

**CELL PHONE DEPENDENCY AND ITS IMPACT ON  
EDUCATION AND SOCILA LIFE OF THE STUDENTS  
(ONLINE SURVEY OF DIFFERENT UNIVERSITY  
STUDENTS IN PAKISTAN)**



**Submitted by**

**SAJID ALI**

DEPARTMENT OF SOCIOLOGY

QUAID-I-AZAM UNIVERSITY

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**“Thesis submitted to the Department of Sociology, Quaid-I-Azam University,  
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Submitted by

Sajid Ali

DEPARTMENT OF SOCIOLOGY

QUAID-I-AZAM UNIVERSITY, ISLAMABAD

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**Sajid Ali**

## Abstract

*Currents study the impact of social media usage on the social and educational lives of the respondents was the purpose to investigate about the social media usage. The universe of the current study was different universities students of Pakistan. This study was quantitative in nature and its sample technique was convenient random sample while data collection was based on online survey. Tool for data collection was created by google form and its link were sent to respondents by different formal and informal social media groups. 170 respondents reported their response which were consisted on 100 male and 70 female respondents. There were two hypotheses of the current study in which the result of one hypothesis shows that there is no effect of social medias on the social lives of the respondents while second hypothesis result shows that social media is negatively related with the educational activities of the respondents. Smartphones allow people to connect with one another from anywhere at any time. However, there is growing concern that smartphones may sometimes detract the social interactions. This study on cellphone dependency and its impact on social lives of youth was aimed to investigate the cellphone addiction as a predictor of interpersonal relationship and loneliness among family members. The purpose of this research is to investigate the growing literature on cellphone addiction and how does it affect the family ties and relationship. We all are living in the age of technology where living without it is considered as impossible. We have highlighted the new emerging issue that is cellphone dependency and how does it effect on family ties, social relationship and social interaction. It has been observed that it has negative impact on the intimacy patterns and influence on the couple and family communication. The purpose of this research was to critically observe the phenomenon of excessive cellphone usage and to describe the process of technologies are affecting couples and family life. For this study I have used the quantitative method that is survey method. Furthermore, it was hypothesized that there would be the higher effect of cellphone dependency on family relations, interaction, and relationship.*

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# **CHAPTER No. 01**

## **INTRODUCTION**

Technology has dramatically changed the way people live their lives in the modern world. Apart from the advantages that has resulted in increased productivity and ease in life style, there are also consequences of the technology which has long lasting impacts on our social lives. Cellphones are also the invention of technology, like every coin has two side it also has both positive and negative effect. Although it made over lives much easier as we can communicate with people all around the globe but at the same time, it is getting us disconnected as well from our family relations.

As we all know that it is an emerging issue prevailing all around the world that people have less interaction with family members, but they are connected with the virtual world through there cellphones which has negative consequence on family ties and social lives. It has been observed that 90% from teenagers to adults owns cellphones and have access on it and use it frequently in a day (Lenhart, Smith, Anderson, Duggan, & Perrin, 2015). According to a research, average time a person spend on cellphones and other gadgets is about 4 hours a day. Frequently usage of cellphone can cause many problems such as it makes a person lazier, less productive, attachment with real world. It can also cause other issues like mental, physical and emotional issues that a person feels isolated in a crowded world. Why is it so? Let's discuss about this problem. This research is aimed to study the effect of cellphone dependency (Independent variable) on youth social lives (Dependent Variable), their relationship and social lives. *Currents study the impact of social media usage on the social and educational lives of the respondents was the purpose to investigates about the social media usage. The universe of the currents study was different universities students of Pakistan. This study was quantitative in nature and its sample technique was convenient random sample while data collection was based on online survey. Tool for data collection was created by google form and its link were sent to respondents by different formal and informal social media groups. 170 respondents reported their response which were cosseted on 100 male and 70 female respondents. There were two hypotheses of the current study in which the result of one hypothesis shows that there is no effect of social medias on the social lives of the respondents while second hypothesis result shows that social media is negatively related with the educational activities of the respondents. However almost 20 or 30 students claim that they do not have social media account or extensively use social media. Time management with the usage of social was difficult for the respondents.*

## **1.2 STATEMENT OF THE PROBLEM**

Technology has dramatically changed the way people live their lives in the modern world. Apart from the advantages that has resulted in increased productivity and ease in life style, there are also consequences of the technology which has long lasting impacts on our social lives. Cellphones are also the invention of technology, like every coin has two side it also has both positive and negative effect. Although it made over lives much easier as we can communicate with people all around the globe but at the same time, it is getting us disconnected as well from our family relations.

As we all know that it is an emerging issue prevailing all around the world that people have less interaction with family members, but they are connected with the virtual world through there cellphones which has negative consequence on family ties and social lives. It has been observed that 90% from teenagers to adults owns cellphones and have access on it and use it frequently in a day (Lenhart, Smith, Anderson, Duggan, & Perrin, 2015). According to a research, average time a person spend on cellphones and other gadgets is about 4 hours a day. Frequently usage of cellphone can cause many problems such as it makes a person lazier, less productive, attachment with real world. It can also cause other issues like mental, physical and emotional issues that a person feels isolated in a crowded world. Why is it so? Let's discuss about this problem. This research is aimed to study the effect of cellphone dependency (Independent variable) on youth social lives (Dependent Variable), their relationship and social lives.

## **1.2 OBJECTIVES**

The study is carried out to achieve following objectives

- To study the socio-economic characteristics of the youth.
- To identify the impact of cellphone usage on friends and family members.
- To examine how interaction between family members become weak with excessive cell phone dependency.

## **1.3 SIGNIFICANT OF THE STUDY**

The significance of this study is that it will provide an insight to the recognized reliance on smartphones. The findings in the study will be beneficial because most individuals do not

realize how much smartphones hinder their social abilities, even in the minor ways. An example is that it has been said that some suffer from social anxiety, as caused by the overuse of the cell phones (Sapacz and Clark 2016).

This study aims to expand the research literature on the social role of the cellphone by exploring what is the role of the cell phone in maintaining the individual's family ties and social connectedness? The focus is timely because the cell phone represents a convergent new media technology that is both a two-way communication medium and one-to-many information source. It is integrated into people's daily lives and proved to be particularly valuable in any situations. The present study will contribute to the research on cellular telephony with its focus on how the cell phone affects users' personal and social relations.

## **RESEARCH QUESTIONS**

### **1.6. Research Hypothesis:**

H1: Cell phone dependency has positive relationship with the educational lives of the students.

