abstract

Smart phones are very important and wonderful communicative tools used by all age group people especially Young generation. Without smart phones, one feels incomplete and it has become the need of hour. The adoption of the mobile phone by young people has been a global phenomenon in recent years. It is now an integral part of youth in daily lives and is for the majority, the most popular form of electronic communication. In fact, the mobile phone has turned from a technological tool to a social tool. This paper explores the impact of the mobile phone on youth relationships, on family relationships and on the institution of the school. Young people use the mobile phone in positive ways to organize and maintain their social networks. However, there are also negative impacts on young peoples' relationships. These can include cyber bullying. This research study is conducted in New Ashok Nagar, New Delhi.

Introduction

There has been huge growth in the use of smart phones in India. It is reported that the India's Telecommunication market is the second largest in the world. The mobile phones are available to the people right from the age of 12 years. The mobile phone technology has brought the world closer. It provided great convenience in communication among people by way of either calling or texting. The first Smartphone was invented by IBM in 1992 known as a Simon Smartphone. This was a big breakthrough in the field of technology and for the requirements of people. Smart phones as name itself indicates something special, facilitates easy, quick and affordable world of information resources. The electronic device which is capable of effectively performing functions installed in combination of both hardware and software parts It can perform many tasks that a computer do, one can talk, send messages, take photos watch and share videos, business, entertainment etc. In addition, smart phones have several physical features that set them apart from normal phones especially every activity done through touch screen. Smartphone has become a very important and wonderful communicative tool among Young generation. One feels incomplete without the use of smart phone and it has revolutionized all affairs of human development with Education and Research, Business, Health, Sports, Entertainment etc.

It has been observed that use of smart phone has tremendously increased since many years now. In any particular occasion whether in public place, workplace or any family gathering, everyone one remain in-touch with it. Research reveals that majority of people especially young generation remains busy in calling, checking messages, watching or sending videos, up-dating, chatting etc., so this has become an un-avoidable part of individual's life. It seems that life of youth without the use of smart phones cannot run smoothly. With the access to

internet, anything, anytime, anywhere happens/happening comes to be known in a few seconds and the same propagates very quickly around the globe. However, the use of smart phones has badly affected social, psychological as well as physical life of people especially young generation. It has both positive as well as negative impact. It can act as Instructor, Reminder, educational tool and Entertainer etc.

On the other side, acts as distractor, interrupt you while doing important assignments with irrelevant notification and disturbs ones social life. In this context, the present study is an attempt to explore and examine the impact of Smart phones on the life of young generation. Now, the mobile phones are coming up with variety of features like internet access, sending e-mails, games, access to social networking sites like face-book, listening to music, playing radio, reading books, dictionary and so on. The mobile phones are also used to overcome the feeling of loneliness. The majority of the users are in the age group of 15 to 25 years. However, though the mobile phone provided many advantages, it has also caused some problems also. Some people are using the mobile phones so excessively that it assumes the form of addiction. The use of mobile phones has reduced the face to face communication.

The students are using mobile phones for playing games, sending messages, calling even when the class is in progress. Without smart phones, one feels incomplete and it has become the need of hour. It has brought a plethora of information resources within the palm of ones hand and has bridged the communication gap via social networking sites. People remain in touch and come to know every development in all walks of life within no time on social Media. The impact of Smart phones is visible in all areas of life including business, education, health, marketing, social life etc. But it is not out of place to mention here that every technology has its pros and cons within. It has also caused various health hazards and brought miseries to people especially children which include Eye strain, Neck and back pain, Hypertension, etc. The present study is an attempt to explore and examine the impact of Smart phones on the life of young generation.

Research Methodology

Research Type:

Descriptive and exploratory research has been used in this research paper.

Tools: Questionnaire.

Sampling Area: This research is conducted at New Ashok Nagar, New Delhi. The sample consisted of college going youth and family members between the age group of 18 to 25. Data were collected from 10 to 15 people. In which 60% are male and 40% are female.

Sample size: 60

Youth and Smart Phones

Smart phones have been celebrated for their benefits, such as to strengthen and maintain familial and social relationships (even on a romantic level) as well as to enhance education quality and improve information sharing. Past studies show that smart phones are an essential tool in strengthening and maintaining familial and social relationships, including romantic relationships as well as to enhance education and information sharing. Nonetheless, it was also criticized as a

cause for a number of detrimental effects, among others, addiction and distraction caused by smart phone usage, cyber bullying and exposure to explicit contents. With rapid technological advancements, from a mere mobile communication device, smart phones have transformed into multi-purpose medium with progressively improved features. While it features multiple functions and latest applications (e.g. mobile Internet, mobile chat, social networking sites), this research instigates the issue of smart phones' role in upholding or challenging the religious beliefs and practices among young people.

