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## A study on the cell phone usage pattern among the students of Indian institutions

**Sourabh Dwivedi and AN Sharma**

### Abstract

Cell phones are one of the primary assets of communication in modern world. According to the COAI annual study, there are greater than 1184 million cellular subscribers as of February 2019. There was a large growth of 55% in cell phone subscribers visible from 2010-17. Kim *et al.* (2019) confirmed that excessive cell phone use can reason numerous psychopathological and behavioral troubles in adolescents. In their study they discovered that the average amount of time spent turned out to be 180.12 min/day. This study became framed to investigate the use of cell phone among the college students and its effect on their lifestyles, the mental attitude of college students toward cell phones and the cell phone utilization pattern. The present study focuses on the situation of college students from numerous institutions of India and its pros and con; the study observed that the dependence on telephones nowadays has increased a lot in the college students in addition to the fitness and social lifestyles is being affected deeply via way of means of non-stop utilization and dependence.

**Keywords:** Cell phones, education, institutions, usage, psychology, students

### Introduction

Cell phones are one of the primary sources of communication in today's world. Earlier many different ways were practiced to communicate with each other but the introduction of telephone to the world by Alexander Graham Bell in the late 18th century took communication to another level. Since then there has been a lot of changes that came along. Different forms of telephone came into use and then came the era of cell phones. In Indian context it can be said that the British society introduced the concept of telephones in India as the East India Company invaded Indian subcontinent. From that time a lot has changed in the usage of telephone in India. Earlier it was the rich or the higher class people who had the privilege of using and having a telephone, but now almost every individual holds a cell phone. Indian telecommunication network is the second largest in the world. There has been a vast or massive increase in the number of cell phone users in a couple of years. According to the COAI annual study, there are more than 1184 million mobile subscribers as of February 2019. There was a massive increase of 55% in cell phone subscribers seen from 2010-17. More than 450 million Indian populations have access to internet facility. In 2016-17 there was a sharp growth of 120% in data consumption per month per user. In 2017 the data consumption of Indians on cell phones was 1.3exabytes and in 2018 it was 32million TB. It was seen that the population is shifting more to smart phones than feature phones; there were 530 million 3G smart phones and 335 million 4G smart phones in 2018. One major thing that was of interest in the study was that majority of data consumed which is 65-75% was used in video browsing, 15-18% in browsing; 8-10% includes social media and 4-8% in other activities. On an average an Indian spends 3.43 hours of day on internet. It was seen that the population spends data of content based platforms more as compared to others. It is also seen that 79% of males and 43% of females own mobile phones in India. India owns almost 15% of world's subscribers. (Cellular Operators Association of India, 2017-2018)(Cellular Operators Associations of India, 2018-2019).Cell phones have a very important role to play in our day to day life. It has become a key part of one's life. But these days cell phones are excessively used that among the students. Students have started using cell phones very rapidly for every purpose and are using it almost all the time. Now-a-days parents tend to provide their child with personal phones which can be very problematic later on.

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The use of cell phone also brings social change in the students; the students have developed a habit of interacting virtually instead of face to face interactions. This also brings difficulty in teaching and understanding among students.

