

# A Study on the Effects of Young Aged and Middle Aged Adults on the Usages of Smart Phone

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## ABSTRACT

**Aims:** This paper aims at exploring the purpose and frequency to use their smartphones and to see their reactions about the importance of using a smartphone.

**Method:** Survey technique was applied to collect the data. A sample of 100 young aged adults and 100 middle-aged adults from Delhi and Delhi NCR region was selected to study the habit pattern of the mobile phone users.

**Findings:** The study revealed that there is a big difference in the usage of the smartphone by young aged adults and middle-aged adults. Young aged adults use their smartphone mainly to browse over the internet, using online applications and to entertain themselves for more than 5 hours of a day. On the other hand, middle-aged adults use their smartphone mainly to contact with the people and use WhatsApp for 2–3 hours of the day. It was found that most of the positives sides like tech-friendly, socializing, getting information from the internet, etc. and negatives like bad effect on the health, misuse of personal information through hacking by using a smartphone is affecting young aged adults but middle-aged adults are less affected by smart phone's positives and negatives also.

**Keywords:** Information and communication technology, Middle-aged adults, Young-aged adults.

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## INTRODUCTION

Communication is a way of expressing a person's thought, feelings, emotions, behaviors, etc. Exchange of ideas happens through communication. People communicated through oral, symbolic and written forms. Evolution of brain among the humans differentiated them from the animals and among other things it allows humans to communicate. Human communication with speech was upraised over 200,000 years ago and people back then used to communicate face to face through speech. Kings and rulers back then used an oral form of communication to tell some important information to all the villagers. The message was passed orally to all the villagers through group announcements by the king's messengers. At that time there was face to face communication and communication in groups which involves oral means of communication. The symbolic form of communication was introduced around 30,000 years ago. Symbolic communication is a pictorial representation of thoughts. It included cave paintings (paintings on the cave, walls, ceilings, rocks, etc.), pictograms (images formed by removing parts of rocks by carving, abrading, etc.), petroglyphs (tells the story about an event on the rocks by carving and abrading), ideograms (pictures or graphics that depicts or represents an idea). Symbolic communication included many other things also like smoke signals. Signals were given through making smoke in the air to send information over long distances. The written form of communication was invented around the beginning of the bronze age. According to history, Sumerians were the first people to invent writing.

A mobile phone is an electronic, handheld device which is used for communicating with people even with whom who lives far away in other countries. They were first discovered many years ago to communicate with people, but with time, the purpose of discovery of mobile phones has shifted from communication to entertainment and a lot more. Mobile phone or cell phones have

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transformed from simple to smart and changed dramatically to information, communication and entertainment hub in modern life. Also, cellphones back then were only used to communicate with people. But for communicating with people in different and far cities and countries could not be reached by cellphones. For that, people used to go to STD for making calls. And now, mobile phones are so small and light weighted that can fit it into his hands and pockets. One can communicate with people from different cities and countries that too face to face. Nowadays, a smartphone can perform all the various activities which you can think of, booking tickets, watching movies, ordering food, e-commerce, etc. have become very easy and cheap with a smartphone (Soyemi and Okafor 2015).

Information and communication technology (ICT) in the field of education is progressing and developing day by day. The smartphone is a big part of ICT and education. Students use smartphones to read e-books, use a dictionary, make projects and assignments, watch video lectures and use other academic applications like Byju's application. Teachers can create groups in which important information can be given at a time for all the students and their parents.

## Significance of the Study

Mobile phones are really convenient as one can call anyone and anywhere to ask anything. With the help of the mobile phone, we

all stay connected with our friends and family who stay far away from us. Nowadays our mobile phones keep us informed about everything. We can install applications with the help of which we can know about all the latest new technologies. Through internet on mobile phone one can reach to different websites, forgetting any information. And also it allows us to reach internationally also.

