Impact of Mobile Phone on Youth: A Psycho-Social Study

DR. SUNIL GUPTA
Assistant Professor
Department of Psychology, Zakir Husain Delhi College,
(University of Delhi), Jawahar Lal Nehru Marg
New Delhi (India)

DR. NAVIN KUMAR
Associate Professor
Department of Psychology, Bhim Rao Ambedkar College
(University of Delhi), Main Wazirabad Road, Yamuna Vihar,
New Delhi (India)

Abstract:
Media technology has become integral part of children's lives in the twenty-first century. The world of electronic media is changing with a fast pace. After television it has joined by many other media resources like cell phones (mobile), iPods, video games, messaging, social networks sites and e-mail. Recently from an Indian study of Mahakud and Bhola (2014) found that more male participants usage social networking especially through mobile than to their female counterpart in a study. The results especially indicate that higher age group peoples, particularly female participants more than to the lower age group. Similarly the comparison between age group of participants the present study indicates that higher age group usage more time mass media especially mobile, Internet and other media than to the younger age group. From the present study it can be concluded that, although the usage of mass media has positive effects on wellbeing of users still, the negative effects of mass media cannot be neglected. With knowing the ethical guidelines and decent usage of mass media can be more effective for the users especially for adolescent and youth.

Keywords: *Internet, Media gadget. Mobile, Social networking*

1. Introduction
1.1 Mobile phone
Media technology has become integral part of children's lives in the twenty-first century. The world of electronic media is changing with a fast pace. After television it has joined by many other media resources like cell phones, iPods, video games, messaging, social networks sites and e-mail.

Mobile phone is an important part of individual's life. It is a two way process of communicating ideas, knowledge and concepts. It includes various age groups like children, adolescents and elder. Among them adolescents required more information related with various field with the help of mobile phone. Many a time's people get affected by exaggeration and ignore reality, which impact their life style and relationship as well. In present scenario electronic gadgets (mobile phone) are being used more than earlier. Adolescentes media use has explore. Parents are worried that youth are drowning in messages about sex, smoking, drinking, goods which are used by consumer, and a host of other behaviours and products that threaten their health and well-being. The innovations coming from the revolution in information and communication technology (ICT) are redefining the contours of human existence at physical, social, and psychological planes. The presence of gadgets such as mobile phone, television (TV), personal computer (PC), lap top, Internet, and I Pod are reorganizing life experiences in terms of time, space, and efficiency. The consequences of these interventions are resulting in changes in mental habits, pattern of time use, quality and nature of social interaction, and well-being.

At societal level institutions like banking, travel, schooling, health care, and official/bureaucratic processing of information in different walks of life are organizing live in newer ways. At individual level people are feeling empowered. By amplifying human capacity, enhancing performance, and facilitating various goals these technologies are shaping the motives, emotions, and choices in significant ways. Indeed they are deeply entrenched in today's lives in urban India. The consequences are, however, not free from problems. They are interfering with many activities in the life world and their fruitful integration with personal, family, and organizational domains often become problematic. There are indications that greater use of these gadgets (mobile phone) leads to increase in individual level psychopathology (e.g. loneliness, attention-deficits, and poor interpersonal relationship), disruptions in family functioning, and poor work-life balance. Unrealistic aspirations, consumerist orientation, over concern for body image, and preference for materialistic possessions are often reported to dominate their lives. Such consequences have implications for parenting, schooling and social policy.

Researches on media have been going on from last 50 years and still continue. We can look for the history and evaluate this in 3 stages. First phase includes 18th century to late 19th century. The development was done in North America and Europe leading to shape opinion and believes against resistance. Second stage continues from 1940 to the early 1960 which shaped by mass communication growth research in US. The application about the effects of mass communication was also formed in this stage.

