



Impact Of Mobile Phone On Society Especially On Children; Mobile Is A Curse Or Blessing?

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Abstract— Smartphone is very important in our life in this modern world. Without Smartphone life is not easy. Smartphone's represent an important part of modern life, because they enable us to communicate from nearly everywhere (as long a phone signal is available), access the Internet, check e-mails and social networks. In 2022 the number of smart phone users in the world would be 5.07 billion. Which translates to 83.72% of world population owning a smart phone? Smart phones have an impact on all aspects of life, including business, education, health, marketing, and social life. However, it is important to note that every technology has advantages and disadvantages. It has also produced a variety of health problems and misery for people, especially youngsters, such as eye strain, neck and back discomfort, hypertension, and so on. The purpose of this study is to investigate the impact of Smart phones on the lives of the child & younger generation.

The review of this study is crucial in determining if Smartphone use has a positive or detrimental impact on children's and youths.

Keyword: Smartphone, Youth & Child impact, Social impact, Addiction, Health

1.0 Introduction-

The very first Smartphone was invented by IBM in 1992 known as a Simon Smartphone. The IBM Simon Smartphone marked the start of the Smartphone era in 1993 (Sarwar & Soomro, 2013). Blackberry smart phones, which came with a variety of functions like web browsing, a camera, email, and the internet, were the first to be introduced to the public market. By the Google released its Android operating system to the public at the

end of 2007. In 2022 the number of Smartphone users in the world 5.072 billion. Which mean 82.72% of world population owning a Smartphone. In India 2021 the number of cell phone users in India 1.2 billion and 750 million are Smartphone users. (1 billion Smartphone users by 2026 prediction in Deloitte study.) .in 2020, 54% Smartphone users and was estimated to reach 94% in 2040. More than double from financial year 2016. When only around 23% of total population were using Smartphone. Smartphone has become a very important and wonderful communicative tools among young generation. The Smartphone has transformed many aspects of human life, including business, health, sports, and entertainment, and one feels incomplete without one. For instance, in 2015, 24% of 8 to 12-year-olds owned smart phones. They are now present in 41% of children in that same age group. The fact that nearly one in five (19%) 8-year-olds in 2019 now own their own smart phones is even more impressive. [1 and 2]

It can be used for numerous computer-related functions, including talking, sending messages, taking pictures, watching films, conducting business, and entertaining oneself. In addition, smart phones different from regular phones in a number of other ways, particularly with regard to all touch-screen functions. On social media, people stay in touch and learn about every advancement in all aspects of life in real time. Smartphone's have an impact on all aspects of life, including business, education, health, marketing, and social life. However, it is important to note that every technology has advantages and disadvantages. It has also produced a variety of health problems and misery for people, particularly youngsters, such as eye strain, neck and back discomfort, hypertension, and so on. The purpose of this study is to investigate and investigate the impact of Smartphone's on the lives of the child & younger generation. Apple as the second-largest Smartphone producer. [3, 4 and 5]

The goal of the current study is to investigate and evaluate how Smartphone's have affected the lives of the younger generation.

Importance of smart phones in the modern world:

Many individuals all across the world now consider cell phones to be essential. Only a few of the factors contributing to the growing significance of cell phones include the opportunity to stay in touch with loved ones, colleagues, and clients, as well as access to email. In addition to making and receiving phone calls, today's technologically advanced cell phones now have the ability to store data, take pictures, and even act as walkie talkies, to name just a few features. Having a cell phone in an emergency can help you get aid fast, which could potentially save lives. Cell phones are essential, but their value goes far beyond keeping people safe. Modern cell phones can access the internet, transmit and receive photographs and data, and some come with GPS technology, making them usable in most countries around the world and enabling the user to be discovered in case of theft or other emergency.[2 ,3, 4 and 6]

Thanks to advancements in wireless technology, cell phone coverage has become dependable and of excellent quality. Cell phone customers can take advantage of fantastic bundles and discounts from wireless service providers. Cell phone consumers no longer struggle to choose a trustworthy service provider. Mobile phone users now have more

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options thanks to the growth of the wireless service provider sector, and lower pricing for wireless cell phone service are the result of more competition. Cell phones are very important. Users of cell phones can instantaneously send information to their homes or places of business, check their email for crucial messages, use their phones as PDAs or calendars, and store images that can be quickly uploaded to a PC or laptop. The importance of cell phones has increased the competition in the wireless service provider industry, making cell phones very affordable and very easy to use. Cell phones have become almost a status symbol in addition to the convenience and security that comes from owning them.[6, 7 and 8]

