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Yours Attention are Diverted Now Because the Mobile Phones have Significantly Impact on Youth

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Abstract

The mobile phone technology has transformed these phones such that they are more than communication devices now, they form a multi purpose tool with so much ingrained presence in our lives. Mobile phones can no longer be used to be called and send messages, in the current times it can provide any number of functions to the user such as features such as photography/ video recording, accessing the internet, gaming and social networking features. These technological advances have influenced social and personal lives of humans very much. Mobile phones provide us with a number of conveniences yet they have concerns. Due to their extensive use a number of social and psychological consequences of lack of face to face interaction, social isolation and even broken family ties have been associated to them. Mobile devices are known to create electromagnetic radiation (EMR) to its users which has been associated with an array of physical and mental health issues, for example anxiety, depression, insomnia and cognitive impairment. But when overused or not regulated, mobile phones create distractions, lower academic performance and reduce social engagement. Surely, the advantages of social well being through mobile phones are immense.

Key words: *Attention, Mobile Phones, Impact on Youth*

1. Introduction:

As a cognitive process, attention is a function of a number of internal and external conditions, that is, an expression of one's level of involvement with specific tasks or environments. In earlier decades, people used their limited spare time in face to face encounters with the family and talk informally about social affairs and everyday life. But because mobile phone technology has brought about drastic communication patterns, whereby people can now communicate through calls, messages and internet based for easy access. This further aided by social media applications that allow for sharing moments, playing games and for people to interact with each other across the globe.

New ways of human interaction were introduced by social media platforms included building virtual friendships. The problem however has been unawareness of responsible use which has resulted in negative consequences. Using modern smartphones that can be laptops or hand held are too portable — too available at almost all time, often at the cost of physical and mental health. It has been consistent from studies that physical activity confers numerous advantages such as lowering the risk of chronic diseases and improving sleep quality. Just as regular exercise can offset addictive behaviour related to excessive social media use, it can also help with emotional well being.

A lot of our students use borrowed Android phones to run our applications to access and download educational resources such as textbooks, scholarly articles and recorded lecture videos. Besides, these entertain related programs like Facebook, YouTube, Tiktok, Twitter, BIGO LIVE, Snap Chat, WhatsApp and Instagram get take away from the academic responsibilities.

In the lives of students, mobile phones play a dual role in contribution to their educational and social activities. Tech wise they talk to teachers, show assignments and help kids to learn via educational apps. Students use smartphones socially, for networking and self expression and have personalized wallpapers, ringtones and accessories that tell others who they are and what their social status is. Yet, an excessively large use of these, especially social media can be (and is) distracting and a waste of time that results in sub par academic performance. Simultaneously, smartphone based learning and connectivity are helping learn better and stay connected, but responsible use, balancing it with other aspects of life are essential to make an optimum outcome of the experience to not bring any negative effects to the student well-being.

Smartphones can help to complete the studies and facilitate communication with professors and classmates. Yet, their personalization in terms of walls, ringtones, problems, accessories denote the transition to the other box wherein phones were regarded as fashionable objects and markers of autonomy. Although these devices are useful in learning, they may interrupt the learning process and can also be used with bad intentions, thus a balance is required in the incorporation of these devices in the lives of students.

1.1Purpose of study:

The study has three major purposes. To begin with, it uses discourse analysis to explore the users and their use of mobile phones. Second, it employs a simple interpretive approach to qualitative research to investigate the attitudes and use of social media among college and university students in Lahore and how these two interrelate towards physical activity. In particular, the research focuses on the experience of students with such platforms as social networking sites, video-sharing platforms, music and short video applications, Live streaming services, messaging apps, and voice and video calling apps - which have become part of the everyday life.

Third, the study examines the possible psychological effects of excessive use of mobile phones and especially in youth. The hypothesis of the study is whether an overabundance of screen time can affect mental health or not and in what way; to understand whether excessive screen time is connected with such problems as loneliness, anxiety, and depression. In a broader sense, the study attempts to resolve all these emerging issues by providing recommendations on how to use mobile phones in a balanced and responsible manner with the help of evidence. The general aim is to help in the welfare of the students and help in the deeper engagement with the academic institutions.

1.1 Research Question

- What is the current global prevalence of smartphone usage, and how has this trend evolved over time?
- To what extent do mobile phones contribute to simplifying or complicating daily life for users?
- What are the psychological impacts of continuous, on-the-go mobile phone use, particularly in terms of mental well-being?
- To what extent does mobile phone usage affect students' academic performance, and what underlying factors drive their frequent engagement with these devices?
- Does the integration of mobile phones in educational settings enhance or hinder students' academic development?
- How do contemporary social media platforms affect users' perceptions and discussions of physical appearance, especially among youth?

2. Literature Review

In recent years, the growth of mobile telecommunication systems especially cellular network has increased. Mobile phone usage is ubiquitous according to (Sánchez, 2006), where people consider the mobile phones as vital to their everyday operations. The so-called proliferation of technologies has boosted the formation of the globally interconnected society focusing on safety, efficiency, and cross-cultural exchange (Soyemi et al., 2015). The researcher at Motorola, Martin Cooper, was not left behind in this change, as he invented the first cell phone, Motorola Dynatac. Released in 1983, the Motorola Dynatac 8000X was a great breakthrough in mobile communication, even though it did not have a display panel and was quite heavy (about 2.5 pounds) (Goggin, 2015). The mobile phone concept has evolved with time to become the popular use of smart phones that are characterized by their advanced features and the capability to connect to the internet continuously.

The mobile phones have positive and negative effects when utilized in the education. According to(Zaman & Khan, 2009), mobile phones in Pakistan have been a facilitator for learning and communication but simultaneously they are a source of entertainment, a cause of diversion and thus a reason for academic decline. According to (Abbas, 2020), in modern life smartphones have become more of a necessity and have the ability to gather and post information. According to many university and college students use mobile phones more regularly for diverse online activities like shopping, banking and access to academic resources. No doubt, that as mentioned by (Al-Daihani, 2018), mobile phone can boost students' performance, on the other hand, the over dependency on some entertainment applications may affect students' academic performance. In the same line, (Mushroor et al., 2020) also mentioned the potential harm of smartphone overuse by demonstrating the disruption of sleep patterns caused by blue light exposure as well as psychological conditions such as anxiety and depression and attention-deficit symptoms. These views notwithstanding, mobile phones have improved interpersonal communication and have supported the establishment of better habits in the healthcare industry (Geser, 2004).

In recent years, healthcare providers are increasingly using it to deliver health related messages and monitoring caregiver wellbeing (Blake, 2008)and (Fjeldsoe et al., 2009). This has also made exercise out to be an appropriate strategy for reducing social media, as a means to regulate oneself and as a strategy to enhance the sleep wake cycle which are foundational elements

to overall health. Mobile phones have a dual role among students, they are tools for academic engagement and they are social status symbols. (Philomina et al., 2023) state that in the case that young adults have more easy access to the smartphones, it increases the over consumption which lets the individuals not to self regulate themselves in usage. According to (Rung et al., 2014) the students can get distracted and keep on looking on the screen during class time which has a negative impact on student performance. According to (Skierkowski & Wood, 2012), technology is the generational signature and the youth of today are proficient in technology but increasing their dependency to it. (Ahmed et al., 2021) reported that in Pakistan around 60% of teens are using the mobile phone and that a large part of that usage has a negative impact on the behavior of students, moral development and learning process.

2.1.Theoretical framework:

This study is grounded in an analysis of current statistical data, structured around the identification of independent and dependent variables. The mobile phone is designated as the sole independent variable, given its pervasive influence on various aspects of modern life. The dependent variables examined in this research include individuals' physical and mental health, social connectivity through diverse social media platforms, and academic performance.

An Entity Relationship Diagram (ERD) is used in the study to support the process of data modeling. ERD is one of the most commonly used foundational tools as it shows relationships between data entities, traditionally used within enterprise resource planning (ERP). The graphical depiction allows for quick and clear understanding of the relationship of mobile phone usage to a set of key dependent variables as well as eventually to facilitate a logical analysis of the bigger social and educational implications associated with the use of the mobile phone as a learning device.

ER-Model

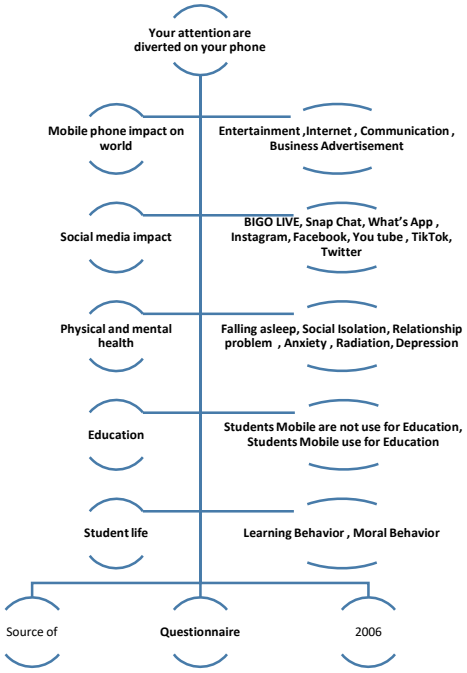

Figure1.

3. Research Methodology:

Prior to the surveys, all survey participants knew about the background and breadth of the study. There were no incentives or compensation and participation was voluntary. In order to maintain confidentiality the researcher did not collect any personal or identifiable information from participants. After data analysis and interpretation, all of the collected data stored in a secure place to maintain ethical integrity.

