



## **Smartphone Addiction Culminating into Youth Deviance: A Sociological Study**

**Vishv Mohan<sup>1,\*</sup>, Raginipriya Mahanta<sup>2</sup>**

**<sup>1,\*</sup> Assistant Professor, Department of Sociology and Social Anthropology, Central University of Himachal Pradesh, Dharamshala, Himachal Pradesh, India**

**<sup>2</sup> Student, Department of Social Work, Central University of Himachal Pradesh, Dharamshala, Himachal Pradesh, India**

### **Abstract**

*The study is conducted among adolescents consisting of college students, students in higher secondary schools, and dropout youth, to investigate any risks associated with adolescents' problematic cell phone use to analyze the usual traits of a person who is psychologically hooked. The project's primary goal was to assess the risk of smartphones among teenagers. In 2022, 1080 students (40% girls and 60% boys) between the ages of 15 and 19 completed well-structured surveys particularly among late adolescents (648 males and 432 females out of 1080 samples). They were asked questions about how much time teenagers spend online each day, how often using a Smartphone leads to arguments and a variety of other topics. The study's findings suggested that owning a cell phone is a regular and everyday occurrence. The way adolescents use mobile phones is significantly different depending on the respondents' gender and age, but the disparities were particularly obvious in the comparative study of boys and girls. Boys and girls are both equally found to be indulged in smartphones beyond ordinary uses. It badly impacts their physical and mental health causing hearing impairment, irritation, stress, intolerance, etc. Smartphone-dependent teenagers are found to have a lax attitude towards deviant behaviors, specifically watching/reading pornography, hukka or smoking or drug or alcohol use, using violence, buying drugs and condoms for friends, truanting, lying, implicating false accusations, live-in relationships, break-ups, divorce, having a boyfriend or girlfriend, inter caste marriage, run-away marriages, pre-marital sexual activity, late marriage, reckless driving, and ultimately, suicide even when they are physically apart, people may be virtually connected.*

**Keywords:** Happiness curriculum, Distress, Adolescent, Smartphone, Addiction.

**Corresponding Author's email id.** [vishvmohan001@gmail.com](mailto:vishvmohan001@gmail.com)

### **Introduction:**

One of the greatest innovations in human history, the Internet has provided unprecedented opportunities for human development. No matter how useful and vital the internet has become, there will always be ways for it to hurt those it is supposed to help. Our study makes an effort to comprehend the dynamics of cultural change in light of young people's perceptions. We concentrated on examining the perception of youth either studying at Senior Secondary schools and college or dropout students regarding how young people see cultural transformation. The findings indicate that the digital generation divide has left its mark on how young people view social media. In this manner, conclusions and ramifications are presented.

In *Frontiers in Psychiatry*, a study conducted during the COVID-19 Epidemic examined how Smartphone addiction influenced the quality of sleep for 1,164 college students. The survey found that about 16% of the students experienced sleep problems. Other psychological repercussions of Smartphone addiction include depression, anxiety, and obsessive and behavioural disorders.

The facility to instantly access online lectures offered by schools, universities, and coaching classes on a mobile device is particularly helpful for young students engaged in academics. The impact of Smartphones on young peer groups, family ties, and educational institutions is analyzed. The young people make good use of their mobile phones for social networking whereas the relationships between young people's peers are negatively impacted. New behavioral issues have recently emerged as a result of the growth of contemporary electronic media, particularly in the area of digital technology. Since the advent of the mobile phone, questions regarding whether improper use of the device could lead to addiction have been voiced due to its frequent uncommon usage. The new phones can do more than just make calls and send text messages, music players, radio receivers, navigational tools for cars, web access devices, calendars, notepads, and taking pictures using cameras. The typical Pole owns 1.47 mobile devices, and 9.2 million of them routinely use social networking apps on their cell phones (We Are Social – Digital, Social & Mobile Worldwide in 2015). Students use

their phones to contact with others by calling (70%) and texting (76%), while 68% of teenagers say they use their phones for socializing and amusement. 92% of teenagers regularly use their phones to take pictures and videos, while 65% of students listen to music on their phones daily or nearly daily. The phone is regarded as a necessary tool for gathering information by two-thirds of youngsters.

Teenagers today are finding it increasingly difficult to live even one day without a phone. The most common justifications for frequent use centre on convenience and security. The fact that taking away a cell phone is one of the harshest punishments employed by parents, in the eyes of teenagers, shows that parents believe that a phone is crucial to a young person's existence.

Youth studies is trans trans-disciplinary field and has a sociological foundation. There are sections on geography, history, anthropology, education, culture, media, and even critical strands of adolescent psychology and economic perspectives. It covers a wide range of topics, such as household formation patterns, the criminological study of gang formation, the cultural reshaping of music genres, even high school proms, and the potential creation of a "lost generation" as a

result of austerity measures who will have to deal with the long-term effects of their early employment experiences for the rest of their working lives. Because they exist, young students can utilize them as a point of reference. The two primary poles of youth studies, in the opinion of many of its practitioners, can be utilized to organize a range of studies notwithstanding their diversity. The "dual tracks" of youth study are comprised of these "transitions" and "cultures" poles.

The first focuses on patterns of performance as people transition from "childhood" to "adulthood" statuses, such as when they finish their education and start a full-time job. Quantitative data sets are typically, but not always, used by researchers who study transitions to identify patterns of transition and the disparity structures that can be seen within these patterns. Studies that take a cultural viewpoint concentrate on newly developing cultural forms, particularly those linked to the most prominent or contentious contemporary music scenes and fashion movements. The goal of academics at this school is often to showcase both the inventiveness and "political" resistance of young people to the status system. These researchers usually employ ethnographic

techniques, focusing on how experiences and events are understood by young people.

### Review of Literature

- Adolescent Smartphone Addiction
- Negative Effects of Mobile Phones on Adolescents' Behavioral Health
- Effects Of Smartphones on Adolescents' Physical Health
- Differences in gender and Smartphone addiction

### Adolescent Smartphone Addiction

Everybody's life is significantly impacted by global technology's changes and repercussions. Accepting any advancement in communication technology is the current social trend. Mobile phones are increasingly being preferred over landlines by more individuals. For many people nowadays, a cell phone is a lifeline. According to estimates, 4.5 billion people use cell phones worldwide. And the fact that a sizable portion of this population is made up of youngsters and young adults should not come as a surprise.

According to the Telecom Regulatory Authority of India, India was the second-largest developing country in terms of the number of mobile phone users worldwide in

May 2012. In the Indian market, well-known mobile phone manufacturers include Motorola, Nokia, Samsung, Sony Ericsson, and others. These businesses attract customers by launching the newest mobile phone models on a regular basis.

Cell phones have quickly gained enormous popularity among the younger generation (Hakoama & Hakoyama, 2011). As a result, they grow more technologically savvy, which could lead to certain behavioral issues. On the contrary, the administrators and staff at schools generally hold the view that students' use of cell phones hinders their ability to learn and causes them to become distracted from their studies. Additionally, the social release of kids from parental oversight has been made easier by mobile gadgets. However, parents often feel more at ease when their children leave the house unaccompanied and with their phones.

