A Study on Adverse Repercussions of Smart Phones on Children

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Abstract

Smart phones have become an essential part of our everyday lives in the current digital era, offering us unprecedented connectedness and convenience. These gadgets have completely changed how we engage with the outside world, whether it be through communication or entertainment. On the other hand, children's general wellbeing may suffer from excessive Smart phone use. The complete development of children is our first priority at Footprints, the preschool known as a cherished parenting companion. We will examine the detrimental impacts of Smart phones on Children, emphasizing how they may impair their social connections, development, Academics, and general health. Therefore, it's important to minimize Smart phone exposure by using the right approach.

Keywords: Health, Academic, Smartphone, Addiction, Social Impact.

Introduction

The future of society as a whole, as well as the future of its people, is built on the shoulders of children. Children's personal, familial, and societal development is influenced by their maturation into self-sufficient, moral, and helpful adults. The information environment, which encompasses not only the information children receive from their family, school,

society, and other sources, but also the information they receive from the media, has a significant influence on how children socialize.

We observe that children's access to information via mobile phones is unrestricted. Children can use search engines, engage in social interactions on social media sites, post and download content, and more, just like adults. We have observed that children are exposed to the same media as adults, that the information they are exposed to is not differentiated from that of adults, and that the majority of software does not create a "children's channel" to offer content for children, such as television media.

The lack of competent and moral individuals among social members would affect the entire society as a whole, perhaps causing social structure and future social development to become unstable. Consequently, we must investigate how the usage of smartphones affects the socialization of school-age children (ages 6 to 12) and talk about how to mitigate some of these effects.

Mohammad Sarwar et. al. [1] discussed the impact and concluded based on a wide range of impacts that smartphones have on society. The paper will also recommend solutions in order to reduce the negative impacts of smartphones and realize more benefits of this exciting technology.

Navpreet Kaur [2] suggested that Mobile Phone usage affects the academic performance of students as they are stuck to this device during their classes. Also, the results indicate that Mobile Phone usage has become an addiction among Students.

Mahendra Singh Yadav et.al. [3] explored the relationship between mobile phone usage with behavioral modifications and educational achievement among adolescents.

Varun et al [4] evaluated the perception of students towards information literacy based on the self-efficacy scale ILSES and found out the impact of demographic variables on the perception of students towards information literacy. This research pointed out that there is still a higher preference being given by recruiters to persons with a traditional classroom learning degree as against those from E- learning courses. It is therefore suggested that more awareness must be created about the equivalence of the E- learning courses.

Sanjeev Sinha et.al. [5] described the objective of the present study was to assess the effect of mobile phone usage on the quality and composition of sleep in a sample from Indian population.

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Oluwafemi J. Sunday et. al [6] suggested that the greater the use of a phone while studying, the greater the negative impact on learning and academic achievement. Additionally, the results suggested that skills and cognitive abilities needed for students' academic success and learning are negatively impacted.

XiaolinZheng [7] investigated children's smart phone contact behavior in the form of questionnaire, analyzes the impact of smart phone contact on children's socialization, and thought that smart phone can help children understand society more comprehensively, cultivate calm personality, improve safety awareness, form correct communication concept, and clarify career ideal, At the same time, there are also some negative effects such as excessive use of mobile phones leading to children's personality loneliness, moral decline, social value distortion, Internet addiction and so on. Finally, from the family, school, society, government, and media, five aspects put forward corresponding strategies to reduce the negative impact of smartphones on children's socialization, to promote the development of children's socialization.

Objectives of Research

1. To investigate how severely children are addicted to mobile phones& its Adverse Repercussions.
2. To investigate the effects of cell phones on pupils' academic achievement
3. To research the extent to which children's lives are filled with mobile phones.

