THE EFFECT OF MOBILE TECHNOLOGY ON SOCIAL INTERACTION

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Abstract: The major objective of my study paper, " The effect of mobile technology on social interaction and interpersonal relationships," is to show how cellphones in particular have impacted our human traits and interpersonal interactions. Mobile technology is used by almost everyone in the world for a variety of purposes, and it has greatly improved our quality of life. The development of technology has, however, also had an impact on how we interact socially and communicate with one another. The goal of this study is to determine whether or not mobile technology affects interpersonal behaviour and face-to-face communication in positive or bad ways. The findings of my poll confirm my intended research topic, which is the influence of mobile technology.

Index Terms - **Mobile technology, social interaction, interpersonal relationships.**

I. INTRODUCTION

Our society depends heavily on communication. Without communication, it would be practically impossible to complete almost any task in today's world. Early communication techniques included a haphazard assortment of sound-making, stone-drawing, imperial communication, pigeon post, etc. (Gascoigne, 2019). The invention of the first usable telephone by Alexander Graham Bell in 1876, however, marked a new turning point in human communication (Biography, 2018). The idea of telephones was evolved into mobile in the 1940s by AT&T engineers within a short period of time (Switch, 2020). Today, we have what are referred to be smartphones.

But these smartphones are more than simply communication devices. Nearly all common jobs can now be completed by smartphones in the modern era. We can do a lot of things outside just send and receive text messages and phone calls, such as take pictures and videos, browse the internet, play video games, and more (Toppr, 2019). The impact on social behaviour and interpersonal interactions comes at a price for all these aspects, though. We are slowly losing interest in traditional human interaction in the modern era since we have grown so reliant on mobile technology. The quality and quantity of human face-to-face communication is declining since instant messaging and phone calls have become so accessible.

According to a poll of 120 Al-Azhar University senior students, face-to-face connection between subjects and their loved ones has been significantly diminished by mobile technology (Elsobeihi & Naser, 2017). This is mostly due to the fact that these students have become increasingly dependent on mobile technology, which enables communication with a wider variety of people from various backgrounds (Elsobeihi & Naser, 2017). Because of this mobile technology's overuse, there is a reduction in the amount of face-to-face conversation.
An additional regional poll was conducted to examine the effects of mobile technology. The findings demonstrated that cellphones significantly reduce the quality of face-to-face conversation due to their tendency to divert users' attention, also known as absent presence (Rotondi, Stanca, & Tomasuolo, 2017). Additionally, it was shown that smartphone users avoided spending time with their friends in person (Rotondi, Stanca, & Tomasuolo, 2017). Additionally, this absence might have an effect on the person, leading to decreased productivity, greater procrastination, as well as other negative physical and psychological effects.

In addition to all of these, another study argues the opposite. On 75 applicants, they ran a fictitious interview experiment. Some researchers would leave with a fabricated justification, leaving the subjects with just one or two researchers, and some participants' phones would be taken away while others would still have them. The remaining researcher would then try to strike up a discussion with the subject and watch to see if the length of face-to-face interaction was influenced by the various degrees of mobile phone users. The length of conversations for various levels of mobile phone users did not differ much, according to their findings (Jones, 2017). Only 48% of those scheduled for the interview showed up, and the researchers acknowledge that this can be a worrying feature (Jones, 2008).

2. RESEARCH QUESTIONS

I will examine the **e**ffect**s** of mobile technology on social behaviour and interpersonal interactions throughout my research paper. I was interested in learning how the development of mobile technology affected people, specifically if they used it more or less as a result. Additionally, I want to know whether there are any age-related trends in mobile technologies. This is due to young people's propensity for adopting the most recent technological advancements, especially those who are adolescents. Additionally, missing presence is a typical

occurrence in today's society. I also want to see if someone is more involved in their online social life than in their actual in-person social life. People may be more engaged in online social life because it offers identity privacy and a far more varied selection of people from various origins and races.

