

**IMPACT OF MOBILE PHONES ON YOUTH**

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**Abstract:**

*Mobile phones are veritably important and awful communicative tools used by all age group people especially youthful generation. Without smartphones, one feels deficient and it has come the need of hour. It has brought a plethora of information coffers within the win of bones hand and has bridged the communication gap via social networking spots. The impact of mobile phones is visible in all areas of life including business, education, health, marketing, social life etc. But it isn't out of place to mention then that every technology has its pros and cons within. It has also caused colourful 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 Smartphones on the life of youthful generation. A web grounded literature check was carried out to find the objects of the study. colourful scholarly databases were penetrated to find the most authentic and qualitative information related to the study*

**Keywords:** *Smartphone, Health Problems, Musculoskeletal System Symptoms*

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**Introduction :**

The relinquishment of the mobile phone by youthful people has been a global miracle in recent times. It's now an integral part of adolescents ' daily lives and is for the maturity, the most popular form of electronic communication. This paper explores the impact of the mobile phone on youth peer connections, on family connections and on the institution of the academy. Youthful people use the mobile phone in positive ways to organise and maintain their social networks. Still, there are also negative impacts on youthful peoples ' blink connections. These can include acceptance and cyber bullying. Also, the mobile phone has lead to changed dynamics in the family, with issues of safety and surveillance from a maternal perspective leading to negotiated changing freedoms for youthful people. While functional collaboration can be salutary for the family, other problems can arise similar as fiscal

difficulties, non-custodial parent access, as well as over reliance on the mobile phone for safety issues and intrusion into youthful peoples ' lives. The impact of the mobile phone on the academy as an institution has not still, entered as important exploration. Dislocations to assignments, frequentness of cheating and bullying are some of the negative impacts, while texting parents of truants seems to be the only positive for the academy. Farther exploration is demanded into the consequences of mobile phone use in seminaries.

**Positive Impact of Mobile Phones:**

1. There's no mistrustfulness that a mobile phone is a precious tool. It facilitates communication among associates, musketeers, and family members. All technologies that give similar benefits come with a set of downsides. Mobile phones have a huge impact on scholars' life.
2. In the last many decades, mobile phones have been

fleety growing. Firstly, they were used only to make and admit calls. still, two decades.

3. Due to the global epidemic the academy or council class is to be delivered online, so the scholars are needed to have mobiles. Not everyone has the fiscal means to buy a laptop or a computer, so mobiles are a cheaper volition and take the place of the computer in the online lecture.

#### Negative Impact of Mobile Phones:

1. The mobile phone emits blue light, and long- term use will beget serious damage to eyes. This blue light is dangerous radiation, which damages the eyes in numerous ways.
2. Nonstop use of mobile phones can fluently make egregious changes in children's gest youth will begin to be stressed and feel anxious about everything. Mood swings may also do constantly. You'll begin to notice their desirousness with veritably common effects.

#### Objective:

- To understand the purpose of using mobile phones
- To offer suggestion to youth to use mobile phones in the right way
- To determine the impact of the increased use of mobile phones on youth's health
- Don't use mobile phone too important as it has a bad effect on your health.
- To explore the significance and significance of smartphones in the ultramodern world
- To examine the Pros and Cons of using Smartphones
- To punctuate the impact of smart phones on the life of youthful

#### Literature Review:

1. By contrast, the association between smartphone use and academic performance seems to be heterogeneous by the method of data gathering, the measures of academic performance used in the analysis, and the measures of smartphone use

adopted in the research

<https://www.sciencedirect.com/science/article/pii/S0883035520303487>

2. Firstly, all studies in Table 1 are (mainly) based on survey data: Seven rely on an online survey and another 12 rely on a paper and pencil survey. Winkle et al. (2019) rely partly on an online survey for the Korean subsample and partly on a paper and pencil survey for their Australian subsample. In addition, Felisoni and Godoi (2018), Rosen et al. (2018), and Kim et al. (2019) combined a paper and pencil survey with objective logged data, which is a strong point for these studies as Boase and Ling (2013) reported a limited correlation between self-reported mobile phone

<https://www.sciencedirect.com/science/article/pii/S0883035520303487/>

#### Hypothesis:

H0: there is no significant difference between age and users perception towards the regular usage of mobile phones

H1: there is significant difference between age and users preception towards the regular usage of mobile phone

H0: there is a positive impact of mobile phones on youth

H1: there is a negative impact of mobile phones.

#### Research Methodology:

This research is based on surveys and fact finding enquiries; hence it falls under the descriptive type of research. It involves analyzing and interpreting the influence of cell phones on youth using survey method hence it also falls under analytical type of research. This research mainly focuses on studying whether cell phones are influencing the youth in a positive or negative way hence it also falls under quantitative type of research.

### Data Collection:

The research requires primary and secondary data before heading to further steps. The Primary data was collected by analyzing youth's views about cell phones and extent of its influence on them using certain parameters. The secondary data was collected by reviewing the literature from the related or similar researches that were carried out previously.