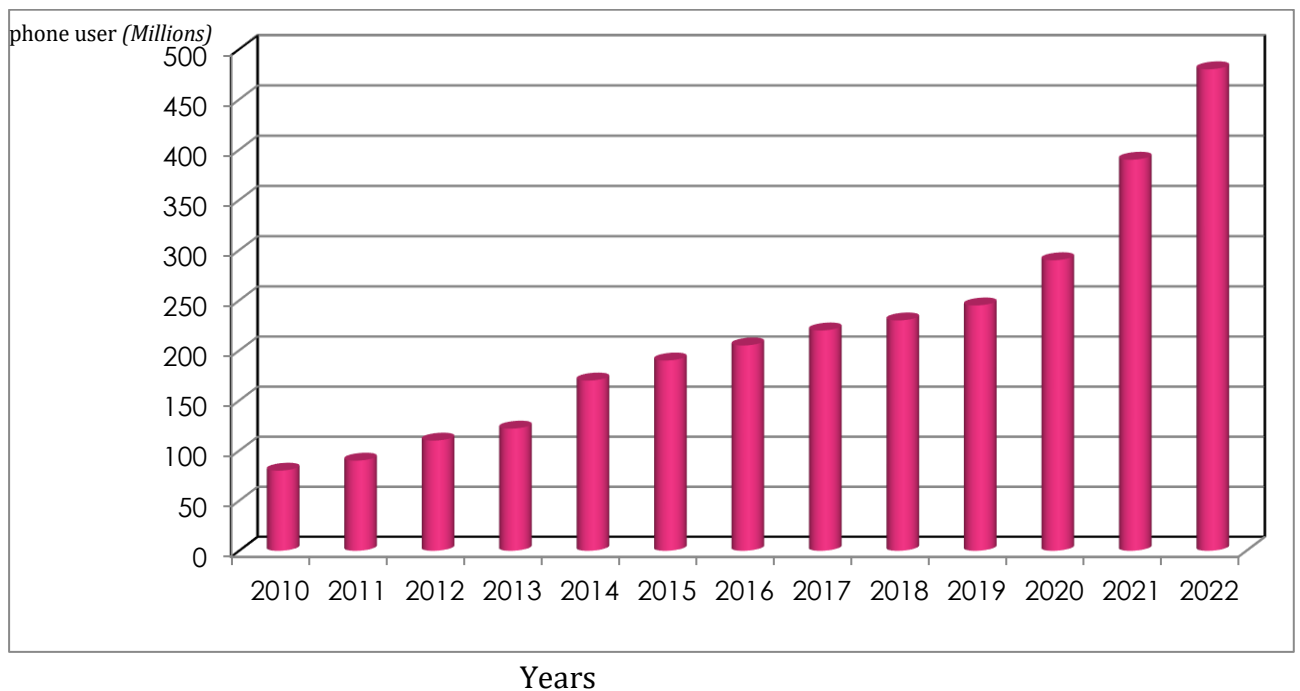


Figure1.0: Year wise growth of mobile phone user worldwide

It is estimated that at the last of year 2022 more than 5.07 billion people would have mobile phones, 76% Chinese have mobile phones, 72% Indian, and 91% of American have the mobile phone, 58% of whom carry Smartphone’s (Statistical portal website, 2017).

2.0 Objective:-

- To explore the significance and importance of Smartphone’s in the modern world.
- Smartphone’s — blessing or curse for youth & children?
- To highlight the impact of smart phones on the life of young generation.
- How Do Smartphone’s affect the Mental Health of Young People?

3.0 Positive and Negatives of Mobile phone:

blessing or curse for youth and child

I recall being as thrilled as anyone would have been to receive their first mobile phone. Apart from keeping in touch with my pals even after college was ended, it was a big assistance when I was looking for a job because I was no longer reliant on a landline phone for interview calls. I was easily approachable by my family and kept in touch with them even when I had to relocate to different locations due to work demands.

Yes, it made life fantastic to be able to communicate with family and friends at any time, even while I was hundreds of miles away.

In 10 to 15 years, everyone will need a mobile device. it definitely made everyone s life easy and simple and specially girls because if they are going out parents are little relaxed now girls also can contact friends and family in times of problem. so all in all mobile was blessing for human beings till it got promoted to Smartphone. 95% of Americans now own a mobile phone of some kind, according to a few Research survey. The percentage of Americans who own Smartphone's has increased from just 35% in 2011 to 77% today. Additionally, technology and cell phones are continually adding features, which could lead to more misuse and abuse.[8,9 and 10]

The positive of smart phones are:

- Ocean of information
- Phones help us stay connected to our social supports
- Increase students learning knowledge (involve in learning activities anywhere, anything and anytime)
- Access to various learning resource and provide opportunities for distance learning.
- Financial transaction to ticket booking in plane ,buses, train and even in cinema halls
- Lot many contents for students in different data form-video ,audio,pdf text etc
- Path tracker –GPS system
- Entertainment- music, movies
- Medical health tips
- Weather forecast
- Physical fitness monitoring
- Can be used as watch ,Torch remote etc

Negatives:

- Wastage of time: unnecessary use of mobile consumes lot of time as a survey in India youth are giving 7 to 8 hours daily to smart phones.
- Money: as we all know nothing is free, so mobile operations are, you need money continuously to recharge the phone and a huge amount of money to

purchase it.