I also want to know if emotional intelligence is impacted by mobile technology and if any particular behavioural changes occur. The idea that mobile technology greatly aids in maintaining human interactions has caught my attention, and I'd like to learn more about how it does so. Using a mix of the survey that was completed and several internet research articles, I was able to eventually get the answers to my queries.

3. HYPOTHESIS

I believe that mobile technology has a negative effect on social interaction and interpersonal connections. Since nearly everyone relies excessively on mobile technology for its variety of capabilities, there is a pot People can potentially unwittingly have nomophobia in certain severe circumstances. The dread of being without a phone is known as nomophobia, and it can have a negative impact on a person's psychological health. People will therefore be less likely to communicate with someone in person using the conventional means.ential that we could experience some negative impacts.

The development of technology has made messages and phone conversations rather speedy. Since they will favour this over the conventional manner, people have a tendency to lose connection with one another. As a result, face-to-face communication will become less frequent and of worse quality. I anticipate that these negative consequences will worsen with time because mobile technology is developing quickly and will continue to do so in the foreseeable future.

4. RESEARCH METHODOLOGY

I consulted a variety of sources, including surveys, journals, internet articles, research papers, and more, to achieve my research objectives. All of these were very helpful to me in completing my research obligations. I conducted a representative sample of Bangladeshi citizens' replies to my survey questions as part of my primary study. Due of the COVID-19 epidemic, it is not safe to venture outside, so I was required to complete an online survey made with Google Forms. There were 176 participants in my poll, the majority of them were between the ages of 11 and 30, with a handful being above 40.

Out of 176 participants, 54.3% of the participants in my survey were men, and 45.7% of them were women. I conducted secondary research for my research paper using a variety of sources, including journals, online publications, research papers, and more. I also used the internet to double-check my understanding and the reliability of the sources I used for my secondary research.

5. DATA PRESENTATION AND ANALYSIS

The information gathered from the online Google Form survey of a variety of persons is shown below: I started by inquiring about the participants' everyday phone usage. 27.4% of participants voted for 5-8 hours, compared to 33.1% who opted for 2 to 5 hours. Also, a sizable portion of voters (26.3%) cast their ballots for eight or more hours. The COVID-19 pandemic may have contributed to this; nonetheless, using a phone for work for more than eight hours is bad for a person.

Inquired about the participants' use of their phones for work or school in my second question to them.
Findings, 34.3% of people use them for less than two hours, 28% use them for two to five hours, and 26.9% choose the two to two and a half hour range. Fewer participants select the 5-8 hours and 8+ hours range.

We can observe that the individuals spend the majority of their time elsewhere rather than on their academic or professional goals.
I questioned the participants about how they used social media on their phones.

Participants chose the 2-5 hour range in 33.1% of cases, the 5-8 hour range in 12% of cases, the around 2 hour range in 27.4% of cases, and the less than 2 hour range in 20.6% of cases. Therefore, 50% of users log onto social networking sites for no more than two hours per day. The remaining 50% utilises a range of 2 to more than 8 hours. Given that 86.8% of people use their phone for 2 to 8+ hours a day , it follows that people are using their phones more for social networking sites than for academic or professional purposes.
The participants' total time spent with family members, including casual conversation and in-person gossip, was the next question I posed to them.

The majority of people (36.6%), as indicated in Figure 6, spend less than two hours with their family. 20% of adults spend between two and five hours with their family, while 25.7% spend less than two hours. Only 17.8% of individuals spend five to eight hours or more with their families. It is pretty obvious from Figure 6 and the previous findings that people place higher value in their online social lives than in their physical social lives.

I also wanted to investigate how the advancement of mobile technology affected how much time people spent watching screens. In order to find out if people use smartphones more than earlier handheld phones.

The bulk of replies (68%) chose "Yes," while 19.4% had never previously owned a portable phone and the remaining 12.6% chose "No" or "Maybe." The fact that smartphones have so many more functions than portable phones could be one explanation for this. The following inquiry—do the participants chat/talk more on their smartphones than on portable phones—was used to guide additional research
As 61.7% of participants admitted to using their smartphones more for conversing and chatting, while 16.6% disagreed. Thus, by contrasting Figure 7 with 8, it can be inferred that an individual's screen time has considerably increased with the emergence of mobile technology, and 98.3% of participants are in the 11 to 18 age range. 30 demonstrates that the adolescent to adult age bracket is where the impact of mobile technology may be seen most clearly.