Both the use of mobile phones and the claims of addiction to them have dramatically increased in recent years. Numerous studies have been done to support the premise that people become addicted to media such as television, the Internet, and mobile phones. A *"craving or urge lack of control, and persistence in the behavior despite accruing unfavorable repercussions"* are three

characteristics that are used to characterize media addiction. These bad effects include alienating their users from other people, damaging their finances, making their users criminals, and negatively affecting academic achievement. Smartphone addiction is one of the most common non-drug addictions, and according to some specialists, it's no different from other addictions (such as those to drugs or the Internet) ("Mobile phones Becoming," 2003). According to various studies, some people are more dependent on their mobile devices than they realize. (Srivastava & Tiwari, 2013)

#### **Negative Effects of Mobile Phones on Adolescents' Behavioral Health**

Howard Becker (1963) made his key statement about labelling: "Deviancy is not a quality of the act a person commits, but rather a consequence of the application by others of rules and sanctions to an 'offender'. Deviant behaviour is behaviour that people so label."

On September 16, 2008, the Orissa government declared that cell phone use on college campuses was no longer permitted. "The presence of mobile phones is thought to be disruptive on college campuses. The Gujarat Government has made mobile phone use in schools and colleges illegal in the first case of its kind in the nation because it

interferes with the institution's ability to provide education. The state Department of Education approved a resolution in this regard on Saturday, 2008. Teenagers who use their phones excessively are more likely to experience difficulty falling asleep as well as agitation, tension, and exhaustion. Indian travellers make about 58% of those in Asia who have agreed to use their phones while travelling. The survey also showed that Indians are the "most sociable," preferring to use their phones 79% of the time at wedding ceremonies, 21% of the time at places of worship, and 69% of the time at movie theatres. In the markets under investigation, 25% of users acknowledged to using their phones while in meetings, compared to 80% of Asian users who claimed to use their phones while eating. This reliance on mobile phones is growing at a faster rate due to the abundance of utility applications that are being made available on them, whether it is for internet browsing or bill payment.

The prevalence of cell phone addiction has been found to negatively correlate with academic achievement and to positively correlate with the severity of depression. In order to determine the degree of adolescent users' addiction to mobile phone use, the psychological behaviour of mobile phone users in Bhopal, India. They demonstrated the

extent to which teenage behaviour is impacted by mobile phone use, to the point where it exhibits signs of behavioural addiction, such as interfering with daily activities. (Buchmann, 2001)

### **Effects of Smartphones on Adolescents' Physical Health**

The physiological health risks associated with excessive mobile phone use include weariness, headaches, earaches, ear warmth, and musculoskeletal problems. Using a cell phone while driving is one of the main causes of crashes, yet it is still unknown whether or not excessive mobile phone use causes tumors. Addiction to mobile devices can have negative psychological effects.

Matza believes that delinquents (like all other members of society) are subject to the moral obligations of the law. Only when the attachment to laws is perceived as weak and an opportunity for deviant behavior arises does man drift into delinquent behavior. (Matza, 1964)

The ear is the first organ that cell phones have an impact on. The impact of this energy buildup, which is greater in the ear than in other organs, on hearing is debatable. Cell phone radiation, according to Agarwal et al., can dramatically affect sperm quality by

lowering their quantity, viability, motility, morphology, and DNA mutation rate (2008). It found that regular mobile phone users typically suffered exhaustion, tension, headaches, anxiety, difficulties concentrating, and sleep issues in a study of 2000 Swedish teens' wireless phone use. In comparison to less regular users, frequent cell phone users reported more frequent health symptoms and thought their health was worse. The consequences of excessive cell phone use on adolescents' mental health and quality of life. Random selection was used to select 100 male students from Uttar Pradesh, India. They found that compared to unrestricted users, restricted mobile phone users have better mental health and a higher quality of life. The effects of cell phone use on health in college students enrolled in professional courses were examined by Acharya et al. in their 2013 study. Around 17 to 23, both sexes, randomly chosen college students from urban and rural backgrounds, were (those using cell phones). Therefore, headache and irritability/anger were the most common complaints. Other common mental health issues include inability to focus, poor academic performance, anxiety, etc. People of both sexes frequently experienced physical aches and pains, such as digital thumb, eye strain, and body aches.

### **Differences in Gender and Smartphone Addiction**

Teenagers value their smartphones, and girls use them more frequently than guys do. Previous studies have revealed that men and women use SMS differently, with women using it more frequently.

Researchers describe how the emergence of "gendered" subcultures perfectly equalizes the inequalities in gender between boys and girls. As a result, guys use mobile phones more for their own purposes, such as exploring their features and using them as toys, whereas girls use them more as a tool for communication and maintaining peer groups, connections, and social qualities (such as design, ringtone, and colours). The amount of use between the two groups is equalized as a result.

Boys use mobile phones more frequently than girls do, and teenagers spend more time using them on weekends than on casual weekend days. The different phone-related behaviors have connections with user personalities and unique traits like age and gender. The findings indicated that while women are more reliant on mobile devices, men use them more frequently in risky circumstances. Women visibly exhibit higher degrees of urgency, but men significantly display higher levels of

sensation-seeking and lower levels of tenacity when it comes to impulsion.

The problematic Internet and cell phone use of 337 college students in Spain- these pupils were more likely to be female, to have significant levels of worry, and to have difficulty going sleep, they found. Gender was connected with participation in mobile phone use but not with the frequency of use. Gender differences in users' views and attitudes toward using their mobile phones in public and private circumstances were examined by Howell et al. in 2008. They arrived at the conclusion that while men generally disliked the service, regardless of location, women had a very high opinion of it.

### **Specific Objectives**

This study looked at how cultural change affects the susceptible minds of young people in the Himachal Pradesh State and how young people become distressed and deviant as a result of these interactions. In order to gain insight into the communication gap between mother and paternal characteristics, family processes were analyzed individually. The following twin goals are aimed at understanding the causes and effects of the drastic change in behavior of youth who are becoming intolerant and unable to endure adverse circumstances leading to a disturbed

state of mind and regrettably, a decline in life expectancy and occasionally, a rise in the rate of suicide:

- a) To study the demographic profile of the late adolescent under observation;
- b) To correlate the synergy between the demographic variables and deviant tendencies of the late adolescent in question, on account of technological advancements, from sociological perspective;

### **Research Methodology**

#### **Model:**

This study used survey data from late adolescents from the 15 to 19 years age group, for a continuous span of three years. The average age of youth was 18 around 100 adolescents were observed.

#### **At the time of the First Pilot Study:**

There was a difference in perspective, values, beliefs and attitudes between parents and children due to the generation gap and it resulted in misunderstanding and conflicts. It has manifested in different forms including differences in communication style, technical know-how and expectations which include career, political views and social norms. But it is very essential to understand that every individual is different, there may be differences in experience and opinion. The

unique interaction carries the likelihood to impact the perspective and resultantly influence their values and beliefs.

#### **At the time of the Second Pilot Study:**

It was found that due to rapid pace of technological change and too much smartphone addiction has led to greater conflict in a family and the younger generation often has a greater reliance on modern technology such as Smartphones etc. making them impatient and vulnerable. The older generation is in a dilemma to adjust and understand the problems of the younger generation. This amounts to differences in communication and family ambience leading to the temperamental mismatch among the inter-generations.

Adolescent Smartphone addiction leads to the erosion of cultural and traditional values and results in the loss of identity and has led to the weakening of cultural beliefs. The adolescent becomes vulnerable due to disorientation and role confusion which may result in disconnection from the real world.