A number of research findings elucidate widespread usage of smart phone among young people or youths due to its improved accessibility, mobility, and sense of independence. Additionally, smart phones are also seen as a mean to free these youths from regulations they had at younger age. The smart phone usage is associated with the ways youth communicate or micro-coordinate. These youth are also have utilized it for various reasons, including entertainment and information sharing. In addition, there are concerns about the impact of smart phone use such as poor academic performance smart phone addiction or dependency and exposure to pornographic content. All these are associated with the prevalent use of smart phones by young people. This relates to the objective of this research, which is to examine the extent to which smart phones usage uphold or challenge the religious beliefs and practices among youths. This study, therefore, investigates the degree to which smart phones are used and its implications among youth in the Brunei society, which is bounded by the Malay, Islamic Monarchy concept as a way of life.

This study provides additional evidences, which may suggest how smart phones may provide as sense of independence to youth, not only from parents and teachers as authorities, but also from the youth' own socio-cultural values and religious beliefs and practices. This study demonstrates how the Bruneian youth utilize smart phones ubiquitously, in ways that meet their needs or fascination, which may or may not contradict with the socio-cultural values and religious beliefs and practices.

It's no big secret that teens have a complex relationship with technology. They are expected to use technology both in and out of the classroom to make the grade, they manage their social lives through various apps and social media platforms, and they use technology to stay organized and on top of their many, many activities. Today's teens face intense levels of pressure. Sometimes their phone use is tied to recreational activity and can help them relieve stress, but other times they use their phones to keep up with their busy lives. Ensuring that kids' technology use doesn't result in more stress for them isn't an easy task; there's no clean-cut way to delete stressful technology activity. So how can parents, let alone kids themselves, navigate the often stressful world of tech?

Although there isn't a recognized "smart phone addiction" diagnosis, it's natural for parents to wonder if a teen's apparent obsession with a smart phone qualifies as addictive behavior. After all, it can be incredibly frustrating to attempt to hold a conversation with someone when they can't peel their eyes away from their phone.

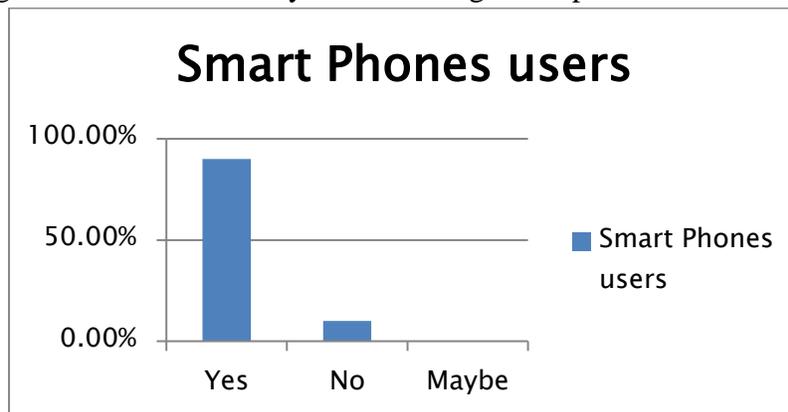
There is a considerable debate on addiction and abuse to Smartphone among adolescents and its consequent impact on their health; not only in a global context, but also specifically in the Indian population; considering that Smartphone's, globally occupy more than 50% of mobile phones market and more precise quantification of the associated problems is important to facilitate understanding in this field.

Worldwide scenario of youth using Smart Phones

The age group of 25-34 is found to have the highest Smartphone usage rate of 62%. 50% of Android Smartphone's and 43% of Apple iPhone users are younger than 34 years. 53% of Smartphone users are male and 47% are female. Indian teens are currently driving Smartphone's market in India The age group of 16-18 years using Smartphone's have shown a rapid rise from 5% in 2012-25% in early 2014. Recently in 2013, there were around “51 million” Smartphone users in Urban India and rate of rise from year 2012 was 90%.

