

# A Review on Impact of Smart Phones Usage on Society

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**ABSTRACT:** *For the present generation, smart phones have become a need. There is rarely anyone who does not have access to a Smart phone. People's life has been dramatically transformed by smart phones. Individuals that utilize them benefit from a variety of advantages and disadvantages. Many activities have become simpler because of smart phones, like video chatting with relatives or friends, e-learning, social networking, and so on. However, there are a number of drawbacks to using smart phones in a poor or inappropriate manner. The goal of this study is to find out how Smart phones are affecting society and to learn about all of the good and bad effects of Smart phones on society. The study's main focus will be on the influence of Smart phones on business, education, health, and human. This review study will help students who are interested in knowing the benefits and challenges of Smart phones. In the future, the discovery may inspire researchers in this sector to look into ways to mitigate the negative impacts that students may experience if they use their Smart phones excessively.*

**KEYWORDS:** *Addiction, Business, Education, Health, Smart phones.*

## 1. INTRODUCTION

The rapid advancement of technology has resulted in the development of electronic devices such as Smart phones, which have functions that are not limited to texting but also allow for long-distance communication. Smart phones are sometimes referred to as minicomputers because of the capabilities and functionalities they provide, which are similar to those of a computer but in a smaller, more portable package.

With the release of IBM's Simon Smart phone in 1993, the Smart phone era began[1]. With the debut of the blackberry Smart phone into the mass communication market, the Smart phone revolution period began, with numerous capabilities like as web browsing, camera, email, and internet[2]. Apple originally entered the market in 2007, and with the introduction of its first Smart phone, the firm made a huge breakthrough in the industry. By the end of 2007, Google's Android operating system had been released to the public, with the goal of providing sophisticated technologies to Smart phone users.

The term "Smart phone" was coined as a marketing strategy to refer to a new class of mobile phones that offer integrated services from the communication, computing, and mobile sectors, such as voice communication, messaging, personal information management (PIM) applications, and wireless communication capabilities[3]. In reality, a Smart phone is a mobile phone with additional features and capabilities that go beyond basic functions such as making phone calls and text messaging. In addition to displaying photographs, playing video games, and navigating using the Smart phone's built-in camera, audio/video playback and recording, sending and receiving e-mail, using built-in social networking programmes, and surfing the web wirelessly, the Smart phone offers a wide range of other features. For the same reasons, Smart phones are now a popular choice for consumers and businesses alike, even though they were originally designed for business users alone.

Smart phones have proven to be one of the most rapidly spreading and generally embraced technologies in the world. With the emergence of Smart phones, people's access to information has altered. People who possess a Smart phone are using it for more than just talking and texting; they're also listening to music online, shopping online, banking online, watching movies, and sending photographs[4]. For a variety of reasons, including easy electronic commerce, rapid information sharing, cultural interchange, emotional support, and entertainment, the Internet is highly useful. A smartphone is a gadget that combines phone and Internet functionality. Smartphones provide genuinely new services in addition to the benefits of the Internet. Young individuals use smartphones to view videos, express themselves, connect with friends, and get information, whilst elderly people use them to make video calls to their children who live far away and play games. Because of its portability and accessibility, a smartphone can be utilised nearly everywhere[5].

Smartphones provide many advantages in our lives, but we must be aware of the drawbacks of their use, the most concerning of which is smartphone addiction. The inability to control one's smartphone usage is referred

to as smartphone addiction. This disorder causes social, psychological, and physical problems in those who suffer from it[6].

### *1.1 Growth in the usage of Smart mobile:*

Smart phones have been widely adopted in major consumer markets across the world. According to surveys, Smart phones are used by 42 percent of mobile subscribers in the United States and 44 percent of mobile users in five main European Union nations (France, Germany, Italy, Spain, and UK). In many markets, media usage on mobile – such as browsing the mobile web, accessing applications, and downloading content – increased dramatically and surpassed 50%; this introduced high-speed networks and increased public Wi-Fi availability in those areas[7]. With the capacity to connect on the move and use internet and mobile services, mobile users have not only embraced real-time social networking on their Smart phone at a rising pace, but their frequency of access has also increased. As part of its investigation on Smart phone usage in the United Kingdom exclusively, the UK telecoms regulator of communication provided the following statistics:

- A whopping 37% of adults and 60% of teenagers admit to being severely addicted to their Smart phones.
- While socializing with others, 51% of adults and 66% of teens say they have used their Smart phone.
- During mealtimes, 23% of adults and 34% of teenagers have used their Smart phone. While in the bathroom, 22% of adults and 47% of teens admitted to using or answering their Smart phone.