But on the other hand, mobile phones are big distractions and don't let students concentrate on their studies. It effects on health too like, it affects one's eyesight. Repetitive strain injury can also occur to our fingers by continuously tapping at mobile phones. One also become addicted to games and continues playing games all the times. They are used at unfair means in exams. Also, there are many security issues related to mobile phones. One can misuse your profile pictures, messages, etc. which can turn into a big problem ( Acharya and Waghrey 2013, Rasheed and Amin 2014, Gowthami and Kumar 2016). In the coming time, with an estimate ~280 million students are expected to be enrolled online in India by 2021 (KPMG2017). Same time online test preparation is expected to be the fastest growing category of online education. Therefore, the use of smart mobile phones, would be an urgent need of the learners. Keeping all these things in mind it would be necessary to know the behaviors and reactions of smartphone users.

### Research Questions of the Study

- Who are all those, who use a smartphone?
- How and for what purpose the young aged and middle-aged adults use smartphones?
- What is the importance of the smartphone in young aged and middle-aged adults?
- What are the negative effects of using smartphones on young aged and middle-aged adults?

### Objectives of the Study

- To study the purpose of using smartphones by young aged and middle-aged adults.
- To study the reaction of young aged and middle-aged adults about the importance of smartphone.
- To study the frequency of usage of the smartphone by young aged and middle-aged adults.
- To analyze the usage of smartphone among young aged adults and middle
- To study the negative and positive effects of smartphones on young aged and middle-aged adults.

## METHODOLOGY

The study is a survey type of research and is designed in the qualitative paradigm. To collect the data, a questionnaire and

rating scale was prepared. One hundred young aged adults of age group 17-22 years and 100 middle-aged adults of 40-55 years of age were selected randomly from Delhi and Delhi NCR region for the data collection.

## RESULTS AND DISCUSSION

### Objective 1

To study the purpose of using smartphones by young aged and middle-aged persons.

In table 1, young aged adults have responded to the purpose of using smartphones. On analyzing the data, it was found that 25% of the young aged adults use their smartphones for entertainment and 5% for the reading newspaper.

According to Table 2, middle-aged adults responded to the purposes of using their smartphones. It was analyzed that 25% of the middle-aged adults use their smartphones for the purpose of calling and entertainment, while only 5% of the respondents use their smartphones for reading newspaper and navigation.

### Objective 2

To study the reactions of young aged and middle-aged adults about the importance of smartphone.

According to Table 3, few statements were given to the respondents in which they have to respond. 75% of young adults and 25% of middle adults get distracted from their or study because of their smartphones. 78% of young adults and 90% of middle adults have thought about the negative effects of using smartphones. 100% young adults and 90% of middle adults think that they can make more friends with the help of their smartphones. 88% of young adults and 20% of middle adults have faced health issues because of using their smartphones. 76% of young adults and 18% of middle adults feel that they cannot spend time if their smartphone is not with them.

### Objective 3

To study the frequency of usage of the smartphone by young aged and middle-aged adults.

According to Table 4, respondents have mentioned the time they spend using their smartphones per day. 50 of the young aged adults spend 4-6 hours using their smartphones, while 10 respondents use their smartphones 2-4 hours per day. On the other hand, most of the middle-aged adults, i.e., 75 uses their smartphones below 2 hours a day and 25 respondents use their smartphones for 2-4 hours per day.

### Objective 4

To analyze the usage of smartphone among young aged and middle-aged adults.

**Table 1:** Purpose of using a smartphone by young aged adults (N=100)

Purpose of using smartphones by young aged adults	Number of responses	Percentage (%)
Chatting	15	15
Callin	10	10
entertainment	25	25
Browsing on internet	20	20
Reading newspaper	5	5
E-commerce	10	10
Navigation	10	10
Others	5	5

**Table 2:** Purpose of using the smartphone by middle-aged adults (N = 100)

Purpose of using smart phones by middle-aged adults	Number of responses	Percentage (%)
Chatting	20	20
Calling	25	25
Entertainment	25	25
Browsing on internet	10	10
Reading newspaper	5	5
E-commerce	10	10
Navigation	5	5
Others	0	0