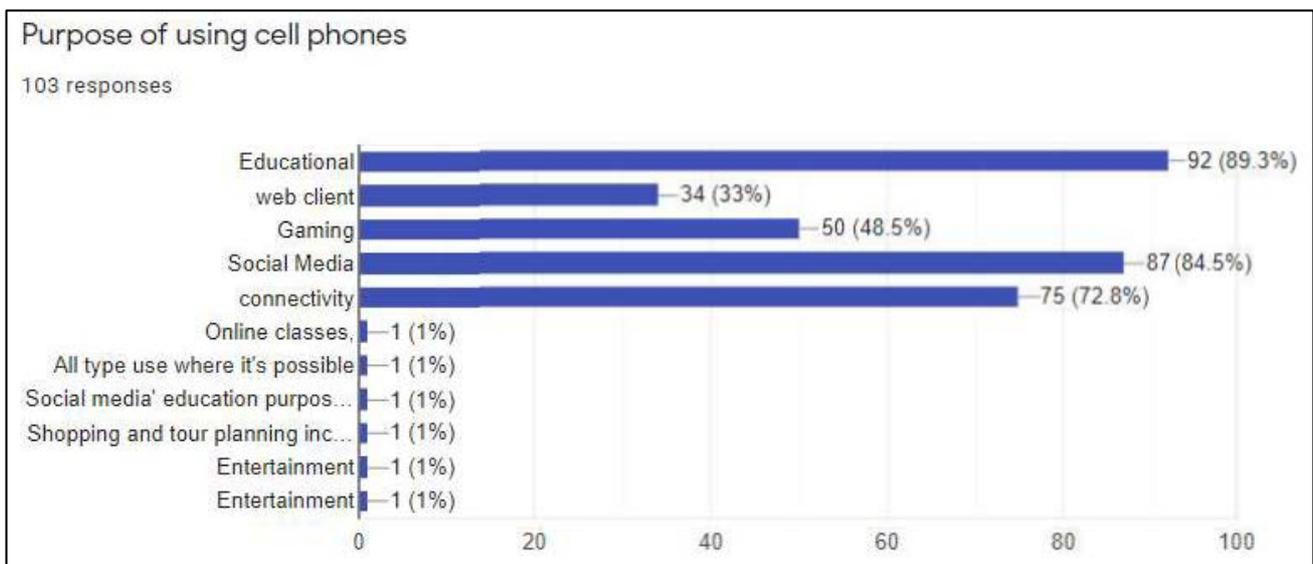
**Methodology**

The study was a cross-sectional study and the method of random sampling was taken into consideration for selection of subjects. A total of 105 responses were received out of which 2 were excluded. 103 responses were studied and analyzed for the completion of the study. The study was conducted in online mode due to the wake of covid pandemic. The questionnaire was distributed through various multi-media platforms such as Instagram, Face book, Whatsapp and g-mail. The questionnaire consisted of a declaration certificate and a consent form making the study totally optional. The method used for the collection of data in this study was the method in which computer questionnaire was sent to various institutions all across the

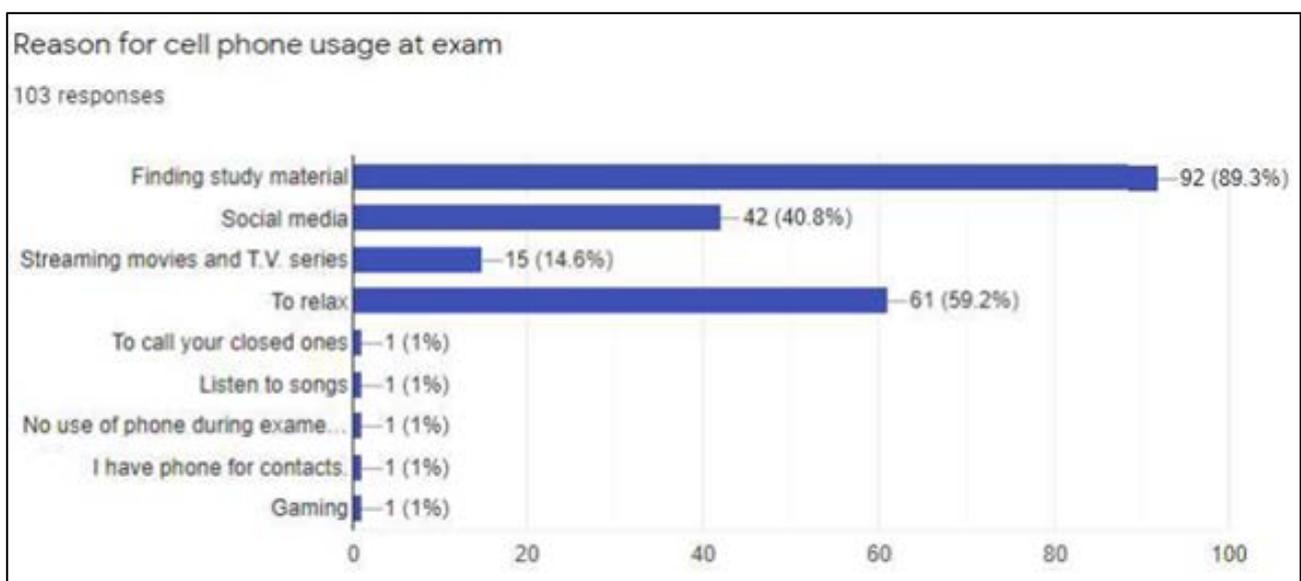
Indian subcontinent and the data gathered were analyzed further to provide a well suited result in this study. Indian Subcontinent was divided into 6 zones on the basis of direction namely North, South, East, West, North-East, and Central Zone. Division of Indian Subcontinent into various Zones helped this study become a pan India study. Various States from each Zone participated in this Study The questionnaire contained both close as well as open end questions and the type of data was both qualitative and quantitative as well.

