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The Mobile Phone Usage Among Teens And Young Adults Impact Of Invading Technology

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Abstract: The development and modernization of technology has made people's lives easier and contributed positively to social well-being so far while it has also brought about some problems and threats stemming from irresponsible use of mobile phones among teens young adults. There is a critical and pathetic state prevailing over the sky of our youth. The whole youth population or student community is passing through the chaos, disturbance and mental incapacitation. This study focuses on exploring the pattern of mobile phone usage among teens and young adults in Chennai. It also attempts to examine the extent of addictive behavior towards the usage of mobile phones Questionnaire survey method was used to elicit the responses. Higher secondary students and first year college students were considered as population and simple random sampling technique were used to select the sample of 201 students. The collected data were analyzed with the help of various tools and techniques to draw meaningful inferences and conclusion.

Keywords: cell phone, behavior, teens and young adults, parents conflicts.

I. INTRODUCTION

India's telecommunication network is the second largest in the world, based on the total number of telephone users .As the standard of living in India improves, cell phone ownership is nearly ubiquitous among teens and young adults and much of the growth in teen cell phone ownership has been driven by adoption among the youngest teens. Every month, new technologies are being created and today's marvels quickly become yesterday's news. While these technologies capture attention and have usability and the easiness of everyday life. Furthermore, feelings of loneliness, isolation or boredom can be replaced with the pleasure of free flow of electronic delights. It brings together worlds miles asunder. The majority of mobile users in India are aged 24 years and below and they are almost male. Indian telecom industry has seen exponential growth in the recent years. With steady increase in purchasing power of the Indian middle class, the mobile phone market is also rapidly expanding-both for handset manufacturers as well as cellular connection providers. According Netsmartz, In India 75% of teens aged between 12-17 have cell phones. On average, texting teens 12-17 send and receive 1500 text messages a month.

"It's (cell phone) a lifeline. Lifeline because see, you need to be in constant touch with your parents and outside world....in cell phones you can access news, in any corner of the world, you can reach with cell phones, with just a palm in your hand. So cell Phone is like a lifeline to you, it gives you all the information related to business, sports." – Aditya, 18-year-old, male college Student in Mumbai.

II.REVIEW OF LITERATURE

Henderson and Zimbardo (2000) in a concern to examine differences between students at the high school and college level conducted a research on a sample of students from 2 schools, private and public versus another sample of university students. The students were 15 also categorized into shy and non-shy students. Time spent using various types of technology in particular activities was defined in terms of categories denoting an average range of the hours of use. The

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prevalence of mobile technologies is in itself a motivator to exploit them for learning. Mobile technology are already widespread among teens.(**NOP 2001**).

Matthews (2004) concluded that Australian adolescents do not make more than 5 calls a day on average and 85% of them used SMS less than 5 times a day. Studies also show gender related differences among young users of mobile phone.

Aoki and Downes (2004) focused on the behavioral and psychological aspects of cell phone usage among college students. They tried to find the reasons behind why a technology is adopted in a particular way. They identified several attitudinal factors based on the exploratory study including, necessity in modern times, cost efficiency when compared to landline phone, safety or security, and dependency. The study also endeavored to look at the motivational and behavioral characteristics of mobile phone usage. The authors tried to combine their results and the result of previous research to find the trends in usage by the youth, “why college students in the US use the cell phone, what they think of the technology, and how they use it” (p. 352).

James and Drennan (2005) conducted a study on Australian students and identified a higher usage rate of 1.5 hours - 5 hours a day. They also highlighted the financial costs, emotional stress, damaged relationships and falling literacy as adverse consequences of excessive usage.

An additional consideration is that many people check their mobile phone regularly for missed messages or calls (**Walsh et al., 2008a**) and keep their phone in close proximity (Walsh & White, 2006) without actually using their phone; behaviors' which that are unlikely to be captured in measures of mobile phone use. Thus, measures relying on time or frequency of mobile Phone use alone may not gauge adequately the extent to which people interact with their phones. To overcome this limitation, some recent research has developed alternative measures of mobile phone behavior drawn from addiction literature which capture broader aspects of mobile phone behavior than level of use alone (see for example, **Bianchi & Phillips, 2005; Jenaro et al., 2007**).

The lowering of costs, which encouraged price wars among the cellular operators, and their promotion as fashionable technology has led to a massive boom in the mobile Phone subscription levels, especially among the younger population (**Fraunholz & Unnithan, 2006**).

SMS through cell phones is Pervading ‘like a wild-fire’ (**Vaidyanathan & Latu, 2007, p. 4**).

