Impact of Mobile Phone Usage on the Academic Performance of Students

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Abstract

The presented research focused to examine the extent of Mobile Phone usage and its influence on the academic performance of the students. A survey was conducted among 50 college going students of Chandigarh University, Gharuan to get the results. While selecting the sample two criteria were taken into consideration. The participants should be college going students and mobile phone users. The findings of the study suggest that Mobile Phone usage effect the academic performance of students as they stuck to this device during their classes. Also the results indicate that the Mobile Phone usage has become an addiction among the young students.

Keywords: Mobile Phones, Academic Performance, addiction, youngsters

Introduction

In recent years, Mobile telecommunication systems have grown significantly (Sánchez, 2006) and Mobile Phones have become an essential part of daily life and are very popular among the people of almost every age group. It has virtually affected the society's accessibility, security, safety, coordination of business, social activities and had become a part of culture of the whole world. (Soyemi, 2015). The total credit of this device goes to Martin Cooper, employer and researcher of Motorola. He initially developed Cellular phone named Motorola Dynatac in 1973. It was without display screen and of weight 2.5 pounds. (Verma, 2012). In 1983, Motorola released its first commercial mobile phone, known as the Motorola DynaTAC 8000X (Goodwin, 2015).

With the passage of time, the refinements were made to improve the

functions and size/shape of this device. Cell phone started being used as calculators, pagers, email devices and address books. (Pinkasovitch, 2010). Now-a-days the Mobile Phones are replaced by smartphones. Smartphone is like a magic device in the hands of people which offers different applications like video calling, web browsing, weather information, calendar, camera, navigator and many more. It is a portable device that combines the functions of cell phone with the functions of computer (Hamblen,2009). Because of their function and cheap cost, smartphones are very popular among the users.

The decrease in the size and the price of this device played an important role in the adoption of this device not only by the businessmen but by the laborers also. Though Media has been influencing every aspect of human life from the time of its emergence, but now its power has been increased tremendously with the development in Mobile Phone technology. Mobile Phones have affected our culture, behaviour, attitudes, language, health, education and especially communication patterns.

People use Mobile Phones for different purposes, i.e. for communication

with family and friends, to access internet, to get weather information, for navigation, as a watch, for reminders, to click photographs and capturing videos and many more. Today a Mobile Phone is more than just a device that is used to make Phone calls. It is a companion that acts as a guide, a friend, a communication device, a computer or a personal secretary. Globalization has changed our lives and one of the ways in which it is changing our lives, every day, is how we communicate; thanks to advancements in Information and Communication Technologies (ICT). One of the ICT's which is seeing rapid advancement is Mobile Phone. (Rabiu, et. al, 2016)

No doubt Mobile Phones helped the people in different ways, but some negative effects are also there. In some cases the Mobile Phone use has become an addiction and people remain stuck to their Mobile Phones during the significant part of their working hours, reading, playing and even sleeping. Mobile Phones have affected our culture, behaviour, attitudes, and language, health, education and communication pattern

Mobile Phones and teenagers

This device is affecting people of every age group positively as well as negatively, but has a great impact on teenagers. There are many reasons for the acceptance of Mobile Phones among the teenagers. People of various ages find Mobile Phones convenient and useful but it is more appreciated by the youngsters and they are more dependent on this device. According to a data released by TRAI (Telecom Regulatory Authority of India), India had 1019.5 million active mobile connections in May 2017. Surveys and studies from a number of countries indicated that the use of Mobile Phones in young people is increasing rapidly and starting at a younger age. Almost half of the Mobile internet users are between 18 and 25 years. (Sundari, 2015)