The ICT enabled print, electronic and internet media and social networking sites along with mobiles phones and their technological convergence have brought revolutionary changes in the human minds at all levels. Accompanied by the competitive pressures, such a rapidly changing world has not only brought opportunities, but also the daunting challenges and high risks particularly for the Indian youth struggling for day to day life with self-esteem. The consequent changes as observed through different modes of media as said above have brought dramatic changes in psycho-social, economic, political and cultural realms. It therefore, must be recognized that media placed in market perspective and the circulation of its products including texts, images, sounds, spaces, artefacts, technologies and discourses have set the stage for a new reality. It is not only more complex but has also grown competitive and challenging. Thus the mobile phone has to redefine its role as a vehicle of information, expression of the existing socio-economic and political realities of the country and a voice of the poor, weakest and excluded, if it has to creatively and positively affect the psycho-social well-being of the youth so that they can effectively contribute to the welfare of this country.

Pen, paper, phone calls, Facebook, twitter and other social networking sites all are communication media can alleviate or intensify the threats of teenager's life simultaneously and direct and indirect manner. In these days media (mobile phone) has gain its strength as it has the potential to eliminate anxieties through various support system in the field of education. As in schools there are audio-visual system help student in gaining better knowledge and good understanding about study material. Thus media give chance to community to look at various things by maintaining the process of communication. People get to know what is happening in society related with development (Boyed, 2007).

As there is a positive side of media, there is negative side also present. Everybody evaluate media from their perspective. Teacher, parents, and other adults see mobile phone role in teen's life from their perspective. Some have optimistic view as they see potential benefits on learning and creativity. Some people see its negative impact in terms of social life and emotional well-being.

2. Review of Literature

2.1 Cell phone

With the growing number of mobiles, the behavioral aspects have sweeping effects on the lives of individual. The phenomenologies of individuals in social and personal spheres have also changed a lot. The individual present and equipped with a mobile is split into two, they are present in body but their attention, mind and senses are drawn elsewhere with a ring by their communication network. People are not very sure of their own accessibility at a place at a given point of time as a ring from virtual communication may require his/her presence to a different location that too within no time. What actually happens that people decide is to prefer their own life-styles are navigated to depend on a sense of belonging determined by others. What affects in actuality is that our sense of loyalty to places, persons, sense of identification, familiarity, stability, and security so on is compromised to a large extent. It has been found that People are spending less and less time with engaging intrapersonal and interpersonal activities and this same nostalgia feeling has also become considerably drawn with advent of mobile phones.

The debate on the influence of mass-media on the behavior and development of young children. Three widely accepted theories relating to this, the impact of media on young children's behavior and development.

2.2 Common use of mobile phone by people

Now days the use of mobile has become very common. This usage has created a new environment in which even the people from the lower strata are using the mass media gadget freely. The changed took place of one's relation with space through the widespread use of the mobile has become the premise which will also illuminate the role of this instrument in the evolution of democratic society (Duttan, 1999).

Fixed phones entered the people's home without any difference of race, language, economic status. Mobile phones are being affected in finding the lost people's location and so do for mobile. Whereas the fixed phone telephone directory describes name, surname, profession, locality enabling the new-comer to city to know people of their interest. The situation has become particularly deplorable that a whole lot of cynicism has grown around our inter-personal social relations where people frequently tell lies to other persons whom they try to avoid. It is not very surprising to mention that a person sitting at home in Delhi may respond to other person that I have been to Shimla or Mumbai.

The study of Korgaonkar, &Wolin, (1999) also found that higher age group adolescents view more time mass media than to the lower age group teen agers. In contrary Greenberg, & Dominick, (1969) stated that teen agers usage more time mass media than to the older age group especially teen agers are more victimized to usage of social networking than to youth and older people (Pfeil, Arjan, and Zaphiris, 2009).

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Although some of the studies (e.g. Ellison, Steinfield, Lampe, 2007; Valenzuela, Park, Kee, 2009 and Koroleva, Krasnova, Veltri, Günther, 2011) especially conducted in the usage of social networking stated that, usage of social networking such as mobile phone, internet negatively affects both physical

and psychological wellbeing of both male and female participants. On the other hand, the study of Manago, Graham, Greenfield, Salimkhan (2008) stated that due to the uses of social networking sites female users feel stress for their physical attractiveness and sociability.