Referring to the idea of embodiment, **Prensky (2005)** cites the direct words of Japanese Student who said, “If you lose your mobile phone you lose part of your brain” (p. 1). This Statement truly reflects the idea of embodiment.

The new digital environment presented an exceptional array of possibilities for Communication, interaction, and information retrieval at the fingertips that was never before available” (**Montgomery, 2007, p. 110**).

Banjo, et al. (2008) considered the relation between cell phone usage and social interaction with others focusing on helping behavior in particular. The sample consisted of 28 students of various communications courses. The result was that cell phone users are less likely to help strangers or to smile to them than non cell phone users.

Devís et al. (2009) studied the pattern of usage of new technology among school students. They concluded that boys spend more time on using mobile phone than girls do. Also, adolescents consume more time on using mobile phones on weekend than on casual week days. It reflects that various factors contribute towards the extent of mobile phone usage

Lanigan, et al. (2009) in her research presented that from a sample of 97 internet user the majority of participants (89%) perceived that the PC impacted their family relations. Of those participants, 45% cited a mostly positive impact; 24% a mixed impact and 20% a mostly negative impact.

Smith (2011) presented that 87% of smart phone owners access the internet or email on their handheld, including two-thirds (68%) who do so on a typical day. Also, 25% of smart phone owners say that they mostly go online using their phone, rather than with a PC. This supports our assumption that smart phones replaced PCs as a mean of access to the internet.

III.OBJECTIVES

- To understand the behavior pattern of cell phone usage among teens and young adults.
- To identify the various factors influencing the teens and young adults to use mobile phones.
- To examine the impact of mobile phone usage on parent- children relationship.

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- To study the impact of mobile phone usage on teens and young adults education
- To suggest measures to proper usage of mobile phones among teens and young adults

IV. RESEARCH METHODOLOGY

This research is about usage of mobile phones and how teens and young adults make use of it. To find the factors that influence on parent-child relationship

Research design:

Descriptive research design has been used for the study.

Sampling techniques:

Stratified random sampling has been derived from non-probability sampling method to select students in south Chennai, Tamil nadu, India.

Sample size & Data collection:

From the total student's population of south Chennai, 201 students are chosen as sample size for the study and the data is collected through a Structured Questionnaire.

Tools and Techniques:

- Percentage Analysis
- Chi Square test
- Factor analysis
- T- test analysis

Composition:

The sample constituted about 26.7% of male and 73.3% is female. 25.4% of the students are Hsc. About 74.6% are college students.

V. LIMITATIONS OF THE STUDY

The present study has the following limitations:

The main objective of the study is to examine the factors influencing the behavior pattern of teens and young adults. Hence, this study does not focus on the other age groups. There are many variables that influence the behavior pattern of young adults, but this study is confined to selected variables only. Specified sample unit is selected, higher secondary and college students only taken into consideration.

VI. DATA ANALYSIS AND INTERPRETATION

Table – 1 Demographic detail of respondents

Variables	Respondents	% of respondents	Total
Gender	Male	26.7	55
	Female	73.3	146
Class	Hsc	25.4	51
	College	74.6	150
Having internet on mobile	Yes	53.2	107
	No	46.8	94

From the above Table.1 shows the demographical details of this study. Out of 201 respondents 26.7% were male while majority of respondents was female students. As this study is conducted with an aim to explore the behavior pattern of mobile phone usage among teens and young adults. Regard to their level of education, the study requirements perfectly fulfilled.

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Table – 2 conflict with parents regarding to mobile phone usage

S. No	variables	Strongly agree	agree	neutral	Strongly disagree	disagree
1.	Avoid talking late nights	52.9%	31.2%	6.4%	5.5%	4.0%
2.	Frequent SMS	44.8%	23.9%	11.1%	11.0%	9.3%

From the above table it reveals that 52.9% of the student's having conflict with their parents towards talking mobile phones in late nights. 44.8% of the student's explicit that dissension over their frequent texting SMS to their friends

CHI SQUARE ANALYSIS:

Table - 3

Null hypotheses	Chi Square	Dof	Significa- nt value- P	Acceptance of Ho
H₀₁: No Association between the students who score low marks and those who can't live without cell phone	67.773	20	0.00	Rejected p<0.05
H₀₂: Difference between students who view internet on cell phone and those who suffer sleep loss by extent usage of cell phone.	99.618	6	0.00	Rejected P<0.05
H₀₃: Balance between lengthy conversations on cell phone and difficulty in completing home work.	178.63	16	0.00	Rejected P<0.05
H₀₄: No interrelation between the students making longer calls and those who avoid face to face conversation with others.	318.34	16	0.00	Rejected P<0.05