These days it is very common to see the school going students having an expensive and sophisticated Mobile Phone in their hands or pockets. These Mobile Phones, tablets and iPads have all the applications, facilities and software that can connect them to the internet and all forms of social media platforms, other web sites and so on, where they chat, access, stream, download, upload, exchange and play

different kinds of media contents, which most often, are pornographic in nature. (Ogundijo 2014). The result of different researches have provided in-depth evidence of the uses, advantages, disadvantages, impact, consequences and concerns about the use of Mobile Phones among the teenagers. Why teenagers fancy this device, is an interesting observation where the experts attach its significance to teenagers' identity factor. The usage of Mobile Phones has re-shaped, re-organised and altered several social facets. (Ravichandran, 2009)

In contemporary digital and virtual society, Anxiety is the affliction of life. New addition to the stress list is "Nomophobia" (Pavithra, 2015). Nomophobia is defined as "the fear of being out of mobile phone contact". The term, nomophobia, is an abbreviation for no-mobile-phone phobia. (Yildirim, 2014). If a person is in an area of no network, has run out of balance or even worse run out of battery, the persons gets anxious, which adversely affects the concentration level of the person. Dependence on this device leads to some new psychology phenomenon. One among them is FOMO- Fear of missing out ie the fear of being without a cellphone,

disconnected or off the internet (Trnkova, 2015). "Textaphrenia" and "Ringxiety" – the false sensation of having received a text message or call that leads to constantly

checking the device, and "Textiety" – the anxiety of receiving and responding immediately to text messages (Gutierrez, 2016).

Impact on academic performance

Academic performance refers to how students deal with their studies and how they complete different assignments given to them by their teachers. (Bedassa, 2015). A number of researches and studies have been conducted in different regions of the world and the results have proved that there is a relationship between student's social media usage and their academic performance. The continuous use of social media distracts the students from their studies and has the potential of affecting their academic performance. The rampant use of social networking, texting and chatting on Mobile Phones result in lower grades and poor academic performance of students. The researches have proved that some students have the habit of keeping their Mobile Phones on during classes and studies, even in the library, thereby distracting others. (Sundari, 2015)

Aoki and Downes (2004) focused on the behavioral and psychological aspects of cell Phone usage among the 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 dependence.

The biggest challenge faced by the teachers during class hours is to control the Mobile Phone usage by the students but the use of this device seems uncontrollable among students which leads to distractions. In response to the question asking the purpose for using cell Phone in class room, the respondents revealed that they send SMS in classrooms in the top order of priority and read SMS received. They tend to also answer a voice call and make a voice call as well from the class room. (Sundari, 2015).

In this era of Information & Technology, the most of the things or work we do is online. Paper less work is encouraged by most of the offices and

departments. So internet enabled Mobile Phones are very helpful in this case. On one side the educational institutes are encouraging it by providing Wi-Fi campuses but on the other hand facing the challenges to control the usage of Mobile Phones during the class hours not only by the students but by the faculty also. That's why most of the schools and colleges have implemented a complete ban over the use of Mobile Phones during school or college hours not only in India but in other countries also. Willoughby Girls High School

But there are some positive effects of Mobile Phone usage on the academic performance of students as this device has also helped to increase the level of quality education. Some educational institutes encourages the students to bring their Mobile Phones with them. John Monash Science School in Melbourne encourages students to bring their smartphones to lessons as a learning device. (Eysenbach, 2014). Internet enabled Mobile Phones helped the students to get the study material online but the Students easily get tempted to use the various social media platforms when trying to obtain learning materials online. In most cases, the students end up spending almost all their times on the social media and forget about the course materials they

(WGHS) in New South Wales operate under a total Phone ban during school hours, unless a student is given specific permission by a teacher to use their smartphone as a learning aid in the classroom. The school's policy states that 'before school, recess, and after school are times students should rest their brains and engage socially with their friends. Texting or communicating via social media disconnects people from each other. (Russell, 2018)

originally intended to look for. (Bedassa, 2014). Mobile Phone gives room to blending student's roles with other roles thus distracting and disrupting the students' academic work. (Soyemi, 2015)

As Mobile Phone use has expanded, so people or researchers or parents are also concerned about the overuse of the technology. A major issue has been multitasking: texting while attending a class lecture or business meeting; talking on the Phone while sitting at a restaurant with a friend; texting while crossing the street; talking or texting while driving. Some situations violate traditional norms of social behavior; others become safety issues (Baron, 2010).