A self administered structured questionnaire was given to the students of educational institution in Lahore to takes the data. Complete response rate was 100%. Data entry and statistical analysis were carried out in Microsoft Excel 2016. The Our Institute Ethical Review Committee approved the study, its objectives and recommendations.

Nominal and ordinal scales were used to develop the questionnaire appropriate categorisation and sorting of variables was done and the variables were described appropriately. Descriptive methods and inferential testing (e.g., Chi-square test, where appropriate) served as statistical analyses. The sampling strategy involved convenience sampling, stratified sampling and simple random sampling (SRS). Existing literature available since 2006 such as blogs, academic articles and other online resources were used to design the questionnaire and the research framework.

4. Results and Discussion:

4.1. Analysis of the Data:

This research has included surveys taken at different academies of Pakistan, peer reviewed research papers, online articles as well as well structured questionnaires answered appropriately and in accord with the research. Based on these data, an updated Entity-Relationship (ER) model of all the important entities and their relationships is produced (see Figure 1).

Two focus group discussions were also carried out to enrich the data. The younger adolescents were aged 10–15 years and older adolescents were aged 16–21 years. The qualitative insights that were the result of these focus groups regarding participants' perceptions and experiences of mobile phone use. Additionally, the discussions helped refine two complimentary questionnaires which were developed for adolescents and parents. Parallel structure and content of both instruments was developed to ensure comparability and consistency of the analysis.

4.1.1. Mobile Phone Impact on the world:

Mobile technology and social media are fast growing in the developing nations including Pakistan. As per the Global Mobile Market Report released by Newzoo, Pakistan is one of the high performing countries in terms of smartphone penetration, when it comes to the ratio of the population that possesses smartphones. The report only encompasses rather large nations in order to make the international comparisons as representative as possible. To conduct the analysis within the context of this study, the data on the level of mobile phone ownership changes was analyzed with the latest data of June 2021.

Mobile Phones User in the World

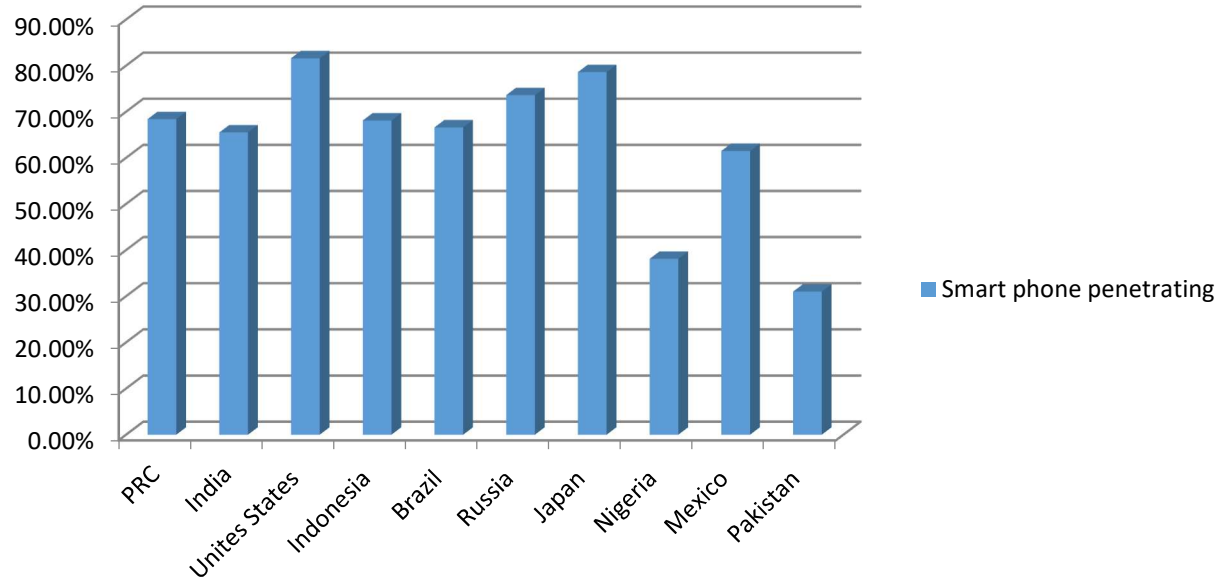

Figure2.

4.1.2. Smart phone Impact on Social Media

The social media applications in this regard have a dual role to play although on the one hand, it can be used as learning tool, on the other hand, it is a major cause of distraction and time wastage. Students are constantly notified and ads are suggested on their devices, which can easily result in unintentional extended use in the majority of cases. A lot of students do not realize how much time they spend on their phones; they start out doing a quick look to check a message but end up spending several hours passively doing nothing. Studies show that students can spend between two and three hours in their phones everyday without undertaking any constructive tasks, which is a troubling trend of digital idleness.

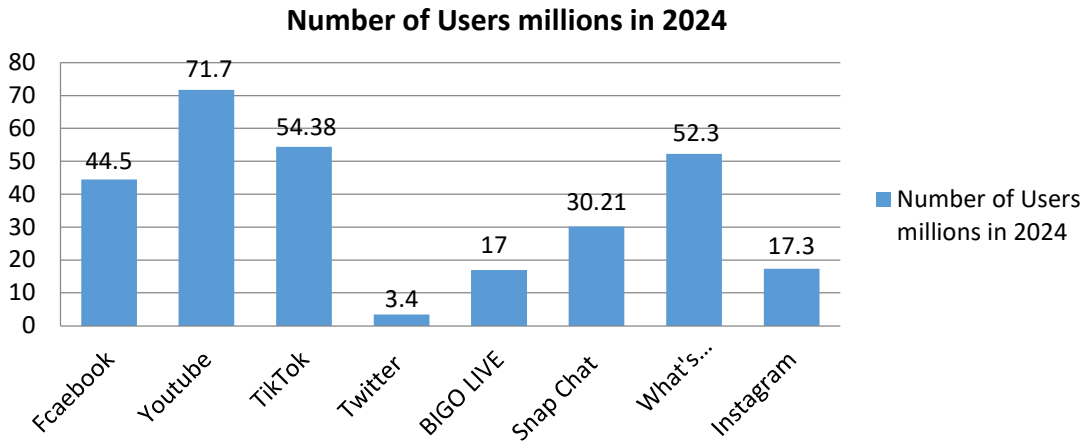

Figure3

While it's true that these applications simplify many tasks and have their uses, the problem is that many individuals abuse them for malicious purposes and pay too much attention to them. At other times, it feels like our life would come to a standstill if these applications weren't available.

4.1.3. Smart phones effects our Mental Health:

Elevated levels of smartphone addiction, especially among young individuals, have been linked to negative psychological outcomes, including anxiety, depression, and mood disorders. Excessive mobile phone use disrupts sleep patterns, induces stress, and exhibits addictive characteristics. A study conducted by Therapy Brand highlights symptoms of digital detox anxiety, including physical manifestations such as sweating, cold shivering, heart palpitations, and bodily aches, which occur when individuals are separated from their phones for extended periods. This phenomenon is often accompanied by compulsive behaviors, such as restless hands and persistent concerns about missing social media updates or messages that require prompt responses.

Furthermore, the overuse of mobile phones not only impairs sleep quality but also contributes to social rejection and heightened depressive tendencies, often stemming from unfavorable social comparisons on networking platforms. Corroborating this, a systematic review conducted among medical students in southeastern Iran identified a significant association between cell phone addiction and declining mental health outcomes.

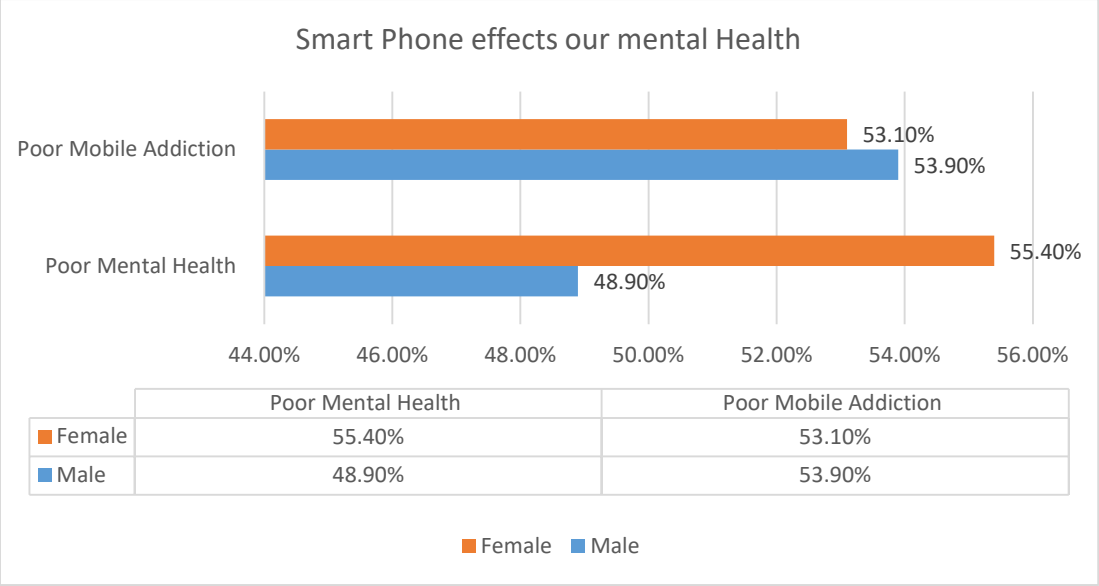

Figure4.