**Result**

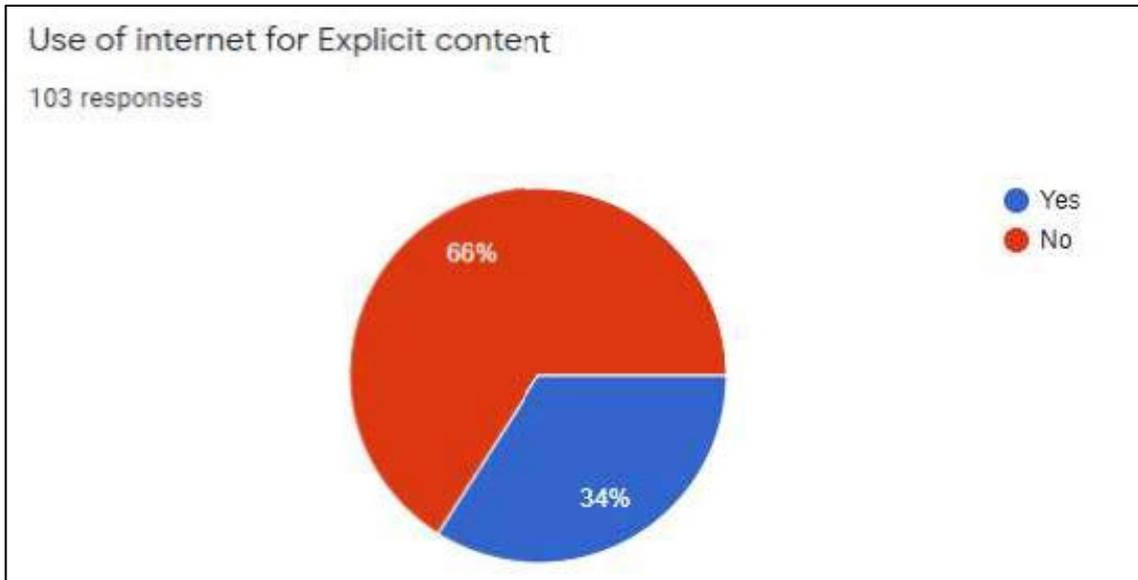
The study had its objective to assess the dependence on cell phones and its usage pattern among the college students of Indian subcontinent. The study tried to understand the mindset of students and their health status being affected or not. A total of 103 responses were analyzed for this study out of which 63 males and 40 females responded. 89.3% of them depended mostly on smart phones. Fig-1:



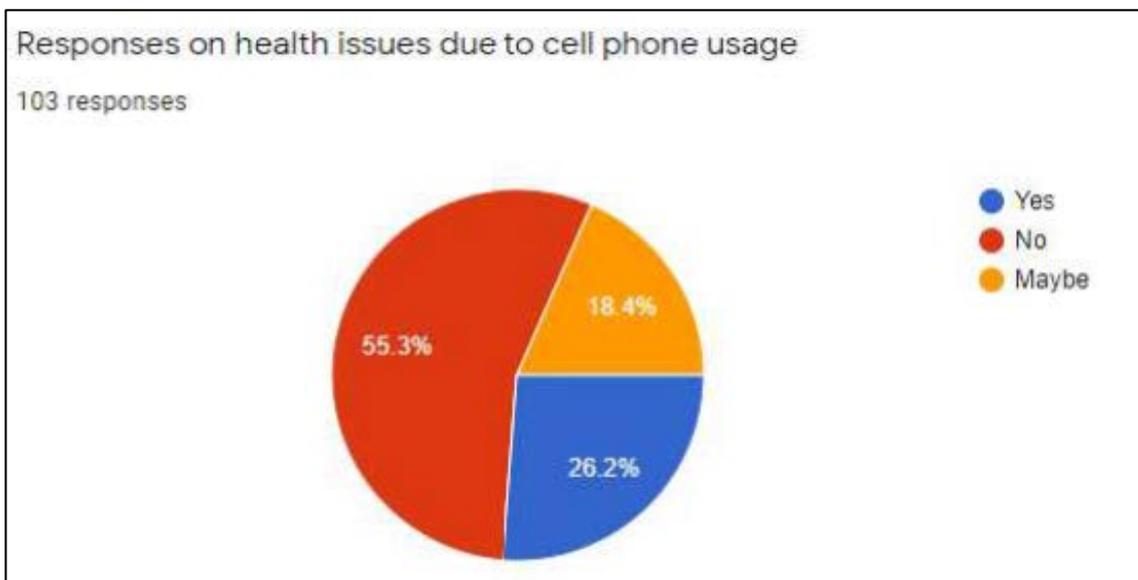
**Fig 1:** shows the purpose of using cell phones which reveals primary purpose being educational at 89.3% with social media and connectivity at 84.5% and 72.8% respectively



