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# **Impact of Smartphones on Young Generation**

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## ***Abstract***

*Smartphones are very important and wonderful communicative tools used by all age group people especially Young generation. Without smartphones, one feels incomplete and it has become the need of hour. It has brought a plethora of information resources within the palm of ones hand and has bridged the communication gap via social networking sites. People remain in touch and come to know every development in all walks of life within no time on social Media. The impact of Smartphones is visible in all areas of life including business, education, health, marketing, social life etc. But it is not out of place to mention here that every technology has its pros and cons within. It has also caused various health hazards and brought miseries to people especially children which include Eye strain, Neck and back pain, Hypertension, etc. The present study is an attempt to explore and examine the impact of Smartphones on the life of young generation. A web based literature survey was carried out to find the objectives of the study. Various scholarly databases were accessed to find the most authentic and qualitative information related to the study.*

## **Keywords**

*Smartphones, Young Generation, Teens, Mobile phones, Social Networking, Facebook, Twitter.*

## **Paper Type**

*Review Paper*

## **Introduction**

The first Smartphone was invented by IBM in 1992 known as a Simon Smartphone. This was a big breakthrough in the field of technology and for the requirements of people. Smartphones as name itself indicates something special, facilitates easy, quick and affordable world of information resources. The electronic device which is capable of effectively performing functions installed in combination of both hardware and software parts. It can perform many tasks that a computer do, one can talk, send messages, take photos watch and share videos, business, entertainment etc. In addition, smartphones have several physical features that set them apart from normal phones especially every activity done through touch screen..

Smartphone has become a very important and wonderful communicative tools among Young generation. One feels incomplete without the use of smartphone and it has revolutionized all affairs of human development viz: Education and Research, Business, Health, Sports, Entertainment etc. It has been observed that use of smartphone has tremendously increased since many years now. In any particular occasion whether in public place, workplace or any family gathering, everyone one remain in-touch with it. Research reveals that majority of people especially young generation remains busy in calling, checking messages, watching or sending videos, up-dating, chatting etc., so this has become an un-avoidable part of individual's life. It seems that life of youth without the use of smartphones cannot run smoothly. With the access to internet, anything, anytime, anywhere happens/happening comes to be known in a few seconds and the same propagates very quickly around the globe. However, the use of smartphones has badly affected social, psychological as well as physical life of people especially young generation as **Bhalla (2017)** is of the opinion that smartphones are popular innovation and need of the hour. It has both positive as well as negative impact. It can act as Instructor, Reminder, educational tool and Entertainer etc. On the other side, acts as distractor, interrupt you while doing important assignments with irrelevant notification and disturbs ones social life. Also creates nuisance at worship places like Masjids, Mandirs, Churches Etc. In this context, the present study is an attempt to explore and examine the impact of Smartphones on the life of young generation.

## **Objective**

- To explore the significance and importance of smartphones in the modern world.

- To examine the Pros and Cons of using Smartphones.
- To highlight the impact of smart phones on the life of young generation.

## **Scope**

The scope of the present study is restricted to the use and impact of smartphones on the social and physical life of young generation. The study is further limited to the web based survey of literature.

## **Review of Literature**

The review of literature related to the use of Smartphones by Young generation is divided under the following headings:

### **1. Use of Mobile phones: Overall view**

Smartphones are one of the most innovative and communicative tools in the present world. **(Linsys, 2011)** states that the availability of smartphones keep people entertained with various apps like play games, Music, Movies etc. It also facilitates users in social interaction via various platforms like Facebook, Twitter etc. But, it has negatively affected life too like it can develop compulsive behavior, can create problems like security risks, hacks or even spied upon. **Sarwar & Soomro (2013)** have concluded that these devices have sizeable impact on Society. The impact of smartphones is visible in almost all sectors like Education, Business and entertainment sector. It creates miseries to the people in many ways like privacy threats, disrespectful behavior, distraction at work, etc. Similarly, **(Campbell, 2005)** reveals that the use of mobile phones have become a global phenomenon and integral part of Young generation. Young people use it in a positive way to maintain social settings, family relationships and have lead to changed dynamics in family with issues of safety and surveillance. However, it has negative impact on young generation which includes Ostracism and cyber bullying. **Afaliq (2013)**, says that the development of smartphone technology has positively affected human civilization where people doing their tasks easily and remain busy, but it also has developed negative impact on peoples life style. It is witnessed that Teenagers remain busy in texting all the time while as adults have got remaining assignments like phone calls, e-mails and other related works. **Bhalla (2017)** believes that mobile phones are popular innovation and need of the hour. It has both positive as well as negative impact. It can act as Instructor, Reminder, educational tool, Entertainer etc. On

