



## COLLEGE STUDENT'S OPINIONS ABOUT MOBILE PHONE USAGE

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### ABSTRACT

Mobile phone plays an essential role in communications throughout the world. The technological revolution that many Indian have experienced has significantly changed the way humans interact and communicate with one another. The author studied field observations to examine HNBGU-SRT Campus student's behavior while walking around campus, along with a Questionnaire survey. Findings suggest that students seem to be usage to their Mobile phones, with 64 percent of students observed on campus interacting with their device one way or another. Simple random sampling technique was used to select the sample of 100 students.

**Keywords:** Mobile Phone, Communication, College Students, HNBGU-SRTC (Hemvati Nandan Bahuguna Garhwal University-Swami Ramtirth Campus).

### I. INTRODUCTION:

Due to the availability of telecommunication technology, mobile phone becomes more and more important in daily life. Mobile phone is not only as tools for communication, but also as tools for people working and emotional interaction. India's telecommunication network is the second largest in the world, based on the total number of telephone users. As the standard of living in India improves, Mobile phone ownership is nearly everywhere College Students and much of the growth in teen Mobile phone ownership has been driven by adoption among the youngest teens. Every month, new technologies are being created and today's marvels quickly become yesterday's news. While these technologies capture attention and have usability and the easiness of everyday life. Furthermore, College students are used to have their mobile phone to communicate with friends, even consider that no mobile phone no interpersonal relationship. Additionally, students use mobile phone to show they are not isolated from their peers or friends.

In recent years, the use of Mobile phones has played a vital role in communication across the globe; citizens of the United States, like people in other countries, are consumed in the technological revolution. Technological revolution has provided the world with luxurious inventions. Communication channels has been so fabulously upgraded that corresponding to a persons with thousands of miles apart is just a game of seconds now. Invention of fixed telephone in 19th century was no more a wonder in 21st century when human brain invented portable "mobile phone". Mobile phone technology has experienced a tremendous growth. In 1946, Swedish mobile used the first official mobile phone. In 1983, Motorola presented 1st truly portable cell phone ([www.tech-faq.com](http://www.tech-faq.com)). According to a researcher, it took 20 years to strap up one billion mobile phone users, 40 months to harness 2 billion and just 2 years to reach the mark of 3.5 billion ([www.mobilephonereviews.org](http://www.mobilephonereviews.org)).

### II. REVIEW OF LITERATURE

**Aoki and Downes (2004)** focused on the behavioral and psychological aspects of cell phone usage among college students. They tried to find the reasons behind why a technology is adopted in a particular way. They identified several attitudinal factors based on the exploratory study including, necessity in modern times, cost efficiency when compared to landline phone, safety or security, and dependency. The study also endeavored to look at the motivational and behavioral characteristics of mobile phone usage. The authors tried to combine their results and the result of previous research to find the trends in usage by the youth, why college students in the US use the cell phone, what they think of the technology, and how they use it! (p. 352).

**Matthews (2004)** concluded that Australian adolescents do not make more than 5 calls a day on average and 85% of them used SMS less than 5 times a day. Studies also show gender related differences among young users of mobile phone.

**Campbel (2005)** examined that mobile phone has turned from a technological tool to a social tool. Mobile phone has become status symbol for young people and it is viewed as a fashion accessory. Study showed that they prefer it more than television and internet. It is deemed as a symbol of independence from one's family. It has functional, relational, negative effects like ostracism and family bullying. It also has an impact on evolving relationships within the family.

**Fraunholz & Unnithan, (2006)** focused the lowering of costs, which encouraged price wars among the cellular operators, and their promotion as fashionable technology has led to a massive boom in the mobile Phone subscription levels, especially among the younger population SMS through cell phones is Pervading like a wild-fire (Vaidyanathan & Latu, 2007, p. 4).

**Montgomery, (2007, p. 110).** The new digital environment presented an exceptional array of possibilities for Communication, interaction, and information retrieval at the fingertips that was never before available.

**Chen et al. (2007)** proposed that having mobile phone is necessary for college students to keep in touch with their family. Also they use mobile phones to fulfill their family roles by sharing their experiences with and getting an emotional and psychic support from their family.

**Anita Lidaka (2012)** concluded that Value orientation is an essential characteristic of a human being. For one person it is connected with accumulating material wealth, for another the highest value is the Man, human relations, for the third - intellectual values. As a rule, a harmonious value structure comprises all types of values. The main thing is which of these values become dominant, which are the ones influencing the person's activity and personality development.

**Singh, Des Raj (2015)** found in his study that the personality trait of majority students (Male/female out of the selected sample of 120 students) was found of extrovert/ Ambivert type, very few cases have shown introvert trait of personality. The majority number of students have shown good level of adjustment, none student have shown the poor level. Insignificant correlation (no correlation) was found between personality trait and adjustment level, which shows that both the variables are independent and personality trait (extrovert/Ambivert) does not affect the adjustment level of a person in this particular situation.

Based on the literature review, the following four research questions were asked in this study:

**RQ1.** Are college student's usages to their Mobile phones?

**RQ2.** What are obvious personalities that show need to Mobile phones?

**RQ3.** To examine the impact of mobile phone usage on parent-students relationship.

**RQ4.** To suggest procedures to proper usage of mobile phones on College Students

### III. METHODS

Field observations and a survey were conducted with questionnaire method to gauge the level of engagement that HNBGU-SRT Campus students have towards their devices and with each other in face-to-face situations. There were 100 questionnaire being distributed and generated 98 valid samples.

