

# **EFFECT OF SMART PHONE ON SOCIAL BEHAVIOUR OF STUDENTS AT UNIVERSITY LEVEL**

**By**

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**NATIONAL UNIVERSITY OF MODERN LANGUAGES,  
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# **EFFECT OF SMART PHONE ON SOCIAL BEHAVIOUR OF STUDENTS AT UNIVERSITY LEVEL**

**By**

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NATIONAL UNIVERSITY OF MODERN LANGUAGES

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## **ABSTRACT**

### **Thesis Title: “Effect of Smart Phone on Social Behavior of Students at university Level”**

This study is started to find out the effect of smart phone usage on social behavior of students at university level and usage of smart phone effects on cognitive, social, and environmental factor of university students. This study intended to examine the differences by use of smart phone on social behavior of males and females’ students at university level. This study is descriptive in nature with the survey approach and quantitative research design. Data is collected from 3 public universities of Azad Jammu and Kashmir. 135 males and 145 females are selected through purposive sampling techniques from total population. The researcher formulated conceptual framework by taking three factors of social behavior by Bandura (1986). Self-developed questionnaire is used for data collection. Questionnaire applied after validity and reliability conformation. Validity is confirmed by experts of the relevant field. Reliability analysis is conducted for measurement of Cronbach alpha for scale which is .80. Descriptive statistic is run which identified the demographic variables of university students. Three regression analyses are run for examine the effect of smart phone usage on cognitive, social, and environmental factor and for testing the fourth hypothesis independent sample t-test is run by using SPSS. Findings of this study is that smart phone usage had a significantly and positively effect on cognitive, social, and environmental factor, and smart phone usage effects both males and female at same level and frequency. Therefore, it is recommended that this study is helpful for researchers, universities, administration, and for policy makers.

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## LIST OF ABBREVIATIONS

<b>Abbreviation</b>	<b>Terms</b>
App	Application
CI	Confidence Interval
COVID-19	Corona Virus Disease
GPA	Grade Point Average
HEC	Higher Education Commission
H <sub>0</sub>	Null Hypothesis
H <sub>a</sub>	Alternative Hypothesis
IV	Independent Variable
LL	Lower Limit
M	Mean
N	Number
PTA	Pakistan Telecommunication Authority
PC	Personal Computer
BS	Bachelor of Science
R	Regression
Sig.	Significance level
SD	Standard Deviation
SNS	Social Networking Sites
SIM	Subscriber Identity Module
T	t-test Value
UL	Upper Limit
ICT	Information Communication Technology
PDA	Personal Digital Assistant
3G	Third Generation

4G

Fourth Generation

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Mehvish Najeeb Raja

***Dedicated to***

*I dedicated my work to my parents, my father Muhammad Najeeb Raja and mother Imtiaz bibi. Their love and support throughout my life commendable.*

*Thank you both for giving me strength to reach for the stars and chase my dreams.*

# CHAPTER 1

## INTRODUCTION

### 1.1 Background of the Study

Smart phones are an essential part of modern life. They can make life easier, but as well as complicated. This book looks at the social impacts that smart phones bring and how they create new ways to communicate with others. It explains how technology influences our lives, along with some of the challenges it brings. So, if something goes wrong with one of these phone gadgets while a call is being made or received or even when a message is being sent or received, a fault may arise, leading to a malfunction. In this study, we draw on psychological research indicating that personality profiles defined as constellations of multiple personality traits, influence individual beliefs and behaviors. After decades of heated debate, it appears that the dispute over whether smart phones are helpful or bad for health has finally been resolved. (Grégoire, 2015).

This technology performs different tasks such as communication and interaction within the people around the world. In the 21st century, the smart phone among university students has seen an important part of their life. Pupils use their smart phones to complete their many daily responsibilities such as assignments, searching different books, journals, and articles from different websites by using different types of smart phone applications. So, these apps are affecting social behavior and these behaviors are very prominent in young people and these young people who are in universities. Although this device and the apps which are using the smart phone are helpful not in the negative but in a positive sense, they are helping the students as well. So,

the focus of the present thesis is to analyze the use and efficiency of the smart phone on social behavior in students at the university level.

The smart phone has made the new generation busy with both the technology and brand-new generation signal (Skierkowski, 2012). The worldwide use of smart phones influences individuals and cultures in different systems because they can be used in various contexts such as reading, employed and interactive. The aim of the present study is to provide numbers on smartphone usage and one major smartphone utility. The most popular trend in computing is observed in increasing dependence on mobile strategies as it is unlimited to day-to-day work but also used in the field of educational (Koszalka, 2010). Learning and teaching in higher education in recent periods has incorporated data and communication skills because it is considered a vital item to be adjusted to the social setting (Rung, 2014). Educational activities involving the use of smart phones include access to lesson content, moving trade and conversation among educators and understudies, and the recuperation of data on student performance. Furthermore, smart devices and technology have been a lot of new things for example smart phones whose uses in not only limited to communication, direct calls, and many other uses of apps. It is an android system that can be called a micro-computer because of its functionality and devices which make them the same as a mini computer (Rambitan, 2015).

The increased number of mobile devices changes the communication habits and lifestyle. Consequently, social standards and values trade. Millennials outline new styles in social behavior, communication, interpersonal relationships, and interaction. The conceivable impact of cell phones on advanced education and their effect on long-lasting learning openings is yet out-of-focus and is a developing field of study (Kukulaska-Hulme, 2007). Teaching as well as learning



in higher education in recent eras have incorporated data and communication skills because it is considered a vital article to be adjusted to the social setting (Rung, 2014).

An additional variable in the innovation incorporation issue is that in any event, when accessible, educators may not apply that innovation in understudy-focused study room guidance. For some instructors, innovation is utilized to enhance current showing practices or for regulatory purposes (Palak, 2009). Educational activities involving the use of smart phones include access to lessons syllabus, motivational exchange, and classes as well as meetings of professors with students, moreover the recovery of results on student's competency (Cochrane, 2010). Like introduction and cooperation innovation, the more refined employments of smart phones may improve understudy accomplishment (Zhang, 2015).

Everybody utilizes working memory to work more proficiently and adequately. It has a restricted measure of capacity where data can be handled. Working memory is additionally significant for instructors since it is utilized for remaining centered while playing out a confusing task. For example, giving a talk, attempting to shut out interruptions for instance smart phone usage, and keeping up attention to exercises that are working on inside the home (Suriakova, 2021).

However, like past investigations of other instructive innovations, the smart phone is frequently not used to its maximum capacity. Essential capacities, for example, adding machines, Internet access, schedule, and clock are utilized more frequently than front position works (Thomas, 2016). The expansion of innovation in the schoolroom e.g., utilization of mobile here and there takes an expanded report of a decrease in by and large evaluations in bench work. Utilizing smart phones in the schoolroom has been associated with minor reviews and a diminishing in understudy fulfillment by guidance (Lundgren, February 2015). In Japan 2011 by

the side of college Shimane, it was discovered that smart phone practice is related to misery and there was a solid connection between mobile reliance and comfort.

Well-being incorporates a helpless way of life propensities. For example, smoking, liquor utilization, reduced active work, and upset rest. It was always deduced in an investigation in Sakarya University Turkey (2013) that youngster's messages and need to answer right away. This displays that when the recurrence of smartphone usage expands, dependence gets developed. It was additionally discovered that once the mobile compulsion level expansions in the understudies, their rest value decays.

The author (Ansari, 2007) cited the PTA's statement in his articles that there are in any event one hundred and five million cell SIM clients in the Islamic Republic of Pakistan and significant rates out of them are utilizing SIMs in their smartphones. The inclination of smartphone practice is expanded just after the proper and official performance of the 3G/4G permit in the Islamic Republic of Pakistan. As of now, android is the most common smart phone stage in the Pakistani youth age. All things considered, as different nations of the world the smartphone entrance in Pakistan has been not far-reaching and developing step by step.

## **1.2 Statement of the Problem**

Smart phones are used regularly, but there has been little research on social behavior. This study examined the effects on the social behavior of using a smart phone while eating with family or friends at a table, or with two or more people on home territory. Although study participants had their smart phones, the focus of the study was not on their owner's use of smart phones. In this age, modern technology played a vital role in human life. The smart phone changed human behavior and change the behavior of nature all over the world. We aimed to determine the relationship of smart phone addiction with social phobia and loneliness. The effect of smart

phones mostly affected the generation all over the world. Most of the students who were graduate and undergraduate use smart phones and have a different effect on their social behavior, so this research concentrated on the smart phone effect on the social behavior of students at the university level. This research focused on the effect of smart phones on the social behavior of university students. Previously it has been done at the school level and college level but the use of the smart phone at school and college level is not that efficient or enough and at the university level. The smart phone was much money-spinning for university-level students. They have each and everything associated with smart phones. For instance, they have google for searching anything anytime and at any place. They have a way of summarization of communication with their fellows and teachers.

Most of the previous study focuses on positive and negative effects by using a smart phone, human behavior, social life, or only one variable of social behavior of students by using the smart phone but the main focus of this learning was to assess the effects of smart phone use on students' academic learning needs, communication between student with student and students with the teacher after searching learning material, social interaction between students during lecture and time management by using the smart phones and also find out the effect on the environment with the use of the smart phone. There is a dire need to research for such things to address the new generation at the university level to make them more conscious about their health with their studies.

## **1.2 Rationale of the Study**

Smart phones are becoming an essential source of information. However, it is not clear whether smart phone use influences social behavior more. Students who are frequently texting

with shortened forms of language have come to talk with the same acronyms, according to (Stewart, 2013).

In talks, the words LOL and OMG have become stand-ins for genuine emotional responses. Not only are they speaking in hushed tones, but they are also becoming inattentive throughout talks. When a thought comes to mind while texting, it's simple to stage from subject to topic. However, many students are becoming inattentive and diverted during face-to-face talks because of this. On the other hand, for today's young students, the phone has become an integral part of their daily lives. The smart phone has given individuals the ability to act as journalists at any time and has provided students with real-time information, which will motivate them and generate a fresh desire to learn more.

The author's (Sarwar, 2013) showed in this study that the smart phone is an important part of the young generation, and we could not demolish it but could be modified and improve the social behavior at a different level for example at university during lectures, sharing information and different learning material, assessing academic material, communicate and discuss the lectures with fellows and teachers and this study was specific on undergraduate students at universities.

According to (Funes-Huacca, 2012) the age when a student is quite young, he goes through different phases e.g., defining and knowing himself, having pressure from his companions, relationship with his family, and many other things of social importance. The know-how and advantages of smart phones enable the youth to build up a relationship with their society. He further added that a smart phone makes the youth not only socially interact with the people but also creates a strong bonding with their family and other fellow beings. The researcher was making attempts to learn and discuss that how it can be practiced, what is the influence of smart

phones on youth in their social life, what challenges it can face in the future, and what are the hopes attached to it in Pakistan.

In addition to this, another study by (Zhitomirsky-Geffet, 2016) on gender differences in using smart phones revealed that there is no gender difference in using and addiction to smart phones. In another hand (Chen, B, 2017) on gender differences with the use of smart phone addiction highlighted that females were more addicted and depressed than males.

According to the gender study there are big difference with the use of internet and smart phone in male and female (Pawlowska & Poternbska, 2012).

The researcher was making attempts to learn and discuss that how it can be practiced, what is the influence of smart phones on youth in their social life, what challenges it can face in the future and what are the hopes attached to it in Pakistan. Keeping in attention the previous research most related to the social life of students, human behavior, or effect on the social behavior of students and these studies were conducted in specific areas of Pakistan especially in Azad Jammu and Kashmir, no such study was ever made regarding contributing factors before that's why scholar made the study on his topic.

### **1.3 Objectives of the Study**

1. To find out the effect of smart phone usage on cognitive factor of students at the university Level.
2. To explore the effect of smart phone usage on social factor of students at the university level.
3. To examine the effect of usage of smart phone on environmental factor of students at the university level.

4. To determine the difference between male and female students with the use of smart phone on social behavior at the university level.

### **1.5 Null Hypotheses**

H<sub>01</sub>: There is no significant effect of smart phone usage on cognitive factor at the university level.

H<sub>02</sub>: There is no significant effect of smart phone usage on social factor of students at the university level.

H<sub>03</sub>: There is no significant effect of smart phone on the environmental factor of students at the university level.

H<sub>04</sub>: There is no significant difference between male and female students with the use of smart phone on social behavior at the university level.

### **1.6 Significance of the Study**

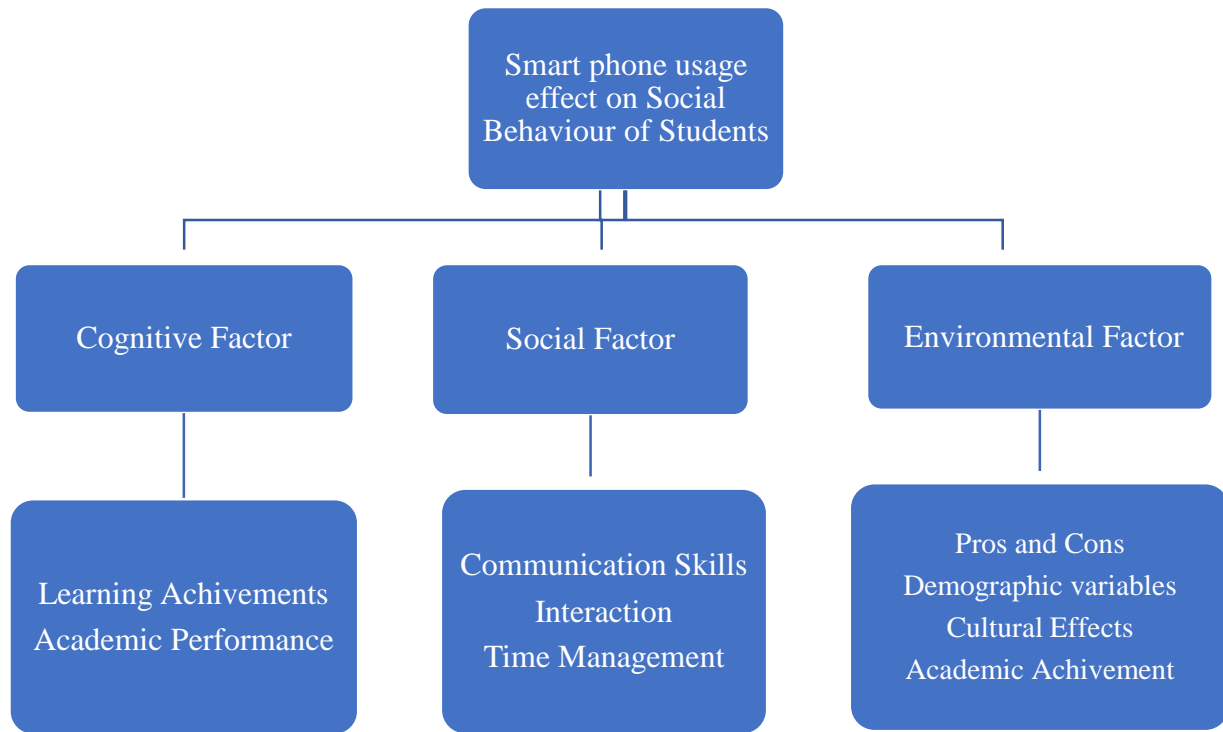
Research shows that people are less social in front of phones, something the researchers call the mobile-phone social impairment effect. Except for the text messages they sent, all other phone activities were associated with social impairment. They found that people sit farther away from each other when one person has their phone out. Perhaps that's because even if someone is looking at their device, other people feel like they should be paying attention to them. And this was not just true for strangers, friends and family had an even greater negative impact on one another when using their devices. The use of smart phones has proved to be one of the most popular forms of communication today. Smart phone use has grown so much in recent years that it is sometimes difficult to avoid smart phone usage when in the presence of others, this is especially true in situations such as classes and seminars. People often feel self-conscious or uncomfortable when they or others present are on their mobile devices during a presentation,

class, or meeting. This research was analyzed how smart phone use can affect social behavior in different settings.

The motivation behind this exploration was to explore the effect of advanced smart phone use on the friendly conduct of college understudies. The utilization of PDAs affected the young and understudies because smart phones have much more capability than any other technology. It also affected the academic competency of students. So, this research was helpful for the youth, students learning information which is including learning activities every place in anytime and for teachers in teaching-learning experience by using smart phones and sharing new information and updating learning material after discussing with the students. This study was also helpful for the distance learning students by accessing the many learning resources and providing opportunities to them. The research was useful as most people do not know how many smart phones even in minor ways damage their communication capabilities.

### **1.7 Conceptual Framework**

Learning by observing others is a study that comes under social-cognitive theory. Theory concentrates to learn by watching others. The learners can get new knowledge and behavior by simply focusing on the model. A model is a person that expresses behavior for someone. In this study researcher used conceptual framework because researcher adapted model of Bandura 1986.

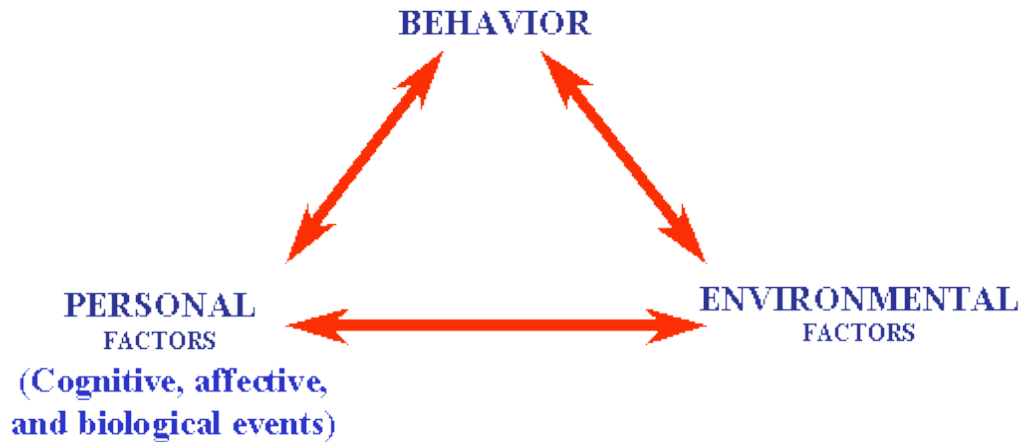


*Figure 1 Conceptual Framework of the Study*

### **1.8 Theoretical Framework**

Moreover, Bandura 1986 indicates that behavior is a learning object, and it is learned through observational learning from the environment. There must be lots of things to cover and research because smart phone usage is increasing day by day. Also, starting age for smart phones is going down at an amazing speed. With the contributions of this study to the field, it can be helpful to understand the effects of smart phones on the social behavior factors of university students.





According to the Bandura (1986) people can learn through others behavior and knowledge, environment with the process of observational learning. In this study the environment is classroom where teachers deliver the lectures to their students. In personal factor students ask the questions if they do not understand the lecture and this personal factor also influences the behavior of the students.

## 1.9 Operational Definitions

### 1.9.1 Smart phone

Such a type of mobile phone that possess and completes several meanings of the computer. It has a lot of features like internet access, a touch screen interface, and an operating system that can download different applications. The smart phone is a technology that is designed for our benefit and we use it in day-to-day life. Just like any other modern cell phone, an android phone consists of many parts such as a screen, mechanical keyboard, operating system, and many more. Each of these components has a role in the ordered way the phone was configured to function properly.