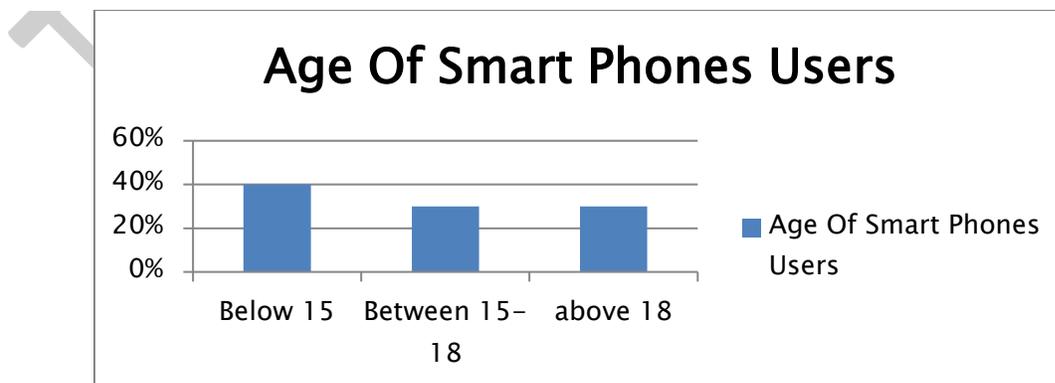
Data Analysis and Interpretation

As you are seeing in this data that 90% youth are using smart phones.

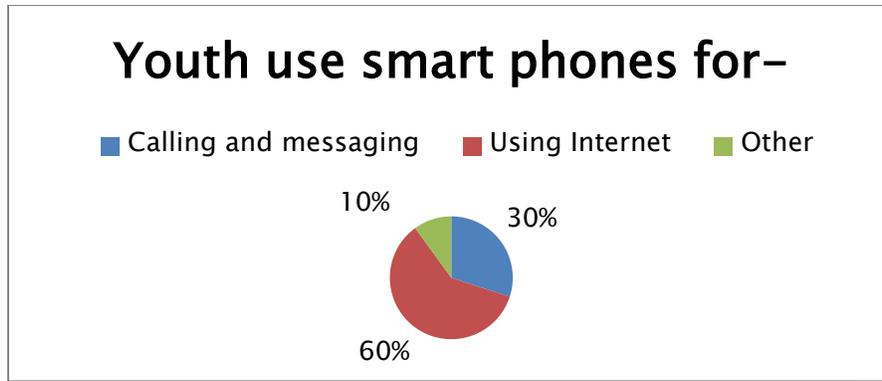


Starting age of using a mobile phone

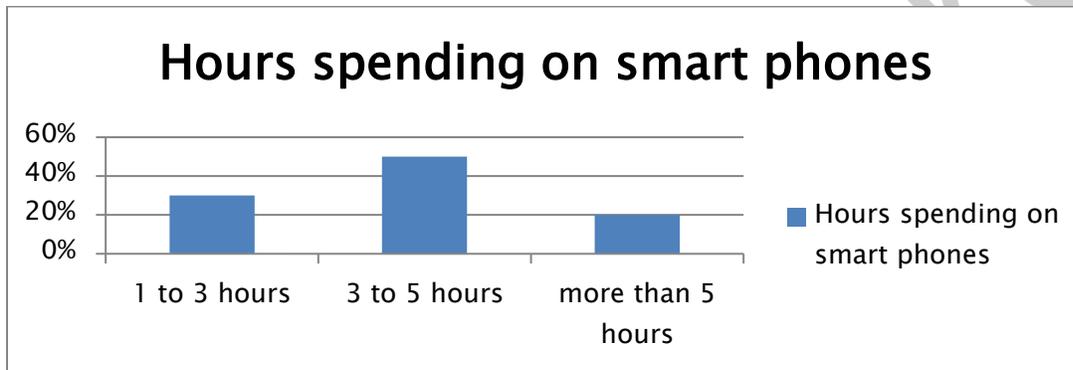
Here this data is showing that 40% people started using mobile phones below 15 of their age, 30% of people started using mobile phones between 15-18 of their age and 30% of people started using mobile phones above 18 of their age.



As we are seeing that Youth mainly use Smart Phones for Using Internet.