Source: "Prevalence of mobile phone addiction and poor mental health, and factors associated with mental health among medical students in southeast Iran"

4.1.4. Impact on Education Analysis:

(Cochrane, 2010), state that, using a smart phone may have a significant impact on improving student's performance because it may improve the quality of instruction and learning.

Research Hypothesis:

H_0: There has been a noticeable lack of mobile phone use in the classroom among Our Institute pupils.

H_1: There has been a noticeable lack of mobile phone are not use in the classroom among Our Institute pupils.

9th and 10th class survey result:

Table 1
*Classes * students use the smart phone for educational purpose*
Cross tabulation

			Yes	No	Total
Classes	9th	Count	5	45	60
		Expected Count	7.5	42.5	50.0
	10th	Count	10	40	50
		Expected Count	7.5	42.5	50.0
Total		Count	15	85	100
		Expected Count	15.0	85.0	100.0

Table 2
Chi-square Test

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi square	1.961[a]	1	.161		
Continuity correction	1.255	1	.263		
Likelihood ratio	1.993	1	.158		
Fisher's Exact Test				.262	.131
Linear-by-Linear Association	1.941	1	.164		
N of Valid Cases	100				

From the above table, we conclude that the *p*-value is 0.161 and the alpha is 0.05. Thus, we do not reject the null hypothesis. The ninth and tenth graders at The Our Institute do not use their phones for schoolwork. Class surveys for grades 11–12 and 13–14:

Table 3
*Classes * students use the smart phone for educational purpose*
Cross tabulation

			Yes	No	Total
Classes	11th	Count	35	10	45
		Expected Count	39.0	6.0	45.0
	12th	Count	38	15	53
		Expected Count	45.9	7.1	53.0
	13th	Count	50	2	52
		Expected Count	45.0	7.0	52
	14th	Count	52	0	52
		Expected Count	45.0	7.0	52
Total		Count	175	27	202
		Expected Count	175.0	27.0	202.0

Table 4
Chi-square Test

	Value	df	Asymptotic Significance (2- sided)
Pearson Chi square	25.35[a]	3	0.000
Likelihood ratio	31.12	3	0.000
Linear-by-Linear Association	18.37	1	0.000
N of Valid Cases	202		

From the above table, we conclude that an alpha of 0.05 and a *p*-value of 0.000 indicate statistical significance. Consequently, we can say that the null hypothesis is not true. The Our Institute's eleventh, twelfth, and graduating classes all utilize their mobile phones for schoolwork, and the results are the same for the master's level students as well.

Mutually all classes survey result:

Table 5
Case Processing Summary

	Valid		Case Missing		Total	
	N	Percent	N	Percent	N	Percent
Classes * students use the smart phone for educational purpose	302	100.0%	0	0.0%	302	100.0%

Table 6
*Classes * students use the smart phone for educational purpose Cross tabulation*
Chi-square Test

	Value	df	Asymptotic Significance (2- sided)
Pearson Chi square	160.8[a]	5	0.000
Likelihood ratio	188.0	5	0.000
Linear-by-Linear Association	141.0	1	0.000
N of Valid Cases	302		

Table 7
Symmetric Measures

		Value	Asymptotic Satndard Error[a]	Approximate T[b]	Approximate Significance
Interval by Interval	Pearson's R	-0.684	.031	-16.25	.000[o]
Ordinal by Ordinal	Speraman Correlation	-0.681	.031	-16.12	.000[o]
N of Valid Cases		302			

Based on the above table, it is concluded that the null hypothesis was not accepted because the Chi-square value (160.756) and the p-value (0.000) are equal indicating that it is statistically significant at the level of 0.05. The findings affirm that learning in our Institute involves the use of mobile phones by students. The students in 9 th and 10 th grades however showed a less proficient use of mobile phone in academic activities, as compared to their senior counterparts, which was in line with the hypothesis of the research. The sample size was extended to make the findings more reliable.

Moreover, the researcher found out that students who access their mobile phones during the examinations perform poorly. It is advisable, according to such findings, that the utilisation of mobile phones during examinations should be forbidden, in order to avoid the possible adverse effects on academic performance. The statistics indicate that there is worrying relationship between use of mobile phones during exams and low performance rates among students.

4.1.5. Mobile Usage of Student's

Initially, mobile phones were primarily perceived as devices used solely for voice communication. For this study, our Institute selected a sample of 100 students to participate in the research. Data were collected using a structured questionnaire adapted from the "Source Questionnaire (2006)." The questionnaire was administered to the selected students, and their responses were gathered for analysis. The data collection was conducted as primary research by the investigator employing a random sampling technique. The following section presents the tabulated data derived from the completed questionnaires.

Table 8

Usage of time on a daily basis

Response of item	Frequency of collecting data	Percentage%
1-20 min	45	45%
21-40min	25	25%
41-60min	20	20%
More than 1-Hour	10	10%

Source Questionnaire (2006)

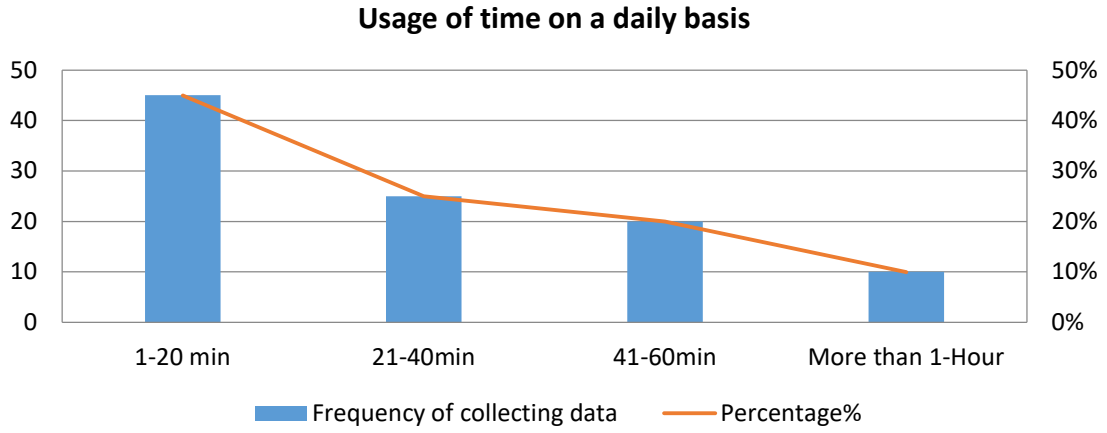

Figure5.

While most students spend between one and twenty minutes each day on their phones, those whose daily usage exceeds one hour pose a serious health risk due to the harmful effects of mobile radiation on the human body.

Table 9

Phases involved in purchasing a mobile phone

Response of item	Frequency of collecting data	Percentage%
Childhood	5	5%
Teen Age	37	37%
Adulthood	55	55%
N. A	3	3%

Source Questionnaire (2006)

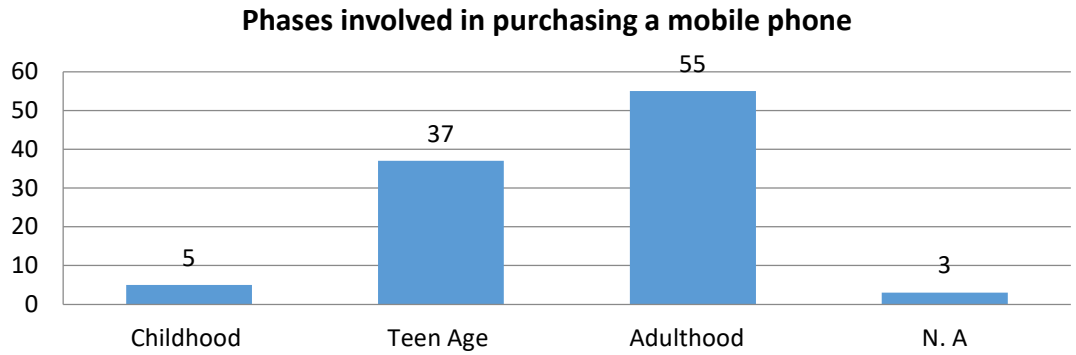

Figure 6.

Table 9 shows that some people used their mobile phones for gaming, while others used them for school or work.

Table 10

The Primary purpose of Mobile Phones

Response of item	Frequency of collecting data	Percentage%
For general purpose / For Friendship	48	48%
To contact with parents	26	26%
For Business	8	8%
For Study	15	15%
N. A	3	3%

Source Questionnaire (2006)

There are additional results of using mobile phones for commercial purposes if we consider all the data in the world.

Table 11:

Monthly mobile phone expense

Response of item	Frequency of collecting data	Percentage%
RS 100-250	35	35%
RS 250-600	45	45%
More than 600	17	17%
N. A	3	3%

Source Questionnaire (2006)

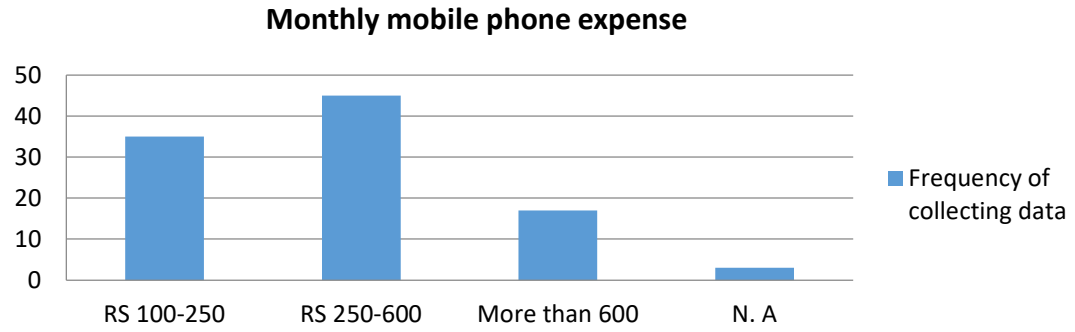

Figure7

According to Table 11, students should expect to pay between RS 250 and RS 600 for their mobile phone plans, with the higher tiers offering greater data, voice, text, and app bundles.

