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A STUDY ON THE IMPACT OF MOBILE PHONES IN THE LIVES OF TEENAGERS/COLLEGE STUDENTS

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ABSTRACT

Mobile phones are now an indispensable part of our lives. It has now gone to an extent where one cannot imagine his/her lives without mobile phone. A day without mobile phone is unthinkable. This paper tries to understand this fact and attempts to understand the impact made by mobile phone in the lives of teenagers especially college students.

Keywords: Impeccable, Alienation, Frustration.

INTRODUCTION

We are now living in the so-called Digital era, where everything is dominated by the advancement of science and technology. Latest machines, up-to-date techno-savvy robots, artificial intelligence etc has made human life luxurious and relaxing. The daily tiring chores of our lives have been replaced by the comfort of machines doing the job for us. One such luxury gifted to us by science are "Mobile phones". Designed to make human life easy and to make communications better, mobile phones have truly lived up to the expectations. These mobile phones have also gone through the process of evolution much like human beings. Where initially, these mobile phones would just be used for making and receiving calls or sending messages, now with the advent of technology and use of 4G, mobile phones are now used to send or receive calls and messages, listen or download songs and videos, play online games, listen or view online videos, use social media applications like facebook, whatsapp, instagram and so on. Due to these wide range of benefits provided by mobile phones, mobile phones have now found their way to almost every single household across the globe. A day without mobile phones are now the latest unthinkable for many people. However the larger question remains "Does mobile phone have only benefits? Is it really beneficial for teenagers?"

OBJECTIVE OF THE STUDY

This paper attempts to study the following objectives:

- 1) To analyse the benefits of mobile phones to teenagers especially college students.
- 2) To examine the hazards of mobile phones to college students.

ADVANTAGES OF MOBILE PHONES TO COLLEGE STUDENTS**1) Communication**

Many college students go to colleges which are far away from their homes. So mobile phones are a medium of communication for the students to inform that they have reached the college or to contact the parents/guardians in case of any emergencies or urgent need. Mobile phones are indeed helpful in this regard.

2) Imparts Knowledge

There was a time when one would go to cyber cafe and pay a good amount of money per hour to complete assignments or projects given by college teachers. The students also depended on the internet for various black book projects, research activities and to seek guidelines for various university level activities. Easy access to mobile phones and that too at cheaper rates have proved beneficial to students.

3) Online Activities

In this digital and advanced age, a student is expected to go beyond the textbooks to study a particular topic and various online search engines, e-books, libraries, magazines come to the rescue of such students as they find a large reservoir of online learning over the internet which can be handled by students on their fingertips using mobile phones.

4) Useful during Emergencies

Besides being useful as a means of communication for college students during emergencies, mobile phones also help fulfil societal obligations on the part of teenagers. Various campaigns and fund-raising activities are successfully initiated on various social media platforms with the use of mobile phones. Besides these, the effect of untoward weather forecasts, riots, accidents, and other such form of emergencies can be minimised with the help of timely information spread using mobile phones.

5) Access to various Apps/Groups

Students studying in various educational institutions are now part of various groups in social media apps like Whatsapp, where, almost all the students of a class/section are members. So they can have discussions on various topics, assignments, group-activities and such academic related activities.

6) Financial Transactions

Now-a-days, students are supposed to pay online for various activities like examination fees, various cultural activities organised by the college/university, various N.S.S or D.L.L.E events and such events at college/university levels. Besides, these, students also have to pay for their books, recreational activities like movie, gym and so on. Students can use their mobile phones and have access to various online applications such as Paytm, Google pay, Phone pay etc for making these financial transactions.

Thus, mobile phones have truly made the life of teenagers/college goers easier. But like they say, "There are two sides to a coin", likewise, a mobile phone has its share of disadvantages as well. Some of them are discussed as follows:

DISADVANTAGES OF MOBILE PHONES**1) Overuse**

There is no doubt that mobile phones are an excellent means of communication. But, some teenagers/college students hold conversations/ chats over petty reasons for a long duration of time. Some of them can be seen glued to their phones for hours. These hours that they waste on phones can be used for other productive activities.

2) Less time for family

Although one would have thought that mobile phone would help a student stay connected with his/her family, a teenager is today glued to various social applications available on social media like facebook, whatsapp and instagram that he hardly has time for his family. This has created barriers in many families resulting in alienation.

3) Spurt in various criminal activities

We have heard various incidences where a teenager killed his relatives, friends or others, just because he/she was not allowed to access his mobile phones. Mobile phones are also cause of rise in other crimes like theft, cyber crime and so on. We have also heard of other issues where games like blue whale played on mobile phones have resulted in series of suicides being committed by college students.

4) Financial Fraud

While various online applications have help students, there are many instances of students losing their money to various online malware, virus and other financial frauds and suffer because of these fraudsters over mobile phones.

5) Builds Aggression/ Frustration

It has now come to a stage where a college student can stay or survive without food for two or three days but cannot stay without his mobile for even two hours. Lack of access to his mobile phone causes frustration within him. If a student's mobile phone is confiscated by his/her teacher due to its misuse within the college premises, it may cause him to turn aggressive until he gets his phone back.

6) Accidents and Radiation

It is widely argued that the radiation from mobile phones are not good for the overall health of individuals. Besides, some teenagers do not let go of their mobile phones even while driving or crossing the roads which lead to accidents.

7) Affects overall health

Some college students stay glued to their mobile phone late until mid-night. Some go to sleep in the wee hours of morning and get up either early or very late. This affects their body clock and results in various issues like blood pressure, insomnia, poor vision, stress and so on.

CONCLUSION

Mobile phones are an important and impeccable aspect of human lives. Truly they have made human life relaxing and comfortable. They have reduced distances and brought the world at our finger tips. But like every other thing, if mobile phones are not used carefully, it can easily prove to be a hazard, not only for human health but his overall life as a whole. Hence, I would conclude that college students stand to benefit greatly with the use of mobile phones, as it has great benefits, provided they are used with utmost care and supervision.

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