The project's primary goal was to estimate the likelihood that teenagers will engage in significant or minor deviant behaviors. Researchers were intrigued by the holistic way that young people use mobile phones

because this topic had not been properly investigated in a controlled context. Beyond the exploration objective, it was anticipated that the initiative will contribute to the development of a plan for efforts at prevention or intervention aimed at teenagers. The survey included 57 questions overall and 11 questions specifically about topics including Smartphone use time and conflicts, youth perception's thermodynamics as well as attitudes toward misuse of mobile devices causing deviance.

### Participants:

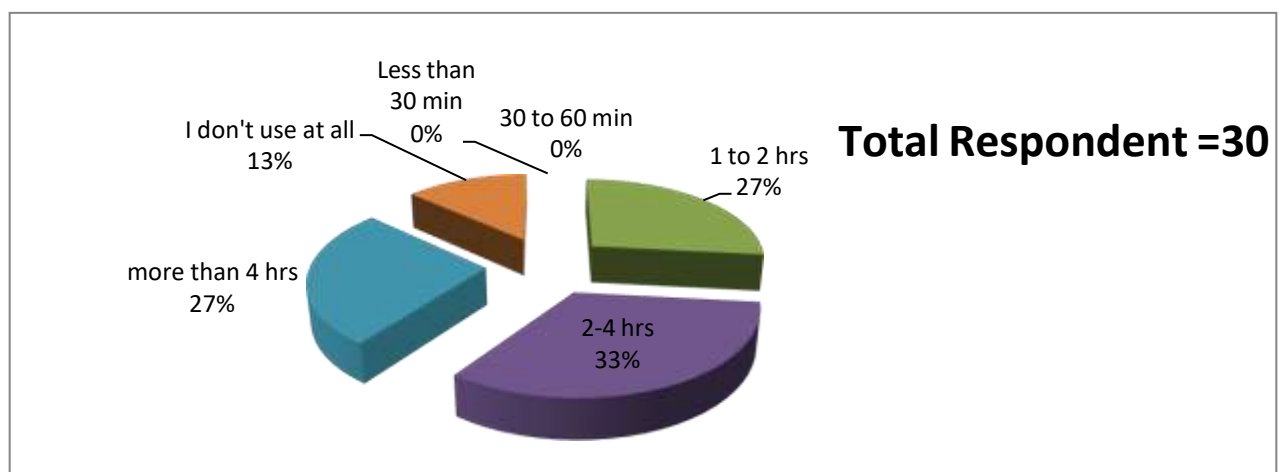
Of all respondents, research was done with 1080 youth between the ages of 15 and 19 in the State of Himachal Pradesh, India. In the demographic profile, certain participant

characteristics, such as gender, caste-community and age etc. are reported in detail. Adolescent Girls constituted ~40% of the total sample of participants. Adolescent Boys constituted ~60% of the total sample of participants.

### Data Analysis

We looked at the distribution of a few parameters and how they varied by their subjective perception type and gender. The dispersion measurements were taken into consideration in addition to the essential characteristics. Based on this, it was possible to interpret the results of the measurements in terms of the distribution and differentiation of the feature under study. The discrepancies' statistical significance was also confirmed

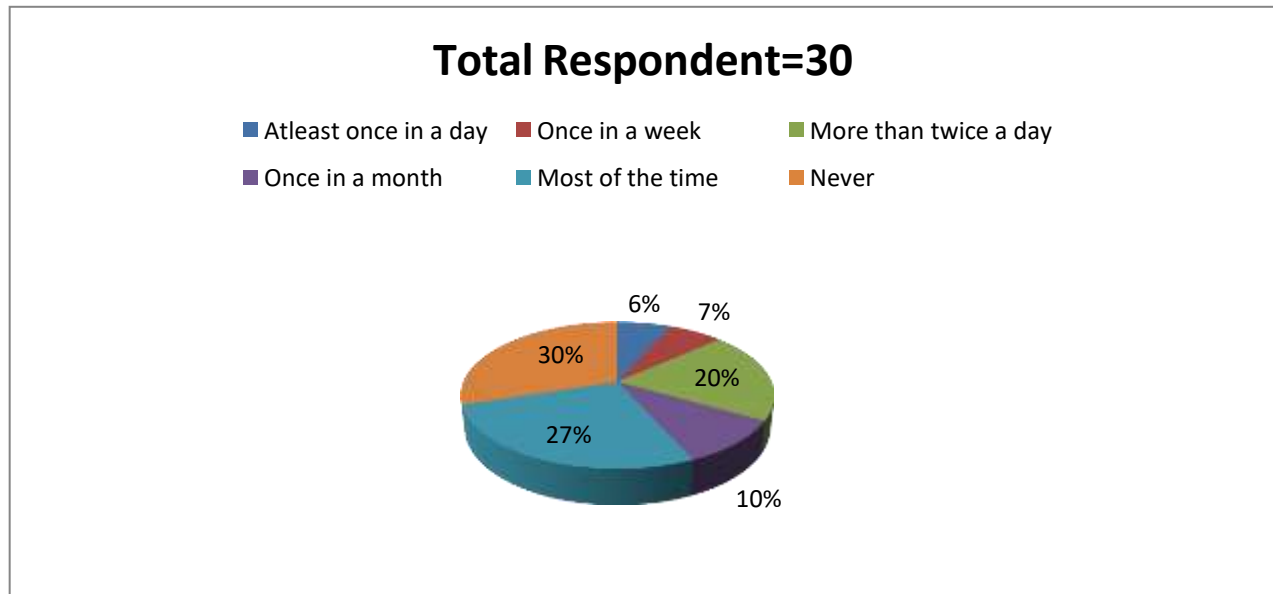
**Fig.1, Time Limit of Using Mobile Phones**



Findings from Fig, 1: Most of the children used mobile phones for more than 4 hours leading to Smartphone addiction. The

excessive and compulsive use may have negative consequences on mental health, social interactions and productivity.

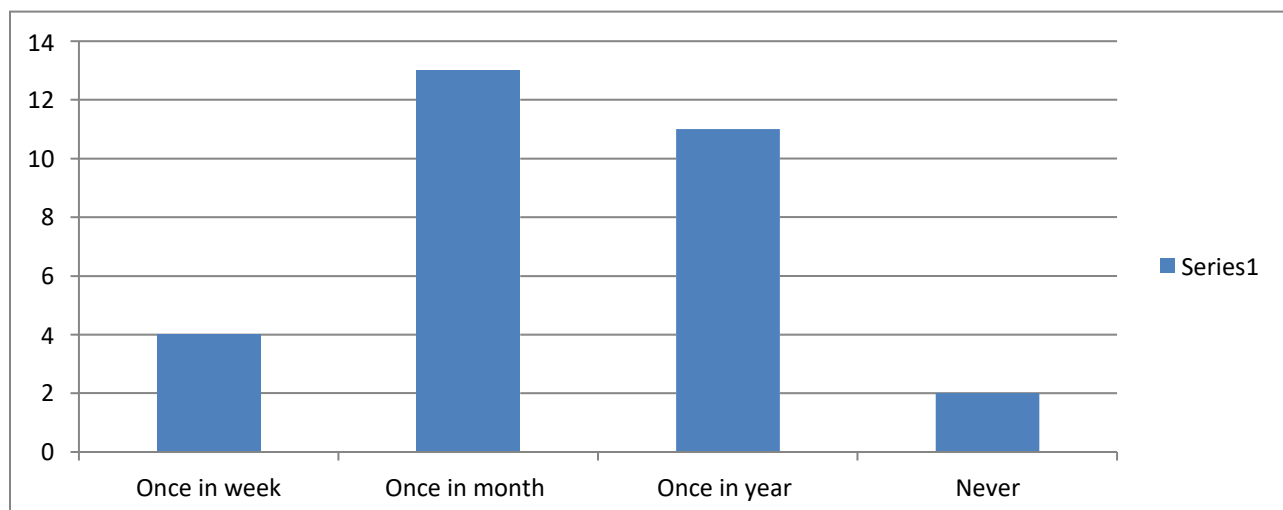
**Fig.2, Use of Mobile Phones Turn into Conflict**



