

# The Effect of Mobile Phone Usage on Students' Academic Performance

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## Abstract

The research aimed to examine the extent of mobile phone usage and its impact on students' academic performance. A survey was conducted with 60 college students from C.C.S. University, Meerut, to obtain the results. Two criteria were considered when selecting the sample: participants had to be college students and mobile phone users. The study's findings suggest that mobile phone usage negatively affects students' academic performance, as they remain focused on their devices during classes. Additionally, the results indicate that mobile phone usage has become an addiction among young students.

**Key words:** Mobile Phones, Academic Performance, addiction, youngsters

## Introduction

In recent years, mobile telecommunication systems have advanced significantly and mobile phones have become an essential part of daily life, widely popular across various age groups. They have greatly impacted society by enhancing accessibility, security, safety, and coordination in business and social activities, and have become a cultural phenomenon worldwide. The development of this technology can be credited to Martin Cooper, an engineer and researcher at Motorola. In 1973, he created the first cellular phone, the Motorola Dynatac, which lacked a display screen and weighed 2.5 pounds. Motorola launched its first commercial mobile phone, the Motorola Dyna TAC 8000X, in 1983. Over time, improvements were made to enhance the device's functions and design. Early cell phones began to serve as calculators, pagers, email devices, and address books. Today, smartphones have replaced traditional mobile phones, offering a range of applications such as video calling, web browsing, weather updates, calendars, cameras, and navigation. Smartphones combine the functionalities of a cell phone with those of a computer. Due to their diverse functions and affordability, smartphones are highly popular among users.

The reduction in the size and cost of mobile phones has significantly contributed to their adoption by not just business professionals but also by laborers. While media has always influenced various aspects of human life since its inception, its impact has greatly intensified with advancements in mobile phone technology. Mobile phones have transformed our culture, behavior, attitudes, language, health, education, and particularly our communication patterns.

People use mobile phones for various purposes, including communicating with family and friends, accessing the internet, obtaining weather information, navigation, keeping time, setting reminders, taking photos, capturing videos, and more. Today, a mobile phone is far more than just a device for making calls; it serves as a companion, guide, friend, communication tool, computer, and personal secretary. Globalization has transformed our lives in many ways, one of which is through changes in communication, largely due to advancements in Information and Communication Technologies. Among these technologies, mobile phones are experiencing rapid development.

While mobile phones have undoubtedly benefited people in various ways, they also have negative effects. In some cases, mobile phone use has become an addiction, with individuals remaining attached to their devices for significant portions of their working hours, while reading, playing, and even during sleep. Mobile phones have impacted our culture, behavior, attitudes, language, health, education, and communication patterns.

### **Mobile Phones and Teenagers**

Mobile phones impact people of all age groups both positively and negatively, but they have a particularly significant effect on teenagers. There are several reasons for the widespread adoption of mobile phones among teenagers. While people of various ages find mobile phones convenient and useful, they are especially valued by young people, who are increasingly dependent on these devices. According to data from the Telecom Regulatory Authority of India there were 1,019.5 million active mobile connections in India as of May 2017. Surveys and studies from various countries show that mobile phone usage among young people is rapidly increasing, with many starting at a younger age. Nearly half of mobile internet users are between the ages of 18 and 25.

### **Impact on academic performance**

The biggest challenge teacher's face during class hours is managing students' mobile phone usage, which often leads to distractions. When asked about the reasons for using cell phones in the classroom, respondents indicated that sending and reading SMS messages are their top priorities. Additionally, they tend to answer and make voice calls while in class.

### **Literature Review**

**Soyemi Jumoke, et.al.(2015)** 'Analysis of Mobile Phone Impact on Student Academic Performance in Tertiary Institution' published in the International Journal of Emerging Technology and Advanced Engineering (Vol. 5, No. 1), emphasized on the usage of internet on the Mobile Phones. This research was conducted to find the correlation between the academic performance and usage of Mobile Phones by the students of Ogun State in Nigeria. The findings indicated that students are influenced negatively to a great extent by the Mobile Phone because attention is focused on chatting, music and others while their academic activities are neglected and left to suffer.

