

Harmful impact of using mobile phone by youngsters

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Abstract: Mobile phones are commonly used by adolescents. The aim of this study was to clarify associations between duration of mobile phone use and psychological mood in adolescent. This cross-sectional study included 15 largest shopping malls (amongst which Rabi shopping centre Tariq road, KFC (Millennium shopping mall), Mac Donald (Hyderi), Hyper star, Gulf shopping center, Cineplex, are worth mentioning. A self-administered questionnaire was used to elicit information on, school year, hours of mobile phone use, psychological mood status, and possible confounders. Overall associations between hours of mobile phone use and total scores were significant for 'Depressed mood', 'Tension and excitement' and 'Fatigue'.

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Introduction

The WHO has classified cell phone radiation as 'possibly carcinogenic to humans'. Children absorb more than 60 percent of the radiation into the brain than adults... Their developing nervous system makes them more vulnerable to this 'carcinogen'. One of the most cited reasons that parents want their children to have a mobile phone is for safety (Geser, 2004; Ling, 2000a; Srivastava, 2005). The mobile phone is given to the children by parents when they are first venturing outside of the home alone or going to school (Oksman & Rautiainen, 2003). An Australian study reported that nearly half of adolescents who did not own a mobile phone reported feeling left out of social interactions, and a third felt pressured sometimes by their friends to get one (Matthews, 2004).

Dr. Martin Cooper from Motorola made the first call using a mobile phone in 1973, it was not the same type of cellular mobile phone network that we use today.

In the late 1970s in Japan, the first mobile phone networks were created. Now almost all urban areas, and many country areas, are covered by mobile phone networks.

In Pakistan cell phones were introduced first time in 1983. By the November 2008 cellular subscribers in Pakistan were 90.41 million and Pakistan ranks 5th in Asia in mobile users and stands 4th in MS usage ("*The News*" Wednesday, 28th October 2009)

Mobile & Smartphone Statistics of Pakistan 2015

Share of web traffic (based on each devices share of the total web pages served to web browsers) March 2015

share of the total web pages served: laptops and desktop	share of the total web pages served: mobile phones	share of the total web pages served: tablets	share of the total web pages served: other devices
50%	46%	3%	0%
Year- on- year -16%	Year- on- year +24%	+13%	

Share of web traffic by devices (Jan,2014-March 2015) via we are social Pakistan Mobile Network Industry Key Stats (March 2015)

	Mobilink	Telenor	Zong	Ufone	Warid	Total
Total subscribers	38,184,925	36,598,171	27,429,830	21,507,765	11,187,285	134,907,976
%of 3G/4G	7.49%	9.65%	10.76%	12.38%	0.59%	8.95%
Market share	28%	27%	20%	16%	8%	100%

Following is a comprehensive list of almost every data point openly available pertaining to mobile penetration and smartphones in Pakistan.

- Total Internet Users: 39 Million [15% population penetration].
- Growth of Internet Users (Jan, 2014 – March 2015): 47%.
- Mobile Phone Users: 149.2 Million [79% population penetration].
- Growth in Number of Mobile Subscription (Jan, 2014- March, 2015): 15%.
- Percentage of Pre-Paid Mobile Connections: 97%.
- Active Mobile Social Users: 16.2 Million [9% population penetration].

Growth in Number of Active Mobile Social Users (Jan, 2014- March, 2015): 113%.

Market Share of Cellular Companies via Tech Juice.

This study was conducted to gain an understanding of the mobile phone use in youngsters, to investigate the positive and negative impacts of its prolong use and to understand psychological (such as bullying, un-monitored time usage, family time) safety issues.

Methodology

This cross-sectional study included youngsters present at fifteen different recreation sites over the weekend in Karachi's recreational sites. We distributed anonymous self-administered questionnaires to these 800 youngsters.

