

## **Heading:**

Effect of smartphone on behaviour of children.

## **Introduction:**

**History:** The first mobile phone well known as 1G (First Generation) phone was launched in 1983 by the Motorola Company. The phones used analog technology and they faced a huge problem in regards to clarity and constant noise interference. The 1G phones were quite heavy and needed to be permanently installed on automobiles due to their size and weight. The main utility that the 1G phones provided were communicating traffic information. This is the era of mobiles where only one to one calling was possible.

Then the mobile phones drove into the period of 1990's and came the era of second generation or 2G handsets which brought in a package of changes in technology. The 2G phone proudly featured the digital technology and welcomed the smaller units and batteries and it meant as per its name Mobile. The phones introduced the calling plus messaging features.

While we were busy preparing for the funeral of 2G phones, the 2.5G Phones came in to scene with full-fledged talk, messaging and picture messaging features, the phones lost a good amount of weight during their long journey. The 2.5 G features were making a foundation to the path of 3G with calling, text messaging, picture messaging and GPRS packet data facilities.

Than 3G phones surprised the world with a huge list of features like video calling, Wi-Fi connectivity, mobile TV, video streaming and endless amount of excellent features. The phones became an 'All in One' compact system and moulded into a computer phone and eliminated the need of a computer for some of the users.

The Mobile phones have travelled right from the old green or blue background screens to the latest colour widescreens which can be controlled by a mere touch on the screen. Now latest we are using 4G generation of mobiles, the mobile phones have already started displaying mobile TV'S proudly and they even guide one through a road with the GPS maps and real time traffic information. Reliance JIO is one of service provider for 4G at cheaper price in INDIA.

Mobile phones have transformed themselves neatly from a luxury item to a necessity. The phones have even been encrusted with diamonds, precious gems, gold, etc and thus making it a fashion accessory rather than a simple gadget. Mobile phones have not yet stopped with their journey. In today's date when they have become a necessity, there's still a long way to travel and there are a vast amount of technological improvements expected in the future.

Smartphones are becoming increasingly indispensable in everyday life and offer a substantial variety of mobile applications for information, communication, education, and entertainment purposes. Smartphones typically have touch screens, mobile Internet access via Wi-Fi or cellular networks, capability for

installation of smartphone applications, and other functions such as media players, digital cameras, and GPS-based navigation. Almost 8 out of 10 children in the India now have access to smartphones.

Regarding mental health, recent studies showed that increased smartphone use might be related to sleep disturbances and depression. Furthermore, increasing frequency and time spent on smartphones is closely related to the severity of smartphone addiction causing social & mental bad effects on children.

Smartphone addiction could be considered a form of technological addiction. These addictions are non-chemical behavioural addictions that involve human-machine interaction.

Although a primary smartphone characteristic is the use of Internet-based applications, smartphone portability and capability for installing applications that are suited to individuals' needs and lifestyles make it a versatile, multi-purpose object that many persons carry with them at all times. Therefore, smartphone addiction symptoms may differ from those of Internet addiction.

***The present study focused on impacts of smartphone on behaviour of children of age group 6-10 yrs within small area of BHEL Bhopal with limited no. of participants.***

## **Objective:**

To study effect of smartphone on behaviour of children

## **Hypothesis:**

Smartphones are detrimental to children and also for society. Study done on local area, which can be further applied on complete region of Bhopal. It is assumed that the answers given by participants are genuine. Also there is a significant difference between effects of use of smartphones on the basis of age group and gender. Mostly the impact of smartphone is negative on girls & boys.

## **Methodologies:**

Survey on group of children of different age groups (6-10 years). Smartphone impact on behaviour was assessed by various questions concerning with smartphone (refer attached **annexure-I along with graphical representation**).

***Observations have been noted from the answers given by participants.***

### ***(a) Samples:***

A convenience sample of 20 children from 4 different schools participated in a survey assessing on behaviour impact with the use of smartphone. Smartphone impact on behaviour of children was assessed using short questionnaires.