## **1.9.2 Social Behavior**

The action and reaction performed among individuals of the same species habitant of a community are called social behavior. As the criticality of the issue, the present study was undertaken to find out the effect of smart phones on social behavior among teenagers/students based on three factors

- Social Factor
- Cognitive Factor
- Environmental Factor

### **1.9.2.1 Cognitive Factor**

Personal factor deals with the student's questions asked in the lecture that is delivered by the teacher and the characteristics of a person that effect the way they learn and perform. It refer to the thinking process and mental procedures involved in the learning process. The purpose is to ensure that students are vigilant enough to get the main theme of the lecture being delivered by the teacher, and if the students feel any difficulty in the lecture, they need to raise their hands to ask questions.

### **1.9.2.2 Social Factor**

Social factors are things that affect attitude, interest, and opinion. These could be wealth, religion, habits, education level, family size, friends even the media and structure and population density. The former personal factor affects the behavior of the students on whether they get the idea and understand the lecture delivered by the teacher. The teacher reviews the behavior of the point affects environment it influenced the development of social buildings operators observe themselves and the world from one place to another. The improved connection and availability of this device should increase relations and take (Nelson D. L., 2013).

### **1.9.2.3 Environmental factor**

The environment is the natural surrounding wholly or in a specific geographical background (location, culture, physical light, temperature). In this regard take the environment as a classroom where lectures are delivered by the teachers to the pupil. The environment is the subject matter because it is the factor that affects the consciousness of the students.

## **1.9 Delimitations of the Study**

This study was delimited because of following reasons.

1. Due to limited time and resources available in Covid 19 on the behalf of the researcher, this study was delimited to public universities of AJK only.
2. Only the BS 2<sup>nd</sup> and 3<sup>rd</sup>-semester students of social science faculties of the public universities with the same departments have taken for the data collection.

## CHAPTER 2

### LITERATURE REVIEW

The importance of literature review in the way that it gives foundation information on the issue to consider. A review of previous research gives further direction to the issue and at the same time wipes out the chance of pointless duplication of research. The smartphone has made the new generation busy with both the technology was brand new generation signal. This situation is visible, as the technology proficiency generation is so reliable in advanced touchscreen technology where only a touch of implementation the smartphone can be used at any time with internet access all day long.

There is no denying that smart phones have made our lives considerably easier in a variety of ways. Smart phones, on the other hand, have altered the way people communicate with one another. The findings revealed that the distance learning students find it easier to use a smartphone in their learning activities. The values of technology are not goods of innovations themselves but rather the impression of technique for the wild that represents a meaning of innovation and conceptualization of its employments. The period and cash excess of youthful age is the exceptionally evaluated harmful part of smartphones reliance. Then again, it likewise harms their social conduct and training (Moisio, 2003).

Moreover, the smart phone has vast implications for culture and society when it comes to its adverse influence on social behavior cultural norms, and connections. It impacts the advancement of social structure and how uses see themselves and their general surroundings (Nelson B. C., 2020). Although the expected reasons for these gadgets are to recover instructive

encounters for the understudy, there have likewise been harmful outcomes from the presentation of current innovation in the classroom (Junco, 2012).

Smart phones enable users to carry on a discussion without revealing their emotions. Unlike a face-to-face interaction, when direct eye contact is required, smartphones allow users to say things over instant messaging that you would still not dare to say in face-to-face interaction or even on the phone in which you can hear at each other's voice.

Technology has advanced for over twenty-two years of my life and will continue to do so for many years to come. It's great to use your cellphone to snap a picture, listen to music, or share your thoughts with the rest of the world. From phones with an antenna to phones with a 20 MP camera, I was able to see the progress of the smartphone industry. As a result of this transition wave, people began to distinguish their lifestyles. Calls, SMS, emails, browsing the internet, blogging, social networking, watching movies, reading eBooks, listening to podcasts, and using applications to shop/bank online are just a few of the things people do with their smartphones. Smartphone use is on the rise all around the world, and the sophisticated technological advancements in smartphones have made them more than a fad and more of a need. This new generation of mobile devices is ushering in a new era of mobile life. Moreover, the PDA had nearly changed the association between individuals with this innovation. Overall utilization of cell phones impacts individuals and social orders in various structures since it is utilized in various settings like picking up, working, association, conduct, public activity, climate, and conveying. The advanced cell has made life simpler with various capacities that can assist clients with having the option to oversee most of their day-by-day work with a solitary snap. It permits clients to impart rapidly and effectively and get data through an assortment of online assets.

## **2.1 Smart phone's Effect on Student Behavior**

Smart phone usage has become excessive as the capabilities and talents of cell phones have increased. Students want to be able to always use the internet and from any location. This can be done with a simple smartphone. As a result, cellphones are becoming pocket computers that may eventually replace laptop computers. Students may be able to improve their social skills because of their use of cell phones. On the other side, this may be a deadly weapon for pupils who are losing their social skills and communication abilities.

The author (Drago, 2015) explores in his study that how a smartphone affects a student's social life, as well as the reasons why a smartphone is a trend or a need for students, and what age students begin to use smartphones. The study also intends to demonstrate how students use their smartphones for social purposes using statistical data and a positivist perspective. In my proposal, I used a questionnaire and the findings to better understand the situation. I discovered some extremely intriguing facts because of my study and findings, which provide me with a new perspective on how kids benefit from utilizing their cellphones for social purposes. The author (Drago, 2015) polled 100 students for this study to see how cell phones affect their social lives and schooling in certain ways. My findings also reveal that 68 percent of my respondents are hooked to using their smartphones for a variety of purposes, resulting in a social deficiency.

Technology addiction problem has been treated important, especially in the education field of secondary schools, because adolescent is more vulnerable to the addiction. Smart phones are mobile phones that perform several constant functions as a desktop, usually with a touchscreen interface, web contact, and a computer that can run and download apps. Smartphones change the way people move and interact with the entire world around them (Drago, 2015).

The author (Sapacz, 2016) shows in his study that social desires, social effects, and the comfort of the smartphone are therefore all features that contribute to the dependence of a person on the smartphone they have. People are addicted to their smartphones during this day and stage and use them to access whatever data they want. A broad correlation between social preference and smartphone dependence was found in an awesome analysis. Community desires are the most solid strength that permits pupils and folks normally, to be most enthusiastic about mobile phones. This requirement on social interacting places and smartphones for data and different issues that arise may be deceptive due to their knowledge that does not completely rely on the website. Meanwhile, such a large amount of people is thus at risk of knowledge they understand through these channels, it's becoming harder to tell them apart what's true and what isn't. Smartphones and related networks that are related to them may function as a distraction to the people who admit the foremost. Additionally, it will also reduce the productivity of scholars (Al-Mukhaini, 2014).

Smart phones not just empower clients to deal with all their handheld enlisting and correspondence requires, whether or not through informing, calls, messages, or other casual correspondence objections anyway they license proprietor to partake in different online exercises, bearing the web, messing around, listening to music, and recordings, perusing digital books, managing their everyday banking, online-based shopping and route. It is no big surprise that smartphones have become a particularly fundamental bit of current culture, with people constantly lowered in their virtual world (Billieux, 2012). The author (Prensky, 2011) has highlighted some other smartphones features and features such as messaging options in various formats for example voice, text, image, MMS, email, internet browsing downloading, and

uploading. In addition, smartphones can act as mobile entertainment units where a user can watch videos and listen to music, etc.

### **2.1.2 Positive Social Behaviors Factors of Smart phone**

The author (Park, 2012) explores that using the smartphone will be effective in raising students achievement in learning relationships by changing behavior. It can make students standard of learning relatively high; it makes their life easy successfully; students can communicate with friends or family members outside of campus often; using the mobile phone to search the information they want is more convenient than using the Internet; when there is something they want to buy, the mobile phone can contact directly with mobile phone salesperson. This study indicates that utilizing students' desire for a smartphone to give social education shows a great effect on students' achievement in learning relationships. The rate of smartphone usage has been increasing in recent years, where there is a lot of advantages and disadvantages.

The author (Roberts, 2015) demonstrated that a cell phone can be named as a pocket handheld telephone with more significant figuring capacities, a tremendous number of touch screens, strong Internet access, and territory-based assistance. PDA has become a vital and principal client gadget for using touchscreen progresses, downloadable applications and implied, similarly as Internet access, one can use a wide extent of limits like web scrutinizing, looking, arranging, voice requesting, listening to music at recreation time alongside different exercises like talking with family companions, friends and relatives, and long-range informal communication through social applications. Mobile learning (m-learning) is a mode of learning whereby mobile computing coupled with wireless technology help learning to take place anywhere and anytime. It is obvious that mobile learning can be considered as the central hub to enhance distance education. The Smart phone is one of the most important technologies today. It is almost equivalent to the home



computer in terms of its functionality and applicability. Most people choose to use the smart phone either for communication or tuning. It is so convenient than the cell phone that you can take it everywhere you go. However, students are often negatively influenced by their friends who are addicted to playing on their smartphones, watching videos, surfing the internet until late at night which affects their studying habit and their grades.

This gadget consolidates nearly everything, particularly two significant advancements of present days, the web access gadget, and the phone into a solitary gadget. The greater part of the individuals takes smartphone innovation and cell phones are in a similar setting. Indeed, even individuals utilize the word versatile for cell phones oftentimes cell of smartphones. Then again, portable innovation incorporates the reach PC, tablets, handheld PC, individual media players, and smartphones, and so forth (Kukulaska-Hulme, 2007).

Innovation and progression in data correspondence innovation have carried new age to the assortment of ways for amusement youths go before a TV screen, utilizing Internet on the PC or having a phone adhere to their ear. Everywhere in the world adolescents utilize innovation like the web, smart phones, and different contraptions for correspondence. They like media for instance smartphones as its capacities like camera, word reference, web availability, person-to-person communication applications, and music players. These devices are specialized devices and an instrument of public activity learning for youth. In the agricultural nations, an enormous number of individuals have received these gadgets as an alluring device for correspondence and become progressively utilized in relational relations in a social setting. A few people were appeared to be discouraged and confined without their smartphones (Tindell, 2012).

### **2.1.3 Smart phone in Pakistan**

All persons are utilizing new advances independent old enough, sex, financial position, instructive foundation, other talented capability and by other segment attributes like country/metropolitan, ethnic or strict foundation in created, creating and immature nations of this world. The wonderful and amazing development in smartphone innovation can without much of a stretch embraced. Phenomenal development can be seen among its clients, particularly among new age. The smartphone assets and usage are far-reaching lately and now it turns into a basic and significant piece of our day-by-day life. The advancement of innovation has a critical impact and effect on reception and use. In Pakistan, the ownership and use of smartphones are quickly expanding step by step and entering among people. The innovative advancement improves smartphone usage because of its capacities like account, web access video, informing, and sound. Nowadays most smart phones are called smartphones as they manage extra and exceptional imaginative processing impact and availability than a contemporary smartphone. This gadget comes into perspective on the future with regards to across the board as it produced a gigantic arrangement of consideration of the new age through an investigation of persuasive and inspirational variables (Mahmood, December 2016).

Smart phone gadgets have gotten considerably more flexible, permitting correspondence among people from various perspectives, for example, email, messaging, sound calling, utilizing long-range interpersonal communication applications. Contaminate smartphones can give capacities and capacities that are fundamentally the same as PCs. As of late, the reception of smartphones by youthful age has been a worldwide marvel. It is presently an indispensable piece of their everyday schedule life in the most well-known type of electronic correspondence. Indeed, the smartphone has changed from a mechanical instrument to a social tool. There are a couple of

obstacles and snags in Pakistani point of view, especially in distant territories, for example, the cost of a smartphone, the inclusion of web, and usage mindfulness about expanding social capital and conduct by youthful age (Mahmood, December 2016).

Smart phone infiltration developed consistently in Pakistan. As per Pew Research Study significant segment of the Pakistani populace includes youthful age which gives additional help and edge to the developing number of people are grasping associated gadgets. The youthful age portion of the populace needs to remain related 24 to 7 hours and this critical need is satisfied by smartphones with social applications. The mindfulness and hunger for fresher innovation have rotated with a smartphone as the go-to gadget for people. That is the reason the world has received the type of a worldwide town because of the snappy and quick development of specialized apparatuses. Presently a day's telecom area has an assortment of correspondence set up wherever in Pakistan. The telecom area is one of the arising cell areas in Pakistan and has been pulling in numerous new speculators since 2001 (Phillips, 2006).

As announced by Pakistan Telecommunication Authority, Pakistan's yearly cell tele thickness is over 74% of its populace, making Pakistan rank seventh among the top cell phone utilizing nations of the world as indicated by the World Fact book. Most of the supporters include youth. During the speed the world is pacing with, understudies likewise are grappling with a ton of difficulties in their regular daily existence. Particularly considering the requesting scholastic existence of clinical understudies it is significantly additionally trying for them to keep the harmony between their own life particularly mental and actual wellbeing, scholastics, and public activity. An investigation led in Sweden on 20,000 grown-ups 10,000 ladies and 10,000 men 22% men and 24% ladies were high smartphone clients. Among them, 23% men and 34% ladies demonstrated rest aggravations. 25% of men and reacted that they lose their fixation and become

pushed when they don't have their versatile around, 44% understudies spent Rs. 250-500 every month for their portable revive, 83% understudies considered cell phone a fundamental apparatus to keep them associated with their family, 38.5% understudies continue checking their smartphone for messages and calls. All in all, the examination was demonstrative of smartphone reliance students.

Like introduction and cooperation innovation the more refined employments of the smartphone may improve student accomplishment (Liu, 2015). In any case, the past investigations of other instructive advances smartphones are regularly not used to their maximum capacity. Essential capacities, for example, number cruncher, web access, schedule, and clock are utilized more frequently than forefront works that empower students to make a material (Thomas & Muñoz, 2016).

#### **2.1.4 Usage of Smart phone**

Everybody utilizes working memory to work more productively and viably anyway it has a restricted measure of capacity wherein data can be handled. Working memory is likewise significant for instructors since it is utilized for remaining centered while playing out an unpredictable undertaking, for example, giving a talk, endeavoring to shut out interruptions for instance smartphone usage, and keeping up the consciousness of exercises that are going on inside the classroom (Suriakova, 2021).

Increasing benefits of smartphones are unquestionable and various studies have also revealed many drawbacks of these as well. The author stated that youngsters use smart phones at homes, colleges, and universities for communication. These youngsters maintain and remold relationships among other social networks due to simplicity of contact, security among users, and sense of safety.

Text messaging allows deaf people to easily communicate with other people, parents can also contact children when they were away from home and in case of emergencies. Due to its usage pattern, people of all ages are getting benefits and these benefits make a change for example interaction and communication with friends, family, and social life. According to various researchers, the use of the smartphone is potentially very popular among young people (Chiu, 2014). According to the author social networking is defined as the conversation and connection among users with similar interests.

### **2.1.5 Smart phone Usage in Everyday Life**

(Maceli,2011) further engaged and expressed that the progression of smart phone innovation likewise has its negative impact as each coin has a twofold side. Even though it carries handiness to people particularly in the adolescent daily routines, it would influence their lives contrarily on both intellectually and actual levels. Right off the bat, this device gives convenient highlights a significant number of people become lazier to get things done on their endeavors, for example, purchase things from stores, visit companions, and some more. Besides, it hurts them intellectually because of its exorbitant use. They depend a lot on smartphone gadgets for correspondence and disregard the genuine soul of eye-to-eye correspondence. They are more associated with one another with the outside of this device. Individuals lose the sprite to do imaginative conceptualizing when they look and examine the fitting reaction of any request on the Internet. Therefore, they ought to utilize smartphone gadgets appropriately as opposed to depending on them completely.

Presently a day's smartphone is an image of status and not a basic device among youth because of its properties, highlights, appearance, customized frill alongside up degree of its

application without any charges. Smart phone fulfills youth's requirements by decisions in backdrops, phone covers, ringing tones, phone covers, and different frill (Srivastava, 2005).

### **2.1.7 Smart phone as a Social Tool**

The author (Sumathi, 2018) explores in his study that the smartphone is the revolutionary device that has completely changed the way we live. It has become an essential part of our lives. We rely on it for acquiring information, connection to the internet, making calls, sending/receiving texts, creating or sending photos or videos, playing games, or doing banking operations among others. We cannot imagine that life without mobile phones. So, it is like a necessity. As a result of that, many people around the world have been using it daily and they spend many hours using this gadget. Currently, smartphone users have more than 1 million hours per month.

With the remote blast, that started around 2001 the responsibility for phones has now recognizably broadened in every single social gathering and longer remain the superficial point of interest of the exclusive class. The social impacts of portable correspondence are related to its experience by people of different periods of life, rich, poor, youthful, old, and from different districts everywhere in the world. In any case, no place is it more fundamental in the lives of youngsters that is the explanation we and others consider the Mobile Youth Culture. It has changed to a social device from innovative apparatus. Presently every individual either rich or poor have a smartphone. The phone's status is being shown by the traits and extras of smartphones and youth is resolved to improve their home routinely (Campbell, 2005 ).

Author (Jea, 2005, June) reported that smartphones are fashion accessories that satisfy the needs by covers, carry bags, ringtones, wallpaper, and other attachments that specify being part of peer's groups. The social connection of a person can be illustrated by

the ownership of smartphones and hence they are easily accessible and in demand. It also represents the person's independence from their family. The invisible social overthrow is taking place and quietly quivering its modifications and improvements. The power of smartphones has a great influence on the lives of youth as social objects. New communication approaches and networking are pursuing a social relationship that is being increased by smartphone technology (Williams, 2018).

Innovative forms of the economic, social, and political process have been rephrased and refined by the new mode of social mobility and connectivity with the spread anywhere, anytime infrastructures of communication. New smartphone technology defines the use of email as a point of techno-social space and the expectation is increasing that smartphone designates a space for insistent connectivity. Smartphones act as a vehicle for youth for the development of relationships among the classroom, colleges, universities, and contemporary streets. These fields are accompanied by social norms, expectations, and manners. They developed a new method of language, communication, and availability to friends and family (Mahmood, December 2016).

Nowadays, smartphones act as a gadget to manage social relationships and social connections between youth. Smartphones are used for texting, calling, playing games, listening to music, and for a variety of other purposes as well. However, scholar (Bugeja, 2005) argued that smartphones act as a mode of increasing social interaction and has engaged youngsters for functioning as a social connecting device. That is the reason, smartphones are regarded as a device used for building relationships and exploring various ways of interaction with friends, family members, and class fellows.

### **2.1.8 Dependence on Smart phone**

Social necessities, social impacts, and smartphone comfort all add to an individual's dependence on the advanced cell they have. Individuals are associated with their PDA at present and use them to get to any information they may require. Proof has been found in an investigation that has demonstrated a significant connection between social requirements and smartphone reliance (Zhitomirsky-Geffet, 2016). Social necessities are the most grounded power empowering students and people, as a rule, to depend on the most on a smartphone. This reliance on person-to-person communication destinations and smartphones for realities and different issues could be deluding as data on these sites aren't altogether dependable. Since such countless people are so helpless against the data, they find through these mediums recognizing what is genuine and what turns isn't out to be harder for them. The partner's smartphone and online media can fill in as an interruption to the people who depend most on it. It might likewise diminish efficiency among the students devoured by it (Al-Mukhaini, 2014).

