The Usage of Smart Phones and their Impact on Adolescent Students

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Abstract

Adolescence is a period of years in which boys and girls turn from childhood to adulthood in mentally, socially, emotionally, socially and physically. During this period they experience conflicts between themselves and society because emotions fluctuate very frequently and quickly. So they are not consistent in their emotional expressions Technologies always impress and inspire new-gen people of adolescence, with all applications which have got much more accessibility. From sunrise to sunset with many occasions taking place in between, the majority of the adolescents revolve around smartphones. They argue that it is very necessary for one's life so as it creates both positive as well as negative effects on their culture. They are deviating from mainstream, which is meant that getting way from their motives and desires. Alienation from society is the major threat among adolescents due to this over usage of smartphones. Their creativity, giftedness, uniqueness, memory and relations and spoiling and concentrate more on continuous conservations on phones. For the present study, the investigator adopted the 'Survey' method and selected 300 adolescent students as a sample by using a stratified random sampling technique. By employing selected statistical techniques, the investigator found out that students' usage of smartphones is above average, there is a significant difference between boys and girls with regard to the psycho-social problem of unconscious motive and there is a significant and positive relationship between usage of smartphones and psycho-social problems.

Keywords: Psycho-social problems, introversion, isolation, creativity, giftedness.

Introduction

Smartphones have been tremendously becoming an integral part of adolescents' life because they are just like mini computers and change the lifestyles of adolescents. It is adorned with games, high resolution still and video cameras, mailing systems, text messengers and social media like Facebook, What's app, twitter, emo, messenger etc. The different kinds of multimedia are making enable the popularity of these gadgets even higher. Today, all smartphones have direct access to the internet. Due to the global impact of LPG (Liberalisation, Privatisation and Globalisation), there are several foreign online mobile shops are working in India, they offer smartphones at discounted rates. The most important merit of smartphones is the convenience enables the customer to carry easy, simple to operate and can be used at any time. They rule adolescents' privacy, endeavors and control their life to the core level. Though the economic crisis is there, some of them tend to go for part-time jobs and spend their earnings to buy a newer and updated version of smartphones. It upgrades the popularity and level of social status among their peer groups.

As compared to the other modes of communication, the adolescents feel they would be most likely to miss out on the endeavors with their peers, if they do not have a smartphone. In smartphones they mostly use text messaging and sharing videos through social networking websites and feel more comfortable in discussing the touchy matters. According to their viewpoints, they argue that while chatting with their friends they easily get rejoiced and it flows much more energy in warded to them. In India, mobile phone companies provide the possibility of both post-paid and pre-paid connections. Very common the adolescents opt for the second one because it facilitates managing their phone within a stipulated budget set by parents (Sundari, 2016).

Need and Significance of the Study

Adolescence is a period of years in which boys and girls turn from childhood to adulthood mentally, socially, emotionally, socially and physically. During this period they experience conflicts between themselves and society because emotions fluctuate very frequently and quickly. So they are not consistent in their emotional expressions (Mangal, 2008). Technologies always impress and inspire new-gen people of adolescence, with all applications which have got much more accessibility. From sunrise to sunset with many occasions taking place in between, the majority of the adolescents revolve around

smartphones. It indicates the powerful influence of smartphones in adolescents and thinks that they use them as fashion items and status symbols and it becomes an addiction because they think that they would not be able to live without this gadget. They argue that it is very necessary for one's life so as it creates both positive as well as negative effects on their culture. They are deviating from mainstream, which is meant that getting way from their motives and desires. Alienation from society is the major threat among adolescents due to this over usage of smartphones. Their creativity, giftedness, uniqueness, memory and relations are spoiling and concentrate more on continuous conservations on smartphones.

Now a day's the adolescents are going away from the bond of familial rents. This indicates the social fragmentation and huge decline of moral values in the adolescent community. Ravindran (2007) conducted a study on Moral Panics Associated with Camera Phones-The Cultural Politics of new Media Modernity in India; Reading the Roles of Moral Panic Agents and Mobile Phone Users. The study revealed that the dynamics in mobile phones are part of the emergence of an Indian control society that seeks to contain and police the transformations brought about by new media technologies. Soorya Moorthy et, al, (2008) conducted a study on mobile users in the South Indian state of Kerala. The study found that in contrast to those who use email and other programs, mobile phone use tended to reduce the diversity of geographical settings. As a higher secondary school teacher, the investigator could understand that due to the over usage of smartphones the students are found to be alienated, getting away from their goals and becoming stagnant and static. Hence the study needs special attention in the present context.

Statement of the Problem

The area selected for the present study is adolescents' psycho-social problems. It aims to study the over usage of smartphones and its negative impact on adolescents. Hence the present study entitled "THE USAGE OF SMARTPHONES AND THEIR IMPACT ON ADOLESCENT STUDENTS".

Hypotheses of the Study

H1.There will be no significant relationship between the usage of smartphones and psycho-social problems

H1. There will be no significant difference between boys and girls in the psycho-social problems experienced by adolescent students due to the usage of smartphones.

Objectives of the Study

1. To assess the nature of adolescent students in the usage of smartphones.
2. To find out the major psychosocial problems experienced by adolescent students due to the usage of smartphones
3. To find out whether there is any significant relation between the usage of smartphones and psycho-social problems.
4. To find out whether there is any significant difference between the boys and girls of adolescent students in the psychosocial problems.

Methodology

Method Adopted for the Study

For the present study, the investigator adopted the 'Survey' method.

Sample Selected for the Study

For the present study, the investigator selected 300 adolescent students in the Higher Secondary Schools of Thiruvananathapuram district of Kerala by using a stratified random sampling technique. Among these 150 students were boys and the rest of them were girls.

