



Project Report on

“Impact of Smartphone Usage on Young Generation”

The Project Report is submitted to the Faculty of Business Administration in
Fulfilment of the Requirements for the Degree of Bachelor of Business
Administration (BBA)

Submitted To

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United International University

Letter of Transmittal

Date: July 22, 2022

To,

Mimnun Sultana

Assistant Professor

School of Business and Economics

United International University

Subject: Project Paper On “Impact of Smartphone Usage on Young Generation”

Dear Mam,

This is my project which will give a clear picture of the impact of smartphone usage on young generation of Bangladesh. You have assigned me to prepare the project which is a part of my BBA program. This report contains the negative and positive impacts of using smartphone on young generation of Bangladesh. I have surveyed a group of people which includes school, college and university students who are the users of smartphones. I have tried to gather the accurate information by researching and collecting data from many valid sources. Throughout this report I have tried to provide the relevant information regarding the topic. Without your guidance and co-operation I would not be able to complete the report, so I am truly thankful for your support. Moreover, I have conducted an online survey to gather my primary data for the project. I hope you will consider me if there is any mistake in this report due to some unavoidable circumstances. And I sincerely hope this project paper will meet your approval.

Sincerely Yours,

Jarin Tasnim Muna



ID: 111163011

BBA program

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My Declaration

I am Jarin Tasnim Muna, a student of United International University announce that this paper on “Impact of smartphone usage on young generation” is my original work and it was done to fulfill the requirements of my project necessary to complete my Bachelors of Business Administration (BBA) with Major in Management Information Systems (MIS). All the information I have collected has been properly referenced and presented in a logical manner.

Jarin Tasnim Muna

A handwritten signature in black ink, appearing to read 'Muna.' with a stylized underline.

July 22, 2022

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Acknowledgment

First, I am very thankful to Almighty Allah for giving me the knowledge and patience to complete the project paper. Then I would like to thank my supervisor “Mimnun sultana” for guiding me the best possible while preparing the project paper.

Also, I would like to thank the people and individuals who participated on the survey by giving me their valuable time and efforts.

Furthermore, I would like to thank my family and friends for their friendly cooperation and encouragements, which was very helpful for me in completing this project.

At last I would like to thank myself and those who are willing to help me to develop the project paper.

Abstract

Smartphones are the most used device now-a-days. People of all ages uses smartphone in order to communicate. In this report a survey was done on some students to find an idea about the usage of smartphone. Smartphone has both positive and negative effects on young generation. Smartphones can be used in effective communication also it can maintain family relationship, social communication, provide customer service etc. on the other hand there are many negative impacts of using smartphone like cyber bullying addiction of smartphone among children etc. This research will come with the solution what is the ratio effect of using smartphone among young generation like students by a proper survey. This report will give a clear picture of the condition of students for using smartphone in Bangladesh.

Key words: Communication, impact, campaign, young generation, Advantages, Disadvantages, university, survey, students

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CHAPTER ONE

INTRODUCTION AND BACKGROUND



1.1 Introduction and Background

In such a world where everything is connected, the fourth industrial revolution has brought people closer than ever to computer science, intelligent systems, and the internet of things. Actually, a smartphone is a device that functions practically identically to a personal computer. Since smartphones have advanced in technology, they are now more common than ever. Smartphones have a lot of cutting-edge features, like quick such as a messenger, games, camera, audio, and video and students are using these apps for various reasons. Some can give benefits others can be harmful to life. In some manner, we are all affected by this cutting-edge technological development. Without even a doubt, innovation has had a consequence. It has pervaded practically every part of our everyday lives and became indispensable to everyone's existence. There are many other uses of smartphones specially among the young generation. There are various manufacturers such as: Apple, OPPO, Samsung, Huawei, Xiaomi and they produces hundred million smartphones every year. Connectivity that communication have improved as mobile communication technology has progressed become more productive Mobile telephony technology has had a significant impact on society. Everyone's access, security, comfort, and coordination of commercial and social activities. As a result has become ingrained in globalization on the other extreme, discovered. The availability of smartphone is tremendously increasing in this digital world day by day. There has been a huge change in technology from past few years just because internet and mobile marketing. The world is now accepting the change which has come because of the advance technology. And the youth is playing a very important role in order to grow the technology. Also the young generations has adopted this faster technology. In 1992 the very first smartphone was invented announced by the IBM. The smartphone was called Simon personal Communicator (SPC) But that wasn't available for purchasing for two years. That included a lot of features like touch screen and

now a days. On the other hand in 2007 Apple entered in market and made a revolution in mobile market. There are a lot of differences in the previous and the new version of android system. The new android is designed with many digital features which is almost giving a competition with Iphone. Smartphone is a must have for most of the people in order to communicate and other purposes as well. It's been reported that around sixty percent young people upgraded their mobile to smartphone for various reasons like it is seen as a fashionable accessory which satisfies the need of many thing. As smartphone has various features like wallpaper, ring tone, camera and others. This is getting popular among young generation day by day. People are purchasing smartphone by own their status and choices. They are fulfilling their demand by purchasing many branded smartphones like Iphone, Samsung, Huawei. Smartphone can do everything a computer can do. At the same time as this is hand set it's very easy to use. However as much change smartphone has brought among people there is always some negative side as well. For Example young generation is depending on mobile phone too much for their regular activities. As internet is very available in these smartphone, students are using this for hours. Most of them are wasting their valuable time over the phone. This study will give a clear picture of the ratio of that. Smartphone gives a lot of option but students are very fond of chatting or searching many things. But if smartphone can be used properly it will be a life changer for everyone.

The percentage of smartphone users are growing day by day. The provision of the additional features like internet, music, radio, etc. may be resulting in excessive use of mobile phones. It is, therefore, thought to study the various aspects of mobile phone use. The world is getting digital because of the smart devices. It has been reported that the number of mobile user are 7.1 billion in 2021. And experts are saying that this will be rise at 7.26 billion by 2022. (Alsswey, A., Al-

Samarraie, H. and Malak, M.Z., 2022) Among them the percentage of smartphones are 76.9 percent. By 2023 the number of global smartphone users will increase at 6.8 billion. (Sen, B., Ali, Z. and Murshed, M., 2021) And it was reported that 42 percent of smartphone users are in Bangladesh. So this is a huge amount of smartphone users in our country. A statistic shows that 47% parents think smartphone is causing problem and their children are becoming addicted to smartphones and 89% parents are responsible for child's cellphone usage. (Sarwar, M. and Soomro, T.R., 2013) Adults are less active on using smartphone than children. So this is clear young generation are much addicted towards smartphones. Smartphones have an impact on practically every industry, including education, business, and entertainment. People suffer as a result of it in a variety of ways, including threats to their privacy and rude behavior, work-related distractions, and so forth. Similarly, (Campbell, 2005) shows that the use of mobile phones is increasing. Phones have become a global phenomenon and an inseparable part of the lives of today's youth. Millennials It has been used in a constructive way to sustain social situations, family ties, and has resulted in different outcomes family dynamics involving questions of safety and monitoring It does, however, have a negative impact on Ostracism and cyberbullying are prevalent among the younger generation. According to (Gothami & Kumar, 2016) smartphones provide the most benefits in terms of education, social life, and entertainment. People's lifestyles have changed dramatically as a result of smartphones, according to (John, 2013) and they are now more comfortable in selling services user a huge communication platform with access to a wide range of applications.

1.2 Problem Statement

The number of smartphone user is huge in Bangladesh. The main purpose of this report is to observe if the students are misusing their mobile devices or not. As smartphones are now very available to everyone and anyone can make a good or bad use out of it. In this report I can find a idea what is the percentages of negative or positive usage of smartphone and I think this report will help to know the current situation of students condition because of smartphones. Also today smartphones are not only for rich man's accessories. A huge percentage of people is using smartphones. But using smartphone can cause various problem specially on young generations. Like smartphones can increase the amount of cheating in exams, it can be a cause of harassment through cybercrime. Also it can cause social inactivity among students.

Also there are some social problems which can arise because of smartphones. Affected relationship, social media addiction, difficulties to make friend in real life, cybercrime, cyberstalking can take place if smartphones are misused. The term "addiction" is currently used to describe Internet, gambling, behavioral issues, gaming, and smartphone usage. Some people use their smartphones while operating a vehicle or crossing the street, which might cause accidents. While students struggle to focus during lectures, children display addiction to smartphone games. The following are examples of specific issues.