### *1.2 Smart mobiles impact:*

Smart phones have influenced nearly every aspect of human life. Business, education, health, and social life are some of the most apparent sectors where Smart phones have an influence. Individuals' cultural norms and behavior have been dramatically altered by mobile technology. The consequences have both good and bad consequences. Smart phones enable people to establish their own micro-cultures and participate in activities that are deemed hazardous by society on the one hand, while on the other hand, Smart phones enable people to stay connected at all times. Some of the sectors where Smart phone have a great impact are discussed below:

#### *1.3 Business:*

The Smart phone has given business new dimensions. Not only are Smart phone sellers profiting, but it has also opened a new area for mobile application developers, Internet service providers, and other industries to use the Smart phone to obtain competitive advantages. Using mobile phones in the workplace may increase productivity, mobility, safety, and morale. Employees can benefit from mobile phones. Some benefits and challenges of business in reference to Smart phones are discussed below:

#### *1.4 Benefits:*

- Mobile phones help in customer service.
- By using Smart phones, one can remain in contact with the office, customers and suppliers.
- It increases mobility and productivity.
- With the use of mobile, people can work remotely i.e. Work from home or away from an office.

#### *1.5 Challenges:*

Using mobile phones at work might create significant business difficulties. Consider the following scenario:

- Disturbance in workflow as Employee productivity might be harmed by constant communication in the form of personal and work-related phone calls.
- Work-life balance is harmed because of 'all-hours' availability, which can cause your workers' personal lives to be disrupted if they get calls outside of business hours.
- Costs as giving cell phones to your employees may be costly. You may, however, employ capabilities on your handsets and SIM cards to limit phone use to business purposes solely. You can also select a tariff that best matches your company's needs. Consult with your service provider to see what's feasible.
- The use of portable phones while driving is prohibited by law. You may be breaking the law if you require or allow your employees to use a portable cell phone while on duty.

#### *1.6 Education:*

Over the last several decades, information and communication technology (ICT) has been included into higher education teaching and learning since it is viewed as a critical component to be adapted in the evolution of the social environment. Accessing course content, encouraging sharing and discussion sessions between

professors and students, and getting information about students' performances are all examples of educational activities that employ Smart phones. As a result, Smart phone use may have a significant impact on improving student performance by enriching the teaching and learning experience. Some of the benefits and challenges are mentioned below.

### 1.7 Benefits:

- In order to gain knowledge, Smart phones plays an important role in students' life.
- With the help of Smart phones, one can clear their doubt easily as he/she can search the doubt on google or either contacts their teacher.
- Smart phone provide access to modern society a massive amount of educational and learning resources.

### 1.8 Challenges:

- Playing games all the time which results in headache for children.
- Involvement of students in unwanted things.

### 1.9 Benefits:

Smart phones are the most widely used communication devices today, with nearly 27% of consumers using them for online activities. According to surveys, more than 10 million people in the United States use their Smart phones to look for health information and services. There are a tons of mobile apps available to help users manage prescriptions, promote alternative treatment options, compare prices, and validate prescriptions. In future, we'll see a new generation of mobile applications that allow physicians and parents to track a patient's or child's blood glucose levels at any time of day. Several applications for tracking fitness, nutrition, and blood pressure are still accessible today. As a result, Smart phones can now play an important role in the health industry.

### 2.0 Challenges:

Both physical and emotional health is harmed by Smart phone addiction. People who suffer from melancholy or anxiety may develop a technology addiction, in which they utilize their Smart phone as a coping technique for sad and unpleasant sensations. Smart phone addicts are always looking at their phones and reacting to notifications. This is a sign of melancholy as well as anxiousness. Heavy computer, social media, and mobile phone users were shown to have greater levels of long-term stress, depression, and sleep issues, according to a study.

