

Paper- DSE4

**THE USAGES OF SMARTPHONE AND ITS IMPACTS: A
STUDY AMONG THE COLLEGE STUDENTS OF HALDIA,
WEST BENGAL**

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TO WHOM IT MAY CONCERN

This is to certify that **SRI. SANDIP MANNA**, University Roll. **1126116** No. **200004**, Registration No. **1160474(2020-21)** a student of the Department of Anthropology of this College did his compulsory fieldwork of B.Sc. (Hons.) Semester-VI, Subject-Anthropology, Paper-DSE-4 and prepared this report entitled As “**THE USAGES OF SMARTPHONE AND ITS IMPACTS: A STUDY AMONG THE COLLEGE STUDENTS OF HALDIA, WEST BENGAL.**” under the guidance and supervision by the undersigned.

He was very sincere and dutiful during the fieldwork and preparation of the report. I wish his every success in life.


(DR. SOUMI DEY)

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No work is possible single handed, the contributions, supports of all forms, interactions and motivations of connected and concerned personalities and contexts are the most obvious and significant part to make any effort successful.

I am indebted to many individuals who supported me in the present study, conducted among the students of Kaldia Government College of Purba Medinipur, West Bengal.

It is my privilege to acknowledge my parents for all their inspiration, wisdom and backing of this research work as a whole. I would also like to thank to my supervisors Dr. Soumi Dey for their support and guidance during the entire phase of this work-form pre study phase to the finalization and completion of the report.

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Last but not the least, my love for all my classmates; I could not have accomplished my goal without the cooperation and mental support from every one of them. I cannot thank enough for all their support.

Date: 8/8/23

Sandip Manna
Signature

INTRODUCTION

Global technology and its changes significantly influence each and every individual's life. In the sphere of communication technology, society is currently adopting new developments quickly. In today's world, a mobile phone is not only a vital communication tool but also a social accessory. It is seen as a significant communication tool and has become an integral part of the society. Smartphone has been developed since the emerging of the first mobile phone dating back to 1983. During 1993-2003, digital technology was applied to Smartphone technology creating various features (Palachaiyomsil, 2011).

Smartphones are mobile phones with radical features that are frequently utilised for things other than the essential demands of communication. It has possibly taken over functions offered by desktop and laptops, such as web browsing, gaming, listening to music, and viewing movies, to name a few, and as a result has unavoidably become a necessity rather than a luxury in people's lives, becoming pervasive. As a result, young people now face a brand-new health risk known as smartphone addiction. Addiction can be described as dependence, the continuous use of something for the sake of relief, comfort or stimulation, which often causes cravings when absent (WHO Expert Committee, 1964). Smartphone addiction is the excessive use of smartphones in a way that is difficult to control and its influence extends to other areas of life in a negative way (Park and Lee, 2012). Smartphone addiction can be considered as a behavioural addiction related to media which includes a craving or compulsion, loss of control of usage, and persistence in behaviour despite accruing adverse consequences (Shaffer, 1999). Smartphone addiction is no different from any other substance addiction. India is the second biggest smartphone market in terms of active smartphone users and only next to China. With the number of users crossing 220 million in February 2016, according to a report by Counterpoint Research, it has reached all segments of population from all parts of the society. From 5% rise in usage of smartphone among young adults in 2012, there was a steep rise to 25% in the usage in 2014 (Katz, 2002).

Numerous studies on young people around the world have found that they view cell phones as essential for survival (Bonetti, 2010; Jung, 2013). Some of these studies have even found that some young people would prefer to go without food for a day than live without their cell

phones. Being so ingrained in their daily lives, frequent messaging, calling, listening to music, playing phone games, or just tinkering with the phone. Prior research on smartphone usage and its addiction focused primarily on urbanised areas and in particular on the youth who belong to the upper middle class or middle class and have easier access to electronic devices. The current study will concentrate on the students of a specific college in a suburban area of Purba Medinipur district in West Bengal, where students are primarily from villages in nearby and far-off locations and few are local individuals of Haldia itself. They mainly fall into the lower middle or below poverty economic group. After COVID 19 broke out, the majority of students got mobile phones to use for their online studies, and parents were compelled to provide their children this new necessary device. This study will find out the smart phone usage behaviours, gender wise difference in some extent and its impact on different aspects of their life.

OBJECTIVES

The present study has been conducted with the interest

1. To understand the usage of smartphone among the college students.
2. To know the impact of smartphone among them.
3. To understand whether smartphone usage varies by gender.

METHODOLOGY

The present study is a qualitative exploration primarily. However, this study adopted descriptive statistics for better understanding of the issues; these dual approaches have enhanced the trustworthiness of the research findings (Greene, Caracelli, and Graham, 1989; Cohen; Manion, and Morrison, 2018). To understand how participants use their smartphones and its impact upon them, researcher used Google form as questionnaire for the collection of data, Google form Link: https://docs.google.com/forms/d/1azCluyoRWgOUI_TzOaYQhFryCibvAGtpeGrzRHg3Wso/edit and spread it among the current college students of Haldia Government College. There were total 45 questions in these data sheet including multiple choice questions and short answer type questions. As the time is very short, I have collected only 50 data set through this online process. 25 male and 25 female students are among them. To realize subjective understanding of the objective reality face to face semi-structured interviews have been conducted on 15 individuals among these students. The aims of the interview technique are to gain as possible as a detailed description of the collected information and explore different domains. Interviews can dig-deeper than questionnaires by providing more opportunities for researchers to engage with dialogue about their participants attitudes, motivations, and opinions about a complex issue (Punch and Oancea, 2014). The one-to-one in-depth interview method proved to be useful since it created opportunities for respondents to reflect on their own experience towards smartphone and its impact that came up during the interview. All interviews were conducted in Bengali. The one-to-one interview were transcript and these were subjected to a thematic analysis to help understand the meanings that the respondents attached. The major themes that developed from this thematic data analysis reveal respondents' subjectivities about the smartphone usage behaviour. Interpretative narrative analysis and descriptive statistics are considered for data analysis.