Findings from Fig. 2: Most of the time the use of mobile phones has turned to conflict in adolescents' day-to-day lives. The adolescent

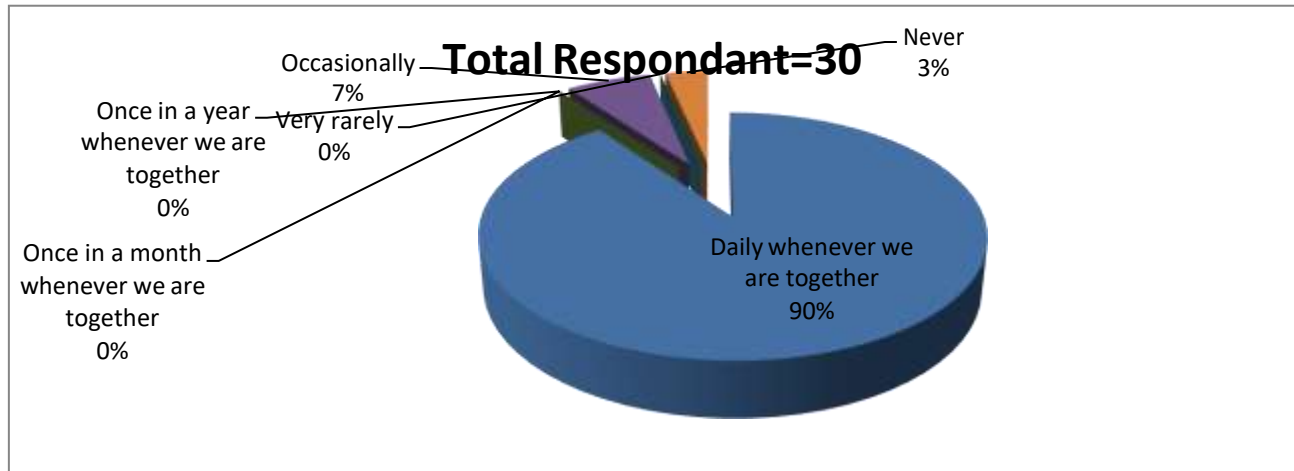
is more prone to fall in violent activities due to too much use of mobile phones.

**Fig.3, Parents Go for Outing with Children**



Findings from Fig.3: The study found that most adolescent is not too much attached to their parents as they are not able to spend time with their parents.

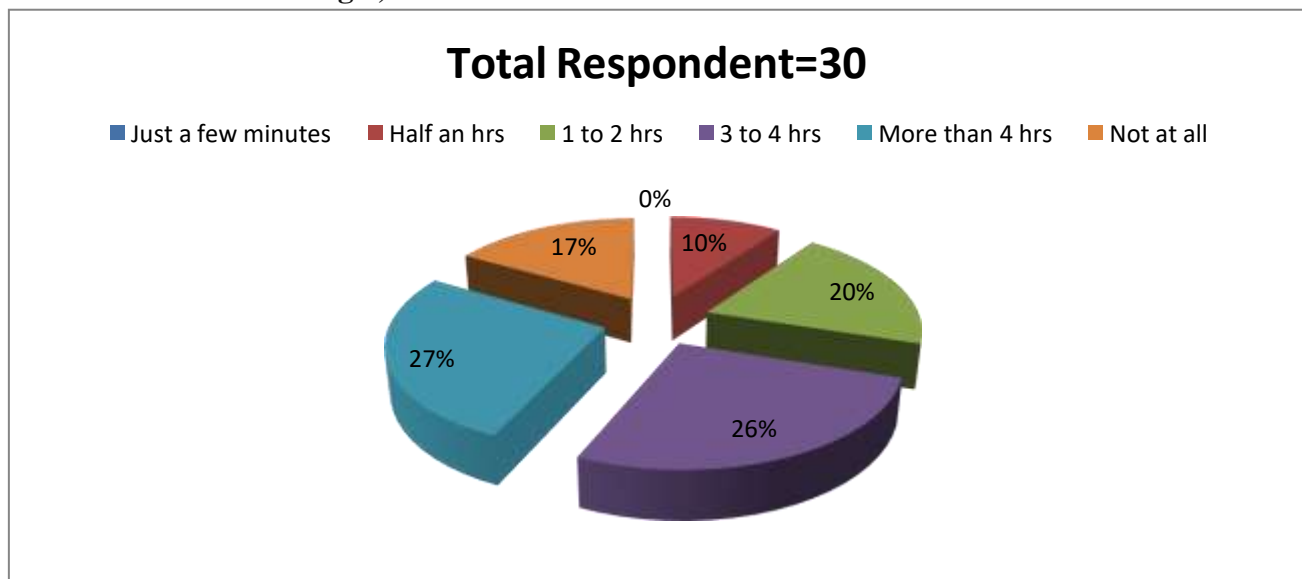
**Fig.4, Parents Have Meal with Children**



Findings from Fig.4: 90% of the adolescents used to have daily meals together with their parents. But, due to the generation gap

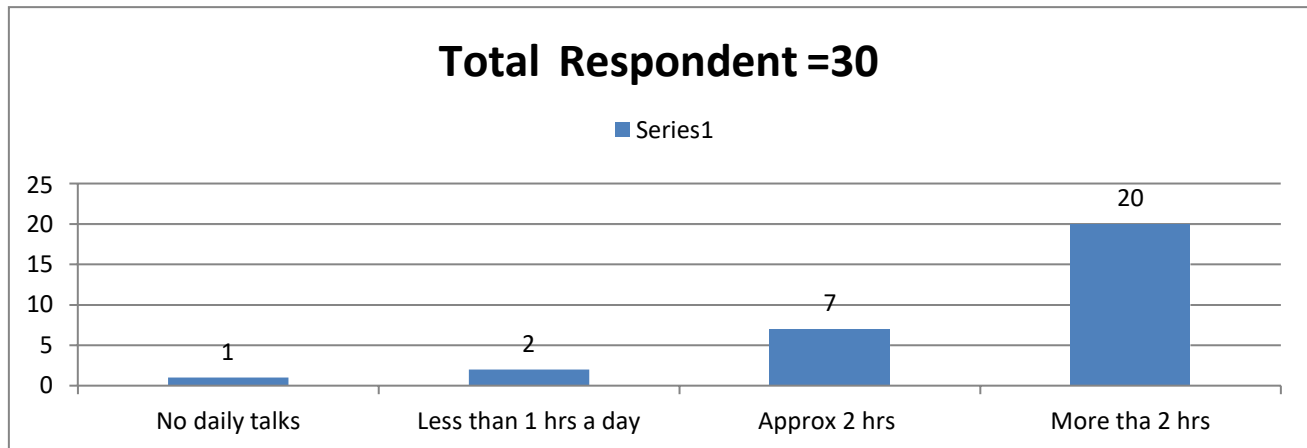
adolescent is not able to share their problems with their parents and become lonely in their life.