In a study Yan Yu, Wen Tian, and Vogel, et al (2010) stated that usage of mass media especially mobile and internet for access of social networking is the process not only helps to improve the academic performance of college adolescents, but also improve such aspects that are important in better learning outcomes. Even today social networking plays a vital role for career selection (Mena, Llupia, Alberto, a-Basteiro, Aldea, Sequera, V. G., &Trilla, 2012). From a study on medical students social networking Finn et al., (2010) stated that students currently build their personal and professional identities both on and offline.

3. Research Methodology
3.1 Objectives
1. To understand the pattern of mobile phone usage in different age group of youth.
2. To understand gender difference among using pattern.
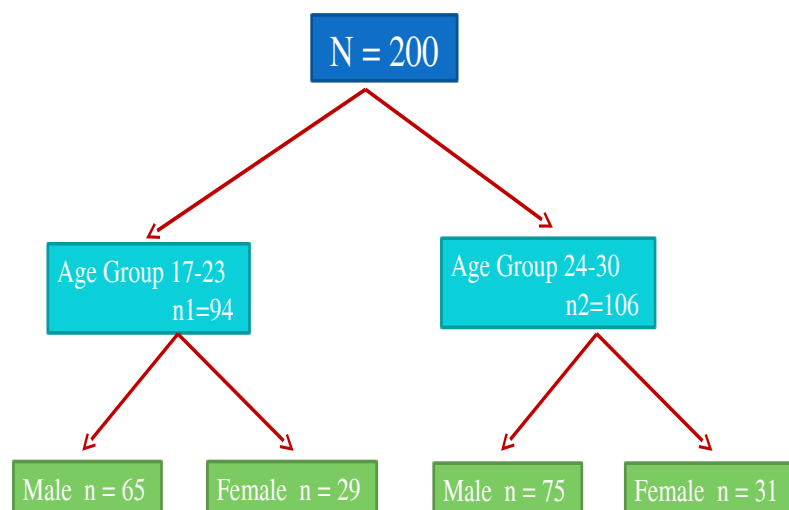3. To examine the impact of mobile phone and technology on habits of youth.

3.2 Sample

Fig. 3.1: Distribution of Sample

Three types of families representing high, middle and low social class backgrounds were selected from Delhi NCR area. A total of 200 adolescent, young adult and youth were from different family set up from Delhi NCR city were participated in the present study. The family set ups were from both the category of nuclear and joint/extended families (adolescents, young adult, and youth) systems were included following a random sampling method. The age groups of the participants were from the age of 17 years to 30 years of age.

3.3 Data Analysis
In the present study the researcher, employed a mixed method of research. The information related to quantitative measures was collected. Both descriptive and inferential statistics were done using SPSS-16.0 software. The quantitative analysis of the data was analyzed following mean, Standard Deviation, and the inferential statistics followed by two way Analysis of variance ANOVA.

4. Result and Interpretation
4.1 Descriptive Results
4.1.1 Age wise Distribution

Table 4.1: Age Wise Distribution

Categories	Frequencies	Percentage
17-23	94	47%
24-30	106	53%
Total	200	100%

A total of 200 participants randomly selected for the present study. They were all belonging to two age group 17-23 years and other were from 24 to 30 years of age. Out of total participants (N=200),

94 (47%) were from the age of 17 to 23 years of age and 106 (53%) were from the age group of 24 to 30 years of age (Table-4.1). Further according to the gender wise distribution of the participants, it is found that from the age group of 17 to 23 years of age (n1=94), 65 (69.15%) were male followed by 29 (30.85%) were the female participants. Further, from the age group of 24-30 years of age (n2=106), it is found that 75 (70.75%) were the male participants and 31 (29.25%) were the female participants participated in the present study (Table-4.2).

4.2 Gender wise Distribution

Table 4.2: Gender Wise Distribution

Age Group	Gender	Frequencies	Percentage
17-23 years	Female	29	30.85
	Male	65	69.15
	Total	94	100
24-30 years	Female	31	29.25
	Male	75	70.75
	Total	106	100
Total	Female	60	30
	Male	140	70
	Total	200	100

4.3 Comparison Results: The comparison of gender and age difference
4.3.1 Duration of Mobile Use per Day

The mean difference (±1.244) of male and female participants' uses of mobile from the age group 17-23 years indicates no such significant difference. But the male and female mean difference (± 2.441) from the age group of 24 to 30 years of age indicates a significant difference (P=0.023).The cause might be that with the increase of age male people become more concern with their day to day activities rather than to concentrate more on the uses of mobile, whereas female are somehow not more responsible similar to male in the stage of youth (Table-4.3.1).

