

## CHAPTER V

### Discussion and conclusion

#### 5.1 Discussion

in this context, it can be said that the impact of mobile phone definitely vary from person to person. Usage of mobile phone in India is a new concept. In this regard the introduction of media (mobile phone) and its effects on psycho-social life of the media users is really a neglected part of research. Some of the study (e.g. Mahakud & Bhola, 2014) found the effects of mobile phone usage positively with physical and mental health of adolescent students. Mahakud and Bhola (2014) found that more male participants usage social networking especially through mobile than to their female counterparts. Study indicates that higher age group usage more time media especially mobile, Internet and other media than to the younger age group. The cause might be that in Indian sector, the usage of mobile phones, internet and other media introduced after the school education.

#### 5.1 Conclusion

This study express both positive and negative impact towards teenagers' mobile phone usage. On a positive note, mobile phones are very useful devices for communication and co-ordination of activities. They also find that they are compulsory as they are used as safety devices especially in emergencies. Voice and text features are considered as the basic required facilities in teenagers' mobile phones from this study, it seemed that there is no significant relationship affecting the academic performance of students in using internet enabled phones. However is should be borne in mind that there may be cases of such affecting students. .

On the negative side, teenagers are addicted and obsessed with texting and it distracts the teenagers from their study time and other important activities. Bullying and abusive messages have been perceived as the major problem mediated by mobile phones. Teenagers with their mobile phones are out of control for them and lose control over the information enabled by their mobile phones. The overall findings from this study reveal that teenagers' mobile phone usage are not satisfactory. They lean towards negative impacts. Negative impacts outweighing positive purposes with teenagers' mobile phone usage. This further leads to recommendations that educating teenagers (on consequences and tackling issues) and providing mobile phones to teenagers from the age of 16 years (the legal age to stay home unsupervised and mature enough) will help in ameliorating the negative impacts.

## **5.2 RECOMMENDATIONS**

The following recommendations are put forward:

1. Teenager or adolescent students need to be re-orientated on the need to set their priorities right. This drive towards reorientation must be championed by the school management in conjunction with the parents/guardians of the students. While the usage of internet enabled phones by students cannot be outlawed, they need to be continuously informed on the positive and negative effects of their usage and of the problems deriving from the over-dependency and unregulated use of their mobile phones.
2. Due to radiation effects associated to internet enabled phones, students should be encouraged to read instructions properly on the type of phones they use so as to mitigate health problems.
3. For better policies and rules adopted for the use of internet enabled phones among teenage students, there is the need to

conduct a participatory study in order to witness and observe the lacuna that need to be addressed for better academic performance.

4. School administrations should c prohibits students from using social networking sites a. According to the study, majority of students use social networking websites at 2 hours per day, seven days a week. If schools can prohibits students spend on these social it could help students become more focused on their schoolwork while at school.

5. There also needs to be awareness among students about what social networking is and the possible consequences of incorrect social network use. Attention should also be paid to ethical vs. unethical behaviors and how to protect security and privacy information

6. Technology teachers could give information sessions to students at the beginning of the school year before mobile and technology is used for the school year. Should begin before students leave elementary