

A Study on Changing Behavioural Patterns of the Students due to Mobile Usage (with special reference to Undergraduate Students)

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ABSTRACT

Worldwide technology and its dynamics play a major role in each individual's life. The current trend of the society is to adopt every change in the field of communication technology. The mobile phones are blessing for this century and day by day becoming essential part of the society. It is not only a communication gadget but it is also related to social status nowadays. It is estimated that around 4.5 billion people use the cell phone worldwide. And it comes as no surprise that maximum number of this quantity consists of the youth. With constant texting, calling, listening to music, playing phone games, be on Social media, clicking it is little wonder that not having it around strikes them with state of obsession. Technology has made people's lives convenient and contributed positively to social well-being so far while it has also brought about some problems and challenges arising from irresponsible use of mobile phones among young students. There is a critical and dangerous 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 highlighting on exploring the pattern of mobile phone usage among undergraduate students in various colleges of Nagpur. It also attempts to examine the extent of behavioral change towards the usage of mobile phones. Questionnaire survey method was used to elicit the responses. Teachers and parents views are also considered during the analysis. The collected data were analyzed with the help of various methods to find out meaningful interpretations and conclusion. Research Problem The accelerating usage of mobile among undergraduate students and its impact on their behaviour. The deteriorating concentration levels of student after using excess mobile. The behavioural difference observes by teachers and parents due to mobile usages among the students.

1. Research Problem

- The accelerating usage of mobile among undergraduate students and its impact on their behaviour.
- The deteriorating concentration levels of student after using excess mobile.
- The behavioural difference observes by teachers and parents due to mobile usages among undergraduate students.

2. Case summary

Mobile phones have become a mandatory part of our daily lives. Initially, mobile phones were used only as a communication tool; but, these days, mobile phones function as computers serving us with music player, games, internet, video camera, calculator, alarm clock, and many more other perceived benefits as elevated accessibility and social connectivity, reduced loneliness, and security in critical situations. Owing to these numerous perks, mobile phones are extensively adapted and used by teenagers. Moreover, usage of mobile phones has increased dramatically because of their more affordability and availability all over the world. Fixed telephone lines reached one billion users in 128 years, while mobile networks attained this milestone in simply over two decades. Worldwide, mobile phone subscriptions have reached six billion. In India, people living in both village and city areas, literate or illiterate, and belonging to almost all age groups are now dependent on a mobile phone. Unfortunately,

communication technology has some negative effects also. Continuous usage and addiction to cell phones has affected the people physically, psychologically, and socially. Excessive mobile phone use has been found to be related with many health problems such as less concentration, headache, dizziness, fatigue, thermal sensations in and around ear, stress, sleep disturbances because of night time use, and frustration. Inappropriate use of mobile phone by students presents many disastrous impacts, for example, usage of phones during lectures causes disturbances in classrooms affecting students' academic performances, accidents while driving, disturbed relationships as giving preference to phones by ignoring others, and increased liberty from parents with decreased social freedom. Psychologically, people get addicted to mobile phone that has led to emotional stress. Students may also show cognitive/behavioral salience in which they constantly think about their phones when they are not using it or keep on checking their mobile phones for missed calls or messages. Mobile phone addiction can be explained by the fact that students find the use of mobile phone to be exciting. Any behavior that gives contentment or helps to get rid of a negative behavior such as tension or boredom leads to intensification of that behavior for taking delight or getting out of a negative situation as is the case with mobile phone. In spite of having knowledge on unfavorable health effects, mobile phones are gaining popularity, especially in young generation.

The aim of this study, therefore, was to examine self-reported pattern of mobile phone usage among students of different colleges and to assess impacts of mobile phones use on their psychological health in the form of their perceived stress, sleep quality, and behavior in their daily life. Learning Objectives To find out the mobile usage patterns among students and its impact on their behavior. To study the degradation in concentration levels of student after using excess mobile. To study the behavioral differences observes by teachers and parents due to mobile usages among undergraduate students. To find out various remedies to overcome this problem Research Methodology The data collected for the case by primary and secondary sources and the tool used for primary data collection was Google forms in which 10-12 structured and close ended questions were asked by target audiences that are students, teacher and parents.

The sample unit is selected from various undergraduate colleges of Nagpur. The total sample size 272 in which number of students was 170, teachers 50 and parents of the students were about 52.

