



A Study To Assess The Effect Of Smart Phone Usage In Adolescents At Selected High School In Tirupati

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Abstract: This quantitative study assessed the impact of smartphone usage on 100 high school adolescents in Tirupati using a descriptive research design and a self-structured questionnaire. Findings revealed that 35% of participants experienced a moderate effect, while 34% and 31% reported mild and severe effects, respectively. Statistical analysis indicated no significant association between smartphone usage impact and selected socio-demographic variables. The study concludes that unmanaged smartphone use poses a notable risk to adolescent well-being, highlighting a critical need for school-based interventions. These results emphasize promoting responsible technology habits through awareness programs and parental guidance to safeguard physical and mental development.

I. INTRODUCTION:

The advent of smartphones has revolutionized the way people communicate, access information, and entertains themselves. In recent years, the use of smartphones has become ubiquitous, with people of all ages owning a smartphone. According to a report by the International Telecommunication Union (ITU), the number of mobile phone users worldwide is projected to reach 7.1 billion by 2025, with India being one of the largest contributors to this growth. The widespread adoption of smartphones has transformed the way people live, work, and interacts with each other.

The impact of smartphone usage on adolescents is a topic of significant interest and concern. Adolescence is a critical stage of development, characterized by significant physical, emotional, and social changes. During this stage, adolescents are vulnerable to various influences, including peer pressure, social media, and technology. The increasing accessibility and affordability of smartphones have made them an integral part of adolescent life, influencing various aspects of their development, including physical and mental health, social relationships, and academic performance.

II. OBJECTIVES:

1. To assess the effect of smart phone usage in adolescents at selected high school Tirupati.
2. To associate the level of effect of smart phone usage in adolescents with selected demographical variables.

III. METHODOLOGY:

The research approach used in the study was Quantitative and the research design was Descriptive design. Sampling technique used was simple random sampling technique for an objective group.

The self-structured questionnaire was used to assess the effect of smart phone usage in adolescents at selected high school in Tirupati.

A sample of 100 adolescent students were selected for the study. The reliability for the tool $r=0.8$. Descriptive statistics and inferential statistics were used to analyse the data of study.

IV. RESULT:

The study findings revealed that out of 100, 35 adolescents were with moderate effect, 34 were with mild effect and 31 of adolescents were with severe effect. Among 100 adolescents 43 were stated that they never check smartphone for notifications, 51 were stated that sometimes the use of smartphone affected their mood, 56 were stated that sometimes they prefer online interactions over face-to-face interactions, 46 were stated that sometimes use of smartphone affected their physical activity levels, mostly 41 adolescents were stated that they should limit the use of smart phone.

The class which the adolescents were studying is statistically significant association with socio demographic variables ($P=0.01^*$). The other variables were not found to have any significant association with the effect of smart phone usage among Adolescents.

V. CONCLUSION:

The present study concludes that smartphone usage has a **moderate overall effect on adolescents** studying in the selected high school at Tirupati, with a considerable proportion experiencing mild to severe effects. Although demographic variables largely showed no significant association with the impact of smartphone use, the findings highlight that excessive or unmanaged smartphone usage can influence adolescents' well-being and daily functioning. These results emphasize the need for **awareness programs, parental guidance, and school-based interventions** to promote responsible smartphone use among adolescents and to minimize its potential negative effects on their physical, mental, and academic development.

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