Limitations:

Every attempt is taken to complete this work successfully in existing environment minimizing the prevailing limitations.

- a) For a quality research work it requires sufficient time, but this research has to suffer from time constraint. Only 15 face-to-face interview are conducted.

- b) There was a lack of interest of the informants to answer the questions. Google form were spread among nearly 350 college students but only 50 students are fill these form, also they are too from my friend circle.

RESEARCH FINDINGS

The present study is conducted on the students of a college (Haldia Government College), under Haldia Municipality, Purba Medinipur in West Bengal. The data were collected irrespective of their age, sex and religion. Total 50 students are studied. They are mainly residents of Haldia and its adjacent area like Chalkdwipa, Durgachak, Nandigram, Kapasaaria etc. The students are from 19 to 21 years of age group. All the students are Bengali speaking.

PROFILE OF THE STUDY PARTICIPANTS:

Most of the students are from rural background and some are from urban area. 56% students are from rural background, 12% are from semi-urban, and 32% student lives at urban area. The students mainly belong to lower-middle economic group or below poverty level. 52% students fall in the group whose monthly family income is below ten thousand. 30% have eleven to twenty thousand. Only 4% students are said their monthly family income is from forty to fifty thousand and or above.

Table No. 1

DISTRIBUTION OF STUDENTS ON RESIDENTIAL AREA	
Residential area	Percentage of Students
Rural	56.00%
Semi-urban	12.00%
Urban	32.00%
Total	100%

Table 1 revealed among the studied participants 56% are from rural background, 12% are from semi-urban, and 32% student live at urban area.

Table No. 2

FAMILY INCOME PER MONTH	
Monthly Income of Family (in rupees)	Percentage of Students
Below 10,000	52.00%
11,000 - 20,000	30.00%
21,000 - 30,000	10.00%
31,000 - 40,000	4.00%
41,000 - 50,000	2.00%
Above 50,000	2.00%

Diagram no. 1. Pie chart showing monthly family income of students (in rupees)

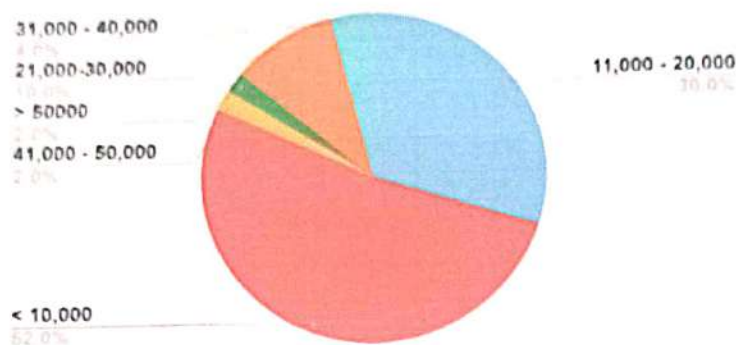


Table 2 revealed above 50% student belongs to the family income of below 10,000; family income of 30% students is from 11,000 to 20,000; family income of 10% students is from 21,000 to 30,000; and only 2% students belong to the family income of from 41,000 to 50,000 and above 50,000 rupees each (N-50).

SMARTPHONE USAGE BEHAVIOURS:

Smartphone usage behaviour refers to the ways individuals interact with and utilize their smartphone in their daily life. This behaviour encompasses various activities, patterns, and habits associated with smartphone usage. Smartphone usage behaviour among the students has become a significant topic of study due to the widespread adoption of smartphones and their impact on various aspects of student's life, including education, social interaction and health.

Smartphone usage time per day:

Smartphone use time among students depend various factors like age, location, culture, academic demands and personal habits. This survey reveals students use smartphone according to their needs and behaviour. Only ten percent male students use their smartphone below three hours, where for female it is about forty-seven percent. Forty-five percent male student use smartphone between four to six hours and same number for above six hours, where only seventeen percent female use their smartphone above six hours.

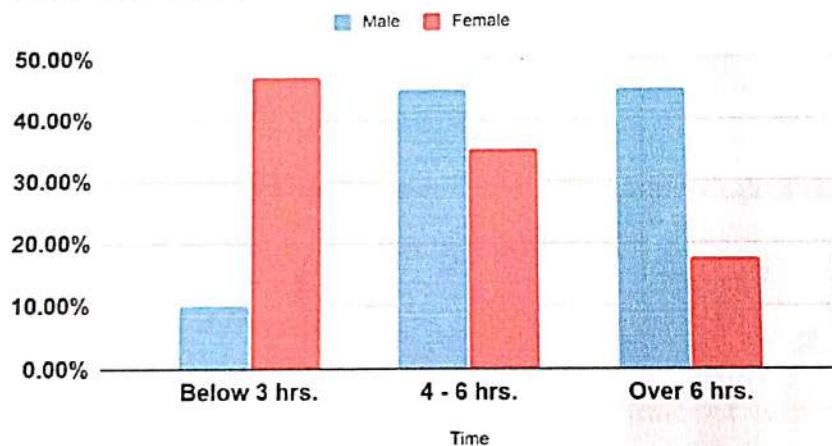
Table No. 3

GENDER WISE SMARTPHONE USAGE TIME (PER DAY) DISTRIBUTION			
Time	Male	Female	Average
Below 3 hrs.	10.00%	47.10%	28.55%
4 - 6 hrs.	45.00%	35.30%	40.15%
Over 6 hrs.	45.00%	17.60%	31.30%
Total	100.00%	100.00%	100.00%

Table no. 3 reveals more of the student usage their smartphone between 4 to 6 hours per day, they are of 40.15% among the students studied. 28.55% student usage smartphone below 3 hours where 31.30% students use their above 6 hours per day.

