

Psychosocial Impact of Smartphone Among College Going Youth

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ABSTRACT - Media has become an integral part of daily life today. Everything which attracts the public attention has its positive and negative effects. People spend their time on social media through Smartphone, for various purposes like doing business, writing emails, doing academic research finding answers to questions, playing games and the like. Among the Mobile phones, the Smartphones are widely used and are very popular with adolescents worldwide. Compared to the traditional mobile phones, the Smartphones are superior in quality with their numerous functions that include communication and entertainment. According to the latest estimates, 2.71 billion people use Smartphones worldwide¹ and were expected to grow to 3.8 billion by 2021. These statistics is significant, because the modern Smartphones have begun to exist only since the iPhone's introduction in 2007. Hence, the Smartphone in general represents one of the most relevant hustles towards a digitally connected world.² With the complexity of new technologies and constant enhancement of the technological abilities, the Smartphone users, more especially the academic students are becoming more addicted to Smartphones. In this paper, the researcher takes the readers to the world of youth who have merged into the 'techno world' of Smartphones and to show how the use of technology generally considered as a positive behavior, in the case of college going students becomes more as an addiction and causes numerous social and behavioral disorders in them.

KEY WORDS: Smartphone, Impact, Youth, Addiction, Technology, Psychosocial.

I. INTRODUCTION

The present world is completely connected to the Internet. Every person in the world has many challenges to be handled. Fragmented life style leads every digital user to get loose of their productivity. The users of digital products need to understand the impact of digital worlds on our brains and psyches and to reveal possible unintended side-effects of technology use. The students from colleges get poor psychological and physiological health due to the increasing trend of smart phone addiction.

II. LITERATURE REVIEW

Karel and Erin (2016) state that personality traits are closely related to mental health such as depression among college students and are often the essential elements for individual well-being and health behavior. Vredenburg K (1993) says that Technology is affecting the modern youths' qualitative and quantitative sleep, their attention span and their academic performances. Shoukat, S (2019) states that the Smartphone further caused attention deficit, difficulties in focusing and a negative impact on students' academic achievements. It is believed that the Smartphones have the potential of occupying a central place in the daily lives of undergraduates. Many research studies show that there is a difference between students' performance and their commitment to academics. For example, in a lecture room one can easily notice inattentiveness and non-participation in academic assignments or field works on the part of those who use mobile phones during the lecture.

¹ Statista. *Number of Smartphone Users Worldwide From 2014 to 2020 (in Billions)*, 2019. Available online at: <https://www.statista.com/statistics/330695/number-of-smartphone-users-worldwide> (accessed January 4, 2021).

² C. Montag, and S. Diefenbach, *Towards homo digitalis: important research issues for psychology and the neurosciences at the dawn of the internet of things and the digital society*. Sustainability (2018).