**Tripura, Sundari (2015)** ‘Effects of Mobile Phone use on academic performance of college going young adults in India’ by, published in the International Journal of Applied Research (Vol. 9, No. 1) was also read by the researcher. The research was conducted among the college going students (age 18-25 years) of three cities in Andhra Pradesh. The results shown that rampant use of social networking, texting and chatting on Mobile Phones result in lower grades and poor academic performance of students.

**Tessa Jones (2014)** ‘Students’ Cell Phone Addiction and Their Opinions’, a research paper which was published in The Elon Journal of Undergraduate Research in Communication (Vol. 5, No. 1) has written about the essential role of Mobile Phones in communication across the world and the drastic changes the way human interact and communicate with one another. This research was conducted among the students of Elon University between the ages of 18 and 22. Field observations and a survey were conducted to gauge the level of engagement that Elon University students have towards their devices and with each other in face-to-face situation. The findings of the research proved that the students were addicted to their Mobile Phones.

**The Dark Side of Mobile Phones by Naomi S. Baron (2010)** was also read by the researcher. The data for the research was collected using a convenience sample of 18- 24 year-old university students in Sweden, the US, Italy, Japan and Korea. This research paper not only focused on the role of this technology but also explain the dark side of Mobile phone usage.

### **Objectives of present study**

After reviewing the related literature, the researcher has mentioned the objectives of the research as under:

- To study the impact of mobile phones on the academic performance of students

### **Hypotheses of the present study**

Based upon the objectives of research the researcher has mentioned the hypotheses as under-

- Mobile phone have affected the academic performance of male and female students in a negative way

### Methodology of present study

As per the requirement of the present topic a survey was conducted among 60 graduate and undergraduate students of C.C.S. University, Meerut. The students of age group 20-25 years were selected by keeping in mind the equal ratio of male and female students. For this purpose a questionnaire was constructed and the researcher approached the students to collect the data. The researcher selected the sample purposively because the mentioned university has the crowd of students from different states of India and other countries. The second reason was that it was easier for the researcher to approach the students personally and to keep a watch over their behaviour.

### Data interpretation and results

The present research was conducted among the college going youngsters to know the impact of Mobile phones on their academic performance and usage of this device. The 60 respondents were asked about the no. of Mobile Phones do they have. 70% respondents accepted that they have only one Mobile Phone, 25 % said they have two Mobile Phones and 5% of them possess three Mobile Phones.

#### How many Mobile Phones do you have?

No of Mobile Phones	Male	Female	%
1	24	18	70%
2	9	6	25%
3	2	1	5%

#### Do you use your Mobile Phone during classes?

Response	Male	Female	%
Yes	9	6	25%
No	10	14	40%
Sometimes	16	5	35%

#### Mobile phone is a necessity or status symbol, what do you think?

Response	Male	Female	%
Necessity	9	6	25%
Status symbol	0	0	0%
Both the above mentioned	26	19	75%

### Interpretation and organization of Data

#### Hypothesis-1

- Mobile phones have affected the academic performance of male and female students in a negative way

**Table-1**  
**Mean, SD, t-value of academic performance of students used**  
**Mobile phone**

Gender	N	Mean	S.D	't' Value	Level of significance
Male	30	22.11	3.13	<b>0.170</b>	<b>Insignificant</b>
Female	30	22.23	2.28		

Table-1 shows that the t-value 0.170 which is insignificant. Hence the null hypothesis 'Mobile phones have affected the academic performance of male and female students in a negative way' is accepted.

### Conclusion

The use of mobile phones has increased dramatically with advancements in technology, bringing both positive and negative effects. Communication has been enhanced through new media and social networking sites, but prolonged use can lead to addictive behavior. The findings of the current research indicate that college students are significantly influenced by mobile phone usage, which negatively impacts their academic activities. The study revealed that a significant percentage of students own two to three mobile phones. Although the reasons for owning multiple phones were not explored, this suggests the significant role mobile phones play in the lives of young people. The results clearly demonstrate the dependence of the younger generation on mobile phones, highlighting their addiction to these devices.

### References

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