H0: Cell phone dependency has negative relationship with the educational lives of the students.

H1: Cell phone usage has positive affect social relationships of the students with their friends and family.

H0: Cell phone usage has negatively affect social relationship of the students with their friends and family.

## **CHAPTER No. 02**

### **REVIEW OF THE RELEVANT LITERATURE**

## 2.1 HISTORIC BACKGROUND

In this section I would be discussing the relevant scholarly articles work related to cell phone usage. From last ten years, it increasingly becomes a popular technology for people of various ages especially for teenagers. Our young generation tends to be more addicted of cell phone. In 2001, mobile phone subscriptions became less than one billion over the world and a major contribution in this amount was from developed countries and at the end of 2010 the subscription was reached at five billion but now developing countries were contributing more than developed countries (Roberts, Yaya, & Manolis, 2014)

The highest growth occurred in developing nations like Iraq, Libya, Turkmenistan, Tajikistan, and Afghanistan (Haverila, 2013). The usage of cell phone has change very fastly. If we look back in 1980s, the cell phones were used only for business purposes and in 1990s the culture of SMS came out. The new form of cell phones with the usage of video, camera phones and even capabilities of broadcasting emerged during 2000s. Now these days, cell phones are in forms of mini computers with lot of apps which cover every aspect of communication and entertainment. Now it depends on us that how we use it, if we utilize it in right way, we can solve our problems otherwise it effects on our life in various aspects.

In modern society, medium habits of students are different from the old age people meaning that students of age category less than 25 be wont to use internet, play games and much more. But in reality, they are almost cut off from their families. Current research on the popularity of the cell phone worldwide includes studies on its function and its uses (e.g., uses and gratifications), status symbols (e.g., the symbolic aspect of the cell phone), and use of cell phones at various locations (e.g., redrawing the boundary between public and private spaces) in various countries (Rice & Katz, 2003). A study about cell phone use in Finland, for example, reported widespread ownership of the cell phone across age groups and gender. More than 80 percent of users cited having a cell phone to deal with everyday business as their reason for owning one.

Zaman & Khan (2011) focused on impact of mobile phone on the personal, financial, psychological, physical, educational and social life of students. Majority of students have said that mobile phone has increased social and psychological problems. Generally, they spend on average of 250-600 rupees monthly and these expenses were generally paid by their parents

## **2.2 RAPID DIFFUSION OF CELPHONE**

The rapid diffusion of the cell phone worldwide is phenomenal. According to an International Telecommunications Union (ITU) report (2002), the number of users across the world totaled one billion by 2001. Wireless technology expands telephone applications by empowering people on the move to use it anywhere and anytime. In addition, the cell phone enlarges the scope of information content via PCS (Personal Communication Systems) to deliver such services as weather updates, news headlines, internet access and social media. These attributes will undoubtedly change the way people live, work, and interact with one another, instead of using fixed telephone.

A similar pattern of rapid diffusion of the cellular telephone was found in Asian countries such as Japan and Hong Kong. Ling and Yttri (2002) explored how the cell phones are integrated into users' daily lives as a coordinating device in Norway. They proposed two forms of social interaction via the cell phone: instrumental (i.e., calls for safety and security) and expressive (i.e., the cell phone as an element of self-presentation). According to the research results, Men were found to use the cell phone more than women do from work. Nearly half of the calls via the cell phone were made at work, indicating its critical role in coordinating day-to-day. Further, Ling and Yttri (2002; Ling, 2000) found teen users tend to use the cell phone for expressive purposes.

## **2.3 CELPHONE USAGE AND SOCIAL LIVES**

Constant cell phone use can be a means of feeling social connectedness and togetherness, regardless of the prevalence of social anxieties. Cell phones have been found to be primarily used as a need for connection for young adults, but also used to validate approval from others (Walsh et al., 2010). Walsh et al. (2010) describe high frequency cell phone use as an explanation of the finding that cell phones assist in facilitating young adults' social life. This finding helps to explain why prevalence is especially high in young adults. In this stage of life, people tend to seek out reassurance and acceptance of their self-concept and making friends and social connections can be a successful strategy. With this view, cell phones would be a highly important object to young adults. Indeed, young adults seem to be the largest population in frequent cell phone use (Forgays et al., 2014; LaFrance, 2011), demonstrating attachment to the object through acts such as

consistently sleeping besides their cell phones (LaFrance, 2011), texting or calling while driving, and experiencing some degree of isolation when they don't have their cellphones. While providing a sense of comfort due to the feelings of social connectedness, this perception can act as a distraction that interferes with the quality of face-to-face conversation (Przybylski & Weinstein, 2013).

## **2.4 CELL PHONE DEPENDENCY**

Cell phone dependence is defined as excessive use of a mobile phone and is broadly viewed as a subset of behavioral or technological addiction which could lead to significant social and emotional impairment (Jenaro et al., 2007). Excessive mobile phone use is common among young people and is negatively associated with academic performance, interpersonal relationships, self-esteem, self-regulation, and life satisfaction. (Wei & Lo, 2006)

Globally, China has become the largest mobile phone market worldwide and mobile phone use has increased dramatically in Chinese university students in recent years. Better understanding of the frequency of mobile phone dependence and its associated factors is important to develop effective strategies to reduce its harmful impact. Few studies have examined the association of mobile phone dependence with impulsivity and social support. In this study, we aimed to examine the frequency of mobile phone dependence in university students and social connectedness.

According to an international research cellular telephone use has become extremely widespread over the past several years, with approximately 8 million Canadians subscribing to wireless phone companies between 2007 and 2014 (Canadian Wireless Telecommunications Association, 2014). The rapid advancement in technology, now allowing fast and accessible communication, may be one of many factors influencing this growing use of cell phones. The amount and frequency of cell phone use has been called to attention in social and clinical research (Lepp, Li, Barkley, & Salehi-Esfahani, 2015; Tanis, Beukeboom, Hartmann, & Vermeulen, 2015). As previous research has broadly discussed possible influencing factors that lead to high levels of cell phone use, the present study systematically tested for the prevalence of these factors, and whether they accurately predict high cell phone use which in turn may predict addictive behavioral qualities.

Canada has accumulated approximately 28 million cell phone subscribers since 1985, and these statistics hold a steady trend of approximately 1 million additional users each year (Canadian Wireless Telecommunications Association, 2014). Although these numbers



may provide an idea about the popularity of cell phones, it does not provide an estimate of how much these cell phones are used or what they are used for. Casual observation can note that cell phones are taken nearly everywhere by majority of the population who are old enough and competent enough to use them (Przybylski & Weinstein, 2013).

