

Effect of Mobile Phone (Smartphone) on the Youth of Semi-Urban City

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Abstract: In this paper the youth of semi urban locality a small city of Wardha is considered to study the effect of mobile phone (smartphone) on them. The students were from various age gender and family structure. The factor studied in this paper are activeness of mobile usage, effect on daily life and time spend on mobile phones. The effect mobile phone usage on social life and health of youth is also studied. The help of mobile on giving various type of global information and educational information is analysed. The personal gain due to use of mobile phone for online application and other work including job opportunities etc. is also consider for analysis. At last misuse of mobile by youth and phishing awareness, govt law awareness was also considered for study in this paper The response was correlated to other responses. The youth found the use of mobile for certain applications in a very better way such as finding job opportunities and filling online applications etc. On the other hands some of the parameters in this paper show negative impact on the life of youth.

Keywords: Effect of Mobile Phone; Social Effect; Health effect; Personal Gain

1. Introduction

As human civilization developed, so did the ability to transmit information and communication over long distances. This led to indirect communication between people who were far apart. The pinnacle of indirect communication was the technology created by the Industrial Revolution for virtual communication and meeting. (Thackeray et al. 2008) The invention of the telegraph can be considered the first invention for the technology of social media. In 1837, "Morris" invented the telegraph and in 1844, the first message was sent through this telegraphy. This allowed the message to be distributed faster than a bird or a pigeon. Although the telegram could send a short message, it was a revolutionary way of conveying messages. The invention of the telephone by Graham Bell in 1876-77 and the invention of the radio by McConaughy in 1895 can be considered as very important inventions from the point of view of social media. Both these technologies are still in use today. Although today's versions are very modern compared to the 19th century, the telephone and radio enabled instant communication over long distances, which was a very new experience for mankind. In the 20th century, modern technology began to change its form very rapidly. In 1942, the first computer was fully developed and at the same time, the search for creating a network to connect two computers began. During this time, not only was the computer popularized and spread, but networking also reached a historical milestone. January 1, 1983 is considered the official birthday of the Internet. Along with this, the telephone was transformed into mobile phones and mobile phones into smartphones by 1993 and social media began to skyrocket. (Ritholz 2010).

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There are few papers which demonstrate the positive and the negative effect of the mobile on youth

Positive Impacts

a) Enhanced Communication and Social Skills

According to (D. Siebert 2019), social media significantly aids adolescents in developing better communication skills, building social relationships, and improving technical abilities. These platforms enable real-time interaction and allow students to express themselves more freely than in traditional environments.

b) Educational Support and Resource Access

Several studies (Ahmed et al. 2008; Siddiqui and Singh 2016) show that students use social media during their academic journey to access a wide range of information from multiple sources. Blogs, forums, and academic groups help in understanding complex topics and polishing skills through interactive content sharing.

c) Creativity, Entertainment, and Self-Expression

As highlighted by (Singh, Amiri, and Sabbarwal 2017), social media offers platforms for artistic and personal expression. Students use it to share creative content, showcase talents, and receive feedback. This fosters self-discovery and builds confidence. Additionally, it offers entertainment and a sense of community.

d) Peer Support and Inclusion

Social media helps in building support networks, especially for teenagers. Many students claim it assists them in studying at home and finding peer communities where they feel understood and included—particularly among like-minded individuals or those with shared challenges.

2. Negative Impacts of Social Media

a) Mental Health and Emotional Well-being

According to (Rostam 2020), heavy usage of social media is associated with several mental health issues such as:

- Low self-esteem
- Body image concerns
- Anxiety and depression
- Eating disorders
- Suicidal thoughts

Statistically, between 2007 and 2017, the suicide rate among 10–24-year-olds increased by 56%, suggesting a potential link to increased digital exposure and social comparison.

b) Cyberbullying and Emotional Harm

Researchers like (Akram and Kumar 2017; Marchant et al. 2017), emphasize that misuse of social media—such as sharing offensive content, bullying, and harassment—leads to a significant drop in students' morale. Victims of such cyber-attacks may experience stress, trauma, and in extreme cases, contemplate self-harm or suicide.

c) Academic Decline and Poor Performance

According to (Aashirwad Kumar and Kumar 2020; Rani 2019), excessive time spent on social platforms negatively affects students' academic performance. Students who prioritize social networking over studies often score lower grades and face distractions that hinder learning and focus.