First, using a smartphone makes it difficult for people to balance their everyday lives. Users could struggle to focus, make appointments, or adhere to set schedules. Some people may feel lightheaded, dizzy, have wrist discomfort, and have trouble sleeping.

Second, some smartphone users seem to value their virtual friends more than their actual friends, according to some academics. When they are cut off from their online friends, these people feel lost. Users who struggle with daily life balance must increase their awareness of occurrences in their immediate environments and focus on these events to improve attention. The physical difficulties consumers faced will be eliminated by reduced usage. Users should interact with people in real life far more than their online acquaintances.

Uncontrolled smartphone use necessitates users to reevaluate the necessity of reacting to smartphone alerts, disable the alerts, and consult their coworkers instead of the phone because such acts can lower anxiety. Users who are experiencing withdrawal issues must practice progressive withdrawal rather than rapid withdrawal in terms of reducing incidences of anxiousness. (Roy-Byrne, P.P. and Hommer, D., 1988), (Ashton, H., 1994)

Users have the chance to rebalance their daily lives and focus on key issues thanks to its enhanced awareness and attention. If users use it, this solution might work. The best way to get rid of bodily issues is to reduce consumption. Engaging genuine friends is an effective way to prevent the notion that online friends are more significant than actual friends.

Uncontrolled usage and anxiety can be decreased by shutting off alerts and chatting to pals. Reduced withdrawal issues may be achieved with gradual withdrawal.

1.3 Objective of the Study

a) General Objective: The report analyses the usage of smartphone of young students.

By analyzing the survey I will be able to know the behavior of students after using smartphones. The goal of the report is to understand the purpose of the research without making any assumptions. The overall goal of my research outlines what I want to learn or discover through hard work. The specific goals will detail what I will do, when, how and why at each stage of the research.

b) Specific Objective:

- To know the socio and economic measure of smartphone users
- To know about the negative and positive affects of smartphones on students life.
- To know about the advantages and disadvantages of using smartphones for students.
- To make an affective campaign idea on smartphone usage for young generation
- To make an affective communication plan through smartphone.

1.4 Scope of the Report

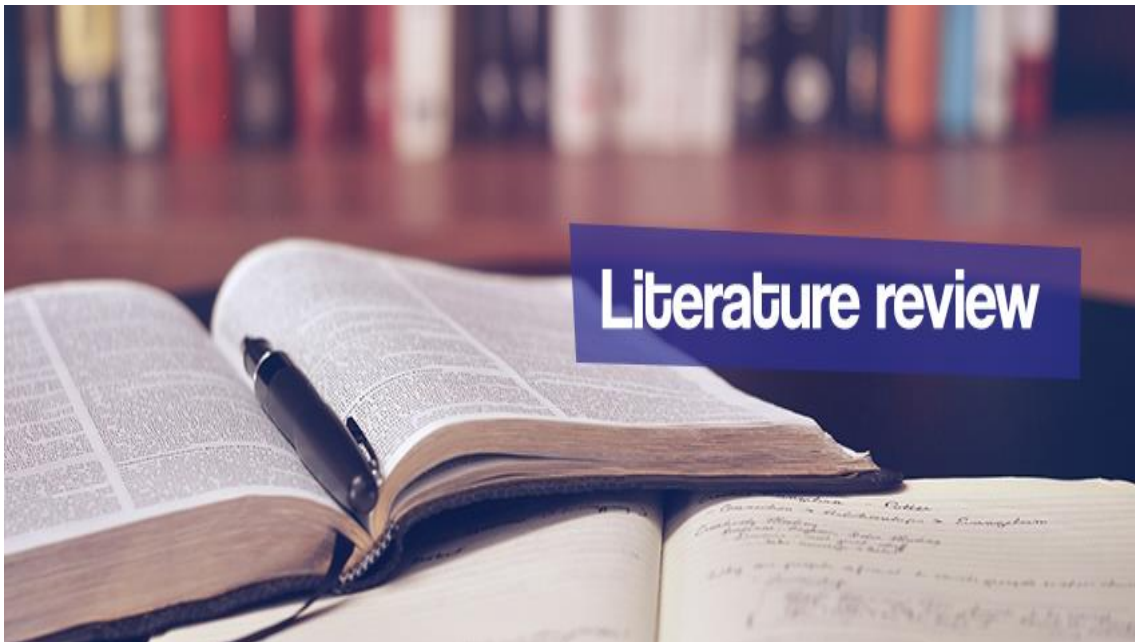
I did the report in order to know the impacts of smartphone usage on young generation. By doing survey I will be able to know what is the situation of young students because of smartphones now. This study is limited to the online based survey. There were no face to face conversation with participants rather the whole survey was conducted online. This survey will help to understand the situation of students because of smartphone. Also I will able to find the ratio of the question asked in the survey by observing the ratios I will be able to come to a decision whether smartphone is affecting negatively or positively.

1.5 Limitation of the Report

- The survey was conducted only to the Dhaka city as all the participants are in Dhaka.
- All the information might not be covered in the report.
- The respondents were only university and college students. As I am doing the survey on young peoples. I was able to manage contacting with the university and college students through social media.
- The survey was conducted online. So there were no face to face conversation with participants.
- Respondents did not give enough time on the survey.
- There might be lack of enough information about smartphones.

CHAPTER TWO

LITERATURE REVIEW



2.1 Overview of Smartphones

Smartphone users have surpassed two and a half billion people, with the number expected to soar to five billion by 2020. The use of a smartphone for an extended period of time implies an infatuation with the virtual world. Because smartphone users range from high school to university education, they are constantly connected. The use of mobile phones elevates the possibility of addiction, which could have harmful implications academic achievement As a result, the current study's goal was to look at the issue of problematic smartphone use, as well as the hours spent on it. In present days smart phones are engaging in order to improve our technological life. It has faster networking system and also it's unique features are making smartphones very powerful than before. Smartphone companies are taking huge market share for their unique and productive features, internet availabilities, flexibilities, and better connection with the world through internet. One of the most valuable thing of smartphone is wireless technology. There are keypads, notebook PC which are wireless and have internet access on them .when someone has a lot of typing work to do these are the most useful devices for him as these are very easy and comfortable to use. Also Screen keypad is another types of keypad. Although there are buttons and these are not fully touch screen yet this is a smart device and can do everything that a smartphone can do. Touch screen is the most advance feature till now. The research approach is discussed in this section. It covers how the data in this study was obtained and analyzed in detail, as well as the research design. Due to the use of a survey instrument to collect data in this study, a quantitative method was chosen. Since that time. Smartphones are everywhere, and for some, they are an unavoidable companion. Smartphones have the potential to enhance student achievement in nursing education curriculum and clinical healthcare settings. Young people, in particular, appeared to be susceptible high mobile phone use. They were also greater users of SMS function and other features on mobile

phones. However, the neuroticism could not predict high use of mobile phone. It was stated that the technical applications like MP3 players attract more male users while females used mobile phones for mixing with friends and relatives. Smartphone use aids nursing students in ways that go well beyond learning, such as improved communication, patient care, and evidence-based practice. Despite these advantages, little is recognized about how smartphones affect student learning. Smartphones today come with various of sensors, as well as storage, computation, and communication capabilities. Because of these characteristics, they have the potential to become an intelligent, adaptable, autonomous, and ultimately cost-free component of future smart city civil infrastructure monitoring systems. In the civil engineering field, there has been a growing attention in the adoption of mobile phone monitoring systems in recent years. Overall, the smartphone sensing paradigm is still in its early stages, but it does have a great deal of promise for academics who want to significantly extend its numerous possible applications. This report provides a detailed overview of smartphone-centric research for civil infrastructure system monitoring. Use of smartphones in major fields of civil engineering has been studied over the years. The sensing capabilities of cellphones, as well as their crowdsourcing potential, are highlighted for monitoring a multitude of civil infrastructure systems. A case study is also presented to demonstrate our most recent moves in using cellphones to assess roadway pavements and the issues that inevitably arise. Finally, limitations, problems, and future perspectives for cellphone monitoring systems are highlighted. According to the poll, more research is needed to fully understand the power of pooled smartphone-based measurements and to move into new assist. As people's a need smart life grows, more researchers are devoting their talents to HAR in cellphones, and many good achievements have been made in this sector. There's many numerous uses of activity recognition in our everyday lives and lots of new machine-learning algorithms have been developed In applications, it's been

taken advantage of. The SVM with linear kernel is being used. (Zhang and Sawchuk, 2012) showed that it had a good recognition accuracy. An incremental decision tree algorithm is a technique for making decisions incrementally aim to evaluate the recognition of daily multi-residents things to do (Prosegger and Bouchachia. 2014). In the last few years, Some neural pathways have been used to recognize objects. They outperformed several standard techniques of human activity techniques in some circumstances (Zeng et al., Ordoez and et al., 2015). Smartphone utilization is increasingly evolving into a good teaching and learning tool for online education. Through its use, flexible course delivery is ensured, and learners can interact and access web - based learning platforms and resources. via digital (Raza et al., 2020). However, social media addiction in youngsters, particularly in students, is growing as a result of an overreliance on technology in all spheres, hence it is necessary to investigate thoroughly and consistently how smartphone addiction is advantageous for the Will it have a negative impact on pupils' academic performance. Multiple researches on various populations have been conducted in this field, and both positive and negative relationships between smartphone addiction and academic performance have been found.

