



IMPACT OF SMARTPHONES ON HIGHER SECONDARY SCHOOL STUDENTS

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ABSTRACT

Cell phones are currently everything to us and particularly in more youthful age it has an incredible effect. It has direct impact in their lives. Understudies are utilizing it now for both scholastic and stimulation reason. It has a great deal of effect in their physical and psychological wellness moreover. What's more, relational connections are influenced by its inordinate utilization.

KEYWORDS : *Smartphones, Smartphone addiction, Smartphones for academic purpose, Smartphones for entertainment, Effect of smartphone on health, Physical health, Mental health, Interpersonal relationships.*

OBJECTIVES:

The destinations of the present investigation are to look at the utilization and effect of Smart telephones on scholarly reason, amusement reason, on physical and psychological well-being of Higher Secondary schools and family and relational relations of understudies to other people.

MATERIAL AND METHODS:

Higher Secondary school understudies of both genders similarly in the age bunch 17-18 years from urban and provincial foundations were chosen indiscriminately (those utilizing cell phones).

They were given self-controlled, pre-tried poll which included angles identified with couple of basic unfriendly mental and physical wellbeing indications credited to phone utilization.

RESULTS:

The investigation populace of 100 understudies involved equivalent level of male and female. 45 percent respondents expresses that they have no less than 1 cell phones in home where 30 percent 2 cell phones and 25 percent 3 cell phones and 90 percent understudies expresses that they have something like 1 cell phone and others 10 percent have 2 individual cell phones. It is seen that they (45 percent) use Samsung cell phones most. What's more, the majority of them use Jio association. It is likewise observed that the principle reason for their taking cell phones is for both instructive and diversion reason (75 percent). 60 percent understudies dependably keep their cell phone on.

75 percent understudies expresses that they haul out or get to their cell phones in any event once in a class. 35 percents respondents use it for instructive reason in a class.

15 percent dependably and 50 percent understudies as often as possible utilize their cell phones to get help in concentrate in class. 35 percent understudies dependably and same number of understudies habitually seek instructive data on web from the class and they state that it is quicker procedure of getting genuine and legitimate data than asking an educator. Likewise it is discovered that 10 percent understudies dependably and 40 percent understudies feel that information got to on cell phones are more helpful than the instructor educates in the class. Other than these 10 percent understudies dependably and 35 percent understudies get assistance from cell phones in class.

45 percent understudies dependably and 35 percent understudies regularly trusts that cell phones are most loved time pass. 40 percent dependably and 40 percent understudies every now and again center around music, recreations, camera and video. Video talking is most loved for around 40 percent understudies. Despite the fact that 25 percent of test dependably and 10 percent understudies every now and again use facebook on their cell phones yet it is shockingly 35 percent understudies don't utilize facebook on their cell phones. 100 percent of test use camera on their cell phone whether dependably or much of the time or sometimes yet there is none who don't utilize camera on their cell phones. Whatsapp is the most loved applications to them. Most number of understudies (40 percent) spends on portable for playing diversions, listening music, watching recordings or motion pictures for underneath 60 minutes, 30 percent 1-2 hours, 10 percent 2-4 hours and 20 percent over 4 hours.

70 percent of test expresses that they encountered uneasiness or agony in shoulder or hand after delayed utilization of cell phones and 65 percent understudies experienced tangling sensation in your arm, shoulder or hand in the wake of composing on cell phones. Indications like cerebral pain, weariness, diversion, heedlessness after delayed utilization of cell phones have been experienced dependably by 5 percent understudies, 35 percent much of the time and 45 percent sometimes. Likewise eye strain and a sleeping disorder have been as often as possible experienced by 45 percent of test and sometimes by 50 percent understudies.

CONCLUSION:

The after effect of this examination demonstrates that the effect of cell phones on understudy's life is so high. They are utilizing cell phones for both scholarly and stimulation reason. A great deal of understudies experience different physical and mental affliction because of delayed utilization of cell phones. Cell phones have influenced their relational connections too.

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