**Fig.5, Children's Involvement in Household Work**



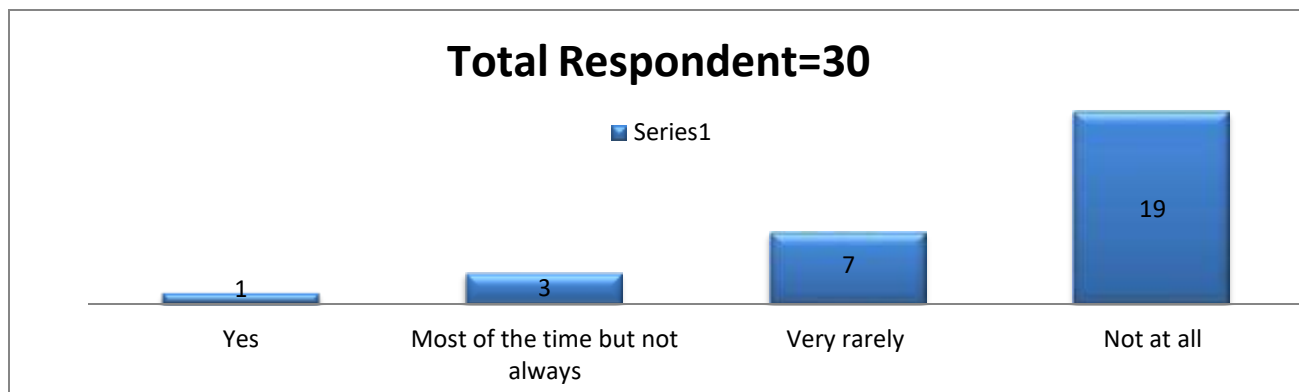
Findings from Fig. 5: 26% of Adolescents spent 3 – 4 hours in household work with

their parents while 27% spent more than 4 hours.

**Fig.6, Time Spent by Children with Their Parents Including Telephonic Calls**

Findings from Fig. 6: The majority of the adolescents spend more than 2 hours with their parents. This is a good sign but

adolescents face problems while sharing their problems and face psychological issues.

**Fig.7, Parents' Participation Including Games and Sports**

Findings from Fig.7: Parents' participation is much less in adolescents' day-to-day lives. Parents' involvement is essential for adolescent holistic development which includes emotional, social, and cognitive development. A child may struggle to come out of a problem if he/she is not given proper care. The child may feel abandoned, and

lonely and may have low self-esteem due to lack of parental involvement. This may lead to conflict and more difficulty in developing healthy relationships with parents and may feel isolated in a family. This may lead to bigger difficulties in future life.

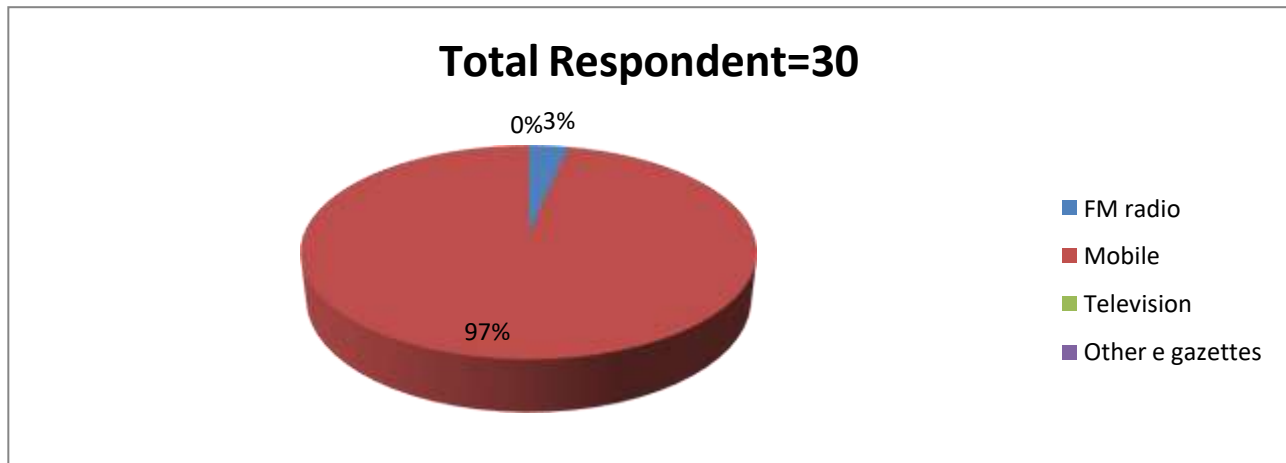
Problems like substance abuse, delinquency, early sexual activity, run-away marriage, etc.

may happen due to a lack of proper nurture and a lack of parental involvement in developmental activities.

It is essential for parents to involve themselves in their child's developmental activities and engage in adolescent life,

providing guidance and support. Parents should involve themselves and provide resources and support instead of generation gaps.

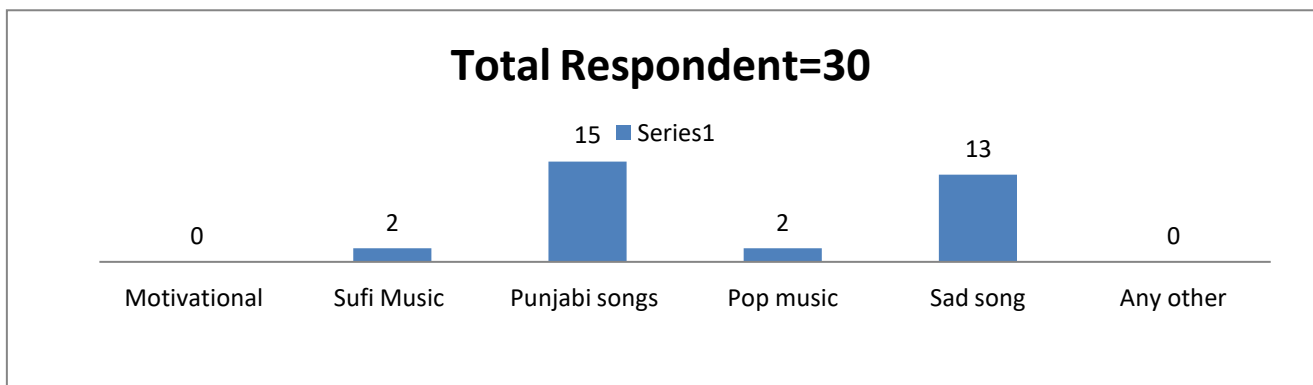
**Fig.8, Gadgets Used to Listen to Music**



Findings from Fig.8: Adolescents use mobile phones to listen to music. A smartphone is highly addictive in nature because it is designed to be highly engaging to keep users

engaged for long periods of time. Too much use of smartphones by adolescents is highly dangerous.

