

Effects of Smart Phone Usage and Its Addiction Among College Students in Nagpur City

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Abstract: *In today's scenario, Internet and mobile phones especially smart phones are playing a vital role among students in their education and daily life's. The use of smart phone became very popular for its effective educational, behavioural and entertaining features in their daily lifestyle and attitude towards their studies. However, usages of smart phone have positive and negative effects among students. More usage of smart phone generally makes the students addicted to it and that effect on student's health, behaviour, attitude, thinking and academic performance. Therefore, the aim of the current study is to find out the various patterns of smart phone usage in their day to day life. And also aims are to identify the factors that affect the level of smart phone addiction to the students and its pros and cons on their overall academic performance and physical and mental health.*

Keywords : *smart phone; behaviour; academic performance.*

I. INTRODUCTION

Smart phone combines the services of the Internet and a mobile phone. Smart phones offer qualitatively different services in addition to the benefits that the Internet offers. Young people watch videos, express themselves, communicate with friends, and search for information using smart phones, while older people use their smart phone for having video calls with their children living far away and for playing games. Smart phones have become an important feature of our culture and daily lives for its enormous functions i.e., music & video player, internet, games, calculator, camera, etc. Social connectivity and many other distinguish applications reduced loneliness and fulfill all the demands without go anywhere. So, usage of smart phones has increased rapidly owing to their more functionality and availability all over the world. In India, people living in both rural and urban areas, educated or uneducated, and belonging from all age groups are now dependent on smart phone yet they do not understand its effects on communicative practices and behaviour.

Smart phones have spread rapidly around the globe especially in India. Today, it is estimated that more than 5 billion people using mobile devices, and over half of these are

smart phones in the world. The smart phone users in India are also steadily increasing and the number of smart phone users in India is expected to 859 million by 2022. Indians consume maximum data per month as compared to the rest of the world at an average of 9.8GB per month which is set to double to 18 GB by 2024 fuelled by rich video content, as per a report by Swedish telecom equipment maker Ericsson [1].

It's hardly surprising that the number of smart phone users from the students is also significantly increasing in Nagpur City. In this study, we targeted the college and university students aged 18 to 28 years to examine the characteristics of their smart phone addiction in the Nagpur city.

The aim of this study was to find out various patterns of mobile phone usage among students and how it effects on their health and academic performance.

II. POSITIVE EFFECTS OF SMART PHONE USAGE

Now-a-days, use of smart phones and internet by students in their daily life has been a boon and a bane. It is very difficult for them to spend a single day without mobile and internet. However, the actual fact is that the students bag a huge help from internet for their studies. The use of smart phone and internet has led to a rapid change in their lifestyle and attitude towards studies. Students get knowledge related to their course from various educational websites and apps which provide related information to the students to help them in their examinations, assignments, notes, projects, etc. Smart phone and internet also helps the students to create interest in their learning from various e-resources like YouTube etc. From the internet, student not only develops their subject knowledge but also get information related to current affairs of the world, history, geography, science, researches, new innovations etc [2]. It is also useful for those who are unable to attend regular classes due to some reasons. E-learning is a very easy and cheap way to gather information for the students from many video lectures and articles of some reputed faculties. Smart phone and Internet also links the students with their friends and families and even with their teachers. So today, students become smarter in their education and social life by using their smart phone.

III. NEGATIVE EFFECTS OF SMART PHONE USAGE

Smart phones offer several benefits in student's life, but they also need to be aware of the negative effects of its use, the most concerning aspect being smart phone addiction. There are many negative effects of smart phone and internet in student's life [3]:

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- Much use of smart phone and internet moves the students to be addicted. They spend a biggest time on their smart phone and internet to access social websites, playing online games, watching you tube etc.
- Creative and innovative thinking is reduced. Now a day, whatever task is given by the teachers to the students, they first search for it on the internet. They never think that they can also solve the problem individually without help of internet or they can write in their own style and own language.
- Students are losing their self confidence because they are thinking that the information available on the internet, are better than what they can do. So, they are dependent on Internet completely.
- Even it has been seen that, students use their smart phone to chat with their friends or to play online games during the class when they should concentrate on their study. Now they also used their smart phone to cheat during examination.
- The young generation of this era loves to use abbreviation and shortcuts to write and communicate. They are becoming habitual to use different symbols and misspelling words for their communication. Finally, they find difficulty in their written examination also.
- Lack of face to face communication students are not able to speak in public.
- The addiction of smart phone and internet effects on their health and mind also. Due to addiction of smart phone, the students love to chat, watch video or play online games till late night, which directly effect on their mind and health. As a result, various diseases like, headache, insomnia etc. attacks to them for their late night sleeping regularly.
- In this research, it is also seen that the smart phone and internet made the students very lazy and also convert their thinking in the direction of copy and paste to their work, which is injustice to the good students those who spent their time for the original work.
- Another big problem of using internet in student's life is privacy. They are not completely secure when they are accessing various websites for various activities.

