

IMPACT OF SMARTPHONE USAGE ON ATTENTION OF HIGHER SECONDARY STUDENTS

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1. Introduction:

Smartphones are the friendly gadgets which have made everything reachable through a touch. They have occupied such a huge place in our daily lives that it is no wonder that for most of us, a smartphone is the first thing we look at in the morning and it is the last thing we see before going to bed. Now, there will certainly be some advantages and a few disadvantages while using any electronic gadget.

2. Need and Significance:

Mobile phone is the most dominant portal of information and communication technology. A mental impairment resulting from modern technology has come to the attention of sociologists, psychologists, and scholars of education on mobile addiction. Mobile phone addiction and withdrawal from mobile network may increase anger, tension, depression, irritability, and restlessness which may alter the physiological behaviour and reduce work efficacy. Hence, the present study was planned to study the addiction behaviour of mobile phone usage and its impact on attention.

3. Objectives:

- To assess smart phone usage among higher secondary students based on various demographic variables
- To study the impact of smart phone usage on attention of higher secondary students based on various demographic variables

4. Hypothesis:

- ✓ There is no significant difference in smartphone usage based on gender
- ✓ There is no significant difference in smartphone usage based on locality
- ✓ There is no significant difference in smartphone usage based on school management
- ✓ There is no significant difference in smartphone usage based on medium of instruction
- ✓ There is no significant difference in smartphone usage based on academic stream

- ✓ There is no significant difference in smartphone usage based on income
- ✓ There is no significant difference in smartphone usage based on occupation of parents
- ✓ There is no significant difference in attention based on gender
- ✓ There is no significant difference in attention based on locality
- ✓ There is no significant difference in attention based on occupation of parents
- ✓ There is no significant difference in attention based on medium of instruction
- ✓ There is no significant difference in attention based on school type
- ✓ There is no significant difference in attention based on academic stream
- ✓ There is no significant difference in attention based on income
- ✓ There is no correlation between smartphone usage and attention

5. Methodology:

Method: Survey

Sample: 400 higher secondary students

Intervention: ---

Tool: Two questionnaire 1. Smart Phone Addiction Questionnaire 2. Attention Questionnaire

Data Analysis: t test, correlation coefficient

6. Major Findings:

- ✓ Boys are more addicted to smartphone usage than girls. It may be due to the fact that they are more exposed because of their peer group.
- ✓ Students from joint family are addicted more than those from the nuclear family, as the availability of smartphones in their house are more.
- ✓ Students in the high-income group are more addicted when compared to the low-income group as they are able to recharge and they are able to use the anytime available internet in their parent's smartphone.
- ✓ Girls can concentrate more than boys in spite of distractions.
- ✓ Vocational group students have low attention when compared to other academic streams.
- ✓ There is high correlation between smartphone addiction and attention

7. Conclusion:

As many students were addicted to smartphones, their attention is very less. Both boys and girls use smartphone mostly for entertainment purpose which is highly dangerous as it eats their studying time. It is also found that they succumb to distractions due to smartphone while studying. Mobile phone addiction results in increase in anger, tension, irritability, restlessness and depression which in turn affects their attention.

8. Educational Implications:

The covid-19 pandemic has made a drastic effect on the lives of the children all over the world. Families together are addicted to the smartphone during the pandemic as it was their only way out to avoid the boredom. As a result, from this study it is clearly evident that smartphone has adversely affected the attention of students. They could not concentrate while studying and they are affected physically and mentally. Digital detox awareness has to be created in schools and among parents. Smartphone addicted students has to be identified and a proper plan should be implemented for deaddiction.