- Mobile games are now popular more than ground games, so lack of physical activities leads to many physical problems.
- Radiation: Mobile runs on electromagnetic radiation and thus a user is continuously under radiation threat.
- Virtual world: a virtual world has been created around each user in which he is living rather than physical world- people is more concerned a about their face book like ,or whatsapp images rather than the general social behavior.
- Destructive information: since smart phones are tools to access all types of knowledge and thus the destructive information is also there, few terrorist in India admitted that they learned bomb manufacturing from YouTube.
- Cyber crime: use of smart phones leading us towards cyber crimes, people with fake id doing many ant national –anti social work using these Ids.
- All age group: almost all age group, male female are in addiction of smart phone, even mothers are using smart phone music video to feed little kids.
- Social imbalance: smart phone is a costly affairs , expensive phones costs 1-2lakhs which is very big amount for middle class and poor people and thus society division is there, elite class uses I-phones and others simple one.
- Crime: Smart Mobile phone snatching is new crime which is replacing the chain snatching.

The worst negative effect that mobile phones have on youngsters is that they become a full-fledged addiction. People use cell phones for at least five hours each day, and app usage is rising fast. This has led to a decline in physical social engagement, distraction, addiction, health issues, and other issues.[11,12 and 13]

- Motivated on updating status on social media rather on learning purpose.
- Lack of real life social interaction (cause relationship issues to arise, and Interference in students' academic work).
- Distract during learning process.
- Experience higher level of depression, trait anxiety and state anxiety (overuse).
- High anxiety and felt less happy.

According to the analysis above, there appear to be more significant negative effects of Smartphone use among students than favorable effects. Despite the fact that they provide many life-enhancing benefits, smart phones.

decrease in academic performance, psychological disorders (such as anxiety) and smartphone addiction as well as social issues (lack of real life social interaction, arise of relationship issues).

Smartphone affect the psychological effect: Issues with behavior and mental health may develop as a result of problematic Smartphone use. Because of their emotional relationship to their Smartphone's, today's kids believe they cannot survive without one around.[14 and 15]

The reported indicators of anxiety, depression, and suicidal ideation were considered mental health outcomes in this study.

Using the Generalized Anxiety Disorder (GAD-2two)'s questions on anxiety, screening positivity for anxiety was determined . The following questions were posed to teenagers: In line with the Youth Risk Behavior Survey Questionnaire, the Smart Youth Survey asked about suicidal thoughts (also known as suicidal ideation) and depressive moods.

Youth responded to the following inquiries: "Did you ever in the past 12 months...?"

genuinely think about trying to end your life?" & "Did you ever feel within the previous 12 months like..."practically every day for two weeks or more in a row, you felt so depressed or hopeless that you stopped. performing some routine things?" The choices for responses to both inquiries were A "yes" or a "no."

Here are some alarming numbers. from 2009 to 2017,

the number of high school students thinking about suicide climbed by 25%. Between 2005 and 2014, there was a 37% increase in the number of teenagers receiving a clinical depression diagnosis. It's possible that more teenagers are coming out to say they need help and are suffering. However, there has also been an upsurge in teen suicide deaths. According to a recent study, attempts to poison females between the ages of 10 and 12 rose 268 percent between 2010 and 2017.



Figure2: Mind and Smart phones

4.0 How to stop being addicted to a Smartphone:Youth:

1. Do not do everything on one device.
2. When you switch between different activities limit your screen time.
3. Disable notifications, restrict adult sites
4. Establish phone-free periods each day. Lock it.
5. Keep it away from the bedroom.
6. Replace the bad habits.
7. Change thinking.
8. Fix exercise and mediation schedule
9. Week end with switch off mobile
10. Read Books
11. Involve in Social work –Social gathering
12. Make and take meals a no-phone zone

Children:

1. Keep Smartphone away from the children
2. Give Smartphone after age of 12 year.
3. Fix exercise schedule for the kids
4. In home do not use Smartphone in front of children
5. Don't make it a punishment
6. Make and take meals a no-phone zone
7. Give tasks to children –like gardening or other house jobs
8. Develop creative thinking and induce children to do creative works
9. Limit the use of smart phone –no phone after 8 Pm to 8 Pm
10. Continuous monitoring

5.0 Conclusion-

In a nutshell: mobile phone has brought us a lot of opportunities to learn & explore things that were out of reach of a normal person. The advancements in lives of people have drastically improved. We can use mobiles in almost every field example: entertainment (Youtube, Netflix, Hotstar), shopping (Amazon, Flipkart, Myntra), banking (all banking apps), finance (apps related to investing like grow,kite also apps related to crypto currencies), teaching (Google Classroom, Byjus, Unacademy), Production Tools (Picsart, KineMaster, LightRoom), Payments (GPay, PayTM, PhonePay) etc. This has made us too much dependent on the mobiles although it was not too bad until youngsters became addicted to it.

Too much gaming, watching live streams, watching content that is never ending etc are few things that are consuming time of the younger generation. Even most of the adults

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are also addicted to it even though they are aware of it and are trying to decrease their screen time but still 1/4th of the day is consumed in using mobile. Things for youngsters can go worse if not controlled, like weak eyesight, neck, shoulder & spinal pain, psychological problems etc. Some issues related to memory loss can also be seen in some people, to conclude at last we would say that using this blessing in a controlled way could be very fruit full but if the addiction takes over then the upcoming generation will go under lot of issues.

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