Cell phones are now also more capable than simply making phone calls and sending text messages as majority of cell phones recently and currently being manufactured can now send e-mails, access the internet, provide navigation systems, take pictures and videos, play music and movies, download video games, check social media, and many other functions. The prevalence of text messaging has become so high that social etiquette related to cell phone use has been of concern (Forgays et al., 2014). An age effect persists as a small percentage (approximately 25%) of individuals younger than 50 years old believe ending a relationship through text messaging is appropriate, while no individuals over 50 years of age rated this behavior as appropriate (Forgays et al., 2014). This trend remains consistent as younger individuals regularly rate the possibility of no cell phone access as anxiety-provoking, the expectancy of a reply to be sooner, higher irritability when waiting for a response to a text message, and rate a higher range of social situations to be appropriate for text messaging (Forgays et al., 2014). An accumulation of these findings suggests a norm of more frequent and socially acceptable cell phone use in younger populations. These findings become more extreme when specifically studying users of smartphones (Lee, Chang, Lin, & Cheng, 2014).

Smartphones are a type of cell phone that allow users constant internet access (depending on their mobile data plan), which is primarily used for other forms of social interaction such as popular social media websites (i.e. Facebook, Instagram, Twitter) (Lee, Chang, Lin, & Cheng, 2014). These types of phones tend to lead to the most compulsive behavior that can have similar qualities to other behavioral addictions (Lee, Chang, Lin, & Cheng, 2014). Social etiquette with cell phones has increasingly become an issue as highfrequency users tend to have difficulties abstaining from glancing at their phone or interrupting a conversation to answer a text message (Bianchi & Phillips, 2005). Research testing various hypotheses as to why this type of obsession has become so prevalent is present, but scarce (Lee, Chang, Lin, & Cheng, 2014; Plant, 2000; Reid & Reid, 2004; Walsh, White, & Young, 2010). Behaviors related to cell phone use have become such a concern that it has been compared to other behavioral addictions (Walsh et al., 2010). Although extreme amounts of cell phone use and signs of attachment have not been placed

in the category of a pathological addiction, as it has not been determined if the negative consequences of cell phone use outweigh the benefits and if these consequences are debilitating, researchers have developed measurements of cell phone addiction based on pathological addictions (Walsh et al., 2010). These researchers posit that if an individual self-rate high on these dimensions, they likely have some degree of a cell phone addiction.

## **2.5 SOCIAL CONNECTEDNESS**

Constant cell phone use can be a means of feeling social connectedness and togetherness, regardless of the prevalence of social anxieties. Cell phones have been found to be primarily used as a need for connection for young adults, but also used to validate approval from others (Walsh et al., 2010). Walsh et al. (2010) describe high frequency cell phone use as an explanation of the finding that cell phones assist in facilitating young adults' social life. This finding helps to explain why prevalence is especially high in young adults. In this stage of life, people tend to seek out reassurance and acceptance of their self-concept and making friends and social connections can be a successful strategy. With this view, cell phones would be a highly important object to young adults. Indeed, young adults seem to be the largest population in frequent cell phone use (Forgays et al., 2014; LaFrance, 2011), demonstrating attachment to the object through acts such as consistently sleeping besides their cell phones (LaFrance, 2011), texting or calling while driving, and experiencing some degree of "separation anxiety" when they are without their phone (Weller, 154 M. Sapacz et al. / *Computers in Human Behavior* 57

(2016) 153e159 Shackelford, Dieckmann, & Slovic, 2013). It is possible that a degree of "separation anxiety" is present because the cell phone is perceived as more than a form of communication, but Plant (2000) suggests that they may provide a "continual sense of connection to the wider social world", a feeling has been found to persist even when the phone is in silent mode (as cited in Przybylski & Weinstein, 2013). While providing a sense of comfort due to the feelings of social connectedness, this perception can act as a distraction that interferes with the quality of face-to-face conversation (Przybylski & Weinstein, 2013).

Ling's (2000, 2003) research has looked at how young people use mobiles in their everyday lives, and how families have been affected by the advent of mobiles. Similarly, Ito et al. (2005) have reported how mobile phones have become a key part of social and personal lives in Japan. A Canadian study into mobile phone use and advertising

(Campbell, 2006) involved interviews with 11 girls aged 14–16. Despite its small sample size, the author provided some interesting insights, including identifying three types of discourse in relation to mobile phone use amongst girls first a media discourse that emphasizes image and independence, second a parental discourse that focuses on danger and safety, and third a youth discourse that emphasizes self-determination, privacy and sociability. British research in this area is limited, with only three noteworthy studies having been conducted. The first is a study into mobile phone use reported by Haste (2005). This research involved 725 young people aged between 11 and 21. Almost all these young people had a mobile phone 97% of females and 92% of males. Significantly, most described their phones in very positive ways, with many considering them a key part of their lives. The second British study was conducted by YouGov (2006), involving more than 16500 British adults. They found that 92% of people used their mobile phone every day, people aged 18–29 used texts far more than speaking, and people felt safer for having mobile phones. It was also found that the older age groups (40+) were less competent with using mobile phones compared with young people. The third UK study of note explored how people use mobile phones in their day-to-day lives (Crabtree et al., 2003). Key conclusions were that people mostly viewed mobile phones as a tool, that there has been a rise in mobile phone „manners“, and that modern families use mobiles as tools for household management and planning.

## **2.6 DECREASE IN FAMILY QUALITY TIME**

This has been investigated that the importance of time family spends decreased. Parents and children define family time differently and that difference of definition can create conflict (Snyder, 2007; Turtiainen, Karvonen, & Rahkonen, 2007; Asmussen & Larson, 1991). Amount and quality of family time also differs by income level and family structure (Maher, Lindsay, & Franzway, 2008; Lesnard, 2008; Tubbs, Roy, & Burtons, 2005). Families struggle to create that feeling of togetherness in a busy modern world, but agree that time together is important (Daly, 2001). More specifically, eating meals together has been an important focus of scholars. Early on, Bossard and Boll (1950) wrote, “Families are projects in group living, which means that the techniques in group living need to be identified and stressed. Family rituals are one form of such technique and possibly of the highest value” . Eating meals together is one such ritual within the family and has immense importance for family functioning.