### **2.1.10 Advantages and Admonitions**

The joining of the internet and versatile administrations has carried colossal accommodation to the everyday lives of smartphone clients. Smartphone empowers global correspondence paying little heed to place and time. People are more related now than some other time in ongoing memory with various applications for instance Skype, WhatsApp and Viber which is generally normal permitting free calls to loved ones wherever on the planet. Notwithstanding stalling topographical constraints of correspondences, smartphones permit people to widen and keep up their relational association due to extended accessibility and quickness of contact (Skierkowski, 2012). Various enjoyments of smartphone utilization



consolidate extended estimation of security and prosperity (Werner, 2014). Besides, tolerating messages, phone calls, or another contact can emphatically impact an individual's slants of confidence and having a place (Walsh, 2010, December). People utilize their smartphones as instruments to display their differentiation and sometimes, their ideal status. For certain people, having the most exorbitant and most recent smartphone reflects greatness. People can modify and change their smartphones with different cases, applications, and storerooms, to suit their requirements and lifestyles. A smartphone is in like manner routinely used in ill-advised spots, for instance, classes, which can intrude with understudy's guidance (Srivastava, 2005). Rest aggravations, stress, and wretchedness are among the other negative results that have been associated with smartphone use (Thomé, 2011).

(Kukulska-Hulme, 2007) Showed that the arranged features of smartphones for instance synchronicity, record-ability, and co-presence can extend lying conduct. Also, the smartphone has wide implications for society and culture in terms of its troublesome impact on cultural principles, social directors, and associations. It impacts the improvement of social structures and how the client sees themselves and their overall environmental factors.

The extended organization and accessibility of this gadget should upgrade associations and join people at any rate it can to do the opposite by undermining very close correspondence and propelling incivility (Nelson D. L., 2013). Nonetheless, people have little mindfulness of the immense effect these contraptions have on their lives.

## **2.2 Cognitive Factors**

Cognitive factors deal with the characteristics of an individual that influence execution and learning. These factors serve to change the execution of an individual with the end goal that it might improve or decrease. These factors incorporate cognitive functions like

reasoning, attention, and memory (Danili, 2006). Behavioral and cognitive salience if the users may be invigorated by the features of the smartphone. The capability to personalize devices with sounds and pictures may be recognized as critical to smartphone users (Takao, 2009). In personalized, the users are informed if the attention is to be paid to the device and hence leads to repeated connection and relation (Phillips et al., 2006). Because of the functions and degree of personalization, the devices are regarded as the extensions of the body of the users (Walsh, 2010, December). If one has these functions and features at his fingertips then it would provide immediate satisfaction to him just like alcohol, which may be potentially faster (Leung, 2000).

Because of technological improvements, we can have work on the front line of our mind and can-do work anywhere or anytime we want. It has been proclaimed that the increasing rate of work-holism is just because of the increase in the use of technology. For example, one of the surveys has revealed that about 50% of the users check their emails and voice messages daily when they are not at work (Brady, 2008).

Social interaction has been influenced by the problematic usage of smartphones and it has been found that the users that are involved in the problematic usage spent less time in other activities in which technology or smartphones are not involved (Davis, 2001). As a result, their academic and social interaction suffers a lot. One of the surveys has also revealed that academic, family, social, and works activities are negatively affected by the excessive and problematic usage of these devices (Leung, 2000). Various research indicates the impacts of increasing relation between humans and technology like gaming, the internet, and smartphones (Leung, 2000).

### **2.2.1 Effect of Learning Activities**

Learning in the 21st century is general with advanced mobile phone PC and innovation and is picking up earth-shattering in the lives of the people and turning into a piece of training at college. Understudy use innovation day by day and this affects their schooling. Advanced mobile phone innovation utilized viably in the study hall empowers understudies to be creative while growing new abilities and gives understudies cutting-edge data (Koppula, 2013) (Koszalka, 2010). In ongoing time, the expansion being used of innovation is moving conventional showing strategies in the homeroom by encouraging learning recently. Advanced cell learning is the utilization of portable innovation to encourage learning whenever and any place.

The improvement of innovation where these gadgets are turning into a reality. Be that as it may, it is yet seen how learning and encouraging will change with the entrance and utilization of these gadgets. It is of indispensable significance for educators to expand or change how they instruct to teach students and set them up for logical and innovative worldwide seriousness for the 21st century (Singh, 2017).

As indicated by (Sakai, 2020) cell phones annihilate a considerable lot of the entrance issues as well as diminish the requirement for instructor ability and give proof of enhanced adapting immediately. Likewise, with the usage of any innovation in instruction, there are difficulties and confuses in the classroom.

In as much as numerous phenomenal advantages of the smartphone has been revealed, there are some inhibiting factors that halt students in their quest to adopt smartphone for their learning activities. Learning inside the 21st century is widespread with

PC and innovation and is picking up significance inside the lives of the youthful and turning into a neighborhood of instruction at schools. Students utilize smartphones consistently today and this has an impact on their schooling. Smartphone utilized adequately inside the classroom empowers students to be creative while growing new abilities and gives students modern data (Kwon, 2013).

For students, the smartphone is anything but difficult to utilize and attractive. These tools have bigger screens, a variety of applications, sound and video recording programming, higher handling, and battery power. Examination of tablet use and selection reports that electronic gadgets positively affect understudies' commitment to learning. The discoveries demonstrated expanded intrigue, imagination, excitement, commitment, inspiration, autonomy, and self-regulation, and improved efficiency in understudies. Doing exercises and conversations encouraged by the smartphone understudies discover learning more fun when contrasted with a regular talk-based homeroom (Mango, 2015).

Smartphones assist understudies with feeling more positive about their learning in the wake of partaking in innovation-driven exercises by advancing dynamic learning. Educators could draw in understudies in online conversation by connecting all PCs or smartphones. The understudies would then be able to participate in the conversation by composing on the screen. Smartphones can interface understudy and educators and make more dynamic conversations and more useful reflection (Mango, 2015), that incorporates instructor educator, understudy, instructor understudy, and understudy educator, what they are finding is conceivable with the gadget. With a gadget, the study hall is consistently at the understudies and instructors' fingertips with a huge number of instructive applications accessible to download. Smartphone help produces nearer associations among understudy

and instructors. The two instructors and understudies have learned and grown adequately through investigation and by needing to impart information to one another (Burden et al, 2012). In this advanced time, an ever-increasing number of schools in numerous nations are exploiting these new smartphones that offer transportability and usability. Even though the utilization innovation in training is exceptional and has a positive pattern there is a requirement for worry as there are a few obstructions that control the incorporation of innovation (C Vrasidas, 2008).

Traxler (2010) thinks that devices claimed by understudies are not intended for instructional use and are ineffectively appropriate for learning. At first tablets and comparable gadgets were produced for individual use yet of late they are intended for an instructive reason. Creative innovation is creating a fast movement and various applications for learning and instructing design is being presented. The administration experience some worry in taking choices in picking the applications that are best for learning and instructing.

As (Melhuish, 2010) noticed that for an application to be an aspect of a people learning pathway they should be academically stable in the plan as opposed to zeroing in exclusively on substance, commitment, or edutainment.

### **2.2.2 Psychological Effects**

Numerous psychological impacts are also associated with the usage of the smartphone. For some smartphone clients, their phone is the principal thing they take a gander at toward the beginning of the day, and the exact opposite thing they take a gander at before sleep. Many smartphone users have shown obsessive dependency and overuse of smartphones as internet-based applications are increasing. A high level of smartphone usage results in mental overload, feeling of never being free and depression (Oulasvirta, 2012).

The connection between Smartphone habits and mental ascribes among teenagers uncovered that the students who scored low on confidence announced the most ill-advised usage of smartphones. An investigation of 10,191 teenagers in Southern Taiwan researched hazardous phone use, functional disability, and its connection with gloom. 27% of these revealed the unreasonable usage of smartphones than they are proposed. 1815 attempted and neglect to decrease the usage of smartphones. 10% experienced functional weakness in their connections and 36% experienced withdrawal side effects. A positive relationship has been found between depression and timidity. Another examination has uncovered that there was a genuinely huge positive connection between's smartphone habit and sadness and positive relationships among smartphone dependence, hostility, and impulse (Kim, 2015).

The author (Bianchi, 2005) recommended that both tension and extra-adaptation can altogether foresee cell phone enslavement while the author found that nervousness doesn't anticipate smartphone compulsion. These exchanging results recommend that there ought to be more explores of these angles. A few investigations have discovered that there is no connection between smartphone dependence and confidence while different examinations recommend that low degrees of confidence negatively foresee tricky cell phone usage.

Many innovative devices are made with the advancement in technology, a smartphone is one of them (Nishad, 2016). About 99% of Americans own cell phones and 77% own smartphones. People use smartphones for a variety of purposes, communicating and doing business as well as for studying and entertainment. In 2014 it was estimated that about 1.85 billion people are using smartphones around the world and this usage is expected to be 2.32 billion in 2017 and 2.87 in 2020. Mobile phones have made our lives much easier, but they have also made us addicted to them. This addiction not only has physical effects,

but it also adversely impacts academic and psychological activities and family relationships. Anxiety, sleep deficiency, and stress are also the consequences of excessive usage of smartphones. Whenever a habit is converted into an obligation, it becomes an addiction. Mobile phone addiction is independent of the gender of its user (Nishad, 2016).

Risks of anxiety and depression are greatly increased with the excessive usage of smartphones resulting in negative attitudes and distress. The survey indicated that students are more addicted to smartphones these days. Moreover, the negative impacts of smartphones are also increasing day by day. The author explored mental wellbeing impacts and triggers of computerized pressure. No recordable affiliation was found between memory execution and cell phones (Jones, 2017).

The author (Matar Boumosleh, 2017) experimented to check whether depression and anxiety contribute independently to smartphone addiction or not. Their cross-sectional study proved that both have a positive effect on smartphone addiction. A study by Brian (2013) subjected Two days without phone revealed that the majority of students did not want to lose their smartphone even for a single day and very few were agreed to get rid of smartphones for some days.

Moreover, studies and surveys have indicated that risks of suicide, symptoms of depression are more common among students who are addicted to smartphones. Academic performance is adversely affected by the excessive usage of smartphones (Ng, 2017 ). The author (Arefin, 2017) researched business students of Pakistan and found that the students are becoming more impatient, and their life activities are affected negatively.

Another survey revealed that about 67% of students in every college frequently use smartphones on campus (Shoukat, 2019). A study of a randomized collection of 100 students showed that there were signs of physiological impacts of smartphone usage on a new generation. They felt depressed while using mobile phones, while most of the students feel relaxed when they are not using their phones. The author purposed that the risks of mental health sickness increase with the usage of the smartphone. They concluded that an increase in depression and stress and sleep disorders result from internet addiction. An examination researched the dependence on the web and character attributes and found that dedication, passionate steadiness, and extroversion were the significant indicators of web habit.

A study on the Malaysian population showed that psychological and physiological complications are the consequence of excessive smartphone usage. A descriptive study on the usage of the smartphone showed that the effects of smartphone addiction are almost similar to alcohol addiction if the addiction continues (Al-Mukhaini, 2014). Another investigation uncovered that sleep deprivation brings about sorrow. The author uncovered that the risky PDA usage had been related to rest deficiency, discouragement, nervousness, and stress. Li et al (2016) did an imminent unit and recommended that a sleeping disorder and danger of despondency are related.

The predictive symptoms of excessive smartphone usage on middle students are studied by Cha and Seo (2018). Two gatherings were picked, one danger gathering and another typical gathering. Both these gatherings demonstrated various outcomes. Self-destruction hazard is more among students that utilization smartphones when contrasted with non-clients. Another examination by Augner and Hacker (2012) inspected a relationship between over usage or dysfunctional usage of mobile phones and mental wellbeing. The



prescient factors for smartphone enslavement were long-range interpersonal communication and familiarity with game abuse. A few scientists accept that there is a positive relationship between wireless habit and the psychological wellness of pre-adulthood, and some accept that there is a negative or aberrant connection between them.

However, it is affirmed that psychological and actual issues increment with the usage of smartphones. Yet, it isn't 100% genuine that these requests just outcome from smartphone compulsion. Double outcomes appear in the explored article of this investigation. The outcome comes in two unique schools of contemplation. One assessment showed the immediate connection between wireless habit and actual wellbeing. Phone usage increments mental issues and medical problems. Students can't zero in totally on their investigations thus their scholarly advancement is impacted. A few examinations additionally demonstrated a positive connection between mobile phone habits and physiological wellbeing. The pace of self-destructive demise is additionally expanded in this period.

### **2.2.3 Students Academic Performance**

Mobile learning devices allow students and teachers to communicate anywhere with each other. Students who have access to all kinds of knowledge and study at any stage can also interrupt smartphones in any learning environment because of their ability to become an entertainment unit and promote social networking. According to Jubien, (2013) she suggested in her study that graduate students combine their personal lives with smartphone use to affect student life. This result can be interpreted as a suggestion that students can use the communication and educational tools provided by smartphones to have a classroom at home. She also discusses another finding on how smartphone affects and alter instructive practices. For instance, changes in the method of get-together data, getting orders from

educators, doing schoolwork, collaborating with classmates among others. In Tosta, (2013) he presumed that the smartphone is a marvel that has changed students' day-by-day life and learning styles, constrained changes in instructors, showed methodologies and changed instructive organizations, rules, and approaches. Since these innovative gadgets have across the board essentially every nation around the globe has gotten well known among the instructive network because these mechanical gadgets are across the board pretty much every nation around the globe has gotten famous among the instructive networks.

Bennett, Maton, and Kervin (2008) are an illustration of instructors that proposed that utilizing media innovation can help students improve their scholarly presentation. However, numerous instructors and guardians are stressed that their kids and students are investing a lot of energy utilizing web-based media networks. A few foundations and educators boycott the utilization of web-based media in classrooms accepting that it negatively impacts students' consideration, commitment, and in like manner their GPA.

(Rambe, 2013) showed that the essentialists see that new mechanical developments particularly web-based Media upset advanced education conveyance ride on teachers' anger disinclined mentalities toward the full-scale appropriation of problematic advances. In any case, this unconfirmed rationale dispossesses opportunities for grasping the productive components of interruptions and getting a handle on the huge scholastic capability of arising innovations. A few investigations recommended a negative effect for web-based media, and others proposed promising open doors for commitment. Over speculations for the effect of online media are not advocated. More should be found about the factors that impact this relationship and about procedures that help students, personnel, and advanced education establishments outfit the maximum capacity of these inescapable advances.

The examination intends to reveal a portion of these factors. Culture and setting additionally assume a significant job in the selection and usage of development. The examination fills one more hole by revealing insight into the online media's impacts on the scholarly presentation of college students inside the Egyptian setting. Although an extremely enormous network exists web-based, remembering for innovation, that centers on training, this probably won't be the situation for college students.

The author's (Arefin, 2017) study has indicated the impact of smartphones on the study of students, the students who use mobile phones more both in class and out of the classroom get low grades as compared to those who use less. His findings also revealed that the students who use cellphone more suffer from anxiety and are less happy than those who use less. The author concluded that the students who use smartphones in the classroom could not perform well in their studies, multiple-choice questions, in exams as well. Mobile phone usage in the classroom only results in distraction and they could not perform multitask.

(Pennise, 2015) noticed that the student feel that their usage of mobile phones does not impact their second activities, however, this is not true. All their activities are adversely affected by the excessive usage of mobile phones.

### **2.3 Social Behavior Factors**

For the most part, the term social conduct is utilized to communicate and exhibit by the individual inside his/her social arrangement. The kinds of human conduct fundamentally set up how individuals associate and facilitate with one another. According to (Brady, 2008) people look for from the public and play out whatever they learn with society. There is some human social conduct like forceful conduct, powerful conduct, passionate conduct, professional social and gathering activity conduct. Human social conduct regularly relates

to satisfactory activity inside their gathering which impacts their conduct both emphatically and adversely. People establish a charming climate among bunches when they connect with them positively.

(Tossell, 2015) expressed that the new age of smartphone 3G remote frameworks isn't only for talking reasons. Or maybe this cutting edge progressively gives interactive media informing and direct Internet access notwithstanding conventional sound correspondence administrations. Townsend additionally found that smartphone devices impact the public in both positive and negative manners.

### **2.3.1 Social Effect**

The smartphone tool is an extremely vital communication apparatus as it is worked to build social contact and network. Smartphone owners up grades because of its benefits the social changes being newly designed by the technology that influences social and cultural aspects. Transcendently a smartphone incredibly effect expressed that the new age of smartphone 3G remote frameworks, isn't only for talking reason. Or maybe this cutting edge progressively gives interactive media informing and direct Internet access notwithstanding conventional sound correspondence administrations. Townsend likewise found that smartphone devices impact the public in both positive and negative manners (Liu, 2015).

The author (Billieux, 2012) further expressed that the common interest of communication innovation has changed over smartphones into gadgets with more innovative networks and functionality. Smartphones not just enable clients to deal with all their communication needs regardless of whether through texting, calls, messages, email, or long-range interpersonal communication locals however they permit proprietors to partake in various online exercises, examining the Internet perusing, mess around, listen to music,

watch chronicles, read digital books, manage their everyday plan and course or web-based shopping. Plant (2001) saw Billieux's point and communicated that there is no large shock that smartphone has become a particularly fundamental bit of flow in society with people constantly immersed in their virtual world.

Public activity has been changed with the introduction of the smartphone and this area has encountered most of the affected from over unnecessary use. The upsides of the smartphone are different. These focal points incorporate individual security, improvement of social relationships, accommodations, and ensuring a fair course of action of guidance.

The author (Leung, 2000) indicated that smartphones expressed that the best open entryway for reviewing correspondence with the monetarily unused and isolated youth and network. The adolescent's new culture had made among youth with the usage of the smartphone. The author (Sakai, 2020) finds that smartphone reshapes the social culture of youth since it is transforming into social antiquity which gets changes society. The author further apparent that smartphone uses among youth around the world is depicted as differentiation with various things the unreasonable use of text informing and sharing pictures. For example, such combination incorporates the utilization of smartphones as the advancement of normal practices, marker, and use openly puts expanding individualistic inclinations among youth.

(Pennise, 2015) even affirms that smartphones offer ascent to overall innovation and have an interrelationship with socio-social terms. Then again, some culturally diverse examinations have discovered the smartphone's fulfillment to the adolescent gathering of clients by correspondence with informing. A portion of this fulfillment incorporates not to upset the standards of good conduct e.g. noting a bring out in the open spots to maintain a

strategic distance from superfluous discussions, sureness of the appearance of a message instead of a call that probably won't be replied, cost-viability and present an alternate mental self-image.

(Leung, 2000) found the basic difference among the users and non-users of smartphones and these differences reveal that the users of smartphones are wealthier, well-educated, and young as compared to non-users. They also found that social usage like text messaging, family calls are more common than non-social usage like business calls. Another fascinating finding of the survey is that the opinion about the usage of smartphones at public places and educational premises of both users and non-users was different. A great many people like the utilization of smartphones in broad daylight transports, theaters, shopping centers, and gatherings while adolescents will in general aversion the utilization of smartphones at eateries, in classes, and at the airport.