IV. METHODS

A survey was conducted between 500 students from various colleges and RTM Nagpur University and almost all the students are using mobile phone and majority of them using smart phone (475). A questionnaire was prepared and given to the students to fill it for the study of the types of mobile phone usage and how the students are depended on it. The questioner which includes the question of general information, frequency and types of usage of mobile phone, questions from their health issues and sleep issues, questions related academic performance, and their awareness about positive and negative effects of smart phone usage [4, 5].

Types of mobile phone usage that includes number of phone call per day; mode of use, purpose of use, and timing of mobile phone usage; Where do they keep their mobile phone during sleep; and whether do they switch off or not their mobile phone during sleep.

Questions related health included their mind stress, regarding sleep, irritated nature etc. Regarding academic performance, they were asked difficulty in concentration, increase in missed classes etc.

V. RESULTS & DISCUSSION

As the usage of smart phone increasing in our daily lives and as the young generation cannot think without their smart phone, we decided to conduct a survey on the types of smart phone usage and the dependence of smart phones among our students.

Table – 1 shows the demographic characteristics of the students. The present study was conducted among 500 College and University level students of age between 18 years to 28 years, out of which 285 students (57%) were males and 215 students (43%) were females. However, approximately 85% students having relationships with opposite sex.

Table - 1: Demographic Characteristics of the Students

Particulars	Number of Students N = 500 (%)
Genders	
Males	285 (57%)
Females	215 (43%)
Type of Residence	
Home	230 (46%)
Hostel	270 (54%)
Have you any relationship	
Yes	423 (84.6)
No	77 (15.4)

In our study, we observed that the number of students of both the sexes (i.e., male and female) using smart phone is very high, and almost all the students have their own smart phone and internet. The number of students stays at their residence and hostel is almost same that we observed from the above table.

Table - 2 shows types of mobile phone usage among college and university students. We observed that some students have two smart phones, and maximum students were using dual SIM smart phones, which push them to hide their information, photos, videos, contacts or data from other persons (family members and teachers). Maximum students were using smart phones with Internet facility, and they regularly used their smart phone for taking snaps especially selfie, watching videos, movies, playing online games, listening music, and surfing internet.

In this study, maximum students used their smart phone for social interaction mainly chats with their friends. Except calling, smart phone was used of their day-to-day activities such as alarm clock, calculator etc.

Table – 2: Types of Usage of Smart Phone among College and University level Students

Particulars	Number of Students N = 500 (%)
Types of mobile phone usage	
Mobile phones	500 (100%)

Two Phones	124 (24.8%)
Smart Phones	476 (95.2%)
Dual SIM Phone	496 (99.2%)
Internet on Phone	480 (96%)
Number of persons calling/day	
1-3	90 (18%)
4-6	130 (26%)
>7	280 (56%)
Mode of use	
Ringing	380 (76%)
Vibration	70 (14%)
Silent	50 (10%)
Use at place	
Home	360 (72%)
Public Places	340 (68%)
Class	56 (11.2%)
Eating	78 (15.6%)
Driving	54 (10.8%)
Time of maximum use	
Morning	45 (9%)
Afternoon	78 (15.6%)
Evening	479 (95.8%)
Night	360 (72%)
Where do you keep your mobile phone during sleep?	
At bed	468 (93.6%)
At table near bed	32 (6.4%)
Do you switch off your phone during sleep?	
Yes	42 (8.4%)
No	458 (91.6%)

Some students used smart phone for their actual purpose of daily life and maximum students said that they cannot think life without their smart phone and internet that shows a bad habit. Some of the students were found to spent a long time with their smart phones for whatsapp, face book, instagram etc. These applications enable users to send, receive and post unlimited images, text messages, audios, videos etc to individuals and groups of friends.

In our study we found that the students checked their smart phone frequently which is considered to be an indicator of smart phone addiction.

VI. CONCLUSION

The present study shows that the uses of smart phones are increased too much (basically when they are driving, when they are in classrooms, at the time of sleeping) among the students in Nagpur city. Frequent checking of smart phones even by waking up from sleep or at the time of driving indicates that how much they are addicted on smart phone. The increasing usage of smart phones highly effects on their health, mentality, sleeping and academic performance.

It has been also found that there are both positive and negative effects of using the smart phone and internet amongst the college and university level students. It is actually fixed that the student should need more awareness and motivation from parents and teachers on how much and for what purpose they use it. They can be motivated that they can take idea and information from the internet but they should not be dependent on the internet; it should be referred for unknown information or more information.

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