Table 12

Mobile phone costs are paid by

Response of item	Frequency of collecting data	Percentage%
Pocket money	30	30%
Parents	50	50%
Friends	2	2%
Illegal way	15	15%
N. A	3	3%

Source Questionnaire (2006)

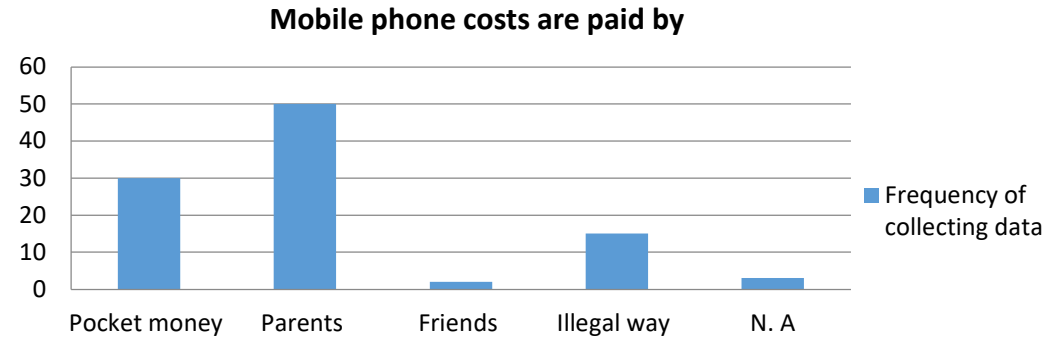

Figure 8

Parental funding is accounts for half of students' mobile expenses, as shown in Table 12. This is the way desi mothers do it: if you have any spare cash, you pay off your own debt.

Table 13

Many features of mobile phone to disturbing

Response of item	Frequency of collecting data	Percentage%
Unknown missed calls	10	10%
Unknown messages	22	22%
Network problem	42	42%
Different companies' messages	26	26%

Source Questionnaire (2006)

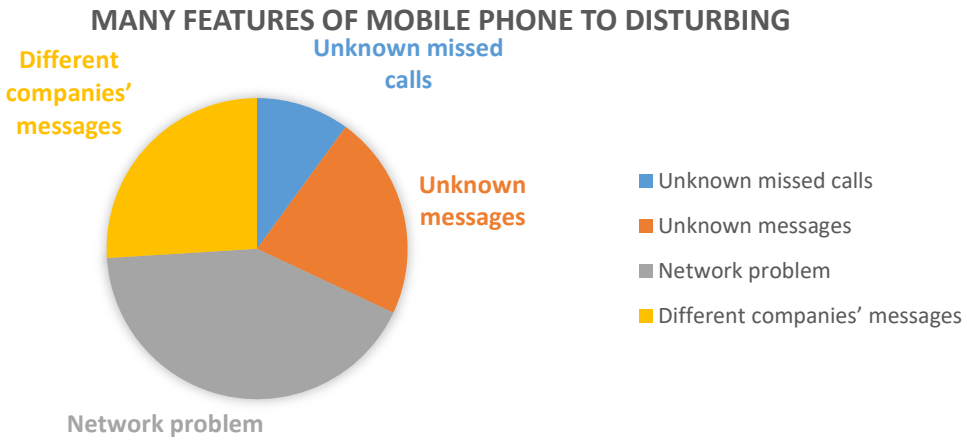

Figure9.

The majority of students (42%) have mentioned the network difficulty as the reason why mobile phone signals cannot reach this area due to the narrow streets.

Table 14

During the study used the cell phone

Response of item	Frequency of collecting data	Percentage%
Silent	61	61%
Off	34	34%
On	5	5%

Source Questionnaire (2006)

Table #14 displays much information, including the fact that 61% of students think their phones must be silent throughout the study.

Table # 15: (Cell phone with Time Usage)

Response of item	**Frequency of collecting data**	**Percentage%**
Morning	10	10%
Afternoon	25	25%
Evening	28	28%
Night	37	37%

Source Questionnaire (2006)

Table 15 shows that 37% of persons or students use their mobile phones at night, while they are not actively working. Everyone in the globe is taking a break right now.

Table # 16: (Cell Phone is used for internet purpose).

Response of item	Frequency of collecting data	Percentage%
Study	32	32%
Entertainment	68	68%

Source Questionnaire (2006)

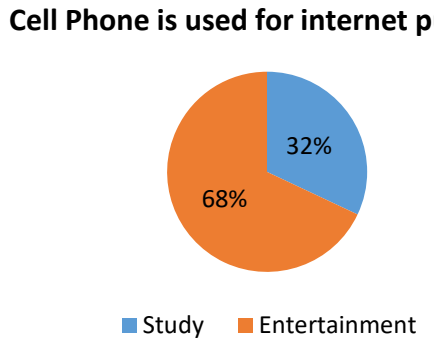

Figure10.

Table 16 indicates that the primary use of cell phones among students is for entertainment purposes, accounting for 68% of usage.

This is not surprising, given how easily knowledge can be transmitted these days thanks to mobile phones and the internet. No one else in the world has access to as much information as you have. The data is displayed in the table.

Suggestion

- The use of the social media application must be done in a responsible way whereby the application does not impact negatively on the physical and mental health of the individual.
- Overuse smart phone has effects on day to day lives like recreational games, physical exercises, sleeping habits, social lives, psychological disorders, and education.
- Delivery of lectures, among other academic information through mobile phones, can interfere with the concentration and learning ability of students. It is thus advisable that school or educational institutions control or limit the use of mobile phones in the lecture time. Furthermore, parents need to observe their children in case of any hint about the obsessive compulsive behavior concerning the use of mobile phone.
- It is shown that student who access mobile phones during the examinations are likely to perform poorly than those who do not carry phone gadgets, and this implies that the use of mobile phones during assessment should be prohibited strictly.
- The usage of cell phones poses great threats to students because it reduces their ability to make self-regulation decisions; therefore, individuals should be very keen and follow the standard instructions.

- It is recommended that the parents should closely monitor the usage of the mobile phones by the children and inform them about the advantages as well as the harm such gadgets can have.
- It is advisable for parents to ensure that students keep their mobile phones switched on during appropriate times to facilitate necessary communication, while also setting clear boundaries for usage.
- In cases where children experience harassment or bullying via mobile phones, parents should provide supportive environments for open communication and timely intervention.
- Limiting the duration of mobile phone usage is essential to prevent negative outcomes related to overexposure.
- Smartphones in bed should be discouraged to promote better sleep hygiene and overall health.

5. Conclusion

Everyone in the world is in connection with a mobile phone as it easy communication like sending messages, Phone calls, taking pictures, playing games, recording videos, having an access to the internet, etc. They are used in several occasions these are some of the uses of these mobile phones include the following. Dependence on the constantly increasing number of applications provokes in people communication issues as well as negatively affecting the performance of their job. The providers and their clients are able to identify the symptoms of addiction which necessary for treatment by the providers to be taken towards the condition. Some efforts and some effort can indeed be made to reduce smartphone addiction and set the pace for the usage of technology and reality.

Generally speaking, in the eyes of the students, the applications of social media are rather open, but not always with the teachers, but they enable us to express ourselves. That is certainly familiar to the creators of social media apps, you spend the majority of your time there. So when you are answering something, etc. will be awaiting you under the imputation. On the one hand, it is clear that there are many students with beneficial and helpful meanings of using different applications, on the other, they destroy the lives of other students. The consequences of utilizing it in the wrong manner are the most important factors that contribute to diversion of attention. These social media applications as they are so called are extremely horrible and consume a considerable percentage of your attention.

This paper highlights the negative consequences of the excessive use of mobile phones on family relationships and the increased risk of developing health issues related to the use of smart devices. It stresses the fact that one must discourage excessive use and campaign on health awareness. The author seeks to elaborate to users about the potential health hazards of using smartphones and other devices, even presenting the ways of alleviating the effects of these gadgets and devices through moderation. The paper emphasizes the necessity of usage to ensure the mental and physical health status remains stable against the harmful exposures, including mobile phone radiation.

Technology has taken the element of science fiction of few years back and made it fit in our palms. The more we know about students and the fact they can use the phones in their life; we get to focus more on the scope since we can have the results that are more specific about how they use their power source in their daily lives. Furthermore, in his life, it is practical, particularly in the minds of students or any other person, who attempts to study a subject by his/her own.

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21)_____Yours Attention Are Diverted Now.docx

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Yours Attention are Diverted Now Because the Mobile Phones have Significantly Impact on Youth

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Abstract:

The mobile phone technology has transformed these phones such that they are more than communication devices now, they form a multi purpose tool with so much ingrained presence in our lives. Mobile phones can no longer be used to be called and send messages, in the current times it can provide any number of functions to the user such as features such as photography/ video recording, accessing the internet, gaming and social networking features. These technological advances have influenced social and personal lives of humans very much. Mobile phones provide us with a number of conveniences yet they have concerns. Due to their extensive use a number of social and psychological consequences of lack of face to face interaction, social isolation and even broken family ties have been associated to them.

