# Impact of Smartphone

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*Abstract-* **The study was conducted on impact of smartphone. The data were collected from 100 respondents. Information regarding use of smartphone was collected through structured interview schedule from the respondents. 80 percent of the respondents were use smartphone for entertainment and only 20 percent of the respondents were use smartphone for study purpose. 92 percent of the respondents were reported excessive use of smartphone affected mental health such as irritation, headache and increase mental stress. 40 percent of the respondents were reported positively our study was affected by use of smartphone and 60 percent of the respondents were reported negatively our study was affected by use of smartphone. 85 percent of the respondents were reported smartphone contribute in bringing awareness among people.**

*Keywords-* **Smartphone, Entertainment, Mental Health.**

## I. INTRODUCTION

Smartphone as a mobile phone that performs many of the functions of a computer [1](Alosaimi et al., 2016). A smartphone is a cellular telephone with an integrated computer and other features not originating associated with telephones, such as an operating system, web browsing and the ability to run software applications. Smartphone are used by people for many purposes such as messaging and email, health and wellness, social media, connecting with other devices, mobile payments and many more. Smartphone is a mobile phone with microprocessor memory and built in modem. Smartphone is a multimedia phone that resulting in a luxurious gadget, where there are camera, music players, videos, games, email access, digital television, GPS. The evolution of the times and technology the concept of smartphone continue to grow from year to year, as an advanced device. Smartphone are phones that does not have cables, internet access, can bring around and use anywhere.

## II. METHODS AND MATERIALS

The present study was conducted on impact of smartphone. The data were collected from 100 respondents. Information regarding use of smartphone was collected through structured interview schedules from the respondents.

## III. RESULT AND DISCUSSION

As in table 1 shows 70 percent of the respondents were use smartphone two in a day and 30 percent of the respondents were use more than four hours in day. D'Juan Gladden (2018) found that the majority of the respondents spend 3-5 hours a day using their smartphones [2], with 75 percent of respondents saying that they used Instagram and facebook most. 80 percent of the respondents were use smartphone for entertainment and only 20 percent of the respondents were use smartphone for study purpose. 92 percent of the respondents were reported excessive use of smartphone affected mental health such as irritation, headache and increase mental stress.
68 percent of the respondents were reported excessive use of smartphone lead to influence our behaviour such as irritation and aggressiveness. 90 percent of the respondents were reported it is necessary to have smartphone and only 10 percent of the respondents were reported no, it is not necessary to have smartphone. 40 percent of the respondents were reported excessive use of smartphone affects time spent with family members. 82 percent of the respondents were reported excessive use of smartphone affects family relationship. 40 percent of the respondents were reported positively our study was affected by use of smartphone and 60 percent of the respondents were reported negatively our study was affected by use of smartphone. Shai (2016) reported that smartphone had a positive effect on their studies [3]. Sarfoah (2017) reported that 79 percent of the respondents agreed that smartphones makes learning

uncomfortable[4]. Iqbal and Bhatti (2013) revealed that majority of the respondents finds it easy to use a smartphone which also enhance their perceived usefulness of using smartphone for learning activities [5]. Ezemenaka (2013) found that the invention of mobile phone technology thrived with the quest for new knowledge changes and the desire among university students and most of them are affected, this impact contributes to the student academic performance both negatively and positively [6]. Mokoena (2012) reported that the use of smartphone by students improves collaborative learning through its connection to the internet [7]. The use of smartphones derives students to be more engaged in learner-centred- participation learning. It advances their understanding by increasing academic performance, social media participation and information sharing, it helps their social skills by giving them opportunities to seek academic assistance and support. 64 percent of the respondents were reported prolonged use of smartphone cause problems such as tingling hands and darkness before the eyes and 36 percent of the respondents were reported skin itching due to radiation of smartphone.

70 percent of the respondents were reported excessive use of smartphone leads to mental disorders and 100 percent of the respondents were reported people become lazy due to excessive use of smartphone. 100 percent of the respondents were reported excessive use of smartphone has adverse effects on eyes. 60 percent of the respondents were reported excessive use of smartphone lead to brain blockage due to everything is ready available on smartphone therefore brain do not actively work. 90 percent of the respondents were reported smartphone being misused more. Wood cock et al. (2012) found that students were always found using their phones for playing games and other leisure activities more than for learning [8]. 50 percent of the respondents were reported excessive use of smartphone causes physical disorders. Kang and Jung (2014) reported that while smartphone provide communicative needs [9], their extensive use may have collateral damages on the physical, psychological, social and the educational well – being of students. Lin et al. (2014) and Tossell et al. (2015) found that excessive use of smartphones leads to complications, which include vascular permeability, neck pain and muscular skeletal disorders and mouse brain damages [10-11]. 98 percent of the respondents

were reported the current generation being deprived of natural sports due to the use of smartphone. 50 percent of the respondents were reported families were breaking apart due to misuse of smartphone. 85 percent of the respondents were reported smartphone contribute in bringing awareness among people this is positive use of smartphone.