Review of literature

A number of researches have been conducted to find the effects of mobile phones on the people. The basic purpose of these researches was to know the effect of Mobile Phone usage on the health, education and behaviour of people.

Chigona, et.al. (2008), in research paper *Uses & Gratifications of mobile internet among South African students* have written, "Most of the gratifications identified can be clustered around the themes of contribution to identity-formation, maintenance of peer-group networks, and emancipation from local settings, maintenance of romantic relationships, escape from parental surveillance, co-ordination of group activities, organization and management of social life, as a primary contact medium, bonding device for friends and family, personal security, constant availability and keeping in touch with geographically-distant relations". A few studies have interestingly compared the use of mobile phones among teenagers to smoking. "Adolescents' quest for an individual identity and for peer bonding, functions which used to be fulfilled by habits such as smoking, are now taken over and supplied by the use of Mobile Phones", written by N. A. Selian (2004) in

article *Mobile Phones and Youth: A look at the US student market*. According to an article Do You Pretend to Talk on Your Cellphone to avoid Other People written by Linda Sharps (2011), "People use mobile phone not only to communicate but also pretend to use cellphone to avoid other people or in any situation that require them to stand around awkwardly in front of other people".

Acharya, et.al (2013) in research paper *A Study on Some of the Common Health Effects of Cell-Phones amongst College Students* have written "Almost everyone uses cell phones for a greater part of the day. Headache, irritability/anger, lack of concentration, poor academic performance, anxiety, eye strain and lack of sleeping are the common effects of mobile phone on the health of people". Effects of mobile phones on health and mental health of people is a global concern. Every day, we are swimming in a sea of electromagnetic radiation (EMR) produced by electrical appliances, power lines, wiring in buildings, and other technologies that are part of modern life. Exposure to electromagnetic radiation is growing and becoming a serious health threat.

Impact of Mobile Phone Usage on Academic Performance among Secondary School Students in Taraba State, Nigeria, a research paper by Haruna Rabiu, et. al. (2016), which was published in The European Scientific Journal (Vol. 12, No. 1) includes the information related to a research which was conducted among the secondary students to know the penetration of Mobile Phones in their lives. The finding of this study, revealed that Mobile Phone usage significantly influence academic performance among male and female senior secondary school students. The author emphasized that the students, parents and the teachers should be sensitized on the influence of Mobile Phone usage on the academic performance of students.

Analysis of Mobile Phone Impact on Student Academic Performance in Tertiary Institution by Soyemi Jumoke, et.al.(2015), published in the International Journal of Emerging Technology and Advanced Engineering (Vol. 5, No. 1), emphasized on the usage of internet on the Mobile Phones. This research was conducted to find the correlation between the academic performance and usage of Mobile Phones by the students of Ogun State in Nigeria. The findings indicated that students are influenced negatively to a great extent by

the Mobile Phone because attention is focused on chatting, music and others while their academic activities are neglected and left to suffer.

*Effects of Mobile Phone use on academic performance of college going young adults in In*dia by Tripura Sundari (2015), published in the International Journal of of Applied Research (Vol. 9, No. 1) was also read by the researcher. The research was conducted among the college going students (age 18-25 years) of three cities in Andhra Pradesh. The results shown that rampant use of social networking, texting and chatting on Mobile Phones result in lower grades and poor academic performance of students.

The usage and impact of Internet enabled phones on academic concentration among students of tertiary institutions: A study at the University of Ibadan, Nigeria by Emeka Ezemenaka (2013), published in the International Journal of Education and Development using Information and Communication Technology (IJEDICT), (Vol. 9, No. 3) was also read by the researcher. The study was carried out in order to understand the effects on the student's academic performance due to the time channeled to the phone during their class hours. The study showed that the

internet enabled phone usage does not affect the academic performance of the students but distractions by the usage of phone were notably admitted.

