

Chapter I

1.1 Introduction

Mobile phone is a very big evolution of technology and has become now necessary and integral part of every human's life. 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. 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. These can include ostracism and cyber bullying. Similarly, the mobile phone has led to changed dynamics in the family, with issues of safety and surveillance from a parental perspective leading to negotiated changing freedoms for young people. While functional coordination can be beneficial for the family, other problems can arise such as financial difficulties, non-custodial parent access, as well as over reliance on the mobile phone for safety issues and intrusion into young people lives. The impact of the mobile phone on the school as an institution has not however, received as much research. Disruptions to lessons, incidences of cheating and bullying are some of the negative impacts, while texting parents of truants seems to be the only positive for the school. Further research is needed into the consequences of mobile. Youth and teenagers using mobile phones for social media, shopping, electronic mails and education but majority of youth and teenagers are using mobile phones only for using social media .When we talk about the social media the social media is the new wave of communication, the relationships that exist between network of people Online, assembly of online applications few social media websites are facebook, instagrame, whatsApp, orkut, twitter, etc. . These sites are becoming so popular in the status because it continuously attracted many people especially Teenagers since their interests are being catered by these website. Each and every minute the people connected with Social Networking Sites. The estimate India's user base of Social

networking is around 150 million, with over 45 million users on Facebook in the world. This makes India the second largest country to be active on Facebook according to www.checkfacebook.com. Use of mobile phones brought a great impact to the youth especially teenagers. This impact could be advantageous and disadvantageous

Some advantages from using mobile phones that one can be in touch with someone who is over a great distance within a few seconds as long as they have Internet access and a networking device. Another advantage is that one can easily communicate a message to a wide audience to view. For example, when a user posts a message on his or her Facebook wall, it is available for all of the user's friends to view. It is a great tool for marketing and getting a message out without sending multiple messages. Mobile phone has removed communication barriers and created decentralized communication channel through social media and open the door for all to have a voice and participate in a democratic fashion including people in repressive countries. This media outlet accommodates a wide variety spontaneous, formal, informal, scholarly and unscholarly writings to flourish. It enables common interest based groups such as students to work in a collaborative group projects outside of their class. It fosters creativity and collaboration with a wide range of commentators on a number of issues such as education, the economy, politics, race, health, relationships...etc.

Although it has brought about many benefits, allowing us to easily connect with friends and family around the globe, allowing us to break down international borders and cultural barriers there has been great public concern about mobile phones affect adolescent health and development

Today, for adolescents, the internet is acting as a new social environment where their issues are being explored. A transformation is being noted in how they communicate, establish

and maintain relationships and find social support. a large number of this generation's social and emotional development is occurring on internet and cell phones. Due to their limited capacity for self-regulation and susceptibility to peer pressure, children and adolescents are at some risks as they navigate and experiment with social media. Adolescence is a period of transition between childhood and adulthood whereby identity formation, peer relationships, sexuality and self-worth are exploited. Recent researches indicates that there are frequent online expressions of offline behaviors such as bullying, clique-forming and sexual experimentation that have introduced problems such as cyberbullying, privacy issues and sexting. Teens are being affected the most because they are still learning and are being targeted by predators and the academic progress may suffer because of social media and mobile phone use. Other problems associated with mobile phone use include internet addiction and concurrent sleep deprivation health and mental related behavior of youth especially teens, who are not yet mature enough to differentiate between fantasy and reality. Apart from this, over utilization of internet and social media, decreases the amount of time available for pursuing other activities which are useful for their physical health and mental health and spending of time with family members. The present electronic era has brought several pros and cons. The electronic era not only provided better, faster and improved working ability of young people, but also an emergence and new form of disorder in Indian youths. Since last decade, the over utilization of social media is an ongoing activity which is increasing at an alarming rate and leading to addiction form among Indian young people which is a serious concern. Problems arriving from over utilization of social media have been documented worldwide including in India, where the use of the social media has increased noticeably. It is observed through the studies, that the social media is more addictive among the youths, over utilization of it has been referred to as behavioral

addiction and one's inability to avoid being online to the point where it affects the user's life, relationships, emotions, user's social life etc. There are various forms of internet addiction, such as forming online friendship, accessing pornography, gaming, online shopping etc. It is observed that, over utilization of internet, refrain from participating in real life activities, young people live mostly in the virtual.

1.1.1 Age of adolescent

Adolescence is a phase of life of a person when he is no more a child and not yet adult. The life is full of tremendous energy. The curiosity and experimentation at one time paves the path to success and at other, may cause uncertainty. This is a critical time in life because the experiences, knowledge and skills acquired in adolescence have important implications in adulthood.

The word adolescence is derived from Latin word "adolescere" meaning "to grow up" or "to mature." It is a period of transition between childhood and adulthood that involves a number of changes in body and mind. World Health Organization (WHO) defines adolescence as a phase of life between 10-19 years of age characterized by physical growth, emotional, psychosocial and behavioral changes, thus, bringing about transformation from childhood to adulthood. These changes usually occur a year or two earlier in girls than boys. Some of the changes are externally visible and some are internal. These changes are normal and natural and are due to release of various hormones in both boys and girls. The term puberty is sometimes equated with adolescence. However, both the terms are not the same. Puberty is only a small part of the larger process of adolescence. It is the time when a boy and a girl become physically capable of having children. In girls, it starts with onset of menstruation and in boys with enlargement of testes followed by appearance of secondary sexual characters. While puberty refers to physical and sexual maturation of both boys and girls, the term

adolescence also includes cognitive, social and behavioural characteristics of this period.

