

A STUDY ON IMPACT OF SMART PHONE ON TEENAGER’S PERSONAL AND SOCIAL LIFE AFTER COVID-19

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Abstract:

Our Country is moving towards technological innovations with digitization. In this age of digitization smartphones plays a vital role for communication, education, occupation etc. During the COVID period smartphones gained a significant place in the lives of children pursuing any kind of education. Since then, till now it has become an integral part of everyone’s life. During the COVID period for every walk of life people use to adopt online mode of transactions via smartphones. Other digital devices were also into use but people used to prefer smartphones at a large scale as a medium of transaction. Smartphones have become increasingly popular among young people around the world. In this paper, the study is focused to find out the impact of smart phone on teenager’s personal life and social life. Young people use their mobile phones in a variety of ways to create and maintain social networks. But there are certain negative impacts of the smartphone which influence personal life and family relations. It has too caused different wellbeing risks and brought torments to individuals particularly children which incorporate Eye strain, Neck and back torment, Hypertension, etc.

Keywords: *Smartphones, COVID-19, Teens, Personal and social life*

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Introduction:

The first smartphone was developed in 1992 by IBM under the name of Simon Smartphone, which was a major breakthrough in technology and for people's needs. The name "Smartphone" implies something special, which makes it easy, fast and affordable to access information resources. Moreover, a smartphone has several features that make it different from a regular phone, especially every activity performed through touch screen. Smartphones have become one of the most important and effective communication tools among young generation. Without them, one feels incomplete. They have revolutionized all aspects of human development, such as Education and Research; Business; Health; Sports; Entertainment; etc. The use of smartphones has increased significantly over the years. On any given occasion, in public places, in the workplace or at any family gathering, everyone keeps in touch with it. Research shows that most people, especially young generation, are constantly on their phones, calling, checking, watching or sending videos, up-dating and chatting. It seems that life of young people cannot be complete without their smartphones. With the internet, anything, anywhere, can happen/happen in a matter of seconds, and the same is happening all over the world. However, the usage of smartphones has had a negative impact on social, psychological and physical life of people, especially young

generations.

Objectives of the study:

- To highlight the significance of smartphones in the modern world.
- To find out the Pros and Cons of using Smartphones.
- To highlight the impact of smartphones on the personal and social life of teenagers after Covid period.

Hypothesis:

H0: There is no significant relationship between smartphones and the personal and social life of teenagers.

Research Methodology:

For the purpose of the study, the relevant information is collected from secondary data such as news, journals, published papers, websites etc. Different insightful databases were accessed to discover the foremost true and subjective data related to the study.

Review of Literature:

(Campbell, 2005) Reveals that the use of mobile phones have become a global phenomenon and integral part of Young generation. Young people use it in a positive way to maintain social settings, family relationships and have led to changed dynamics in family with issues of safety and surveillance. However, it has negative impact on young generation which includes Ostracism and cyber bullying

(Linsys, 2011) States that the availability of smartphones keep people entertained with various apps like play games, Music, Movies etc. It also facilitates users in social interaction via various platforms like Facebook, Twitter etc. But, it has negatively affected life too like it can develop compulsive behavior, can create problems like security risks, hacks or even spied upon.

Sarwar & Soomro (2013) Have concluded that these devices have sizeable impact on Society. The impact of smartphones is visible in almost all sectors like Education, Business and entertainmentsector. It creates miseries to the people in many ways like privacy threats, disrespectful behaviour, distraction at work, etc

Tavasalker (2014) Is of the opinion that due to development in technology, 74% of the population of India has smartphones and hence become beneficial in various ways like: Saves time, Millions of Apps, Go hands free, Free calls, messaging, Wi-fi etc.

Hongnguyen (2015) Highlights that smartphones act as a quickest communication tool, helps in contact with loved ones easily, entertainer to listen music & games and also help in study. On the other hand, it has got addictive cause of ill effects especially on eye sight, lack of personal communication and even dangerous while driving a vehicle

Purewal (2015) Is of the opinion that the smartphones have improved life style and made lives of people better by providing multiple features like: - Keeps you safe even if alone, Detect Earthquakes, make doctor mobile, always on the screen, help people to cope with Illnesses and Disabilities etc.

Leonard (2015) Has expressed a great concern and says that smartphone use has become a serious addiction phenomenon, it has been found that female college students use phones on an average of ten hours a day. Another survey found that three out of five smart phone users can't go more than 60 minutes without checking their

phones. A new phobia has been developed known as NOMOPHOBIA (fear of being without a phone) another health related issues like Nerve problem, Back problem, Anxiety and Depression are seriously concerned.

