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# CELL PHONE USE AND SOCIAL ALIENATION OF YOUNG TEENAGERS

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## Abstract:

**Introduction:** The aim of the study was to survey the degree of cell phone use with their dependence to it and the social alienation of young teenagers.

**Methods:** It was a review, a survey type and in terms of application it was an observatory research on correlation between cell phone usages with student alienation in 2020.

**Results:** The results of the research showed that there is a relationship between the degree of cell phone dependence with social alienation among users and mostly young teenagers.

**Conclusion:** Young teenagers use cell phone much and incorrectly in some ways and times. This form of using with no more programs and freely can be called misuse of technology application and also it showed that there was a relationship between the degrees of cell phone use with the amount of feeling powerless, anomalous, senseless, social isolation or other items of social alienation. This cannot be true and correct, then a way should be found out of it.

**Keywords:** Cell phone, Smart phone, Mobile phone, Social alienation, Youth, Teenagers.

## Introduction:

Modern world is blinking, shining and diddling every one with its new and speed technologies effects everywhere, time and in a piece of time is more modern than before with much more applications and choices ready and presented to use.

What we know is that technology influences society through its different products and processes in quantity and quality. It also has much more impacts on the quality of life and the ways people act and interact altogether across the world. The changes today we are faced with by technology and so-called, naturalistically, modern world are often accompanied by social, political, cultural and economic changes, mostly viewed in developing countries and communities in the east and the south of the world instead of being beneficial but more often detrimental to individuals and to societies not economically powered. Cell phone is one of the technologies trove to the individuals living today. The aim of this study is to know its good and bad of it to teach and learn our young teenagers how to get the best use of it for growing them well and the way they need not the way they wish and want.

“Mobile phone is one of the most usable communication medium in the modern world. According to Shameera Abdul Wahid et.al, there has been tremendous growth in the use of the mobile phones in all over the world by all people irrespective of age. The mobile phones are available to the people right from the age of 12 years. Mobile phone has gained wider acceptability, usability and it is becoming a most popular communication tool among teachers and students. Mobile phone technology has brought the world closer. It has provided great convenience in communication among people by way of either calling or texting. Now, the mobile phones are coming up with variety of features like internet access, sending e-mails, games, access to social networking sites like face-book, listening to music, playing radio, reading books, dictionary and so on. I found that, nowadays most of the school teachers use mobile phones. Also students get addicted to mobile phones. However, though the mobile phone provided many advantages, it has also caused some problems” [1].

Many people have and use it consumedly and mostly depended on it much more than they need it to use. School students use it but not as much as they should and have to, no food and no sleep but being with mobile and their cell phone continuously that has bothered their teachers, parents and all the men of responsible. It seems that it has addicted them in a way that there is no way out, not a better substitution and the worst that no school and school matters is important instead, they are with nobody and even not with themselves, they are alienated or to say social alienation has accrued among young teenagers as well. It should be warned since there are much problems in the societies, schools and families, no body talk together, no speaking and no playing and more that they are fear of their privacy to be invaded when using their cell phone. As we should be aware that cell phone or other technologies are something that a teenager need them to grow with them in a way that the society needs, the future needs for a better and a nice and nicer tomorrow, something that nobody rejects [2].

Something worse is when it is free for the students to use it in schools. When a student use his/her cell phones in the class badly, it can negatively affect him in listening and learning. Some students use their phones most of the time to text and play games instead of doing their real work. Allowing a student to have it in class freely can disturb the teacher when it rings during teaching period, then the flow of the class will end badly and definitely disturb other students, too.

#### **Methods:**

It is a review in one part from other related subjects and fields we had conducted before in a qualitative or quantitative method and using different books, articles and data banks with related keywords such as cell phone, smart phone, mobile phone, alienation, social alienation, students, technology advantages and disadvantages and some more related keywords. The observatory experiences of the authors of young teenagers at different parts and fields were also used. Another part was a survey and correlational study using simple random sampling conducted by the author et.al. on college students. The data were collected using two standard social alienation questionnaire and a dependency questionnaire. The data were also analyzed using SPSS-22 and Pearson correlation coefficient, regression and t-test independent. Some essential tables were brought in the text to support the results and the conclusions we had in the study and were to show the best answer and documentations based on the study aims.