3. Learning Objectives

- To find out the mobile usage patterns among students and its impact on their behaviour.
- To study the degradation in concentration levels of student after using excess mobile.
- To study the behavioural differences observes by teachers and parents due to mobile usages among undergraduate students.
- To find out various remedies to overcome this problem

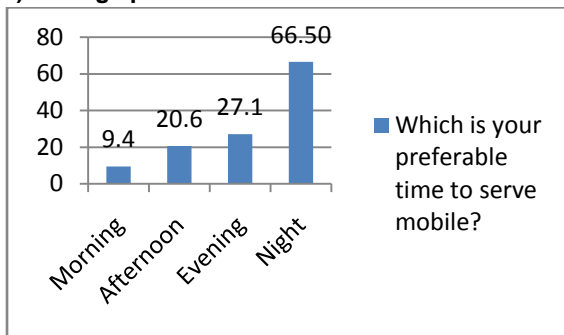
4. Research Methodology

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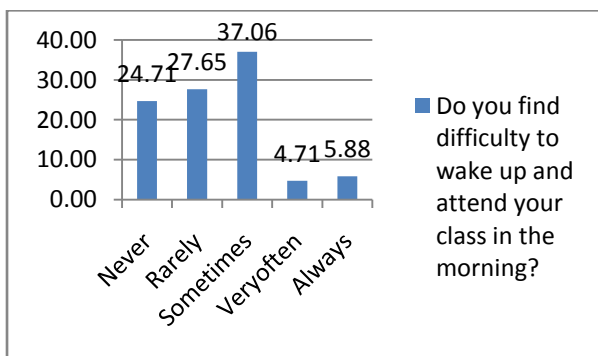
5. Analysis and Interpretation

Different aspects on which study is conducted and their graphs regarding to all the three stake holders:

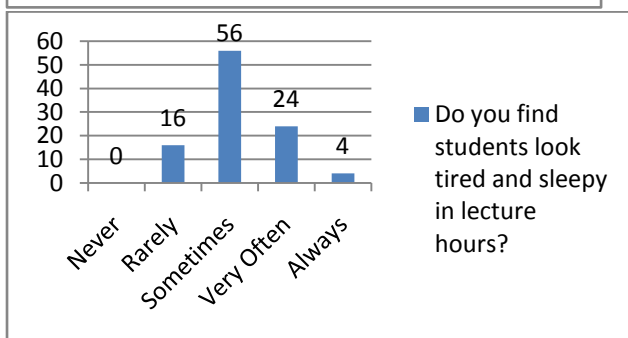
1) Usage patterns of mobile and its effect



← **STUDENT'S RESPONNSE**



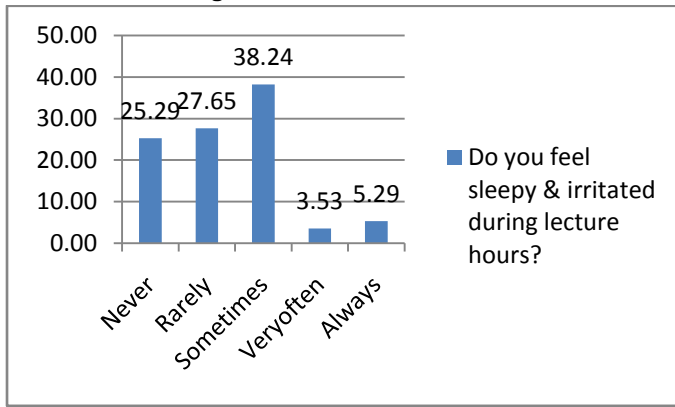
← **PARENT'S RESPONNSE**



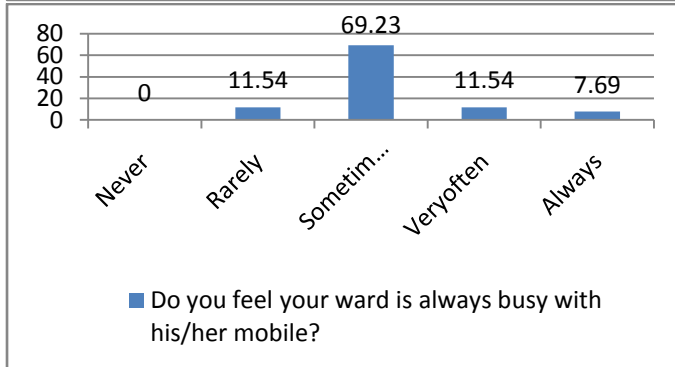
← **TEACHER'S RESPONNSE**

Findings: Students accept that they use mobile more in night hours and feel lazy and inactive to wake up that is the reason parents find it difficult to wake them up for morning classes and teachers also found them tired and sleepy during lecture hours.