(Miller, 2017) Highlights that cell phones give off Radiations and affect our brain cells and thus mutating existing cells, causes Cancerous cells like brain cancer. Besides it, an increase in the number of accidents due to attention paid to the cell phones during driving. In the same line

Kendra (2018) Expresses that the excessive use of smartphone can exacerbate thumb arthritis by excessive texting on mobile phones. At the same time shorter wavelength blue lights emitted by smartphones causes Health hazards like Nerve pain, back pain shoulder pain. Reading on smartphones is worse for learning and comprehension.

Arora (2018) Reveals that it has been observed that Children are handling smartphones regularly for long hours playing games etc. So, continued use and exposure can lead harmful effects viz: -Tumor (radiation effects), Disturbed brain activity, Inappropriate Media, and Academic Malpractice.

(2019) Has identified the negative aspects of smartphones and says that smartphone owners have produced such sites to enable the user's proprietary information or financial data thus causes Security risk.

Jung (2019) Believes that smartphone technology has become very important part of life and people feel incomplete without it. It offers various services like take photos, direction (GPS), track appointments and contacts and also helpful in business purposes.

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age. During that time social distancing was strictly followed as an important measure to avoid infection. The data predates COVID-19 and its global lockdowns, which sent an estimated 1.5 billion children home by the end of April 2020. Stuck at home due to the pandemic, children have spent excessive time in front of screens, from TVs to smartphones to tablets. Online activity on children's devices doubled in the early days of the pandemic. The upside of devices is that they can provide an opportunity for children to continue their education and maintain relationships with friends and family.

- **Remote learning.** Computers, tablets, and smartphones have allowed students to remain connected to the classroom, albeit virtually. Many students have appreciated the less structured nature of remote learning and ability to work at their own pace and on their own terms. Distance learning has also been a blessing for students with social anxiety.
- **Staying connected.** In the age of social distancing, devices and other forms of technology have been a social lifeline for many, especially children. Young people have relied on screens to stay safely connected with grandparents and other family members and chat with friends while playing video games online. Studies have

shown that using social media and messaging platforms to stay in touch with loved ones improves mental and emotional health, particularly in times of crisis.

The downside of devices is the reality that children may use them too much and that screen time may supplant family time:

- **Too much screen time.** Screens already occupied a significant chunk of young people’s lives before the pandemic — and even more so during it. Qustodio reports that children spent an average of 97 minutes a day on YouTube in the early days of the pandemic, twice as much as in 2019. Too much screen time poses several potential negative consequences, including vision impairment, sleeplessness, anxiety, and even addiction to the device itself.
- **Family avoidance.** In some cases, the more time children spent with their screens, the less time they spent with their family. While useful to remain connected, devices can be a poor substitute for in-person interactions that help children — particularly very young children — develop valuable social skills. In response, many parents have sought to impose restrictions on their children’s tech use.

Conclusion:

Smartphones are a great way to support different services and people feel better equipped with them. Smartphones with social media platforms are a key factor for providing services such as:- Better way to interact with people; Learning; Business; and other applications. So, it can be said that smartphones are wonderful technologies in the modern era, and it has influenced almost everyone especially young generation. It depends on users’ approach to maximize its benefits and minimize its hazards so that it can prove productive rather than destructive tool for one’s life. Smartphone addiction has developed an unavoidable place in one’s life. People are so much dependent upon it that young generation feels that life cannot run smoothly without this. With the result, numerous negative ill effects have been identified so far and much more are to be known in further research. Smartphones have revolutionized the way we navigate the world and provide us with access to a wealth of information. With their unique features and services, smartphones have made life more enjoyable and kept track of every moment. The trend of taking selfies has become popular, and the technological power of smartphones is immense, making them a great tool for learning, especially for young people. Smartphones have made our lives much easier, allowing us to do a variety of activities such as education, research, business, entertainment, and more. However, when used incorrectly, they can have negative effects. Teenagers are addicted to it and it has a negative impact on them both in terms of health problems (e.g. eye sight problems, neck pain, anxiety, brain tumour) and financial problems. New phobia (fear of not having a phone) has been developed and is very common among teens. Health related issues such as Nerve problem, anxiety and depression are also serious concerns. Excessive use of smartphones can cause psychological and physiological complications. However, it is important to keep things in moderation and limit their usage hours to ensure their well-being, as well as to instil good behaviour, moral values, and education.

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