Mobile Phones and Teenagers: Impact, Consequences and Concerns - Parents/Caregivers Perspectives by Shanthi Vaidyanathan Ravichandran (2009), focussed on understanding the impact of Mobile Phones from parents/caregivers' (PACG) perspective. Both survey and extensive interviews were employed to explore the research question. The survey and interview participants were parents/caregivers of teenagers. The findings from this study revealed that parent/caregivers' perceptions on teenagers' Mobile Phone use are not satisfactory. Every interviewed PACG expressed concerns on internet via teenagers' Mobile Phones and a very high number of them expressed negative impacts outweighing positive purposes of Mobile Phones.

Students' Cell Phone Addiction and Their Opinions, a research paper by Tessa Jones (2014), which was published in The Elon Journal of Undergraduate Research in Communication (Vol. 5, No. 1) has written about the essential role of Mobile Phones in communication across the world and the drastic changes the way human interact and

communicate with one another. This research was conducted among the students of Elon University between the ages of 18 and 22. Field observations and a survey were conducted to gauge the level of engagement that Elon University students have towards their devices, and with each other in face-to-face situation. The findings of the research proved that the students were addicted to their Mobile Phones.

The Dark Side of Mobile Phones by Naomi S. Baron (2010) was also read by the researcher. The data for the research was collected using a convenience sample of 18-24 year-old university students in Sweden, the US, Italy, Japan and Korea. This research paper not only focused on the role of this technology but also explain the dark side of Mobile phone usage.

The research paper titled as *Mobile-phone addiction in adolescence: The Test of Mobile Phone Dependence (TMD)* by Chóliz M. (2012) Published in Prog Health Sci (Vol. 2, No. 1) includes the information related to the physical and psychological motivations behind the use of Mobile Phones by the adolescents and reasons behind the addiction of this device. A survey was conducted among 2,833 adolescents between 12 and 18 years of age. The study was conducted at 16 schools and high

schools. The main objective of this study was to develop a questionnaire for the diagnosis of mobile addiction and the results of the present research was focused to know the dependence of adolescents on Mobile Phones for which Likert scale was used.

Mobile phone to youngsters: Necessity or addiction by Ishfaq Ahmed, Tehmina Fiaz Qazi and Khadija Aijaz Perji (2011), which was published in African Journal of Business Management (Vol.5, No. 32), focuses on exploring the pattern of mobile phone usage among the youngsters. The research was conducted among 500 students of university in Pakistan. The findings of this study revealed that, majority of respondents have definite priorities between their responsibilities and commitments and their cell phone usage. Very few are those who always exhibit the extreme addictive behaviors and the rest is the majority who are not frequently involved in addictive usage patterns.

Objectives of Research

After reviewing the related literature, the researcher has mentioned the objectives of the research as under:

1. To study the intensity of mobile phone addiction among the youngsters.

2. To study the impact of mobile phones on the academic performance of students

3. To study the level of penetration of Mobile Phones in the lives of youngsters.

Hypotheses of research

Based upon the objectives of research the researcher has mentioned the hypotheses as under

1. During the last few years tendency of mobile phone addiction has been increased

2. Mobile phone have affected the academic performance of students in a negative way

3. The level of penetration of mobile phones is very high in the lives of youngsters.

Methodology

As per the requirement of the present topic a survey was conducted among 50 graduate and undergraduate students of Chandigarh University, Gharuan. The students of age group 20-25 years were selected by keeping in mind the equal ratio of male and female students. For this purpose a questionnaire was constructed and the researcher herself approached the students to collect the data. The researcher selected the sample purposively because the mentioned university has the crowd of students from different states of India and other countries. The second reason was that it was easier for the researcher to approach the students personally and to keep a watch over their behaviour

Data interpretation and results

The present research was conducted among the college going youngsters to know the impact of Mobile phones on their academic performance and usage of this device. The 50 respondents were asked about the no. of Mobile Phones do they have. 82% respondents accepted that they have only one Mobile Phone, 12% said they have two Mobile Phones and 4% of them possess three Mobile Phones.

