Impact of mobile phone use on adolescent students

A Dissertation Submitted to BARKATULLAH UNIVERSITY, BHOPAL

In partial fulfilment of the required for the degree of Master of Education (M. Ed.)

Session: 2018-2020

Supervisor

Prof.Ratnamala Arya Assistant professor in Education RIE,Bhopal Invigilator

Dushyant Kumar Marko M.ED, student



Regional Institute of Education, Bhopal
(National Council of Educational Research and Training)
Shyamla Hills, Bhopal – 462013, Madhya Pradesh
(NAAC Accredited A+ Grade Institute)

Impact of mobile phone use on adolescent students

A Dissertation Submitted to BARKATULLAH UNIVERSITY, BHOPAL

In partial fulfilment of the required for the degree of Master of Education (M. Ed.)

Session: 2018-2020

Supervisor

Prof.Ratnamala Arya Assistant professor in Education RIE,Bhopal 1 7 NOV 2021

D-471

Invigilator

Dushyant Kumar Marko M.ED, student





Regional Institute of Education, Bhopal

(National Council of Educational Research and Training)
Shyamla Hills, Bhopal – 462013, Madhya Pradesh
(NAAC Accredited A+ Grade Institute)

Declaration

I do hereby declare that the dissertation entitled "Impact of mobile phone use on adolescent students" study has been carried out by me during the academic year 2019-2020 in practical fulfillment of the requirement for the degree of Master Of Education Of Barkatullah University, Bhopal, M.P. This study has been conducted under the guidance and supervision of PROf. RATNAMALA ARYA Assistant Professor, Regional Institute Of Education, Bhopal, M.P. I also declare the research work done by me is original and natural. This dissertation has not been submitted earlier by me or other any degree either in the Barkatullah University or any Other University

PLACE: BHOPAL DATE: 06.09.2020

Dushyant Kumar Marko M.ED-2018-2020

Certificate

This is to certify that DUSHYANT KUMAR MARKO, student of **M.Ed.** course in the year of **2019-20** of **Regional Institute of Education**, **Bhopal** has worked under my guidance and supervision for the dissertation. 1 further certify that this work is original and worthy of submission in fulfillment of the requirement of degree of Master of Education of Barkatullah University, Bhopal, M.P.

Place: Bhopal Date: 06.09.2020 PROF. RATNA MALA ARYA
Assistant Professor

R.I.E. Bhopal,

Acknowledgement

First and foremost, I would like to thank my supervisor at the Regional Institute of Education, **Prof.Ratna Mala Arya**, Associate Professor, who has been a patient listener and prompt guide. The successful completion of this thesis is due to the mode of supervision, timely encouragement and efficient guidance received from my guide. I express my indebtedness to **Prof. Nityananda Pradhan**, Principal, **Prof Ramesh Babu**, Dean of Research, **Prof. Ratnamala Arya**, Head of Department of Education, RIE, Bhopal, whose intellectual guidelines and providing enough learning facilities helped me to complete research work in time.

I am also thankful to **Prof. I. B. Chughtai, Prof. Nidhi Tiwari, Dr. NC Ojha, Dr. Saurabh Kumar**, and all other members of the education department for their valuable suggestions in research seminars and continuous guidance for research.

I am also thankful to librarian **Dr. P. K. Tripathy** and all library staff for their help in searching material related to the research problem. I equally thankful to the teachers and students of the school. They were kind enough to offer me full co-operation in the collection of adequate and precise data.

Thanks to all the interview participants and their parents, who gave me their precious time to enrich this study.

I would like to thank my family members who have supported me throughout this journey of studies at the institute. I express my deep sense of gratitude to all those who helped me directly or indirectly for their support and constant help in completing my research work.

Place: RIE, Bhopal

Date: 6.09.2020

Dushyant k Marko

M.Ed. Student

Contents

Declarationii
Certificateiii
Acknowledgementiv
Chapter I INTRODUCTION7-14.
1.1.1AGE OF ADOLESCENT10
1.1.2 Effect of Mobile Phone on Adolescents Mental and Physical Health11
1.1.3 .Mobile Phone Addiction Symptoms among Adolescents
1.1.4 Gender differences and Mobile Phone Addiction
Chapter II LITERATURE REVIEW15-22
2.1 Introduction
2.2 Notes from the literature
Chapter III METHODOLOGY23-24
3.1 Research question
3.2 Research methodology and approach23
3.3 Data collection method23
3.4 Google form24
Chapter IV DATA ANALYSIS AND INTERPRETATION25-41 4.1 Data analysis
4.3 ADVANTAGE OF MOBILE
4.3.2 Builds Social Connections40
4.3.3. Promotes Self-Education
4.3.4 Boosts Creativity41
4.4 Negative aspects of mobile use40-41
4.4.1 Series of Health Problem41
4.4.2 Leads to Hard-Core Vision Problem41
Chapter V Discussion and Conclusion42-43
5.1 Conclusion
5.2 Discussion

5.3	Recomendations	44
	REFERENCES	45-50