**Fig.9, The kind of Music People Want to Listen to in Disturbed State of Mind**



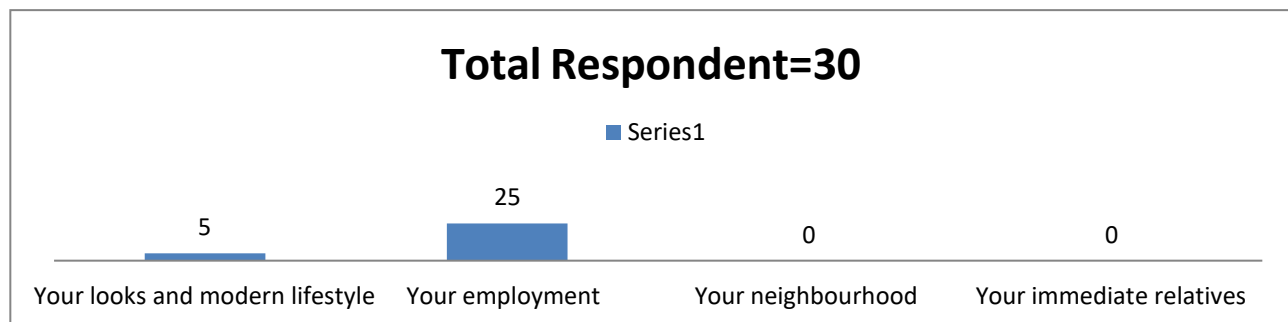
Findings from Fig.9: Most of the adolescents listen to Punjabi songs and sad songs. Adolescents listening to sad songs may have

different psychological disorders like depression, and mood disorders due to smartphone addictions.

Adolescents may have distressing experiences and become sad but it is important to note that listening to sad songs may have a negative impact on adolescent mental health and become vulnerable as it reinforces negative feelings and thoughts which can worsen the mood of the adolescent and increase depression and anxiety.

Songs consisting of violence, anger, and frustration can turn into outbursts of different emotions such as anger, depression, aggression, and frustration. The listener may feel empowered after listening to the song but in some cases, it may turn into antisocial behavior if the listener interprets as violent or aggressive behavior. There is a raise in tendencies like aggression and violence

**Fig. 10, Most Important Concern**



Findings from Fig. 10: Most of the adolescents are fascinated with their employment, their looks and their modern lifestyle. Adolescents became materialistic and influenced by modern lifestyles. Modern lifestyle may lead to stress and may raise diseases like obesity due to poor diet and different diseases like diabetes and heart attack. Adolescent smartphone addiction may lead to high levels of stress and may increase anxiety. More day-to-day lifestyle and discipline may disconnect the adolescent from the social groups and become isolated and may face depression and other mental health disorders. Urbanization has contributed more

to poor mental health and isolation due to decreasing face-to-face interactions.

### **Validity And Reliability Confirmation**

The present study has been able to explore efficiently because the data has been collected in the interval of two months. To have a valid result the study has been done by different observers and similarities have been found. The observers are described at length in subsequent para. The observation is done at different intervals with the same responder through the interview method.

The test-retest method was applied to verify the reliability of the data. It was found that the research is reliable and valid. It took almost one year from February 2022 to February 2023 to complete the study. The study is done on students of Dehra Govt College and Dehra Govt. School.

In rural society, joint family structure is more prevalent and adolescent is surrounded by many emotional caregivers. In Urban society generally, family structures are nuclear. Parents can't give time to their children. The adolescent is expressive due to more exposure but often falls into the trap of isolation. The adolescent is not able to share problems with

parents due to the generation gap. Adolescents face more isolation in urban society. Isolation leads to serious mental health issues like depression, anxiety, and personality disorders which may turn to suicide.

Refer to the following tabulation namely survey data 1, survey data 2, and survey data 3. It is imperative to mention hearing that an appreciable similarity has been found in the response of the same respondent being administered the same questionnaire by different observers at different intervals of time, substantiating its validity and reliability as per the test- re test method.

### SURVEY DATA 1

Name	Age ( years)	Sex	Question 1	Question 2	Question 3	Question 4	Question 5	Question 6	Question 7	Question 8	Question 9	Question 10	Question 11
Shiv kapil	19	Male	E	B	C	A	F	C	D	B	A	C	B
Abhishek	19	Male	C	E	C	D	C	A	D	B	A	B	B
Vaishali	18	Female	D	E	A	D	B	D	D	B	A	C	B
Anuj	18	Male	F	C	A	F	C	D	D	B	E	E	B
Arachana	17	Female	C	F	B	A	E	D	B	B	A	C	B
Shwami	19	Female	D	F	C	A	E	D	C	B	A	E	B
Scoubah	19	Male	D	D	B	A	D	D	D	B	A	E	B
Nikhlesh	19	Male	D	E	B	A	D	D	D	B	A	E	B
Gangi	19	Female	C	F	B	A	C	D	A	B	A	C	B
Sahil	18	Male	D	D	C	A	D	D	B	B	A	E	B
Aesish	18	Male	C	D	C	A	F	D	D	B	E	C	B
Govardhan	18	Male	D	F	D	A	B	D	D	B	A	C	B
Shwamam	17	Female	C	F	C	A	D	D	D	B	A	E	B
Aanchal	17	Female	D	A	B	A	E	D	C	B	A	C	B
Rani	17	Female	C	F	C	A	E	D	D	B	A	E	B
Amit	17	Male	D	C	B	A	E	C	D	B	A	C	B
Shubham	17	Male	E	C	B	A	C	D	C	B	A	C	B
Deeptri	17	Female	F	A	B	A	D	B	B	B	A	C	B
Manish	18	Male	E	B	C	A	F	D	D	B	A	E	B
Raj Kumari	19	Female	F	F	B	A	E	D	C	B	A	E	B
Doli	19	Female	C	C	B	A	E	D	D	B	A	E	A
Vaishali	19	Male	E	E	B	A	D	C	D	B	A	C	A
Vishal	18	Male	E	E	C	A	F	D	D	B	A	C	A
Abhinav	18	Male	F	F	C	A	D	C	D	A	A	E	B
Shvani	15	Female	E	E	B	A	D	D	D	B	A	E	A
Sakri	16	Male	E	F	C	A	E	D	D	B	A	E	B
Salim	18	Male	E	C	A	A	B	C	D	B	A	C	A
Aashu	17	Female	D	E	B	A	F	C	C	B	A	C	B
Abhishek	19	Male	C	E	A	A	C	C	C	B	A	B	B
Tajdeen Kha	16	Male	D	C	D	A	C	B	C	B	A	C	B