For this study, the author tried to capture a sample that is an accurate representation of the individuals affected by Mobile phone usage. A survey of HNBGU-SRT Campus students Science, Arts and Education was selected. There were 65 responses to survey questions that were designed to guess Mobile phone routine, primary uses of Mobile phones, and thoughts and emotions individuals take without their Mobile phone. *(For a full list of survey questions, see Appendix A.)*

The researcher recorded a number of interactions among the college students population, including the number of student's texting, talking on their Mobile phones, listening with ear buds, and the number of students who did not have contact with their devices. *(Refer to Appendix B to see the full set up and design of the field observations.)*

### IV. FINDINGS

The 9-question survey generated 100 responses from students. The vast majority of students, 64 percent owned a Smartphone and 36 percent didn't own a smart phone.

When asked the primary usage of their Mobile phone, texting was mentioned by 73 percent of students as the most used feature, followed by calling by 15 percent, and Facebook, Twitter or Instagram by 9 percent and 3 percent on game.

More than half of the students surveyed said they believe they are addicted to instant and constant communication (60%). Students reported feeling disconnected (80%), naked (15%) and stressed (13%) when they didn't carry their mobile phones. People want to be in touch and receive information within seconds. Almost all students (98%) believe that young adults look for self-gratification and acceptance from their peers though social media, which is constantly available though mobile phones.

Field observations were conducted to guess HNBGU-SRT Campus student's interactions and behaviors with Mobile phones. More than 100 students were observed, and the results were somewhat surprising. The researcher found that 49 of the 98 students observed (50%) were either texting or holding their mobile phone, while 16 students observed (16.3%) did not have their Mobile phone out at all. The other students were either talking on their mobile phones (16.3%) or listening with ear buds (18.4%).

Based on the survey, it was possible to answer some of the original research questions raised. Regarding the question on what were obvious personality that shows need to mobile phones, young adults feel the constant need to check their mobile phones for any form of constant from family, friends and work.

When asked for any other feedback regarding the topic, students provided a number of responses. One student said, "I think that as a society we do rely on instant communication. It has become a blessing and a curse at the same time. Sometimes we do need times to decompress and get away from social media," while another student simply claimed, "This is depressing." Two separate respondents mentioned how time abroad has changed their opinion on mobile phone use.

Two additional responses mentioned how students either worry, or have hope for the future in relation to mobile phone behaviors. One student said, "The trend of mobile phone addiction will only get worse," while the second claimed, "I think the change that is happening, and when our generation has kids, this won't be an issue anymore." Another student mentioned one possible impact of excessive mobile phone use: "People often forget how to interact face-to-face because we use technology as a crutch to avoid true interaction." The overall opinion of the majority of students surveyed was that they are aware of the behaviors of themselves and their peers. It appears that the addiction is real: young adults are influenced by the negative psychological effects associated with excessive mobile phone use and self-gratification.

## V. CONCLUSION

Observations and a survey of student's on HNBGU-SRT Campus showed that SRT Campus is not an exception to the phenomenon that Mobile phone need is affecting many young adults. People are becoming more aware of their own personal habits and behaviors regarding interaction with their devices, and some people believe the passion surrounding instant and constant communication will moderate by the time Generation parents have their own children. Some people claimed that these addictive behaviors and habits arise because they don't want to be disconnected from their friends and family. They need to have their Mobile phones so they are able to respond, or reach out to people instantly, and impulsively. Others believe that the use of technology to communicate has decreased our ability to communicate with one another in person. As one survey participant put it, "I think people often forget how to interact face-to-face because we use technology as a crutch to avoid true interaction."

Survey has shown that there are negative psychological effects related to mobile phone dependence. Many young adults need validation that they are pretty or popular, and they use social media, accessed through most mobile phones to achieve this self-gratification. Many individuals feel a heightened level of stress and anxiety when they are with their mobile phones, because they are so used to constantly having instant access to communication; others feel free without them because it gives them a chance to disconnect and think their own thoughts without interruption.

Findings suggest that majority of young mobile phone users are those who do not make longer than intended calls; do not ignore their face-to-friends to be with their mobile phone; do not have complaints about their excessive usage; do not suffer a decline in their productivity due to mobile phone usage; do not suffer catnap loss due to mobile phone usage and do not feel nervous or depressed being away from their mobile frequently.

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**Appendix A: Survey Questions**

1. Do you have use Mobile?
2. What type of Mobile phone do you own?
3. What is the primary purpose of your cell phone? ('2' being the most used feature)
4. Do you believe you are enthusiastic to immediate and continuous communication?
5. Do you still intentionally leave your Mobile phone at home to disconnect?
6. How do you feel without your Mobile phone (stressed, disconnected, alone, naked etc.)
7. Do you think young adults look for a sense of satisfaction through various platforms in technology? (Facebook, Twitter, Texts, Instagrams, WhatsApp)
8. Do you think our need to technology contribute to negative psychological effects and confidence?
9. Do you have any other thoughts and opinions on society and our Mobile phone use?

**Appendix B: Field Observations of College students on three Schools of campus**

Mobile phone Usages	School of Science	School of Arts	School of Education	Total	Total (%)
<b>Activity</b>					
<b>Holding or texting</b>	25	13	11	49	<b>50.0</b>
<b>Talking</b>	5	4	6	15	<b>15.3</b>
<b>Listening</b>	7	5	6	18	<b>18.4</b>
<b>No phone visible</b>	11	3	2	16	<b>16.3</b>
<b>Total</b>	<b>48</b>	<b>25</b>	<b>25</b>	<b>98</b>	<b>100.0</b>