Mennell, Murcott, and Otterloo (1992) wrote, “Sharing food is held to signify „togetherness“, an equivalence around a group that defines and reaffirms insiders as socially similar” (p. 115). Commensality brings the family together, and how that time during the meal is spent is just as important as the act itself. Blum-Kulka (1997) %' have explained that conversations during the dinner meal tend to focus on things of immediate family concern: how the day was spent, what“s happening tomorrow in the family, other general concerns (p. 45). This conversation is not empty time filler, but rather works to reorient the family together. Current research has focused not only on what that time means together, but also how that time may be changing. The amount of time families spent eating meals together declined from 51 minutes per meal in 1966 to 27 minutes in 1999, and the average frequency decreased from almost two meals a day to less than one in that same span of time (Mestag & Vandeweyer, 2005). The frequency of mealtimes spent together is also decreasing; in 1997 37% of parents reported eating dinner with their children seven nights a week, but that number decreased to 28% by 2003 (Mason, 2003). Family meals carry cultural meaning (Bugge, 2006; Brown and Mussell, 1984), and teach social manners, habits, and sex roles (Feiring & Lewis, 1987). Eating meals together synthesizes the family as a unit, helps to development personality traits, and encourages the transmission of cultural knowledge (Bossard, 1943); it also increases parent-child communication among racially diverse youth (Fulkerson et al., 2010). Fitzpatrick, Edmunds, & Dennison (2007), however, found that the powerful positive effects of eating meals together is underdone by having the television on during the meal, while telecommuting is associated with more frequent and healthier family meals (Allen, Shockley, & Poteat, 2008). Commensality itself is thought to play an important role in supporting our social relationships (Sobal & Nelson, 2003; Morrison, 1996)

## **CHAPTER # 3**

### **THEORITICLE FRAMEWORK**

### 3.1 THEORITICLE FRAMEWORK

This section presents the theoretical framework that supports the current study. Uses & Gratifications theory states that individuals (users or audiences) use media in order to satisfy certain gratifications, benefits or needs (Blumler & Katz, 1974). Through this perspective, it is possible to study the motives behind the adoption and usage of smart phones among youths.

We are living in modern era where people use different devices or gadgets for different purposes. The usage of smartphone has been increasing day by day, so the question is why most of the individual do with mobile? Is this affect their social lives or their family relationships with family members? To investigate this issue, I have applied a theory of media Uses and Gratification theory that was given by Jay Blumler and Elihu Katz's in 1974. Uses and cation theory is an approach to understand why and how people actively seek out specific medium to satisfy their specific needs. This theory is based on an assumption that audience members actively seek out the mass media to satisfy individual needs. Uses and gratification is audience centered approach which focuses on „what do people do with media?“ These needs are also categorized as.

1. Cognitive needs: people use mediums to acquire knowledge.
2. Affective needs: people use mediums to satisfy their emotional needs.
3. Personal integration needs: people use different mediums to reassure their statuses.
4. Social integrative needs: It encompasses the need of socialize with friends, family and relation. So, people seek media to interact with people by using mediums like social networking sites to satisfy their needs. For example, Facebook, Instagram.
5. Tension free needs: People use different mediums as a means of escapism and to relieve from stress.

Smartphones are comparatively a new technology and it has many uses and gratifications are stick to it. Due to their nature of mobility, constant access, and options to both add and access content, this field is expanding with new research on the motivations behind using mobile phones. As theory suggests that people seek different mediums in order to satisfy their particular needs so we can say that people tend to use smartphone in order to connect with the social world, use social networking sites to connect with the people from all

around the globe. Since many now use their smartphones as a device to connect to the internet, retrieve content, researchers have investigated the uses and gratification of smart devices which engage multiple media. The uses and gratifications for contributing mobile content differ from those for retrieving mobile content. Cellphones are the medium to use social networking sites. Therefore, they are not connected with the people living with, which ultimately affects the family ties and social relationships. As this theory clarifies that why individuals use smartphone as a mean of escapism from the reality and connect with reel world.

Another study by (Schechter, 1959) explains that in order to fulfill their affiliation needs majority of the humans get possessed by an elementary drive which forces them to make social comparisons between themselves and others. These affiliation needs are triggered by many social networking sites. Festinger (1954) claimed that different social networking sites lead many people to do self-evaluations and make social comparisons between themselves and others such as social classes, social roles, beauty, popularity, wealth accumulation and other social functions. People engage in two types of comparisons on social networking sites, upward and downward comparison. Many researchers have concluded from the researches that high usage of social networking sites can causes depression and decreased prosperity in individuals.

These people are less satisfied in their lives. (Feinstein et al., 2013).

The current youth is also known as the digital natives because they have been grown up with smart phones. They are commonly regarded as the most enthusiastic and extensive users of new technologies, as they are quick to adopt, creative as well as flexible users, and are ubiquitously connected to the world (Goggin, 2006; Castells, Fernandez-Ardevol, Qiu & Sey, 2007). Statistics have shown that an accelerated growth of smart phone usage is highest among young people or youths. They consume more variant of media technologies for multiple purposes (Hill-Wood, et.al. 2009). Hence, it becomes apparent that smart phones are common and most influential in these young people's everyday lives.

Issues relating to the smart phone's usage have also been evaluated positively or negatively; as opportunities or threats (Hameed, 2008; Ibahrine, 2008). Nonetheless, it raises the question of the extent of its convention. Smartphone usage has also been associated with the way's youth communicate or micro-coordinate. It also functions as a

mean to provide a variety of entertainment as well as information sharing (Wu, 2008; Hill-Wood et al., 2009). Nonetheless, there are concerns relating to the impact of smart phone use, including poor academic performance (Campbell, 2005), smartphone addiction or dependency (Walsh, 2009), and exposure to pornographic content (Al-Rasheed, 2007; Rodzi, 2009). All these are associated with the prevalent use of smart phones among young people.

To investigate the impact of smartphones on social lives, social interaction and relationships I have studied a cognitive-behavioral model, Rapee and Heimberg (1997) argue that individuals suffer from social anxiety because they believe that the people around them as an audience, will evaluate them as positive or negative. Such individuals are extremely concerned about other people's positive evaluations and are correspondingly disturbed by any negative information about themselves which appears in a social context. At the same time, self-interested people have a relatively high level of social anxiety, and as a measure of the surrounding people's own self-esteem, once they fail to meet the requirements, they will think that others will make a negative evaluation. This fear, caused by self-perception deviation, is thus a subjective cause of social anxiety, social interaction and relationship

### **3.2 APPLICATION OF THE REVELANT THEORY**

Another perspective „theory of interpersonal communication“ supports the current study. The theory of interpersonal relationships holds that the interpersonal cycle of individual interpersonal patterns can lead to social anxiety. The socially anxious person often adopts some non-verbal gestures that rarely involve eye-contact, self-exposure and interaction. They are less interactive. These maladaptive behaviors are unlikely to trigger positive responses from the other people present. This has a compounding effect with social anxiety sufferers becoming ever more concerned about negative reactions as they enter future scenarios involving interpersonal communication, thus entrenching their maladaptive behaviors and symptoms in a vicious circle. Initially, researchers thought that this was due to a defect in individual social skills which then led to the maladaptive behavior patterns (Segrin, 2001). However, later researchers found that maladaptive behavior patterns were actually dependent on the perceived social risk factors in a given scenario. Therefore, these all theories are supporting that the smartphone impacts an



individual's life in many ways. The more usage can cause social problems like anxiety, less interaction and weak family ties.

