



Educating School Children On Mobile Phone Addiction

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Abstract

Excessive use of mobile phones can impair children's cognitive development. Children may become addicted to mobile phones due to games, notifications or messages ,it gives them an immediate hit of the habit-former that feels good. It also inhibits their ability to engage in imaginative play, which is critical for their brain development . It also leads to problems in social-emotional development , including obesity , sleep disturbances , depression , and anxiety . It can also impair emotional comprehension , promote aggressive behavior ,and hinder social and emotional competence. In today's era parents tend to easily give their mobile phones to their children and it makes children more obsessive towards using mobile phones.

Keywords: educating school children, mobile phones , addiction , impairment , cognitive development

INTRODUCTION

In today's era mobile phones have become a vital part of every human being lives and it has become more essential to the children . Parents and teachers play a crucial role in children's live . Parents or a teachers must monitor the children , through monitoring them ,it would tend to make them avoid their habits of using mobile phones. In today's era the greatest technology tool are mobile phones. Mobile phones can be both useful as well as life threatening especially for the children . Schools tend to play a major role in implementing and promoting awareness programmes of using mobile phones for the children . Schools should implement various programmes for the children . Mobile phones can be use for referring a notes materials , attending online classes, attending webinars or watch online tutorial classes . Excessive use of mobile phones can make a critical scenario for the children.

Terms :

Acceptance of using mobile phones: In the present era 99% of children use mobile phones , the parents or the guardians need to give their mobile phones according to the limitation of time . There should also be acceptance of using mobile phone sometimes , as in today's time mobile phones has become the centre of every human being lives.

Consideration of using mobile phones: Sometimes there should also be a consideration in using mobile phones,as sometimes many classes were taken through online mode ,it would help in attending online workshops, webinars,tutorial classes,etc.

Mobile phone

Mobile phone has now become the most growing concern . As modern human beings, everyone use mobile phone for our day-to-day activity. Mobile phones are also very useful ,it help us connect with our family and friends . It also help us to get information from one place to another place . Mobile phones can be very much helpful ,if we use it sensibly.Mobile phones can be use for many purposes like clicking pictures, creating and saving important documents, managing important dates in calendars,playing music,watching movies or dramas, browsing internet for the projects or study materials . However , mobile phones can be very harmful especially for the school children ,it tend to effect to their studies. Many peoples had been trapped in using social media like instagram, facebook ,snapchapt ,etc. In today's time instagram is the most followed app ,where people make reels like funny,cringe ,meaningful videos ,whereas some they create content of journey , important news, or some tutorial classes. Using mobile phone can be very interesting but at the same time it can be dangerous as well, we only need to be careful and limit the time of using mobile phone.

School Children

School children are generally the most aesthetic and most advanced youngsters . Schools are the main source of educating children on the addiction of using mobile phones and could also create awareness programmes to the school children . Many children had also been addicted on making reels, watching cartoons,playing games which they usually tend to forget to attend to their studies. The most fact thing in today's time is that, most of the school projects or homeworks were mostly done by the parents. Children gets annoyed and aggressive if they are not allow to use mobile phone , which also makes them weak in studies ,but there also some children who has the limitation and balance of using mobile phones.

- **Teachers** : Teachers should be highly qualified and dedicated ,endeavoring to provide the foremost education to the school children. Teachers helps in resolving the issue with the children. Teachers are the real guide in fostering children's interest and make children more independent in learning.
- **Parents** : Parents play a significant role in their children's lives. Parents should build a healthy relationship with their child. Parents should be attentive to what their child says, giving each other time to talk ,in order to create positive environment, helps in developing confidence in a child. In this modern era ,most of the parents allow their children to use mobile phones ,they also give personal phone to their child,which genuinely need to be break off by the parents.
- **School** : School plays a crucial role in planning activities and organizing awareness programmes for the children . School is not just an scholastic institution but also a nurturing ground for children's talent and behaviour.

Causes of addiction

- ❖ Spending more time on using mobile phone rather than studying or doing projects.
- ❖ Feeling impatient , short-tempered ,having excess emotions ,when he or she could not get to use their mobile phone or waiting for notifications .
- ❖ Playing games in an extreme level ,which tend to make them forget their studies
- ❖ Lacks behind in socializing with other peer groups of their age as well as with other age of children .
- ❖ Makes excuses to their parents in order to use mobile phones or lie to their parents ,that they would be watching online tutorial classess or search for materials through online but most often they does not.
- ❖ Reduces children's ability to think or to study attentively,which also leads to get less marks in their exams or tests.
- ❖ Feeling offensive or impulsive when elders express concern over their excessive use of mobile phone.