#### **Results:**

Atarodi et al. (2019) in their research found that there was a relationship between the degree of Internet and mobile dependence with social alienation among university students. Also, there was a relationship between the degree of Internet and mobile dependence with the amount of feeling powerless, anomalous, senseless, social isolation, and hatred and there was a cultural and self-hatred relationship among students. Then those who overused their phones seemed to be more likely to have depression and anxiety, possibly because, problematic use of this kind of technology may badly interfere and disturb other pleasurable activities of young teenagers and disrupt their social activities, most often. 250 college students participated in the study, in relation with cell phone and internet dependence, from which 150 students had no cell phone or were low used that were not indicated in the table.

Table 1: Frequency distribution of students' dependence to cell phone

User status	Frequency	Freq. Percent
Addiction	36	36
Intense use	45	45
Moderate use	19	19
Total	250	100

Table 2: Model Indicators

R	R squares ( $R^2$ )	Modified R squares
0/65	0/093	0/38

Correlation coefficient between mobile dependencies with student social alienation was 0/65, that is to say, with respect to the modified R squared ( $R^2$ ), mobile dependency was capable to explain the social alienation changes extent up to 0/38. [3].

Sohn et. al. in a research claimed that they and their team surveyed different results on the related field, it was published in the journal of BMC Psychiatry. The team reported how they looked at data from 41 studies involving a total of almost 42,000 participants across Europe, Asia and America, predominately in their teens or early 20s. They used questionnaires to probe the prevalence of problematic smartphone use. The results showed that the behaviors such as being anxious when the device was not available or neglecting other activities to spend time on the smartphone. Taken together, the team said on average these studies suggested as many as one in four children and young people had problematic smartphone use, with girls in their late teens the most likely to report such behavior [4].

Çetin TAN et. al. conducted a study titled: "Loneliness and mobile phone" on 527 students who were from different departments of faculty of education at Firat University by the use of UCLA-loneliness scale test. The results revealed that loneliness was significantly associated with problematic mobile phone use ( $r=.35$ ) independent variables such as gender, mobile phone addiction and daily phone use time were also involved. The result showed that significant difference was found between loneliness and daily phone use time ( $F(4- 522)= 4,072; p<.05$ ). Scheffe test was performed to determine the groups which caused difference by Çetin TAN et. al.. According to this significant difference, students who had mobile phone use 10 or over ten hours,

7-9 hours, 4-6 hours and 1-3 hours were found to have more loneliness score than those who have mobile phone use less than 1 hour per day. Some relationship between loneliness of the students based on the time of use from their cell phone is shown in table 3 as the following:

Table 3. Means, standard deviations and t values of loneliness of university students according to addiction group and non-addiction group (Çetin TAN et. al., 2013)

	Mobile Phone Addiction				Values	
	Addiction group		Non-addiction group		t	p
	(n=93;%17,6)		(n=77;%14,6)			
<b>UCLA-LS</b>	X	SD	X	SD	-2,399	.018*
	39,5	9,1	35,7	11,4		

\*p <.05

As seen in Table-3, there is a significant difference between addict and non-addict students in relation to loneliness ( $t(168)=-2,399; p<.05$ ). When these results analyzed, it is seen that loneliness of addicted students ( $x = 39,5, SD=9,1$ ) is higher than the non-addicted ( $x =35,7, SD=11,4$ ) [5].

#### Discussion:

It seems that those who were more addicted to cell phone and their score was higher in this field were more anxious, powerless and showed more normlessness, meaningless, self-estrangement that were some items concludes social alienation. Then they referred more to their cell phone to decline the negative impacts they met and they were trying obsessely and involuntary to find a way out of the stresses and negative outcomes happened and found for them through cell phone communications and message exchanges.

Now we may ask what social alienation is. Social alienation is a condition in social relationships reflected by a low degree of integration or common values and a high degree of distance or isolation between individuals, or between an individual and a group of people in a community or work environment [6] or lack a sense of belonging, to feel cut off from family, friends, school or work. The conceptualization comprises six alternative variants of alienation: powerlessness, normlessness, meaninglessness, self-estrangement, cultural estrangement and social isolation [7].

One of the students, Kumar (2019), in College of Engineering, Mysuru claimed that “Smartphones were one of the greatest inventions till date. You can do all your work from making a call to finding answers to your questions on just a small gadget. Cell phones especially smartphones have many advantages and even disadvantages. You may know about the advantages, so I will just tell some disadvantages. The main and the greatest disadvantage is addiction to usage which leads to alienation from the society. You feel that you have no life outside and just be with your phone always. You will stop mingling with people and will wish to stay alone” [8].