Ames and Baert (2020) reported that relationship between smartphone use and academic performance in tertiary education and a predominance of empirical results supporting a negative association [12]. Pew Research Centre (2018) revealed that impact on people's private life, smartphone use is also expected to interfare with individuals education and professional life [13]. Smartphone ownership is highest among people aged 18-29 years. Samuel (2017) reported that several countries interventions have been developed to discourage have smartphone use in class because it is believed to obstruct knowledge acquision [14]. In Franch, a smartphone ban was introduced into schools in 2017. Ifeanyi and Chukwuere (2018) found that most undergraduate students using smartphone to engage with fellow students and lecturers [15]. It was also found that using smartphones distracts students from their studies in certain aspects. Kibona and Mgaya (2015) reported that most smartphone and recreational applications are addictive to both the higher level and lower level students in Tanzania in turn affects their academic performance [16]. Noah Darko – Adjei (2019) found that a negative effect on the distance learning students and revealed some time inhibiting factors in the use smartphones which included smartphones freezing during important learning moments, unstable internet connectivity, intruding cells during class hours and the screen and key sizes which made the smartphone uncomfortable for learning [17]. Ismail, Bokhare, Azizan and Azman (2013) revealed that most educators have adopted the use of smartphones for teaching due to its perceived usefulness [18]. Such as affordability, flexibility, readiness, popularity and other practical functions.

Loya and Bhatt (2013) reported that may consumes tend to be unaware of the properties and services the new models in the market contain [19]. Jung (2014) reported that ubiquitous learning (u-learning) combine the characteristics of electronic learning (e-learning) and mobile learning (m-learning) in driving forward different forms of learning through the internet

connection process in the 21st century [20]. Guspatni (2018) found that sometimes the system can be difficult to navigate and use [21]. Gowthani and Venkata Krishanan Kumar (2016) argue that the use of the internet is now a routine for people means used to search for information at anytime and anywhere [22].

Baron (2010) found that the growth in the use of mobile phones causes it is to be overused [23]. Al-Tarawneh (2014) reported that positive contributions of smartphones towards give them the ability to obtain academic support and assistance [24].

Table 1: Impact of smartphone

| S. No. | Question | Percentage |
|--------|----------|------------|
| 1. | How much time do you use your smartphone in a day?<br>• 2 hours<br>• More than 4 hours | 70<br>30 |
| 2. | What content do you see on your smartphone?<br>• Entertainment<br>• Study purpose materials | 80<br>20 |
| 3. | Mental health is affected by excessive use of smartphone?<br>• Yes<br>• No | 92<br>08 |
| 4. | Excessive use of smartphone leads to influence your behaviour<br>• Yes<br>• No | 68<br>32 |
| 5. | Excessive use of smartphone affects time spent with family members.<br>• Yes<br>• No | 40<br>60 |
| 6. | Do you think it is necessary to have a smartphone?<br>• Yes<br>• No | 90<br>10 |
| 7. | Excessive use of smartphone affects family relationships.<br>• Yes<br>• No | 82<br>18 |
| 8. | If your studies is affected then how?<br>• Positively<br>• Negatively | 40<br>60 |
| 9. | Prolonged use of smartphone causes problem.<br>• Tingling hands and darkness before the eyes<br>• Skin itching due to radiation | 64<br>36 |
| 10. | Excessive use of smartphone leads to mental disorders.<br>• Yes<br>• No | 70<br>30 |
| 11. | People become lazy due to excessive use of smartphone.<br>• Yes<br>• No | 100<br>00 |
| 12. | Excessive use of smartphone has adverse effects on eyes.<br>• Yes<br>• No | 100<br>00 |
| 13. | Excessive use of smartphone leads to brain blockage.<br>• Yes<br>• No | 60<br>40 |
| 14. | Are samrtphone being misused more?<br>• Yes<br>• No | 90<br>10 |
| 15. | Excessive use of smartphone causes physical disorders.<br>• Yes | 50 |

| | | | |
|---|---|---|---|
| | | • No | 50 |
| 16. | Is the current generation being deprived of natural sports due to the use of smartphones? | | |
| | | • Yes | 98 |
| | | • No | 02 |
| 17. | Families are breaking apart due to smartphone misuse. | | |
| | | • Yes | 50 |
| | | • No | 50 |
| 18. | Smartphone contribute in bringing awareness among people. | | |
| | | • Yes | 85 |
| | | • No | 15 |

IV. CONCLUSION

82 percent of the respondents were reported excessive use of smartphone affects family relationship. 100 percent of the respondents were reported excessive use of smartphone has adverse effects on eyes. 98 percent of the respondents were reported the current generation being deprived of natural sports due to the use of smartphone. 40 percent positively and 60 percent negatively affects their studies. Excessive us eof smartphones can lead addictive behaviour. This study can conclude with the fact that using smartphones made an impact both positively and negatively.

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