Strategies for prevention of mobile phone addiction

- ❖ **Encouraging other activities:** Children often gets addicted of using mobile phone ,which makes them lazy to participate in other activities . The parents or the teachers need to encourage children to participate in other activities like sports, dance , singing, drawing, debates or offering opportunities like school leadership or class monitor.
- ❖ **Encourage social life:** Many children often like staying inside their room playing games,browsing internet but would never interact social life . They always find peace in using mobile phone and hesitates socializing with other people. The elders need to encourage and improve their child's social life.
- ❖ **Maintain strict mobile phone schedule :** Parents should maintain a strict schedule for their child , if a child is using phone during evening then a child should not use its phone at night , it would help their child to stay away from their phones .
- ❖ **Set strict time limitation:** At home parents should follow strict time limitation for their child , parents should allow their child to use phone for atleast 1-2 hour a day ,this would make them indulge in more other activities.
- ❖ **Set up mobile phone free zones:** Setting up mobile phone free zones at home like in drawing room or dining room can help to reduce a child from the distractions of using mobile phone.

Methodology

The method of this study is survey research . The respondents answered through surveys or questionnaires. Surveys are used frequently in educational research to describe attitudes, beliefs,opinions and other kind of information. It involves a clearly defined problem and definite objectives. This study is to gather useful data . it is very important to have a systematic and methodically designed,precise and clear research plan.

Reviews

Overuse of mobile phones can lead to addiction,impacting individual's well-being . This study investigates the correlation between mobile phones addiction and feelings of loneliness among medical science students. Jafari,H.,et. al.(2019).(8)

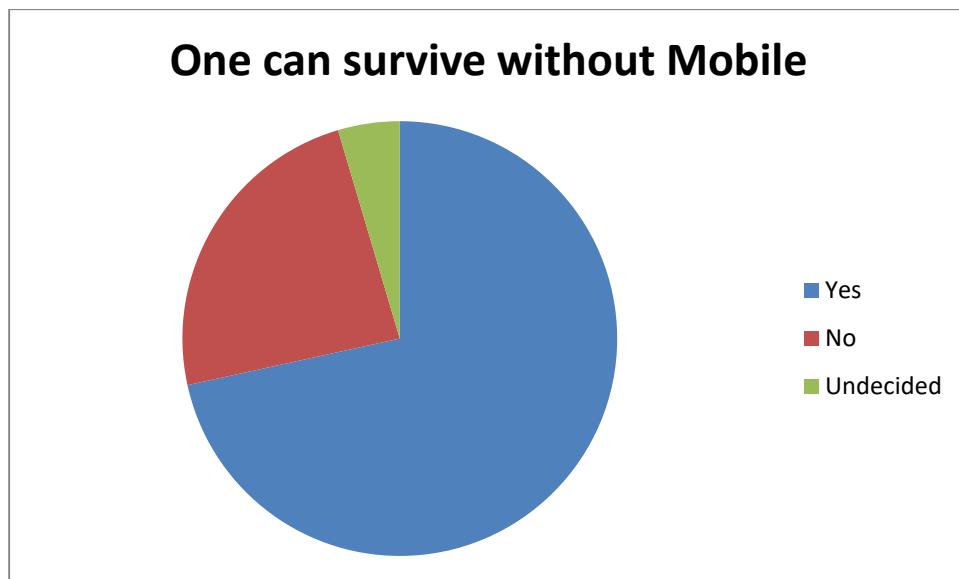
Smartphone addiction ,often referred to as “nomophobia”, stems from excessive internet use or internet addiction disorder. The compulsion arises not from the device itself but from games, apps, and online experiences it offers. Breslau, J., et, al (2015).(9)

Smartphone addiction was positively connected with mood disorders. Additionally ,it had negative impacts on health,family ,relationships,social interactions,and academic performance among high school students. Sinsomack , N ., et, al (2018).(12)

Objectives

- To help children to overcome from excess usage of mobile phones
- To give guidance and counselling of using mobile phones

Figure No 01 : Statement on survival without mobile phone



Here the school children proclaims that 78% can survive without using mobile phone,28% can not survive without using mobile phone and 5% are neutral .

Discussion

The school children expressed that many of them can totally survive without using mobile phone , while few numbers of school children can not survive without using mobile phone,whereas there are also some school children who is technically living in neutral ,they believe that using mobile phone is also necessary sometimes ,but only when it is needed . It is evident that most of the school children could genuinely make good use of using mobile phones.

Recommendation

- Both parents and school teachers are to be responsible for the school children in terms of addiction of using mobile phones.
- Reward and punishment method is also needed sometimes,both at home as well as in school.
- Time Limitation is also very much needed .
- Strict rules has to be made for school children both at home as well as in school.

Conclusion

Mobile phone has both positive and negative impact ,it can ruin our life if we do not stop using on its time. However it also provides numerous advantages to school children.It keeps us updated of the evolution around, stay us connected,entertain us,and many more. Whereas there are also harmful effects of using excessive mobile phone ,it has a symptoms like headache, fatigue , loss of sleep ,memory loss, or affecting brain .

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