Table 1. Frequencies of adolescent using internet gadgets in different age classes

Gadget used	14-15 years	16-17 years	18-19 years	20-21 years	R _i
SMS	14	21	17	18	79=R1
Whats App	7	28	139	15	80=R2
Facebook	5	7	73	83	168=R3
Videos	16	4	191	162	473=R4
C _j	42	60	420	278	N=800

$X^2 = \sum (O - E)^2 / E = 513.1$ with 9 degree of freedom is highly significant ($p < 0.001$)

Conclusion: As the X^2 calculated value of 513.1 is greater than the X^2 table value at 9 degrees of freedom. Hence, we reject H_0 and accept H_1 and conclude that there is significant relationship between the uses of mobile phone in youngsters at different age groups.

There is significant relationship between the usage of the mobile for other activities like chatting on Facebook, Whats App and videos, compare to academic purpose. The main areas shared through text messages by the youngsters were funny and poetic and

funny, and that these were followed by information and religious matters as well. Chatting is a great source to develop some type of acquaintance and dared to discuss their very personal matters as well. Thus chatting on mobile phone is a superb platform for their catharsis. They discuss their personal issues and problems with their friends, more openly than during face to face communication. Mobile phone reduced suppression of youth's emotions and provided them with an outlet for expressing their likes, dislikes, desires and ambition. It's a great source to shake down negative attitudes among youth and provided solutions to many psychological, social, and biological issues.

Table 2 Gadget used by different age group in percentage

Gadget used	14-15 years	16-17 years	18-19 years	20-21 years
SMS	33.7	35.0	4.0	6.4
Whats App	16.6	46.6	33.3	5.3
Facebook	11.9	11.6	17.3	29.8
videos	38.0	6.6	45.5	58