III. METHODS

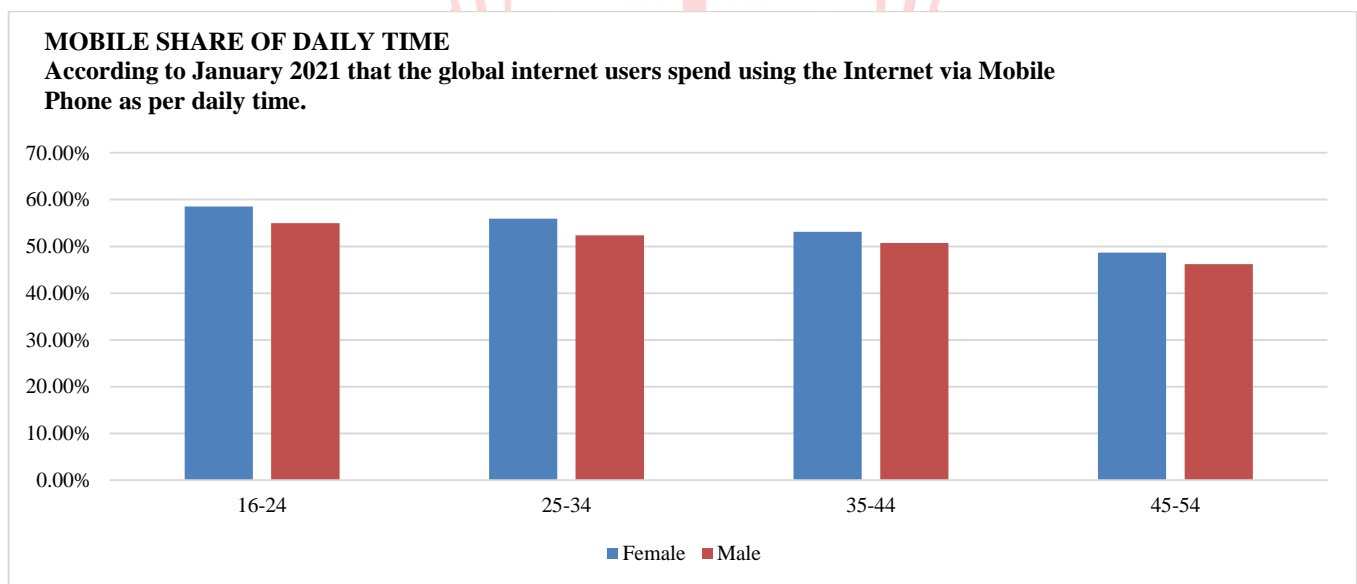
The method that is used for the research is descriptive study and content analysis. This includes finding the differences and similarities of different perspectives in the field of addiction as well as behavioral symptoms of addiction to various substances as seen and obtained from scientific literature (2010-2020).

IV. HISTORY OF SMARTPHONES

A Smartphone is easily distinguished from an ordinary mobile phone with its advanced features. The Smartphone era began in 1993 with the introduction of Simon Smartphone from IBM (Sarwar & Soomro, 2013). But the term “Smartphone” first appeared in 1997, when Ericsson described its GS 88 “Penelope” concept as a Smartphone. This term was basically introduced in the market for a new class of mobile phones which provided integrated communication services like computing and mobile sectors such as voice communication, messaging, personal information management applications and wireless communication capability.

V. USAGE OF SMARTPHONES

The rapid development of technology has a positive impact on users who can utilize Smartphones not just to make calls and send messages, but also to put to maximum use the applications in the Smartphone, covering various fields that complement the life of the people.³ Global Smartphone users increased by 40% in 2016-2020.⁴ In India among 1.37 billion people, 346 million people are using Smartphones. According to a study conducted by Aligarh Muslim University and the Indian Council of Social Science Research, an average student in India checks his or her mobile more than a hundred and fifty times a day. The reason behind this habit of checking mobile phone is said to be fear and the anxiety of missing information. This constant activity of the students affects adversely their intelligence and concentration in their academic performance as well as their health. According to Goodman, 14% of the students use the smartphones 4 to 5 hours a day and the rest of 64% of the students use the Smartphones more than 7 hours a day.⁵ But the whacking information is that, more than 24% of the users spend more than 10 hours a day with their Smartphones. The reason that is given for this behavior is that, when the students do not get sufficient motivation academically, they get in to boredom for which, the Smartphone application provides a great escapism from the present situation.