Diagram no. 2. Bar chart showing smartphone usage time

Male and Female

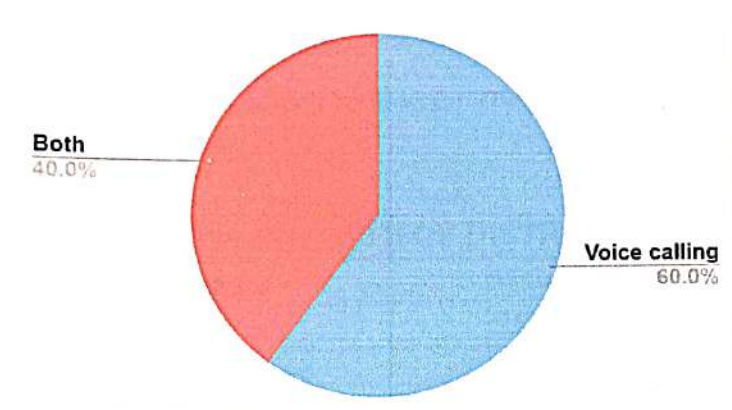


This bar diagram reveals very few male students use their smartphone below 3 hours throughout the day, for 4 to 6 hours and above 6 hours they show same percentage, 45%. More of the female students use their smartphone below 3 hours, they are 47.10% among the total female students. 35.30% female students use their smartphone from 4 to 6 hours throughout the day and 17.60% use above 6 hours. In comparison of above 6 hours usage number of male students are more than twice of female students.

Type of Calling:

Calling is the most essential feature of mobile. Keep up with the technology upgradation video calls started with the voice calls. Study reveals sixty percent students doing only voice call and forty percent student says they doing both voice and video call. No one student is only doing voice call.

Diagram No. 3. Pie chart showing vested time on calls

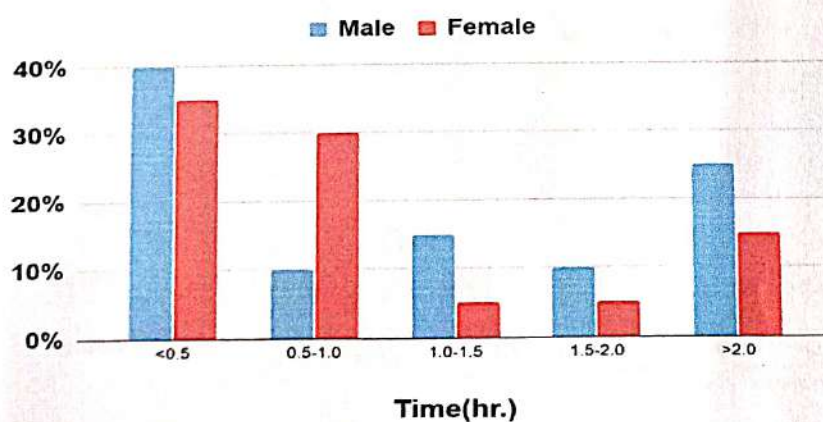


This pie chart reveals 60% students doing voice call and 40% of the student doing both voice and video call (N-50). No one student is only doing voice call.

Gender wise total calling time difference:

There were not found such type of significant different of calling time between male and female students. Majority of the students admitted they do calls or receive calls from more than thirty minutes per day.

Diagram no. 4. Bar chart showing Calling time per day



This bar diagram reveals calling time below half an hour among the male and female students are almost same. For 0.5-to-1.0-hour female are more than male students. Calling time for 1.0 to 1.5 hours, 1.5 to 2.0 hours and above 2 hours male are more than female students.

Types of Smartphone Chat:

Students are engaged in various types of chatting on WhatsApp, Facebook, Instagram and other social-media platform. Study shows students are doing study related messages, chatting with friends and relatives more. Where some male students are found chatting with unknown persons, no one female found to do such.

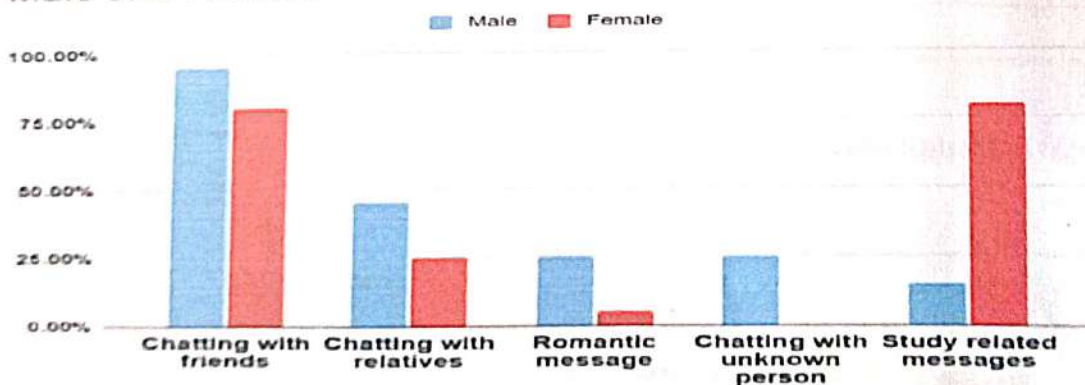
Table No. 4

GENDER WISE FREQUENCY DISTRIBUTION OF DIFFERENT TYPES OF MESSEGES			
Types of Messages	Male	Female	Average
Chatting with friends	95.00%	80.00%	87.50%
Chatting with relatives	45.00%	25.00%	35.00%
Romantic message	25.00%	5.00%	15.00%
Chatting with unknown person	25.00%	0.00%	25.00%
Study related messages	15.00%	80.00%	47.50%

Table no. 4 revealed, on an average 87.50% students doing chatting with his friends, 47.50% students doing study related message, 35% with their relatives, 25% with unknown persons, and only 15% students doing romantic messages. This data reveals no female students doing chatting unknown persons.