Similarly, (Rawath, Satheeshkumar, and Kumar 2019), report that students who use social media during study hours perform worse academically than those who don't. Social media contributes to fragmented attention spans and mental fatigue, making comprehension and retention difficult.

d) Fear of Missing Out (FOMO) and Social Comparison

In research by (Brown and Kuss 2020), based on U.S. and German students, it was found that users who spent more time on social media were more likely to experience **envy and fear of being left out**, leading to emotional stress and dissatisfaction with their own lives.

3. Balanced Viewpoint

a) Dual Nature of Social Media's Impact

(Nesi 2020) describes the impact of social media as two-sided—much like a coin. While it offers valuable benefits like communication, support, and access to knowledge, it simultaneously brings about emotional, academic, and psychological challenges.

b) Shift in Usage Patterns

Though platforms have educational potential, studies show that **82.6%** of youth believe social media strongly influences their social behaviour. However, most students tend to use it more for socialization than for academic enrichment.

Data Analysis and Result

Hence in order to find the effect of mobile (smartphone) on the youth in a semi urban locality, a small city of Wardha is taken into consideration. The world has come under one roof in society due to social media, but its use is increasing and it is being seen that it is directly or indirectly having effects on the youth. Mobile (smartphone) usages are investigated and whether it appears as a new diseases or boon is studied. College youth are obsessed or addicted to watching social media. No one shows the youth the way out of it, so the general public fears that the future of society will remain in darkness. Accordingly, the research topic has been chosen in terms of studying real information. The random 60 Youths are selected by lottery method. The personal detail of the selected youths is depicted in figure 1.