### **2.3.2 Effect on Family**

According to (Leung, 2000) the smartphone works as an umbilical link permitting a lasting method of correspondence in the season of geological distance holding youth under their parental control and insurance during their freed progress. The representation of the smartphone as an all-inclusive umbilical link has been utilized by various specialists whose test discoveries demonstrated that the gadget increments interaction among teenagers and their parents. The liberated progress of teenagers is being cushioned by the device by making it gentle by keeping teenagers connected to their parents. There is an extroverting debate on the impacts of smartphones on our lives.

As per (Kumar, 2019) smartphones can be used in a variety of ways and purposes like social interaction, enjoyment, and communication. Individuals use smartphones for

connecting and communicating with their social circle. This device has influenced family relationships, dynamics, and the social world. In recent years smartphones have eased communication among users as indicated by Palen and Hughes (2007) the social effects of smartphones as a mode of information communication technology are on shaping family behaviors and parenting in various aspects.

### **2.3.3 Effect on Peer Group**

The author (Williams, 2018) determined that correspondence among present-day youth bunch colleagues is predominant to the singularity. The gatherings of youth have been changed to connected social orders through these smart phones. The author focused on that the smart phone is the watchman of companion bunch organizations and essential gatherings. It additionally creates a virtual connection giving the fulfillment of contact to the segregated young person with their colleagues. Wong and Hiew (2005) the ownership and reception of smartphones among young people have been connected to friends' weight. Nonetheless, they may and do kinship they need else they are not compelled to do that.

The author (Cambra, 2013) used the term hyper coordination to outline the smooth and socially dynamic clients of smartphones by teenagers and adolescents. The author showed that the organization of companionship has been extended by the usage of smartphones. Not with standing, this isn't upheld by considers. Japanese specialists have contended that smartphones have made youths humble in their connections instead of clear recommending that a few adolescents don't extend their group of friends using smart phones.

### **2.3.4 Effect of Smart phone on Social Behavior of Youth**

Smartphone technology influences the life of practically all humans in two different ways decidedly and adversely. The significant territories of smartphone impact are public

activity, conduct, schooling, business, and wellbeing. This smart helpful innovation drastically changed the social scaffolds, bonds, social standards, qualities, and conduct of people, particularly the young generation (Mahmood, December 2016).

(Ansari, 2007) noted that smartphone has various negative impacts on youthful age's social conduct and their instructive exhibitions. The fever of smartphones began after the 1980s on the planet however it has now contacted the reverence. Presently everybody out of two on the planet and everybody individual out of three in Pakistan has a smartphone. Smartphone gadgets are expanding the instructive and public activity of all public individuals. It is advantageous to students when they are occupied in their instructive exercises particularly in talk or venture arrangements in classrooms or libraries and they share the examination material with different classmates.

Social change bargains the change of social network and culture through advancement and rise of innovations which is normally brought by aggregate conduct. The selection of smartphones as an instrument of diversion, instruction, and correspondence has altered the entire society through understanding examples, social contact, and social connections (Elhai, 2017).

According to the Seoul Metropolitan Office of Education, Korean youths have announced that they are influenced by the over-the-top utilization of social applications with a smartphone. This has become a social issue, and it has been noticed that it has influenced youngsters' social relations. Likewise, most of the youthful age in that review revealed strange conduct when they lose their smartphone contraption (Tindell, 2012).



### **2.3.5 Effect on Social Individual Life**

The smart phone changes the way we communicate with each other. Rather than calling to a fixed to the epigraphical area as the training with the landline contraption, we call to an individual any spot he may be available. It likewise allows us to join our correspondence into the weave of our various practices. In a restricted time, contraption had a critical impact on the way we associate and orchestrate our lives. Messaging a thought that hardly existed a decade prior is used by young people. It tends to be used by youth to screen social on organizations. For the most part, new development is presented the new picture of media experts and society's supposed media impacts approach which concentrates around how the mass correspondences affect crowd perspectives and behavior.

The author (Joo, 2013) focuses on the mental and social part of the usage of smartphones. They endeavor hard to track down the explanations for why a handheld innovation is embraced with a particular goal in mind. They demonstrated numerous attitudinal components that depend on the exploratory investigation including cost-effectiveness, need in the current period when contrasted with landline phones, security and wellbeing, and reliance. They additionally attempted to see the social and persuasive qualities of smartphone use which results in the positive and negative effects on student's day-to-day life and individual.

According to (Leslie, 2012) there is a fundamental capacity of smartphone correspondence is upgrading and relational correspondence among students generally in a casual manner. They reasoned that a casual method of correspondence is viable for connecting with society and in scholarly learning also. This casual collaboration in instruction climate upgrade students inspiration and decreases student according to the

author smartphone has affected the utilizers in the predetermined way they connect with, work, and convey in their standard lives. They have given a few applications that can fulfill their will and wish. These applications can help in any procedure which will help for the creation and viable usage of time. Smartphone has brought in general another idea to the lives of youth by giving them distinctive social applications that will assist them with leading a few significant undertakings simultaneously. This device supports youth for doing numerous things on the double generally that was unrealistic because one can't manage various responsibilities at the same time. They utilize their smartphone by calling and simultaneously they send photographs, messages, messages while tuning in to music. Since youth has a bustling life because of private matters, school and college and smartphones are there to do that weight and improve educator and student relationships. Also, they clarified that one mischief some portion of smartphone use is that it motivates generic correspondence.

Smart phone chains a vast variety of other services MMS, SMS, emails, gaming, internet access, computing potential, and video. It unites the member of the society and prevents them to divide and empower the masses through the accommodation of partners to others that makes people partake with connecting advanced social orders (Kukulaska-Hulme, 2007). It likewise improves the social relationship between various fragments of the population.

### **2.3.6 Effect of Smart phone on Education**

Therefore, the utilization of smartphones will cause a big impact on rising student performance as this device will improve learning and learning expertise. (Woodcock, 2012) aforesaid that the various pupil's lives can amendment with the increased use of a

smartphone as students can use this device to extend learning good phones utilized in learning will encourage students to be told the advantages they will gain like learning anyplace and anytime and encourage students to interact in learning activities. This shows that technology can open and increase the student's perspective, particularly in their educational surroundings.

The author (Synnott, 2015) researched to analyze student movable activity in categories and the potential impact of learning activities on learning performance. The result shows that movable use distracts student learning and students believe that their learning method within the school room is non-continuous throughout the writing. A study by Elder (2013) shows that students United Nations agency used a movable at school registered not up to students United Nations agency failed to use a movable and will not recall a lot of data from the lecture. The author's finding demonstrated that students do not use a smartphone to be told motivation however they use it to form phone calls, take photos, and surf the online.

Additionally, Hanson and colleagues (2010) expressed that students like direct electronic communication, e-mail, and net browsing to the library rather than observing online library resources. Students try and mix their study life with the necessity for social support though they need to form their learning a priority. The smartphone has affected the lives of scholars in varied fields particularly in education mistreatment of smartphones for instructional functions introduces students to a world because students will get completely different information in one click. The smartphone is equipped with for example internet, and online, the web is an enabled feature that offers students the flexibility to forever connect and it is easier for them to receive scientifically relevant online material at any time.

The author (Sarwar, 2013) justifies the positive impact of smartphones on the tutorial framework enable society to achieve access to completely different learning resources and supplying people the chance to continue their education through distance learning. However, if you employ your smartphone for an extended or continuous time it will influence an individual's health. The person could face headaches and sometimes messages and calls cause a clear stage within the student's concentration and aim at finishing his studies which can hurt their educational origin (Abu-Shanab, 2015).

In addition (Abu-Shanab, 2015) the danger of addiction to good devices is combined with life satisfaction through educational performance and perceived anxiety. It shows that students with low educational performance are seemingly to possess less enjoyment of life and are seemingly to become passionate about a smartphone. Teachers, books students are the basic pillars of education. Education always brings positive changes in society. It is the education through which the teacher guides the student in the right way. The students work with peers in school and learn curricular and co-curricular activities. Every individual does not resemble and is different from other cognitive habits etc. These differences make changes in personality, academic and social performances (Said et al., 2018).

### **2.3.7 Effect of Smart phone on Communication**

Humans are social animals with a general need to associate with one another. New progressions in communication innovation have enabled a lot of individuals around the globe to satisfy consequently need utilizing smartphone (Przybylski & Weinstein, 2012).

In any case, even though individuals are pushed into these gadgets and gadgets as a strategy for neighborliness and social closeness (Leung and Wei, 2000). There is a weakness with regards to whether these phones truly fulfill this need. Startlingly a smartphone can

change from the status of an instrument that helps social trades to an article that intrudes with them (Billieux,2012).

Social responsibility utilizing smartphones has gotten standard. This variable nature of correspondence styles and tendencies raises issues about the impact it has on reality and social associations. The incredible interest in correspondence advancement has changed smartphones into devices with more created accessibility and handiness. It can presently don't be suggested that smartphones offer elite correspondence between two persons (Billeux,2012). In the most recent period of cell phones, smartphones have advanced working structures which can perform numerous components of a PC, engage omnipresent accessibility to the web, and fuse a collection of extensively valuable applications (Smith, 2013).

Smart phone not just empowers clients to deal with all their handheld enlisting and correspondence requires, whether through informing, calls, email and other casual correspondence objections organizing destinations anyway they grant proprietor to partake in different online exercises, bearing the web, messing around, tuning in to music, and chronicles, perusing advanced books, managing their everyday banking, online-based shopping, and route (Billieux,2012). It is no big surprise that the smartphone has become a particularly essential bit of current culture, with people persistently lowered in their virtual world (Plant, 2001).

As indicated by Dixit et al (2010) there is several utilizations and highlights for the correspondence of smartphone with instant messages among youthful age. Nonetheless, some online applications are additionally supporting this handheld contraption for correspondence reasons. This web got to an application are usually empowered youngsters

which are given by smartphone. Right now, the smartphone is remembered for this climate and everybody approaches the web for making social connections.

The invisible and intangible social upheaval is going on and quietly and step by step shaking its adjustments. The intensity of a smartphone as the new social thing has decided effects in a youthful age. The new method of social availability and portability has re-imagined and reworded new types of financial cycles and social-political with the broad anyplace, whenever frameworks of correspondence. Presently new correspondence approaches and affiliations are seeking after a social relationship as expanded by the versatile innovation (Williams & Williams, 2005).

The smart phone is an essential part of everyday events and plays an important role as an innovative form of information technology in the individual and social life of humans such that it can be claimed that it will be undesirable for many people to live without it (Noshahr et al., 2014). The use of smart phone affects the behavior, values, attitudes, and believes of people. Students are using smartphones and hence their usage is becoming popular, and they are getting smarter (Dos, 2014). Because of their ease of usage, being inexpensive, and ability to aid certain learning lifestyles, smartphones are instrumental in incorporating information technology in education and are also regarded as cell phones or cellular phones. The smartphone provides the students with potable access to the same education improving qualities as an internet-connected computer such as file sharing, online information retrieval, and interacting with fellow students and teachers (Tao & Yeh, 2013).

Smart phones support services and have a vast variety of features and functions like, emails, social business, internet access, text messaging, voice and video calling, photography, gaming, shopping, and many more. Moreover, smartphones can reduce the

attention of the students towards their studies as they have access to all the above features of smart phones (Beland & Murphy, 2015). The rapid development of smart phone technology has also contributed to the learning and academic progress of students.

However, recent studies reveal that most students are using a smart phone as a leisure device and most commonly use it to connect to social circles, friends, and fellows, play games, and watch videos (Lepp & Barkley, 2015). If the smart phones are only used for playing and watching then they will disrupt learning in academic settings (Levine, Waite & Bowman, 2007). Smart phones have become an essential part of our lives and are playing an important role in the development of human civilization. Smartphones have altered the way a student communicate, gather information, allocate attention and time, and mainly how they learn (Seilhamer et al., 2013) smartphone technology provides students a platform to generate new and amazing ideas and present they're working the form of text and images. The increasing smartphone aspects thus represent new opportunities for learners both outside and inside the classroom (Chen et al., 2013).

As a remarkable, powerful educational gadget, smart phones alert the students about their studies, provide a great way to record information, gather necessary data, and provide instant on-demand answers. Besides their numerous advantages and uses, smartphones have various bad impacts on students as well. They influence the psychological mind and social communication. No wonder they are essentially useful in learning, but they also tend to violate, bully, and harass people. Other major drawbacks of smartphones include symptoms of depression, decreased attention, loss of temper, and sleep disturbance. It basically starts with social problems, and then leads to stress and depression and ultimately affects the lifestyle such as eating and sleeping habits. A chain of reactions is caused by consistent use

of smart phones starting from a user's life and expanding to alter the other (Thomee et al., 2011). The change in conversation method from face-to-face to text messages lead to changes in social behavior regarding communication (Turkle, 2011). Frequent use of smartphones increases restlessness increases time on mobile communication, careless lifestyle, adverse impacts on relationships, and anxiety if they get separated from a smart phone.

### **2.3.8 Effect of Smart phone on Social Interaction**

Social communications can cause numerous adjustments in our day-by-day lives. They can make outrageous satisfaction or awfulness our day. Social collaborations assume a significant job in people's general lifetime encounters (Verga and Kotz, 2017). Social associations start their key significance at an early age, research proposes that newborn children begin to be affected by social connections at age a half year. Social cooperation can occur as a youngster as guardians who face a newborn child, guardians who utilize various tones to pass on demeanor or distinctive outward appearances to pass on disposition meaning (Hakuno et al., 2017).

Social interactions are also gradually useful for children. the analysis takes established that children trying to find out another language square measure additional possible to find out new words, note and link things with phrases if they learn the language from another person (Verga & Kotz, 2017). Every day adults use social interactions with each other, as a portable smartphone is used for social interaction three adults, or teenagers, you would possibly move by a parent, boss, professor, co-worker, companion, alternative, and some other colleagues day by day or in a week. These connections square measure useful



and permit the United States to increase our terminology, acquire new and solid knowledge and move with alternative persons (Verga & Kotz).

Inside an only device, the smartphone subsumes an eclectic variety of technologies. At the same time, it can mollify the essential to type a phone call, take a photograph, listen to music, pay a bill, watch online videos by using the internet, chat through social webs, and be entertained in further general terms. All these roles have better-quality and easy life substantially, but the very element that these tasks can be accepted out of every place has rendered this device more invasive than any supplementary. While the mobile canister to have streamlined how people continue their social or personal relationships (Cho, 2015) and fulfilled their responsibilities (Derks et al, 2015, Kossek and Lautsch, 2012). Unreliable suggestions and investigational studies express that people frequently ignore whoever they are with the associate socially while choosing to indulge in their smartphone and link with other people online (Turkle, 2012).

The smart phone is a helpful, exceptionally available, and competent gadget that is appropriate to correspondence but can even now make intriguing substance whether it be video, sound, or text. It's a two-way gadget, making and devouring data, is exceptionally close to home, and is quite often accessible, making it an ideal framework for inescapable, steady social processing. The general ideation is that social cooperation impact affects our lives. Social cooperation is intended to be strong to us and intended to build our language, schooling, and different parts of life. This examination shows that even as a grown-up we can utilize social communications to learn new words and review those words more as often as possible than without social connections a few different trials have been led to decide the impacts of social associations on students and people. The analysts took a gander at a few

unique classes of third and fourth graders and the effect that social communications played on them (Gottman et al., 1975).

They found that the smart phone had gigantic advantages for the students, and they found that the gadget gave indirect access to students to communicate outside of their folks. Directed an examination that found that most students had the option to grow an abundance of social collaborations on the web and the students communicated that they had the option to pick up autonomy from their folks. For these students, the smartphone permitted them to connect to the world and to cooperate with it on the web (Kalogeraki & Papadaki, 2010).

The negative ramifications are likewise a significant piece of innovation and the effect that it has on our entire lives. While exploring the effect of smart phones on eye-to-eye connections has been done it isn't broad. In one examination that we discovered, analysts thought about the measure of web usage and contrasted it with the innovations being created (Schiffrin et al., 2010).

This shows that gear can have negative impacts, however for certain people it is especially gainful in social associations and settings. This isn't the solitary supporting examination for this idea. Other examine have been done into the positive ramifications that innovation plays in our lives. In a different report done on students, grown-ups, analysts were looking to decide the general impacts that innovation played in the instructive lives (Kalogeraki & Papadaki, 2010).

Wright et al (2013) demonstrated that people continually favor up close and personal correspondence over Facebook association when it went to their life fulfillment, and that when it came to misery, people who were on Facebook more and had fewer vis-à-vis communications had more significant levels of sorrow. It is fascinating to take note that the

number of hours that students spent utilizing Facebook positively corresponded with despondency in the current investigation. It isn't amazing that with lower life fulfillment would come more elevated levels of sorrow.

Schiffrin et al., (2010) examination found that their students reliably evaluated vis-à-vis correspondence as more useful than utilizing the web, when it came to keeping up connections and that expanding the measure of web utilize appeared to diminish the individual's general prosperity. In all the information that we discovered there is by all accounts a typical topic that web use, for the most part, comes to the detriment of higher fulfillment throughout everyday life. It ought to be noticed that there is an examination on both positive ramifications and negative ramifications that smartphone gadget has on our everyday lives. Innovation can play a significant positive follow up on people with social uneasiness. As per an investigation directed by Magsamen-Conrad et al (2014), they found that innovation addictions had negative impacts on an individual's life notwithstanding, the compulsion might have positive connections to expanded social communications. They found that citizenry with self-disguise issues and social nervousness issues utilized innovation while having addictive propensities and issues commonly had higher life fulfillment on an entirety. This is one of the fundamental positive ramifications that innovation can have on our lives.

The investigation proposes that while the smartphone can give availability it can likewise make demolition connections in eye-to-eye communications (Hyun, and David, 2015). With the ascent in innovative advances and ceaseless ascent in interest, a lot of studies have been done on the general effect that innovation has had. We have recently expressed that the objective of our examination is to discover the general effect that smartphone cause

on vis-à-vis communications. It is essential to get a handle on the exploration being done on innovation. There are at present mass measures of exploration on the effect that smartphone has however it appears to be that there is restricted data on how smartphone sway up close and personal communications. Anyway, before breaking down the examination on the impacts that innovation has on social connections it is critical to comprehend the impacts that social communications have on students and people (Anderson, 2015).

Another exploration recommends comparative discoveries that on an entire people incline toward up close and personal connections instead of having collaborations over any online type of correspondence look at the changed advances that their members utilized and requested each from them how they felt about them and whether they enjoyed the various innovations. They found that the best outcomes came from up close and personal correspondence and that innovation had a slight effect in inclination the members generally have more fulfillment with connections when they have face to face talks (Goodman-Dean et al., 2016).

Social associations start their underlying significance at early age research proposes at a half year babies start to be affected by social cooperation's. Social collaborations can happen as a baby as guardians making countenances to a newborn child-parent utilizing various tones to pass on demeanor or utilizing distinctive outward appearances to pass on disposition or importance. There have been gathering measures of examination in the most recent decade on the significance of social communications (Hakuno et al., 2017).

