



Psycho-Physiological Changes In Teenagers Using Smart Phone In Karad, Maharashtra, India.

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ABSTRACT

In present time human are so much addicted to smartphones that they spend more than half a day with smart phone. The teenager plays an important role in building up of nation and they are mostly seen using the smart phones for entertainment, communicating, playing games and study purpose. However there are many negative effects of smart phone on health. Smart phone usage is so strongly penetrated in teenager's life that it affects their psychological and physiological health. The data was collected from a sample of 50 participants using smart phone frequently from Vidyanagar, Karad through cross sectional descriptive study. The study showed that psychological and physiological health of the selected candidate was affected when compared with the control participants having no mobile phones. The academic record of the participants was also seen to be declining. Thus, from the study it can be concluded that the excess use of smart phone has negative effect also on their academics.

Keyword- Teenagers, Smart phone, academics, psycho-physiological effect.

Introduction:

Smartphone are one of the extra ordinary and facilitating machine developed in 1992, in India the people started to use smartphones from last decade. Among the children and teenagers in India smartphone is mainly used for playing games, surfing on social media and so on ^[6], due to which the person continuously using smartphone may suffer from imbalanced physiology as well as psychology^[8,11]. Though the smartphones have many advantages on one side, on other side it also affects our body in different ways^[2]. Some of the users excessively use their smartphone and it may turn into the addiction^[4,7]. This kind of addiction has negative impact on our daily life and may progressively harm our physiology as well as psychology ^[1, 5, 10].