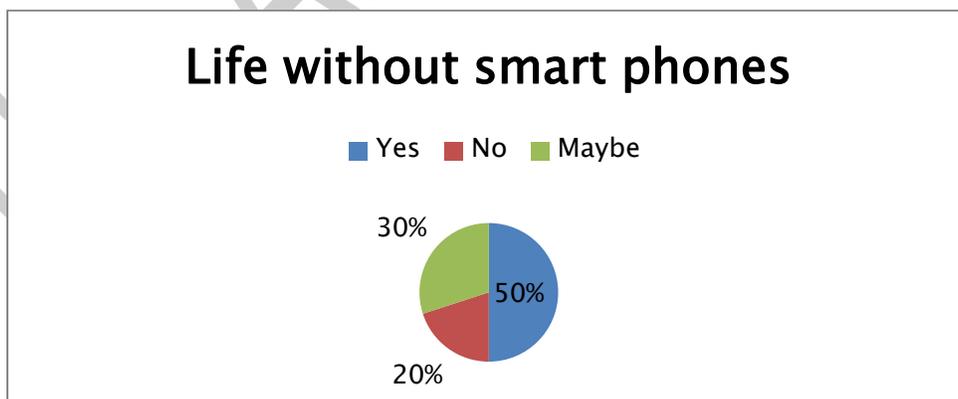


Hours you use your Smart phone As we see that 50% of youth are spending 3 to 5 hours of their time on smart phones.

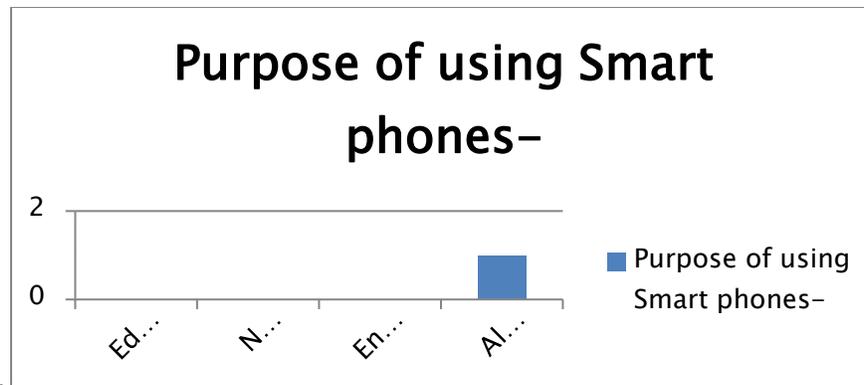


live without a smart phone for a day

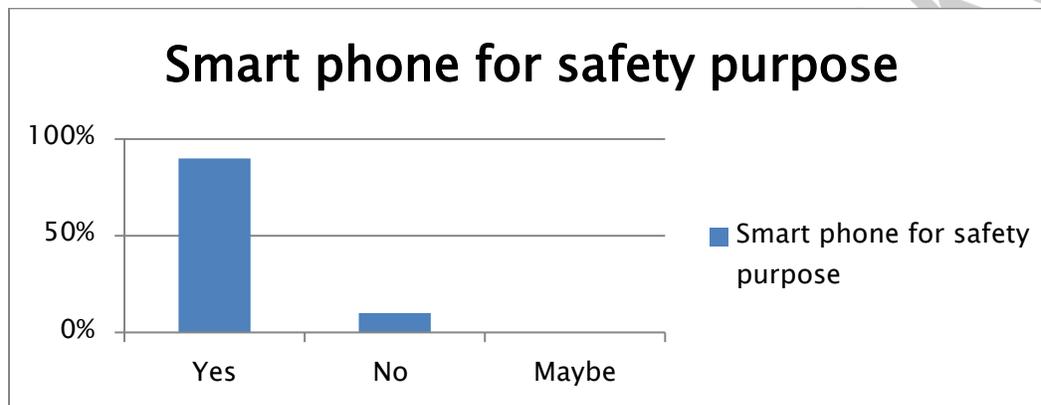
As per the graph, seeing that 50% of youth thinks that they can live without smart phones which is good for health.



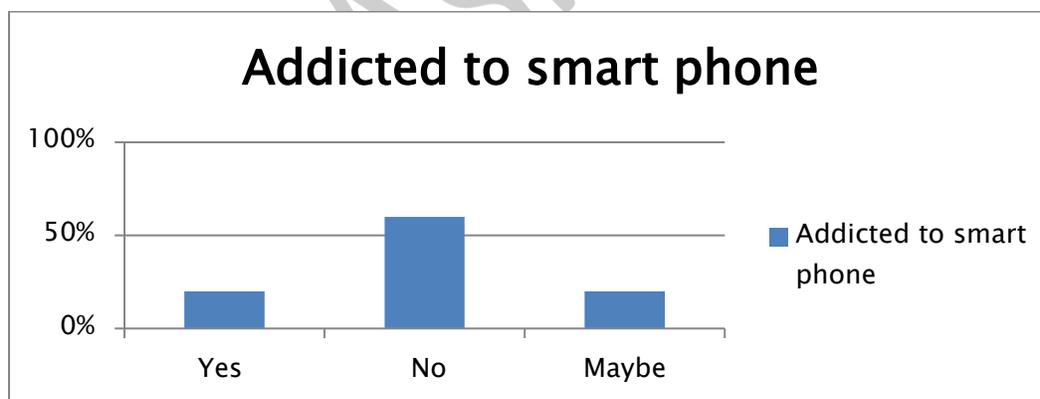
The Purpose of using smart phones- All uses smart phones for education, news updates, entertainment



