Impact of Mobile Phone on Childhood in Pakistani Society

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Abstract

The main focus and intention of this research is to study the impact of mobile phone on childhood. In current century mobile phone is going change the social life of people and transform the norms and values of society. The main objectives of the study were (a) to study push and pull factors of using mobile phone on children (b) to identify the factors which affect mobile phone on children; (c) to study the impact of mobile phone on children. The nature of this research article was descriptive while questionnaire and interview were used to gather information form the children, parent and teachers. Study was conducted on one tehsil of district Muzaffargarh (City of Pakistan). Total 240 children (age between 10-16 years), 50 parents and 50 teachers were selected by using random sampling technique. For this study a questionnaire and interview were used. The questionnaire was designed on three scales because it is difficult for children to give their opinion on five points likart scale. For parents and teachers interview schedule was used to get empirical evidences. After finalization of research tools, researcher visited school and collect data from the children by adopting proper procedure and ethical consideration to collect data. More than 80% mothers reported that most of the time their children spend time on mobile phone at home and they have observed frequent pain in hand and elbow in their children and reported the major cause this mobile phone.

Key words: Mobile phone, Childhood, Social life and push and pull factors.

Introduction

Technology is ability to use manage understand and access technology. Technology is a study by which human modify nature to meet their needs and wants. And suit their own purposes. Technology is a Greek word in which techno mean art, artifacts or craft and the act of making or crafting (Andreou, E., Alexopoulos, E. C., Lionis, C., Varvogli, L., Gnardellis, C., Chrousos, G. P., et al., 2011). It is used to extent human needs and abilities and to satisfy human needs and wants in technology involves the purposeful application ZZZZof knowledge experience and resources which create processes and products that meet human needs. People judge the disability of technological application by their impact on health, personal wellbeing and life style, economist and ecosystems. Mechanism for distributing message include sing postal systems, ratio and

television broad casting companies, telephone, satellite and computer" Technology means convey to message through postal system radio and television, satellite and computer to the world or other person. Education technology is a study of technology which provides an opportunity for students to learn about the process and knowledge related to technologies that are needed to solve problem and extend human capabilities. Technology teaches a curriculum to the teacher that called education technology. Technology studies involve students and that education which is problem based learning utilizing math, science and technology principles.

Technology includes the entire infrastructure necessary for the design, manufacture operation and repair of technology artifacts because knowledge and processes used to create and operate technological artifacts. Technology is a product of engineering and science the study of natural world (Bener, A., Al-Mahdi, H. S., Vachhani, P. J., Al-Nufal, M., & Ali, A. I., 2010).

Mobile phone can be unsafe and Problematic, which may be went with by a decreased feeling of volitional control and prompt tenacious cell phone movement (Karpinski, A. C., Kirschner, P. A., Ozer, I., Mellott, J. A., & Ochwo, P., 2013), prompting emotional wellness manifestations, for example, unrest, sleep disturbance, and mental stress and anxiety (Chesley, 2005; Thomee *et al.*, 2011; Nilsson & Hagberg, 2007). Measure of studies have been done concentrating on smartphone addiction (Youthful, 2004), risky utilize (Martinotti et al., 2011; Chen & Kim, 2013), mental depression or over usage of mobile phone (Buckner, Castille & Sheets, 2012; Bener, Al-Mahdi et.al., 2010) of the Web and different other applications.

Mobile phone utilization has been changing day by day plans, propensities, social practices, emancipative potentials, household dealings and social communications. The consistent read-through or potentially utilization of mobile phone applications twenty four hours in a day has been connected to rest unsettling influences, push, uneasiness, withdrawal and crumbling in prosperity, diminished academic performance, and diminished physical activeness (Thomee *et.al.*, 2011). Inquiries about researching mobile phone utilization and its effects on persons' lives are quiet at an initial stage. In any case, concentrates so far have demonstrated that utilization of mobile phone may prompt to mental issues and psychological disorders (Lee, Chang, Lin & Cheng, 2014; Hawi & Rupert, 2015).

A harmful effect of cell phone and academic performance of children according to few studies have been found by different studies (Karpinski *et al.*, 2013; Judd, 2001). Specifically, in view of Rosen *et al*. (2013) this connection has been distinguished between mobile phone and its harmful effect on children education, health and social life. It not only affect the children grades but affect their social life circle as well[10].

Childhood period is considered the most significant period in term of physical, mental, psychological and emotional growth of the children. Piaget divided childhood period into three stages, early childhood, middle childhood and adolescence. This period of child development is called transitional period of child physical, emotional and psychological development occurs (Wikipedia, 2018). This research, investigate the impact of mobile phone on children education and health as during this age children indulge themselves in different negative and positive activities. Mobile technology has dual effect on child development. It can impact positively when we use mobile phone for education and vocabulary development purpose but some case it effect on negatively and become source of wastage of time.