Mobile devices are known to create electromagnetic radiation (EMR) to its users which has been associated with an array of physical and mental health issues, for example anxiety, depression, insomnia and cognitive impairment. But when overused or not regulated, mobile phones create distractions, lower academic performance and reduce social engagement. Surely, the advantages of social well being through mobile phones are immense.

Key words: The study of psychological and physiological effects on mobile phones, social media and their discussions to the youth are on health issues, effects on education and use of mobile devices by the students are the Keywords.

1. Introduction:

As a cognitive process, attention is a function of a number of internal and external conditions, that is, an expression of one's level of involvement with specific tasks or environments. In earlier decades, people used their limited spare time in face to face encounters with the family and talk informally about social affairs and everyday life. But because mobile phone technology has brought about drastic communication patterns, whereby people can now communicate through calls, messages and internet based for easy access. This further aided by social media applications that allow for sharing moments, playing games and for people to interact with each other across the globe.

New ways of human interaction were introduced by social media platforms included building virtual friendships. The problem however has been unawareness of responsible use which has resulted in negative consequences. Using modern smartphones that can be laptops or hand held are too portable — too available at almost all time, often at the cost of physical and mental health. It has been consistent from studies that physical activity confers numerous advantages such as lowering the risk of chronic diseases and improving sleep quality. Just as regular exercise

can offset addictive behaviour related to excessive social media use, it can also help with emotional well being.

A lot of our students use borrowed Android phones to run our applications to access and download educational resources such as textbooks, scholarly articles and recorded lecture videos. Besides, these entertain related programs like Facebook, YouTube, Tiktok, Twitter, BIGO LIVE, Snap Chat, WhatsApp and Instagram get take away from the academic responsibilities.

In the lives of students, mobile phones play a dual role in contribution to their educational and social activities. Tech wise they talk to teachers, show assignments and help kids to learn via educational apps. Students use smartphones socially, for networking and self expression and have personalized wallpapers, ringtones and accessories that tell others who they are and what their social status is. Yet, an excessively large use of these, especially social media can be (and is) distracting and a waste of time that results in sub par academic performance. Simultaneously, smartphone based learning and connectivity are helping learn better and stay connected, but responsible use, balancing it with other aspects of life are essential to make an optimum outcome of the experience to not bring any negative effects to the student well-being.

Smartphones can help to complete the studies and facilitate communication with professors and classmates. Yet, their personalization in terms of walls, ringtones, problems, accessories denote the transition to the other box wherein phones were regarded as fashionable objects and markers of autonomy. Although these devices are useful in learning, they may interrupt the learning process and can also be used with bad intentions, thus a balance is required in the incorporation of these devices in the lives of students.

1.1Purpose of study:

The study has three major purposes. To begin with, it uses discourse analysis to explore the users and their use of mobile phones. Second, it employs a simple interpretive approach to qualitative research to investigate the attitudes and use of social media among college and university students in Lahore and how these two interrelate towards physical activity. In particular, the research focuses on the experience of students with such platforms as social networking sites, video-sharing platforms, music and short video applications, Live streaming services, messaging apps, and voice and video calling apps - which have become part of the everyday life.

Third, the study examines the possible psychological effects of excessive use of mobile phones and especially in youth. The hypothesis of the study is whether an overabundance of screen time can affect mental health or not and in what way; to understand whether excessive screen time is connected with such problems as loneliness, anxiety, and depression. In a broader sense, the study attempts to resolve all these emerging issues by providing recommendations on how to use mobile phones in a balanced and responsible manner with the help of evidence. The general aim is to help in the welfare of the students and help in the deeper engagement with the academic institutions.

1.1. Research Question:

- What is the current global prevalence of smartphone usage, and how has this trend evolved over time?
- To what extent do mobile phones contribute to simplifying or complicating daily life for users?

- What are the psychological impacts of continuous, on-the-go mobile phone use, particularly in terms of mental well-being?
- To what extent does mobile phone usage affect students' academic performance, and what underlying factors drive their frequent engagement with these devices?
- Does the integration of mobile phones in educational settings enhance or hinder students' academic development?
- How do contemporary social media platforms affect users' perceptions and discussions of physical appearance, especially among youth?

2. Literature Review:

In recent years, the growth of mobile telecommunication systems especially cellular network has increased. Mobile phone usage is ubiquitous according to Sánchez, (2006), where people consider the mobile phones as vital to their everyday operations. The so-called proliferation of technologies has boosted the formation of the globally interconnected society focusing on safety, efficiency, and cross-cultural exchange Soyemi et al., (2015). The researcher at Motorola, Martin Cooper, was not left behind in this change, as he invented the first cell phone, Motorola Dynatac. Released in 1983, the Motorola Dynatac 8000X was a great breakthrough in mobile communication, even though it did not have a display panel and was quite heavy (about 2.5 pounds) Goggin, (2015). The mobile phone concept has evolved with time to become the popular use of smart phones that are characterized by their advanced features and the capability to connect to the internet continuously.

The mobile phones have positive and negative effects when utilized in the education. According to Zaman, Khan (2009), mobile phones in Pakistan have been a facilitator for learning and communication but simultaneously they are a source of entertainment, a cause of diversion and thus a reason for academic decline. According to Abbas (2020), in modern life smartphones have become more of a necessity and have the ability to gather and post information. According to, (2019), many university and college students use mobile phones more regularly for diverse online activities like shopping, banking and access to academic resources. No doubt, that as mentioned by Al-Daihani (2018), mobile phone can boost students' performance, on the other hand, the over dependency on some entertainment applications may affect students' academic performance. In the same line, Mushroor et al., (2020) also mentioned the potential harm of smartphone overuse by demonstrating the disruption of sleep patterns caused by blue light exposure as well as psychological conditions such as anxiety and depression and attention-deficit symptoms. These views notwithstanding, mobile phones have improved interpersonal communication and have supported the establishment of better habits in the healthcare industry Geser (2004).

In recent years, healthcare providers are increasingly using it to deliver health related messages and monitoring caregiver wellbeing Blake, (2008) and Fjeldsoe et al., (2009). This has also made exercise out to be an appropriate strategy for reducing social media, as a means to regulate oneself and as a strategy to enhance the sleep wake cycle which are foundational elements to overall health. Mobile phones have a dual role among students, they are tools for academic engagement and they are social status symbols. Bianchi and Phillips, (2005) state that in the case that young adults have more easy access to the smartphones, it increases the over consumption

which lets the individuals not to self regulate themselves in usage. According to Kaur et al., (2019) the students can get distracted and keep on looking on the screen during class time which has a negative impact on student performance. According to Skierkowski and Wood (2012), technology is the generational signature and the youth of today are proficient in technology but increasing their dependency to it. Ahmed et al., (2021) reported that in Pakistan around 60% of teens are using the mobile phone and that a large part of that usage has a negative impact on the behavior of students, moral development and learning process.

2.1.Theoretical framework:

This study is grounded in an analysis of current statistical data, structured around the identification of independent and dependent variables. The mobile phone is designated as the sole independent variable, given its pervasive influence on various aspects of modern life. The dependent variables examined in this research include individuals' physical and mental health, social connectivity through diverse social media platforms, and academic performance.

An Entity Relationship Diagram (ERD) is used in the study to support the process of data modeling. ERD is one of the most commonly used foundational tools as it shows relationships between data entities, traditionally used within enterprise resource planning (ERP). The graphical depiction allows for quick and clear understanding of the relationship of mobile phone usage to a set of key dependent variables as well as eventually to facilitate a logical analysis of the bigger social and educational implications associated with the use of the mobile phone as a learning device.

ER-Model

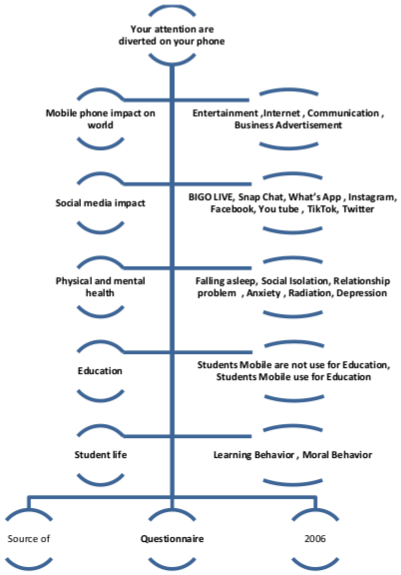

Figure1.

3. Research Methodology:

Prior to the surveys, all survey participants knew about the background and breadth of the study. There were no incentives or compensation and participation was voluntary. In order to maintain confidentiality the researcher did not collect any personal or identifiable information from participants. After data analysis and interpretation, all of the collected data stored in a secure place to maintain ethical integrity.

A self administered structured questionnaire was given to the students of educational institution in Lahore to takes the data. Complete response rate was 100%. Data entry and statistical analysis were carried out in Microsoft Excel 2016. The Our Institute Ethical Review Committee approved the study, its objectives and recommendations.

Nominal and ordinal scales were used to develop the questionnaire appropriate categorisation and sorting of variables was done and the variables were described appropriately. Descriptive methods and inferential testing (e.g., Chi-square test, where appropriate) served as statistical analyses. The sampling strategy involved convenience sampling, stratified sampling and simple random sampling (SRS). Existing literature available since 2006 such as blogs, academic articles and other online resources were used to design the questionnaire and the research framework.

