

A STUDY ON IMPACT OF MOBILE PHONE USAGE ON PSYCHOLOGICAL HEALTH OF SECONDARY LEVEL STUDENTS ON THE BASIS OF GENDER

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ABSTRACT

The operational hypothesis examined in this study aimed to investigate whether there exists a significant difference in the impact of mobile phone usage on the psychological health of secondary level students based on gender (Boy/Girl). Through statistical analysis, data was collected from a sample comprising 30 boys and 30 girls. The mean and standard deviation for each group were calculated, along with the t-value and significance level. Results indicated that the difference in mean scores was not statistically significant, suggesting that gender did not play a significant role in the relationship between mobile phone usage and psychological health among secondary level students. However, further exploration revealed nuances in the impact of mobile phones on aspects such as self-understanding, interest, potential, career choices, and career paths, underscoring the complexity of the relationship.

Keywords: Impact Of Mobile Phone, Psychological Health, Secondary Level.

I. INTRODUCTION

The introduction of the study on the impact of mobile phone usage on the psychological health of secondary level students sets the stage by acknowledging the ubiquity of mobile phones among this demographic. Recognizing their dual role as tools for connectivity and potential sources of distraction, the study aims to delve into the intricate relationship between mobile phone usage and psychological well-being.

The introduction highlights the importance of understanding this dynamic to inform educators, parents, and policymakers in fostering a healthy digital environment for secondary level students. It outlines the research objectives, methodology, and the significance of addressing the potential implications for psychological health in the context of increased mobile phone use.

II. REVIEW OF LITERATURE

1. Michael H Repacholi (2001)Health risks from the use of mobile phones:- Widespread concerns have been raised about the possibility that exposure to the radiofrequency (RF) fields from mobile telephones or their base stations could affect people's health. Such has been the rapid growth of mobile telecommunications that there will be about one billion mobile phone users before 2005. Already there are more mobile than fixed-line users. Developing countries are establishing mobile telecommunications rather than the more expensive fixed-line systems. Thus, if there is any impact on health from mobile telephones, it will affect everyone in the world. The World Health Organization (WHO) established the International EMF Project in 1996 to evaluate the science, recommend research to fill any gaps in knowledge and to conduct formal health risk assessments of RF exposure once recommended research had been completed. In addition, the UK government established an independent expert group to review all the issues concerning health effects of mobile telephones and siting of base stations. Cancer has been suggested as an outcome of exposure to mobile telephones by some scientific reports. This paper reviews the status of the science and WHO's programme to address the key issues. In addition, the main conclusions and recommendations of the UK expert group will be summarized.

2. Punit Kumar Singh ,Central Library, Banaras Hindu University, Varanasi(2015):- Abstract: Advancements in the field of Information and Communication Technologies (ICT) have changed the way of providing library services. The present developments of mobile technology, EDGE, 3G and wifi are the catalyst in the use of mobile internet to ensure the access of information anywhere anytime. The mobile computing is growing day by day while the smart phones are the leading gadget used frequently to access almost any type of

information. The aim of this study is to find out the different aspects of mobile information services and its importance in delivering information by Indian university libraries. The purpose of this study is to provide mobile information services by Banaras Hindu University Library to the smartphone users.

3. Vandana Goswami, Divya Rani Singh (2016) Impact of mobile phone addiction on adolescent's syndrom. A literature review:- Mobile phone usage is so strongly integrated into young people's behavior that symptoms of behavioural addiction, such as cell phone usage interrupting their day-to-day activities. Main aim of this paper is the reviews investigate some aspects of the emerging literature on the impact of mobile phone on adolescent's life. There are several reviews addressing the definition, Mobile phone addiction symptoms, Assessment of Mobile phone addiction, Negative effect of Mobile phone addiction on adolescents and some reviews addressing the role of Mobile phone addiction on adolescent's mental and physical health.

4. Neil Selwyn & jasper agard Banning mobile phones from classrooms—An opportunity to advance understandings of technology addiction, distraction and cyberbullying :- There is now an emerging worldwide trend for mobile phones being banned from classrooms and schools. While some academics working in the area of educational technology have raised concerns, many others have so far failed to respond to what is a significant shift in the ongoing development of digital education. The paper considers how academic researchers and other educational technology stakeholders can respond to what might be perceived as the curtailment of some forms of digital education. In particular, the paper argues that this current turn away from digital devices offers an opportunity to advance understandings about a number of seemingly problematic issues regarding the continued use of digital technologies in schools.

III. OBJECTIVE

The study's general objective is to evaluate mobile phone impact on secondary student of psychological health. The following are the specific objectives of this study:

The overall study is based on the gender of secondary level (Boys/ Girls).

HYPOTHESIS:-

There is no significant difference between in the Study the Impact On Mobile Phone Usage On Psychological Health Of Secondary Level Students on the basis of gender (Boy/Girl).

IV. RESEARCH METHOD

The researcher adopted descriptive research method of the descriptive Survey research method to find out study on the psychological health of secondary level students. The nature of this study is descriptive, and the Normative Survey method has been followed in the present study. Researcher has used descriptive survey research technique.

VARIABLES :-

(a) Independent Variable :- (Impact of mobile phones)

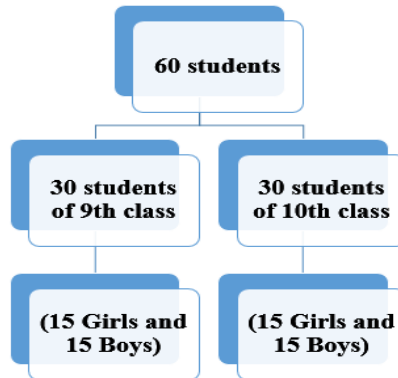
(b) Dependent Variable :- (Psychological health of secondary level students.)