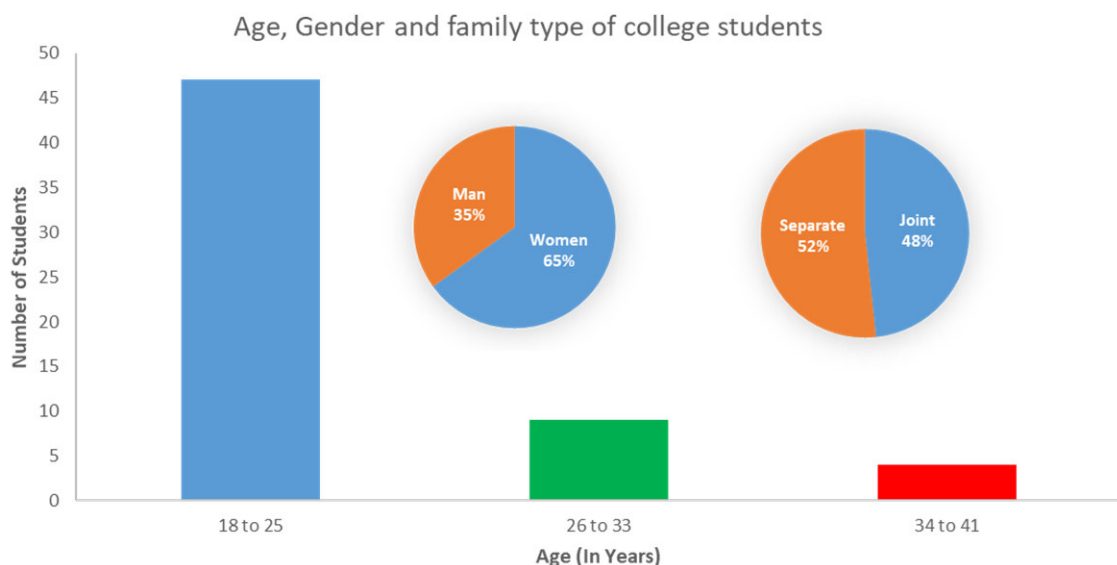


Figure 1: Analysis of Personal Details

Fig 1. Depicts proportion of college youth between the ages of 18 to 25 years is the highest at 47 i.e. 78.33%, followed by the proportion of college youth between the ages of 26 to 33 years at 09 i.e. 15%, while the proportion of 34 to 41 years at 04 i.e. 6.67% is the lowest. The female participating students are 65% whereas male participants are 35%. This is maintained as per the ratio of total student participated in the survey. It is found that the ratio of students being living in a joint or separated family is nearly equal. It is observed that about 96.67% of students are active users of mobile phones while 3.33% keep them away from smart phones. It may be concluded that the maximum number of college youth alliances are active regarding the use of mobile phones. This is well depicted in Fig. 2. The figure also analyses that the proportion of college youth using WhatsApp as major daily used social media, is the highest i.e. 60 percent. Whereas YouTube, Facebook, Twitter as major daily used social media is 26.67%, 11.67% and 1.67% respectively. It is concluded that WhatsApp is the most liked social media of youth of Wardha. The addiction of mobile phones of Wardha youth is depicted in Fig. 2. It is found that majority of the youth use mobile phone for 4 hours per day. This account to 51.67 % of total participants. The proportion of college youths who use mobile phones for 2 hours, 5 hours and more than or equal to 6 hours is 23.33%, 16.67% and 8.33% respectively. Thus, it may be concluded that most of the users are spending 4 hours per day on mobile phone. This seems to be an alarming situation as longer exposure to mobile screen may leads to many adverse effects. (Cougnaud-Gregoire et al. 2023; Hipólito and Coelho 2023; Paley 2023; Wong and Bahmani 2022).

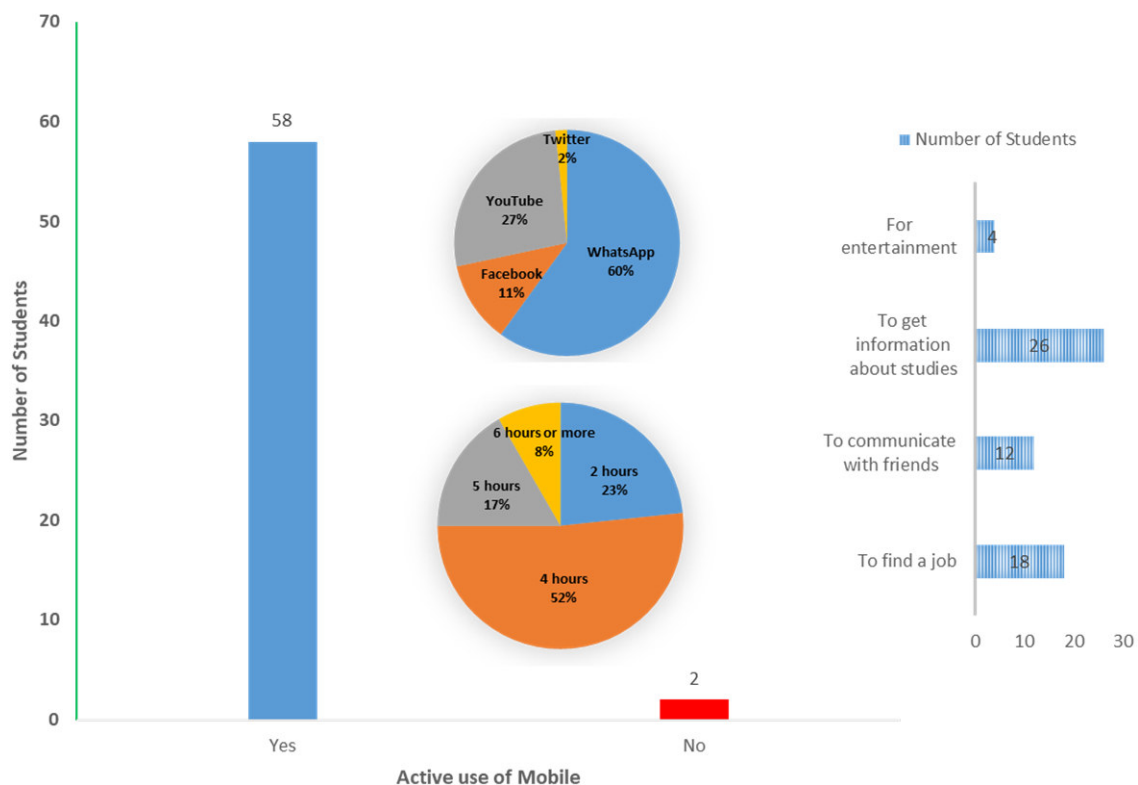


Figure 2: Analysis of Mobile Usage

The Fig. 2 also gives analysis about the task oriented mobile usage. The highest percentage of college students using mobile phones to get information about their studies is 43.33%. This is followed by the percentage of college students using mobile phones to find jobs/employment at 30 %. The percentage of

college students using mobile phones to communicate with friends is 20 %, and the lowest percentage of college students using mobile phones for entertainment is 4 i.e. 6.67 percent.