4. Results and Discussion:

4.1. Analysis of the Data:

This research has included surveys taken at different academies of Pakistan, peer reviewed research papers, online articles as well as well structured questionnaires answered appropriately and in accord with the research. Based on these data, an updated Entity-Relationship (ER) model of all the important entities and their relationships is produced (see Figure 1).

Two focus group discussions were also carried out to enrich the data. The younger adolescents were aged 10–15 years and older adolescents were aged 16–21 years. The qualitative insights that were the result of these focus groups regarding participants' perceptions and experiences of mobile phone use. Additionally, the discussions helped refine two complimentary questionnaires which were developed for adolescents and parents. Parallel structure and content of both instruments was developed to ensure comparability and consistency of the analysis.

4.1.1. Mobile Phone Impact on the world:

Mobile technology and social media are fast growing in the developing nations including Pakistan. As per the Global Mobile Market Report released by Newzoo, Pakistan is one of the high performing countries in terms of smartphone penetration, when it comes to the ratio of the population that possesses smartphones. The report only encompasses rather large nations in order to make the international comparisons as representative as possible. To conduct the analysis within the context of this study, the data on the level of mobile phone ownership changes was analyzed with the latest data of June 2021.

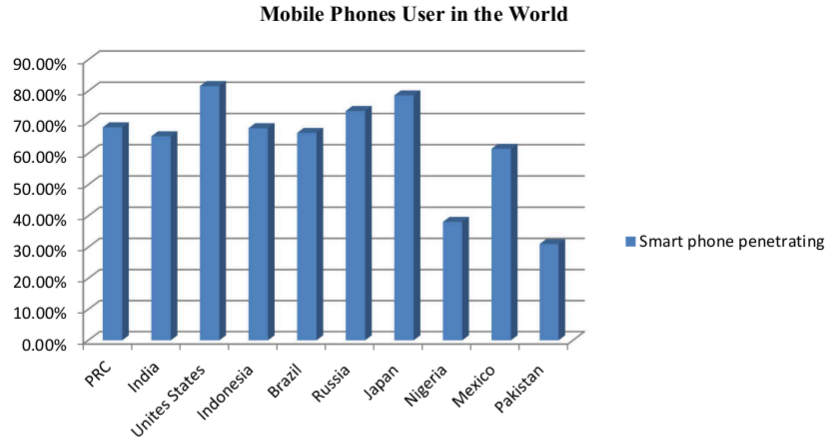

Figure2.

4.1.2. Smart phone Impact on Social Media:

The social media applications in this regard have a dual role to play although on the one hand, it can be used as learning tool, on the other hand, it is a major cause of distraction and time wastage. Students are constantly notified and ads are suggested on their devices, which can easily result in unintentional extended use in the majority of cases. A lot of students do not realize how much time they spend on their phones; they start out doing a quick look to check a message but end up spending several hours passively doing nothing. Studies show that students can spend between two and three hours in their phones everyday without undertaking any constructive tasks, which is a troubling trend of digital idleness.

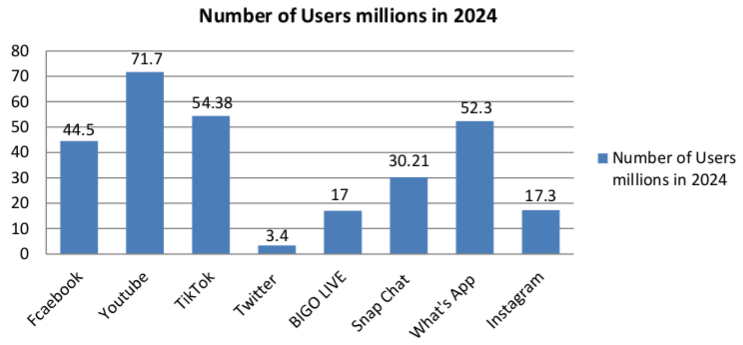

Figure3.

While it's true that these applications simplify many tasks and have their uses, the problem is that many individuals abuse them for malicious purposes and pay too much attention to them. At other times, it feels like our life would come to a standstill if these applications weren't available.

4.1.3. Smart phones effects our Mental Health:

Elevated levels of smartphone addiction, especially among young individuals, have been linked to negative psychological outcomes, including anxiety, depression, and mood disorders. Excessive mobile phone use disrupts sleep patterns, induces stress, and exhibits addictive characteristics. A study conducted by Therapy Brand highlights symptoms of digital detox anxiety, including physical manifestations such as sweating, cold shivering, heart palpitations, and bodily aches, which occur when individuals are separated from their phones for extended periods. This phenomenon is often accompanied by compulsive behaviors, such as restless hands and persistent concerns about missing social media updates or messages that require prompt responses.

Furthermore, the overuse of mobile phones not only impairs sleep quality but also contributes to social rejection and heightened depressive tendencies, often stemming from unfavorable social comparisons on networking platforms. Corroborating this, a systematic review conducted among medical students in southeastern Iran identified a significant association between cell phone addiction and declining mental health outcomes.

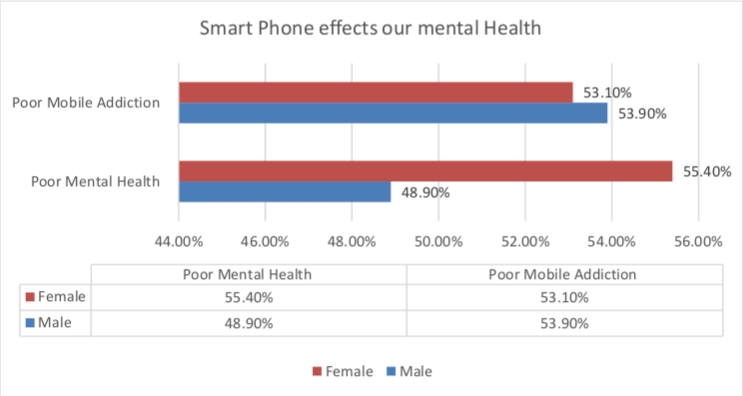

Figure4.

Source: "Prevalence of mobile phone addiction and poor mental health, and factors associated with mental health among medical students in southeast Iran"

4.1.4. Impact on Education Analysis:

(Cochrane, 2010), state that, using a smart phone may have a significant impact on improving student's performance because it may improve the quality of instruction and learning.

Research Hypothesis:

H_0: There has been a noticeable lack of mobile phone use in the classroom among Our Institute pupils.

H_1: There has been a noticeable lack of mobile phone are not use in the classroom among Our Institute pupils.

9th and 10th class survey result:

Table#1:

Classes * students use the smart phone for educational purpose Cross tabulation

			Yes	No	Total
Classes	**9th**	Count	5	45	60
		Expected Count	7.5	42.5	50.0
	10th	Count	10	40	50
		Expected Count	7.5	42.5	50.0
Total		Count	15	85	100
		Expected Count	15.0	85.0	100.0

Table#2:

Chi-square Test

	Value	df	Asymptotic Significance (2- sided)	Exact Sig. (2- sided)	Exact Sig. (1- sided)
Pearson Chi square	1.961[a]	1	.161		
Continuity correction	1.255	1	.263		
Likelihood ratio	1.993	1	.158		
Fisher's Exact Test				.262	.131
Linear-by-Linear Association	1.941	1	.164		
N of Valid Cases	100				

From the above table, we conclude that the *p*-value is 0.161 and the alpha is 0.05. Thus, we do not reject the null hypothesis. The ninth and tenth graders at The Our Institute do not use their phones for schoolwork. Class surveys for grades 11–12 and 13–14:

Table#3:

Classes * students use the smart phone for educational purpose
Cross tabulation

			Yes	No	Total
Classes	**11th**	Count	35	10	45
		Expected Count	39.0	6.0	45.0
	12th	Count	38	15	53
		Expected Count	45.9	7.1	53.0
	13th	Count	50	2	52
		Expected Count	45.0	7.0	52
	14th	Count	52	0	52
		Expected Count	45.0	7.0	52
Total		Count	175	27	202
		Expected Count	175.0	27.0	202.0

Table#4:

Chi-square Test

	Value	df	Asymptotic Significance (2- sided)
Pearson Chi square	25.35[a]	3	0.000
Likelihood ratio	31.12	3	0.000
Linear-by-Linear Association	18.37	1	0.000
N of Valid Cases	202		

From the above table, we conclude that an alpha of 0.05 and a *p*-value of 0.000 indicate statistical significance. Consequently, we can say that the null hypothesis is not true. The Our Institute's eleventh, twelfth, and graduating classes all utilize their mobile phones for schoolwork, and the results are the same for the master's level students as well.

Mutually all classes survey result:

Table#5:

Case Processing Summary

	Valid		Case Missing		Total	
	N	**Percent**	**N**	**Percent**	**N**	**Percent**
Classes * students use the smart phone	302	100.0%	0	0.0%	302	100.0%

for educational purpose

Table#6:

Classes * students use the smartphone for educational purpose Cross tabulation

Chi-square Test

	Value	df	Asymptotic Significance (2- sided)
Pearson Chi square	160.8[a]	5	0.000
Likelihood ratio	188.0	5	0.000
Linear-by-Linear Association	141.0	1	0.000
N of Valid Cases	302		

Table#7:

Symmetric Measures

		Value	Asymptotic Satndard Error[a]	Approximate T[b]	Approximate Significance
Interval by Interval	Pearson's R	-0.684	.031	-16.25	.000[o]
Ordinal by Ordinal	Speraman Correlation	-0.681	.031	-16.12	.000[o]
N of Valid Cases		302			

Based on the above table, it is concluded that the null hypothesis was not accepted because the Chi-square value (160.756) and the p-value (0.000) are equal indicating that it is statistically significant at the level of 0.05. The findings affirm that learning in our Institute involves the use of mobile phones by students. The students in 9 th and 10 th grades however showed a less proficient use of mobile phone in academic activities, as compared to their senior counterparts, which was in line with the hypothesis of the research. The sample size was extended to make the findings more reliable.