### **3.3 HYPOTESIS**

H1: Cell phone dependency has positive relationship with the educational lives of the students

H0: Cell phone dependency has negative relationship with the educational lives of the students

H1: Cell phone usage has positive affect social relationships of the students with their friends and family

H0: Cell phone usage has negatively affect social relationship of the students with their friends and family

**CHAPTER # 4**  
**CONCEPTUALIZATION AND OPERATIONALIZATION**

## **4.1 CONCEPTUALIZATION**

Now we are going to find appropriate authentic definition of the below variable. Research question and data collection will be based on the authentic definition of the below question.

H1: Cell phone dependency has positive relationship with the educational lives of the students

H0: Cell phone dependency has negative relationship with the educational lives of the students

H1: Cell phone usage has positive affect social relationships of the students with their friends and family

H0: Cell phone usage has negatively affect social relationship of the students with their friends and family

### **4.1.1 CELL PHONE DEPENDENCY**

I. Cell phone dependency is some time refer to as problematic mobile phone use is behavioral addiction thought to be similar to that of an internet, gambling, shopping, or video game addiction and leads to severe impairment or distress in one life.

II. While a smart phone tablet or computer can be a hugely productive tool compulsive use of these devices can interfere with work a school and relationship when you spend more time on social media or playing game that you people interacting with real people.

III. Apart from cancer risk mobile phone influence or nervous system. They may cause headache decrease attention shortness of temper sleep disorder and depression mostly among teenager.

IV. Problematic smart phone use is purpose by some researcher to be a form of psychological are behavioral dependence on cell phone closely related to other form of digital media over use such As social media addiction are internet addiction disorder.

V. Problematic use can include pre occupation with mobile communication excessive money or time spend on mobile phone and use of mobile phone in socially or physically are inappropriate situation such as driving an auto mobile.

### **4.1.2. EDUCATIONAL LIFE**

I. According to western thinker education is this combination of two words one is “E” and another is “DUCO”. “E” means out of and “DUCO” means to leads. Thus education means to draw out rather than put in. According to this meaning the teacher simply helps the child in developing the inner potentialities.

II. According to Latten dictionary education is derived from three latten words they are Educere, Educare and Educatum.

III. Education is biological, sociological and psychological necessity. We cannot avoid that education is a spiritual necessities also. It has been consider “A controlling grace of the young consolation to the old wealth to the poor and ornaments to the rich.

IV. Education means to the manifestation of divine perfection already existing in a men. He further says, “we want that education by which character has formed the strength of mind is increased the intellect is expended and by which one can stand on once own feet.

V. Education is the realization of the self by which one become a true social being of the society.

#### **4.1.3. CELL PHONE USAGE**

I. Usage of cell phone can be views as source of interaction with people far away from someone.

II. Mobile phone are used for variety of purposes such as keeping in touch with family member, for conducting businesses and in order to have access to a telephone in the event of an emergency.

III. Problematic smart phone use as proposed by some researchers to be a from of psychological or behavioral dependence on cell phones, closely relate to other form of digital media overuse such as social media addiction or internet addiction disorder.

IV. Digital way of communicating with for business and social purposes is called the usage of cell phone.

V. Mobile phone usage is taking a lead to a computer that it is in small size, light in weight can operate with minimum power.

#### 4.1.4. SOCIAL RELATIONSHIP

- I. The sum of the social interactions between individuals over a period. Dyads with long-term social relationships will adjust behavior with each other according to feedback received
- II. Social interactions in turn form the basis of social relations. Symbols define social relationships. Without symbols, our social life would be no more sophisticated
- III. Involves dynamics of **social** interactions, bounded, and regulated by **social** and cultural norms, between two or more people, with each having a **social** position and performing a **social** role
- IV. Social relationship refers to the connection that exist between people who have recurring interaction that are perceived by the participants to have personal meaning.
- V. In social science a social relation or social interaction is any relationship between two or more individuals.

**CHAPTER # 5**  
**RESEARCH METHODOLOGY**

## **5.1 Methodology**

Methodology is a discipline, studying the behavior of human beings in various social settings. Rao (2006) defines methodology as a system of rules and procedures that guides scientific. It guides a researcher throughout the process, how and what steps are required for the data collection. Social science research can be defined as a scientific investigation by means of logic and a systematic technique aims to discover new facts or verify old facts and to analyze their sequences, interrelationships and casual explanations. Develop new scientific tools, concepts and theories which would facilitate reliable and valid study of human behavior (Rao, 2006). Investigation.

## **5.2 UNIVERSE**

The data was collected from twin cities i.e. Rawalpindi and Islamabad of Pakistan.

## **5.3 UNIT OF ANALYSIS (Targeted Population)**

Targeted population was the youth (i.e. age group above 18 years) that can be able to answer the research question on the cellphone dependency and its impact on the social lives of youth.

## **5.4 SAMPELING DESIGN**

In current study Quantitative approach was used to collect data. Quantitative research is a formal, objective and systematic process to test cause and effect relationship among variables. (Neumann, 2007). The reason behind selecting this method was to collect the data from number of people to get to know about the perception of people regarding cellphone dependency and its impact on their social lives and particularly this research was scientific, independent, impartial, and neutral and suited the nature of the topic.

## **5.5 TECHNIQUE**

For this study researcher have used convenient sampling technique. It is a type of nonprobability sampling in which sample is taken from the population that is easily available and accessible. So that biasness can be minimized in the opinion of people.

## **5.6 SAMPLE SIZE**

Sample size is the number of observations in this research. The researcher selected 60 respondents both male and female from twin cities. The reason of selecting these cities is easy accessibility and convenience.

## **5.7 TOOL FOR DATA COLLECTION**

Questionnaire has been used as a research tool. The data collected was collected from the respondents through questionnaire having close ended questions. The questionnaire was developed in the light of research objectives.