## SURVEY DATA 2

Name	Age ( years)	Sex	Question 1	Question 2	Question 3	Question 4	Question 5	Question 6	Question 7	Question 8	Question 9	Question 10	Question 11
Shiv kapil	19	Male	E	B	C	B	F	C	D	B	A	C	A
Abhishek	19	Male	C	E	C	D	C	C	D	B	A	B	B
Vaishali	18	Female	D	E	A	D	B	D	D	B	A	C	B
Anuj	18	Male	F	C	A	D	C	D	D	B	E	E	B
Arachana	17	Female	C	F	B	A	E	D	B	B	A	C	A
Shavni	19	Female	D	F	C	A	E	D	C	B	A	E	B
Soubah	19	Male	E	F	B	A	D	D	D	B	A	E	B
Nikhlesh	19	Male	D	E	B	A	D	D	D	B	A	E	B
Gargi	19	Female	C	F	B	A	D	D	A	B	A	C	B
Sahil	18	Male	E	D	C	A	D	D	B	B	A	E	B
Aasish	18	Male	C	D	C	A	F	D	D	B	E	C	B
Govardhan	18	Male	D	F	D	A	B	D	D	B	A	C	B
Shaynam	17	Female	C	F	C	A	D	D	D	B	A	E	B
Aanchal	17	Female	D	A	B	A	E	D	C	B	A	C	B
Rani	17	Female	C	F	C	A	E	D	D	B	A	E	B
Amit	17	Male	D	C	B	A	E	C	D	B	A	C	B
Shubham	17	Male	E	C	B	A	C	D	C	B	A	C	B
Deepthi	17	Female	F	A	B	A	D	B	B	B	A	C	B
Manish	18	Male	E	B	C	A	F	D	D	B	A	E	B
Raj Kumari	19	Female	F	F	B	A	E	D	C	B	A	E	B
Doli	19	Female	E	C	B	A	E	D	D	B	A	E	A
Vaishali	19	Male	E	E	C	A	D	C	D	B	B	C	A
Vishal	18	Male	E	E	C	A	F	D	D	B	B	C	A
Abhinav	18	Male	F	F	C	A	D	C	D	B	A	E	B
Shvani	15	Female	E	E	B	A	D	D	D	B	A	E	A
Sakil	16	Male	E	F	D	A	E	D	D	B	A	E	B
Salim	18	Male	E	D	A	A	C	C	D	B	B	C	A
Aashu	17	Female	D	E	B	A	F	C	C	B	A	C	B
Abhishek	19	Male	C	E	A	A	C	C	C	B	A	C	B
Tajdeen Khar	16	Male	D	C	D	A	C	C	D	B	A	C	B

## SURVEY DATA 3

Name	Age ( years)	Sex	Question 1	Question 2	Question 3	Question 4	Question 5	Question 6	Question 7	Question 8	Question 9	Question 10	Question 11
Shiv kapil	19	Male	E	C	C	B	F	C	D	B	A	C	A
Abhishek	19	Male	C	E	C	D	C	C	D	B	A	B	B
Vaishali	18	Female	D	E	A	D	B	D	D	B	A	C	B
Anuj	18	Male	F	C	A	D	C	D	D	B	E	E	B
Arachana	17	Female	C	F	B	A	E	D	B	B	A	C	B
Shavni	19	Female	D	F	C	A	E	D	C	B	A	E	B
Soubah	19	Male	E	F	B	A	D	D	D	B	A	E	B
Nikhlesh	19	Male	D	E	B	A	D	D	D	B	A	E	B
Gargi	19	Female	C	F	B	A	D	D	A	B	A	C	B
Sahil	18	Male	E	D	C	A	D	D	B	B	A	E	B
Aasish	18	Male	C	D	C	A	F	D	D	B	E	C	B
Govardhan	18	Male	D	F	D	A	B	D	D	B	C	C	B
Shaynam	17	Female	C	F	C	A	D	D	D	B	A	E	B
Aanchal	17	Female	D	B	B	A	E	D	C	B	A	C	B
Rani	17	Female	C	F	C	A	E	D	D	B	A	E	B
Amit	17	Male	D	C	B	A	E	C	D	B	A	C	B
Shubham	17	Male	E	C	B	A	C	D	C	B	A	C	B
Deepthi	17	Female	F	A	B	A	D	B	B	B	A	C	B
Manish	18	Male	E	B	C	A	F	D	D	B	A	E	B
Raj Kumari	19	Female	F	F	B	A	E	D	C	B	A	E	B
Doli	19	Female	E	C	B	A	E	D	D	B	A	E	A
Vaishali	19	Male	E	E	C	A	D	C	D	B	B	C	A
Vishal	18	Male	E	E	C	A	F	D	D	B	B	E	A
Abhinav	18	Male	F	F	C	A	D	C	D	B	B	E	B
Shvani	15	Female	E	E	B	A	D	D	D	B	A	E	A
Sakil	16	Male	E	F	D	A	E	D	D	B	A	E	B
Salim	18	Male	E	D	A	A	C	C	D	B	B	C	A
Aashu	17	Female	D	E	B	A	F	C	C	B	A	C	B
Abhishek	19	Male	C	E	A	A	C	C	C	B	A	C	B
Tajdeen Khar	16	Male	D	C	D	A	C	C	D	B	A	C	B

## Results And Analysis

Out of the set of 57 questions overall drafted for the study, the following 11 questions specifically about topics including Smartphone use time and conflicts, youth perception's thermodynamics as well as attitudes toward misuse of mobile devices causing deviance. In response to the first question "*How much time do you use the internet for in a day?*", How much time do you use the internet for in a day? All respondents gave an affirmative answer that they use the internet at least 30 minutes a day except one student who wrote that he does not use the internet at all.

The second question was: "*How many times the use of mobile did turn into conflict?*" All the respondents are reported to have encountered conflict due to the use of Smartphones with varying frequency. The results were presented in the table below.

In response to, "*How often do your parents go for outings with you?*" The obtained results indicated the youth whosoever are addicted to the Smartphone are involved lesser in household activities like having meals together with parents or going for outings with parents or spending time in household work like cooking etc. and vice-versa. There appears to be a communication gap between parents and adolescents in the modern age which constitutes a generation gap. Every adolescent acknowledged using

the internet frequently each day, which is a subliminal admission that they have a cell phone.

Most of the adolescents are fascinated with their employment and their looks and modern lifestyle. Adolescents became materialistic and influenced by the modern lifestyle. The results vis-à-vis "*Which gazette do you use to listen to music?*" showed that 93.2% of youth use their Smartphone to listen to music whereas a marginal fraction uses other e-gazettes followed by FM radio and television.

According to the distribution of replies from all respondents, every second student used their Smartphone for internet access for more than an hour. Two of every three students listen to music (68%) using a mobile. Three in every four adolescents who are addicted to Smartphones (using over or above 4 hours a day) have been found to have an inclination toward watching pornography, drugs, truanting, live-in relationships, rash driving etc. Smartphone-addicted adolescents have stated in favor of suicide that suicide is rarely wrong.

Most of the adolescents listen to Punjabi songs and sad songs. Adolescents listening

to sad songs may have different psychological disorders like depression, and mood disorders due to smartphone addictions.

With regard to all students, almost every adolescent has been dependent upon the use of Smartphones to the extent that they would not be able to live without them.

The data has been analyzed by the observer and the researcher. The researcher analyzed the data and found that most of the teenagers use the internet for more than four hours and face conflict due to the use of mobile phones. Parents spend less time with their children. Students are too much addicted to mobile phones.

### **Significance of the Study**

The findings of this study allow for the formulation of several recommendations and stress the necessity and importance of addressing the problem of Smartphone addiction. In fact, this issue affects a range of settings and age groups. It is possible to adhere to "a day without phone" programs. The study reasonably recommends curtailing the time we spent on smartphones amounts to sleep disturbances including depression,

anxiety, and behavioral and compulsive disorders.

### **Discussion**

Internet use is very popular among adolescents but it may cause serious problems related to physical and behavioural health. Mental health issues are often associated with physical and behavioural health. Smartphone addiction may cause many mental health issues that depend on our family structure and mainly to which society we belong. Urban rural inequality can be seen in adolescent mental and behavioural health.