Moreover, the researcher found out that students who access their mobile phones during the examinations perform poorly. It is advisable, according to such findings, that the utilisation of mobile phones during examinations should be forbidden, in order to avoid the possible adverse effects on academic performance. The statistics indicate that there is worrying relationship between use of mobile phones during exams and low performance rates among students.

4.1.5. Mobile Usage of Student's:

Initially, mobile phones were primarily perceived as devices used solely for voice communication. For this study, our Institute selected a sample of 100 students to participate in the research. Data were collected using a structured questionnaire adapted from the "Source Questionnaire (2006)." The questionnaire was administered to the selected students, and their responses were gathered for analysis. The data collection was conducted as primary research by the investigator employing a random sampling technique. The following section presents the tabulated data derived from the completed questionnaires.

Table # 8: (Usage of time on a daily basis)

Response of item	Frequency of collecting data	Percentage%
1-20 min	45	45%
21-40min	25	25%
41-60min	20	20%
More than 1-Hour	10	10%

Source Questionnaire (2006)

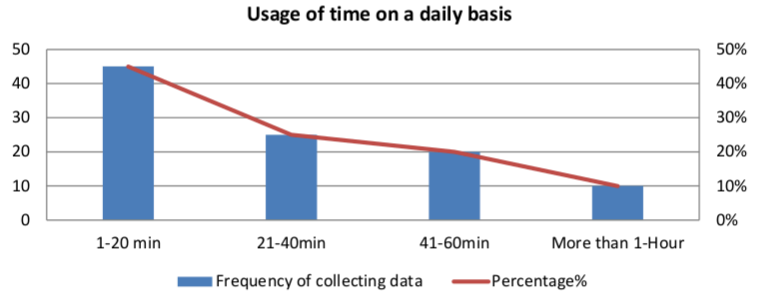

Figure5.

While most students spend between one and twenty minutes each day on their phones, those whose daily usage exceeds one hour pose a serious health risk due to the harmful effects of mobile radiation on the human body.

Table # 9: (Phases involved in purchasing a mobile phone)

Response of item	Frequency of collecting data	Percentage%
Childhood	5	5%
Teen Age	37	37%
Adulthood	55	55%

N. A	3	3%

Source Questionnaire (2006)

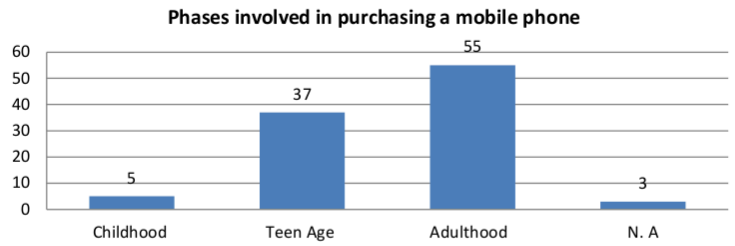

Figure6.

Table 9 shows that some people used their mobile phones for gaming, while others used them for school or work.

Table # 10: (The Primary purpose of Mobile Phones)

Response of item	Frequency of collecting data	Percentage%
For general purpose / For Friendship	48	48%
To contact with parents	26	26%
For Business	8	8%
For Study	15	15%
N. A	3	3%

Source Questionnaire (2006)

There are additional results of using mobile phones for commercial purposes if we consider all the data in the world.

Table # 11: (Monthly mobile phone expense)

Response of item	Frequency of collecting data	Percentage%
RS 100-250	35	35%
RS 250-600	45	45%
More than 600	17	17%
N. A	3	3%

Source Questionnaire (2006)

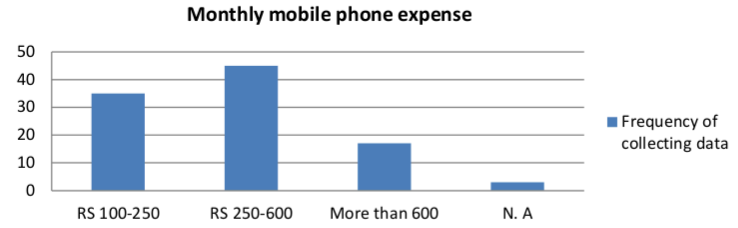

Figure7.

According to Table 11, students should expect to pay between RS 250 and RS 600 for their mobile phone plans, with the higher tiers offering greater data, voice, text, and app bundles.

Table # 12: (Mobile phone costs are paid by)

Response of item	Frequency of collecting data	Percentage%
Pocket money	30	30%
Parents	50	50%
Friends	2	2%
Illegal way	15	15%
N. A	3	3%

Source Questionnaire (2006)

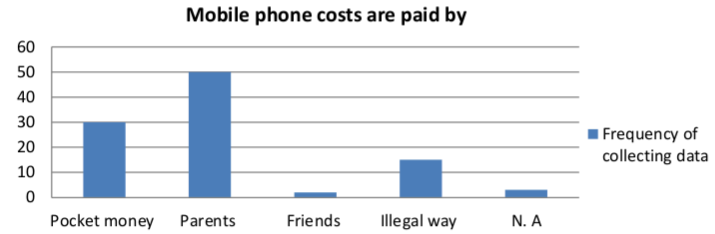

Figure8.

Parental funding is accounts for half of students' mobile expenses, as shown in Table 12. This is the way desi mothers do it: if you have any spare cash, you pay off your own debt.

Table # 13: (Many features of mobile phone to disturbing)

Response of item	Frequency of collecting data	Percentage%
Unknown missed calls	10	10%
Unknown messages	22	22%
Network problem	42	42%
Different companies' messages	26	26%

Source Questionnaire (2006)

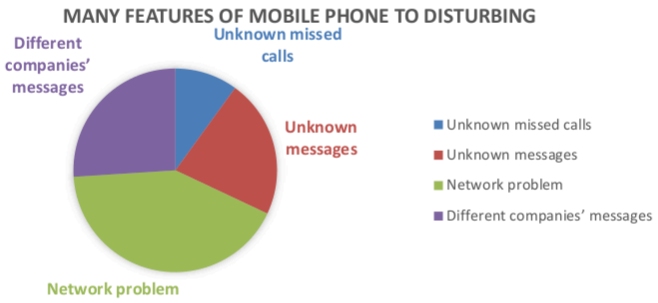

Figure9.

The majority of students (42%) have mentioned the network difficulty as the reason why mobile phone signals cannot reach this area due to the narrow streets.

Table # 14: (During the study used the cell phone)

Response of item	Frequency of collecting data	Percentage%
Silent	61	61%
Off	34	34%
On	5	5%

Source Questionnaire (2006)

Table #14 displays much information, including the fact that 61% of students think their phones must be silent throughout the study.

Table # 15: (Cell phone with Time Usage)

Response of item	Frequency of collecting data	Percentage%
Morning	10	10%

Afternoon	25	25%
Evening	28	28%
Night	37	37%

Source Questionnaire (2006)

Table 15 shows that 37% of persons or students use their mobile phones at night, while they are not actively working. Everyone in the globe is taking a break right now.

Table # 16: (Cell Phone is used for internet purpose).

Response of item	Frequency of collecting data	Percentage%
Study	32	32%
Entertainment	68	68%

Source Questionnaire (2006)

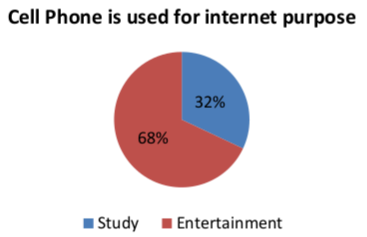

Figure10.

Table 16 indicates that the primary use of cell phones among students is for entertainment purposes, accounting for 68% of usage.

This is not surprising, given how easily knowledge can be transmitted these days thanks to mobile phones and the internet. No one else in the world has access to as much information as you have. The data is displayed in the table.

Suggestion:

- The use of the social media application must be done in a responsible way whereby the application does not impact negatively on the physical and mental health of the individual.
- Overuse smart phone has effects on day to day lives like recreational games, physical exercises, sleeping habits, social lives, psychological disorders, and education.
- Delivery of lectures, among other academic information through mobile phones, can interfere with the concentration and learning ability of students. It is thus advisable that school or educational institutions control or limit the use of mobile phones in the lecture time. Furthermore, parents need to observe their children in case of any hint about the obsessive compulsive behavior concerning the use of mobile phone.

- It is shown that student who access mobile phones during the examinations are likely to perform poorly than those who do not carry phone gadgets, and this implies that the use of mobile phones during assessment should be prohibited strictly.
- The usage of cell phones poses great threats to students because it reduces their ability to make self-regulation decisions; therefore, individuals should be very keen and follow the standard instructions.
- It is recommended that the parents should closely monitor the usage of the mobile phones by the children and inform them about the advantages as well as the harm such gadgets can have.
- It is advisable for parents to ensure that students keep their mobile phones switched on during appropriate times to facilitate necessary communication, while also setting clear boundaries for usage.
- In cases where children experience harassment or bullying via mobile phones, parents should provide supportive environments for open communication and timely intervention.
- Limiting the duration of mobile phone usage is essential to prevent negative outcomes related to overexposure.
- Smartphones in bed should be discouraged to promote better sleep hygiene and overall health.