SMARTPHONE OWNERSHIP

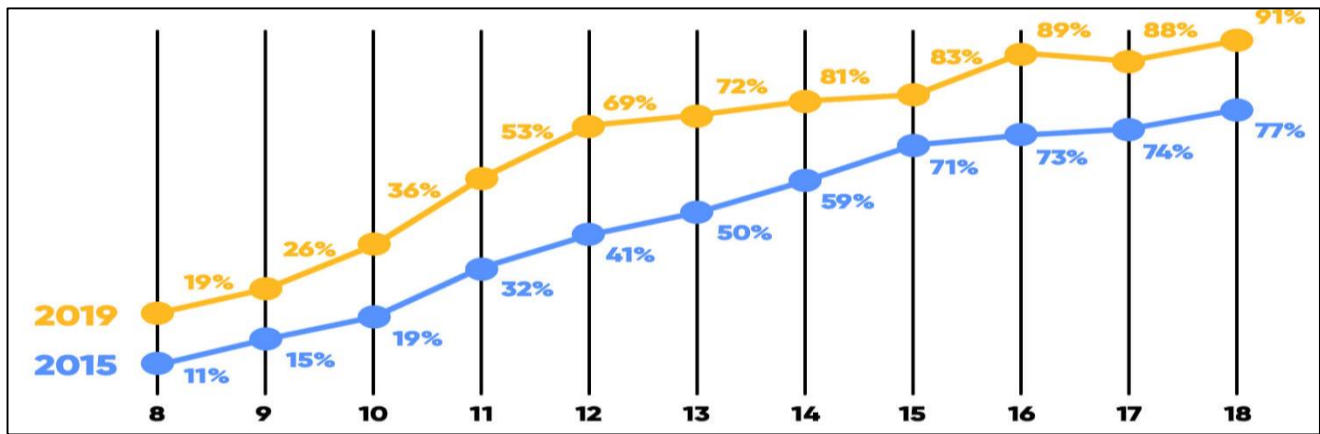
According to the Pew Research Centre (2018), the Smartphone ownership is highest among people between 18–29, an age group in which the students are highly represented.⁶ Therefore, it does not become a surprise to us when the recent years’ research and discussions tell us that the heavy use of Smartphones and its impact on the youth is so significant that, the young people cannot be without this smart gadget.

³ S. Gupta & N. Kumar, “Impact of Mobile Phone on Youth: A Psycho-Social Study”, International Journal for Research in Education, 5/4, (2016), 1-7.

⁴ <https://www.statista.com/statistics/203734/global-smartphone-penetration-per-capita-since-2016>, Global smartphone penetration rate as share of population from 2016 to 2020. Accessed on 7 January 2021.

⁵ A. Goodman, “Addiction: definition and implications”, British Journal of Addiction, 85/11, (2021), pp.1403–1408.

⁶ Pew Research Center, Mobile Fact Sheet, Retrieved from <http://www.pewinternet.org/fact-sheet/mobile/> on 7 February 2021.



According to Data World, the Smartphone ownership among youth is on the rise

MULTIMEDIA PLATFORM

Multimedia's most important applications are running on the Smartphone platform, so that the users need not download the important applications separately, apart from what really serves them. The students make use of them both for entertainment as well as for the education purpose. Smartphone provides advanced features like a miniature computer. Educational organization involves students to use some application for their research data collection and study reasons.⁷

EFFECTS OF OVERDEPENDENCE

The Smartphone users face lot of consequences due to the excessive use of them every day. Assessing virtual communities over the phone, playing games, watching pornography, constant logging to the messages, addictive use of internet etc., make the users lack self-control, less sleep, less concentration, and mental depression. According to Rosen (2013), the excessive use of Smartphone paired with negative attitude and feeling of anxiety and dependency on gadgets, may increase the risk of anxiety and depression.⁸ Schoeni (2015) in her study, 'Standardized computer cognitive tests' with the 439 adolescents finds that, overusing of phone bring symptoms such as tiredness, rapid exhaustibility, headache and physical ill-being.⁹

PSYCHOLOGICAL WELLBEING OF THE STUDENTS

The usage of mobile phones adversely affects students' concentration, their psychosocial wellbeing and their physiological health, the very areas that need our attention today. The excessive Smartphone use is correlated with negative psychosocial effects, particularly among younger adults, causing feelings of isolation, depression/anxiety, and restlessness.¹⁰ The present research is a study that aims to contribute additionally in the areas of social, psychological, emotional and academic life of college students, by measuring the impact of the use of the Smartphone on their lives of emotion, dependency, addiction, life's purpose, social communications and self-consciousness.¹¹

VI. CONCLUSION

The research paper concentrates on the importance of the growth of youngsters specifically in the area of college-going youth socialization. No one can deny the fact that the media plays a pivotal role in the ways that students internalize the values, norms and beliefs of a given society in order to join the adult world.

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⁷ G. Biegel & V. Cahill, "A Framework for Developing Mobile, Context-Aware Applications", Proceedings of the Second IEEE Annual Conference on Pervasive Computing and Communications, (2004), pp. 361-365.

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¹¹ S. Shoukat, "Cell Phone Addiction and Psychological and Physiological Health in Adolescents". *Experimental and Clinical Sciences International Online Journal*, 18/2 (2019), 47–50.

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