**Table 3:** Responses by young aged adults and middle-aged adults against statements

	<i>Responses by young aged adults (N=100)</i>	<i>Responses by middle-aged adults (N = 100)</i>
I get distracted from my work/study because of smartphone	75% – yes 25% – no	25% – yes 75% – no
I have thought of negative effects of using smartphone	78% – yes 22% – no	90% – yes 10% – no
I can make more friends through the smartphone	100% – yes 0% – No	90% – yes 10% – no
I have faced health issues because of using a smartphone	88% – yes 12% – no	20% – yes 80% – no
I cannot spend time without my smartphone	76% – yes 24% – no	18% – yes 82% – no

**Table 4:** Time spend in using a smartphone by young aged and middle-aged adults

<i>Time spend in using a smartphone</i>	<i>By young aged adults (N = 100)</i>	<i>By middle-aged adults (N = 100)</i>
Below 2 hours	0	75
2 to 4 hours	10	25
4 to 6 hours	50	0
6 to 8 hours	40	0

**Table 5:** Description of the rating attributes used in the rating scale

SA	Strongly agree
A	Agree
N	Neutral
D	Disagree
S.D	Strongly disagree
YA	Young aged adults
MA	Middle-aged adults

**Objective 5:** To study the negative and positive effects of the smartphone on young aged and middle-aged adults.

Below is the Table 6 that indicates the rating scale in which young aged adults and middle-aged.

**Table 6:** The percentage is mentioned in the table.

S. No.	Statements	S.A YA	S.A MA	A YA	A MA	N YA	N MA	D YA	D MA	SD YA	SD MA
1.	Smartphone keeps me updated.	100	90	-	10	-	-	-	-	-	-
2.	Using a smartphone keeps my boredom away	100	90	-	10	-	-	-	-	-	-
3.	The smart phone helps in completing my homework/work/studies.	75	60	20	25	5	15	-	-	-	-
4.	I use my smartphone at the workplace only.	-	-	-	-	20	-	-	-	-	-
5.	My smartphone is capable of doing all those things which television or laptop can do.	90	75	10	-	-	25	-	-	-	-
6.	I am aware of the negative impacts of using smartphone.	90	100	10	-	-	-	-	-	-	-
7.	I have experienced shoulder pain dry eyes because of spending too much time using a smartphone.	-	-	90	10	-	-	-	-	-	10
8.	I use a smartphone at night also.	-	90	10	10	20	-	-	-	-	-
9.	I use my smartphone often while walking/ crossing roads/ driving.	-	-	25	5	-	-	-	-	-	95
10.	I usually spend more time than expected in using a smartphone.	-	-	25	-	75	-	-	-	-	80
11.	I spend a lot of money on smartphone accessories.	-	-	10	-	50	-	-	-	-	20
12.	I feel uncomfortable without my smartphone.	-	-	80	10	10	5	-	-	-	50
13.	I use my smartphone for 5 or more than 5 hours in using a smartphone.	-	-	60	-	15	-	-	-	-	60
14.	I use my smartphone to catch up movies.	50	-	15	-	25	-	10	85	-	15
15.	I like to stay at home rather than going out and interacting with people.	10	-	25	-	50	-	10	85	1	15

\* Statement number '4' was only for middle-aged adults.

Table 6 shows the percentage of young aged adults and middle-aged adults against fifteen statements. The respondents responded according to the rating scale and marked if they strongly agree, agree, neutral, disagree, or strongly disagree in the particular statement. In a 1st and 2nd statement, 100% young aged adults strongly agreed that smartly keeps them updated and their boredom away also. In a 6th statement, 100% of the middle-aged adults strongly agreed that they were aware of the negative effects of using a smartphone.

## CONCLUSION

Smart phone in today's time is a big asset and a multi-tasker gadget. The present study mainly focused on the behaviors of young aged and middle-aged adults on the usage of a smartphone. The major findings of the study reveal that the smartphone is mostly used by young aged adults. They know the importance of smartphone where technology is continuously changing. They make full use of the features of the smartphone. While middle-aged adults use the smartphone for its basic functions. Therefore the young aged adults are getting more affected positively as well as negatively by the use of smartphone than the middle-aged adults.

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