2.2 List of Operating System

While most devices running non-mobile operating systems, such as Windows, OS X, Linux, and many others, get a well set of tools and functionalities that allow them to be managed centrally, this may not be the issue with mobile devices. We'd like to be able to enforce patching and software upgrades, compel password changes at regular intervals, regulate and track installed software, adjust settings to a standard mandated by our policy, and perform a number of other specific work. The actual design of an MDM solution varies by vendor, however the majority of them use a mobile device agent to force a specific configuration on the client. These agents usually control access to enterprise resources include e-mail, calendaring, and networking devices, and can restrict

access if the client becomes noncompliant in its configuration, is stolen, or the user's job is terminated. As the line between mobile and nonmobile devices gets progressively blurred, MDM providers have begun to include support for several devices that were previously considered nonmobile. While might there appear to be a significant overlap with existing corporate management technologies, the ability to remotely control both mobile and nonmobile devices using the same methodologies and tools would save administrative labor and allow for greater uniformity across the device set in question. Many MDM solutions also allow the gadget to be remotely deleted, either entirely or just for corporate data, and/or completely disabled. We normally use an external Mobile Device Management (MDM) solution, such as those developed by Good Technologies and others, to enable these types of jobs. Companies are using many types of operating system in order to run their smart phones, Symbian is the most popular software now a days. Every smart phone companies usually use these tools. Some well-known software lists are given below:

- a) Linux
- b) Java
- c) Apple OS
- d) Unique Operating System



Mobile phone software applications (apps) are available for a variety of useful tasks to include symptom assessment, psychoeducation, resource location, and tracking of treatment progress. The

latest two-way communication functionality of smartphones also brings new capabilities for telemental health. There is very little information available, however, regarding the integration of smartphone and other mobile technology into care. In this paper, we provide an overview of smartphone use in behavioral health care and discuss options for integrating mobile technology into clinical practice

2.3 Smart Phone Manufacturers

There are many popular manufacturer companies of smartphones. These companies manufactures normal and smartphones. Smartphones are the digital creation and have many features than normal phones. Marketers are adding many unique variations so that smartphones can be smarter than before. They are doing advertisements of their phones in many ways in order to get customer attention. Various features are being promoted by the companies. Some popular smartphone manufacturer companies are:

- a) Samsung
- b) Xiaomi
- c) Oppo
- d) Apple
- e) Huawei
- f) Vivo
- g) Nokia
- h) One plus
- i) Walton

- j) Symphony
- k) htc

The Following are the six steps involved in designing a Smartphone:

1. Develop a Prototype:

The idea is created in a boardroom meeting, and the approval is passed to the research and development lab after several choices are reviewed. The research team starts with a non-working prototype, where the aesthetics are by far the most important thing to consider. This model is distributed to the appropriate individuals so that they can offer feedback and, if applicable, make changes. After the model's appearance has been finalized, the handset's internal functioning kit is analyzed. The electronic engineering team is then given power of the ride, and it is here that the processor and memory, as well as other handset specs, are decided. The correct display screen is chosen, and also the requisite battery potential. Both the front and rear cameras are included. The device is then loaded with the chosen components and checked for viability. The device is then sent back to the higher ups for approval if the decision-making team is relatively happy with its function.

2. Installation of Software:

Now it's up to the software process to achieve the handset to life. The operating system that will be placed into the phone is essentially from before the. It is critical that the hardware, which is the task of the electronics team, is compatible with the operating system in order

for it to run smoothly. It is checked here by several professionals in their own manner to ensure the system is operating correctly.

3. The Phase of Testing:

The device is thoroughly tested for quality, performance, and other characteristics before production begins. They're put over their paces in terms of hardware and software. To check its performance, it is exposed to a range of tests including drop, bend, and water tests.

4. Production in Large Scale:

When the prototype is done, mass manufacturing can begin. Internal components can indeed be made in-house or by contracting out. Most of the time, information about a new model being released by the business is leaked to the public, which could be beneficial or harmful. It's beneficial since it attracts attention of the 'yet-to-be-released' device. And it has a negative in that critics will be able to locate flaws in the still-to-be-produced versions, decrease the ratings. The quality passed model's mass production begins. This could take place in the manufacturer's own plant or be outsourced to other manufacturers, known as original equipment manufacturers (OEMs) to be manufactured to their demands in terms of quality and norms. This is also where the smartphones are put together. Foxconn is a multinational company that makes gadgets for some of the world's most well-known brands, such as Apple, Xiaomi, Nintendo, Amazon, and others. It employs significant manufacturing operations in a number of nations, the greatest of which is in Shenzhen, China. Enrolling in Prizm Institute's cell phone repair program will teach you how to assemble and repair iPhones and other smartphones.

5. Packaging:

After the device has completed all of the tests, it is shipped to be boxed. The handsets, together with its accessories and user manual, is placed in the shipping box.

6. Shipment:

The last stage of the whole process is shipment. These packaged cellphones are then send to distributors, and retailers across the world and then from these retailers this is the last customer who picks up the packages. So this is the whole process of making smartphone.

2.4 Mobile Marketing

Mobile marketing refers to any kind of promotional activities that takes place on devices like smartphone, tablets, cell phones etc. the aim of mobile marketing is to reach the mobile users who are the audience through push notifications, Mobile optimized and mobile applications. Many advising activities are promoted through mobile marketing. And the main medium is smartphone and other smart devices which has internet connection. Mobile advertising targets focuses attention on their habits rather than their demographics (though demography plays a part, such as the fact that iPad users tend to be older and wealthier). Snacking is a popular mobile marketing technique in which users of mobile devices check in to media or communications for short amounts of time. For marketers, the need for rapid delight means additional points of contact. The device (especially the screen size) makes a big difference in mobile marketing; users of smartphones and iPad tablets react differently to mobile marketing. Smartphone users, for example, prefer informational content, whereas iPad users are fascinated by interactive

advertising that incorporates rich media presentations with eye-catching imagery (the message of the content is a secondary concern). There are many strategies of mobile marketing:

a) **SMS Marketing:** SMS marketing is a kind of marketing which refers via text messages.

Many companies send text message, news, promotions, updates in customers smartphone via text. This is a kind of communication in order to interact with the customers. It's a permission-based system. You can really only send text message blasts to clients who have opted in to your communication, as we outlined in the last section. This limits your marketing lists, as they only include people that intend to patronize your business on a regular basis. It's a tool for mass communication. A cell phone is in almost everyone's ownership. All of these phones are almost probably capable of receiving texting. It is instant. In a matter of seconds, text messages are sent and received. Consider how strong something is its own. It gives you complete control over how and when your customers read your promotions. It can be traced.

b) **Social Media:** Many owners of smartphone use social media in order to promote their

brands. This is another kind of mobile marketing. SMS Marketing's Advantages

There are a variety of advantages to SMS marketing, and they fluctuates based on your sector and how you use it. Here are some of the most typical advantages that SMS offers to marketers and business owners. Lead to more people who visit your store.

1. Reward existing consumers while also attracting new ones.
2. Develop a more personal relationship with your customers.

3. Communicate with customers right away.
4. Customers are kept up to date on your company's activities.
5. Customers may send essential text promos to their friends and family with ease.
6. Due to a lack of marketing reach, customers will not feel neglected.
7. Increase your customer base and sales.

c) **Location Based Marketing:** location based marketing refers receiving location based data through google maps. Anyone with the app can easily find location of restaurants, grocery shops, shopping malls etc.

