

Smartphone-Smart use or Abuse? Assessment of Smartphone Utilization in Students of Amity University: A Descriptive Study

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Abstract

Background: *Smartphones have become an indispensable part of our daily routine enabling better performances yet having its own fulminating and deleterious aspects.*

Objective: *This study was undertaken to determine and study the role undertaken by smartphones in the everyday activities of students impending new trends.*

Methods: *In this descriptive study, 260 students attending Amity University participated during the month of February'2017 using "Smartphone- smart use or abuse questionnaire". All questions were closed ended.*

Results: *Out of 260 respondents (84% females, 16% males) whose median age was 20(range: 17-32), out of which 167 are undergraduates and 93 are postgraduate students with majority(17.69%) receiving their first cellphone at the age of 16 years. 91.15% respondents got the device from their parent. The results revealed that overall 65.38% use smartphones equally for communicative and data purposes with 23.84% for data purposes only. Amongst the various reasons for smartphone use, 38.07% use it for life-style modification and 2.30% for dating services. About 8.84% first began using smartphones due to peer pressure. In absence of their phone 52.30% feel bored, 25.38% feel happy and relaxed, 10.38% feel stressed, 6.53% feel sad, 5% feel mad. About 45% believes that their family spends more time on the device than face-to-face communication.*

Conclusion: *The study shows that there is considerable application of smartphones to expand horizons, improve database and easy access. However, excessive attachment and feelings of stress and boredom in its absence is noteworthy and needs to be under constant vigilance. Effects of peer pressure and style statement also needs attention. Lifestyle modification is an interesting aspect which ought to be explored further.*