Research Problem :

The previously mentioned studies about impact of mobile phone on students' performance contribute set off our interest in exploring two connections. To start with, we tried to examine the association between cell phone usage hazards *and its impact on children (education, health and social wellbeing).* This study will investigate the impact of mobile phone on children.

Objectives of the study :

The main objectives of the study were (a) to study the different merits and demerits of mobile phone; (b) to identify the factors which affect mobile phone on children and (c) to study the impact of mobile phone on children.

Assumptions of the study :

Following will be assumptions of study.
1. Identifications of the positive aspects of mobile phone
2. Identifications of the negative aspects of mobile on children.

Research Methodology :

The descriptive method was adopted to carry out this study while survey method was used to gather information from the children to study the impact of mobile phone on children. All the primary schools of tehsil Alipur was the population of the study. The total number of primary schools in Alipur Tehsil is 220 in which

approximately 40,000 students studying. Further interview from parents and teachers were conducted as well. Total 240 children, 50 parents and 50 teachers were selected by using random sampling technique. Sample.

Development of the Instrument :

Descriptive researches carried out on the basis of information and measurement of data. For this study a questionnaire and interview were used. The questionnaire was design on the three point scale (Never, Sometime and Almost) because it is difficult for children to give their opinion on five points likart scale. For parents and teachers researcher designed interview schedule. After finalization

of research tools, researcher visited elementary school and collect data from the children by adopting proper procedure and ethical consideration to collect data.

Analysis of Data :

Mobile phone has positive and negative effect almost in all categories of human life. Mostly mobile phone has both positive and negative impact on children health, education, social, physical, moral and psychological. Further it has changed our values, norms and cultural limitations. This research study investigates the push and pulls factors of using smart phone by the children at primary schooling.
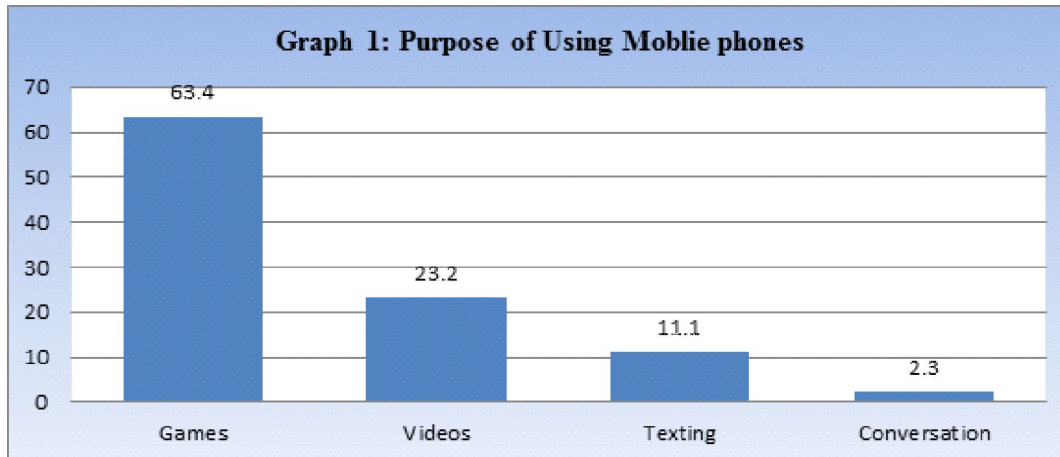
Graph 1 describes about the purpose of using mobile phone. It is quite clear from the data that most of (63.4%) children use mobile phone to use games, (23.2%) children were of the view that they watch different videos of animals, cartoons and pet, (11.1%) respondents were using mobile for texting while (2.3%) children use the mobile phone for the sake of conversation. Empirically, it can be concluded that most of the children use mobile phone to play games.

Table 1 Number of hours spent on mobile daily

Sr. No	Items	Percentage
1	Less than 1 hour	6.8
2	1 hour	9.5
3	2 hours	19.4
4	3 hours	22.3
5	4 hours	29.1
6	5 or more than 5 hours	12.9

Table 1 explains the number of hours spent on mobile phone daily. Most of children were of the opined that their parents easily allow them to use their mobile 3 hours to 4 hours. (12.9%) respondents spent more than five hours daily. It shows that most of parents allow their children to use mobile phone at home.

Table 2 Status of Mobile in Class/Home

Sr. No	Items	Percentage
1	On Vibrant Mode	28.4
2	On Powered off Mode	7.9
3	On Silent Mode	21.4
4	On Bell Mode	34.5
5	Others	7.8

Table 2 describes about the status of mobile phone in classroom or at home. (34.5%) children kept their mobile on bell mode while in classroom or at home while (28.4%) children's mobile phones are on vibrant mode hence (21.4%) students keep their mobile on silent only (7.9%) children keep their mobile phone on powered off mode. This data shows that most of the children do not know the ethics of using mobile phone in classroom.