Tools and Techniques used for the Study

For the present study, the investigator used the following tools and techniques. They are as follow;

(1) Smart Phone Usage Rating Scale
(2) Psycho-Social Problem Inventory (related to the over usage of smartphones)

Procedure Adopted for Data Collection

After getting permission from the heads of the school, a sincere effort was made by the investigator to create rapport among the students. Then the investigator instructed them to fill up the concerned tools and assured them about the confidentiality of their responses. After

getting all these tools back from the students, the investigator analyzed the data by using appropriate statistical techniques.

Statistical Techniques Employed

For the present study, the investigator employed the following statistical techniques. They are as follow;

(1) Mean

(2) Median

(3) Mode

(4) SD

(5) Computation of Percentage

(6) Critical Ratio

(7) Co-efficient of Correlation

Analysis and Interpretation of Study

This section intended to give details regarding the analysis of the data. The details are given below;

Section: The nature of the adolescent students in the usage of smartphones

This section intended to give details regarding the nature of the adolescent students in the usage of smartphones. The details are given in Table (1).

Table 1.Details of the statistical constants regarding the nature of the adolescent students in the usage of smartphones

Statistical Constants	Value
Mean	70.33
Median	73.10
Mode	80
Standard Deviation	6.3

Table (1) shows that the mean, median and mode of the adolescent students in the over usage of smartphones are 70.33, 73.10 and 80. The standard deviation is 6.3. This shows that

students' usage of smartphones is above average. The value of the Median obtained is 73.10, which shows that fifty parentages of the students got above 73.10.

Section 11: The psychosocial problems experienced by adolescent students due to the usage of smartphones

This section is intended to give details regarding the psycho-social problems experienced by adolescent students due to the usage of smartphones are given in Table (2).

Table 2.The psycho-social problems of adolescent students due to the usage of smartphones

Serial No.	Psycho-social problems	Response in Percentage
1	Pathological lying	78.67
2	Temper tantrum	39.33
3	Instrumental Aggression	51
4	Hopelessness	84.34
5	Unconscious Motives	88
6	Rejection of Authority	75.7
7	Isolated and alienated	13.33
8	Repetitive violation of rules	87.67

It is evident from Table (2) that the majority of them (87.67%) adolescent students have the psycho-social problem of unconscious motives. It is followed by repetitive violation of rules (87.67%), hopelessness (84.34%), pathological lying (78.67%), and rejection of authority (75.7%), instrumental aggression (51%), and temper tantrum (39.33%) and finally isolated and alienated (13.33%).

Section 111: Analysis of the data related to the correlation between the usage of smartphones and psycho-social problems

This section is intended to give details regarding the relationship between the usage of smartphones and psycho-social problems are given in Table (3).

Table 3.Correlation between over usage of smartphones and psycho-social problems

Variable	N	Coefficient of Correlation	p-value
Over usage of smart phones	300	0.76	0.49
Psycho-social problems	300		

Table (3) shows that the coefficient of correlation between the over usage of smartphones and the psycho-social problems of adolescent students. Here, the total number of samples is 300. The Co-efficient of correlation is 0.76, which is significant. This indicates that there is a significant and positive relationship between the usage of smartphones and Psycho-social problems.

Section 1V: Analysis of the data related to the test of significant difference between the psycho-social problems experienced by adolescent students of boys and girls

This section is intended to give details regarding the data and result of the comparison of the psycho-social problems experienced by adolescent students of boys and girls are given in Table (4).

Table 4.Test of significance for Difference between the psycho-social problems experienced by adolescent students of boys and girls

Sl No	Psycho-social Problems	Boys	Girls	CR	LS
1	Pathological lying	82.887	74.68	1.53	NS
2	Temper Tantrum	43.15	35.71	1.39	NS
3	Instrumental aggression	52.74	49.35	0.6	NS
4	Hopelessness	86.89	81.82	1.25	NS
5	Unconscious Motives	92.47	83.77	2.3	p<0.05
6	Rejection of authority	75.34	75.97	0.13	NS
7	Isolated and Alienated	17.12	9.74	1.9	NS
8	Repetitive violation of rules	85.62	89.61	1.06	NS

CR= Critical Ratio

LS= Level of Significance

It is evident from the table (4) that there is a significant difference between adolescent students of boys and girls with regard to the psycho-social problem of unconscious motives (CR= 2.3, P<0.01). It is followed by there is no significant difference between adolescent students of boys and girls with regard to the psycho-social problems viz...Pathological lying (CR=1.53, NS), Temper Tantrum (CR=1.39, NS), instrumental aggression (CR=0.6, NS), hopelessness (CR=1.25, NS), rejection of authority (CR= 0.13, NS), isolated and alienated (CR=1.9, NS) and repetitive violation of rules (CR=1.06, NS).

Results and Discussion

(1) The analysis of the data revealed that the usage of smartphones is above average

(2) Majority of the adolescent students have the psycho-social problem of unconscious motive

(3) There is a positive and significant and positive relationship between the usage of smartphones and psycho-social problems

(4) There is a significant difference between adolescent students of boys and girls with regard to the psycho-social problem of unconscious motives.

Implications of the Study

- Government interventions to be strictly followed in the usage of smartphones/mobile phones in adolescent students according to their age-appropriate level

- In educational settings, teachers can develop moral concepts among adolescent students

- With the help of Higher police executives as well as psychologists, awareness programs can be conducted to both parents and students

- Enrich the psycho-social activities held at 'Sauhruda clubs' in all Higher Secondary Schools.

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