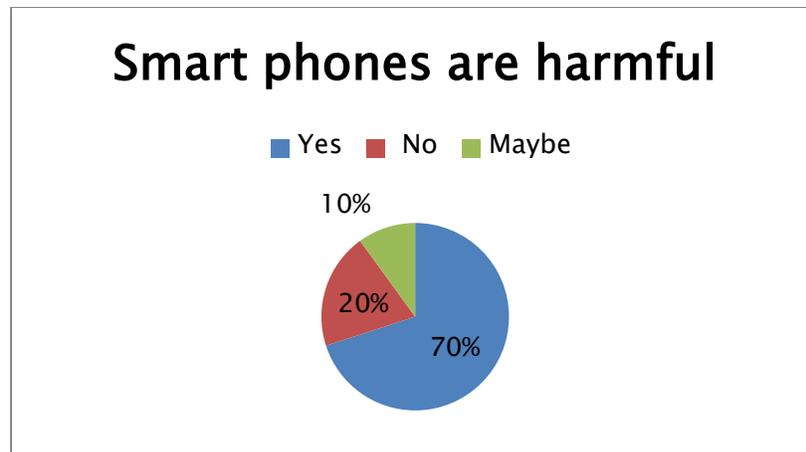
Think smart phone can be used for safety purposes As per the survey, 90% people think that smart phone can be used for safety purposes.



Addicted to smart phone 60% of people think that they are not addicted to smart phones.



Smart phone harm our eyes and health as per the graph, 70% of people thinks that it can harm our health and eyes.



Conclusion

On the basis of obtained results it can be said that majority of the youth are using the smart phones and there are not gender wise distribution in use of mobile phone. Also most of the youth prefer prepaid card over post paid card. Regarding the gender differences on use of mobile phone for internet use, for internet surfing, making call, and SMS and all these three, gender differences were not found. Overall it was found that desire to get connected is very important factor in mobile phone usage which was reflected in preference for social networking sights. Also use of mobile is more at night as compared to morning. It was also found that students prefer 3G phones. But nowadays youth prefer 4G phone because in 4G phones all information and updates are available in smart phones. Gender differences were not observed in time of usage of mobile phone and data usage. Android operating system is the most popular among the youngsters. But nowadays we are seeing that youth are using ios (Iphone) because this phone has very advanced and amazing camera with amazing quality of photos.

It can be concluded that Smart phones are wonderful navigational tools and facilitates the world of information resources on ones finger tips. Smart phones have brought a massive change in the lifestyle of people and they feel comfortable in offering user a vast platform for communication and access to a wide range of applications anything, anytime and anywhere happens /happening in the world comes to be known within no time. Smart phones with the interesting features and services have made individual's life enjoyable and keeps record of each and every moment. The new cult of taking selfies have become trending in the present world. The technological power of the smart phone is tremendous and it is quite a learning tool for all especially youth These technological gadgets have made our life very comfortable.

As it facilitates one to do a lot of work to Education, Research, Business, Entertainment, and Sports etc. Besides it, smart phones keep one connected with social networks and enable one to online shopping, latest news updates and sports. However, it has also proved negative effects when not used properly. Especially, Teenagers are mostly addicted to it and causes negative results on them both health problems (like Eye sight problems, neck and back pain, Alienation, Brain tumour) and also financial issues. A new phobia has been developed known

as NOMOPHOBIA (fear of being without a phone) is very common problem found among teen ages. Further, health related issues like Nerve problem, Anxiety and Depression are other seriously concerns. Overuse of Smart phones may lead to psychological and physiological complication. However, keeping things in moderation and restricting usage hours goes a long way in ensuring their well-being as well as inculcating good behavioral habits, moral values, and education.

Reference:

Froese et al. (2012) conducted the self report survey about youth are using smart phones in their classes.

Elder (2013) shows that students who are not using smart phones in their classes are scoring much better than the students who are using smart phones.

Tindell and Bohlander (2012) To understand the use and misuse of smart phones by college students in college lecture.

Alfawareh and Jusoh (2014) students are using phones for making calls and taking pictures.

Kibona and Mgaya (2015) shows that students are using smart phones for using social activities like (Instagram, Whatsapp, Facebook).