Leung and Wei (2000) depicted that utilizations and fulfillment read two tremendous purposes behind the traditional utilization of smartphones. These thought processes are instrumental or task-arranged intentions and natural or social thought processes. Instrumental

or task-situated inspirations identify with the handiness of calls, for example, making arrangements, working together and data chasing, while characteristic or social inspirations demonstrate the utilization of the phone for socialization for example family, tattles, contacts, visits. Then again, Wei and Lo (2006) and Lie (2010) distinguished two broad classifications for example relational delight and portable media which incorporate diversion, accomplishments, friendliness, and time the executives as four satisfaction factors. The more grounded the inspiration, the more people utilize smartphones and consequently, the social use is more incessant than individual use. In like manner, Leung and Wei's (2000) study distinguished friendliness as one of the seven significant inspiration parts of smartphones alongside quick access, comfort, status, unwinding, versatility, and instrumentality. Different examinations and utilizations distinguish social connections as a solid explanation behind the employments of the smartphone.

Ramirez et al., (2008) analyzed people, understanding of the helpfulness and serious spot of relational media, like texting and messages utilizing smartphones. Although Ramirez et al didn't examine different relational interchanges channels on the smartphones, lead to the extension of their choice to contrast distinctive relational media with investigating the connection between different social inspirations and utilization of different characteristics in merged smartphones. As far as spanning and holding social ties, there appear to be insufficient observational investigations that clarify how social collaboration and inspirations would be identified with people.

Campbell and Ling (2009) attempted to clarify distinctive usage strategies for different correspondence applications with smartphones. Utilization of different relational correspondence applications with smartphones while correspondence with peers and not

with others. This may assist people with making the bunch limits they need. For instance, adolescents can utilize video calling to contact their folks and text informing to speak with peer gatherings. Campbell and Kwak (2010) discovered two diverse usage design a positive relationship through messaging and disconnected social recreation movement for both the neighborhood usage gathering and the removed usage gathering and a positive relationship between voice calling and disconnected social, relaxation action or most recent smartphone contacts with other people who were truly living ceaselessly.

### **2.3.9 Effect on Time Management**

A smart phone is a gadget that has influenced our social contacts, schooling framework, wellbeing, exercises, and numerous different parts of life (Ling, 2003). Smartphones are extremely basic specialized gadgets among college students. Pretty much every student at a college has at least one cell phone. It is basic marvel among the populace (Cambell, 2006).

Following and security smart phones are likewise regularly used to accumulate area information in a brief timeframe as long as the phone is turned on, the geological area of a smart phone can be resolved effectively with the assistance of a method known as multilaterate to compute the distinctions as expected for a sign to move from the smartphone to every one-off a few cell towers close to the proprietor of the phone for study time the board (Tofel, Kevin C. 2010).

Amna Baig, Quaid-I-Azam University of Islamabad (2017) finds that a larger part of youth student utilization of pone for solitary time and demonstrated enthusiastic insecurity towards cell phones which prompts uneasiness, fretfulness, restlessness, and gloom. The inordinate clients of cell phones likewise become inclined to different mental, physical, and

mental illnesses. With smartphone usage representing a developing worry to us, we concocted an exploration with reasoning to know whether clinical students have likewise been influenced by its utilization. Provided that this is true, how has it influenced.

According to (M. J. Stollak, et al, 2011) students who have smartphones were additional seemingly to access social networks and pay time chatting with others. From an academic purpose of reading students will enhance their tutorial performance level by looking at online resources and professors might have to be compelled to be cautious of distribution project works involving social media to students as some might have a bonus in finishing the work than others. As telephone skill remains its fast progress the device seems accomplished of causative to student's education and improve tutorial presentation, for instance, the trendy smartphone gives pupils with instant, transportable contact to several of a similar instruction attractive capability as an associate in nursing internet connection pc, like online information recovery, file division and cooperating with fellow students and with teachers or professor (Bull et al., 2013).

Time management is an ability that each student must not solely grasp, however conjointly apply. A heap of university pupils complains regarding running out of your period once requested to try to a sure mission they get annoyed because of they are not capable to from it before the point in time. Time management is extra ordinarily vital particularly once it involves university students as a result it will increase their marks and improve their output (Laurie & Hellsten, 2002). Though maximum of the time undergraduates faces issues like duty dislike and hesitation so that they being to delay a result of they want structure skills. As an effect pupils would not be ready to establish responsibilities consistent with their importance so that they get unfocussed simply finish and delaying. Using we will see time

managing is important to any student at the university level, as it is one of the keys to difficult educational achievements (Kelly, 2004).

Time managing stresses a key move in importance considers results, not on busy. There are heaps of cases with folks that excess their lives in faded conduct and achieve little then they are inserting their works into the wrong tasks or failing to attend their action with success recognized that two-time managing works in a straight line influence the cooperative tutorial accomplishments (Mercanlioglu, 2010). The awareness of however their period needs to be wiped out or coming up with as well as using quick and lengthy amount areas and time attitudes or students skilled that each coming up with and inspiring time attitudes initiated that they'd a lot offer more rather more way more time to end their tasks, as a result, they experience more on top of things of however their time was fatigued thus significant after they had to public no to actions (Kaushar, 2013).

At the teaching level, the study plan should correctly plan compulsory and measured for higher grades accenting period conjointly helps to grow price actual academic guidelines by the establishments mostly at teaching level (Kaushar, 2013). The ongoing drawback of deficiency of information in suggestion with time managing and tutorial productivities is thanks to the absence of easiness and of luxurious behaviors that of collection and information. Motivated by this reality, explicit stress has been rewarded within the trendy education structure to time managing complications by assessing pupils' attitudes and performances associated with time and its management (Nasrullah et al., 2015).

### **2.3.10 Social Environment Factors**

Hoffman et al., (2009) reason that a positive social climate has straightforwardly connected to expanding students' scholarly exhibition, social conduct, and inspiration. It has



additionally put a positive effect on the arrangement of student's practices and demeanor in many key territories like settling on troublesome choices and assignments, equity, and correspondence, mindful, affectability, and order of a student.

It gives a positive effect on the arrangement of student's practices in creating basic delicate abilities like deciding, love for social equity, and correspondence just as supporting caring nature, affectability, and forming the habits and teaches. Human practices and formed dependent on what they see in the general climate. In this way, awful and tricky practices are the results of a negative climate (Abd Murad, 2012; Ahmad Firdaus, 2016).

As of late, there has been upgrading and expanding measures of writing on the social climate. Hazardous propensities and practices are shaped as the consequence of what an individual leaves from his current circumstance. The variable in practices may advance as per the climate. Climate can fill in as an incredible asset to edge and shape the conduct learning cycles of a person (Aldridge et al., 2017).

Social climate factors can impact and turn into a wellspring of learning during the time spent planning on conduct through different examples of social learning (Azhar, 2006). This is a result of the people normally impersonate, regardless of whether mimicking negatively or positively. (M. Umaruddin, 2003). The climate can impact enthusiasm for one's virtues. Enthusiasm for virtues and standards is the last phase of the social intermingling measure framed through social discovering that incorporate components of social learning major components, for example, boost, consistence, attestation, response, ID, and pantomime. The climate has assumed a significant part in the development of one's conduct and character. This essential job includes huge ones, for example, family members,

guardians, companions, pupils, teachers, and broad communications. It has a solid impact on the arrangement of everybody's character (Zakaria, et al., 2012).

As indicated by Abdullah Sulong et al., (2017) distinctive social and social workplaces are coordinated through TV, magazines, story books, radio, smartphone, web, and so forth the wide interchanges are not simply an information channel for redirection and data yet also an assortment of social, social character progression and reinforcing of people, whether positive or forceful. In any case, the negative effect of the wide interchanges including the print media and the electronic media is very impacting on the lead of the organization and as a source that causes youth moral quality and decay.

The new computerized climate introduced an excellent presentation of opportunities for correspondence, association, and data recuperation at the fingertips that was rarely accessible. It is an overall agreement that smartphone has secured the public from different angles through their assortment of functions. While smartphone extension is at a stunning pace, SMS through smartphones is invading out of control (Ravichandran, 2009).

In society, smartphones are considered a tool of social identity. Smartphones go about as social characters and satisfy the need for belongingness for individuals. It additionally impacts families and social connections. Because of fast use, people will in general feel less desolate because they include with others outside family and a sense of independence emerges. The smartphone represents a significant increase in the speed and frequency of communication for not only their owners but also their communities. Mobiles are used as substitutes for traveling great distances and ways to reduce long waiting periods for needed market information (Gyory, 2010).

Youth and adolescents consider the smartphone as a cheap and straightforward way of approaching their friends and tendency to adopt information over this medium. Individuals always find themselves on others back thanks to apparent societal necessities of remains on conversation whenever. Smart phone changes our societal life-changing aspects even in public places. Cellular technology act as a robust mechanism of interaction besides creating social relationships with people it acts as a tool for social interaction in existing relationships. Many researchers believe that smart phone has diverse effects on our society, there is not any doubt that smartphone has a significant impact on our society especially on native youth. In society whether you have got a smart phone or not you want to need to affect it because it is found everywhere in school rooms, in buses, grocery stores, and restaurants. The smartphone is founded on various settings but the attached norms with this technology in many public places are yet not clear. The above literature provides significant insight into the societal issues related to smartphone technology (Haider et al., 2014).

There are differences in innovation use among more youthful and more established ages. The gatherings have contrasting understandings of the best approach to utilize an innovation Youngsters are undeniably bound to text to talk with their families while guardians are bound to consider this implies that there is a difference in how unique generational gatherings receive and utilize versatile innovation. Be that as it may, now there is likewise a basic similitude moreover. Numerous people regardless of old enough, feel defeat with the duty of correspondence innovation and consequently the prevailing burden to be accessible to others whenever that smartphone changes. There is a usage difference between people that grew up utilizing the innovation of smartphone and in this manner the web and people embracing it further down the road. This is frequently obvious by the solace

of more youthful clients with messaging contrasted with a more seasoned grown-up inclination of chatting on the phone. Consequently, it is fascinating that the vibe of being overwhelmed by smartphone networks is a few things present in the two gatherings (Ravichandran, 2009).

The environment also affects the utilization of smartphones among individuals. Smartphone effects people on circumstances basis as to where these are used either in the workplace or public area or in school rooms. The utilization of smartphones on property rights is usually annoying to several people as youth do not break conversation even in public areas and badly affects society. This causes annoying effects on people and sometimes social relationships come under danger. Cultural issues also come into account when talking about smartphones and their effect on society (Rambitan, 2015).

## **2.4 Demographic Variables**

Gender differences in the examples of innovation use have been a focal point in the discussion concerning Information Communication Technology (ICT) use (Liu, 2015). Gender differences in the examples of person-to-person communication use and innovation use have been analyzed from specialists including (Boneva et al., 2001; and Thelwall, et al., 2010). The current examination has likewise decided to research whether the segment factors Age or potentially Gender will significantly affect smartphone dependence either or inside its relationship with confidence and additionally social tension.

Both findings reveal that male usually use technology for gaming and entertainment while female tends to focus on improving social contact and relationships. Before smartphones came about, males use them more frequently and excessively as compared to

females because they found this technology difficult to use. Modern research has revealed that females are more dependent on smartphones than males. Similarly, the usage of the internet is also varied between males and females. Research has shown that females use the internet more for social communication while males use the internet more for leisure and gaming. Bianchi & Phillips, (2005) found that female university students were more inclined to mobile phone use for maintaining social relationships.

## **2.5 Cultural Effect**

Culture reflects the ethnicities, beliefs, and values that influence the behaviors of a social group and group's way of noticing its social environment. The assumption that the self-regulatory process operates among students regardless of the culture is alluring but this assumption is unjustified (McInenny 2011). It is inaccurate to believe that individuals in different cultures hold the same meaning for the essentials of self-regulated learning. For instance, Japanese and Chinese culture stresses high achievements standards, education, efforts, and children in these cultures are expected to satisfy their parent's ambitions for them. This is not to recommend that students in Non-Western cultures do not show self-regulation. Effort expenditure is however valued in Chinese and Japanese culture (McInenny 2011).

## **2.6 Pros and Cons**

Instruction is presently moving towards the utilization of more innovation in the classroom going from rudimentary to the school level. In secondary schools and universities tablets and smartphones (Android), PC (windows) are the most ordinarily utilized gadgets for instructive purposes (Dietz and Henrich, 2014). These gadgets are utilized to improve the by and large instructive presentation of students and they use gadgets for exercises, for

example, responding to questions, looking into representations, taking notes, exploring, and conveying. Even though the expected reason for these gadgets is to improve students' instructive encounters, the presentation of current innovation into the classroom has additionally had negative results (Junco, 2012).

Dietz and Henrich (2014) analyzed 99 montages students during a 20-minute two-talk which was essential for the investigation and the normal number of writings sent and got was 26.29 among every student. Expanded innovation in the classroom for instance utilization of smartphones expanded revealing of diminishing in general evaluations and abatement in seat work has happened. Lower review and a reduction in student fulfillment with guidance have been related to the utilization of smartphones in the classroom (Dietz and Henrich, 2014) seeing additionally diminished when students are utilizing electronic hardware for a non-instructive reason.

The students in the region of different students utilizing this innovation are bound to perform less fortunate in the classroom, regardless of whether they didn't utilize innovation by and by (Sana et al., 2013). Taking a gender at why students utilize smartphones for non-instructive purposes students discovered their gadgets more energizing and animating than what occurs in their classroom. Another explanation student utilizes their smartphone in class for instance informing, seeing online media, gaming is because they accept they can perform various tasks. An examination by Sana et al., (2013) found that school college students were discovered to be performing multiple tasks 42 percent of the time during class. Wood et al (2012) found that students who utilized face book during a talk in the classroom had altogether lower scores on talk material tests than students who utilized just notes taken with paper and pencil.

A great deal of exploration has been done on performing various tasks and how the student's perspective on being capable done to perform multiple tasks is a fantasy. The capacity to genuinely handle two floods of autonomous data simultaneously is practically unthinkable what the vast majority call performing various tasks is truth be told viewed as a sequential undertaking, which is the move starting with one assignment then onto the next (Fischer and Plessow, 2015). Knowing the performing various tasks convictions of the students is significant because it should be contrasted and performing multiple tasks convictions of the instructors. Students who accept they can do performs various tasks might be bound to figure they can utilize their smartphone and focus during class (Kuznekoff et al., 2015).

Kibona and Mgaya's (2015) study shows that most students utilize smartphones for social exercises 65% contrasted with instructive exercises 20%. Moreover, 65 percent of students consented to utilize a smartphone to ride person-to-person communication locales Twitter, WhatsApp, Google, Facebook, and so forth while playing out their scholarly task and 48% spend around five to seven hours per day on the smartphone. This investigation likewise found that 85 percent of the students are dependent on their smartphones. The study by Berger (2013) shows that students who utilize smartphones tend more to get lower reviews and have more prominent uneasiness and feel less glad than students who don't now and again utilize smartphones.

Smith's investigation (2013) also indicated that students will in general be exceptionally on edge and that their GPA was low when they will, in general, utilize their phones more. The students notice that they were restless when they must be away from their phones for quite a while because they rely upon their phones. Besides smartphone reliance

among youth the expanding recurrence and time spent (Lee et al., 2014) be a pointer of the improvement of smartphone use from a propensity to dependence (Roberts et al., 2014).

Internet use has become a piece of each student's life and a way to discover the data as and when it is required. The utilization of cell phones for web purposes has become a schedule nowadays and the number of smartphone shoppers getting to the web surpasses fixed-line web clients. Smartphone expanding requests, web accessibility, and fast versatile perusing are prepared to give an elective channel to instructive administrations. This will offer clients the chance to utilize their smartphones to pick up instructive advantages paying little heed to their area inside their accessible time (Sarwar and Soomor, 2013). Inside and without the classroom smartphone encourage joint effort among students and educators. Students on debilitated leave or with medical issues or missing school for different reasons would have the option to go to the class using their smartphone and stay aware of their work, instead of falling behind because of unanticipated conditions (Fojtik, 2015).

According to a survey on smartphone usage by Chun et al (2011), smartphones give a way to decrease pressure in caught up with working life. In the presently occupied timetable smartphone permits clients to interface as and when they get time with their loved ones. Connecting with loved ones while making a trip permits the client to utilize this chance to advance their public activity while looking out for the bus station. It permits clients to cooperate and keep awake to date with the most recent news and advancements in the political and groups of friends bringing about work pressure decrease. In Psychology the idea of utilization it or lose it rule is old and the way to keep your mind functioning in its pinnacle condition for the duration of your life is its smart use as indicated by this idea.



Smartphone use will build your mind function as opposed to utilizing the smartphone just for a diversion that could be utilized to get to helpful data, for example, admittance to news features the most recent innovation updates and stories from regarded media sources far and wide included continuously. It is likewise realized that by reinforcing their empathic inclinations some computer games can positively affect people. Interpersonal interaction can assemble bonds in the public arena. Remaining associated is simpler than any time in recent memory and keeping the dynamics of the social bond makes it conceivable to decrease pressure and guarantees social help (Whitbourne, 2011).

The smartphone has allowed individuals the chance to go about as a writer anytime and to educate society continuously. Smartphone highlights, for example, camera, video catch, social sites access, and nature of consistently associated with the web empower people to catch and impart any video whenever to loved ones utilizing social sites and other web-based alternatives (Sarwar & Soomor, 2013).

As per Rich Ling (2003) the smartphone has generally influenced our public, openness, security and wellbeing, coordination of social and business exercises, and utilization of public spots. Awaz (2008) likewise showed out that smartphone influences the public activity and strength of all public individuals just as college-going students like expansion in a decrease of virtues standards and free connections in the youthful age.

According to Fortunati (2002) smartphone not only have various aspects of social life but change even the framework that society functions under. The smartphone allows students to actively carry on their routine life outside university while still physically in university like communicating with relatives and friends, coordinating plans and activities, or simply distracting themselves from boring lectures. Despite all the criticisms and negative

connotations, the smartphone is very effective in terms of education that they can make a lot of positive vital contributions to education (Kaufman, 2009).

As per an examination directed by Magsamen-Conrad et al. (2014), they found that innovation addictions had negative impacts on an individual's life nonetheless, the compulsion could have a positive impact as to expanded social collaborations. They found that specific citizenry with self-disguise issues and social uneasiness issues utilized innovation while having addictive propensities and issues, by and large, had higher life fulfillment in general. This is one of the principal positive ramifications that innovation can have on our standard lives.

In one study the study we found researchers compared the new technologies being developed and the amount of internet utilization. Toward the finish of their investigation, they found that the quantity of the members reliably evaluated that the web was less gainful for correspondence and that up close and personal interchanges were far unrivaled for looking after connections (Schiffrin et al., 2010).

Internet and smartphone use has been connected to the reliance side effects, uncontrolled use, and standoffish practices. The scientist zeroed in on the abuse of some individual functions of this innovation as there is insufficiency of exploration identified with the unnecessary utilization of smartphones. New investigates have demonstrated that a few people may create dependence on the utilization of this innovation that outcomes in a ton of examples of usage (Billieux et al., 2008). Individuals who are dependent on utilizing smartphones endures many money and social issues because of their uncontrolled utilizing propensities. Additionally, web habit has been described in a similar class as liquor, medications, and betting compulsion and impact significantly on the investigations and

scholarly everyday practice of the person in question. Experimental examinations have discovered that SNSs are conceivably addictive coming about many negative psychosocial impacts such as poorer academic performance, more relationship problems, and decreased real-life (Kuss & Griffiths, 2011).

