



Exploring impact of Smart phones usage on interpersonal relationship of school going children of Lucknow, Uttar Pradesh

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ABSTRACT

Introduction: As Smart phones seep into public and private contexts, additional opportunities for conflict emerge. Young people use the smart mobile phone in positive ways to organize and maintain their social networks. However, there are also negative impacts on young peoples' peer relationships. **Aim and Objectives:** 1. This study was done to assess the impact of smart mobile phone usage on interpersonal relationship. 2. To Increase awareness about negative effects of smart mobile phone.

Material & Methods: A cross sectional study conducted in Indian Public Inter College

Result: According to our survey, usage of mobile phone is affecting the relations and bonding between the students and their family members, as they are more connected with the virtual world through their mobile phones rather than the real world.

Keywords: Smart mobile phone, School going children.

INTRODUCTION

As smart phones seep into public and private contexts, additional opportunities for conflict emerge. The involvement of smart phones in interpersonal conflict can be seen when a mother tells her child to put their phone away during dinner, or when spouses become angry because their partner is on the phone instead of talking to them. The adoption of the mobile phone by young people has been a global phenomenon in recent years. It is now an integral part of adolescents' daily lives and is for the majority, the most popular form of electronic communication. In fact, the mobile phone has turned from a technological tool to a social tool^[1]. Young people use the mobile phone in positive ways to organize and maintain their social networks. However, there are also negative impacts on young peoples' peer

relationships. The impact of the mobile phone on young people's peer groups has been extensive. Adolescence is a time of change and increasing influence of the peer group and thus communication amongst peer group members is central to the identity of the individual^[2]. The impact of mobile phone on peer relationships has transformed the peer group into a truly networked society^[3].

People have to decide if they want to interrupt their primary interaction, and how they want to do it. The secondary person has to decide how they are going to react to being interrupted by another party (i.e. phone call). Research demonstrates that mobile phones make people rank their interactions, and more often than not, people will answer the call, even if it is just

to say “I’ll call you right back”. Mobiles have also helped aid the social emancipation of young people from parental authority^[4].

If teenagers have mobile phones, their parents often feel more security when children travel independently outside the home. Teenagers are also freed from having to talk from a family landline, which is often in quasi-public space (Ling and Baron, in press). For young adults living away from home, these freedoms are magnified. Many people value their phone as their life and have it with them always. It is rare for individuals to turn off their phones. This ability to constantly connect has major implications for interpersonal relationships. Some researchers have begun to explore how use of mobiles affects people emotionally or socially. Beranuy et al.(2009) report a correlation between mobile phone use and mental distress, as seen, for example, in deterioration of family and social relationships^[5].

Aim and Objectives

1. To assess the impact of smart mobile phone usage on interpersonal relationship.
2. To Increase awareness about negative effects of smart mobile phone.

Material & Methods

This present cross-sectional study was carried out in Indian Public Inter College, Lucknow, UP. Simple Random Sampling Technique was used to select 160 students for study from 7th, 8th, 9th and 11th standard. Out of 160, 148 students were present on the day of data collection. So, sample size was taken 148. Study was conducted in the month of January 2021. After taking informed consent of participants, data collection was carried through interview using pre-designed, pre-tested semi-structured interview schedules. Ethical clearance was obtained from institutional ethical committee. Association between variables was assessed with Chi-square test. Variables showing statistically significant association with the outcome variables (p- value of less than 0.05) were considered using software statistical package (SPSS version. 21.0).

Results 1: Exploring impact of Smart phones usage on interpersonal relationship of students

Table 1. How many conversations were there at that moment

Number of conversations	Number of people	percentage
a. (1-3)	59	40%
b. (4-5)	35	23.75%
c. (more than 5)	28	18.75%
d. (more than 10)	7	5%
e. (more than 15)	19	12.50%

Table 2: How many conversations they had from the previous day

Conversations from yesterday	Number of people	Percentage
a. (1-3)	49	32.50%
b. (4-5)	35	23.75%
c. (more than 5)	31	21.25%
d. (more than 10)	33	22.50%

Table 3: How quickly they respond to messages

Response time	Number of people	Percentage
a.(within minutes)	50	33.75%
b.(within hours)	80	53.75%
c.(within a day)	18	12.50%

Table 4: How quickly they respond to messages while they are busy

Response time to emails	Number of people	Percentage
a.(within minutes)	11	7.50%
b.(within hours)	26	17.50%
c.(within the day)	111	75%
Response time while busy	Number of people	Percentage
a.(within minutes)	30	20%
b.(within hours)	81	55%
c.(within the day)	37	25%

Table 5: How quickly they respond to emails

Response time while busy	Number of people	Percentage
a.(within minutes)	30	20%
b.(within hours)	81	55%
c.(within the day)	37	25%

Results 2: Exploring impact of Smart phones usage on interpersonal relationship of students

Table 6: To what extent does mobile usage affect their work

Extent to which mobile effect their work	Number of people	Percentage
a.(Occasionally)	72	48.75%
b.(Often)	61	41.25%
c.(Frequently)	15	10%

Table 7: Do they use their phone when in car with someone else

Mobile usage with someone	Number of people	Percentage
a. Yes	91	61.25%
b. No	57	38.75%

Table 8: Where they keep their phone during meals

Where they keep mobile while having meals	Number of people	Percentage
a. In pocket	81	55%
b. On the table	48	32.50%
c. Turned off	2	1.60%
d. On silent	6	3.75%
e. Not with them	11	7.50%

Use of mobile while having meal with someone

Number of people

Percentage

a. Occasionally	65	43.75%
b. Often	43	28.75%
c. Every time	14	10%
d. Never	26	17.50%