I also wanted to learn how mobile technology affected social behaviour, so I asked the participants how they felt when they couldn't find their smartphones as my following question.

Participants who reported feeling anxious made up 30.9% of the sample; among them, 15.4% also reported feeling angry. While 14.3% of persons experienced strong rage, 13.1% of people also experienced dread. This demonstrates that Nomophobia1 is a common issue among smartphone users. I was taken aback, though, when I later inquired about their familiarity with nomophobia.

Only 16.6% of participants, as depicted in Figure 10, are aware with the term "nomophobia." The remaining 83.4% either learned this term for the first time (56%) or had never heard of it (27.4%) before. This demonstrates how users of mobile technologies are unintentionally experiencing their negative impacts. The next inquiry investigates whether participants become irate when they are interrupted while using a cell phone .

44 percent of participants responded "No" to the question. However, a sizable portion of respondents (30.9%) claimed that they would become upset regardless of how urgent the interruption was. As a result, smartphone users are gradually losing interest in traditional social connection.

A second behavioural effect study revealed that while 50% of people are comfortable speaking, the other 50% prefer in-person interactions. In Figure 13, the justifications for the 50% Yes candidates are presented.

The most common justification given by respondents was that they needed more time to reflect before responding (57.9%), as responses in daily conversation are typically given relatively immediately. Another 42.1% said they could respond whenever they wanted, and 36.8% said they weren't required to express any feelings. That's the as a result of people's extreme dependence on mobile phones. Face-to-face conversation seems difficult for them because they have grown so reliant on technology, and their emotional intelligence has suffered.
how mobile technology affects how well human relationships are maintained. When asked to rank their frequency of contact with persons who live close by, 34.9% of participants chose level 3 on a scale of 5, while 20.6% chose level 5. On the other hand, while contacting close friends or family members who were far away, 29.1% of participants ranked 2, and 25.1% rated 1. Thus, to be more specific, mobile technology can be advantageous for close-range communication but appears to have little to no benefit for communication with close people who live far away.

6. SUMMARY OF RESEARCH FINDINGS
Mobile technology therefore has a negative effect on social interaction and interpersonal connections. The users experience numerous negative impacts as a result of their excessive dependence on mobile technology. Due to an increased reliance on communication techniques that don't involve human interaction or emotions, there is a decline in the amount of face-to-face conversation. The number of hours spent using a mobile device without necessity is likewise very significant. Since family time is likewise quite limited in comparison to online social life, the quality of in-person contact has also reduced. Nomophobia symptoms have also been seen in a person.
For an unforeseen amount of time, mobile technology will continue to progress. Therefore, it is reasonable to assume that the issues will only get worse in the future. Additionally, when it comes to maintaining human relationships' connectivity, mobile technology has a negligible impact. Overall, these two facets of human life are negatively impacted by mobile technology more than positively.

7. CONCLUSION
My research led me to the conclusion that mobile technology has a negative influence on interpersonal connections and social behaviour. The adolescent to adult age group is typically affected, and the development of mobile technology has greatly increased its use. People appear to value their online social lives more than their offline social lives as a result. Users of mobile phones have significantly reduced emotional intelligence and Nomophobia without even being aware of it. In addition to all of this, people also seem to believe that cell phones keep partnerships strong. Mobile phones, on the other hand, may help maintain close-range connectivity but offer little to no assistance for long-distance relationships.
Making a regular routine is one suggestion that might help to lessen the severity of these negative impacts. The pattern entails setting aside time for various tasks, with the task with the greatest urgency receiving the greatest number of hours. If a large-scale poll and some interviews could have been conducted, a much more thorough conclusion could have been reached. In addition, I believe that this issue will only get worse in the future. Therefore, users should exercise caution while relying on mobile technology and should limit their cell phone use

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