In App Marketing: This is a kind of marketing that is developed within mobile applications. Anyone can install mobile app on their devices and can have the experience of in app marketing. In those app product information, design, categories are designed for the customer to purchase.



Businesses can utilize in-app marketing to engage, retain, and upsell customers to new items using real-time and personalized communications. You may lose existing users faster than you can onboard new ones if you don't have a strategy for reaching out to them, or you may over-message them, which is just as destructive. The

average retention rate for web-based apps is only approximately 10%, according to Mixpanel's analysis of 1.3 billion users. Here are three ways an in-app marketing strategy can help you enhance user acquisition, no matter what your app does to make your customers' life simpler.

1. Make Sure Your Users Have a Good Time

It's important persuading your user that your software has worth and that this value will continue for months or years.

2. Collect Feedback From Users

In-app behavioral analytics can be used to track implicit feedback. Users are likely dissatisfied or confused if they start tasks several times without complete them, or if they continually hit the same buttons.

3. Obtain Positive Feedback

Positive online reviews can help your app attract more traffic and users, but only a small fraction of consumers would voluntarily submit positive, unsolicited feedback on review sites or marketplaces. You can request these reviews using in-app prompts. Ideally, these alerts should be triggered while the user is visibly enjoying the program. It's an excellent moment to ask for an app review if, for example, a user has logged in every day for a week. App store reviews are often far more persuasive to potential users than third-party review sites or social media reviews.

CHAPTER THREE

RESEARCH METHOD



3.1 Research Design

The research followed mostly qualitative method. The feedbacks were collected by online survey questionnaire which was provided to the students through social media (Facebook messenger). The responses are measured with descriptive pie chart form and findings are interpreted qualitatively. Participant observations, in-depth interviews (face-to-face or over the phone), and focus groups are all examples of approaches that may be considered during qualitative research design. Although the various qualitative techniques differ, there are certain parallels between them. The goal of every qualitative research project is to get a highly detailed understanding of a certain topic, situation, or meaning based on firsthand experience. Because acquiring data can be time consuming, qualitative data is collected using a limited but focused sample base; qualitative data is concerned with the depth of findings rather than the quantity. As a result, qualitative research is typically defined as subjective (rather than objective), and results are written down rather than documented statistically. Because there may be no connections among the many findings, the data obtained during a qualitative research project cannot usually be quantified using statistical methodologies. A coding method can be used if common categories can be identified throughout the analysis. Despite the fact that qualitative research questions and observations aren't intended to elicit a specific response, the ability to code data occurs more frequently than you may think. This is because the researcher "steers" the study in a specific direction while urging the respondent to elaborate and go into deeper detail. A qualitative research design should take into account not just what is said or done, but also how something is said or done by a participant. Body language and the tone of voice used by responders are important concerns since these habits can sometimes hold answers to questions in their own right.

3.2 Survey Method

The motive of this study is to solve issues with smartphone usage among university students. The most acceptable research approach is to employ a questionnaire as an instrument. An instrument, according to (Creswell & Creswell,2018), is a tool used to measure, analyze, or test anything. data from a quantitative survey As a result, the questionnaire was adapted from (Valderrama,2014) in a modified version.. For the thesis report the "Survey question is prepared on google form to collect the data of smartphone usage among the students of school, college and universities. From the pie chart the exact percentage were found. This survey was conducted through online (mail and Facebook) by maintaining social distance because of COVID-19.

3.3Target People and Sampling

My study was conducted into the Dhaka city and my target audience are school, college and university students (young generation).I surveyed 103 students. Most of them were university students. The rest are from school and colleges. The man motive of this research is to notice how Smartphones are affecting society also how they will revolutionize culture, the technological landscape, and other areas of modern society. The goal of this research is to learn about all of the positive and bad effects of smartphones on society. The focus of the research will be on the impact of smartphones on business, education, health care, human psychology, and social life. The study will conclude by summarizing the impact and drawing conclusions based on the vast variety of effects that Smartphones have on society. The article will also provide strategies for reducing the negative effects of Smartphones while maximizing the benefits of this cutting-edge technology. I employed the "Theory of Planned Behavior" in my research. The idea centers on people's

intentions toward concepts, beliefs, values, standards, and self-control. These intentions together shape the attitude a person has and the way they respond to or interpret their environment.

Self-Efficacy:

A person's individual judgment has an impact on how well a specific action is performed. Self-efficacy is related to the sense of confidence in one's ability to use technology, and considering cellphones as an example, a person possesses. An individual, for instance, who believes he can complete tasks effectively with a smartphone. Technical assistance Self-efficacy is influenced by training and agreeableness, which improves a person's abilities to fully utilize the technology.

Interactional Skills:

Competencies in interaction: Students build relationships with others by communicating via various mediums. Students typically communicate with one another through conversing with buddies on messenger, which they responded quickly. They need technology-related skills for an effective communication. Interpersonal skills, including those related to smartphones, are a necessary competency.

Intentional Behavior:

A person's behavioral intention is their plan to interact with others in a certain way. It's a subjective likelihood that a person will engage in a particular behavior (Raza et al., 2019).

3.4 Primary Data

I gathered data from students who are the user of smartphone. I provided questionnaire to the interested students who participated in my survey. Data collection in statistics is the process of obtaining information from all relevant sources in order to solve a research topic. A person can deduce a response to the relevant inquiry using the data collection methods. To develop assumptions regarding future probability and trends, most businesses use data collection methods. After the data has been acquired, the data organization procedure must be completed. "Data" is the primary source of data collection methods. Data is divided into two categories: main data and secondary data. The primary significance of data gathering in any research or business activity is that it aids in the determination of many vital aspects of the firm, particularly its financial performance.

3.5 Secondary Data

Secondary data is data that has already been statistically analyzed and acquired by someone else for a reason other than the researcher's present endeavor. The process of gathering information from all relevant sources in order to identify a solution to the study challenge is known as data collection. It aids in predicting the result of a scenario. You can come up with a response to the relevant question using the data collection methods. Surveys, the Delphi technique, focus groups, and interviews are just a few examples of data collection methods. Secondary data is information gathered by someone other than the user. It signifies that the data has already been collected and is being analyzed. Magazines, newspapers, books, and journals are examples of secondary data. It could be either published or unpublished information. I collected secondary data from online articles, books, journal, Google-scholars articles and many other sources.

CHAPTER FOUR

FINDINGS AND ANALYSIS



4.1 Survey Results: I have done an online survey of 103 people who are mostly university and college students. I gave them the questionnaire in order to collect the data. All the responses were found in the form of survey questionnaire. By analyzing this we can have an idea about the situation of students because of smartphone usage.

Question 1. What Is Your Age?

What is your age?
103 responses

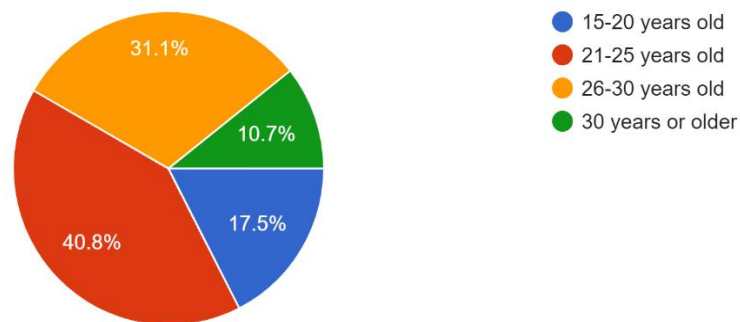


Figure 1: Percentage of Age

Here, most of the participants are between 21-25 years old which is 40.8%. After that 17.5% are 15-20 years old. 31.1% are 26-30 year old and lastly there are 10.7% participants who are 30 years or older. Clearly, a huge number of participants are young people. Most of them are students.

Qs 2: Do You Use Smartphone?