FACTORS AFFECTING PARENTS CONFLICTS REGARDING TO CELLPHONE USAGE

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Table - 4

Component	Initial Eigen values			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1. Avoid talking while studying	3.024	33.601	33.601	3.024	33.601	33.601
2. Frequent SMS	1.498	16.64	50.242	1.498	16.64	50.242
3. Talking in late nights	1.057	11.748	61.99	1.057	11.748	61.99
4. Talking long hours	1.037	11.527	73.516	1.037	11.527	73.516

INFERENCE

There are 9 reasons for parents conflict regarding to their extent usage of mobile phones which are reduced into fewer factors by analyzing correlation between variables .In this study 9 variables are reduced in to 4 factors which contributes the much of the original data. From the Cumulative percentage column, the four factors extracted together accounts for 73.516% of the total variance (information contained in 9 variables).

FACTORS INFLUENCING BEHAVIOR PATTERN OF EXTENT USAGE OF MOBILE PHONES.

Table - 5

Component	Initial Eigen values			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1.Assuming in different world	2.235	22.353	22.353	2.235	22.353	22.353
2.Use cell in any place	1.663	16.631	38.985	1.663	16.631	38.985
3.activate silent mode	1.29	12.899	51.884	1.29	12.899	51.884
4.Lengthy conversations	1.072	10.717	62.601	1.072	10.717	62.601

INFERENCE:

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There are 10 changes in the behavior pattern of student's which are reduced into fewer factors by analyzing correlation between variables .In this study 10 variables are reduced in to 4 factors which contributes the much of the original data. From the cumulative percentage column, the four factors extracted together accounts for 62.601% of the total variance (information contained in 9 variables).

T-test analysis:

T- Test to test the significant difference between higher secondary school students and college students with respect to various variables of extent usage of mobile phones. The respondents are classified in to two categories that one who was studying in higher secondary school. Another category of respondents was studying in colleges.

Table – 6

S.no	Variables	class	N	Mean	Std.Deviat	T	Df	Significance P—value 5%
1.	Avoid talking while studying	Hsc	51	1.48	0.945	-4.566	838	0.00
		College	150	1.86	1.080	-4.876	414.398	p<0.05 significant
2.	Frequent sms	Hsc	51	1.79	1.247	-4.732	838	0.00
		College	150	2.29	1.354	-4.929	394.602	P<0.05 significant
3.	Talking long hours	Hsc	51	1.94	0.408	9.362	838	0.00
		College	150	1.59	0.492	10.253	436.504	P<0.05 significant
4.	Poor academic performance	Hsc	51	2.00	0.00	6.650	838	0.00
		College	150	1.83	0.378	11.413	626.000	P<0.05 significant

VI.FINDINGS

- The study revealed demographic and general data apart from data related to usage, safety, and public and social perception.
- There are indications that there are several aspects of mobile phone usage which are similar in both college students and higher secondary students. Staying in touch with friends / family is the highest ranked usage
- Another similarity across the students is that most respondents indicated that they own their own phones and when it comes to sharing phones, most respondents do not share their phones
- Most parents had stipulation around their frequent texting, talking in late nights about adult's mobile phone usage.
- Rather than assuming that all the young people are at risk of developing addictive pattern of behavior.
- This study also highlights the importance of understanding the cognitive behavioral association that young people have with their mobile phones.
- According to chi square analysis poor academic performance due to their extent usage of mobile phone.

VII.SUGGESTIONS

- This study reveals that teenagers and young adults using mobile phones for coordinating their social life and subsequent distractions There are no silver-bullet solutions to negate the negative consequences and to bring in a balance, but making an attempt will certainly reap rewards
- Mobile phone makers and service providers researching on the social context of teenagers' mobile phone usage and then promoting products or services suitable to the research findings.
- Media taking a lead role in bringing to the knowledge of the general public about the negative consequences of mobile phone usage and tips to tackle such consequences.

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- Allowing teenagers to use mobile phones by setting a minimum age limit and by providing education, making the teens understand the negative impacts and the best ways to deal with them.
- Above all, teenagers shouldering the responsibility for making the best possible use of device.

VIII.CONCLUSION

This research is a unique examination of a modern day phenomenon, young people's pre-occupation with their cell phones. This study facilitated the investigation of an emerging pattern of cell phone usage. Cell phone usage is so strongly integrated into young people's behavior that symptoms of behavioral addiction, such as cell phone usage interrupting their day -to-day activities. Despite of the positive benefits like using cell phone to connect/call family, friends...etc. This study also identifies the characteristics of those teens and young adult at risk of developing an over-involvement with their cell phones.

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