From the analysis of the Fig 3., it is seen that the proportion of college youth who say that communication between each other has decreased due to mobile use is the highest at 31 i.e. 51.67%, followed by the proportion of college youth who say that internal disputes in the family have occurred due to mobile use at 14 i.e. 23 percent. The proportion of college youth who say that communication has lost its importance is at 8 i.e. 13.33, and the proportion of college youth who say that communication is good due to mobile use is the lowest at 7 i.e. 11.67%.

Thus it can be concluded that communication between each other has decreased due to mobile use is the highest.

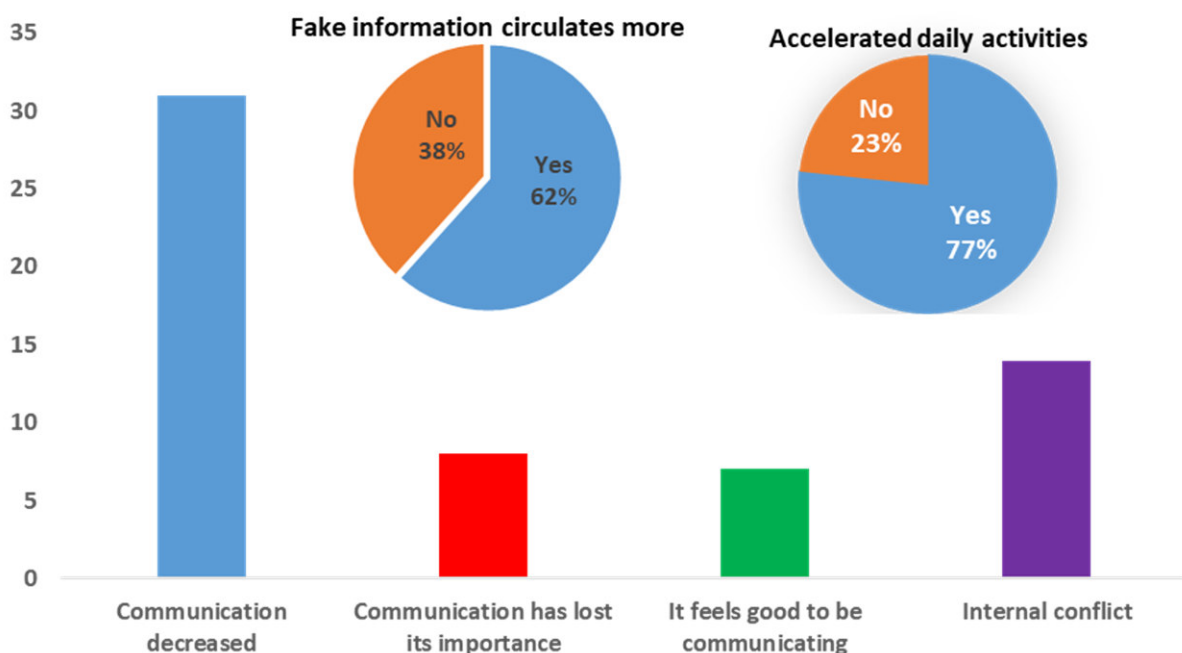


Figure 3: Analysis of Social Effect

Fig 3 also depicts that the proportion of college youths who have speeded up their daily activities due to mobile phones is the highest at 46 i.e. 76.67%. This is followed by the proportion of college youths who have not speeded up their daily activities due to mobile phones at 14 i.e. 23.33%. Thus, mobile phones are giving momentum to most of the student daily life.

The fact that mobile phone leads to the adoption of false information rather than true information is accepted by most of the participating students that is 61.67% of students. Whereas others where of the view that the falls information is not adopted more compared to true information.