Diagram no. 5. Gender wise frequency distribution of different types of chatting

Male and Female



This bar diagram reveals that for all these types of message male students are more than female students, only for study related message female students are more than male students. Among the students studied 80% female doing study related message where for male students it is only 15%. Most of the students chatting with their friends for male it is 95%, for female it is 80%. No one female student chatting with unknown person, where 25% male do. Also male students are doing more romantic messages than female students.

Watch sports on Smartphone:

Watching sports on mobile has become increasingly popular due to convenience and accessibility that smartphone offer. Mobile apps and streaming services allow sports enthusiasts to watch their favourite games, matches and tournaments on the go. Only forty eight percent student among the 50 participants watch sport on their Smartphone.

Diagram no. 6. Pie chart showing who watch sports on Smartphone (N-50)

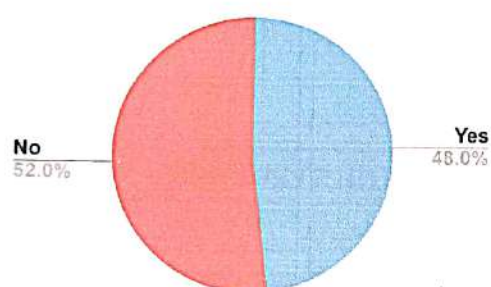


Table No. 5

GENDER WISE DISTRIBUTION OF STUDENTS WHO WATCH SPORTS IN PERCETAGE (N-24)		
Gender	Male	Female
Percentage of Students	70.00%	30.00%

This table no. 5 revealed 70% male students watch sports on their smartphone where for female student it is only 30%.

Online Gaming on smartphone:

Online gaming has become immensely popular and has transformed the way people were played. For the students has become an immediate option for feeling pleaser. Seventy four

percent students (where N=50) say they play on line game like, Free fire, Ludo, Candy crash, carom. Among this, seventy-five percent male students are playing online games, females are only twenty-four percent (N=37).

Diagram no. 7. Pie chart showing students playing online game.

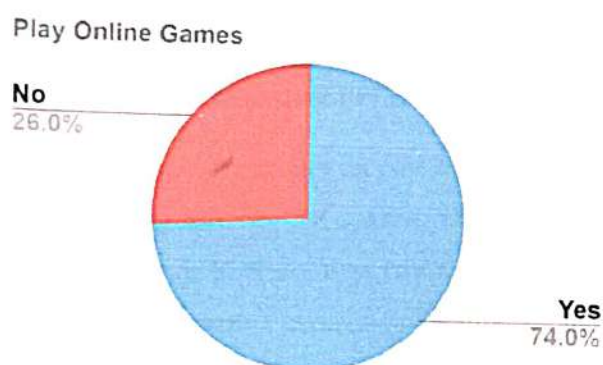


Table No. 6

GENDER WISE DISTRIBUTION OF STUDENTS PALY ONLINE GAME (N-37)		
Gender	Male	Female
Percentage of Students	75.67%	24.33%

Table 6 reveals only 75.67% male students are playing online game where the females are only 24.33% playing online game.

Frequency of playing online game:

Most of the students are playing online game regularly. Some are found play occasionally. About forty five percent students play online game every day, thirty six percent play occasionally and eighteen percent play weekly.

Table No. 7

FREQUENCY OF PLAYING ON LINE GAME IN PERCENTAGE	
Frequency	Percentage of Students
Per day	45.45%
Per week	18.18%
Occasionally	36.36%

Table 7 reveals among those students playing on line game, they play more on every day. 45.45% students play every day, 36.36% play occasionally and 18.18% students play it weekly.

Time of Social-media usage time per day:

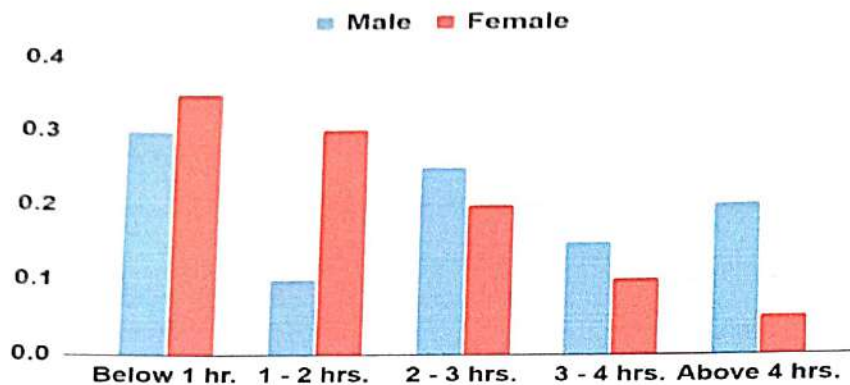
Social media has become an integral part of modern life, enabling people to connect, share, and interact with others in virtual spaces. Study shows on an average thirty two percent use social media below one hour per day, twenty percent one to two hours, twenty percent two to three hours and about twelve percent student use three to four hours and also same for above four hours. Five percent female use social media above four hours while is twenty percent for male students.