## **5.8 TECHNIQUE FOR DATA ANALYSIS**

Data analysis is the process of inspecting, transforming data with the goal of discovering useful information, suggesting conclusions, and recommendation that can be prove as helpful while addressing the topic. This research study was quantitative research, so the researcher focused on the analysis and presentation of relevant data collected through the questionnaires having close ended questions. The data then has been presented in the form of pie charts and graphs for the better understanding, explanation, and interpretation.

## **5.9 PRE-TESTING**

Questionnaires have been checked by the supervisor and other scholar of MPhil and PhD for the purpose of ensuring it quality. After checking from the expert's mistakes has been removed and then it has been filled by the respondents.

## **5.10 OPPORTUNITIES AND LIMITATION OF THE STUDY / ETHICAL CONCERN**

Due to covid-19 online survey was an opportunity for data collection of this study from different universities students. However, on the other hand online survey was a risk for the authenticity of response.



## **CHAPTER # 6**

### **RESULTS**

**Table No 6.1.1 Gender of the respondents:**

Category	Frequency	Percent
Male	105	61.7
Female	75	44.7
Total	170	100.0

About 170 respondents participated in this research in which 75 were female and 105 were male from twin cities of age group of above 18 years. So, that we can get perceptions from both genders.

**Table No.6. 1.2 Conditional question for respondent's selection**

Response	Frequency	Percent
Yes	170	89.4
No	20	10.5
Total	190	100.0

There is one conditional question in the current study, which was asked from the 190 respondents about their status for the purpose to ensure the authenticity of the respondents as students at universities. The response rate shows that about 170 respondents claim that they are university students and 20 of them have claim that they are not university students. A total of 190 respondents have participated in the survey, but 170 students from 17 different universities of Pakistan were selected for further information and 20 respondents have been rejected.

**Table No.6.1. 3 Province of the respondents**

Area	Frequency	Percent
Punjab	50	29.2
Balochistan	16	9.4
Sindh	21	12.2
KPK	44	25.7
Gilgit	5	2.9
AJ&K	3	1.8

Islamabad	16	10.5
Total	170	100.0

Current research study has been collected response from 170 respondents in which 50 of the respondents belong to Punjab; 16 were from Balochistan, 21 from Sindh, 44 were from KPK, 5 from Gilgit, 3 were from AJ&K and 16 respondents were belong to Islamabad.

**Table No.6.1.4 Education of the respondents**

Degree	Frequency	Percent
BS	86	50.5
MSC	84	49.4
TOTAL	170	100.0

Response has been reported from 170 universities students in which 86 respondents were from BS and 84 were from the MSc of different universities.

**Table No 6.1.5 Respondents views about usage of cellphone**

Response	Frequency	Percent
Very often	45	26.4
Often	60	35.2
Some times	10	5.8
Rarely	55	32.3
Total	170	100.0

As the charts shows, 45% respondents use cellphone very often and 60% responded that they use it often respectively. Collectively it becomes 86.7% respondents. Only 10% of them use cellphone sometime in their daily life routine. Study also show that 55% of the respondents use cell phone rarely. As the results shows that most of the respondents use cellphones usually in a day. According to a study it has been observed that 90% from teenagers to adults owns cellphones and have access on it and use it frequently in a day (Lenhart, Smith, Anderson, Duggan, & Perrin, 2015).

**Table No 6.1.6 Respondents own devices**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
1	41	24.1
2	44	25.8
3	25	14.7
4	35	20.5
More	25	14.7
Total	170	100.0

As the statement shows that about 41 respondents own 1 devices, 44 own 2 device and about 25 respondents own three devices. Study also shows that almost 60 of respondents have own three or more cell phone. Cellphones become so much common and handy that people cannot live without them due to its vast features but on the other it's just like party pooper that can ruin their lives as well.

**Table No 6.1.7 Respondents consuming time on using cellphone**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Less than one hour	39	20.9
1-2 hour a day	91	53.5
3-5 hour per day	15	8.8
More than 6 hour per day	20	11.7
Total	170	100.0

Respondents has been asked about their spending hour on mobile phone usage. In response to this question they report their response as follow: 39 respondents claim less than one hour; 91 respondents report 1-2 hour usage, 15 respondents report 3-5 hour usage of cell phone, and 20 respondents report that they spent more than six hour on usage of cell phone. Therefore, we can say that majority of the people stay indulges in using

cellphone for more than 6 hours in a day. Which means that cell is now used for not only communication purposes but social media, apps and more.

**Table No 6.1.8 Respondents own account on social media**

<b>Category</b>	<b>Frequency</b>	<b>Percent</b>
Face book	15	8.8
Twitter	14	8.2
Instagram	15	8.8
Whatsapp	85	50
All	21	12.3
Never	20	11.7
Total	170	100.0

This statement examined that the amount of social media applications each participant has available on their smartphone and the applications they use most frequently. The most selected answer for this question were What Sapp 85 respondents, Facebook user were 15, Instagram and YouTube user were almost 15 respectively. 14 of the respondents use Twitter and 20 of the respondents also claim that they never use any social media account in our given choices while in the answer to above statement respondents replied how many social accounts they own.

**Table No 6.1.9 Respondents spending time with family**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Often	39	22.9
Very often	95	55.8
Some times	36	21.1
Total	170	100.0

In the above statement, Majority 95 participants responded that they spend time with their family very often and 39 of the respondents report that they spend time with their family often in a day. However 36 of the respondents report that they spends sometimes with

their families. So, we can conclude from the above results and findings that the majority of the individuals spend quality family time with their family.

**Table No 6.1.10 Respondents views about using cellphone as compare to other social interaction is a good source of interaction**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Yes	65	38.2
No	75	44.1
Neutral	30	17.6
Total	170	100.0

Respondents have been asked that is usage of cell phone or interaction on cell phone with people is an effective source as compare to physical interaction. In response to this question respondents report their response as follow: 65 of the respondents claim that at yes it is effective, 75 of the respondents report that no it is not effective source, and 30 respondents note that they are neutral in this response.

**Table No 6.1.11 Respondents point view that what is most important for spending of time**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Family	45	26.4
Friends	59	34.7
Cell phone	25	14.7
Both friends and family	41	24.1
Total	170	100.0

This question examined that what is more important for an individual to spend time. About 45 responded that family attraction is important, 59 of the respondents replied that

friend gatherings are important and 25 of the respondents replied that cellphone is a vital part of their life and 41 participants replied that both family interaction and friends are important part in their lives. This statement explains that for majority of the people the most vital part of their life is their family and interaction with the members.