About 56.67% of the college students partially agree that the students are mentally deteriorating due to mobile phone addiction whereas the proportion of college students who strongly agree that students are mentally deteriorating due to mobile phone addiction is 30%. Thus, very few have chosen to be natural as well as disagree to the thought. Thus, it is very clear that the mental deterioration happens due to mobile phone

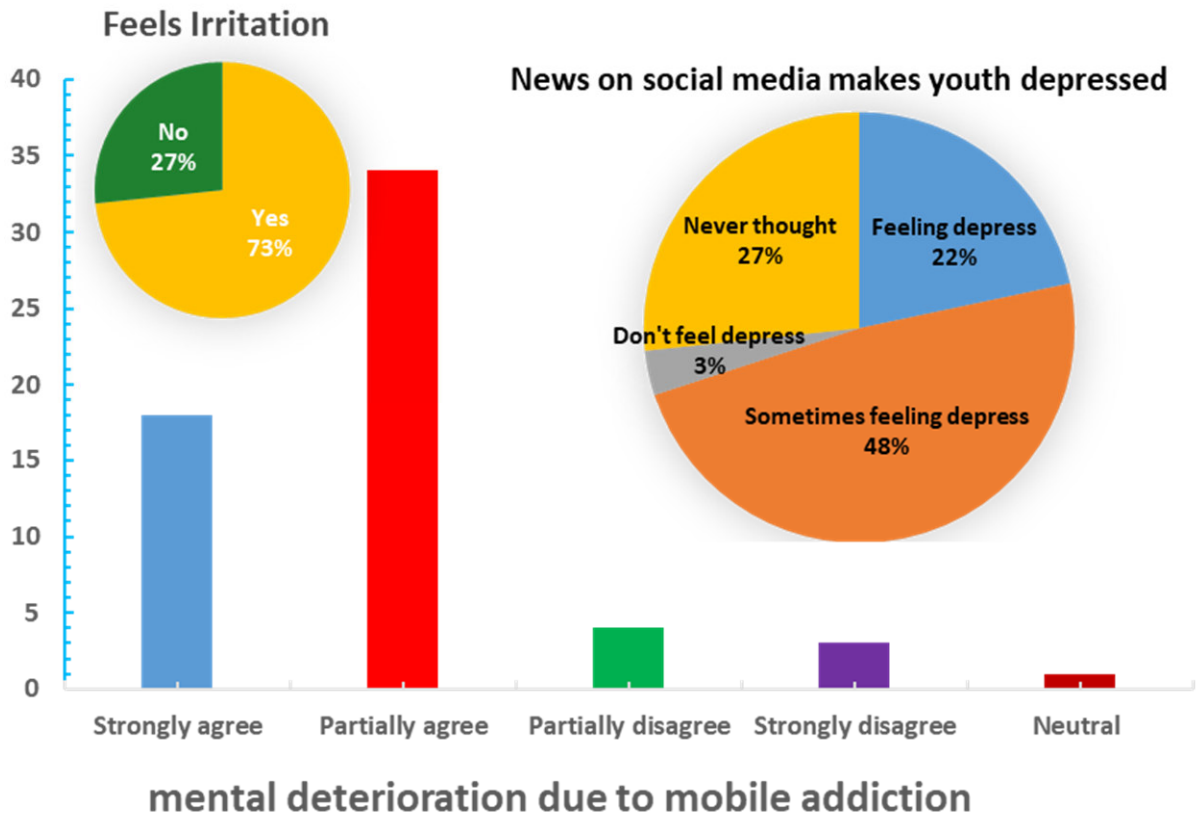


Figure 4: Analysis of Health Effect

The above finding is well reflected from the observations (Fig. 4) of students getting irritated if they have other work to do while using a mobile phone. This reaction in support code to 73.33% while others manage to keep their mind stable when there is another call of work.

The proportion of college youth who sometimes feel depressed due to news on social media is the highest at 48.33%. Whereas the college youth who certainly feel depressed due to news on social media is 26.67%. Thus the depression feeling in one or the other way counts to 75% whereas 25% students either do not feel depressed or have never given a thought to it. Thus, all finding from Fig.4 go hand in hand.

From Fig. 5., it is seen that the percentage of college students who completely agree with the opinion that mobile phones help in getting any global information quickly and save time is the highest at 55%. The college students who partially agree with the opinion are 30 percent. Thus, 85% of students believe that they are connected with the world due to mobile phones. The 15% have other opinions of partially disagree, strongly disagree and neutral.