Do you use smartphone?
102 responses

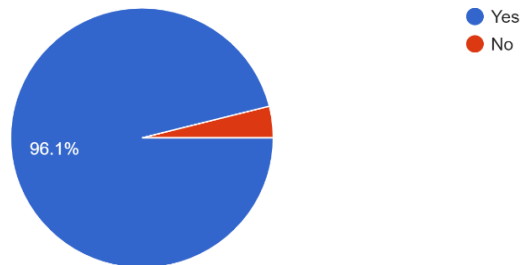


Figure 2: Percentage of Usage of Smartphone

In question 2, it is seen that 96.1% people uses smartphone and a very few doesn't. as smartphone are very available now a days. Most of the people uses this mainly young generation are very attracted towards smart devices in order to enjoy many digital features. They found smartphones a luxury Accessories which is like must have for them.

Question 3: How Many Hours do you Spend on your Mobile?

How many hours do you spend on your mobile?

103 responses

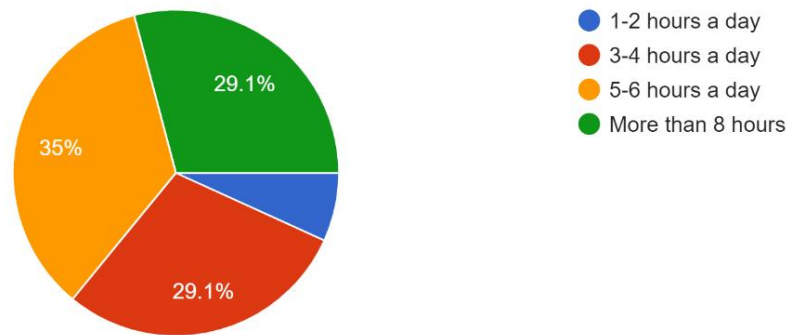


Figure 3: Percentage of Time Spend on Smartphone

In question 3, it is seen that 29.1% people uses smartphone 3-5 hours a day. 35% people uses smartphone 5-6 hours a day. 29.1% people uses smartphone more than 8 hours a day. Experts says, for an adult a healthy screen time is less than two hours per day. Researchers says using smartphone more than 5 or more hours contains a higher risk of obesity for students. Also it can causes heart disease as the lifestyle changes because of too much smartphone usage. Clearly in this survey we can see a huge number of students are using mobile more than 5 hours. This can cause life threatening diseases like diabetes, heart attack even cancer. According to studies, college-aged students in the United States spend an average of 8–10 hours per day using their smartphones. Similarly, data suggests that Thailand has a higher rate of smartphone adoption than most Asian countries, as well

as a higher prevalence of internet and social media addiction (Facebook, Instagram, etc.). More time is spent on social networking applications on smartphones among Thai adolescents than on productivity or work-related apps. The relationship between screen time and physical exercise is unclear [18]. The displacement theory proposes that the more time spent in sedentary behavior, such as screen time, the less time there will be for physical exercise. Although smartphone applications for tracking and monitoring health and physical activity have been developed, there is inconsistent evidence to support the use of cellphones and similar applications to encourage physical activity. There's also evidence that smartphone addiction exists among college students, as well as conjecture that it affects physical and mental health consequences like obesity, poor physical ability, low self-esteem, increased sedentary activity, and decreased social behavior. Given the rising sedentary behaviors and research indicating that 40–50 percent of college students are physically inactive and/or do not reach the suggested guidelines, the college student population is an excellent target for examining factors of physical activity participation.

Question 4: Do You Feel the Urge to Check your Mobile Repeatedly While Studying?

Do you feel the urge to check your mobile repeatedly while studying?
102 responses

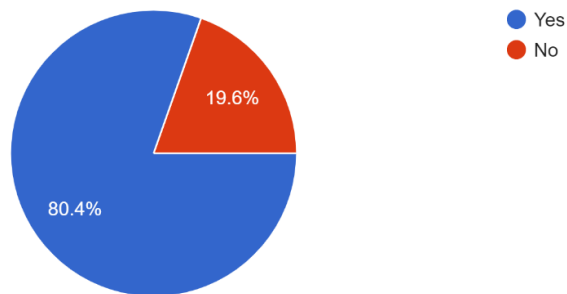


Figure 4: Percentage of Time Spend While Studying

In question 4, it is seen that 80.4% students feel the urge to check their mobile while studying. And 19.6% doesn't. Researchers found that students who check messages constantly while studying scored lower test results in exam. At the same time it breaks the concentration of study as multitasking can't be done while studying. Here, in the survey a huge percentage of student check mobile while studying so the study is affected because of mobile. Also students are depending on their smartphones more, as a result they are becoming less effective at tasks like taking notes. Students must switch of their device while studying. The urge to check mobile or notifications from different apps again and again simply shows the addiction towards

smartphone. A huge number of students are now constantly checking phone, scrolling social media, playing games, watching videos online. These are digital distractions. To avoid these digital distractions student can find a study space away from things doesn't distract them. They can set goals of study schedule. Adults should limit their screen usage outside of work to less than two hours each day, according to experts. Any time you would normally spend staring at a screen should instead be spent engaging in physical activity. Any time you would normally spend staring at a screen should instead be spent engaging in physical activity.

Question 5. How Often you Use Internet on your Mobile?

How often you use internet on your mobile?

103 responses

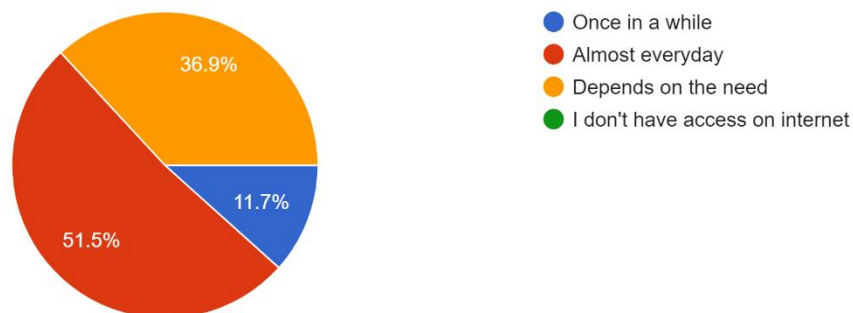


Figure 5: Percentage of Internet Usage on Mobile

In question 5, it is seen that 11.7% of students use internet once in a while on their mobile. 51.5% uses internet almost every day. 36.9% of them uses the mobile when they need to use it. So, here the percentage of students are more when it comes to use internet almost every day. As we know internet is now like a part and parcel of our life. As it is now a way of communication around the world. Internet is now available of every region. A huge percentage of students uses internet for various purpose. Several people nowadays use social networking sites like Facebook and Twitter. You can communicate with your buddies through WhatsApp and social media platforms. You will find it simple to change your status or check for updates on your status. You may organize your social circle at the push of a button. This section discusses Internet usage, preferred surfing locations, the purpose of accessing the Internet, and the ease with which materials can be found on mobile devices. The bulk of people (79 percent) have Internet access on their mobile phones. It is clear that the respondents are computer literate. The bulk of them (84.8%) preferred to use the Over one-tenth (11.6 percent) prefer browsing the Internet at work, while a tiny percentage (3.3 percent) prefer doing so while traveling to make the most of their trip time. use of the internet for what purpose(s). Nearly a third (28.6%) used the Internet for reading, and one-quarter (24.6%) used the Internet on their mobile phones for social networking (Facebook, Twitter, WhatsApp, Instagram, etc.) on a regular basis. It was also discovered that one h (19.2%) spent their time downloading music and videos,

15.9% spent their time playing online games, and 11.6 percent spent their time writing and receiving emails. These findings reveal that respondents mostly use the Internet for reading and social networking, browsing textbooks, 28.3% for finding the most recent information about their institution, and 75% for finding information from their university web pages, 40.2 percent for downloading notes, 30.4 percent for finding journals, and 35.9% for social networking sites.

Question 6. Do you Feel the Frequency of Internet Usage has Increased Since You got your Smartphone?