**Table No 6.1.12 Participants views about whether usage of social media is beneficial**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Information and entertainment	47	27.6
To connect with people	47	27.6
Academic purpose	76	76
Total	170	100.0

In the above-mentioned statement, it has been asked from the respondents that what they think are the major benefits of using cellphone. 47 responded that they use for both information and entertainment purpose. 47 respondents think that the most important benefit is staying connected with the people and 76 of the respondents opinioned that they use cellphones for academic purposes. So, we can say that the reason behind excessive usage of cellphone, majority of people use it for entertainment and learning purposes.

**Table No 6.1.13 Respondents point of view about the effect of cell phone on social life**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Effect social interaction	87	51.1
Replace social interaction	61	35.8
No effects on social life	22	12.9
Total	170	100.0

We have inquired from 170 respondents about the effects of cell phone on social life and in response to that question in the above-mentioned statement about 87 participants responded that cellphone limit their face to face interaction with others and it is major drawback on their

social life. 61 of the students responded that it has replace the most face to face interaction with other and 22 of the students opinioned that it has no effect on face to face interaction in their lives. It can be concluded in the light of results that the major drawback of using cellphone in that it limits the face to face interaction with others including family and friends which has a negative effect on their social life.

**Table No 6.1.14 Respondents point of view that whether usage of social media is disadvantageous**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Time consuming	60	35.2
Limit the interaction with other	65	38.2
It can effects health	45	26.7
Total	170	100.0

In the above-mentioned statement 60 of the respondents believes that the major disadvantage of excessive cellphone usage is that it's time consuming. 65 of the respondents opinioned that the main disadvantage of cellphone usage is that it limits the interaction with others. 45 of the respondents report that it can affect the health is the main disadvantage of it. Remember Health is a state of physical, mental and social well-being in which disease and infirmity are absent. So we can say that the major disadvantage is that it create health issues in the individual which eventually affects the overall wellbeing of an individual.

**Table No 6.1.15 Respondents point of views that is usage of cell phone creates loneliness**

<b>S</b>	<b>Frequency</b>	<b>Percent</b>
Feeling lineless	75	44.1
Disagreed	55	32.3
Neutral	40	23.5
Total	170	100.0



In this statement the majority 75 of the participants, responded as agree and 55 are disagreed that due to the constant communication with others on smartphone they experience the feeling of loneliness. Whereas 40 stays neutral and report that they are confuse with this answer. Therefore, we can conclude that majority of the people feel loneliness due to the excessive usage and dependency on cellphones.

**Table No 6.1.16 Respondents experience when using cell phone**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Happiness	70	41.1
Motivation	60	35.2
Anxiety	17	10
Low self esteem	23	13.5
Total	170	100.0

In this statement majority 70 of the respondents responded that they feel happiness when using cellphones. 60 of the respondents replied that they feel motivated. 17 respondents responded that they feel anxiety. Only 23 of the respondents feel lower self-esteem due to the excessive usage. So, from the above results and findings we can say that people feel happier and motivated when they spend time on cellphones. Therefore, it gives them positive outlook in a society. Some of the people feel loneliness and lower self-esteem while using and it's totally depends on the personality of a person, how he perceives something.

**Table No 6.1.17 Respondents point of view that which emotions created by social media usage**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Socially and emotionally isolated	65	38.2
Positive out look	34	20
Enhanced level of confidence	36	21.1
Weakens family ties	35	20.5
Total	170	100.0

In the above-mentioned statement, majority 65 of the participants replied that the cellphone usage gives them the feeling of socially and emotionally isolated. 34 respondents believe that it gives them positive outlook. 36 think that it boosts up their level of confidence. 35 of the respondents believe that it weakens the family ties and relationships. About 11% replied to the statement that it leads to health issues. So, we can conclude that majority of the people feel socially and emotionally isolated and feel alone in the populated world.

**Table No 6.1.18 Students point of views that whether they use any educational activities on social media**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Yes	80	47
No	70	41.1
Neutral	20	11.7
Total	170	100.0

Respondents have been asked that whether they use any educational activity on mobile phone/ social media. In response to that question n 80 of the respondents report that yes they use, 70 of them report that not and 20 of the respondents views that they are neutral.

**Table No. 6.1.19 Students response about social relation on social media is effective than physical relation**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Yes	124	72.9
No	27	15.8
Neutral	19	11.1
Total	170	100.0

Respondents have been asked to report that whether relation on social media is effective than physical relation or not. However in response to that question 124 of the respondents claim that yes relationship on social media is effective, 27 of the respondents stated that no relationship on social media is not effective while 19 of them report that they are neutral for this question.

**Table No 6.1.20 Students views on discussion about personal issues on social media with other**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Yes	54	31.7
No	73	42.9
Neutral	43	25.2
Total	170	100.0

Respondents have been asked about the discussion of their daily life matter with other on social media for the sake of investigating their trust on social media. However, in response to this question they report that 54 of the respondents were sharing their feeling with other, 73 respondent report that they do not share, while 43 of the respondents were neutral in this regard.

**Table No. 6.1.21 Students response about time manage effectively with using social media**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Yes	84	49.4
No	38	22.3
Neutral	48	28.2
Total	170	100.0

We asked from the respondents about time management with the usage of cell phone or social media. Respondents report their response that 84 respondents can manage their time effectively, 38 of the respondents report that they do not manage time effectively and 48 of the respondents report that they are neutral in this regard.

**Table No 6.1.22 Students point of view about the effect of social media usage on their educational activities**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Yes	63	37
No	54	31.7
Neutral	53	31.1
Total	170	100.0

Current study has been inquired from the respondents about the affect of social media usage on their educational activities. Respondents report that 63 of them are agreed that yes social media usage effects their educational activities, 54 respondents claim that no it does not affect their educational life, and 53 of the respondents were neutral in this regard.

## 6.2 RESEARCH HYPOTHESIS TESTING

H1: Cell phone usage has positive affect social relationships of the students with their friends and family

H0: Cell phone usage has negatively affected social relationship of the students with their friends and family

	Do you use social media most often?	With whom you are mostly spend your time, with friends, with family or on social media usage?
Pearson Correlation	1	-.021
Do you use social media most often?		.797
Sig. (2-tailed)		
N	170	170
With whom you are mostly spend your time, with friends, with family or on social media usage?	Pearson Correlation	1
	Sig. (2-tailed)	.797
	N	170

Pearson correlation coefficient test has been conducted for the association between two variables of the current study like the extensive usage of social media and time spending with friends, family and on social media. Result show  $(r(157) = -.021, p < 0.05)$  indicating a no significant negative relationship between extensive usage of social media and time management with whom. Study result predicted that the extensive usage of social media can negatively affect the social interaction of respondents.