Excessive Smart phone use at night may keep you awake until late, disrupting sleep and contributing to feelings of stress and depression. Screen time and Internet usage were found to affect sleep, with SNS addicts having poorer sleep quality than non-SNS addicts. Some of the adverse effects of Smart phone abuse on physical health include cancer, brain tumors, neurological system disruptions, immune system weakening, eardrum difficulties, wrist, neck, and joint soreness, fatigue, and sleep irregularities.

## 2. LITERATURE REVIEW

*Abid et al.* discussed a review on impact of Smart phone[8]. Currently, smart phone use among students is now considered a necessary component of their lives because of its extensive apps and functions. Students utilize their Smart phones for educational and recreational purposes. Previous research has indicated that students use smart phones for a variety of purposes. Smart phones are used by many students for leisure, education, and social purposes. This study article seeks to evaluate relevant literature on smart phone usage among students, as well as determine the detrimental impact of smart phones on students, with an emphasis on social aspects and psychology education.

*Lusekelo et al.* discussed a review on the impact of Smart phones on performance of students[9]. Smart phones serve as portable entertainment devices that allow users to watch videos, listen to music, update blogs, and engage in audio and video blogging. The goal of this study was to examine the influence of Smart phones on students' academic performance at higher education institutions. An extensive literature study was conducted to determine the drawbacks and benefits of Smart phones in the academic setting. In the future, Ruaha Catholic University will undertake research to see if students benefit from using cellphones in their everyday studies and if this has an impact on their GPA at the end of the year.

*Jon et al.* discussed a review on problematic use of Smart phone[10]. There is a variety of research literature on problematic Smart phone use, or Smart phone addiction. Relationships with existing psychopathology categories, on the other hand, are not clearly characterized. The idea of problematic Smart phone use is

discussed, as well as various causative pathways. A comprehensive review of the link between problematic usage and psychopathology was undertaken. Author evaluated 117 total citations using academic bibliographic sources, yielding 23 peer-reviewed publications that looked at statistical relationships between standardized measures of problematic Smart phone use/use severity and the severity of psychopathology. At last, author explores the possible causes of the link between issue Smart phone use and psychopathology.

### 3. DISCUSSION

A smart phone is a high-tech mobile phone designed to solve common accessibility problems. Smart phones may perform a variety of tasks in addition to making phone calls and sending text messages. Smart phones have grown in popularity as a result of their capacity to do both basic and sophisticated computer tasks. Any problem may now be solved with a simple touch. As a consequence, they've become a necessity in today's society, and people can't live without them. Smart phones provide high-quality performance and quick access to information and entertainment for a variety of people, including students, through features such as mobile audio and video conversations, mobile teleconferencing, sending and receiving emails, and simple internet access.

Entertainment and social media are two more applications. It serves as a focal point for all forms of social interaction and entertainment. As a result, people, particularly students, get addicted to it, negatively impacting their academic performance, moral values, and mental and physical health. Smart phones have made students' lives easier by allowing them to access educational materials through electronic learning (e-learning) and mobile learning, as well as gain or get any sort of knowledge. Despite the various advantages and benefits of cell phones for students, there are a slew of disadvantages and bad repercussions to consider. All of these are explained in this paper.

### 4. CONCLUSION

This review focuses primarily on various elements of smart phones. Information and communication technology (ICT) and internet services have had a significant influence on almost every area of human existence. It is increasingly seen in the way individuals teach and learn. Smart phones have now become an indispensable element of everyone's lives. According to the research, "people all over the world have adopted this unique and interesting technology as one of the most essential necessary amenities in their everyday lives." The widespread use of Smart phones and other mobile devices has changed teaching and learning in both developed and developing nations.

The Smart phone is gradually gaining popularity as a useful tool for improving remote education teaching and learning. Its use enables learners to access online learning platforms, course resources, and digital engagement while also allowing for flexible course delivery. Students and learners no longer rely solely on paper-based materials to learn as a result of the expansion of these facilities. With the advent of the internet, Smart phones were developed, allowing for learning to take place independent of geographic location or time.

The findings of this study will aid the researcher in determining the good and bad effects of Smart phones on society and how they may affect the lives of students. Furthermore, the discovery may inspire researchers in this sector to look into ways to mitigate the negative impacts that students may experience if they use their Smart phones excessively.

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