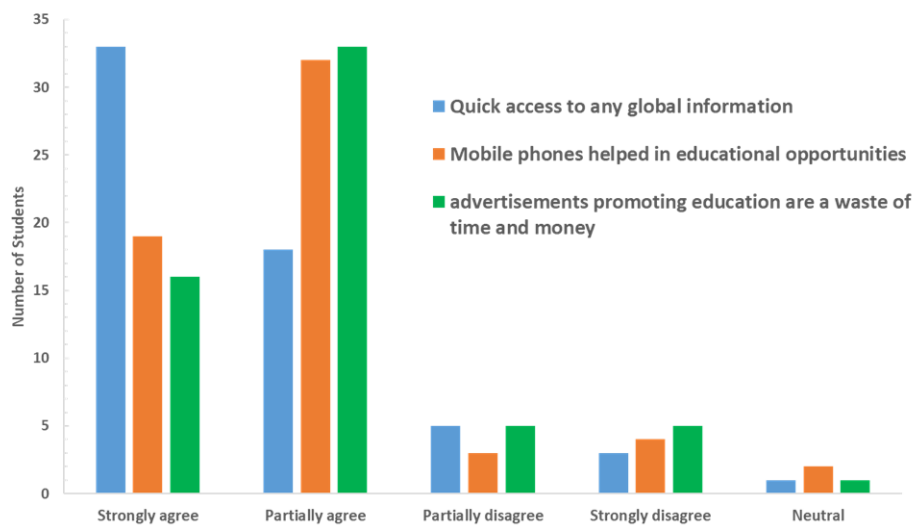


Figure 5: Analysis of Information gained

The same reflection can be seen about the fact that mobile help the student in educational opportunities, where 53.33% of students agree partially and 31.67% of students agreed strongly. Thus again 85% of the students agreed to the thought. The 15% of students have other than these views.

The students have similar view towards the idea that advertisements promoting education are not at all beneficial for individual and those are just waste of time and money. The 55% of the student agreed partially to it and 26.67% of student strongly agreed to it. Thus 81.67% agrees to this fact, whereas rest are either neutral or disagree (partially or strongly) to the view, which is graphically depicted in Fig. 5.

From Fig. 6., it is seen that the proportion of college youths who use mobile phones to apply online for various tasks is the highest at 73.33%. Thus mobile phone have made application process easy for many of the students, whereas 26.67% of students find no use of mobile for application purpose.

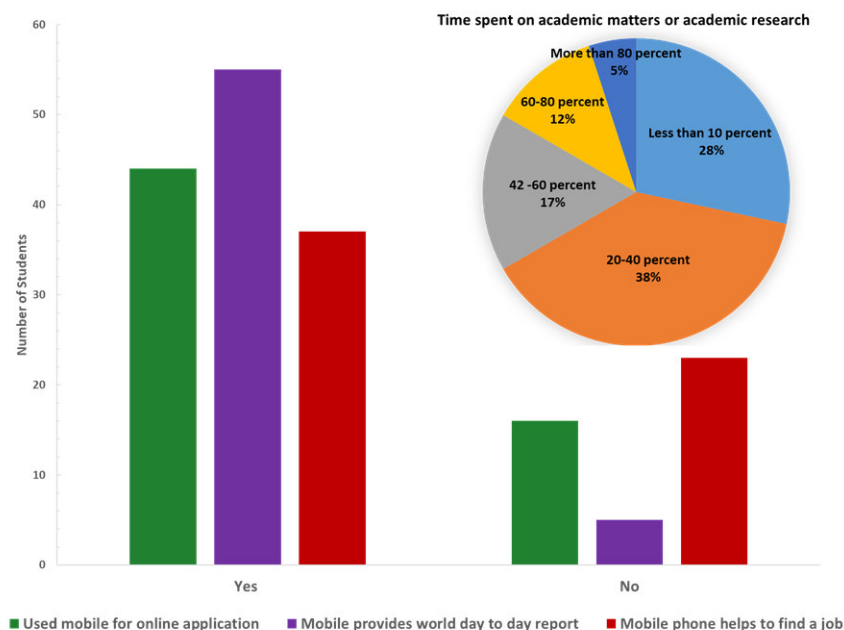


Figure 6: Analysis of personal gain

Similar results are observed for the survey of view that mobile had made it easy to find what is happening in the world every day. The 91.67% of students agrees to it whereas 8.33% disagree.

It is also seen that the proportion of college youth who have registered on mobile sites to get jobs is the highest at 61.67%. On the other hand, those who have not registered on mobile sites to get jobs is 38.33%. Does mobile phone are Beneficial in the process of job searching.