Do you feel the frequency of internet usage has increased since you got your smartphone?
103 responses

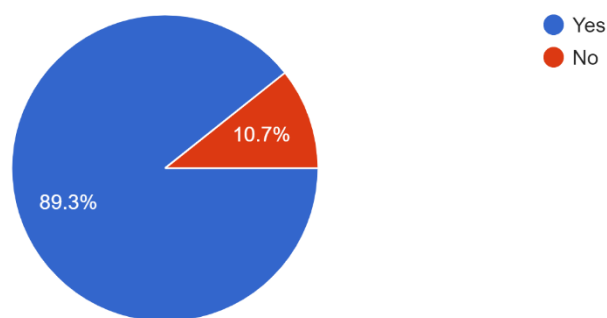


Figure 6: Percentage of Internet Usage Frequency

In question 6, it is seen 89.3% people think the frequency of internet usage has increased since they got their smartphone and 10.7% of them don't think so. In 2021 the number of mobile internet users were 4.32 billion. Data using refers how much data is being used in order to download or upload anything. As smartphone are used in order to phone calls, light web browsing, email and many. Smartphone users consumes 185 megabytes of total monthly data downloads. They utilize 4 mb for voice calls per hour. And 4 to 6 mb for web browsing. According to GSMA over 10.57 Billion mobiles are connected worldwide. As internet has many uses like research, social networking, online orders and works, education, online banking and trading. Internet is a must have now a days. The Internet is a constantly growing medium that adds new features that makes its use more efficient for users. The internet benefits a variety of departments, including banking, healthcare, business, and economics. Today, it is critical to locate a service that is not assisted by the internet. Similarly, kids have seen the internet as an educational exercise.

Question 7. Which Activities you Perform the most on your Mobile?

Which activities you perform the most on your mobile?

103 responses

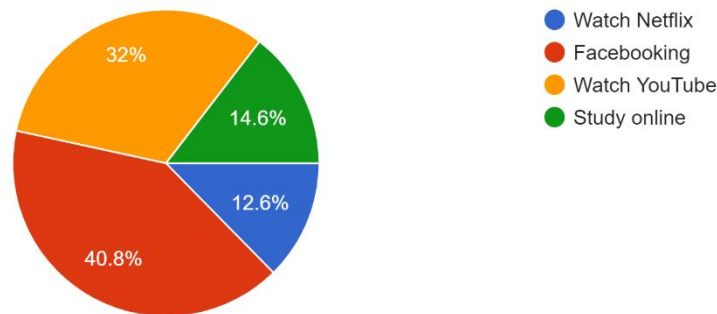


Figure 7: Percentage of Activities Performed on Mobile

In question 7, 12.6% of the student watch Netflix, 40.8% student use Facebook, 32% watch YouTube. And 14.6% study online. So clearly it is seen that smartphone is being used in entertainment purpose more than study purpose. As smartphone gives many features and internet is one of them. Using internet many social media app is used by students. The percentage of using Facebook is the highest here. Using Facebook is affecting students daily life, study, sleep and health as well. Too much use of Facebook can refer higher level anxiety. Although Facebook can help communicating with others. Social interaction is easy through Facebook specially for the low-esteem children. Also 32% students pass their time watching YouTube videos. YouTube is a free platform where many contents are found. People usually find YouTube as an entertainment platform where they can watch many videos. But too much use of YouTube can waste the valuable time of students. Also Netflix is used by many users. lastly a few student use their smartphone for online study purpose. Many people are now

questioning how we managed without the internet before it became a global phenomenon. It's not just the younger generation who are taking advantage of the internet; the elder generation is also adjusting and learning how to use it. The internet can be beneficial to older folks as well. According to data, those over the age of 70 who use a computer at least once a week are 42 percent less likely than those who do not use computers to have memory and thinking problems.

Question 8. Do you Prefer Communicating face to face more than Over Phone?

Do you prefer communicating face to face more than over phone?
103 responses

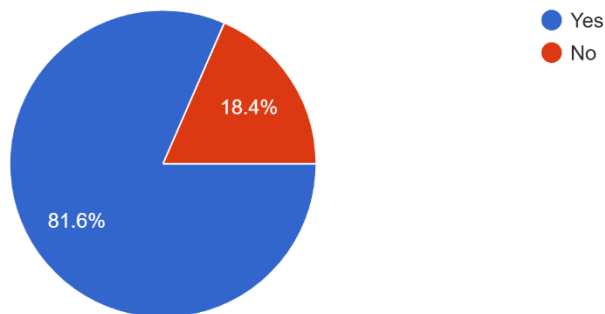


Figure 8: Percentage of Preferable Mode of Communication

In question 8, it is seen 81.6% student think face to face conversation is easier than over phone. 18.4% of students prefer communicating over phone. As communicating face to face is more personal than phone. People find this easier because the engagement is higher on

face to face conversation than phone. Direct conversation can avoid distraction. It's easy to avoid face-to-face engagement in today's digital age. As social media has grown in popularity in recent years, people are increasingly finding themselves interacting with friends online rather than in person. Job interviews can now be conducted via video chat platforms like Skype, online schools are getting more popular, and owing to the internet, one might occasionally find oneself working a whole job or making acquaintances from all over the world. There's no denying that talking digitally has a number of advantages for everyone involved, particularly for people who are timid or anxious when it comes to high-stakes meetings in person. While communicating with people via email and other forms of nonverbal communication has many advantages, it also has some disadvantages. To put it another way, email feels less personal than meeting with someone face to face. As previously stated, miscommunications might occur as a result of this. Because you can't see the other person's face when conversing via email, you could miss critical body language clues or facial expressions that indicate how your words and message are being received.

Question 9. How often do you use smartphone recording class Lectures?

How often do you use your smartphone for recording class lectures?

103 responses

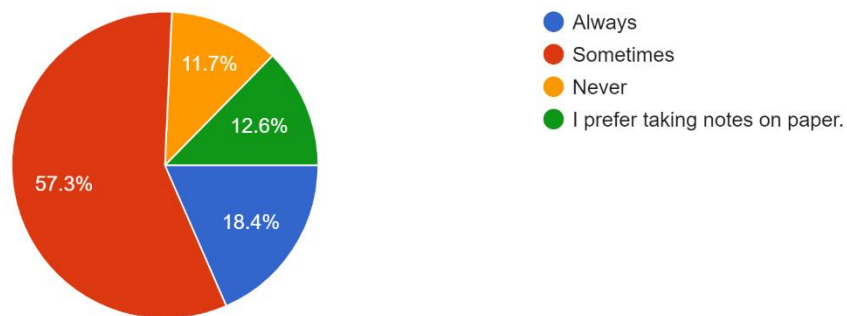


Figure 9: Percentage of Usage of Smartphone for Recording Class Lectures

In question 9, it is seen 57.3% people sometimes record the class on their phone. 11.7% never do that. 18.4% always record lectures. 12.6% student prefer taking notes on paper rather recording on phone. As we know smartphone is like a must have for students nowadays. And almost all the students carry smartphone in their classes, sometimes it is easy for them to record the class lectures on their phone as it is easy for them to cope with the class after. And they can revise and listen to the lectures on phone. Here from the survey we can see a good percentage of students are using smartphone for recording class lectures. Which indicates an advantage of smartphone on education. Also some students prefer taking notes on paper. As that is easier for them. Developments in the field of information and technology resulted in the emergence and spread of new concepts and devices in human life during the last quarter of the twentieth

century. These concepts and devices include computers, the internet, and mobile phones. Mobile phones, which can be carried in a pocket and only allow for voice and message, have evolved through time into smartphones that allow for internet access. Perhaps at the turn of the twenty-first century, this revolution triggered an unprecedented alteration in human history. People have begun to access all types of information they require with a small gadget they carry owing to smartphones. People may also utilize instant messaging apps and social networking sites on their smartphones with ease.

Question 10. How often you use your smartphone in order to login Academic Portals?

How often you use your smartphone in order to login in academic portals?

103 responses

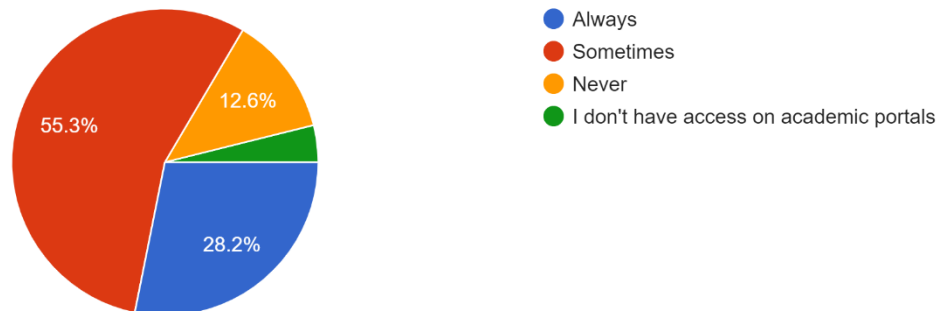


Figure 10: Percentage of using Smartphone to login Academic Portals

In question 10, it is seen 53.3% sometimes use their phone in order to login in academic portals. 12.6% never use it. 28.2% always use it and very few does not have any access on academic portals. As students need academic portals in order to know their academic information like results, routine, class schedule etc. it is very important to have an access on academic portals. In order to check those a smartphone is needed. Here huge percentage of student use their smartphones in order to know the information from academic portals. And smartphone is handy so it is easy to login whenever they want.