How many Mobile Phones do you have?

No of Mobile Phones	Male	Female	%
1	19	22	82
2	4	2	12
3	2	0	4
Any other	0	1	2

To understand the impact of Mobile Phones on the academic performance of students the students were asked about the usage of this device during their classes. 28% of respondents accepted that they use Mobile Phones during their classes while 32% said that sometimes they use this device during the classes. On the same 20% accepted that they do not use this device during the class hours.

Do you use your Mobile Phone during classes?

Response	Male	Female	%
Yes	8	6	28
No	2	7	18
Sometimes	15	12	54

The students are addicted to Mobile Phones or not, to know this factor the respondents were asked how often they check their Mobile Phones. 26% respondents accepted that they keep on checking their device after every two minutes, 26% mentioned the checking of this device after every Five minutes while 34% check it after one hour.

How often do you check your Mobile Phone?

Response	Male	Female	%
After every two minutes	7	6	26
After every five minutes	8	5	26
After one hour	9	8	17
Any other	1	6	14

Respondent's addiction towards this magic device was again studied from a different angle by asking the above mentioned question. 26% of respondents accepted that they check their Mobile Phone after every two minutes and the same percentage of students ie 26% accepted they check it after every 5 minutes. On the other side 17% accepted they use it or check it after one hour.

The impact of Mobile Phone usage on the academic performance of students was studied by asking about the time spend by them on this device. 18% 0f respondents keep on using Mobile Phones for the whole

day while 30% use it for 6-9 hours. Half of the respondents ie 50% accepted that they spend 3-5 hours on this device while there were only 2% respondents those who said they use this device only for 1 hour in a day.

How much time in a day do you spend on this device?

Response	Male	Female	%
1 hour	0	1	2
3-5 hours	13	12	50
6-9 hours	7	8	30
Whole day	5	4	18

70% of respondents accepted that it distract the respondents from their studies while 30% said that the usage of this device don't interrupt their studies.

Do you think that the continuous use of Mobile phone distracts you from your studies?

Conclusion

The usage of Mobile phone has been increased tremendously with the advancement of technology and have both positive and negative aspects. The

Response	Male	Female	%
Yes	20	15	70
No	8	7	30

Mobile Phone is a necessity or a status symbol for the respondents, while answering this question 34% accepted it is a necessity while 66% accepted it both as necessity and status symbol.

'Mobile phone is a necessity or status symbol', what do you think?

Response	Male	Female	%
Necessity	8	9	34
Status symbol	0	0	0
Both the above mentioned	17	16	66

communication has improved through new media and social networking sites but its long term usage leads to addictive behavior. Findings of the present research indicated

that the college going students are influenced by Mobile Phones usage to greater extent and due to this their academic activities are left to suffer. As per the research findings a significant percentage of students accepted that they have two to three Mobile Phones, though the purpose of keeping two to three Mobile Phones was not asked but from the result the importance of this device in the lives of youngsters could be predicted. The situation seems more real when 28% students accepted that they use their Mobile Phones during their classes. The addiction of Mobile Phones among the youngsters can be identified from the next

finding that they check their Mobile Phones after every two minutes or five minutes. A significant percentage of students spend their whole day by using Mobile Phones or 6-9 hours in a day, which clearly indicates the addiction and overuse of this device. The condition becomes more serious when the 70% of respondents accepted themselves that Mobile Phone usage distracts them from their studies. The result of present study clearly shows the Mobile Phone dependence among the youngsters and proves that the younger generation is addicted to this device.

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