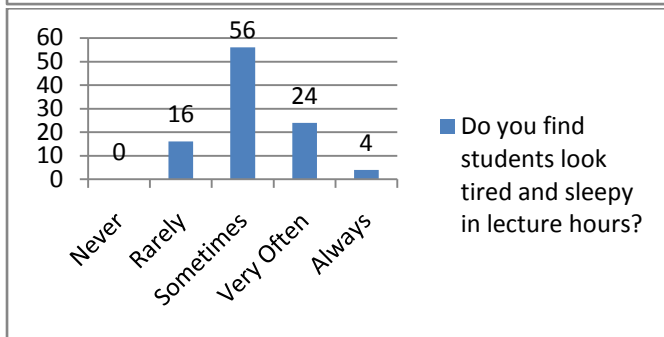
Behavioural changes observed



← **STUDENT'S RESPONNSE**



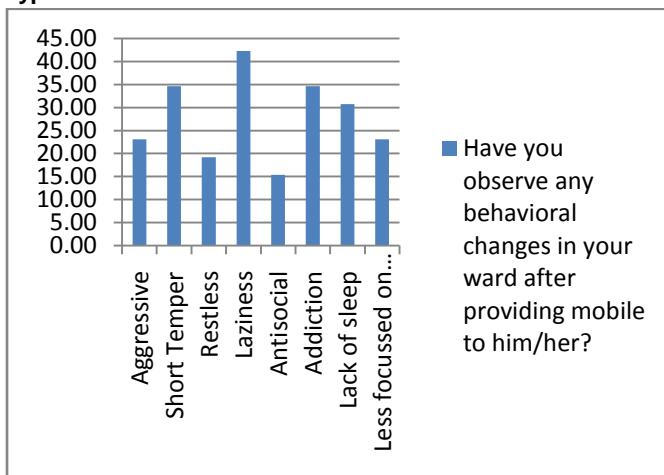
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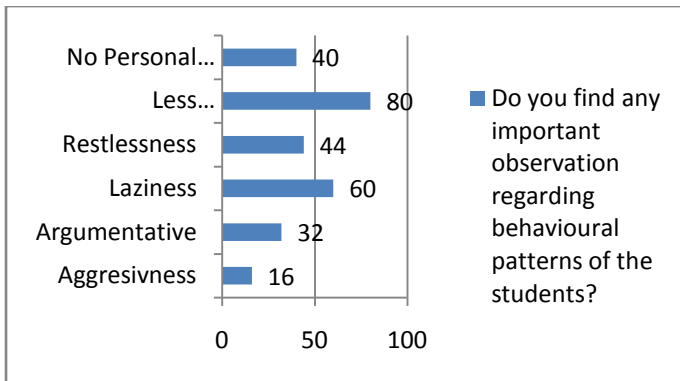
← **TEACHER'S RESPONNSE**

Findings: Both parents and teachers are agree that there are some behavioral differences in students sometimes and students also accepted that they feel sleepy and irritated during lecture hours.

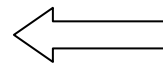
Types of behavioural issues



← **PARENT'S RESPONNSE**

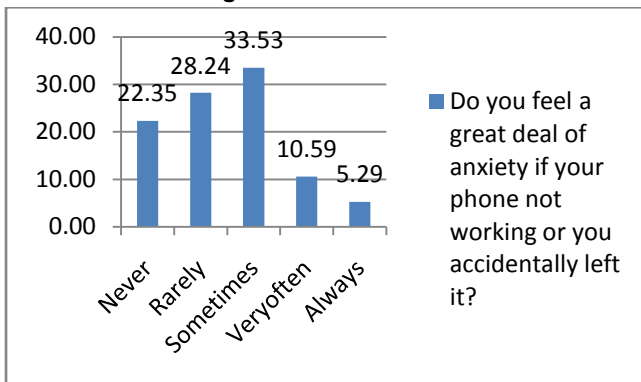


TEACHER'S RESPOSNSE

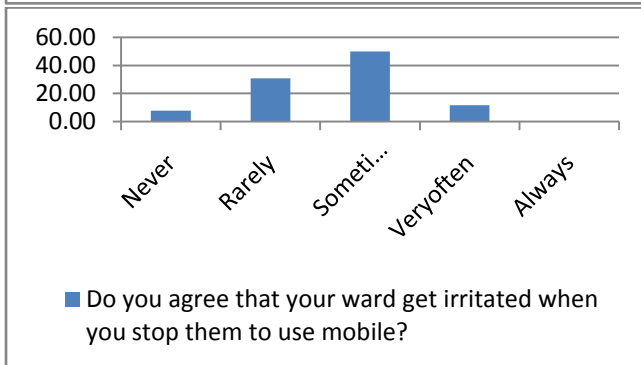
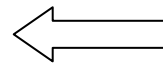