Table No. 8

GENDER WISE DISTRIBUTION OF STUDENTS OF SOCIAL MEDIA USAGE TIME IN PERCENTAGE			
Time distribution	Male	Female	Average
Below 1 hr.	30%	35.00%	32.50%
1 - 2 hrs.	10.00%	30.00%	20.00%
2 - 3 hrs.	25.00%	20.00%	22.50%
3 - 4 hrs.	15.00%	10.00%	12.50%
Above 4 hrs.	20.00%	5.00%	12.50%

This table no. 8 reveals average 32.50% student use social media below one hour, 20% from 1 to 2 hours, 22.50% from 2 to 3 hours, 12.50% from 3 to 4 hours and same for above 4 hours.

Diagram no. 8. Bar chart showing social media usage time



This bar diagram reveals for below 1-hour social media usage and 1-to-2-hour usage female are more than male student, where for 2 to 3 hours usage, 3 to 4 hours usage and above 4 hours usage males are more than females. 30% male students use social media below 1 hour and female is 35%. For above 4 hours usage male is 20% and female is only 5%.

Online shopping products:

Online shopping has become a convenient way for consumers to shop for a wide range of products without the need to visit physical stores. Study shows male students used to buy garments, electronic products, fashion products more while female students buy garments, study accessories, jewellery and fashion products more. 55% male student buy electronic products where females buy only it 10%. 40% female said they buy jewellery online and 15% buy toy and hobby, while no one male students buy jewellery or hobby and toy. Very few male students buy book online, they are 5% while 35% female said they purchase book online.

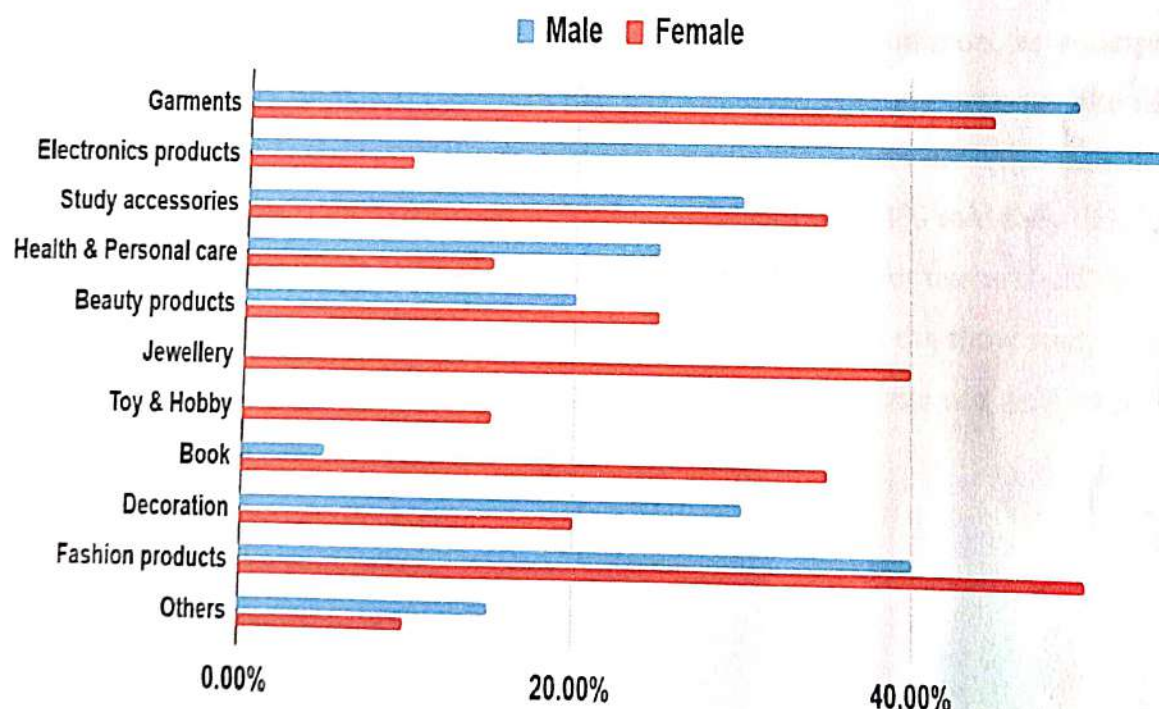
Table No. 9

GENDER WISE FREQUENCY DISTRIBUTION OF BUYING ONLINE PRODUCTS IN PERCENTAGE		
Products Name	Male	Female
Garments	50.00%	45.00%
Electronics products	55.00%	10.00%
Study accessories	30.00%	35.00%

Health & Personal care	25.00%	15.00%
Beauty products	20.00%	25.00%
Jewellery	0	40.00%
Toy & Hobby	0	15.00%
Book	5.00%	35.00%
Decoration	30.00%	20.00%
Fashion products	40.00%	50.00%
Others	15.00%	10.00%

Table 9 reveals male students used to buy garments, electronic products, and fashion products more while female students buy garments, study accessories, jewellery and fashion products more. 55% male student buy electronic products where females buy only it 10%. 40% female said they buy jewellery online and 15% buy toy and hobby, while no one male students buy jewellery or hobby and toy. Very few male students buy book online, they are 5% while 35% female said they purchase book online.