Hypotheses of research

1. Over the past few years, there has been a rise in the prevalence of mobile phone addiction
2. Students' academic performance has been negatively impacted by mobile phones.
3. In the lives of young people, smartphones are extremely prevalent.
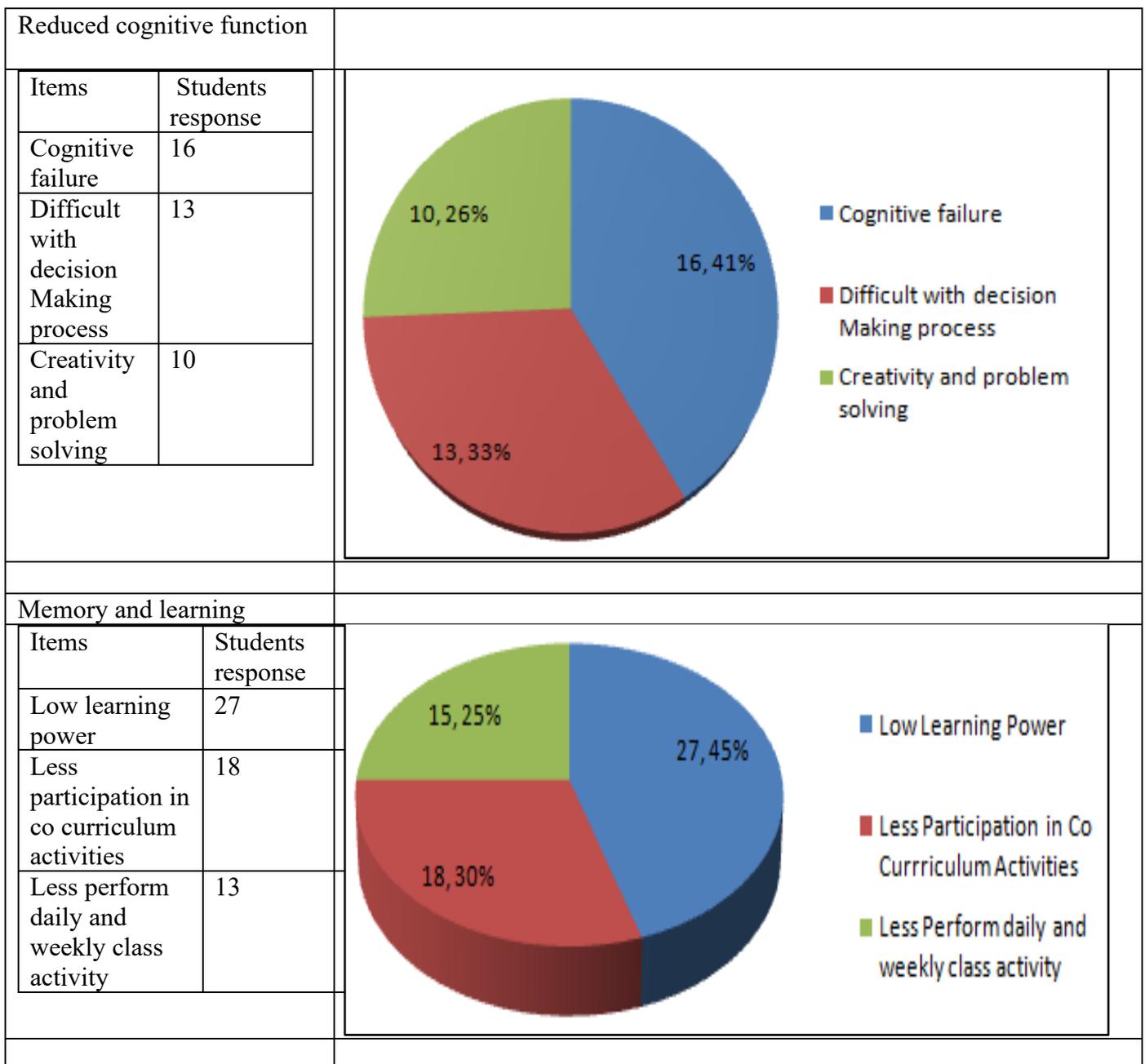
Methodology

The study that was presented aimed to investigate the degree of mobile phone use and how it affects students' behavior and academic performance. A survey of 180 students enrolled in G.N.G. school was carried out. Data was gathered through the use of a questionnaire. Studies on smart phone use have concentrated on the drawbacks of student phone use.

Result and Discussion:

Among 180 participants were included in the study. The development of mobile phones in recent times is found to produce smartphone addiction. The prevalence of smartphone addiction increases day by day. It causes psychological and behavioral dependence

The psychological symptoms of the children who are addicted to smartphones might possess depression. Depression is a medical illness that adversely influences people's emotional and mental well-being.

Reduced cognitive function	
Items — Students response	
Cognitive failure — 16	
Difficult with decision Making process — 13	
Creativity and problem solving — 10	

Memory and learning	
Items — Students response	
Low learning power — 27	
Less participation in co curriculum activities — 18	
Less perform daily and weekly class activity — 13	

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Health issues		
Mental Health		
Items	Students response	
Anxiety	27	
Stress	18	
Depression	25	
Stuburn	34	

Physical Health		
Items	Students response	
Anxiety	22	
stress	26	
stuburn	34	
Depression	19	

Eye Strain		
Items	Students response	
Neck and back pain	26	
Headaches	28	
Blurred or double vision	24	
Watery or dry eyes	33	

Conclusion

Smartphones are useful devices with many advantages, but like any tools, they must be used responsibly, especially by young children. Parents, educators, and legislators can work

together to create an environment that maximizes the positive effects of technology on children's well-being while minimizing the negative effects by being aware of the possible drawbacks of excessive smartphone use and putting the above-mentioned strategies into practice.

Finding a balance is the key. Encourage your youngster to investigate how smartphones can be used for social interaction and education. For comprehensive development, give physical exercise, creative play, and real-world interactions top priority. In the end, if we cooperate, we can make sure that technology empowers rather than impedes our kids' development.

Working Together: Educators and Policymakers. Parents are not alone in this endeavor. Schools and policymakers can also play a vital role in promoting healthy phone habits.

- School Guidelines: Establish clear guidelines for Smartphone use within school premises. This can involve designated times for phone storage or "phone pockets" to minimize distractions during learning hours.

- Digital Citizenship Programs: Integrate digital citizenship programs into school curriculums. These programs can teach children essential skills like online safety, responsible online behavior, and critical thinking when evaluating information online.

- Policy and Awareness: Policymakers can consider age restrictions for certain content and apps. Alongside this, public awareness campaigns can educate parents and communities about the potential downsides of Smartphone overuse in children and promote responsible digital parenting practices.

Advice for Parents

1. Children under the age of sixteen should not be given cell phones, nor should their access to material divert them from their studies.
2. Explain to the youngster the risks, hazards, and precautions associated with social media.
3. Show the youngster how to stop unsolicited communications.
4. Monitor the children's phone activity
5. Communicate about cyberbullying and harassment in an open and cordial manner.
6. Set a limit of less than two hours for all screen time, including time spent on a laptop, smartphone, and television.

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7. Counseling and education regarding the negative consequences of screen addiction.

8. Engaged in leisure activities with kids, such as traveling, playing games both indoors and outside, reading a good book, cooking, shopping, painting, and sketching.

9. Promote spending quality time with your child by conversing with them, exchanging ideas, and interacting with others.

10. Restrict the use of phones by all members of the family, to avoid radiation and to set good behavior patterns in the family.

The use of smartphones by children has become both a boon and a curse. It can be used as a great tool to study, express their creativity, and stay connected with their friends, but excessive use of it can have a negative impact on the development of children.

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