Table 3 Children know the harmful effects of using mobile phone

Sr. No	Items	Percentage
1	Yes	62.4
2	No	37.6

Table 3 signifies that most of children know the harmful effects of using mobile phone but instead of knowing the harmful effect they spent their most of the time on using mobile phone.

Table 4 Children perception about the usefulness of mobile phone

Statement	Never %	Sometime %	Almost %	Total %
I use mobile during my leisure time	23.9	22.6	53.5	100
Mobile phone makes disturbance in studies and home tasks	13.1	25.7	61.2	100
Mobile phone help me cheating in examination	57.1	23.4	19.5	100
Mobile phone prohibit me participating in social events	8.5	12.1	79.4	100
Mobile phone increases aggression	17.9	20.8	61.3	100
My sleep is disorder due to mobile phone addiction	18.7	2.4	78.9	100
Mobile phone helps me in my study	19.3	22.1	58.6	100
Use of mobile phone motivates me in my studies.	45.7	20.7	33.6	100
Due to number of apps in mobile, students do not find time for study	31.5	45.3	23.2	100
Due to mobile phone I always remain under stress	23.0	22.1	54.9	100
I always care my mobile phone	1.1	16.1	82.8	100
I am careful about my books	21.0	23.1	55.9	100
I can use mobile while taking meal.	16.7	22.1	61.2	100

Table 4 discusses about the children perception about the usefulness of mobile phone. Data explains that more than half (53.5%) of the children use their mobile phones during leisure time. They think that mobile phone is a best source of their leisure time while (61.2%) of the participants opined that the use of mobile phone create disturbance in studies and home tasks. But instead of knowing the consequences most of children are addicted to use mobile phone. Most of the (57.1%) children use mobile phone for another purpose instead of cheating in examination while (19.5%) children use mobile for the purpose of cheating in examination. A vast majority (79.4%) child opined that due the mobile phone technology they could not participate in social gathering and different social events. They remain busy on mobile phone and some time they reached late on events. Another major push factor of using mobile phone is it increases aggression among users. Most of (61.3%) mobile users (Children) were of the view that due to mobile phone they remain in aggression and (78.9%) children could not sleep well due to mobile phone. They play games and watch different videos on mobile late night. More than half of the children were of the view that they get help in their study from mobile phone while (19.3%) children opined that mobile phone is just the source of conversation and text. When children were ask either the mobile phone motivate them in their studies, more than half of the children were having negative opinion about this

statement while (33.6%) children have diverse opinion that they got motivation through watching different motivational videos on mobile phone. Now a days android mobile have different applications which entertain the users in wider sense. Most of the children could not find time for study due to mobile phone. More than half of the students always remain under stress due to mobile. Data further identified that (82.8%) of the respondents were of the view that they care their mobile phones very much. When the same question were asked how much they have careful attitude about their books. (43.1%) children have careless attitude about book while (61.2%) children use mobile phone while taking lunch and dinner.

Parents' and teachers' perception about use of mobile phone for children

Children usually use father, mother, brother and sister mobile phone frequently at home. Manly the mother phone serves as an opportunity for children to use mobile phone. When mothers were interviewed ask question that what you have observed the changes among children while using mobile phone. Most of the mothers replied that due busy routine they cannot spend time with their children. Due to this reason, children use mobile and remain busy in it. But due the excessive use of mobile children most of the mothers had observed changes among their children. First of all children sitting posture changed, secondly, the major

effect of excessive use of mobile phone affect directly on eye sight of children. International journal of preventative medicine published a research observed the similar type of effect on children. More than 80% mothers reported that most of the time their children spend time on mobile phone. More than half the parents discussed that their children had become the addicts of mobile phones. Further mothers discussed that they observe frequent pain in hand and elbow in their children and reported the major cause this mobile phone. Empirically, it can be said that parents and society should teach the proper use of mobile phone to their children and how they can save their children from the harmful object.

Conclusion

This research study reported that children use their mobile phones during leisure time and think that mobile phone is a best source to spend time. They also use mobile phone for cheating purpose in examination. Mobile phone prohibits them to participate in social gathering. More than half of the children were of the view that they get help in their study from mobile phone while children opined that mobile phone is just the source of conversation and text. Children are more careful about their mobile than their books. This study gives clear concepts on how to use mobile phone and its impact on children health, physical activates and psychological aspect of their lives. This research provides clear guideline that how most of children age between 10-16 years use mobile phone at home and in some cases in school. Parents and society should be aware of the consequences of the effect of mobile phone on children. Most of the time parents provide security to the children when they are out of home or through Closed-circuit television (CCTV) on gate but they forget that they have given their children mobile phone with internet facility inside home. Children misuse the mobile phone and kill their time. In result, their performance effects in school and gradually it cause drop out from the school or achieve low grades. It is the duty of parents, teachers and society that they allow mobile phone to their children from specific age so that they may use the mobile phone in positive sense.

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