# questionnaire →

## Annexure-I

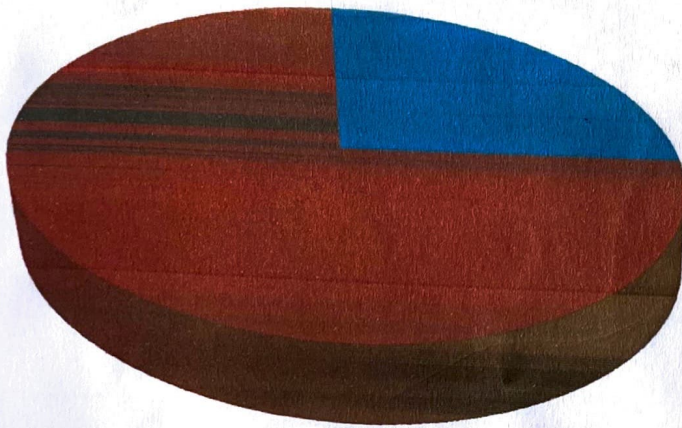
### Detail Survey Analysis Answer Sheet

Question no.	Student Name	LOT-1 ( 6-7 yrs)				
		Vamika Chaudhary	Vidhi Chaudhary	Harsh Chaudhary	Vishvesh Nemade	Atharva Bhangal
1	If smartphone not given to you for a day will it be OK for you? Answer yes if it is ok for you else say no	Yes	Yes	No	No	Yes
2	Will you prefer to go out with your family friends or will like to stay at home using smartphone? (Answer to be Yes if like to go out with family friends else say No)	Yes	Yes	No	No	No
3	Any health issues occurred while using smartphones? (Answer Yes if any sleep disruption, restlessness and fatigue observed else Say No)	No	No	No	Yes	Yes
4	Are you of aggressive behaviour?	No	No	No	Yes	No
5	Missing planned work due to smartphone use	No	No	Yes	Yes	Yes
6	Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use	No	No	No	No	No
7	Experiencing lightheadedness or blurred vision due to excessive smartphone use	No	No	No	Yes	Yes
8	Feeling pain in the wrists or at the back of the neck while using a smartphone	No	Yes	Yes	No	Yes
9	Feeling tired and lacking adequate sleep due to excessive smartphone use	Yes	Yes	Yes	Yes	Yes
10	Feeling calm or cozy while using a smartphone	Yes	Yes	Yes	Yes	Yes
11	Feeling pleasant or excited while using a smartphone	Yes	Yes	Yes	Yes	Yes
12	Feeling confident while using a smartphone	No	No	Yes	Yes	Yes
13	Being able to get rid of stress with a smartphone	No	No	No	No	No
14	There is nothing more fun to do than using my smartphone.	No	No	Yes	Yes	Yes
15	My life would be empty without my smartphone.	No	No	No	No	No
16	Feeling most liberal while using a smartphone	Yes	Yes	Yes	Yes	Yes
17	Using a smartphone is the most fun thing to do.	No	No	Yes	Yes	Yes
18	Won't be able to stand not having a smartphone	No	No	No	No	No
19	Feeling impatient when I am not holding my smartphone	No	No	Yes	Yes	Yes
20	Having my smartphone in my mind even when I am not using it	No	No	No	Yes	No
21	I will never give up using my smartphone even when my daily life is already greatly affected by it	No	No	No	No	No
22	Getting irritated when bothered while using my smartphone	Yes	No	Yes	Yes	Yes
23	Feeling great meeting more people via smartphone use	No	No	No	No	No
24	Feeling that my relationships with my smartphone buddies are more intimate than my relationships with my real-life friends	No	No	Yes	No	No
25	Not being able to use my smartphone would be as painful as losing a friend	No	No	Yes	Yes	Yes
26	Feeling that my smartphone buddies understand me better than my real-life friends	No	No	Yes	Yes	Yes
27	Preferring searching from my smartphone to asking other people	No	No	No	No	No
28	My fully charged battery does not last for one whole day.	Yes	Yes	Yes	Yes	Yes
29	Using my smartphone longer than I had intended	No	No	Yes	Yes	Yes
30	Feeling the urge to use my smartphone again right after I stopped using it	No	No	Yes	Yes	Yes
31	Having tried time and again to shorten my smartphone use time, but failing all the time	No	No	Yes	Yes	Yes
32	Always thinking that I should shorten my smartphone use time	No	No	Yes	Yes	Yes
33	The people around me tell me that I use my smartphone too much	No	No	Yes	Yes	Yes

GRAPHS for Survey Done:

Graph-01

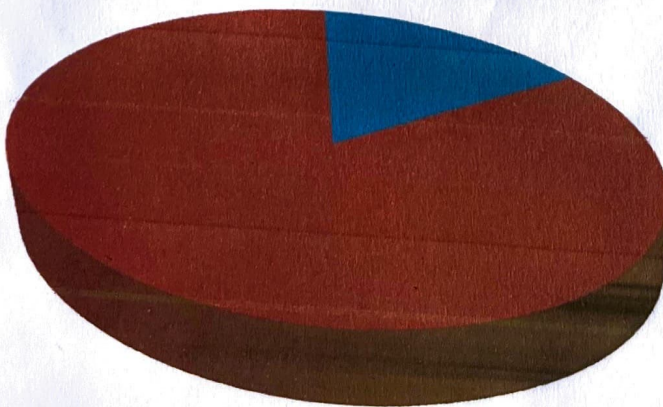
**Children who can spent a day without smartphone.**