Technological addiction is regarded as behavioral addiction like non-synthetic enslavement, for example, impulsive habit, computer games, and obsessive betting. Because of its limitless web access and different applications, every one of these exercises can be done on a smartphone. Much the same as different addictions the primary parts of mechanical compulsion incorporate, resistance, withdrawal, temperament, striking nature, and clashes with companions and others. These addictions include human-machine collaboration and generally contain fortifying highlights which add to the advancement of addictive propensities (Griffiths, 1996).

Pathological addictions are usually related to major disorders to the self or other and the negative influence on the daily life of the person. Thusly, the term dependence isn't reasonable in the setting of smartphone usage, as it isn't demonstrated that conduct is so horrendous to legitimize the tag (Walsh et al., 2010). As indicated by Griffiths (2013), abuse doesn't mean dependence, and the difference between a sound eagerness and addictions that solid enthusiasms add to life and addictions detract from them.

Smartphones act as a tool for keeping students connected to their family and friends. Cornell University has stated that smartphones are a must for students living away from home to be in contact with their families. According to a survey, a student contact his parents, 13 times a week and this could be possible only because of the use of technology and

smartphones. Some of the benefits or advantages of smartphones in the lives of the students are (Margon, 2012).

#### **a. Teaching Tools**

A study by Bellarmine University has revealed that, despite various devastation, many teachers use smartphones as a tool to get aid in their profession. Some also let their student contact them if they have any questions or problems regarding the topics or to have reminders about various activities about the class. It has been noted that this method has been greatly appreciated by the students as they have the ease to contact with their teachers and can easily seek help through smartphones. Many English teachers also use smartphones to help their students improve their literature via writing imaginary text message conversations among characters in literature (Kratzke, 2012).

#### **b. Classroom Distraction**

Mobile phones can become a serious distraction in college classrooms, which interacts with learning. A study by the University of New Hampshire reveals that student checks their mobile phones one to five times during class. In addition, the use of smartphones during class badly affects the grades of the student and also causes distractions for other classmates as well. The usage of phones not only affects the students who are using it while those who are studying are also getting disturbed (Tindell & Bohlander, 2011).

#### **c. Easy Information**

Research is the major and critical component of classes in various universities. One of the benefits of smartphones is that it allows students to access all sort of knowledge through technology without any problem whenever and wherever they want. They can easily find material regarding their topic using smartphones and can easily connect with their group

activities. They can also easily access the university library resources without waiting to have access to the computer. They can start their research process at anytime and anywhere they want (Al-Mukhaini, 2014).

#### **d. Reduced Cognitive Ability**

Because of numerous features of smartphones such as, calculators and dictionaries, the ability of students to think and calculate is getting weak and weak. As they can easily get the detailed information regarding their topics they could hardly think, read and research about the topic. They just copy the material and simply paste them. As a result, the skills of creative writing are getting precious and diminished. Despite solving their problems by paying attention and interest they just try to fix their problem by internet. They are becoming more dependent on smartphones for fixing their problems (Tindell, 2012).

#### **f. Poor Writing Skills**

Because of the increased usage of Facebook, Twitter, and text messaging, the ability of students to write by their skills has been declined dramatically. Moreover, the use of slang terms and text-speak such as IDK (I don't know), LOL (laughing out loudly), BTW (by the way) has been seen on student assignments. They also ignore grammar and punctuation marks in their assignments just like they are typing in their texts. The self-writing skills of students have been decreased or become poor because of excessive usage (Arefin, 2017).

Scales measuring the problematic use of smartphones are very few and fewer that focus specifically on the troubling use of smartphones. Out of these measures, most depend on the factual and analytic manual of mental problems standards for obsessive compulsion. Despite negative consequences and social restrictions, the continued use of smartphones causes problematic issues (Walsh, 2010, December).

## 2.7 Gender Differences

Adolescents are more probable and eagerly acknowledge new handheld innovations like a smart phone with a new changed structure for correspondences. Hence, most analysts have focused on testing portable use in youthful grown-ups. Research that has focused on age openings tracked down that advanced mobile phone utilization is higher among more energetic age social occasions. But early explores communicated that folks experience more by advanced mobile phones as differentiation and female customers (Kwon, 2013). Of course, there is no distinction between genders concerning message advising through different individual to individual correspondence applications, yet male customers are quicker at checking out music on PDA (Personal Digital Assistant) during their relaxation time. Advanced cell utilization in like manner expects and critical part in the increase of social relationships. Regardless, there is no tremendous contrast found in the gender for PDA use. New technology is more often embraced and used by the young generation as compared to the old one. That is why most of the researchers have focused on the problems caused by smart phones in the lives of youth, and they found that there are more issues caused by these devices in the lives of youth (Hu, 2017).

The topping of traditional ranked structures is the consequence of the increasing use of smart phones. They have the potential to equalize the ability of social connection between males and females. In many cultures, the usage of smart phones for both text and voice messages is more frequent and excessive among females as compared to males.

Females consider their smart phones as a shield against unwanted attention. Most females carry their smart phones in their bags or purses while males carry them in their pockets. This indicates highly individualized mobility (Mariga, 2003).

Early research suggested that males experience more problematic use of smart phones in terms of the internet and videos and gaming, more recent surveys show that females use smart phones more as compared to males suggesting that the use of this new developing technology is equally embraced by both males and females and both are suffering from their problematic impacts as well. Problematic issues are caused by the mode of using a smart phone and it has been noted that text messaging contributes a lot in creating issues than contact via calls. The purpose of use of smart phones varies with gender, as males usually use a smart phone for business and marketing while most females use the smart phone for social interactions (Bianchi, 2005). Hence, despite the numerous advantages of smart phones their disadvantages are also multiple. The usage of smart phones within limits and just for need is recommended to avoid problematic issues.

The review of the literature supports that the smart phone is one of the contributing factors which affect the social behavior of youth studying at the university level in AJK. It gives direction for the research methodology. The researcher would try to find out that what usage forms of the smart phone are and how the smart phone influences the social behavior of youth in AJK along with challenges and prospects.

## **CHAPTER 3**

### **RESEARCH AND PROCEDURE**

#### **3.1 Research Design and Approach**

The research was descriptive, and a survey design was used. A quantitative approach was used for the present study and a quantitative study was based on numerical form for the explanations of the results. This method uses to find out the three factors of social behavior the cognitive factor, social factor, and environmental factor in the education context on the university students. The research mainly involves a quantitative approach by applying statistical analysis to collected data. Numerical data are involved in quantitative research for the understanding of results and conclusion. This approach was selected by the researchers because in this the problems can be enumerated through making numerical statistics or data which can be changed into practical statistics. Measurable data is used to accomplish facts and expose different research designs.

#### **3.2 Research Population**

The population of this study was the BS students of 3 public universities of AJK. There are presently 4 universities recognized by HEC in Azad Jammu and Kashmir and the researcher selected only those universities which had the same department of social sciences. The total population of the students who were included in the study was 1027. Following the list of target universities and departments of social science.



Table 3.2.1

<b>Sr.No</b>	<b>Name of Universities</b>	<b>Department</b>	<b>Student Strength</b>	<b>Male</b>	<b>Female</b>
<b>(Social Sciences)</b>					
1.	University of Azad Jammu and Kashmir Muzaffarabad.	Education English Economics Law	664	346	318
2.	University of Kotli Azad Jammu and Kashmir.	Education English Economics Law	184	77	107
3.	Mirpur University of Science and Technology	Education English Economics Law	179	69	110
	Total		1027	492	535

### 3.3 Sampling Technique

Analyzing the nature of education and population, purposive sampling techniques were used in the current study. The researcher divided Kashmir universities into different zones in a first step in the gathering of samples for study.

### 3.4 Sample Size

The researcher selected Kashmir universities and selects three formal universities one was from Mirpur, second was from Kotli and third was from Muzaffarabad. The Sample Size

of the study was total 280 students' answers were collected in which 135 are male and 145 are female students. According to the Morgan table 1970 if the population size is 1027 students of social sciences in public sector universities than 280 would be adequate sample size.

### **3.5 Research Instrument**

After a review of existing literature, a survey was premeditatedly given to the Likert scale in the light of aims, research questions, and hypothesis of the study. A Likert scale is usually tangled in research that employments questionnaires. It is the most used method for scaling replies in survey research. Likert discriminate among a scale that emerges from the joint response to a set of items and the format in which responses are recorded along with a range. Characteristics of the subjects are included in the first section. The second section on the usage of smart phones and the third section contains cognitive factor. The fourth section is the social factor. The fifth section is the environmental factor of smart phones.

The questionnaire was hand-delivered to subjects of all universities. The researchers self-administrated the questionnaire for getting a 95% accurate response. 280 questionnaires were distributed among the students 135 male and 145 females of every university. The return rate was very slow. It took almost two to three months to collect the essential number. Before gathering the final data, 60 questionnaires were spread to each university to pretest the relevancy of the questionnaire. The results of the pre-test showed that a few of all questions were relevant. For the final survey, all the irrelevant questions were removed.

**Table 3.2**

Tool	Items	Cronbach's Alpha Reliability
Total reliability	36	.80

### **3.6 Data Collection**

For the data collection questionnaire was used to measure the social behavior of students. The researcher was self-develop a tool which was based on the model of social behavior contained five different scales and it was five-point Likert scale type. It was a challenging task for a researcher to collect the data because during the Covid 19 pandemic all the educational institutions including universities were suddenly closed. Before the pandemic researcher personally visited the universities in Kashmir and collected 50% of data. To collect the remaining data researcher converted the questionnaire into Google form and sent the questionnaire via email. Rest of the data was received through online and the target was completed.

### **3.7 Data Analysis**

For data analysis, regression was used on the objectives such as researcher want to check the effect of smart phone on three factors of social behavior of students at university level first focuses on cognitive factor, in second on social factor, and third was environmental factor of students that's why regression used to check the effect. In addition, t test was run on fourth objective which was focus on differences of male and female students with the use of smart phone of the BS students.

Regression analysis was used to identify the predictors of smart phone usage in students and a t-test was used for exploring the gender differences in the use of smart phones.

In addition to that an analysis of this study was specifically in the context of Pakistan.

### 3.8 Alignment table of objectives, hypotheses, and test

**Table No. 3.3**

<b>Objectives</b>	<b>Questions/Hypothesis</b>	<b>Instrument Data/Analysis</b>	<b>Techniques</b>
To find out the effect of smart phone usage on social factor of students at the university level.	There is no significant effect of smart phone usage on the cognitive factor of students at the university level.	Questionnaire	Regression
To explore the effect of smart phone usage on cognitive factor of students at the university level.	There is no significant effect of smart phone usage on social factor of students at the university level.	Questionnaire	Regression
To examine the effect of smart phone usage on environmental factor of students at the university level.	There is no significant effect of smart phone usage on environmental factor of students at the university level.	Questionnaire	Regression
To determine the difference between male and female students' social behavior on smart phone usage at the university level.	There are no significant differences between male and female students' social behavior on smart phone usage at university level.	Questionnaire	T test

### 3.9 Validity of Instrument

The subject, professional researcher of the concerned field may be validating the questionnaire. The expert may also be proved the face and content strength of the questionnaire. Content rationality was recognized through proficient view, for this purpose, a panel of three experts was selected. Through these three expert content and context, validity was checked.

List of experts for Certification of Research Tool

Sr. No	Name	Designation
1.	Dr. Makhdoom Ali Syed	Assistant Professor
2.	Dr. Nair Haider Shah	Assistant Professor
3.	Dr. Muhammad Nazir	Lecturer

### 3.10 Pilot Testing

The pilot testing was conducted for checking the reliability. It is useful to manager as a path of research instrument on a minor scale. This test provides basic awareness about the wanted information that is increased and with the help of this pilot testing researcher can remove errors before conducting a final survey and sixty students were ensure by administering the questionnaire. It analyzed through Statistical Packages for Social Sciences and it was .80 which good.

### 3.11 Reliability of the Instrument

The researcher was using a five-point Likert scale questionnaire for the data collection of required information from the selected sample. As it provided suitable results the accuracy of that tool is very essential in research studies. Through Cronbach's alpha, the

questionnaire was assessed with the help of Spss. The internal consistency measured through Cronbach's alpha and the whole reliability tool was .80 which indicates that the overall reliability result extracted that all items were interconnected with contracts, so the questionnaire was finalized for the final data collection.

**Table 3.3**

*Reliability of the Subscale of Research Instrument*

**Table 3.3.1**

*Smart phone Usage*

Cronbach's Alpha	No of Items
.584	10

**Table 3.3.2**

*Smartphone and Cognitive Factor*

Cronbach's Alpha	No of Items
.746	10

**Table 3.3.3**

*Smart phone and Social Factor*

Cronbach's Alpha	No of Items
.942	10

**Table 3.3.4**

*Smartphone and Environmental Factor*

Cronbach's Alpha	No of Items
.456	6

**Table 3.3.5**

*Total Reliability of Tool*

Cronbach's Alpha	No of Items
.80	36

## CHAPTER 4

### DATA ANALYSIS AND INTERPREATION

The results of the current research are presented for the effects of mobile usage on the social behavior of students at the university level. The items for the questionnaire were formed by a researcher with the help of a literature review and administered in their original form after pilot testing. The data were analyzed in four key steps. In the first step, reliability analysis was conducted for the measurement of Cronbach's alpha for scale which was .80 and it depicted that the scales are highly reliable for the current population and study (Ursachi, 2015).

In the second step, descriptive statistics were run which identified the demographic variables of university students. Demographic variables were involved university name, GPA of the students, gender of the student, residential area of the student, number of smart phones, and number of Sims currently used by the student. In third step three hypotheses analysis and regression test was run. As an additional analysis and for testing the hypothesis number four independent t-test was run for classifying the differences by use of smart phones on the social behavior of male and female students at the university level. The results of the study are below in detail.

*Frequency Tables of Descriptive Statistics*

Table 4.1

*Respondent Response for University (No=280)*

University	Frequency	Percent	Valid Percent	Cumulative%
University of Azad Jammu & Kashmir Muzafarabad	154	54.3	55.0	55.0
University of Kotli Azad Jammu & Kashmir	71	25.0	25.4	80.40
University of Science & Technology (Mirpur)	55	20.8	20.2	98.6
Total	280	100.0	100.0	

*Note.*1=University of AJK Muzzafarabad; 2= University of Kotli AJK (Kotli); 3= Mirpur University of Science and Technology (Must).

Table 4.1 it showed that most of the students belonged to the University of AJK Muzzafarabad. However, 25 % of students were from the University of Kotli Azad Jammu and Kashmir (Kotli) and 20% of the students belonged to Mirpur University of Science and Technology (Must).



Table 4.2

*Respondent Response for the area of Residence (N=280)*

<b>Area of Residence</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Rural	88	32.4	33.8	30.0
Urban	192	67.6	68.6	98.6
Total	280	100.0	100.0	

*Note.* 1=Rural; 2=Urban.

Table 4.2 it showed that most of the students were lived in urban areas but 32% of the students were from rural areas too.

Table 4.3

*Respondent Response for Gender (N=280)*

<b>Gender</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Male	134	47.2%	47.9	47.9
Female	146	51.4%	52.1	100.0
Total	280	100.0	100.0	

*Note.* 1=Male; 2= Female.

Table 4.3 it showed that most of the participants were females but there is just a small difference between the number of male and female students as 47% of the sample were male students and 51% of the participants were female students.

Table 4.4

Respondent Response for GPA (N=280)

<b>Variable</b>	<b>Mean</b>	<b>SD</b>	<b>Minimum</b>	<b>Maximum</b>
GPA	3.33	.44	2.10	4.00

Table 4.4 it showed that the mean point of GPA which the sample had was 3.33 with a minimum GPA of 2.10 and maximum GPA of 4.00.

Table 4.5

*Respondent Response for Number of Smartphones (N=280)*

<b>Number of Smartphones</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid %</b>	<b>Cumulative%</b>
One	167	55.8	59.6	59.6
Two	96	33.8	34.3%	93.9
More than two	17	6.0	6.1	100.0
Total	280	100.0	100.0	

*Note.* 1=one; 2= two; 3= More than 2.

Table 4.5 it reported that most of the students had only one smartphone. On the other hand, 34% of the students had two smart phones and 6% of the students had more than two smart phones.

Table 4.6

*Respondent Response for Number of Sims (N=280)*

<b>Number of Sims</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
One	19	6.7	6.8	6.8
Two	74	26.1	26.4	3.2
More than two	157	55.3	56.1	89.3
Total	280	100.0	100.0	

*Note.* 1=one; 2= two; 3= More than 2

Table 4.6 depicted that most of the students had more than two sims and on the other hand only 19 students had one sim which means that 7% of students had one sim and 26% of students had two sims.

Further, it was hypothesized that there is a significant effect of smart phone usage on cognitive factors, social behavior factors, and social environmental factors in university students. For this purpose, three regression analyses were performed to identify the effect of smart phone usage on social factor, cognitive factor, and environmental factor in university students. The results are shown in Table 4.7.

Table 4.7

*Regression Analysis for predicting smart phone usage from cognitive factor*

Variable	N	R	F	Sig	CL
Cognitive Factor	280	.746	1.179	.312	4.5

First regression analysis was run to recognize the effects of smart phone usage on cognitive factor of students at the university level. When cognitive factor was added as the dependent variable and smartphone usage was added as an independent variable the overall model explains 4.5% variance in cognitive factor of students. Smart phone usage is a significant predictor of cognitive factor in university students which explains that smart phone usage significantly affects the cognitive factor of students at the university level.

Table 4.8

*Regression Analysis for Social Factor*

Variable	Number	R	F	Sig	CL
Social Factor	280	.942	2.06	1.014	3.5

Second regression analysis was run to find the effects of smart phone usage on social factor of students at the university level. When social factor was added as the dependent variable and smartphone usage was added as an independent variable the overall model explains 3.5% variance in social factor of students. Smart phone usage is a significant

predictor of social factor in university students which explains that smart phone usage significantly affects the social factor of students at the university level.

Table 4.9

*Regression Analysis for Environmental Factor*

Variables	Number	R	CL
Environmental Factor	280	.456	8.4

Third regression analysis was run to classify the effects of smart phone usage on environmental factor of students at the university level. When environmental factor was added as the dependent variable and smartphone usage was added as an independent variable the overall model explains 8.4% variance in environmental factor of students. Smart phone usage is a significant predictor of social environmental factors in university students which explains that smartphone usage significantly affects the social environmental factors of students at the university level.

Table 4.10

*Independent measure t-test comparing usage of smart phone in male and female*

<b>(N=280) Variables</b>		Males n=134		Females n=146				
M	SD	M	SD	t	p	LL	UL	CL
13.5	3.33	12.09	3.58	2.55	.30	.24	1.87	95%

*Note* .M= Mean; SD= Standard Deviation; n= number of genders; CI= Confidence Interval.

LL=Lower Limit; UL= Upper Limit; t= t-test value; p=significance value \*\*\*  $p < .001$ .

\*\* $p < .01$ .

Table 4.10 showed that there was no significant gender (male and female) differences in usage of smart phones in university-level students. Hence null hypothesis is accepted in this case only. For hypothesis number four independent sample t-test was applied to assess the differences between genders in the usage of smart phones as shown in table 4.10.