Question 11. Do you purchase online products with your smartphone?

Do you purchase online products with your smartphone
103 responses

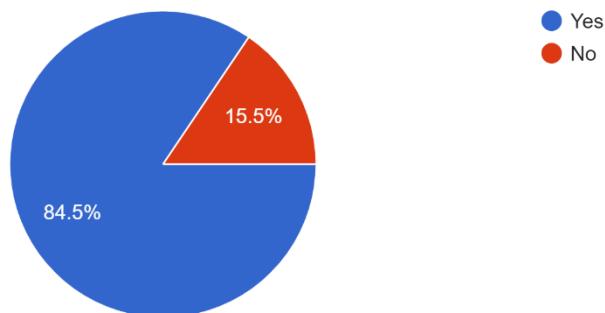


Figure 11: Percentage of Purchasing Online Products with Smartphone

In question 11, it is seen that 84.5% students purchase online product with their phone. 15.5% does not. As online shopping is most common nowadays, many people are doing it. And smart devices are the way of purchasing products from many online pages. As smartphone are most common device and people can use this to purchase products online anytime they want. They can order from anywhere and can get home delivery as well. So digital marketing is based on the smart devices in a way. Smartphone has now become a very popular device for online shopping. There are many online shopping android app like Alibaba.com, Daraz online shopping app Daraz mobile app, shajgoj, chaldal, Amazon shopping, Bikroy.com, AliExpress and many others. These apps are now available in everyone's smartphones for shopping online.

Question 12. Do you use your mobile at late night?

Do you use your mobile at late night?
103 responses

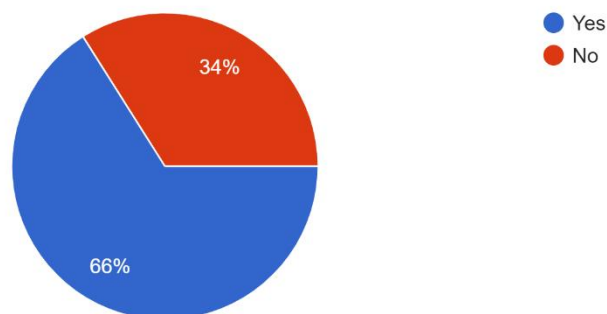


Figure 12: Percentage of Using Mobile at Late Night

In question 12, it is seen 66% student use their mobile at late night and 34% does not. Many students are addicted to smartphones. Young generation has now a tendency to stay awake late at night and they use their mobile constantly. There are many disadvantage pf using mobile at late night. The blue light of cell phone is very harmful to the eyes. The reported students who use cell phones at late night cases poor sleep quality. They face trouble falling asleep. There are reduction of sleep duration and also they stay tired in daytime. Our young generation is now facing many problem because of staying awake late night and the main reason is smartphones. So it is very important to control themselves from the addiction of cell phones. The routine should be made and students should not stay awake late at night.

Question 13. Do you prefer going out with friends instead of passing your time on social media on your day off?

Do you prefer going out with friends instead of passing your time on social media on your day off?
102 responses

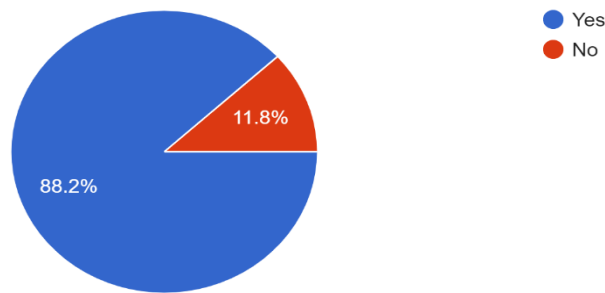


Figure 13: Percentage of the preferences of student of Passing Time

In question 13, it is seen that 88.2% student prefer going out with friends instead of passing time on social media. 11.8% want to use mobile on their day off. As smartphone addiction is now a big problem, students are becoming introvert. Most of the young children are shy to come in front of people. Although here in the survey most of them prefer going out with friends rather staying at home on mobile. So this is a positive result.

4.2 Impacts of Smartphone Usage in Different Sector:

A) Education: The structure of education has changed a lot after inventing smartphones. There are a huge number of student who are now depending on online education through many smart devices. But there is always a positive and negative side of everything. Smartphone has changed a lot of things in human's life since this is a digital device. Mainly is education it plays a very important role. Smartphone utilization is increasingly evolving into an effective instructional tool

for distance education. Its use guarantees flexible course delivery, helping learners to use online learning platforms, access text books, and communicate electronically. The Examining how cellphones are used as educational materials and their impact was the goal of this study. The College of Ghana offers distance learning. The Technology Acceptance study served as its foundation 294 respondents were included in the model (TAM). The questionnaires and survey study design were used in the analysis. The study's main goals were to: ascertain the students the perceived effectiveness of a smartphone in classroom processes will depend about how simple it is to.

<u>Positive Effects</u>	<u>Negative Effects</u>
a) Smartphones are available with internet connectivity everywhere so students can access their class through internet in any location. b) Through online classes distance and time is becoming easier to the students. c) Students are taking notes on smartphone, also a huge percent of them are recording the class on their device so it's easy for them to memorize the class.	a) As smartphone have internet connectivity most of the students becoming distracted by online videos, games. Social media in the middle of their study. b) Smartphones can be a reason for cheating on exam halls. c) Smartphone can also be responsible for bullying and hazing among the students.

B) Health: According to the survey more than half of the student uses smartphone uses more than are supposed to use. And that obviously effects their health. And smartphone are now responsible

for many illness of young generation. Your neck muscles may become stiff or experience spasms if you spend too much time looking down at your phone. Even nerve discomfort that travels to your back, shoulder, and down your arm is possible. Take breaks at least every 20 minutes to stretch and arch your back. Avoid leaning forward. It helps to hold your phone higher up while you text, too. You may keep strong and prevent neck pain by practicing Pilates or yoga postures. Have you ever placed your phone between your shoulder and ear while performing another task? The stance is not natural. If you continue doing it for too long, your neck will probably start to hurt. If you can't prevent it, take breaks and move your neck in those other directions to keep it supple. If the injury is severe sufficient, rest, a heating pad, and over-the-counter painkillers should be effective. If it persists for more than very few days, check with your doctor. As the global outbreak of COVID-19, the governments had initiated the appropriate program of health education and relevant regulations to strictly prevent the spread of COVID-19, including controlling outdoor activities, keeping social distancing, and reducing public gatherings in response to the pandemic, which have changed adolescents's everyday life.

Positive Effects	Negative Effects
a) Smartphone is a way to communicate and information collection and around 27% consumer uses smartphone in order to search online information. b) Today smartphone helps doctor and patients in a way where doctor can monitor patents online easily.	a) Smartphones disconnect young generation from social interaction. Online games and other app are so addicting kids are becoming more introvert because of those.

c) There are a lot of medical healthcare apps which can be installed free on mobile and that makes easier to us to know about problems.	b) Smartphone can be harmful to eyes as in the survey we can see 66% student use phone at late night. c) Many child are becoming addicted to smartphone and becoming socially unstable.
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C)Psychological Impacts: There are many ways that Smartphone is impacting human Psychology. Specially in student there are many side effects of using smartphones. Excessive smartphone use has detrimental physical repercussions. However, smartphone addiction may mimic addiction in terms of excessive usage, problems with impulse control, and negative repercussions, but it is not an illness that has substantial negative impacts on physical and psychological health. For instance, compared to typing on a desktop computer, texting on a smartphone is linked to a more rigid and tense spinal position. Constant neck flexion when using a smartphone is a contributing factor to neck pain and changes in neck muscle function. While typing on a smartphone, s Additional negative effects of excessive smartphone use include sleep problems and depression symptoms. Positive outcomes in terms of smartphone and social platform adoption are linked to social capital and engagement, whereas negative outcomes emerge from excessive use, unfavorable correlations, and the worry of being constantly engaged. As an illustration, keeping smartphones outside of the bedroom increases the level of living and reduces

the risk of smartphone usage. Sleeping without a smartphone improves physical health, relationships, motivation, and quality of sleep. Along with disrupting sleep patterns, PSU can cause mobility problems in the neck, wrists, and fingers. Teenagers' sleep patterns affect their ability to grow, maintain emotional stability, and study shoulder taping reduces neck pain without affecting neck muscle performance and fatigue.