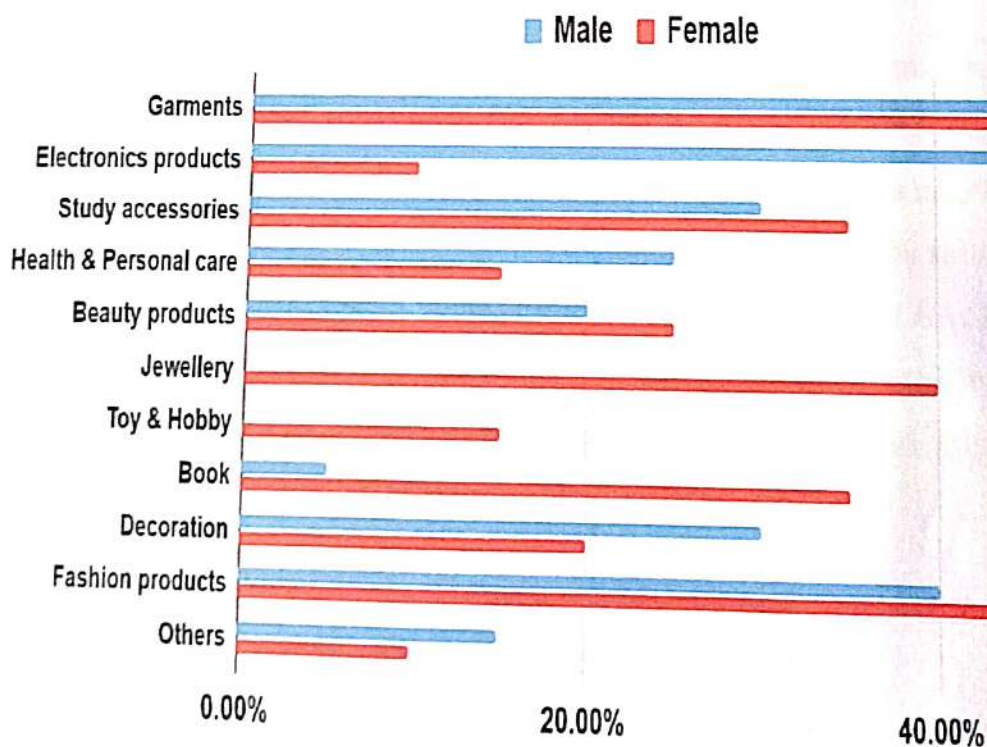
Diagram no. 9. Horizontal bar chart showing students purchase products online



Health & Personal care	25.00%	15.00%
Beauty products	20.00%	25.00%
Jewellery	0	40.00%
Toy & Hobby	0	15.00%
Book	5.00%	35.00%
Decoration	30.00%	20.00%
Fashion products	40.00%	50.00%
Others	15.00%	10.00%

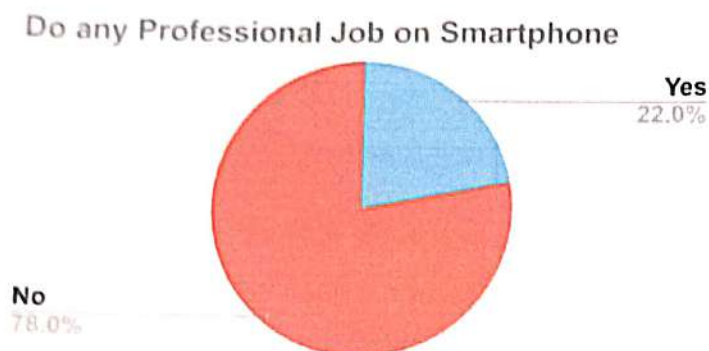
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Diagram no. 9. Horizontal bar chart showing students purchase products online



Study shows only 22% of the total students do any professional job on their smartphone like photo shoot, editing, net banking etc. Those students do professional job on their smartphone 40 % males among the total male students where females are only 10% among total female students.

Diagram no. 10. Pie chart showing students use smartphone for professional job

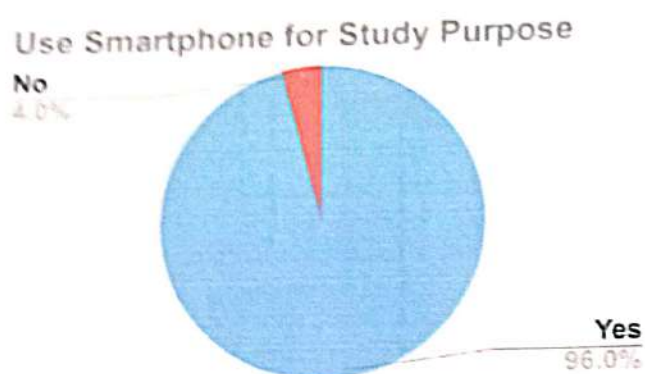


This pie chart showing only 22% of the total students do any professional job on their smartphone like photo shoot, photo editing, net banking etc. 40% males among the total male students where females are only 10% among total female students do professional job in smartphone.

Mobile usage for study Purpose:

Using mobile devices for studying has become increasingly common, as smartphone and tablets offer various tools and resources that can aid in the learning process, like digital text book reading, educational applications, video lecture, online classes etc. 96% student says they study on their smartphone in addition to hard material and only 4% said they didn't use their smartphone for study purpose. Students do use their smartphone for text and pdf reading while study on mobile, they are 80% of total students. 66% students said the show study related video and 40% do online classes on their smartphone. Most of the students use their smart phone for study purpose between one to three hours.

Diagram no. 11. Pie chart showing usage of smartphone for study



This pie chart shows 96% student study on their smartphone and only 4% said they didn't use their smartphone for study purpose.