### Limitations of this Research Survey:

- Selection bias: If the study participants are not representative of the entire youth population, the results may not be generalizable.
- Self-reporting Bias: Participants may not be entirely honest about their mobile phones usage or its impact, leading to inaccuracies.
- Cross-Selection Data: Many studies rely on cross-sectional data, which provides a snapshot of a moment in time, but doesn't capture changes and trends over time.

- Survey bias: Participants may

### Data Analysis and Interpretation:

In this survey the sample of 150 general people were considered and this survey was conducted by using online form and circulating to the general public. So, let's look at the various classifications and data interpretation of the research study.

### Do you think school should ban mobile phones?

#### Interpretation

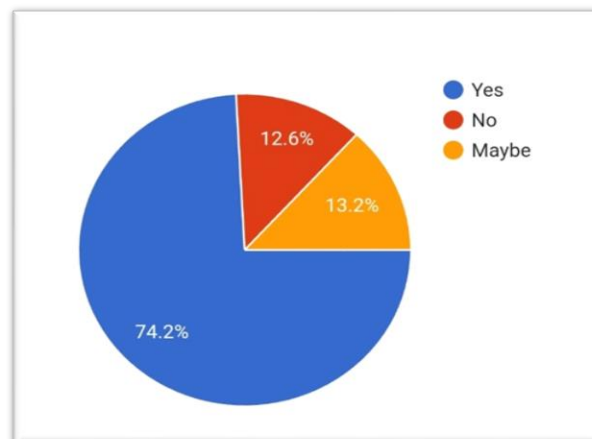
Here we ask the respondent school should Ban mobile phones. Total 72.2% agree that the school should ban the mobile phones few response i.e 13.2% they are not sure and and some respondents 12.6% to school should not ban the mobile phones.

### • How much time do you spend on mobile phones?

#### Interpretation

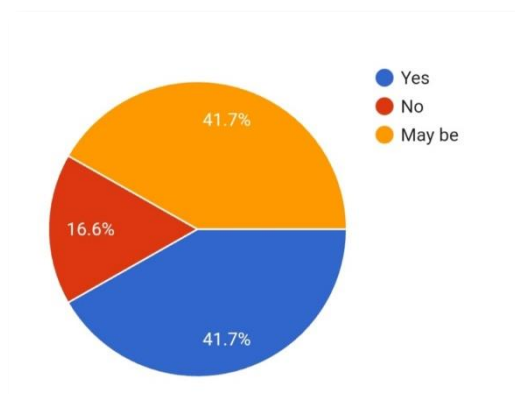
Here we ask the respondent that How much time do you spend on mobile phones. Total 55% of respondent they spend the time 4-6 hour in mobile phones, 20.5% say they spend the time in mobile

phones 5-10 hours and few respondent i.e, 20.5% they spend the time in mobile phones 1-4 hours.



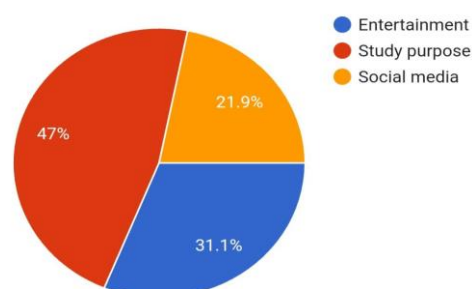
### • Do people use mobile phones too much?

#### Interpretation:



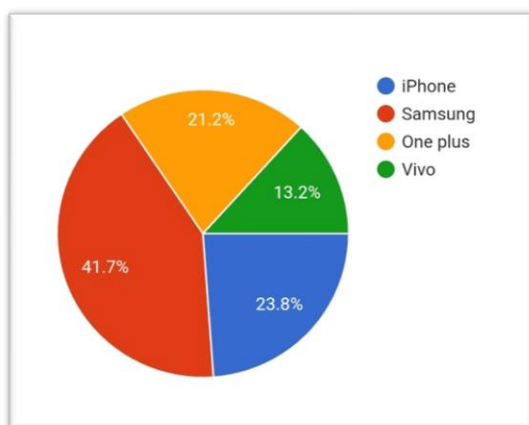
Here we ask the respondent that Do people use mobile phones too much. Total 41.7% not sure they use mobile phones too much and 41.7% they agree to use mobile phones too much and 16.6% not using mobile phones too much.

### • Why do you mostly use mobile phone?



**Interpretation:** Here we ask people Why do you mostly use mobile phone total 47% they use mobile phones in study purpose and 31.1% they use mobile phones for entertainment and 21.9% they use mobile phones to use social media.

• Which is the best brand of mobile phone?



**Interpretation:** Here we ask Which is the best brand of mobile phone and the total no. Of 41.7% they believe that Samsung is the best brand of mobile phones and 23.8% they believe that iPhone is the best brand of mobile phones and 21.2% they believe that one plus is the best brand of mobile phones and 13.2% they believe that Vivo is the best brand of mobile phones.

