



“Smartphones Effects on Academic Performance of Student”

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Abstract

In recent days smart phone has major reason for the poor academic performance. All the age groups are addicted to the smartphone and their day to day life gets affected and their rise a psychological problem too. To be very specific this research is to find that smartphone has a major relation with the academic performance of the students. whereas social medias like facebook, instagram and youtube is influencing the students to spend more time on phone than studies. This leads a students a very stress full life.

Key Words: Smart phone Effects, Academic performance, Stress

Introduction

Into today’s world, digital technology changes so rapidly and integrates into our society at such an accelerated rate, it is hard to keep up with it, let alone reflect on the effects it has on our lives. Although Facebook, YouTube, and Twitter, did not exist a mere decade ago, they are now ubiquitous forms of media and communication in our culture. Today’s generation of teenagers, born in the 1990s, aptly labeled the “iGeneration”, are the most connected generation ever. These iGen teens are digital natives growing up in an era of a massive influx of technology. They do not know of a world that does not include the Internet and easy access to technology. Parents of iGen youth, however, are “digital immigrants”

Technology addiction problem has been treated important, especially in the education field of secondary schools, because adolescent is more vulnerable to the addiction. Internet addiction was an important issue a few years ago. However, smart phone addiction has become a more serious problem recently. In order to prevent the addiction and to provide new educational methods for the secondary school students, many researchers have proposed various kinds of research works such as new addiction

measurement scales and the environmental or personal factors that cause the addiction so far emphasis and keeping in view all the factors adversely or positively impacts on their academic performance. Majority of students use smartphones for leisure purposes and only few uses for educational development purposes.

Smartphones are the new generation of mobile phones, they have emerged over the last few years and already have conquered the market. Smartphones with their mini keyboards are not just phones, but have computer functions as email, calendar and address book, and office programs for reading and editing. The multimedia phone features such as camera, video, sound recordings or podcasting is advanced and can compete with specialized equipment. Smartphones can be customized with new software, and the variety of these programs is increasing. The social communication platforms (like Facebook, Twitter, Instagram, WhatsApp, etc.), GPS functions and games are especially popular.

Today Smartphone's enable consumers, advertisers and publishers how to better engage, socialize using the ubiquitous experience this advanced platform by leveraging it's of the firm. The focus of income statement is on the operating revenues and expenses. User groups of financial reports for decision-making require data related to all easy to use and availability characteristic

Smartphone abuse to addiction is becoming more problematic nowadays because most students whether higher learning students or low level students are more addicted to applications found on smartphones so that they download and run numerous applications with smartphone even without Internet connection.

Hypothesis

When the effects of smart phone increases gradually the academic performance is decreased

Objective

1. To know the impact of the smartphone in current status
2. To know whether my hypothesis is correct
3. To study how it affects the academic performance

Review of Literature

A research was conducted by [6] to study the relationship between academic performance and Facebook usage. Sample were taken from population of 219 university students and they found that Facebook users had lower Grade Point Averages and they were online most of the time and utilized very less time for their studies in comparison with students who did not use Social Networking Services (SNS). Only 26% of students reported that SNS impacted positively and helped to grow in their lives and 74% said that it had adverse impact like procrastination, lack of concentration or distraction and poor time management.

In their research titled "Smartphone Addiction in University Students and Its Implication for Learning" Lee et al [7], found that the higher the addiction level is, the lower level of self -regulated learning the students have, as well as low level of flow when studying. Further interview for smartphone

addiction group was conducted, it has been found that the smartphone addict—learners are constantly interrupted by the other applications on the phones when they are studying, and does not have enough control over their smartphone learning plan and its process.

In their research concerning Online Social networking (OSN) Paul *et al* [10], their results revealed a statistically significant negative relationship between time spent by students on OSN and their academic performance. The time spent on OSN was found to be heavily influenced by the attention span of the students. Specifically, we determined that the higher the attention span, the lower is the time spent on OSN. Further, attention span was found to be highly correlated with characteristics that predict or influence student behavior, such as their perceptions about society's view of social networking, their likes and dislikes of OSN, ease of use of OSN, etc.

According to Salehan *et al* [11], As the penetration of mobile phones in societies increases, there is a large growth in the use of mobile phones especially among the youth. This trend is followed by the fast growth in use of online social networking services (SNS). Extensive use of technology can lead to addiction. This study finds that the use of SNS mobile applications is a significant predictor of mobile addiction. The result also shows that the use of SNS mobile applications is affected by both SNS network size and SNS intensity of the user [12, 13].