From Fig. 6., it is seen that the proportion of college youths who spend 20-40 percent of their time searching for educational matters while on mobile phone is the highest at 38.33%. The proportion of college youths who spend 10 percent less of their time searching for educational matters while on mobile phone is 28.33%. The proportion of college youths who spend 40-60 percent of their time searching for educational matters while on mobile phone is 16.67%. Similarly, the proportion of college youths who spend 60-80 percent of their time searching for educational matters while on mobile phone is 11.67%. And the proportion of college youths who spend more than 80 percent of their time searching for educational matters while on mobile phone is the lowest at 5%. Thus, most of the students Spent maximum of 40% of total time on mobile for research purposes.

From Fig. 7., it is seen that the highest percentage of college students who completely agree that many young men and women face problems due to misuse of mobile phones is 56.67%. This is followed by the percentage of college students who partially agree that many young men and women face problems due to misuse of mobile phones is 25%. Thus, the 81.67 percentage of students either partially or strongly agree with the fact. On the other hand, rest of others are either neutral or disagree to view that young youth face problems.

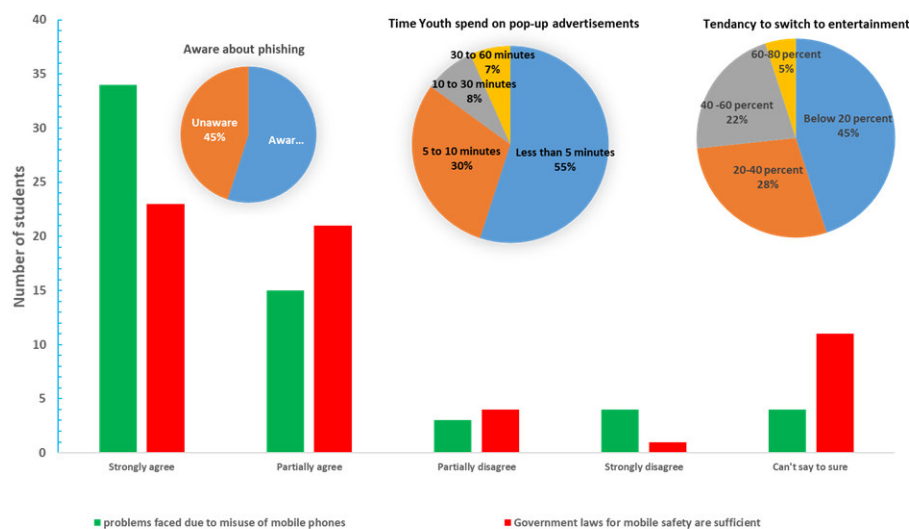


Figure 7: Analysis of misuse of mobile

The satisfaction survey about lost pass by government for the mobile safety Reflected in figure 7 It is found that about 73.33% of these students agree either strongly (38.33) or partially (35%) regarding the fact that law passed by government are sufficient for controlling misuse of mobile phone. The Other 26.67% of youth find government laws inadequate and suggest more laws are required. Here it can be quoted that although the youth are aware about the laws still they face problem due to mobile safety. This contradicts the views.

The Fig. 7 Also depicts that the marginally large that is 55% of the students are aware about the phishing. Here it is very important to note that 45% of the youth are unaware about phishing. Hence the above

discussed contradiction finds its answer here. The unawareness about the phishing leads to the problem faced by youth regarding misuse of phone. Although youth are aware of the government laws but they are not aware of the phishing.

It can be also verified from Fig. 7, that the proportion of college students who spend less than 5 minutes on pop-up advertisements while getting educational information on social media is the highest at 55%. This is followed by the proportion of college students who spend 5 to 10 minutes on pop-up advertisements while getting educational information on social media at 30%. Hence, in all 85% of the student spend zero to 10 minutes on pop up message. Thus, although less time is spent on pop up still it somehow effects the quality of educational information. Also the many pop up leads to phishing which again justify the contradiction discuss above.

It is also found from Fig. 7, That the youth fell prey to entertainment while searching for educational purpose. The proportion of college youths who are inclined towards entertainment information less than 20 percent of times while searching for study information on social media is the highest at 45%. Next is the proportion of college youths who are inclined towards entertainment information between 20 and 40 percent of times while searching for study information on social media at 28.33%. While the proportion of college youths who are inclined towards entertainment information between 40 and 60 percent of times while searching for study information on social media is 21.67%. Also, the proportion of college youths who are inclined towards entertainment information between 60 and 80 percent of times while searching for study information on social media at the lowest is 5%.

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