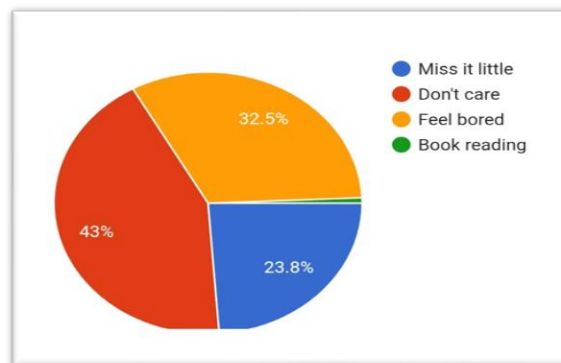
• According to you, from what age should children have mobile phones?

**Interpretation:**

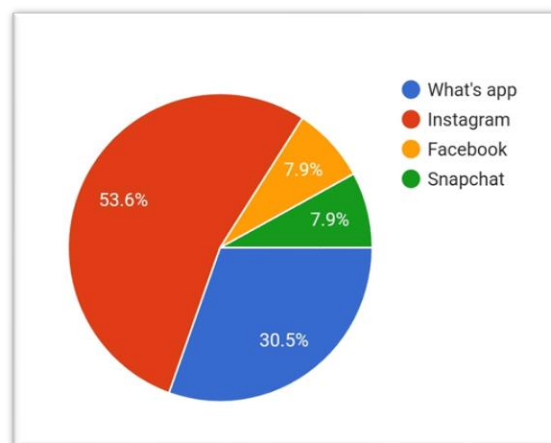
Here we ask the respondent that According to you, from what age should children have mobile phone and the total no of 37.7% say that 12-14 age and the 30.5% say that 16-18 ages and 23.2% say 18-20 ages and 7.9% say that 10-20 ages of children have the mobile phones.

• What do you do when you don't have a mobile phone?

**Interpretation:** Here we ask the respondent What do you do when you don't have a mobile phone and the total no of 43% of don't care they have mobile phones or not and 32.5% feel bored when they without phone and 23.8% miss little in the phone when have without in mobile phones.

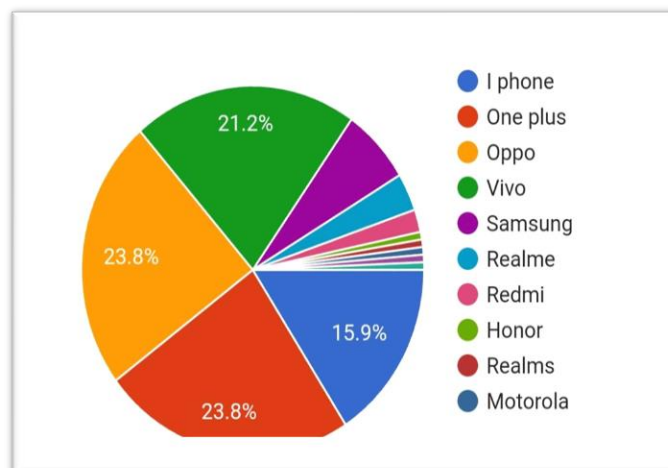


•What are the most popular apps you use



**Interpretation:** Here we ask the respondent What are the most popular apps you use the total no of 53.6% is using Instagram more than other apps and 30.5% is using WhatsApp more than other apps and 7.9% use Snapchat more than other apps and 7.9% is using Facebook more than other apps.

What is your current smart phone brand?



### Interpretation

Here we ask the respondent What is your current smart phone brand and the total no of 23.8% have oppo smart phone and 23.8% have one plus mobile phones and 2q.w% have Vivo mobile phones and 15.9% have iPhone smart phone.

### Conclusion:

It can be concluded that Smartphones are awful nautical tools and facilitates the world of information coffers on bones.Smartphones have brought a massive change in the life of people and they feel comfortable in offering stoner a vast platform for communication and access to a wide range of operations Anything, anytime and anywhere happens passing in the world comes to be known within no time. Smartphones with the intriguing features and services have made individual's life pleasurable and keeps record of each and every moment. The new cult of taking selfies have come trending in the present world.The technological power of the smartphone is tremendous and it's quite a literacy tool for all especially youth Overuse of smartphones may lead to cerebral and physiological complication. Still, keeping effects in temperance and confining operation hours goes a long way in icing their well- being as well as inculcating good behavioural habits, moral faucets, and education.

### Suggestion:

- Mobile phones have revolutionized how young

people communicate, making it easier to stay in touch with friends and family. This has both positive and negative effects.

- Mobile phones provide access to educational resources, helping youth with research, online learning, and educational apps. However, they can also be a source of distraction during class.
- Many youth use mobile phones for social media, which can influence self-esteem, body image, and lead to issues like cyberbullying.
- Excessive smartphone use is associated with mental health concerns, including anxiety and depression. It can also disrupt sleep patterns.
- Youth need to be aware of privacy risks and online safety, as mobile phones can expose them to potential threats.
- Mobile phones provide easy access to information and news, helping youth stay informed and engaged in current events.
- Mobile phones offer a wide range of entertainment options, from games to streaming services, which can be both enjoyable and time-consuming.

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