The relationship between Facebook use and grades was examined in a large sample by Junco [14], and reveals that unlike previous research, his study used university records to collect GPA data. Time spent on Facebook was negatively related to overall GPA. Time on Facebook was also negatively related to time spent preparing for class. Some Facebook activities were positively and some negatively related to outcomes.

As per [15], smartphone poisoning means connection to poisoning phenomena habitually using a smartphone without special purpose for and showing anxiety and restlessness without a smart phone

According to [16-18], an increasing reliance on cell-phones among young adults and college students may signal the evolution of cell-phone use from a habit to an addiction. Although the concept of addiction has multiple definitions, traditionally it has been described as the repeated use of a substance despite the negative consequences suffered by the addicted individual.

According to [21], the regression analysis was used to analyze the data. Extroversion, neuroticism and Openness to experiences are all positively correlated to FBA (Facebook Addiction). Also, there is negative relationship between FBA and Academic performance.

According to [25] and [26], smartphone abuse is increasing in the 21st century as more and more adolescents enjoy exploring their Smartphone's in their free hours. Smartphone overuse can be a sign of Smartphone addiction

As per research done by [28], the organizations expect their employees to respond to the emails immediately even after working hours, due to that employee feel compelled to respond to official emails.

Many Smartphone users engage in continuous monitoring of their work related emails, which creates compulsive routines of chronic checking and in the long run it is responsible for increased stress. There are evidences that Smartphone usage is responsible to blur the distinctions between the work and family life. The Smartphone causes the employees to take the work into the home domain. As a consequence, the blurring work and family life might lead to a worsened work–family balance.

Material and Methodology

The methodology employed in this study involves both secondary and primary data collection methods. Secondary information sources used for the present research include the journals, magazines and internet sources. The data was collected based on convenience methodology. Students having strong experience of smartphones have been considered as respondents to collect information. The data collected were analyzed through percentages and frequencies

Result and Discussion

Some of the respondents stressed that, they cannot afford to be without a smartphone even for a single day even if it is stolen/get breakdown they will try hard to buy new one immediately rather than waiting for some days to pass on which then shows that they are much addicted to the usage of smartphones.

When asked about distractions they get when they are in class and someone text him/her, the majority accepted that, they are distracted from the lectures and start on concentrating on replying the messages send to them which eventually causes poor academic performance at the end of semester. Also most of respondents, responded in response to smartphone addiction that, they regularly visit social network sites like Facebook even though they are doing some school work either at dormitories or at home which makes them so much addicted to smartphone. In testament of this one of the respondent during live interview replied as follows:

When I'm doing my school work like assignment or discussing timed essay questions and at the same time WhatsApp notifications comes, I have to forget everything I was doing and start interacting with the person or group who sent me the message. And indeed if I'm bored with the conversations then it will be the end of doing my school work and either have a sleep or go out for more socialization .

The average hours spent on social usage of smartphone by majority of the respondents (48%) lies on 5 -7 hours per day which is too much for students to spend those hours on social issues rather than academic issues which eventually affects academic performance because the time needed by student to concentrate on his/her studies is almost occupied by social interactions like Facebook charting (uploading new images using her smartphone) , twitter, WhatsApp and other social network sites.

The majority of respondents responded positively on the use of smartphone for social purposes (65%) like communications, charting with friends browsing some social news for celebrities compared to 20% who use their smartphone for academic purposes like sharing of materials or notes provided by lecturers/instructors.

Higher learning students are addicted to using smartphone as some said that they cannot afford to have it switched off because they have put their mind in waiting state to receive either calls, messages or

even emails from their friends. So when they are in class they put their smartphones in vibration modes in case that, they will respond immediately when they receive either WhatsApp messages from their groups or elsewhere, so this makes them not to concentrate on listening to the lecturers/instructors.

Conclusion

According to discussion above, it is now easy to draw conclusion on the impact of smartphone on the academic performance of higher learning students, in which the results has revealed that the smartphone bring negative results or progression on students' performance academically. So there is a need to evaluate and understand better the use of smartphones for higher learning students because students make their own choice and preference on which mobile application to use, as it is discussed above almost 48% of the respondents agreed that they tend to use smartphone for about 5 – 7 hours per day on social communication sites (65%) like Facebook, twitter, Instagram, WhatsApp and the like without considering that those time spent on social network could have been used on academic related works and hence yield good results at the end of semester examinations.

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