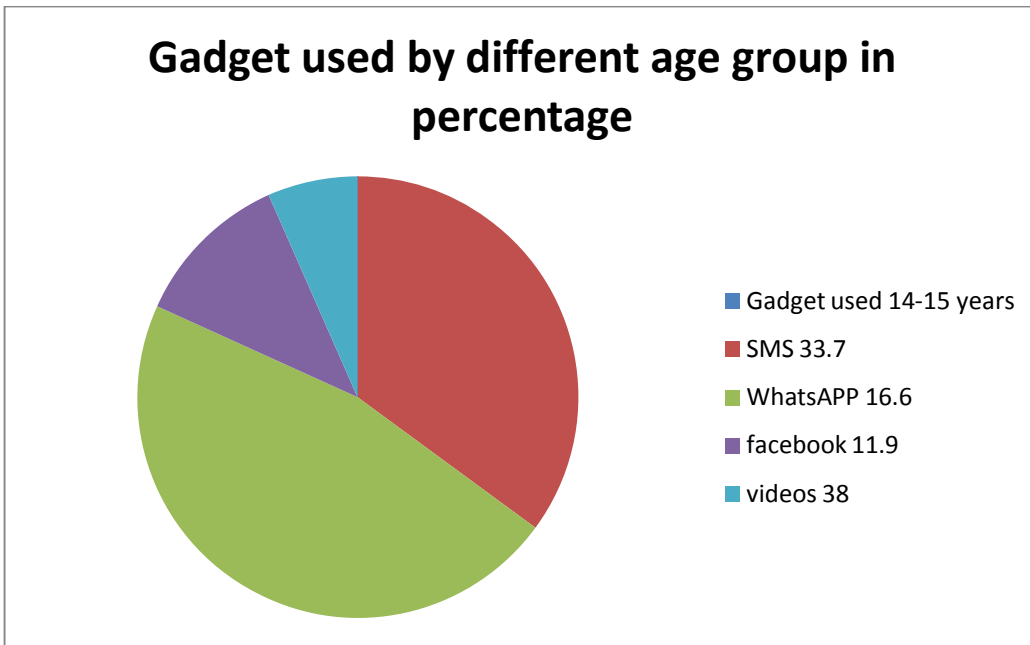
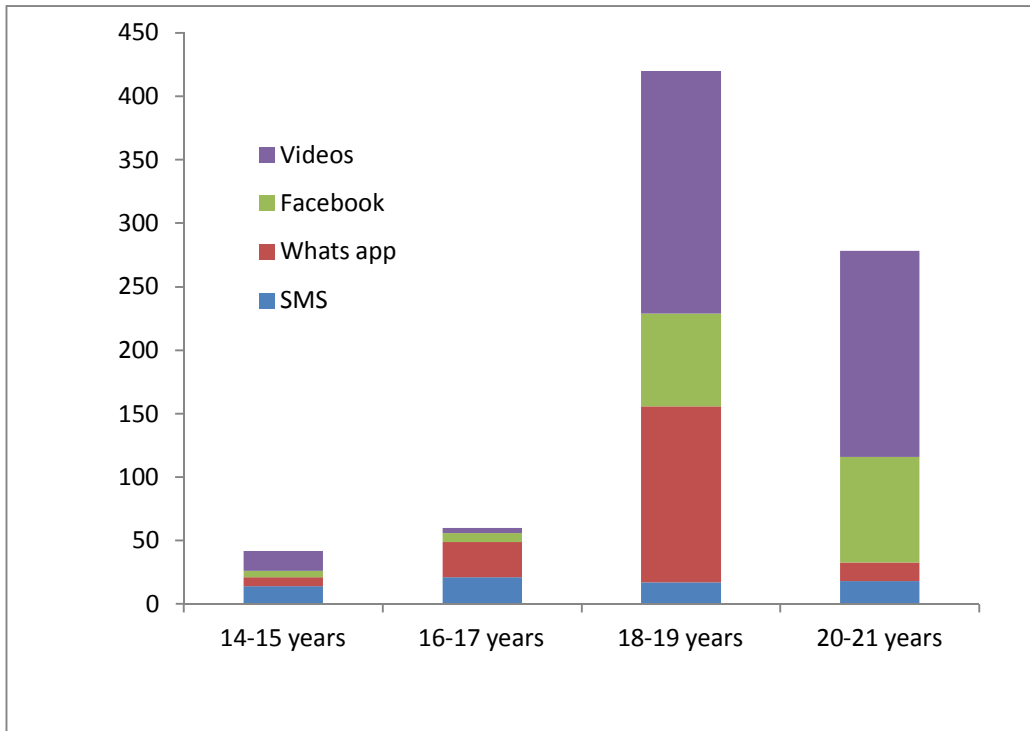


Table 2 Test Statistics

	Is the percentage of the usage of the phone for Academic purpose higher compared to other Activities?
Chi-Square	513.1
df	9
Asymp. Sig.	Significant (H1)

Results

The 800 participants included in the questionnaire. Youngsters who did not have mobile phones were classified as having zero hours of mobile phone use. Our results at nine degree of freedom was significant, thus rejecting Null hypothesis (HO) and accepting Alternative (HI). Different gadgets showed different percentage at different age class (Table 2). At age class 14-15, frequently used SMS, WhatsApp, Facebook and videos at 33.7%, 16.6%, 11.9% and 38.0% respectively. 16-17 age class used SMS, WhatsApp, Facebook and videos at 35.0%, 46.6%, 11.6% and 6.6% respectively. Age class 18-19 frequently used SMS, WhatsApp, Facebook and videos at 4.0%, 33.3%, 17.3% and 45.5% respectively, while age class 20-21 used SMS, WhatsApp, Facebook and videos at 6.4%, 5.3%, 29.8% and 58.0% respectively.

Discussion

Youngsters who use mobile phones more frequently are at a high risk of having depressed mood, suggesting that long duration of mobile phone use is associated with unfavorable depression, particularly psychological mood. Using mobile phone for a comparatively shorter time span could be a useful strategy to maintain the mental health of youngsters. However it is observed that some long-duration mobile phone users are addicted to their mobile phone

and have misbehavior issues and poor social contact. These cases should be treated appropriately by the parents/guardians, teachers depending on the situation.

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