Finding: As this question was asked to parents and teachers and they have observed various behavioral issues with them like Aggression, short tempered, laziness, less concentration, addiction toward mobile and giving excuses.

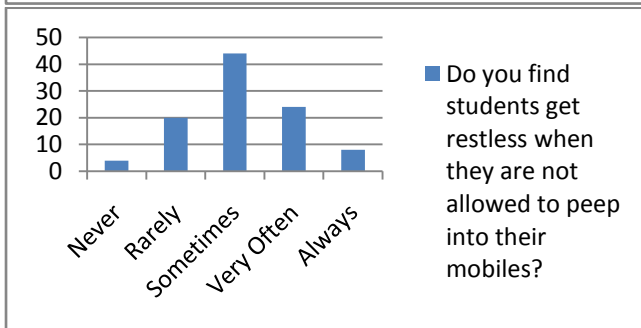
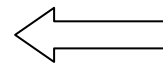
Anxiousness among students



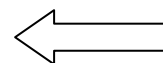
STUDENT'S RESPOSNSE



PARENT'S RESPOSNSE

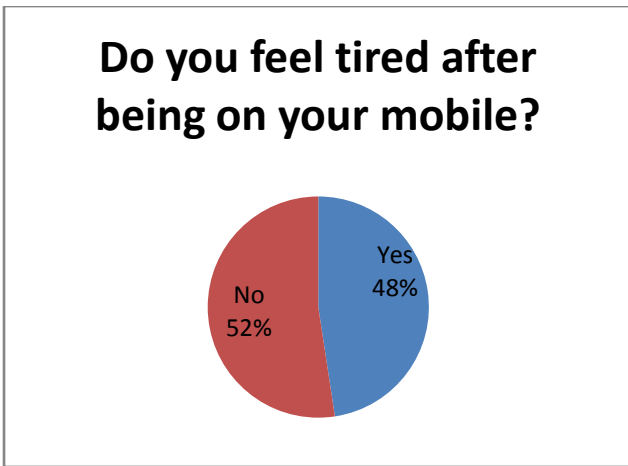


TEACHER'S RESPOSNSE

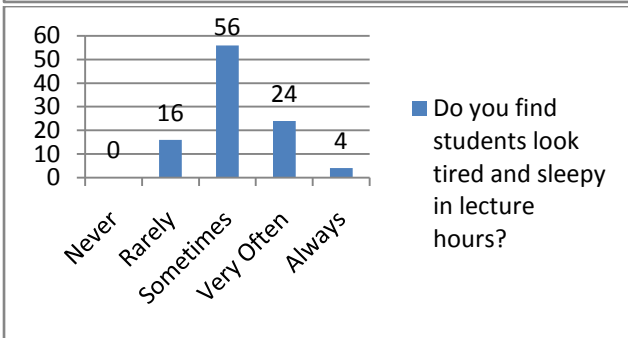


Findings: According to the study parents and teachers observed that students get restless and irritated when not allowed to peep in their mobile or restricted to use them even the student themselves accepted that they get anxious when not able to see in the mobile for a long time.