POPULATION AND SAMPLE :-

The entire group of individuals or items that the researcher is interested in studying and sample is a subset of the population that is selected for study, which is meant to represent the larger population.

Population: Secondary level students .

Sample: 60 Students secondary level 9th & 10th class students.



OPERATIONAL HYPOTHESIS :-

There is no significant difference between in the Study the Impact On Mobile Phone Usage On Psychological Health Of Secondary Level Students on the basis of gender (Boy/Girl).

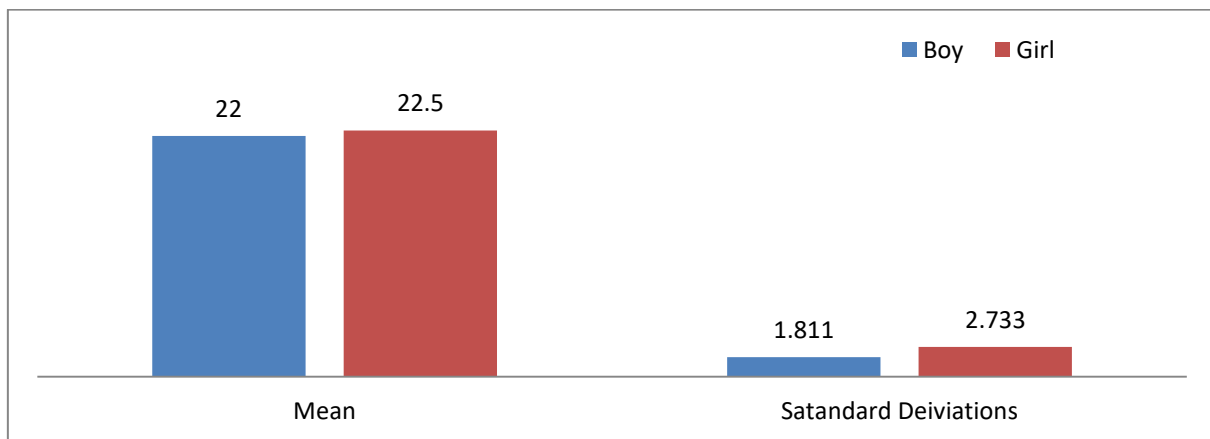
S.NO.	Category	Total students (N)	Mean(M)	Standard deviations (S)	T - value	Level of significance
1	Boys	30	22	1.811	0.835	Hypothesis is not accepted
2	Girls	30	22.5	2.733		

Degree of freedom= [N1+N2]-2

= [30+30] -2= 58

Significance level of 0.05 = 2

V. ANALYSIS



It is evident from Table, that the finding for mobile phone and their impact on psychological health of the Secondary level is 0.83, which is more than 0.05 level of t-value 2 given in the table. The mean of both groups is 22 and 22.5. Respectively the standard deviation is 1.81, approx 2.73. A significant difference was found in the hypothesis, which needs to be accepted.

VI. DISCUSSION

Also, Based on the conclusion of the table1, no significant difference was found on gender-based secondary level students based on the mean and a standard deviation of locale. A significant difference was found on gender basis students, depending on which There is no significant difference between in the Study the Impact On Mobile Phone Usage On Psychological Health Of Secondary Level Students on the basis of gender (Boy/Girl).however, the result was not statistically significant, indicating limited knowledge of self-understanding, interest, potential, career choices, and career path as considered to mobile phone. As observed from the finding of the result. I emerged at 0.05, based on which the hypothesis presented is not accepted. The above difference can be explained by the below bar graph.

VII. CONCLUSION

In conclusion, the findings of this study suggest that there is no significant difference in the impact of mobile phone usage on the psychological health of secondary level students based on gender (Boy/Girl). While the mean scores between boys and girls did not differ significantly, further examination revealed subtle variations in the influence of mobile phones on aspects such as self-understanding, interest, potential, career choices, and career paths. These nuances highlight the complexity of the relationship between mobile phone usage and psychological well-being among secondary level students. Therefore, future research should delve deeper into these intricacies to better understand the multifaceted effects of mobile phone usage on students' lives. Additionally, interventions aimed at promoting healthy mobile phone habits and psychological well-being should consider the diverse needs and experiences of students, regardless of gender.

EDUCATIONAL IMPLICATIONS :-

- **Awareness Programs:** Implement programs to raise awareness among students about healthy mobile phone usage habits and their potential impact on psychological well-being.
- **Digital Literacy:** Incorporate digital literacy education to empower students to make informed decisions about their mobile phone usage and its effects on their mental health.
- **Counseling Services:** Provide counseling services to support students in managing any negative effects of mobile phone usage on their psychological health.
- **Parental Involvement:** Educate parents about the importance of monitoring and regulating their children's mobile phone usage to promote a balanced lifestyle and mitigate potential psychological risks.
- **Curriculum Integration:** Integrate discussions about digital citizenship and responsible technology use into the curriculum to foster a holistic approach to student well-being in the digital age.

VIII. SUGGESTIONS

- **Area:** We can choose the area of our research, such as rural or urban areas. This will help us understand the social and economic environment of the students.
- **Age group:** Focus the research on a specific age group of students. For example, youth (13-19 years), young adults (20-25 years), etc., can be targeted.
- **Sample size:** We can obtain a sample based on references for our research. Before taking a content-rich sample, we can consider various social and economic factors.

IX. REFERENCES

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