

Wellbeing of the college student and mobile phone: A survey of Parent's and Student's perspective

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Abstract : One of the most used and misused invention of science is mobile phone. On one hand the mobile phone made the user available 24*7 hours, whether at home or in office, travelling or sleeping, on the other hand it lead to an increase in the psychological distances. The individual is so occupied with mobile phone use that he is not aware of all that is going on in his/ her physical proximity. This paper aims at reflecting the pros and cons of mobile usage by the students. For this a survey of 97 college students and 84 parents was conducted on the question "Should the mobile phones be used in Colleges? The chi square was applied to test the null hypothesis. The data of around 180 young students and their parents revealed that there is a significant difference between their opinion regarding use mobile phones in college. Whereas some parents do feel that the students should be allowed to carry mobile phone to college for emergency use, yet most of them do not promote the idea of using mobile phones in college. According to them mobile phones should be carried only for emergency use. On the other hand, students think that the use of mobile phones in colleges help them clear doubts and get meaning of difficult words in the class.

Introduction

One of the most used and misused invention of science is mobile phone. On one hand the mobile phone made the user available 24*7 hours, whether at home or in office, travelling or sleeping, on the other hand it lead to an increase in the psychological distances. The individual is so occupied with mobile phone use that he is not aware of all that is going on in his/ her physical proximity. The advent of smart phones has further complicated the issue by the making social media sites available on phone where the presence of other person at the same moment is not essential. People take pics, selfies etc. and post them on social media just to receive likes and comments later on.

Man is a social animal. He cannot live in isolation. The scientific development and modern lifestyle has given a new means of social life i.e. mobile phone. It helps in social interaction with people who are at a distance. The modern smart phone not only helps in audio conversations but also written messages, posting pictures etc. The mobile phone has changes the scenario at home, public place and even colleges. Earlier people used to converse with others but nowadays everybody is found busy on the phone. All these observations leads to a question that "what is the effect of mobile phone usage on the college students?"

Review of Literature

Many studies and surveys have been carried out with an aim to find an answer to this question. According to Pearson Voice of Teacher's Survey 2016, excessive use of gadgets like mobile phone, laptops, etc. in school is an obstacle to teaching in Punjab. It was also found out that there is an marked lowering of ethical values and reduced attentiveness among students during school time. The survey reported that though teachers felt that the use of personal gadgets reduces student engagement in studies, at the same time, teachers have accepted the use of technology as teaching aid. In spite of decline in values among students, the student participation in extracurricular activities has increased.

It is true that lot of information is available online. The knowledge which could earlier take hours of effort is now just a click away. If the youth feels that they should be allowed to use smart phones in colleges to clear their doubts, then they are not wrong. The research data reveals that almost 73% of adult online users use a social networking site of some kind (Smith, 2013). This shows that the youth is using smart phones more for social networking than anything else. The mobile phone was not so popular earlier when it could be used only for calling. With the possibility of accessing internet and social media sites on phone, mobile has become very common and its use has increased manifold. The beginning of 21st century saw a competition for smaller and smaller mobile suddenly changing into bigger and bigger smart devices. The better devices impressed the youth very much and took much of their precious time.

A lot of research has been carried to see the relationship between wellbeing and internet use. The higher rate of internet use was found to be related with increased risk of depression and feelings of loneliness (Kraut et al., 2002); the use of Facebook lead to major depressive disorder, dysthymia, bipolar-mania, narcissism, antisocial personality disorder, and compulsive behaviour (Rosen et al., 2013).

In an effort see whether lessening the use of mobile phones improves students scores a study was carried out in England. It was found that if phones were banned, the test score of students improved by 6.41 percent.

All these findings also raise the question regarding the difference in perception of mobile usage by students and parents.

Methodology

In an effort to know the difference of opinion between youth and their parents a survey was carried out. The college students and their parents were asked that " Should the mobile phones be used in colleges?" A random sample of college students was taken from the Government College, Bathinda and their parents were also asked the same question. The data was pooled and chi square test was applied see the significance of difference of opinion between the college students and their parents. The data of 97 college students and 84 parents was collected (as shown in Table no. 1).

Result

The data from Table no. 1 reflects that 53 students said that mobile phones should be used in colleges and 44 students did not prefer the use of mobile phones in colleges. On the other hand 60 parents said that mobile phones should not be used in colleges and only 24 parents felt the need of using mobile phone in the colleges. In terms of percentage it can be seen that 33 percent parents said 'no' to using mobile phones in colleges and 29 percent college supported the use of mobile phones in colleges. Figure no. 1 showing the percentage of responses of college students and parents.

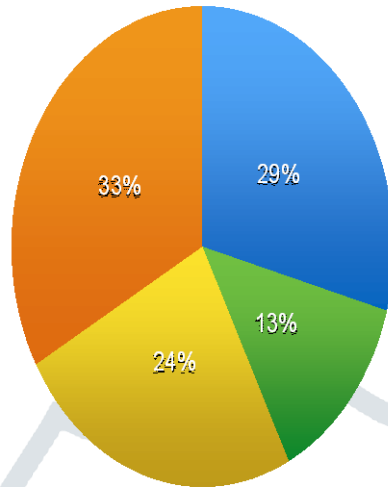
The chi square of the above data came out to be 12.514. The tabled value at 0.01 level of significance at $df = 1$ is 6.635. As the calculated value is more than the tabled value, so the null hypothesis stating that " It is expected that there is no difference in the opinion of college students and parents" is rejected. So, this data of around 180 college students and their parents revealed that there is a significant difference between their opinion regarding use mobile phones in college. Whereas some parents do feel that the students should be allowed to carry mobile phone to college for emergency use, yet most of them do not promote the idea of using mobile phones in college. According to them mobile phones should be carried only for emergency use. On the other hand, students think that the use of mobile phones in colleges help them clear doubts and get meaning of difficult words in the class.

Table no. 1 Showing the responses of College Students and Parents.

	College students	Parents
Yes	53	24
No	44	60

Figure no. 1 Showing the percentage of responses of college students and parents.

■ College students Yes ■ Parents Yes
 ■ College students No ■ Parents No



Conclusion and future prospects

With an aim to know the difference in perception of mobile phone usage among college students and parents, an opinion survey was conducted. Chi square was applied to test the significance of difference between the obtained data. The value of chi square came out to be 12.514 which is more than the tabled value at $df=1$. Hence, the difference between the opinion of college students and parents is significant. The views of the parents show their concern for their children who are spending their precious time on mobile devices and in a way diverting from their goal of acquiring skills to earn a means of livelihood. The college students view reflects the tendency of young minds to move towards pleasure giving activities and an inability to work for long term gains. In other words this behavior of college students is in line with the principle of hedonism which states that it is the aim of the individual to move towards satisfaction. There is ample research which shows that the excessive use of mobile phone and internet has negative effects, so it is advisable to monitor the use of mobile phone by the parents and teachers. Lot of research is being carried out to isolate the variables responsible for increased use of mobile phone and internet. Other researchers are working to identify the effects of use of mobile phone and internet. Though these studies are generating valuable information but some research is required to develop effective techniques to monitor the students mobile phone usage and internet usage. The survey throws light on the fact that parents do not want the students to use mobile phone for longer times. They are unable to control them. So, researchers should devise new ways of helping the parents to monitor students in a much effective way so that the future generations can equip themselves for a better future of the nation.

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