Table No. 10

DISTRIBUTION OF MOBILE USAGE TIME FOR STUDY PUPOSE	
Time distribution	Percentage of Students:
Below 1 hr.	13.33%
1 - 2 hrs.	31.11%
2 - 3 hrs.	28.88%
3 - 4 hrs.	17.77%
Above 4 hrs.	8.88%
Total	100%

Diagram No. 12. Bar chart showing time frequency of smartphone usage for Study

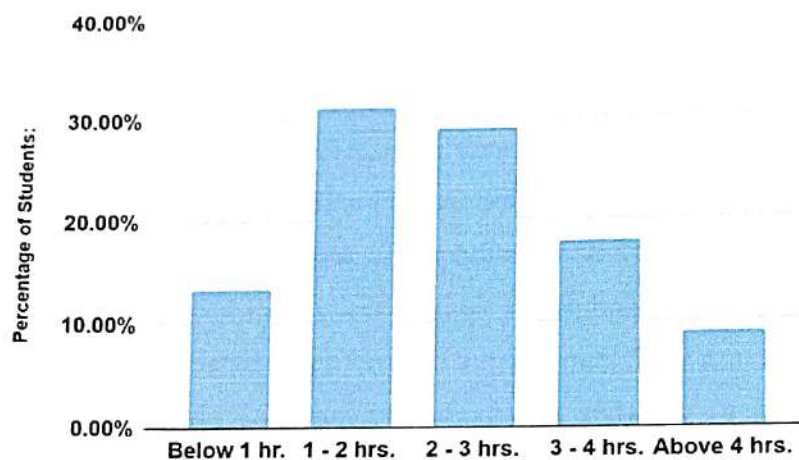


Table 1 and diagram no. 11 both reveals most of the students use their smartphone for study purpose for 1 to 2 hours or 2 to 3 hours, they are 31.11% and 28.88% respectively. Below 1 hour use 13.33% students and 17.77% use from 3 to 4 hours. Only 8.88% students use their smartphone above 4 hours.

Table No. 11

FREQUENCY DISTRIBUTION OF TYPES OF USAGE SMARTPHONE FOR STUDY PURPOSE	
Types of Usage	Percentage of Students
Text & pdf reading	80.00%
Study related video	66.00%
Online classes	40.00%

Table 11 reveals most of the students do use their smartphone for text and pdf reading while study on mobile, they are 80% of total students. 66% students said the show study related video and 40% do online classes on their smartphone.

IMPACT OF SMARTPHONE ON STUDENTS:

During the covid period smartphone become an essential part of studying. After this period situation become normal but inclination towards studying online gradually increases. These days students become more dependent on digital sources, they accustomed with that. Tendency of teachers to provide digital notes also increases in colleges, so students use their smartphone for studying in various purpose, like PDF reading, online classes, for Google search etc. Data reveals 96% student could use their smartphone for study purpose. In addition of using hard material 80% student read Pdf or text on their smartphone, 40% do online classes and 66 % students watch study related video on their smartphone. 52% student says smartphone effect their study positively, 34% are not sure about that and only 14% students says negatively effects on study. Chandan a student of Haldia Government College said,

" I am preparing for SSC, CGL, banking exam. I do all my classes on YouTube..... Yes notification disturb little but I am focused that I have to complete this topic. If friends calls while I am studying, I say I am reading now I will call you later..."

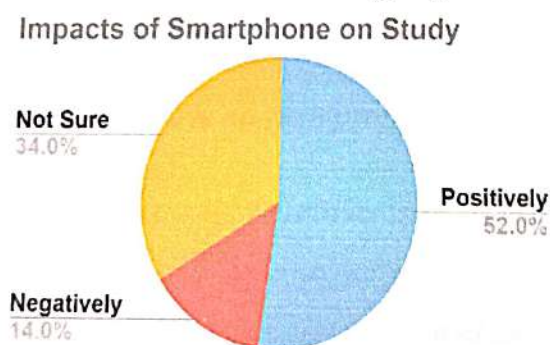
Aven Tudu also a student of Haldia Government College shared,

" My friends provides questions and notes on WhatsApp, I do cope this on my notes book.... "

Tara Shankar says, *"I study from hard copy, sometimes I shaw YouTube for my preparation."*

Nay says, *"...now education means mobile..."*

Diagram no. 13. Pie chart showing impact of smartphone on study



This pie chart shows 52% students said smartphone affect their study positively, 34% not sure about that and only 14% students said smartphone affect their study negatively.

Impact on Health:

Excessive smartphone use is associated with difficulties in cognitive-emotion regulation, impulsivity, impaired cognitive function, addiction to social networking, shyness and low self-esteem. Medical problems include sleep problems, reduced physical fitness, unhealthy eating habits, pain and migraines, reduced cognitive control and changes in the brain's gray matter volume.

Data reveals 28% students face different health issues, 30% student are not sure about that and 42% students says they was not facing any health issue due to mobile phone uses. And 35% students are going to bed late night after 12:00 a.m.

Pritam is a student of Haldia Government College (HGC) says,

"After completing my dinner I used to read 1 to 2 hours after that I check if any messages came in WhatsApp, status, Facebook or YouTube shorts, reels it become one or one and half hours then I go for sleep..."