- Can spent a day without smartphone
- Cannot spent a day without smartphone

Graph-02

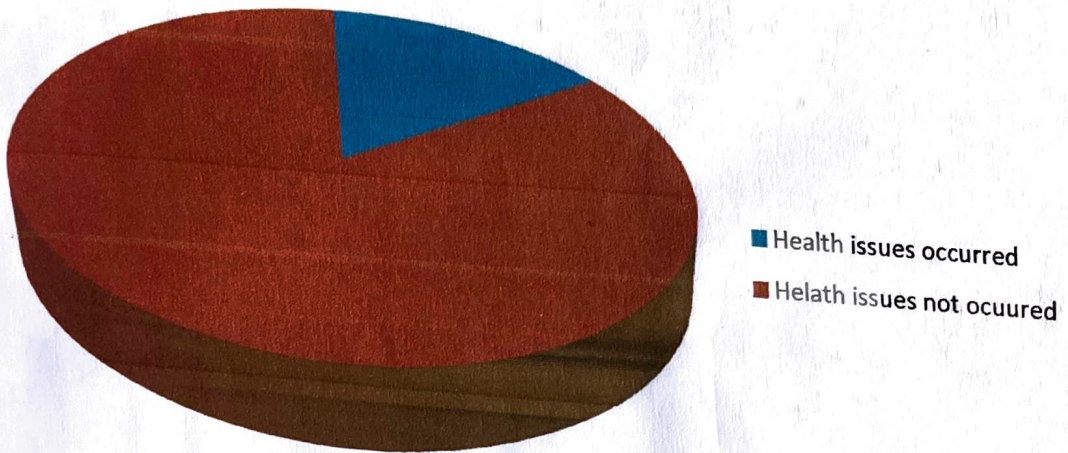
**Children who presfer to go outside rather than to stay at home using smartphone**



- Can spent a day without smartphone
- Cannot spent a day without smartphone

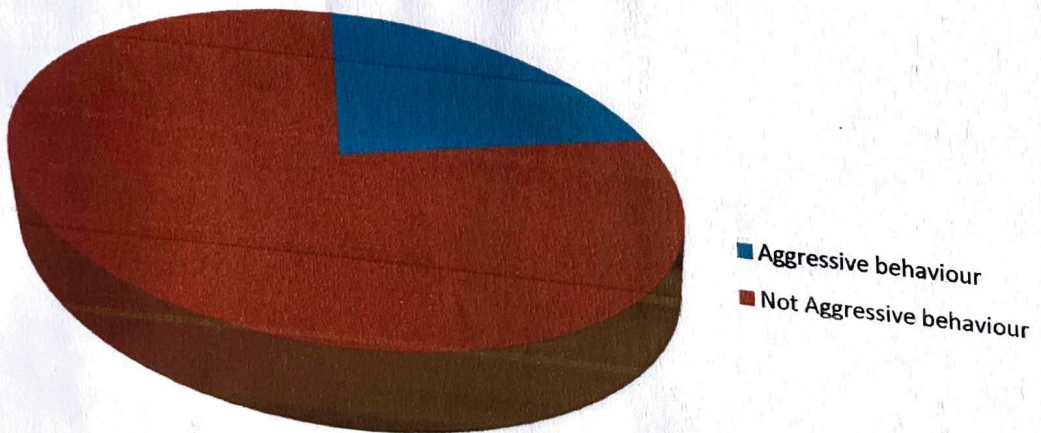
Graph-03

### Health issues occurred due to use of smartphones



Graph-04

### Aggressiveness in behaviour



## **Conclusion & Suggestion:**

The study provides the first insights into behaviour pattern which got drastically affected by use of smartphone. The survey done on limited children of BHEL area of Bhopal, which should be extended in further studies covering larger area and other age groups as this is serious matter.

Further as a teacher I think that monitored use of smartphone by children with due involvement in other activities to be regularly advised by parents so that ill effects of smartphone can be avoided in children.

Also it is not only duty of teacher but also the duty of parents & relatives to monitor the use of smartphones by them along with their children as children usually learn from their parents & relatives.

## **Bibliography:**

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