Further, it is also found that, the mean hour of use of mobile use per day by female participants from the age group 17- 23 years of age was 4.92±4.23 hours whereas the male participants from this age groups mean hours of mobile use was 6.16 ±5.94. The mean hour of mobile use per day by the female participants from the age group of 24-30 years was 7.01±5.04 hours whereas the mean hours of mobile use per day of the male participants in this age group was 4.56±4.29 hours. The mean hours of mobile use per day by the total female participants participated in the present study was 6.00±4.74 hours. The mean hours of total male participants participated in the present study was 5.31±5.17 hours. The results indicate that the age and gender interaction is significant (P=0.018). In this context it can be said that female participants from the age group of 17-23 years use less hours mobile per day than to their male counterparts, whereas from the age group of 24-30 years of age, the results is just reverse. In other word from the higher age group female participants use more hours mobile per day then to male. The cause might be that in the stage of youth male participants more engaged in working life and they use the mobile phone less due to busy schedule. But from the total sample case in this study, it is found that female use mobile more hours than to male participants (Table-4.3.2).

Table 4.3.1: Mean Difference Of Duration Of Mobile Use Per Day

Age Group	Gender (I)	Gender (J)	Mean Difference (I-J)	Std. Error	Sig.[a]
17-23 years	Female	Male	-1.244	1.115	0.266
	Male	Female	1.244	1.115	0.266
24-30 years	Female	Male	2.441[*]	1.066	0.023
	Male	Female	-2.441[*]	1.066	0.023

Note: Based on estimated marginal means; .a. Adjustment for multiple comparisons: Least Significant Difference (equivalent to no adjustments); and *. The mean difference is significant at the .05 level.

Table 4.3.2: Comparison of Duration of Mobile Use Per Day Between age Group

Age Group	Gender	Frequencies	Percentage	Mean	Std. Deviation	F-Value Age*Gender
17-23 years	Female	29	30.85	4.92	4.23	
	Male	65	69.15	6.16	5.94	
	Total	94	100	5.78	5.48	
24-30 years	Female	31	29.25	7.01	5.04	
	Male	75	70.75	4.56	4.29	5.71*
	Total	106	100	5.28	4.63	
Total	Female	60	30	6.00	4.74	
	Male	140	70	5.31	5.17	
	Total	200	100	5.51	5.04	

5. Discussion

In this context, it can be said that the impact of mass media 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 metro adolescent population. But still it is important to found out, usage of different mass media such as mobile, internet, TV and other media gadget and the effects of different mass media on wellbeing of mass media users.

In this regard three types of families representing high, middle and low social class backgrounds were selected from Delhi metro area. A total of 200 adolescent, young adult and youth were from different family set up from Delhi metro city were participated in the present study. The family set ups were from both the category of nuclear and joint/extended families (adolescents, young adult, and youth) systems were included following a random sampling method. The age groups of the participants were from the age of 17 years to 30 years of age. The descriptive results of the study indicates more male people (n1+n2=140) participated in the present study and more participants (n2-106) were from the age group of 24-30 years of age. The result indicates that with the increase of age, people in India usage mass media more than to the younger population.

Mahakud and Bhola (2014) found that more male participants usage social networking especially through mobile than to their female counterparts. Similarly the comparison between age group of participants the present 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 indirectly after the age of 18 years.

6. Conclusion

Usage of mobile phone and its effect on subjective wellbeing of the participants is a very recent and emerging research especially in India. But still very few researches focus in the areas of concern. Quantitative analysis is done with the help of SPSS software-16. Quantitative analysis revealed positive effects of usage of different mass media gadget. It is found that, there is a significant difference of usage of mobile phone. Elder population use media more rather than younger one. When analyzing gender difference it is found that female (24-30) use more gadgets than males on the other hand males among the age group of 17-23 use media and gadgets more than females of the same age group. Thus it could conclude that higher age group use media (mobile phone) more through mobile, internet etc. than other age group.

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