### **Deviance And Generation Gap**

During the later adolescent phase, the child attains puberty and can become sexually active due to too much exposure and adolescent exploration of adult behaviour and lack of proper sex education may lead to serious conflict. Here generation gap creates more difficulties in coping with the situations. This may lead to unprotected sex, live-in relationships, pre-marital sex, depression, and sometimes suicide.

Matza argued that rather than deviant values being a feature of criminal subcultures, they were something we all shared. We have

"subterranean values" alongside the mainstream, compliant ones, which we learn to keep hidden and to not act on. (Matza, 1969)

### **Smartphone Addiction May Stop the Adolescent from Advanced Thinking Skills**

Smartphone addiction hinders brain development and may cause sleep disorders. The adolescent struggle of sharing socio-emotional and personal problems with parents due to the generation gap creates more conflict and hinders the capacity of decision making which may lead to delinquent activities or self-harm. Violence, aggression, brain damage, poor school performance, and lack of attention can be the result. It will stop adolescents from advanced thinking.

### **Smartphone Addiction on Girls**

Smartphone addiction can be seen more among girls and onset of menstruation the girl will be able to evolve more but due to issues like cyberbullying, indecent representation, sexting, leaking private videos, or identity, she may become a victim of different criminal activities and can commit suicide. The parents-adolescent relationship should be very strong to protect

the adolescent from problems. The generation gap is the reason that hinders the adolescent to share serious problems.

### **Degrading Music on Adolescent Mental Health**

Adolescent taste of music can determine the personality of the child. Degrading music may contain drugs, violence, rape, indecent representation of women, domestic violence, substance abuse, and murder may lead the adolescent to commit serious crimes.

Merton's anomie theory is that most people strive to achieve culturally recognized goals. A state of anomie develops when access to these goals is blocked to entire groups of people or individuals. The result is a deviant behaviour characterized by rebellion, retreat, ritualism, innovation, and/or conformity. (Merton, 1938)

### **Conclusion**

In one of the earlier studies on the topic, it was suggested that excessive mobile phone use might be a sign of depression or an issue with impulse control. They employed a number of dependent variables, such as reported time per week spent just using the device as an issue, reported percentage of usage based on social, and reported

percentage of use based on business, in order to address both the underlying problem and improper mobile phone use. The reported percentage of use of other features was one of the additional criteria. The study found that, when thinking about problematic cell phone use, technology addictions are a smart place to start.

Furthermore, it was suggested by the results that young people in particular would be more prone to heavy and problematic use. The majority of their mobile phone usage was for SMS and other features. The three hallmarks of Smartphone addiction is that those who suffer from it never turn off their devices. The second is that despite having a landline at home, they frequently utilize their mobile phones. Finally, due to their excessive mobile phone use, people regularly run into social and financial problems. Mobile phones were used frequently—on average 1.5 to 5 hours per day—by Australian university students, according to James and Drennan's 2005 study, which looked at this topic. Their investigation turned up a number of characteristics linked to addictive behaviour. These included impulsivity, increasing anxiety before using the device, the failure

of the control mechanisms, and withdrawal symptoms.

A few factors that were connected to consumers' involvement in compulsive or addictive behavior were also highlighted by the data. Contextual elements that influenced excessive usage were holidays, alcoholism, and depressive disorders. A few of the many negative consequences of mobile phone addiction among users include decreased literacy abilities, damaged relationships, financial hardships, and emotional stress. Park divided respondents' mobile phone usage into two categories in his 2005 study: light users (those who used their phones for less than nine minutes) and heavy users (those who used their phones for more than nine minutes). Less than nine minutes of use by respondents were deemed "light" use, while the use of more than nine minutes was deemed "heavy" use. Mobile phone addiction was evaluated using seven dependent criteria. This included continued use, tolerating it, stopping, and unintentional use, spending time, spending less time, and substituting other activities. The results showed that despite the possibility of problems like exorbitant phone bills and uncomfortable public behaviour, mobile phone users have become accustomed to

them. Additionally, customers become quite angry and worried when their cell phones were down for an extended period of time. There were worrying signs of addiction, but this behavior remained.

We now understand that teens are more likely than older generations to use mobile phones for purposes other than communication according to this review study. Teens are more likely to adopt current trends in style and fashion, which boosts their tech savvy and may result in certain behavioural issues. The dangers of cell phone radiation were first raised once mobile phones became widely used. Overuse of mobile devices is mostly associated with weariness, headaches, attention deficit disorder, and localized burning and irritation.

The goal of the study was to determine how mobile phones are used by youth between the ages of 15 to 19 years. According to the results of the research that has been supplied, owning a mobile phone is both typical and common. We concentrated on examining the perception of youth either studying at Senior Secondary schools and college or dropout students regarding how young people see cultural transformation.

The findings indicate that the digital generation divide has left its mark on how young people view social media. In this manner, conclusions and ramifications are presented.

The findings show that respondents' age and gender have an impact on how people use their mobile phones, but it was the comparison of the boy and girl groups that revealed the most obvious discrepancies. Every second student, and more frequently females than boys, always carry a cell phone with them. More than half of the kids don't put their phones away at night gives the impression that without a cell phone, 21st-century youth would find it impossible to survive.

The findings indicate that the cultural changes of the 21st century contributed to the development of aberrant behaviors among adolescents. Style is a crucial part of youth cultures, one of the most pervasive social structures among young people today. According to the study, the "Happiness Curriculum" needs to be developed and ingrained into our social governance system urgently in order to prevent negative effects on youths' mental health, resilience, and character that would lead to horrifying

mental alterations and an increase in violent incidents. Young people use mobile phones so frequently that behavioral addiction signs, such cell phone use interfering with daily responsibilities, are common. This study's main goal is to assess and analyze some recently published studies on the impact of mobile phones on adolescent development. One of the many topics covered in reviews, along with the definition, signs, diagnosis, and negative effects of teen phone addiction, is the impact of mobile phone addiction on adolescents' mental and physical health.

The findings showed that young people who are addicted to their smartphones used to engage in fewer home activities, such as spending time doing chores like cooking, going on family outings, eating meals with their parents, and vice versa. In the present period, there appears to be a generational communication gap between parents and teenagers. Every adolescent acknowledged using the internet frequently each day, which is a subliminal admission that they have a cell phone. According to the distribution of replies from all respondents, every second student used their Smartphone for internet access for more than an hour. 68 percent of students use a mobile device to listen to music. Three out of every four

teenagers who are Smartphone addicts (using their devices for more than 4 hours a day) have been found to have a propensity for drug use, truancy, live-in relationships, reckless driving, etc. Adolescents who use Smartphones excessively have claimed that suicide is rarely wrong.

Almost all teenagers, including those enrolled in school, are so reliant on their Smartphones that they could not survive without them.

Given the results, emphasis should be placed on distinct gender differentiation. According to the research, girls are far more likely than boys to use their mobile phones, talk on them for longer periods of time, send more text messages, put them away less frequently at night, and anticipate calls and discussions more excitedly. On the basis of this, it may be said that girls are more susceptible to Smartphone addiction, even though they are conscious that the danger of cell phone addiction exists.

Finally, it is important to acknowledge several research limitations and their implications for future studies. Investigating whether young people in this scenario develop dependent on things like equipment

or activities or on "being up to date" might be worthwhile. But what if the behaviours under investigation are just a reflection of the present? That's why an attempt was made to get the information in an uncontrolled open environment as far as possible.

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