the other side, acts as a distractor as it may interrupt you while doing important assignments with irrelevant notification and also creates nuisance at worship places like Masjids, Temples Churches Etc. **Mount (2012)** is of the opinion that the smartphones have paved way for instant communication like web surfing, Education, Entertainment etc. However, as it has negatively impacted on life of young generation like health issues, poor social interaction, privacy threats etc. **Hongnguyen (2015)** highlights that smartphones act as a quickest communication tool, helps in contact with loved ones easily, entertainer to listen music & games and also help in study. On the other hand, it has got addictive cause of ill effects especially on eye sight, lack of personal communication and even dangerous while driving a vehicle. **Lenord (2015)** divulges that the popularity of smartphones among young generation has increased incredibly. They remain in contact with each other and hence track all what they can. With the result, it sometimes causes severe Back problem, Nerve pain, Anxiety, Depression and so on. Similarly, **Smith (2012)** concludes that Mobile phones being great and wonderful technology, everyone should enjoy its benefits in useful manner; otherwise it can lead to multiple Health Hazards such as Teen Tendonitis (pain in the hands, back and neck due to poor posture), Sleep Loss, Anxiety, Stress etc. However, **The Yale Tribune (2017)** identifies differently and reveals that the production rate of Smartphones has increased tremendously and 95% Americans owns smartphones. This technology helps in identifying Disease outbreaks using things like social posts, keyword searches etc. While as, this technology has caused negative impact like Distraction and Digital Amnesia (memory dependence on these devices). Similarly, **Tavasalker (2014)** is of the opinion that due to development in technology, 74% of the population of India has smartphones and hence become beneficial in various ways like: Saves time, Millions of Apps, Go hands free, Free calls, messaging, Wi-fi etc.

So it can be said that smartphones are wonderful technologies in the modern era, and it has influenced almost everyone especially young generation. It depends on users approach to maximize its benefits and minimize its hazards so that it can prove productive rather than destructive tool for ones life.

## **2. Use of Smartphones: The Positive impact.**

Smartphone technology a wonderful tool to support various services and the people feel better positioned with it. Smartphones with the availability of social media platforms are key factors for providing services viz:- Better way to communicate with people, Learning, business, and other

applications. **Gothami & Kumar (2016)**, says that smartphone have maximum benefits pertinent to education, social life, entertainment etc. **John (2013)** highlights that smartphones have brought a massive change in the lifestyle of people and they feel comfortable in offering user a vast platform for communication and access to a wide range of applications. People enjoy varied and easier services they provide like: Exposer to learn things, ways to personality development and ideas to succeed in business (**Mojaheren, 2017**). **Tavasalker (2014)** highlights that smartphones save time, offers of thousands of Apps, go hands free, e-mails, Free calls, Chat, Wi-fi etc. **Felecia (2019)** provides access to internet, e-mails and social networking cites and also finishes multiple tasks simultaneously. **Anderson (2019)** reveals that smartphones keep one connected with social networks and enable one to online shopping, latest news updates and sports. While **Purewal (2015)** is of the opinion that the smartphones have improved life style and made lives of people better by providing multiple features like:- Keeps you safe even if alone, Detect Earthquakes, Make doctor mobile, Always on the scene, help people to cope with Illnesses and Disabilities etc. **Jung (2019)** believes that smartphone technology has become very important part of life and people feel incomplete without it. It offers various services like take photos, direction (GPS), track appointments and contacts and also helpful in business purposes.

In the light of above studies, it can be concluded that this technology has revolutionized the people's way of life in all affairs of human development and paved the way for getting multiple features to enjoy individuals life.