Ankita also student of HGC said,

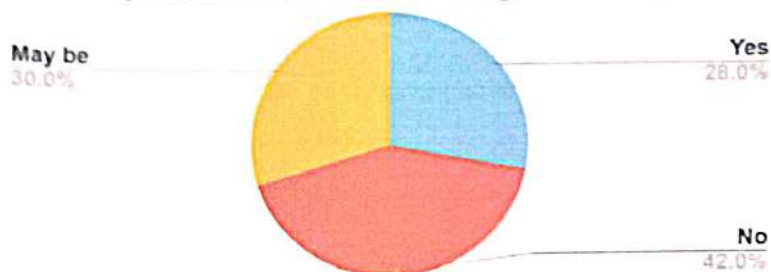
"I used Facebook all the time. I saw shorts or 5 to 10 minutes video clipping. At night I stay active on Facebook, I go with 2:00 a.m. I wake up at 8 to 9:00 a.m., those days I have tuition I wake up early. I feel little lethargy or sleepy on these mornings."

Manushya said, *"I have no such problem... just a little eye strain occasionally."*

Quantitative data reveal 58% students face headache, 40% of student face eye strain, 10% of pain in finger 24% of pain in solder and neck and 10% face depression and 8% face anxiety and 28% student did not face any such problem from smartphone.

Diagram no. 14. Pie chart showing whether facing health issues

Face Any Health Issue for Over Usage of Smartphone



This pie chart reveals 42% students not face any type of health problem for usage of smartphone, 30% said they face may be and 28% students face any type of health issue for over usage of smartphone.

Table No. 12

FREQUENCY DISTRIBUTION OF DIFFERENT TYPES OF HEALTH ISSUE FACED BY STUDENTS IN PERCENTAGE	
Different Types of Health Issue	Percentage of Students
Headache	58.00%
Eye Problem	40.00%
Pain in Finger and Palm	10.00%
Back Pain	24.00%
Pain in Shoulder and Neck	14.00%
Weight Gain	12.00%
Depression	10.00%
Anxiety	8.00%

Table 12 reveals those students face any type of health issue due to over usage of smartphone, most of the students face headache and eye problem, they are 58% and 40% respectively. 24% faces back problem, 14 % faces pain in shoulder and neck, 10% faces pain in finger and palm. 12% gain weight for over usage of mobile. 10% said they face depression and 8% face anxiety.

Impact on Attentiveness:

Mobile phones can be a major distraction for students. Apps are engineered to keep users hooked and engaged for long periods of time, making it difficult for students to focus on their academic work once they start using their devices – or even by just having them nearby.

Soumik Das (name changed), a student of Haldia Government College says, *"when I am going to read it has been happened to me once or twice, a notification came from social media site and I lost the track, after one hour I realise I have to read this topic"*

Aven is also a student of all the government college says, *"I am preparing for defence related exam it happens to me I decided to read a topic in morning then one notification related to any defence exam came and I go immediately to show this video and after that I completed my remaining topic"*.

Another one student of Government College Aditi in his opinion says that this problem happens more with me....

Another student's breejita says, *"Mobile does not disturb me while studying when I am reading I keep mobile little distance."*

The study shows notification, pop up ads on mobile screen and continuous scrolling down the short videos accelerates the concentration problem and at the same time the student those who keep their mobile little distance during study or focused on the topic to be completed in their case studying has not disturbed by mobile as such.

Impacts on relationship:

This study shows a positive impact of smartphone on the friendship and relationship with the people at home. The qualitative study among the students shows that 87.5% student chatting with their friends, 35% of with their relatives stay away from home.

Aven is a student of Haldia Government College, he stays in the college hostel,, said, *" I everyday call to my parents and daughter."*

Sunita said, *"My elder sister stays at Kolkata for study purpose I do video call with her and also contact her with mom"*.

Biswajit a student of Haldia Government College shared, *"Why I Shaw reels and shorts when I am with my friends? I do chatting with them..."*

Nayna shared, *"Generally I listen music when I come to college by bus but when I go back if my friends with me, I talking with them..."*

Undesirable impact of Smartphone:

Mobile devices such as phone, tablets, notepad that have wireless capabilities can we link to cyber bullying the more extensively teenager use their cell phone the greater their risk of exposure to both experience in and engaging with in appropriate mobile activity. The data reveals no such student in this college face any type of cyber bullying or money losing. Only one student phase a deception from 'Kaun Banega crorepati' shows. All the students here studied says they are very conscious and serious about this problem, they don't click on unknown link, advertisement and messages. If they receive any such messages or call from any unknown number the immediately block that.

Sreejita student of HGS shared,

"I immediately block unknown numbers or unknown links...."

Again, Goutam said, *"I am very series about that, also by mistake I would not click on any unknown link...."*

Impact on daily life:

Smartphone become an essential part of students' side by side it affects the overall daily routine. For excessive use of smartphone student go to bed at late night also waiting up late in the morning. when they feel little lonelier, they use smartphone social media as an obvious option to pass the time. Some students used to say they listen music all the time, before the sleep, during working, when they travelling and use social media continuously.

Ishani said, *"During the leisure period when friend are not around me I use to see reels on Facebook...."*

The study also reveals students are very serious about their WhatsApp message, they check it continuously after sometimes, before going to bed, after wake up in the morning, at any types of leisure.

CONCLUDING OBSERVATION

At present internet based technology has been developed and changed dramatically. A smartphone is one of the most important technology enhancing people to connect and communication easier and faster. This study shows gender based different on smartphone usage just like, smartphone usage time, types of chatting, watch sport, paly online game, social media usage time, online purchasing products.

However it has causes health problem like headache, eye problem, back pain, shoulder pain, pain in hand and concentration problem etc. So, smartphone should be used it consciously, and steps should be taken to prevent it from becoming an addiction. Awareness program is needed to spread up this knowledge among the students. Media can play an important role in this case and awareness program in different educational institution can be organised so that student use their smartphone purposively.

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