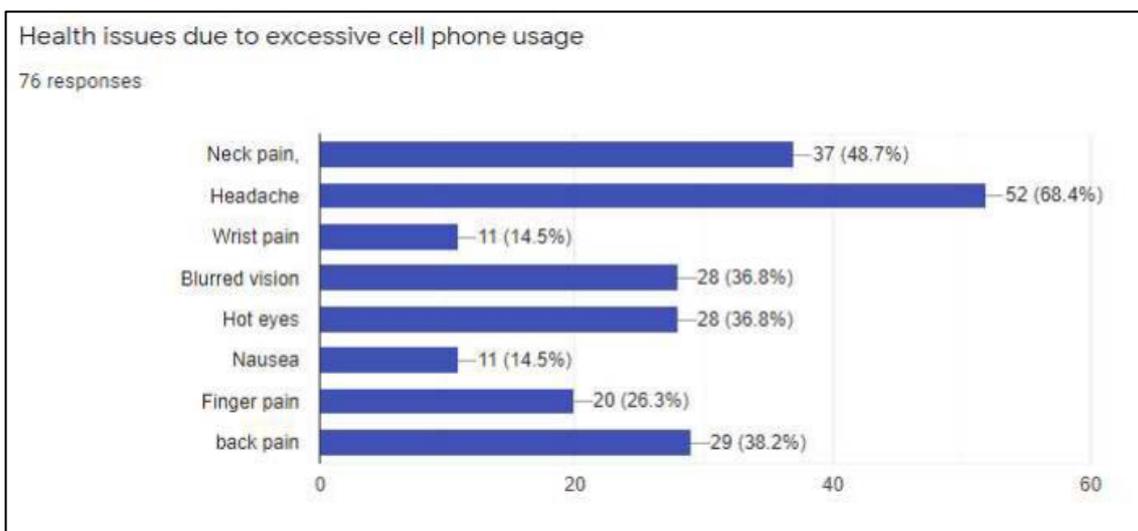
**Fig 2:** tries to represent the reason of cell phone usage during exam with majority of students utilizing for educational purpose and relaxing but a good fraction of respondents use for social media surfing and streaming purpose.



**Fig 3:** shows the use of cell phones for wrongful purpose by students. It was found that 66% of the respondents use their cell phones for explicit and adult content with average time of 45 minutes.



**Fig 4:** The above expresses responses of subjects on cell phone related health issues. It was observed that 26.2% of subjects had health issues due to cell phone usage, 55.3% had no issues and 18.4% were confused about the consequences.



**Fig 5:** The above revealed that 68.4% were experiencing headache and 48.7% subjects were having neck pain .38.2%, 36.8%, 36.8%, 26.3%, 14.5% and 14.5% subjects were suffering from back pain, blurred vision ,hot eyes, finger pain, wrist pain and nausea respectively.

**Table1:** The table show in question and mean etc.

| Question   | Mean ( $\bar{x}$ ) | Median (M) | Standard deviation ( $\pm$ SD) |
|--|--------------------|------------|--------------------------------|
| Age at which you started using cell phones (yrs) | 15.5               | 16         | $\pm$ 2.85                     |
| Cost of cell phone (hrs)                         | 17616.5            | 14000      | $\pm$ 18895.86                 |
| Time of sleep (hrs)                              | 7.86               | 8          | $\pm$ 1.88                     |
| Usage time for Gaming (hrs)                      | 1.36               | 1          | $\pm$ 2.19                     |
| Usage time for shopping (hrs)                    | 0.68               | 1          | $\pm$ 0.72                     |
| Usage time on social media (hrs)                 | 3.66               | 3          | $\pm$ 3.08                     |
| Usage time at exam time (hrs)                    | 2.04               | 1.5        | $\pm$ 1.46                     |
| Usage time while studying (hrs)                  | 2.90               | 2.5        | $\pm$ 2.17                     |
| Daily use of phone (As per Subjects) (hrs)       | 5.41               | 4.5        | $\pm$ 3.07                     |

[Mean, Median, and standard deviation value of variables]

The above table-1 represents few of the values of quantitative data that was gathered through the responses received. The average cost of cell phone was found to be Rs 17616.5 and mean time of sleep was 7.8. Most time on cell phone was for social media usage with mean time of 3.66 hrs. Self-analysis by the subjects revealed that the per day cell phone usage was around 5.41 hrs.