### **3. Use of Smartphones: The Negative impact**

According to **Mount (2012)**, people use smartphones at least 5 hours a day and also usage of Apps increases significantly and with the result caused degradation in Physical Social interaction, Distraction, Addiction, health problems etc. **Leonard (2015)** has expressed a great concern and says that smartphone use has become a serious addiction phenomenon, it has been found that female college students use phones on an average of ten hours a day. Another survey found that three out of five smart phone users can't go more than 60 minutes without checking their phones. A new phobia has been developed known as NOMOPHOBIA (fear of being without a phone) another health related issues like Nerve problem, Back problem, Anxiety and Depression are seriously concerned. **Boumosleh & Doris (2017)** in their study about Smartphone addiction among the university students found that 35.9 % of students feel tired

during daytime and 38.1% have decreased sleep quality as they remain addicted with smartphones till late nights. Similarly, **Kendra (2018)** expresses that the excessive use of smartphone can exacerbate thumb arthritis by excessive texting on mobile phones. At the same time shorter wavelength blue lights emitted by smartphones causes Health hazards like Nerve pain, back pain shoulder pain. Reading on smartphones is worse for learning and comprehension (**Markley, 2018**). According to **Kelley (2018)**, these devices create ADHD –like symptoms in users, thus diminish the happiness between social settings due to the constant flow of information to their phones and also disconnect the relation between parent and children. **Butler (2019)** has identified the negative aspects of smartphones and says that smartphone owners have produced such sites to enable the users proprietary information or financial data thus causes Security risk. **Parasuraman, et.al, (2017)**, in their research reveals that overuse of smartphone may lead to psychological and physiological complication. (**Miller, 2017**) highlights that cell phones give off Radiations and affect our brain cells and thus mutating existing cells, causes Cancerous cells like brain cancer. Besides it, an increase in the number of accidents due to attention paid to the cell phones during driving. In the same line, **Arora (2018)** reveals that it has been observed that Children are handling smartphones regularly for long hours playing games etc. So, continued use and exposure can lead harmful effects viz:-Tumor (radiation effects), Disturbed brain activity, Inappropriate Media and Academic Malpractice.

Therefore, it can be concluded from the above that smartphone addiction has developed an unavoidable place in ones life . People are so much dependent upon it that Young generation feels that life cannot run smoothly without this .With the result, numerous negative ill effects have been identified so far and much more are to be known in further research.

### **Mobile Phone Safety Tips to Decrease the Risk**

- Avoid giving cell phones to children to the minimum as Young children's are vulnerable to effects of the radiation.
- It is advised to take extra care if there is a mobile phone tower on your building or nearby or even close to the child's school since their exposure to radiation is more than usual.
- Completely restrict your child from taking phones to the school. Keep the school's contact number and provide them yours in case of an emergency.

- Keep your mobile phones safely with you and out of sight of your kids at night. Children may quietly try to get a hold of it and use it without you finding out.
- Parents should monitor whatever their wards watching on such devices. And also parents obligation to educate their wards about pros and cons of Smartphones.

## **Conclusion**

It can be concluded that Smartphones are wonderful navigational tools and facilitates the world of information resources on ones finger tips. Smartphones have brought a massive change in the lifestyle of people and they feel comfortable in offering user a vast platform for communication and access to a wide range of applications Anything, anytime and anywhere happens /happening in the world comes to be known within no time. Smartphones with the interesting features and services have made individual's life enjoyable and keeps record of each and every moment. The new cult of taking selfies have become trending in the present world. The technological power of the smartphone is tremendous and it is quite a learning tool for all especially youth These technological gadgets have made our life very comfortable. As it facilitates one to do a lot of work pertinent to Education, Research, Business, Entertainment, Sports etc. Besides it, smartphones keep one connected with social networks and enable one to online shopping, latest news updates and sports. However, it has also proved negative effects when not used properly. Especially, Teenagers are mostly addicted to it and causes negative results on them both health problems (like Eye sight problems, neck and back pain, Alienation, Brain tumour) and also financial issues. A new phobia has been developed known as NOMOPHOBIA (fear of being without a phone) is very common problem found among teen ages. Further, health related issues like Nerve problem, Anxiety and Depression are other seriously concerns. Overuse of smartphones may lead to psychological and physiological complication. However, keeping things in moderation and restricting usage hours goes a long way in ensuring their well-being as well as inculcating good behavioural habits, moral values, and education.



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