2) Reasons behind behavioural issues



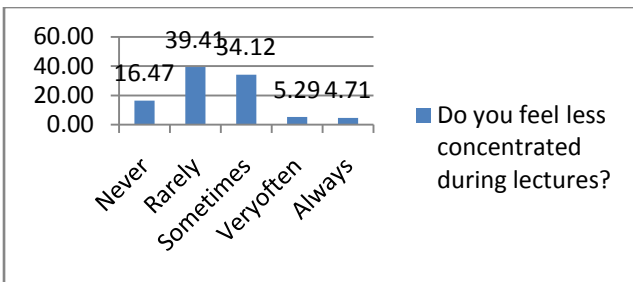
← **STUDENT'S RESPONNSE**



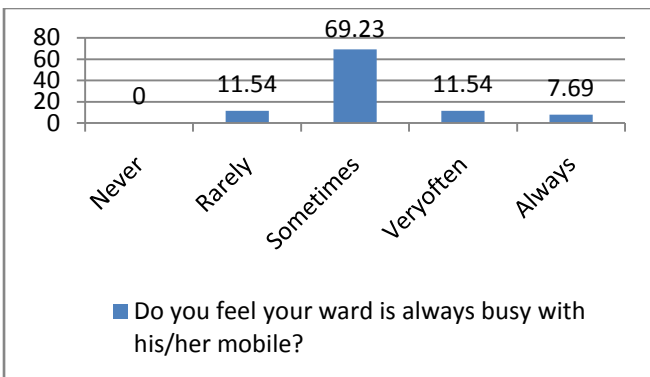
← **TEACHER'S RESPONNSE**

Findings: During the study we asked students about the changes they feel after using mobile and they accepted that they feel tired after using mobile and teachers also find them looking tired during lecture hours.

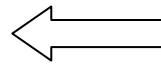
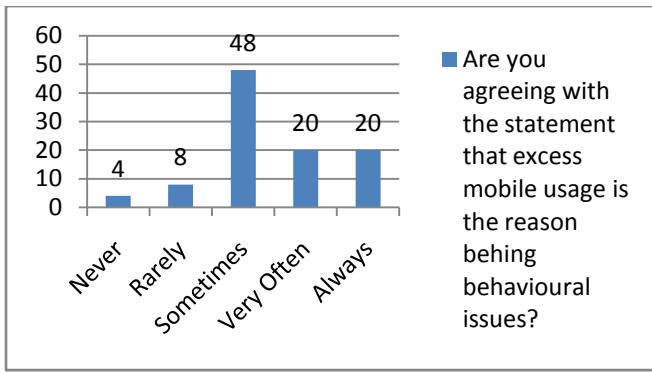
Decreasing levels of concentration



← **STUDENT'S RESPONNSE**



← **PARENT'S RESPONNSE**



**TEACHER'S
RESPONSE**

Findings: As the students are accepting that they are less concentrated during lecture hours. Parents and teachers also find the same in student's behaviour.

6. Solution

- Teachers and parents both were agree to restrict mobiles in college premises and some of the teacher suggested locker room so they can keep their mobiles their and check whenever they get break from their classes.
- Some of the teachers suggested making a strict rule to switch off their mobiles during lecture hours and make mobile zones in colleges premises where students can use their mobiles.
- Mobile awareness should be created among students by counselling sessions and they should be arranged regularly for greater impacts.
- Parents can also play a crucial role in getting rid of this problem by educating their wards and telling them the importance of healthy life.
- They can also explain them the dangerous psychological effects of their excess mobile usage and try to set their own example by less using the mobiles at home and giving more importance to family conversations And, government can also help in solving this issue by restricting mobile content for young adults as there must be some control on the content which is streaming on internet nowadays.

7. Conclusions

In few years , mobile phones has becoming fashionable specially in generation Z. Devices like Mobile phones are very well suited and valuable but the generation Z i.e. youngsters

are becoming dependent on it. And because of this dependency , youngsters getting addicted towards mobile phones. This addiction is affecting youngsters specially students physically , socially and psychologically. This constant usage of mobile phone is related with various behavioral issues or we can say problems like feeling lazy, lack of concentrations, aggressive, feeling sleepy. This kind of behavior of students creating disruptive things like using mobile phones during classroom, which is decreasing their academic performance including it is also helping to decrease teacher's concentrations level which is spoiling the teacher students relationship.

Psychologically says, if people getting addicted to anything specially we will talk about mobile phone , it increases stress at emotional level. Students may also show cognitive/behavioral salience in which they constantly think about their phones like they are not allow to use mobile phones in classroom, but still they can't wait till the lecture is over and they want to check messages, missed calls. It says that students are getting excited to use mobile phones.

Anything which gives you satisfaction or helps to move out from negative things, it creates addiction . It happens in case of mobile phones. It is giving happiness and decreasing dissatisfaction level. Because of this, mobile phones getting popular in young generation and this generation getting addicted towards mobile phones.

The aim of this study, therefore, was to examine self-reported pattern of mobile phone usage among students to assess impacts of mobile phones use on their mental health in the form of their seeming stress, sleep quality, and behavioral issues.

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