Table 9: how often they use their phone while having meal with someone else

Use of mobile while having meal with someone	Number of people	Percentage
e. Occasionally	65	43.75%
f. Often	43	28.75%
g. Every time	14	10%
h. Never	26	17.50%

Table 10: response to messages during meal

Response to messages during meals	Number of people	Percentage
a. Read only	63	42.50%
b. Read and respond	48	32.50%
c. Do not read	37	25%

Table 11: do they prefer call or text

Calls or text	Number of people	Percentage
a. Call	83	56.25%
b. Text	65	43.75%

Table 12: purpose of using mobile

Purpose of mobile	Number of people	Percentage
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phone		
a. Social connectivity	80	53.75%
b. Entertainment	50	33.75%
c. Pictures/ Photographs	18	12.50%

Table 13: Feeling when somebody uses phone while with them

Feelings	Number of people	Percentage
a. Neutral	56	37.50%
b. Upset	12	8%
c. Angry	14	9.50%
d. Happy	3	2.00%
e. Irritated	37	25%
f. They are on phone	26	18%

Table 14: At what time phone usage is maximum

Time	Number of people	Percentage
a. Night	70	47.50%
b. Evening	56	37.50%
c. Day	22	15%

In this study we analyzed how and to what extent does using mobile phone affect their interpersonal relations. Students are more connected to the virtual world rather than the real world. Approximately, 23.75% students had 4-5 conversations via text messages going on that moment and 12.5% had more than 15 conversations. 75% of the students respond within minutes or in an hour while only 25% delay responding to the messages.

The study also shows that mobile phone usage affects their work quite frequently as they use their phone while working. Approximately 53.75% students use their phone maximum at night for socializing virtually (Facebook, Instagram, Twitter, etc).

Approximately 67% students said they use their phones in presence of somebody else such as being in car with somebody, or while having meals together. This shows that they don't spend value time with the

people around them because they are busy connecting with people virtually through their phone.

When asked how they felt when somebody else uses their phone in their presence 40% students said they did not mind (18% are on their phone as well), while 37.5% students felt irritated or angry.

Discussion

The popularity of Mobile phone and social media has grown rapidly in recent years. Smart phone is an advance technology in late three decades. ^[6] The additional features of Smartphone have attracted people across all walks of life including the students. ^[7]

Initially, mobile phones were used only as a communication tool. But, these days, also support a wide range of other services such as music player, internet, video camera, calculator, alarm clock, text

messaging, E-mail, internet access, short-range wireless communications (infrared, Bluetooth), business applications, gaming, photography and many more other perceived benefits as increased accessibility and social connectivity, reduced loneliness, and security in emergency situations. Inappropriate use of mobile phone by students presents many deleterious effects, for example, poor academic performances accidents while driving, damaged relationships owing to preference to phone calls by ignoring other members, and increased freedom from parents along with decreased social freedom.^[8-13]

Dental/Medical students may also show cognitive/behavioral salience in which they constantly think about their phones when they are not using it or keep on checking their mobile phones for missed calls or messages. Almost 87-90% of the population in an advanced country like the USA, use cell phones, and a sizeable number of these is school and college going students. Smart phones are now in use in medical education for various purposes as sources of medical information, reference and, a guide in problem-based learning. and journals. Some medical schools are facilitating this by offering tablets or Smart phones to their medical students.^[14-17]

A study done by Varshney AM et al (2017) revealed that before educational intervention 34% of students used their Smart phones for less than 4 hrs, 50% used for voice calling, 31% for gaming, 15% for news and Infotainment, 75% for social networking, 61% for music and 14% for other uses. 21% students had productive impact, 56% feel happy, 7% feel grateful, 21% distracted, 3% feel frustrated and 4% feel angry. 72% students kept it with themselves, 37% had positive and 63% had negative impact, 37% kept it beneath the pillow, 24% kept it on charging dock and 44% kept it on side table. Smart phones newer affects in 25% students, affect sometimes in 67%, often in 6% and always in 2%. 88% of the students were aware of the harmful effects of Smart phones.^[18]

A study done by Varshney AM et al (2015) revealed that Academic performance of 120 (65.93%) students declined while 40 (21.97%) students did better in academic.^[19]

In a study done by Ahmad S. et al. (2016) revealed that health Professionals including medical students and doctors and there are a growing number of well-

established blogs and internet forums that are aimed specifically at medical professionals.^[20]

A study done by Agarwal G, Ahmad S, et al. (2016) suggested that the use of personal accessories such as cell phones, writing pens and their association with nosocomial infections in the hospitals is a matter of concern. Cell phones and stationery could be the source of bacterial infection transmission in the hospitals. Therefore, the infection control precautions by medical personnel such as regular hand hygiene before the devices use, their decontamination, and developing guidelines in this respect could be very helpful.^[21]

Conclusion

In India, Smart phones are becoming increasingly common in both personal and professional spheres. Applications on smart phones are very popular and instant messaging is an upcoming form of communication for students. Unfortunately, communication technology has some negative effects also. In spite of some knowledge on unfavorable health effects, mobile phones are gaining popularity among young medical and dental students. Smartphone are the most popular choice among dental students. Excessive Smartphone use has been found to be associated with mental and physical health problem in people of all age groups. Dental students are aware of the fact that mobile phone is responsible for ecosystem disturbances and health ailments. But, they did not reduce the usage of mobile phones by students. According to our survey, usage of mobile phone is affecting the relations and bonding between the students and their family members, as they are more connected with the virtual world through their mobile phones rather than the real world. There's need to apply more effort in developing mobile technologies that fit the needs of students.

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