H1: Cell phone dependency has positive relationship with the educational lives of the students

H0: Cell phone dependency has negative relationship with the educational lives of the students

		Do you manage time with the usage of social media?	Is social media usage affect your educational activities?
Correlation	Pearson	1	.065
Do you manage time with the usage of cell phone?	Sig. (2-tailed)		.417
	N	170	170
Is social media usage affects your educational activities?	Pearson Correlation	.065	1
	Sig. (2-tailed)	.417	
	N	170	170

Pearson correlation coefficient test has been applied for the relationship between social media effects on the educational activities of the students and students time management with the usage of cell phone. Result show  $(r(170) = .502, p > 0.01)$  indicating a moderate positive relationship between students' time management with the usage of social media and the effects of social media usage on the educational activities of the students. Based on the following result study suggested that those respondents who do not manage time and use social media extensively are more to face affects of social media on their educational activities.

## **CHAPTER# 7**

### **DISCUSSION AND CONCLUSION**

## 7.1 DISCUSSION

The purpose of this study was to explore that does smartphones had any direct effect on the social lives of an individual's face to face interaction and family ties. As we are living in a technological era, the smartphones becomes an vital device for an individual as it offers many functions and capabilities, but like everything cellphones also have some disadvantages that they have disturbed our lifestyle, it connect us with the people living far away but disconnects us our near and dear ones living with us. The goal of this research study was to collect information from actual participants who use cellphones as an addiction to determine whether individuals experience any social setbacks from the excessive use of smartphones.

For the current study the non-probability type of sampling is used that is convenient sampling technique. In convenient sampling technique the data can be collected from any accessible individual who was according to the criteria so that responses can be accurate. The researcher has selected 60 respondents from twin cities i.e. Islamabad and Rawalpindi from Pakistan. Data is collected through questionnaire having close ended questions, both male and female participated in the research. Only willing participant were taken to fill the questionnaire so that biasness can be minimized in the data. The survey was proceeded with the socio-economic characteristics of an individual i.e. their age and gender after that their daily smartphone usage and its impact on their social being and overall outlook.

In current research unit of analysis was youth. According to the significant result the H1 hypotheses have been proved. This supports that the present research has become successful. This study predicts that cellphone dependency impacts on social interaction and family ties of the youth.

Facebook, WhatsApp and Instagram are the most used social networks by youth. Cellphones have great influence on the individuals and it also impacts on their emotions as majority of the respondents believe that after constant usage of cellphones, they feel social and emotionally isolated and lonely. Cellphones have changed the lifestyle of youth now they can share information, knowledge, it has increased level of awareness and can communicate much fast. It has changed their way of thinking. The results show that out of 60, 47 female and 13 males were participated in the survey. More than 50% of them responded that they use cellphone for more than 6 hours in a



day and somehow it limit face to face interaction and eventually effect their social wellbeing Majority (53.3%) believe that the main disadvantage of cellphones is they are time consuming and (35%) responded that they feel loneliness because of constant use of cellphones and gives them the feeling of social and emotional isolation as well.

## **7.2 CONCLUSION**

Steven Spielberg said, “Technology can be our best friend, and technology can also be the biggest party pooper of our lives”. Cellphones and devices became an integral part of our lives. Like every coin have two sides, the cellphone dependency carries some benefits along with some risks on an individual’s social lives. It limits the social interaction, social relationships and family ties. Due to the cellphones the people are enabled to stay connected to the people living far away from them, allowed individuals to connect all over the world, access information that would not be possible without cellphones This reason behind conducting this research to bring attention to the impacts of excessive cell phones usage to get the insight and to minimize its negative impacts. In the present study the Uses and gratification theory of media by Blumers and Katz has been applied. According to which a person seeks something in order to fulfill specific need or desire. Theory suggest that it has great influence on a person’s overall outlook and wellbeing. Therefore, we can say that an individual seek cellphone as medium of communicating with others, anyone around the globe.

Moreover, cellphone allows distinctive features such as gaming, chatting, installation of different software’s and app. Cellphones are the medium to use social networking sites. Therefore, they are not connected with the people living with, which ultimately affects the family ties and social relationships. As this theory clarifies that why individuals use smartphone as a mean of escapism from the reality and connect with reel world. According to the findings and results excessive cellphone usage limit face to face attraction, provoke feeling of isolation both socially and emotionally. It has been concluded from the results and observations of the study that excessive cellphone has great effect on them, the participants responded that they use cellphones more than 6 hours in a day which eventually affect their overall and social wellbeing. Majority of them feel loneliness after constant usage of cellphone and eventually it weakens their relationship, social interaction and family ties that is relationship to the family members.

### 7.2.1 MAJOR FINDINGS

- Current research results show that (78.3%) 47 female and (21.7%) 13 males participated in the research and majority of the respondents belong to the age group of 20 to 23 years.
- Research findings shows, 55% respondents use gadgets and cellphones more often.
- According to the research, majority of people (50%) own cellphones and gadgets.
- Research results shows that majority of people (53.3%) use cellphones for more than 6 hours in a day.
- Research shows that all the people who have participated in the research use What Sapp on their cellphones mostly.
- Research findings shows that, 38.3% people spend time with their family very often.
- Research findings shows that 81.7% people think that family interaction is more important than anything else.
- Research findings shows that majority of the respondents 56.7% use cellphone for both entertainment and information purpose.
- Research findings shows that (40%) respondents believe that excessive cellphone usage limit their face to face interaction.
- Research findings shows majority (53.3%) of the people responded that excessive cellphone usage“s main disadvantage is time consuming or time wasting.
- According to the findings, majority (35%) of the people believe that the excessive use provokes the feeling of loneliness in the individual.
- Research findings shows (41.7%) people feel happiness while surfing time on cellphones.
- Research findings shows that 26.7 % people feel socially and emotionally isolated while using cellphones.

### 7.2.2 SUGGESTION

This research study aims to explore the impacts of excessive cellphone usage on social lives of youth so in the light of the results and findings of the study it is recommended that:

- Individual should learn how to handle cellphone.
- Parents should monitor the activities of their children's.
- Parents should spend more and more time with
- Individuals should be aware of its pros and con so that we can get to know about its opportunities and risks.
- Learn about your child's smartphone usage.
- Individual should limit themselves from excessive screen timing by setting reminders and alarms.

## **CHAPTER# 8**

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