Smartphone-addicted participants were more likely to: have lower academic performance (GPA); be physically inactive; have poor sleep; be overweight/obese; have pain in their shoulder (39.2%), eyes (62.2%) and neck (67.7%) and have a serious mental illness (30.7%). This finding has significant implications for decision makers and suggests that smartphone education focusing on the physical and mental health consequences of smartphone addiction among university students can be beneficial.

Positive Effects	Negative Effects
a) Smartphone helps in interacting with family, friends in our busy work life. b) While travelling smartphone gives a hope to be safe in order to keep connected with others. c) The function of our brain increases by using smartphone. d) Smartphone can be useful to discover new information around the world like news headlines, new technology updates.	a) According to research communication through social sites like Facebook, tweeter are effecting people as they are not communicating face to face much. b) Researchers found that compulsive and habitual communication through smartphone is a psychic problem. c) Another psychic problem is when students and adults uses mobile all the time even at their work or for student in their class or study time.

CHAPTER FIVE

CONCLUSION



5.1 Conclusion

Clearly smartphone has many positive and negative impacts on young generations. Smartphone has many features those are very useful in order to improve the technological site. However Students should not be fully depended on smart devices. Rather there always should have some limits. In the survey there are a clear picture that students uses smartphones in their daily life activities. As the world is becoming digital so all the sectors must have smartphone to cope with others. Students are spending more time on their mobiles. By 2019-2021 around 50% usage was reported with mobile device. The main benefits of smartphones are online education system. Business area and healthcare assistance. However teenagers are now becoming addicted to smartphone in different ways like playing online games. That results health problems like Eye problems, neck and back pain even brain tumor. At the same time a phobia has been developed known as NOMOPHOBIA (fear of being without a phone) is a problem found among the young students. They can't think a moment without smartphones. The use of smartphones by college students is a well-known reality. We are attempting to determine various criteria related to the use of a mobile phone in this study. Devoice on a smartphone can be characterized as a cellular phone with a plethora of applications pre-installed Internet access or assistance. A mobile phone that includes a lot of features, such as digital voice service and SMS messaging Messaging, e-mail, Web browsing, and still and video cameras are all examples of modern technology. MP3 player, video playback, and phone calls, among other things. The development of smart phones began in the early 1990s. erupted in 2007, and many operating systems conquered it. several suppliers' interactive features. Smart Students' phones have become indispensable, and this has resulted. Market demand for smart phones has surged. Van Ameringen created a cutting-edge screening model. Scholars from all around the world have been studying the behavioral

repercussions of smartphone addiction in children. "Routine and regular usage of mobile devices appear to be connected with behavioral issues in childhood," the researchers discovered. "it is critical that neurological illnesses, physiological addiction, cognition, sleep, and behavioral difficulties be taken into account." As a result, parents and physicians should be aware of the dangers of smartphone use in children under the age of 13. In the future years, the impact of smartphones on child development will be a hotly disputed and researched topic. Psychologists and doctors must keep ahead of the curve as technology advances at a rapid pace. More research is needed to keep this dialogue moving forward. Learning from expert psychologists in the classroom is the best way to contribute to the increasing body of research on the interface of child development and technology. Aside from the criticism directed at young children who use such technology, the influence it has on teenagers around the world is as astounding. The majority of homework is completed online in schools, while phones and other forms of technology are welcomed in classes. While such resources can have a huge positive influence when used correctly, many teens don't use them correctly. Instead of being a source of additional knowledge, smart phones have become a source of distraction, resulting in a considerable drop in attention span and motivation. Instead of reading a book, youngsters are turning to YouTube for a simplified version or websites like SparkNotes for answers. There has always been an easy way out, but in prior generations it was more difficult. Smartphone addiction is increasing among young people due to an overreliance on technology in many spheres, hence it is necessary to do thorough research to determine whether it benefits students' academic performance or not. Future researchers have studied this topic across a variety of populations. where they discovered links between academic achievement and smartphone addiction, both positive and negative (Lepp, Barkley, and Karpinski,2014) analyze the connection and discover Addiction to smartphones has

a severe impact on college students' academic performance. The use of smartphones can have both positive and negative effects on life satisfaction.

5.2 Recommendation

Parents will have a much easier time teaching their children how to approach the world of smartphones in a healthy way if they use their own behaviors to reflect a positive relationship with their phone or tablet. Devices like the LeapFrog or Amazon Fire Kids Edition, for example, are specifically designed to engage children. Children can build digital literacies responsibly in these capacities, which may not be the case with tools that weren't developed with children in mind, such as smartphones or other tablets. Parents should also keep in mind that some apps in different app shops are better suited for youngsters than others. It's still worth noting when parents get into the swing of things. Smartphones are excellent navigational tools that put a world of information resources at one's fingertips. Smartphones have radically altered people's lifestyles, and they are confident in providing users with a broad communication platform as well as access to a diverse set of applications anything can happen at any time and in any place. In a short period of time, the world becomes well-known. Smartphones with unique features and functions Individuals' lives have been made more delightful by services that keep track of each and every moment. In today's environment, a new cult of taking selfies has emerged. The power of technology of smartphone is amazing, and it's a great learning tool for everyone, especially teenagers. The invention of technical devices has resulted in a comfortable and easy life. Students from elementary school to college can gain digital literacy and research abilities earlier than prior generations thanks to small computers. This is not to claim that all technology is evil; rather, it is to remind us that a closer examination of the negative effects it can have on society would be beneficial. We can only contain a technological takeover; there is no way to stop it. Instead of giving a toddler an iPad, maybe we

should go back to good old-fashioned books. As a result, as they get older, they'll be less interested in finding the easy way out and more interested in finding the correct information. There are ways to push yourself in the direction of success now that you have the drive to stop. You may simply make bite-sized objectives utilizing the aforementioned apps, such as Screen Time and Digital Well Being, such as just using Instagram for 30 minutes per day or turning off your phone from 9 p.m. to 9 a.m. App timers appear to be associated with less usage, according to input from users, according to Maggie Stanphill, head of UX for Digital Wellbeing at Google. This is a good sign that users are exercising more self-control because their knowledge of this behavior has increased, she continued. The prompts are all too simple to alter or disregard after you've tried using these reminders, though, which is why the first reminder is so important.

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Appendix

Survey Questionnaire (Google Form)

Survey questions for the project paper “Impact of smartphone usage on young generation”

1. Do you use smartphone?
 - a) Yes
 - b) no
2. Do you feel the urge to check your mobile repeatedly while studying?
 - a) Yes
 - b) no
3. How many hours do you spend on your mobile?
 - a) 1-2 hours a day
 - b) 3-4 hours a day
 - c) 5-6 hours a day
 - d) More than 8 hours
4. How often you use internet on your mobile?
 - a) Once in a while
 - b) Almost every day

c) Depends on the need

d) I don't have access on internet

5. Do you feel "the frequency of internet usage has increased since you got your mobile device?"

a) Yes

b) no

6. Which activities you perform the most on your mobile?

a) Watch Netflix

b) Facebooking

c) Watch YouTube

d) Study online

7. Do you prefer communicating over phone or face to face?

Ans: _____

8. Do you feel smartphone helps in study more than entertainment purposes?

a) Yes

b) no

9. How often do you communicate with your parents over phone?

a) Frequently

b) rarely

c) moderately

d) not at all

10. which social media sites do you use the most on your phone?

a) Facebook

b) Instagram

c) linkedIn

d) YouTube

11. How often do you use your smartphone for recording class lectures?

a) Always

b) Sometimes

c) Never

d) I prefer taking notes in paper.

12. How often you use your smartphone in order to login in academic portals?

a) Always

b) sometimes

c) Never

d) I don't have access on any academic portal.

13. Do you purchase online products with your smartphone?

a) Yes

b) No

14. Do you use your mobile at late night?

a) yes

b) No

15) Do you prefer going out with friends instead of passing your time in social media on your day off?

a) Yes.

b) No.