### **1.1 Summary of the Findings**

1. Smart phone usage had a significant effect on the cognitive factor of students at the university level.
2. Smart phone usage had a significant effect on social factor of students at the university level.
3. Smart phone usage had a significant effect on the environmental factor of students at the university level.
4. There were no gender (male and female) differences in usage of smart phones in students of university level.

### **4.2 Hypotheses Summary**

Summary for the acceptance and rejection of hypotheses are following in the table below.

Table 4.11

**Summary of Hypotheses**

<b>Hypotheses</b>	<b>Path</b>	<b>Result</b>
H <sub>01</sub>	There is no significant effect of smart phone usage on cognitive factor at the university level.	Rejected
H <sub>02</sub>	There is no significant effect of smart phone usage on social factor of students at the university level.	Rejected
H <sub>03</sub>	There is no significant effect of smart phones on the environmental factors of students at the university level.	Rejected
H <sub>04</sub>	There is no significant difference between male and female with the use of smart phone on social behavior at the university level.	Rejected

## CHAPTER 5

### SUMMARY, FINDINGS, DISCUSSION, CONCLUSION, AND RECOMMENDATIONS

Smart phone usage has a deep impact on social behavior as it alters the behavior of humans in many ways but in students, it also affects their grades and daily life activities. Psychologists believed that smart phone usage is harmful to the physical and mental health of a student. This study aims to explore the effects of smart phone usage in university students. The research questionnaire was developed and tested according to the hypothesis to achieve the purpose of the study. The main purpose of this study was to find out the effect of smart phone usage on cognitive factor, social factor, and environmental factor of students at the university level. The attention of this study was to analyze the effect of smart phone usage on the overall behavior of students. Furthermore, this study examines the gender differences and role of other demographic variables which are considered as covariates of smart phone usage.

#### 5.1 Summary

The present study is designed to explore the effects of smart phone usage on the behavior of university students. For this purpose, a self-developed questionnaire was used to measure study variables along with a consent form and demographic information sheet. The data was comprised of 280 ( $N=280$ ) participants. For assessing the effect, it is necessary to identify the relationship between variables. Then it was hypothesized that there is no significant effect of smart phone usage on cognitive factor at the university level ( $H_01$ ) or



there is a significant effect of smart phone usage on cognitive factor at the university level ( $H_{a1}$ ). Secondly, it was hypothesized that there is no significant effect of smart phone usage on social factor of students at the university level ( $H_{02}$ ) or there is a significant effect of smart phone usage on social factor of students at the university level ( $H_{a2}$ ). Thirdly, it was hypothesized that there is no significant effect of smart phones on environmental factor of students at the university level ( $H_{03}$ ) or there is a significant effect of smart phones on environmental factors of students at the university level ( $H_{a3}$ ). Fourthly, it was hypothesized that there is no significant effect of smart phone usage on male and female students' differences at the university level ( $H_{04}$ ) or there is a significant effect of smart phone usage on male and female students' differences at the university level ( $H_{a4}$ ). Regression analysis, and independent t test were used to assess the demographic variables and study variables.

## **5.2 Findings**

1. Firstly, the findings of this study will help student's academic institutions and teachers to design new strategies for controlling the use of smart phones in students which will help the students to increase their cognitive, social and environmental activities and through these will be the best fit for society.
2. Secondly, counseling programs and training would be done by university counselors for students simultaneously with traditional factors like gender, age, area of residence, academic grades, and activities. This study will help them to attain therapy sessions. This study will be the basis of all counseling techniques that would be used by teachers for students at some specific time.
3. Thirdly, this study will contribute to original literature highlighting the role of smart phone usage and its effects on cognitive factor, social factor and environmental factor.

4. Fourthly, the research results of this study are helpful for researchers, teachers, university students who use this research about developing new terminologies to control the use of smart phones in a specific age and researchers, can use this as original literature review and contribute to future research as reference.
5. Fifthly, there is the need to move from professional arranged different examination to a more hypothetically based model of usage of smart phones and its effects on cognitive factor, social factor and environmental factors.
6. For instance, there is a dire need to do a specific study on the relative importance of the different factors in building this cognitive, social and environmental behavior of students and with the help of that study, the baseline of this behavior will be identified.

### **5.3 Discussion**

Overall descriptive analysis showed that most of the participants were from the University of AJK Muzafarabad, females and lived in urban areas, had a mean GPA of 3.33. Moreover, most of the participants owned only one smart phone and more than two Sims.

When it comes to hypothesis results in the discussion it is seen that there is significant effect of smart phone usage on cognitive factor in university students or not. The result of the present research revealed that usage of smart phones significantly and positively affects the cognitive factors in university students. This means if students use smart phones more their cognitive factors will be affected more. The results are supported by the work of Wilcockson, Osborne, and Ellis (2019) who stated that cognitive-behavioral addictions should be conceptualized using a framework of extensive discussion. Past literature has created models, which permits new social habit to be viewed as comparable to substance-related needs. The results additionally demonstrated that these suggest that forbearance from

a connected item e.g, smart phones for heavy smart phone clients would prompt state of mind changes close by expanded degrees of tension and needing and intellectual aggravations. In an example of smart phone clients, they estimated three factors disposition, nervousness, and psychological on four events, which incorporated a 24-hour time of smart phone restraint. Just longing for was influenced following a brief time of limit. The results proposed that hefty smart phone usage satisfied the measures needed to be viewed as an addiction. This may have suggestions for other intellectual social addictions as well.

Secondly it was hypothesized that weather there is a significant effect of smart phone usage on social factors of students at the university level or not. Results revealed a significant positive effect of smart phone use on the social factors of university students in the present study. That means with the increase in usage of smart phones, the social factors of university students will deteriorate. The result is supported by the work of Singh and Samah (2017) who did a study on the effect of smart phone usage a review on positive and negative effects on student's conduct. This study expected to assessment significant literature on smart phone usage design among students and distinguish the positive and negative impact of the smartphone on students by zeroing in on schooling, brain research, and social perspective. Exploration on smartphone usage in college students setting is yet restricted as can be seen from the survey above there are just a couple of studies on smart phone utilize been led among the college students. Past examinations in Malaysia zeroed in on exploring the length of time students spent on smartphones, exercises done on smartphones, and recognizing students that are in danger of creating addiction conduct. In any case, research on examining and understanding distinctive parts of smart phone use among the students, for example, mental effect or social effect of smart phone use on their lives are yet deficient. Even though

reviews had been led on the effect of smartphone use on students mental or public activity in numerous different nations yet the way of life and usage example of students in Malaysia may contrast thusly the effect on students may be extraordinary. Moreover, research on hazardous smartphone use among the Malaysian student population has never been investigated from different angles.

Also, a study by Kim, Lee and Yoo (2018) on the relationship among family climate, restraint, companionship quality, and young people's smartphone addiction in South Korea discoveries from cross country information detailed some novel discoveries concerning smartphone usage. They detailed that many investigations have inspected the negative effect of smartphone addiction in youths. Late concerns have zeroed in on indicators of smartphone addiction. This study planned to research the relationship of teenager's smart phone addiction with family climate explicitly, abusive behavior at home and parental addiction. We further explored whether poise and fellowship quality, as indicators of smartphone addiction, may lessen the noticed danger. They utilized the 2013 public overview on web usage and use information from the National Information Agency of Korea. Data on openness and covariates included self-revealed insight of abusive behavior at home and parental addiction, socio-segment factors, and different factors possibly identified with smartphone addiction. Smartphone addiction was assessed utilizing a smartphone addiction inclination scale, a normalized measure created by public establishments in Korea. The outcome demonstrated that youths who had encountered aggressive behavior at home and parental addiction were discovered to be at expanded danger for smartphone addiction in the wake of controlling for every expected variable. Besides, on characterizing teenagers as per their degree of discretion and fellowship quality the relationship between aggressive

behavior at home and parental addiction, and smartphone addiction was discovered to be huge in the gathering with young people with lower levels of restraint and companionship quality. It is closed from the study that family brokenness was essentially connected with smartphone addiction. We likewise saw that restraint and kinship quality go about as defensive components against teenager's smart phone addiction.

Moreover, according to a study on sorts of smart phone usage and relations with dangerous smart phone practices the job of substance utilization versus social smart phone use by Elhai, Hall, Levine, and Dvorak (2019) detailed that Positive expectation issue practices were identified with cycle and social usage. Day-by-day life aggravations from a smart phone were contrarily identified with cycle and social usage. Results give understanding into the kinds of issues smart phone practices related to explicit utilizations and satisfactions from a smart phone. The minimal past examination has explained which kinds of smart phone use are identified with dangerous smart phone practices.

The results indicated that the movement of cell phone innovation has prompted the advancement of multi useful smart phones giving admittance to highlights, for example, web-based media, email, and recordings close by the essential elements of a cell phone. Expanding measures of exploration have investigated the likely addictive nature of smart phones to build up a hypothetical structure that depicts character factors identified with risky use. The current study analyzed the Integrative Pathways Model and the impact old enough, sexual orientation, rashness, exorbitant consolation chasing, extraversion, and gloom on risky smart phone use. A sum of 147 smart phone clients finished an online review involving proportions of dangerous smartphone use, exorbitant consolation chasing, extraversion, sadness, and indiscretion. Results revealed that age, hastiness, exorbitant consolation

chasing, and sadness were all essentially identified with risky smartphone use, anyway extraversion and sex were not altogether related. Besides, age and lack of caution were huge free indicators of risky smart phone use. No gender differences were found. The results of all discussed studies are the same as the results of the current study.

Moreover (Azad, 2020) did a study on smartphone use and scholarly execution of college students an intercession and control investigation. The motivation behind the embraced study was to look at the impact of smartphones on the exhibition of college students in Pakistan. This paper additionally researches the elements of a smartphone as exogenous indicators. For example, smart phone applications, mixed media informing administration, short message administration, twist speed handling, and amusement on the scholastic exhibition of a student. This paper additionally addresses the effect of electronic verbal exchange and disposition as intervening heterogenous factors. At last, they consolidated innovation and addiction as directing factors between autonomous factors and the result variable to gauge the impact of directing factors. They have taken 684 reactions from seven colleges in Pakistan and utilized the SEM-based multi-variate methodology for the investigation of the information.

Thirdly, it was hypothesized that whether there is a significant effect of smart phones on environmental factors. Results showed a significant positive effect of smart phone usage on environmental factors of students at the university level which means that with the increase in smart phone usage, environmental factors of students will be declined. Similar results were revealed by Halfmann (2018) who found that the prevalent burden prompts restraint disappointment, which is related to decreased skill. The reason for the exploration was from the start to create and test a hypothetical model of the impacts of prevailing burden

to be accessible on restraint, need fulfillment, and people's prosperity. He examined the impacts of a prevalent burden on smart phone clients pose, including need fulfillment, and prosperity. It was speculated that this type of prevailing burden is particularly impeding when it lessens poise and frustrates need fulfillment. Study 1 tentatively tried whether the satisfaction of characteristic requirements i.e, self-sufficiency, ability, and relatedness in portable correspondence intervene these affiliations. Results show that prevalent burden negatively influenced self-sufficiency and capability yet did not impact relatedness. Rehashed measures information from Study two recommended that prevalent burden prompts restraint disappointment, which is related to decreased fitness.

According to Halfmann and Rieger (2017), while numerous smart phone clients experience prevailing difficulty to be accessible, just some see this as a weight. It was guessed that this type of prevailing difficulty is particularly negative when it decreases restraint and frustrates need fulfillment. Study 1 tentatively tried whether the satisfaction of inborn necessities i.e, self-governance, fitness, and relatedness in versatile correspondence intercedes these affiliations.

A journal study among German smart phone clients was led in September 2017. Members were enlisted on informal community destinations, in college classes and close-to-home organizations. They got a 10-Euro voucher for study culmination. The information was gathered through online polls on five successive workdays. On each study day, members were asked through email to round out the poll not long before resting. 200 members addressed 875 polls. Not with standing 22 surveys were eliminated from the information because of low reaction times i.e., under three minutes. This yielded the last example of 197 members who addressed 853 polls. All things considered, members were 25 years of age for

the most part female and exceptionally taught. Results demonstrated that prevalent burden negatively influenced independence and capability yet did not impact relatedness. Rehashed measures information from Study two recommends that prevailing difficulty prompts poise disappointment, which is related to decreased ability. This exploration is the first to create and test a hypothetical model of the impacts of prevalent difficulty to be accessible on restraint, need fulfillment, and people's prosperity. It was additionally uncovered dispositional discretion is a critical mediator of respecting allurements. This study supported the results of the present research.

Moreover (Abbas, 2019) studied the effect of web-based media on learning conduct for practical training: proof of students from chosen colleges in Pakistan. They announced that currently, online media is assuming a vital job on the learning conduct of college students to accomplish maintainable schooling. The effect of web-based media on manageable training is turning into a basic and instigating factor. The world has become a worldwide town and innovation use has made it a more modest world through web-based media and how it is evolving guidance.

This extraordinary investigation is among several to play out a focused assessment on revealing the association among positive and negative characteristics of online media and the learning manner of undergrads for practical guidance. Regardless, this investigation hopes to take a gender at the valuable and disagreeable variables that influence understudies' minds and how these helped understudies to give positive and negative points to other people. It is progressively recognizable that informal communication locations and their applications present gigantic advantages for just as dangers to college students and their suggestions on student's mental change or learning practices are not surely known. This



study changed the gathering assessing system, and respondents took an interest from five picked areas. Experts appropriated 1013 reviews among the zeroed in on illustration of undergrads with an age extent of 16 to 35 years, and they assembled 831 complete genuine responses. This examination applied the social pleasure speculation to review understudies' direct practicing electronic media utilization.

This investigation expressly recognized 18 badly arranged and significant factors of electronic media from the past writing. The revelations uncovered that the use of online media in Pakistan influences an understudy's lead when diverged from positive points of view. Results may not be summarized to the entire under study network as discoveries are expressed to the specific respondents. This examination presents an association among conflicting and creative credits of online media and show cases streets for future examinations by empowering a predominant cognizance of electronic casual local area use. The consequences of the present investigation are maintained by this investigation.

Fourthly it was hypothesized that whether there is a significant effect of smart phone usage on male and female students' differences at the university level or not. The result of this hypothesis showed that there is no significant effect of smart phone usage on gender (male and female) at university level students which means that smart phone usage affects both males and females at the same level and frequency. Similar results were depicted by (Ji, 2017) that did a study on the impacts of thought processes and sexual orientation contrasts on smart phone usage.

They expressed that smart phones have become progressively mainstream as of late. Not with standing, it could be addiction-inclined and bring about negative results. Given that important examination stays restricted, their study endeavored to address two exploration

holes in the surviving data frameworks literature. To start with, research on the determinants of smart phone addiction stays scant. Second, the job of individual attributes i.e, gender in the arrangement of smart phone addiction is a long way from clear. To fill these exploration holes this study built up an examination model of smart phone addiction from the functionalist point of view and features the directing part of gender with the knowledge of social direction. They proposed four classes of thought processes, including upgrade i.e, saw happiness, social, adapting and similarity intentions. Exact results from their online overview outlined that apparent happiness state of mind guideline, leisure activity, and congruity positively influence smart phone addiction, while the social relationship has no critical impact. Moreover, they found that gender did not moderate the impacts of apparent satisfaction, side interest, and similarity on smart phone addiction and there is no gender difference in using smart phones and in the addiction of smart phones. This study supports the result of the finding that gender has no different effects on smart phone usage.

Moreover, (Alexander, 2015) did a study on displaying ongoing and addictive cell phone direct the work of cell phone use types, exciting knowledge, prevalent burden, self-guideline, age, and gender. The current investigation inspected the piece of a cycle and social organized cell phone use, eager information, prevalent burden, self-rule, gender and age compared to steady and addictive cell phone lead. They coordinated an online investigation among 386 respondents. The outcomes uncovered that steady cell phone use is a critical ally of addictive cell phone lead. Cycle-related cell phone use is a strong determinant for both making consistent and addictive cell phone leads. Individuals who comprehensively use their cell phones for social purposes make cell phone penchants speedier, which subsequently may provoke addictive cell phone lead. They did not find an effect of eager information on steady

or addictive cell phone lead, while prevailing burden decidedly impacts addictive cell phones direct and a failure of self-rule seems to cause a higher risk of addictive cell phone lead. Finally, there is no gender difference in using a smart phone. This study also supports the result of this study.

Even though the internet regularly has been portrayed as male-ruled, late proof demonstrates that the sexual orientation hole in internet use is quickly reducing. If more females are utilizing the internet, at that point what explicit applications do they like, and do they contrast from those of guys? This exploration introduced results from a review evaluating gender orientation contrasts in explicit employments of the internet. The review included 19 things and was made accessible to internet clients. For examination, a paper and pencil form were regulated to a few hundred early on brain science students. Various gender contrasts in inclinations for explicit internet applications arose. Results demonstrated that there is no gender difference between makes use of the internet and women's use.

Further, a study by (Yang, 2018) on sexual orientation contrasts in the relationship of smart phone use with the essentialness and emotional wellness of young students uncovered that there are no gender differences in utilizing a smart phone and its addiction. The current study essentially analyzed varieties in the level of smart phone use conduct among male and female teenagers just as the relationship between different levels of smart phone use conduct and the essentialness and emotional well-being of every gender. A sum of 218 young people was enlisted from a lesser school in September 2014. All the members were approached to answer surveys on smart phone use. Results indicated that young adult females and young guys showed the same levels of smart phone reliance and smart phone impact. Positive relationships were seen between the distance of smart phone use at the ends of the week and

the psychological wellness of the male young people negative connections were found between smart phone dependence and the emotional well-being of guys. The discoveries showed that young adult females are profoundly influenced by their smart phone use. Smart phone reliance may diminish the imperativeness and emotional wellness of male youths. These results supported the results of the current study.

In the conclusion, it is reported that the study hypotheses  $H_{a1}$ ,  $H_{a2}$ ,  $H_{a3}$ , and  $H_{04}$  are accepted and discussed in this research about smart phone usage in university students.

## **5.4 Conclusion**

The purpose of the present study was to investigate the effect of smart phone usage on the social behavior (cognitive factor, social factor, environmental factor) of university students from three major universities of Azad and Jammu & Kashmir by using a quantitative method to generalize the findings to a large population.

The study confirms the view that high usage of smart phones affects the social factor of university students. Moreover, it is also confirmed by the study that high usage of smart phones affects the cognitive factor of university students as well as it also affects the environmental factors of university students. Furthermore, the study also confirms that there is no gender difference male and females in affecting the social behavior of students by using a smart phone.

This study has important in smart phone usage and its effects on cognitive and social factors of students. It would help the administration of the universities to act following the use of smart phones and help students to overcome this new type of addiction by giving them counseling and other training. Moreover, this study explored the effect of smart phones

on the social behavior of students at the university level and highlighted the significance of smart phone usage. Students' addiction to using smart phones is insistently affected their emotional, social, environmental, and cognitive skills and behavior there is no behavioral control yet seen. Furthermore, this study is committed to understanding smart phone usage and its disadvantages in university students. Second, this research focused on university students with regards to their genders giving a more far-reaching understanding of the aim of the study. The significant effect of smart phone usage on student's behavior was considered in this research.

