



Effect of smart phone on Adolescents mental health and Educational Achievement

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Abstract:

Here is the problem of Adolescence and the effect of the smart phone on Mental Health. This time Adolescence becomes physically, socially and sexually abused. Use of Smart phone Adolescence to have conflict, stress, and anxiety and many other problems' disorders? So this subject has been selected. To study the effect of smart phone on Adolescents Mental Health (components-Stress, anxiety, Frustration, conflict) and Educational Achievement. In this study use of null hypothesis, survey method, sampling of arts and commerce college first years students, there tool in the study of Questionnaire and Mean and t-test use for statistics. The adolescent's Mental Health and Educational Achievement problem which are created by use for smart phone.

1. Introduction

Many adolescents today have problems and are getting into trouble. After all, there are a lot of pressures for Adolescence to deal with among friends and family. For some youth, pressures include poverty, violence, parental problems, and gangs. Adolescence may also be concerned about significant issues such as religion, gender roles, values, or ethnicity. Adolescence begins with the onset of physiologically normal puberty, and ends when an adult identity and behavior are accepted. This period of development corresponds roughly to the period between the ages of 10 and 19 years, which is consistent with the World Health Organization's definition of adolescence these include labile emotions, exploring and asserting of personal identity, peer relationships, independence, self-centered attitudes, and testing rules and boundaries. The stage marks a transition from childhood to adulthood. Adolescence involves a rapid change in behaviors, identity disturbances and strong emotion.

2. Statement of Problem

'Effect of smart phone on Adolescents mental health and Educational Achievement'

3. Glossary definition of the words

The problem must be theoretical & practical definition of the technical specification for supporting Glossary of the terms in the amendment of the above problems is as follows.

3.1 Adolescence

The period following the onset of puberty during which a young person develops from a child into an adult.

3.2 Mental health

According to Health Education Authority 'Mental health is the emotional and spiritual resilience which allows us to enjoy life and survive pain, disappointment and sadness.

4. Objectives of the Study

1. To study of effect of smart phone users and non smart phone users on Adolescents mental health.

2. To study of effect of smart phone users and non smart phone users on Educational Achievement
3. To study the effect of smart phone on terms of gender and area.

5. Hypothesis of the study

In this research will be use null hypothesis

- Ho₁** There will be no significant difference between the mean scores of smart phone users and non smart phone users on Adolescents Educational Achievement.
- Ho₂** There will be no significant difference between the mean scores of smart phone users girls and boys on their mental health.
- Ho₃** There will be no significant difference between the mean scores of smart phone users girls and boys on their Educational Achievement.
- Ho₄** There will be no significant difference between the mean scores of smart phone users on village and urban Adolescents.

6. Variables of Study

Sr.	Type of Variable	Variable
1	Independent	Smart phone
2	Dependent	1.Adolescent Mental health 2.Educational Achievement
3	Control	1.Gender 2.Area

7. Population and Sampling of the Study

In this study 100 students selected from higher secondary schools from Kapadwanj Taluka of 11th standard in Gujarati medium. The sample is as following.

1. 50 boys and 50 girls students.
2. 50 village and 50 urban students.

8. Methods of Research

Method is a style of conducting a work determined by the nature of the problem. Matter in the form of theory, facts or application is important for determining method. Method covers both strategy and tactics with the orderliness and habitual practice of them in action. In this study Survey method has been used.

9. Tools of Research

In this study self made **Questionnaire** has been used.

10. Application of statistics

The analysis of the data deals with testing of the research hypothesis to determine its acceptance or rejection and the contribution of the study in the particular area. Analysis of data means studying the tabulated material to make it meaningful. It involves application of the simple as well as the complex statistics which include the descriptive and inferential statistics.

11. Data Analysis and tasting of hypothesis

Hypo.	Number of students	mean	SD	t-test	Level of significance	results
Ho₁	100 (50 smart phone users)	4.65	0.64		1.96 (0.05)	significance
	50 smart phone users	4.78	0.56	2.28	2.58 (0.01)	
Ho₂	100	4.73	0.58		1.96 (0.05)	Non significance
		4.67	0.65	0.91	2.58 (0.01)	
Ho₃	50 Boys	4.68	0.62		1.96 (0.05)	significance
	50 Girls	4.53	0.69	1.61	2.58 (0.01)	
Ho₄	50 Boys	4.8	0.5		1.96 (0.05)	Non Significance
Ho₅	50 students of village	4.66	0.65	2.29	1.96 (0.05)	significance
	50 students of urban	4.80	0.57		2.59 (0.01)	

12. Conclusion

- From this study we get to know that because of the smart phone Adolescents get very brutal effect on their mind; because of social media they faces Stress Frustration, Anxiety and Conflict etc.
- Whereas the Adolescents who don't use the smart phone they don't face the Stress, Frustration, Anxiety and Conflict etc.
- Because of smart phone Adolescents get brutal affect Educational Achievement.
- Boys uses smarter phone in comparison to girls.
- The smart phones are mostly used by Adolescents of urban areas.
- The brutal effect of smart phone directly affects on the mental health of the girls.

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