1.1.2 Effect of Mobile Phone on Adolescents Mental and Physical Health

Over usage of the mobile phone leads to physiological health hazards like headaches, earache, warmth sensation, fatigue and musculoskeletal symptoms. Usage of mobile phones during driving is one of the leading cause of accident, and some controversy still exist in the over usage of the mobile phone whether it produces tumor or not. Mobile-addicts can be seriously affected at the psychological level. They don't show any physical and psychological symptoms, their disorder goes unnoticed by others. Ozturan, *et al.* (2002) [35] concluded that Ear is the first organ dealing with the cell phones, there is a elevated energy deposition in the ear as compared to other organs and its effect on hearing are debated. Loughran, *et al.* (2005) [29] found that exposure to electromagnetic fields emitted by digital mobile phones handsets prior to sleep decreased the rapid eye movement (REM), sleep latency and increased the electroencephalogram spectral power in the 11.5 to 12.25 Hz frequency range during the initial part of sleep following exposure. Agrawal, *et al.* (2008) [2] reported that the cell phones harmful radiations were able to degrade the quality of sperm with regard to quantity, viability, motility, morphology and few mutations in DNA causing severe changes in sperms. Soderqvist, *et al.* (2008) [48] explored the assess use of wireless phones and health symptoms in 2000 Swedish adolescents and they showed that frequent mobile phone users reported health complaints, such as tiredness, stress, headache, anxiety, concentration difficulties and sleep disturbances. Regular users of wireless phones had health symptoms more often and reported poorer perceived health than less frequent users. Srivastava and Tiwari (2013) [49] investigated that the effects of ex cess use of cell phone on adolescent's mental health and quality of life. They randomly selected 100 male students from Uttar Pradesh, India. They found that limited users of cell phone have better mental health and quality of life than unlimited users of cell

phone. Acharya, *et al.* (2013) [1] examined that the health effects of cell phones usage amongst students pursuing professional courses in colleges. College students of both sexes in the age group 17-23 years from urban and rural backgrounds were selected at random (those using cell phones). Result showed that headache was to be the commonest symptoms followed by irritability/anger. Other common mental symptoms included lack of concentration and poor academic performance, insomnia, anxiety etc. Among physical symptoms- body aches, eye strain, digital thumb were found to be frequently in both sexes.

1.1.3 Mobile Phone Addiction Symptoms among Adolescents

In one of the earliest relevant studies, Bianchi and Phillips (2005) [8] argued that the problem of mobile phone use may be a symptom of an impulse control deficit or depression. Addressing the underlying problem as well as inappropriate mobile phone use, they used some dependent variables to predict mobile phone addiction, such as reported time per week spent simply using the device problem use, reported percentage of use socially based, and reported percentage of business-based use. Other variables were also considered including reported percentage of use in other features. The results indicated that the technological addictions offer an appropriate starting point for a consideration of problem mobile phone use. The results also revealed that young people, in particular, appear to be susceptible to high use and problem use. They were the heaviest users of the SMS function and other features of mobile phones. Ross (2011) [40] found that three characteristics of mobile phone addiction, the first is that people who are addicted to mobile phone always keep their mobile phones on. The second is that they tend to use their mobile phones even when they have a land-line phone at home. Finally, they normally are confronted with financial and social difficulties due to their

excessive mobile phone use. **James and Drennan (2005) [21]** carried out research on Australian university students' mobile phone use and discovered a large use rate of 1.5-5 hours a day. Their findings showed a range of characteristics associated with addictive use. These were: impulsiveness, mounting tension prior to using the device, failure of control strategies and withdrawal symptoms. The results also identified some factors that correlated with consumer engagement in addictive or compulsive behavior. Situational factors affecting excessive use included special events, alcohol abuse and depressive circumstances. A wide range of other negative consequences

1.1.4 Gender differences and Mobile Phone Addiction

Adolescents consider the mobile phone as important in their lives: girls more than boys (Oksman, 2006) [34]. According to previous studies, boys and girls respond differently to SMS, the latter using it more than the former (Rautiainen 2002; APS 2004; [58] MACRO 2004; Haste 2005) [38, 31, 18]. Only one study contradicts these findings (Sze & Hock 2004). Researches explain how the mobile phone levels the gender differences between boys and girls precisely by giving rise to 'gendered' sub-cultures; so that while girls use it primarily as a tool for communication and maintenance of peer-groups and contacts, and social aspects (such as design, ringtone, and colour), boys use it more for its own sake, exploring its features, and as a toy; this difference in use balancing out the amount of use among both groups (Lobet-Maris 2002; Rautiainen 2001; [61, 60] Skog 2002) [47]. Devis, et al. (20 09) [15] concluded that boys spend more time on using mobile phones than girls and also adolescents consume more time on using mobile phones on weekend than on casual weekend day. Turner et al. (2008) [55] suggest that "user personality and individual attributes such as age and gender were found to be differentially associated with some aspects of phone-related behaviors" Billieux et al. (2008) [10] tested gender differences in both teams of impulsion and problematic mobile phone use among the young. The results

showed that men use their mobile phones more frequently in dangerous situations whereas women are more dependent on them. The results on impulsion showed that men exhibit significantly higher levels of sensation seeking and lower levels of perseverance, while women reveal significantly ~ 72 ~ International Journal of Home Science higher levels of urgency. Assessing the pathological Internet and cell phone use among 337