Most of the people of Pakistan believe that the increasing use of the smart phone is improving society more and more every day in most aspects. Although, studies have shown that the excessive use of smart phones is ruining the social lives of society. Smart phones are used daily, for most it is their whole life. The problem is that society relies on this device for everything, they cannot live without it. This is playing a major factor in people's interaction with others and even worse their relationships. Mobile phones can change human behavior radically in their nature. Use the mobile phone for self-development and self-prospect in such a way that mobile cannot affect their lifestyle. In Pakistan, all the users of mobile phones are not aware of this device. They should be aware of this matter.

## **5.5 Recommendations**

The researcher in this study had given some clear recommendations from all sides considering the nature of smart phone use in developing countries. Recommendations from the societal side mobile phones have become a very human-attracting technological device not in Pakistan but as well as all over the world. Increase the number of participants in study to make generalized conclusions. In today's world, it is uncommon for an individual not to

own one smart phone set. But the major fact is that the use of smart phones is diminishing the moral value of today's society and is becoming a major issue in Pakistan.

1. The researcher who has a bigger population and sample size are still able to find ways for looking into the challenges and prospects of how they can influence the social behavior of youth for a long time, they effect on culture and language.
2. There is another important point of examining the impact of the social behavior of youth and their academic process at the macro level since smart phones have joined the daily life of youth with social media.
3. The developers and makers of the smart phone may be including the results and conclusion in their advance plans of production. It can help to make sure that young can use these smart phones even in their social meetings for developing positive social behavior and they can also use a smart phone to seek help in academic learning.
4. In future longitudinal examination utilizing the present investigation's factors will assist with understanding the impact of smart phone usage on cognitive factors, social factors, and environmental factors. In-depth interviews will help better understand the harassment and related factors.
5. Finally, since this study concentrated on smart phone usage, future research would focus on the other factors related to students' social behavior will be explored and compared with this study.

## **5.6 Limitations**

Following are the limitations and suggestions of this research.

1. Firstly, this research is limited to investigating the usage of a smart phone with only three variables involved intellectual factors, social factors, and environmental factors it should be assessed with different variables in the future.
2. Secondly, different populations for study for example college and school students or some professionals will also be helpful for these study variables because now a day everyone is addicted to smart phone usage.
3. Thirdly, sample was taken only from a specific area and from some specific universities in the future, it should be taken from other universities too.
4. Fourthly, the sample was only taken from public universities of Azad Jammu and Kashmir in the future it should be also taken from private universities of Azad Jammu and Kashmir and other areas because private universities students have more issues with smart phone usage.
5. Fifthly, the individuals in the younger age groups, who spend more time using their smartphones, use the smartphones as a main line of communication. Most of this communication is done in their homes and not in face-to-face interactions.

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### Appendix A

#### HEC Recognized Universities and Degree Awarding Institutions

PUBLIC SECTOR UNIVERSITIES/DEGREE AWARDING INSTITUTIONS		
S.No	University Name	Campus
1.	University of Azad Jammu and Kashmir	Muzaffarabad
2.	University of Kotli Azad Jammu and Kashmir	Kotli
3.	Mirpur University of Science and Technology (Must)	Mirpur

## Appendix B



NATIONAL UNIVERSITY OF MODERN LANGUAGES  
FACULTY OF SOCIAL SCIENCES  
DEPARTMENT OF EDUCATION

ML.1-4/2020/Edu

Dated: 20-01-2020

To: **Mehvish Njeeb Raja,**  
1505-MPhil/Edu/S18

Subject: **APPROVAL OF MPhil THESIS TOPIC AND SUPERVISOR**

1. Reference to Minute Sheet No. ML.1-2/2020-Edu dated 02-1 -2020, the Higher Authority has approved your topic and supervisor/s on the recommendation of Faculty Board of Studies vide its meeting held on 15<sup>th</sup> Oct 2019.

a. **Supervisor's Name & Designation**

Dr. Khush Bakht Hina  
Assistant Professor, Department of Education  
NUML, Islamabad.

b. **Co-Supervisor's Name & Designation**

Ms. Sundus Kashmeri  
Lecturer, Department of Education  
NUML, Islamabad.

c. **Topic of Thesis**

**Effect of Smart Phones on Social Behaviour of Students at University Level**

2. You may carry out research on the given topic under the guidance of your Supervisor/s and submit the thesis for further evaluation within the stipulated time. It is to inform you that your thesis should be submitted within the prescribed period by **31<sup>st</sup> Jan 2021** positively for further necessary action please.

3. As per policy of NUML, all MPhil/PhD theses are to be run through Turnitin by QEC of NUML before being sent for evaluation. The university shall not take any responsibility for high similarity resulting due to thesis prior run by any other individual.

4. Thesis is to be prepared strictly on NUML's format that can be taken from the MPhil & PhD Coordinator, Department of Education.

Telephone No: 051-9265100-110 Ext: 2090

E-mail: mdin@numl.edu.pk

**Dr. Hukam Dad Malik**  
Head,  
Department of Education

Cc to:

Dr. Khush Bakht Hina  
Ms. Sundus Kashmeri

## Appendix C

# QUESTIONNAIRE

(For students)

### EFFECT OF SMART PHONE ON SOCIAL BEHAVIOR OF STUDENTS AT UNIVERSITY LEVEL

This research is for academic purpose and the respondent must be truthful and honest with researcher because this research is mandatory for fulfillment of MPhil degree in Education. The information gathered will be used purely for education purpose and confidentiality will be highly respected. Thanks.

-----

#### 1. Demographic Data of the Student

<b>University Name</b>			
<b>GPA</b>			
<b>Gender</b>	Male	Female	
<b>Number of Smart phones</b>	1	2	More
<b>Number of Sims</b>	1	2	More

#### 2. Smart Phone Usage

Scale	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
	SA	A	N	D	SD

1.	I use smart phone for following purposes:	SA	A	N	D	SD
	<ul style="list-style-type: none"> <li>• Text messaging</li> <li>• Voice calling</li> <li>• Taking pictures</li> <li>• Taking videos</li> </ul>					

	<ul style="list-style-type: none"> <li>• Listening to music</li> <li>• Playing games</li> <li>• Reading notes</li> <li>• Using it as computer</li> <li>• Avoiding loneliness</li> <li>• Updating myself</li> <li>• Only for time killing</li> </ul>						
2.	Timing for the use of smart phone.	Morning	Evening		AnyTime		
3.	Place of smart phone usage.	Home	Class	University	LibRARY	Anywhere	
4.	Per day usage of smart phone for SMS chat.	0-60 minutes	61-90 minutes	91-120 minutes	121-150 minutes	151+ minutes	
5.	Per day usage of smart phone for voice chat.	0-60 minutes	61-90 minutes	91-120 minutes	121-150 minutes	151+ minutes	
6.	Frequency of smart phone usage in class.	Always	Often	Sometime	Rarely	Never	
7.	Number of friends on social networking system for social relations.	0-30 minutes	31-60 minutes	61-90 minutes	91-120 minutes	120+ minutes	
8.	Spending time (per day) on internet with smart phone for social relations.	0-30 minutes	31-60 minutes	61-90 minutes	91-120 minutes	120+ minutes	
9.	I use following networking application through smartphone: <ul style="list-style-type: none"> <li>• Facebook</li> <li>• WhatsApp</li> <li>• Viber</li> <li>• Skype</li> <li>• LinkedIn</li> <li>• Twitter</li> <li>• Google</li> </ul>	SA	A	N	D	SD	
10.	I use Internet through smartphone for: <ul style="list-style-type: none"> <li>• Checking email</li> <li>• Facebook</li> <li>• Checking fashion update</li> <li>• Checking home decoration</li> <li>• Listening Radio</li> <li>• Reading newspaper</li> <li>• Watching television</li> <li>• Checking sports updates</li> <li>• Exploring educational sites</li> <li>• Exploring social networking sites</li> </ul>	SA	A	N	D	SD	

### 3. Smart phone and Cognitive Factor

11.	Give your opinion regarding the effect of smartphone on the students:					
	<ul style="list-style-type: none"> <li>• Self-esteem</li> <li>• Peer relations</li> <li>• Neighbor relations</li> <li>• Escape from worries</li> <li>• Youngster identity</li> <li>• Face-to-face interaction</li> <li>• Socioeconomic status</li> <li>• Workplace relationship</li> </ul>	SA	A	N	D	SD
12.	I lose sleep due to the time I spend on my smart phone.					
13.	I change my behavior as a student with the use of smart phone.					
14.	I feel headache due to the use of smart phone.					
15.	I feel tired on daytime due to late night use of smart phone.					
16.	Smart phone effect on academic learning.					
17.	Smart Phone effect the family relationship.					
18.	Smart phone effect my relationship on my workplace.					

### 4. Smart Phone and Social Factor

Scale	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree						
	SA	A	N	D	SD	SA	A	N	D	SD	
19.	Smartphone familiarize the youth with social apps.										
20.	Smartphone is the latest mass medium.										
21.	Smartphone is diffusion of technological trend.										
22.	Smartphone is status symbol of youngsters.										
23.	Smartphone usage patterns are different among students.										
24.	Smartphone is necessary to keep in touch for social relationship.										
25.	Smartphone shapes the way of social interactions.										

26.	Smartphone technology affects people's social life.					
27.	Smartphone usage can build bridges between University fellows.					
28.	Gender plays a role in the behavioral intention to adopt smartphone.					

### 5. Smart phone & Environmental Factor

29.	<p>Smart phone users face following challenges of smartphone usability:</p> <ul style="list-style-type: none"> <li>• Individualism</li> <li>• Inappropriate manners</li> <li>• Declining social norms</li> <li>• Weakening social fabrics</li> <li>• Effective academic learning</li> <li>• Economics pressure</li> <li>• Decreasing relationships</li> </ul>					
30.	<p>Give your opinion of the following Academic prospects of smartphone:</p> <ul style="list-style-type: none"> <li>• Audio/video conferencing</li> <li>• Mobile-mediated learning (m Learning)</li> <li>• Listening recorded lectures</li> <li>• Effective tools like webinars</li> <li>• Learning through technology</li> <li>• Sharing of updated information</li> <li>• Synchronization with computer</li> <li>• Sharing Class assignments through social apps</li> <li>• Usage of technology for social connection</li> <li>• Awareness of using apps for social relations</li> <li>• Learning according to location, &amp; social situation</li> <li>• Intangible benefits for youth like a sense of belonging</li> <li>• Using apps for bridging social connection among youth</li> <li>• Developing infrastructure for mobile learning</li> </ul>					
31.	I make use of WhatsApp to disseminate knowledge to my classmates.					
32.	I engage in academic discussions on WhatsApp, and this has improved my academic performance.					
33.	I will perform well in my academics even if I stop using smart phone.					
34.	Through smart phone my overall GPA/Percentage has been					



	improved.					
35.	Be a bad effect on academic performance when students use the smart phone for nonacademic activities.					
36.	Smart phone help to complete my assignments on time.					
37.	Smart phone helps me to study independently.					
38.	Smart phones improve access to my course and learning material.					

**Appendix D**  
**Request for Validity**  
**EFFECT OF SMART PHONES ON SOCIAL**  
**BEHAVIOUR OF STUDENTS AT UNIVERSITY**  
**LEVEL**

Subject:

**Request for validity certificate**

**Respected Sir/Madam,**

I have attached my questionnaires adapted for the purpose of research titled as “Effect of smart phone on social behavior of students at university level”.

Kindly check my questionnaires, its content and construction, provide your valuable suggestions for its improvement and certify its validity by filling the certificate attached at the end of the document.

**Objectives**

- 1) To find out the effect of smart phone usage on cognitive factors of students at university level.
- 2) To find out the effect of smart phone usage on social behavior factors of students at university level.
- 3) To find the effect of usage of smart phone on social environmental factors of students at university level.
- 4) To find out the differences by use of smart phone on social behaviour of male and female students at university level.

**Research Hypothesis**

H<sub>0</sub>1: There is no significant effect of smart phone usage on cognitive factors at university level.

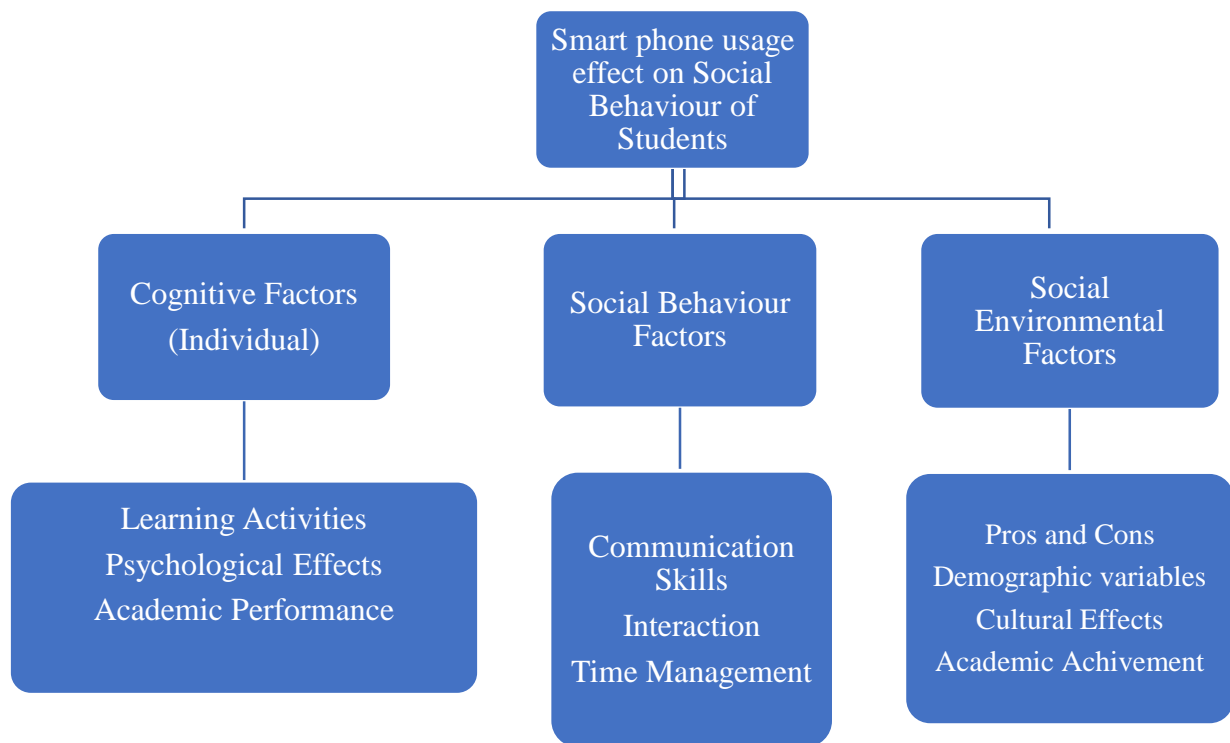
H<sub>0</sub>2: There is no significant effect of smart phone usage on social behaviour factors of students at university level.

H<sub>0</sub>3: There is no significant effect of smart phone on social environment factors of students at university level.

H<sub>0</sub>4: There is no significant effect of smart phone usage on male and female students' differences at university level.

## Conceptual Framework

Learning by observing others is a study comes under social-cognitive theory. Theory concentrates to learn by watching others. The learners can get new knowledge and behavior by simply focusing on the model. A model is a person that expresses behavior for someone else. Moreover, Bandura (1986) indicates that behavior is a learning object, and it is learned through observational learning from the environment.



*Conceptual Framework*

**Appendix E**  
**Certificate for Tool Validation**



**EFFECT OF SMART PHONES ON SOCIAL BEHAVIOUR OF  
STUDENTS AT UNIVERSITY LEVEL**

By MPhil Mehvish Najeeb Raja

M.phil Scholar, Department of Education National University of Modern  
Languages (NUML) H9, Islamabad, Pakistan

This is to certify that the questionnaire developed by the scholar towards her thesis has been assessed by me and I find it to have been designed adequately to assess student's social behavior by the usage of smart phones.

It is considered that the research instruments developed for the research above- titled, is according to the objectives and hypothesis of the research, assure adequate construct and content validity according to the purpose of the research, and can be used for data collection by the researcher with fair amount of confidence.

Name

\_\_\_\_\_  
\_\_\_\_\_

Designation

\_\_\_\_\_  
\_\_\_\_\_

Institute

\_\_\_\_\_  
\_\_\_\_\_

Signatures

\_\_\_\_\_  
\_\_\_\_\_

Date

## Appendix F

### Certificate of Validity

Effect of Smart Phone on Social Behaviour of students at university level

By Ms. Mehvish Najeeb Raja

MPhil Scholar Faculty of Higher studies National University of Modern Languages, H-9

Islamabad, Pakistan

This is certifying that the questionnaire modified by the scholar towards her thesis has been assessed by me and I find it to have been modified adequately to assess the effect of smart phone on social behaviour of students at university level. It is considered that the research instrument, modify validity according to the purpose of research, and can be used for data collection by the researcher with fair amount of confidence.

Name: Dr. Muhammad Nageeb ul Khalil  
Shahreen

Designation: Lecturer

Institution: University of Kotli  
AJK

Signature: 

**Certificate of Validity**

**Effect of Smart Phone on Social Behaviour of students at university level**

**By Ms. Mehvish Najeeb Raja**

**MPhil Scholar Faculty of Higher studies National University of Modern Languages, H-9**

**Islamabad, Pakistan**

This is certifying that the questionnaire modified by the scholar towards her thesis has been assessed by me and I find it to have been modified adequately to assess the effect of smart phone on social behaviour of students at university level. It is considered that the research instrument, modified validity according to the purpose of research, and can be used for data collection by the researcher with fair amount of confidence.

Name: Dr. Makhdoom Ali Syed

Designation: A/P (Chairman)

Institution: Dr. Makhdoom Ali Syed  
Chairman  
Department of Education  
University of Kotli, A.I.R.K

Signature: 

**Certificate of Validity**

**Effect of Smart Phone on Social Behaviour of students at university level**

**By Ms. Mehvish Najeeb Raja**

**MPhil Scholar Faculty of Higher studies National University of Modern Languages, H-9**

**Islamabad, Pakistan**

This is certifying that the questionnaire modified by the scholar towards her thesis has been assessed by me and I find it to have been modified adequately to assess the effect of smart phone on social behaviour of students at university level. It is considered that the research instrument, modify validity according to the purpose of research, and can be used for data collection by the researcher with fair amount of confidence.

Name: Dr. Nazir Haider Shah

Designation: Assistant Professor

Institution: University of Kotli

AJK

Signature: Harid



**DEPARTMENT OF EDUCATION**  
**FACULTY OF SOCIAL SCIENCES**  
National University of Modern Languages  
Sector H-9, Islamabad  
Tel.No: 051-9265100 Ext: 2090

ML.1-3/2020-Edu

Dated: 22-10-2020

**WHOM SO EVER IT MAY CONCERN**

Ms. Mehvish Najeeb Raja D/O Muhammad Najeeb Raja student of M.Phil (Edu)  
Department of Education of National University of Modern Languages is engaged in project of  
Research Work.

She may please be allowed to visit your Institution / Library to obtain the required  
information for her Research Work.

This information shall not be divulged to any unauthorized person or agency. It shall be  
kept confidential.

*Marium Din*  
22/10/2020  
Dr Marium Din  
A/Head,  
Department of Education.