Excessive cellphone use may cause anxiety. Spending too much time on your phone may be causing you to feel stress and anxiety, experts are warning. ... "And the more people feel anxiety that can lead to other things like mental health and physical ailments [9].

We have a lot of dependence on technology with technological progress. It is clear now that we need and it is essential to have such progress and advancements for communication or computing with the world around us that mostly this opportunity instead makes us more depended on modern means of communication through the created virtual infrastructure. But, we should be aware that depending too much on technology and especially cell phone can bring a lot of related risks and dangers, for instance if there is a failure in the technological infrastructure of the systems connected it will be an entire crash of the economy and communal functionality. The researchers claim that with removing of these technological advancements from our lives even a piece of time most of communications and banks actions will be stopped and no communication through telephone service or cell phones will be conducted and a bad or black situation certainly will be created. Based on this research results it is inevitable to stop technological reliance. Consequently, what must be careful in the exposure fetched from reliance on technologies with a decipherable likelihood of failure? This all will lead towards a no practical alternative at hand, and towering costs as a consequence of malfunction [10].

The era of modernity and capitalist society of today continues to pose major challenges for individuals as they move forward. Challenges that may drive one away from society and ultimately create a sense of isolation and loneliness [11].

According to some other study results, smartphones became widely available in 2011 and its usage has increased till now. Smartphone ownership in children aged 11 and older is ubiquitous, and the prevalence of mental health problems peaks during the teenager years. Now, it is believed that over the past decade there has been an increase in the use of smartphones among children and young people and that longer use is assumed as harmful [4]. Another study reported that as the number of smartphone users increases, problems related to smartphone use become more serious too. Technology has changed our daily lives dramatically and altered the way we communicate as well. As social media applications are becoming more popular, users are connected more tightly to the internet and their time spent with others in the real world continues to decrease, Males often isolate themselves from the social community in order to engage in online gaming while females use the internet as to not be excluded from their communications online [12].

Some researchers also believe that students spend too much time with their digital devices such as their smartphone, which contribute to an alienation of students. 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 tumor) 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 [13].

But any way it is the way incorrectly to alienate the students from their natural way of growing nowadays and sometimes may somehow no way out, since this is the world we live in now, technological world or living.

Among the fundamental challenges of modernity are social despotism or powerlessness against the structures of society. Social despotism is in fact the first stage of social alienation, and it is the stage in which one sees oneself in the face of the rigid structures of society that gives them the feeling that they are unable to behave within them and are unable to change them. It is at this stage that one becomes discouraged from the society and from the dominant system and approaches the end of the process of social alienation step by step [14].

The challenge of the alienation of self and alienation from society is so important that many social abnormalities, including suicide, drug addiction, and so on, are linked to self-alienation and social alienation [15].

When a person's "social ego" relationship with his or her social environment weakens, the individual becomes abnormal. Alienation occurs when one strives to achieve the cultural goals of the community and selects ways and means to achieve his/her goals, but the community does not provide the means to achieve those goals.

What shall we do now? Is the problem with young teenagers, their parents, schools, technology or some other challenges and vacancies are involved. We are born ignorant, unknown and during the life we are educated and experienced to be aware, we are knowledgeable by science and education systems but if we are educated badly in a way that is incorrect we will be stupid or fool, and this will be more dangerous than that before. It seems that all the factors affecting the real and true knowledge of correct use of technology applications in a right way, right time, and right place and for a right aim and goal should be notified to all and especially young teenagers. They should and must be directed correctly and intelligently by their families, schools and their own society and ruling system of the communities. Young teenagers are in a period of their youth, they need to be known, identified and personalized, they need to grow through relationship with their peer groups. When a father or mother look at his/her son or daughter coming home from school raid out to his/her cell phone hurriedly in such a way that they have missed their sweetheart while it is a time of having lunch or dinner and making so many concerns for the family to tolerate every time and day repeatedly, then negative aspects of cell phone or technology use, that should be called misuse of them, is appearing. I think there is a question here, is technology really bad and negative or good and positive, since no body rejects its goodness and positiveness for a better and modern living, but sometimes it seems that two things may not to be matched for each other, one example may be the young teenagers and some applications and items of technology that are not in equilibrium even if they can be positive, now in this relationship and communication one side will be somehow lost and out anyway. One side will miss something that must not be and then this loss should be avoided by those who feel themselves responsible and have any experience and knowledge on the said field. An Iranian poet says: Basically, it means that if you see a blind person going towards a hole and stay silent, this action is considered to be a sin. Our sweetheart youth are in danger with incorrect use of cell phone, they are runaway of the society, sequestered, impatient, immoral, sensitive and with so many deficiencies presented by negative side of technology applications. Now, some applicational recommendations seem to be beneficial such as the followings to be used:

- Teaching and encouraging students to make good use of mobile and other new technologies and incorporate it into their curriculum and teaching-research for optimal use and application.
- Using strategies to increase social trust in young people to enhance their level of trust and social cohesion to prevent addictive addiction and mania to the new media.
- Increasing and deepening the youth's religious attitudes, good beliefs and teachings in the right way, in the right language and way, at the right place and time.
- Creating and reinforcing positive thinking and social participation of youth in the form of classes and courses by social psychologists and public psychologists based on the prevention of identity crisis and social disruption.

- Teaching mass communication techniques and anxiety management, disability, youth disappointment, socialization skills training, etc., in the form of special conferences and classes organized by the National Sport and Youth Organization or other related and responsible offices.
- The attitude of young teenagers toward the use of cell phone and some similar applications and tools should be changed and be correct.
- We should and must believe that they are tools and they are not all life or they are a part of life and it's a complimentary and supplement tool.
- We should know that we live for one time only and the life duration is not such enough not to have any program and management for it or we should know that not to waste life and living.
- They should know that the life has an aim and the aim should be SMART. Correct programming and management and take the best use of life is our aim all together united.
- Participatory affairs should be encouraged and the youth should be aware of its benefits in a socialized society and learn to work in groups and live in society participatory.
- Upbringing and training our teens everywhere in the world correctly, culturally, to be civilized will create a civilized world that will be in peace and improved for all living on it.
- Stabilizing knowledge-based communities shifting toward being civilized and based on Justice, no war, valuable teenagers, equality, kindness, forgiveness, trust or other social capitals will present a better world worthy of human kinds, the eternal dream of all.

### **Conclusion:**

Young teenagers who spend more time using cell phone often spend less time exercising and doing the work they should do for a new and successful future and to be healthy, such children tend to eat a lot snacks and fast foods putting them in risk of deposit fat in their bodies. Since they have less movement, thinking and correct trying, they will be slowly lazier and become obese. Obesity can result in many kind of dangerous diseases like heart failure, depression, social alienation, diabetes and then expensive to treat them. Then, such kind of people or youth will not be some who be trustable, ready, reliable, empowered and clever for directing and managing the society and the world is expected.

It seems that we should be sensitive toward our youth and their future and taking care of their behaviors toward the use of modern technologies applications such as cell phone. Since they are young and their experience is in accordance with their age in most of the affairs they do, we have more responsibility toward them and their living. A better life and successful living should be prepared for them by correct directing of their parents, schools and men of responsible. It will be a success when experience, knowledge and the ability of youth meet each other by those who feel and are anxious about the future world of their young teenagers.



Parents can be aware and create schedules for them or direct them in a way to assure they do the right thing and are getting the best use of cell phone and other technologies applications. But, it should be considered to avoid any trouble, not to close any right and needed way and ban them from using it, because they will use it or other tech tools in secret which can even be more harmful. As a parent, teacher or responsible ones, we should get involved in their lives, have physical fun with them as a trick of distracting them from misuse of cell phone or play video games all day. They should not feel alone, since we are so busy and working hard out to save life, even sometimes there is no way out, they are teens and need being altogether to be with some ones or some others. One of the main reasons why children spend more time with technology, computer, mobile and other non-human applications is because parents are too busy to spend time with them, what's a pity! The parents are advised and recommended to ride a bike with them, go swimming, play table tennis or football and do some other sports, take a walk, try to make them active but happy at home and make them participate in a team work, and change cell phone and other high tech to a good and beneficial application for them ever. Then, the main objective is to identify the needs and use of cell phones and to make parents, teachers and all responsible men aware of the problems and disadvantages of incorrectly using cell phones instead of much more advantages it can have.

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