### Discussion

Mannheim in his essay "Das Problem der Generationen" 1928, opines that generation consists of individuals of similar age that experience a historical event in a defined amount of time. He tried to explain that a kind of historical event is required that helps them mature, this may not be the case sometimes, and they may attain the changes gradually. There is a transformation of a normal communication device to a highly efficient pocket device that can almost perform all the required actions in no span of time. The cell phone is one of those historical events that brought change in the generation. According to a study on association of cell phones and academic impairment, conflict with friends and family and suicide attempt on Korean adults done by Kim *et al.* (2019)<sup>[5]</sup> showed that excessive smart phone use can cause various psychopathological and behavioral problems in adolescents. In their study they observed that the average amount of time spent was 180.12 min/day. The time on phones was more for social purpose compared to beneficial process. It also showed that girls used phones for social purpose at all times while boys used phones for social purpose more when their phone usage time was more than 5 hours a day. Their study also revealed that conflicts with family or friends because of phones was the cause of their social attempts where as it was completely not because of academic performance. The study also revealed that the use of cell phones was the cause of low academic impairments. This study showed that the high smart phone use was the cause of low academics, friends/ family conflict which resulted in suicidal behavior of students. Social deflects and withdrawal is associated with depression, this also reviews that smart phones are key cause of family distancing. The members of the family are not having a healthy relation as known the dysfunction is happening. Various other studies have also claimed that excessive use of Smartphone can cause negative academic performance. The present study revealed that the result which came was not accurate as many try to hide it but still 34% of them responded with a yes. It shifts one's mind

towards wrong behavior and in wrong direction that leads to bigger problem later in life. Excessive use of cell phones has also affected the sleeping pattern of 6-8 hrs. Gaming on cell phones has also increased day by day. Outdoor games and get-togethers have dropped at a rate one can't imagine, today playgrounds are empty but play grounds of virtual games are always full. Social media interaction has increased at a large rate and keeps people busy over there. The preference of gaming on phones is 53.4% having action games and adventures games at the top with 1.36hrs per day time consumption. There is 100% of social media usage with 66% being multiple account users. 95.1% of respondents use cell phones for studies with 65% of users using phones while studying. The average time used while studying came 3 hrs per day while 2hrs on an average at the time of exams with basic purpose of finding study materials and relaxation. Adult content is viewed by 34% for minimum of 30-45 min of time. The major health problems remain headache in 68.4% and neck pain 48.7% by 26.2%. A major finding in this study was observed when the respondents were asked for self-reduction of cell phone usage, 72.8% gave a positive response and 65.1% of them succeeded.

### Conclusion

This study was framed to analyze the usage of cell phone among the students and its impact on their life, the psychological perspective of students towards cell phones and the cell phone usage pattern. The total numbers of responses received were 103 out of which 40 were female and rest 63 were male respondents. The results that came were not so surprising rather it was less than expected. The study claimed of finding students involvement with cell phones, there is not a single moment when a student leaves his cell phone away. They are always stuck to the phone starting from early morning till bed time. The study claimed to have a minimum of 6 hrs of average cell phone usage by students. Cell phones have now become a hub of all that one needs, good or bad. This study tried showing every aspect of cell phone usage and in a way it completed its objective as the results showed total dependence on cell phones now-a-days. People are totally dependent on cell phones for every single work they have. A cell phone has quite a number of advantages that have made life simple in today's world. In spite of all the advantages, the real meaning of cell phones has disappeared because of the adverse impacts it has on one's life. Earlier cell phones were only used as a means of

communication but now cell phones have become a non-detachable part of life. These days' cell phone makers have shifted to providing a compact device that does the entire work one has. This has resulted in less productive life of an individual and unhealthy lifestyle although it brings a huge profit to the manufacturers. We should focus more on the beneficial aspects of a cell phone and make use of it for helpful purpose in our day to day life to make our work easy and less hectic rather than focusing on the detrimental aspects that make our lives more complicated and adversely affects our health. Use of cell phones should be regulated and proper screening and counseling of addicted individuals is needed along with constant monitoring by guardians and time to time awareness programs related to ill effects of excessive cell phone usage.

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