5. Conclusion:

Everyone in the world is in connection with a mobile phone as it easy communication like sending messages, Phone calls, taking pictures, playing games, recording videos, having an access to the internet, etc. They are used in several occasions these are some of the uses of these mobile phones include the following. Dependence on the constantly increasing number of applications provokes in people communication issues as well as negatively affecting the performance of their job. The providers and their clients are able to identify the symptoms of addiction which necessary for treatment by the providers to be taken towards the condition. Some efforts and some effort can indeed be made to reduce smartphone addiction and set the pace for the usage of technology and reality.

Generally speaking, in the eyes of the students, the applications of social media are rather open, but not always with the teachers, but they enable us to express ourselves. That is certainly familiar to the creators of social media apps, you spend the majority of your time there. So when you are answering something, etc. will be awaiting you under the imputation. On the one hand, it is clear that there are many students with beneficial and helpful meanings of using different applications, on the other, they destroy the lives of other students. The consequences of utilizing it in the wrong manner are the most important factors that contribute to diversion of attention. These social media applications as they are so called are extremely horrible and consume a considerable percentage of your attention.

This paper highlights the negative consequences of the excessive use of mobile phones on family relationships and the increased risk of developing health issues related to the use of smart devices. It stresses the fact that one must discourage excessive use and campaign on health awareness. The author seeks to elaborate to users about the potential health hazards of using smartphones and other devices, even presenting the ways of alleviating the effects of these gadgets and devices through moderation. The paper emphasizes the necessity of usage to ensure

the mental and physical health status remains stable against the harmful exposures, including mobile phone radiation.

Technology has taken the element of science fiction of few years back and made it fit in our palms. The more we know about students and the fact they can use the phones in their life; we get to focus more on the scope since we can have the results that are more specific about how they use their power source in their daily lives. Furthermore, in his life, it is practical, particularly in the minds of students or any other person, who attempts to study a subject by his/her own.

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Yours Attention are Diverted Now Because the Mobile Phones have Significantly Impact on Youth

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Abstract:

The mobile phone technology has transformed these phones such that they are more than communication devices now, they form a multi purpose tool with so much ingrained presence in our lives. Mobile phones can no longer be used to be called and send messages, in the current times it can provide any number of functions to the user such as features such as photography/ video recording, accessing the internet, gaming and social networking features. These technological advances have influenced social and personal lives of humans very much. Mobile phones provide us with a number of conveniences yet they have concerns. Due to their extensive use a number of social and psychological consequences of lack of face to face interaction, social isolation and even broken family ties have been associated to them.

Mobile devices are known to create electromagnetic radiation (EMR) to its users which has been associated with an array of physical and mental health issues, for example anxiety, depression, insomnia and cognitive impairment. But when overused or not regulated, mobile phones create distractions, lower academic performance and reduce social engagement. Surely, the advantages of social well being through mobile phones are immense.

Key words: The study of psychological and physiological effects on mobile phones, social media and their discussions to the youth are on health issues, effects on education and use of mobile devices by the students are the Keywords.

1. Introduction:

As a cognitive process, attention is a function of a number of internal and external conditions, that is, an expression of one's level of involvement with specific tasks or environments. In earlier decades, people used their limited spare time in face to face encounters with the family and talk informally about social affairs and everyday life. But because mobile phone technology has brought about drastic communication patterns, whereby people can now communicate through calls, messages and internet based for easy access. This further aided by social media applications that allow for sharing moments, playing games and for people to interact with each other across the globe.

New ways of human interaction were introduced by social media platforms included building virtual friendships. The problem however has been unawareness of responsible use which has resulted in negative consequences. Using modern smartphones that can be laptops or hand held are too portable — too available at almost all time, often at the cost of physical and mental health. It has been consistent from studies that physical activity confers numerous advantages such as lowering the risk of chronic diseases and improving sleep quality. Just as regular exercise

can offset addictive behaviour related to excessive social media use, it can also help with emotional well being.

A lot of our students use borrowed Android phones to run our applications to access and download educational resources such as textbooks, scholarly articles and recorded lecture videos. Besides, these entertain related programs like Facebook, YouTube, Tiktok, Twitter, BIGO LIVE, Snap Chat, WhatsApp and Instagram get take away from the academic responsibilities.

In the lives of students, mobile phones play a dual role in contribution to their educational and social activities. Tech wise they talk to teachers, show assignments and help kids to learn via educational apps. Students use smartphones socially, for networking and self expression and have personalized wallpapers, ringtones and accessories that tell others who they are and what their social status is. Yet, an excessively large use of these, especially social media can be (and is) distracting and a waste of time that results in sub par academic performance. Simultaneously, smartphone based learning and connectivity are helping learn better and stay connected, but responsible use, balancing it with other aspects of life are essential to make an optimum outcome of the experience to not bring any negative effects to the student well-being.

Smartphones can help to complete the studies and facilitate communication with professors and classmates. Yet, their personalization in terms of walls, ringtones, problems, accessories denote the transition to the other box wherein phones were regarded as fashionable objects and markers of autonomy. Although these devices are useful in learning, they may interrupt the learning process and can also be used with bad intentions, thus a balance is required in the incorporation of these devices in the lives of students.

1.1Purpose of study:

The study has three major purposes. To begin with, it uses discourse analysis to explore the users and their use of mobile phones. Second, it employs a simple interpretive approach to qualitative research to investigate the attitudes and use of social media among college and university students in Lahore and how these two interrelate towards physical activity. In particular, the research focuses on the experience of students with such platforms as social networking sites, video-sharing platforms, music and short video applications, Live streaming services, messaging apps, and voice and video calling apps - which have become part of the everyday life.

Third, the study examines the possible psychological effects of excessive use of mobile phones and especially in youth. The hypothesis of the study is whether an overabundance of screen time can affect mental health or not and in what way; to understand whether excessive screen time is connected with such problems as loneliness, anxiety, and depression. In a broader sense, the study attempts to resolve all these emerging issues by providing recommendations on how to use mobile phones in a balanced and responsible manner with the help of evidence. The general aim is to help in the welfare of the students and help in the deeper engagement with the academic institutions.

1.1. Research Question:

- What is the current global prevalence of smartphone usage, and how has this trend evolved over time?
- To what extent do mobile phones contribute to simplifying or complicating daily life for users?

- What are the psychological impacts of continuous, on-the-go mobile phone use, particularly in terms of mental well-being?
- To what extent does mobile phone usage affect students' academic performance, and what underlying factors drive their frequent engagement with these devices?
- Does the integration of mobile phones in educational settings enhance or hinder students' academic development?
- How do contemporary social media platforms affect users' perceptions and discussions of physical appearance, especially among youth?

2. Literature Review:

In recent years, the growth of mobile telecommunication systems especially cellular network has increased. Mobile phone usage is ubiquitous according to Sánchez, (2006), where people consider the mobile phones as vital to their everyday operations. The so-called proliferation of technologies has boosted the formation of the globally interconnected society focusing on safety, efficiency, and cross-cultural exchange Soyemi et al., (2015). The researcher at Motorola, Martin Cooper, was not left behind in this change, as he invented the first cell phone, Motorola Dynatac. Released in 1983, the Motorola Dynatac 8000X was a great breakthrough in mobile communication, even though it did not have a display panel and was quite heavy (about 2.5 pounds) Goggin, (2015). The mobile phone concept has evolved with time to become the popular use of smart phones that are characterized by their advanced features and the capability to connect to the internet continuously.

The mobile phones have positive and negative effects when utilized in the education. According to Zaman, Khan (2009), mobile phones in Pakistan have been a facilitator for learning and communication but simultaneously they are a source of entertainment, a cause of diversion and thus a reason for academic decline. According to Abbas (2020), in modern life smartphones have become more of a necessity and have the ability to gather and post information. According to, (2019), many university and college students use mobile phones more regularly for diverse online activities like shopping, banking and access to academic resources. No doubt, that as mentioned by Al-Daihani (2018), mobile phone can boost students' performance, on the other hand, the over dependency on some entertainment applications may affect students' academic performance. In the same line, Mushroor et al., (2020) also mentioned the potential harm of smartphone overuse by demonstrating the disruption of sleep patterns caused by blue light exposure as well as psychological conditions such as anxiety and depression and attention-deficit symptoms. These views notwithstanding, mobile phones have improved interpersonal communication and have supported the establishment of better habits in the healthcare industry Geser (2004).

In recent years, healthcare providers are increasingly using it to deliver health related messages and monitoring caregiver wellbeing Blake, (2008) and Fjeldsoe et al., (2009). This has also made exercise out to be an appropriate strategy for reducing social media, as a means to regulate oneself and as a strategy to enhance the sleep wake cycle which are foundational elements to overall health. Mobile phones have a dual role among students, they are tools for academic engagement and they are social status symbols. Bianchi and Phillips, (2005) state that in the case that young adults have more easy access to the smartphones, it increases the over consumption

which lets the individuals not to self regulate themselves in usage. According to Kaur et al., (2019) the students can get distracted and keep on looking on the screen during class time which has a negative impact on student performance. According to Skierkowski and Wood (2012), technology is the generational signature and the youth of today are proficient in technology but increasing their dependency to it. Ahmed et al., (2021) reported that in Pakistan around 60% of teens are using the mobile phone and that a large part of that usage has a negative impact on the behavior of students, moral development and learning process.

2.1.Theoretical framework:

This study is grounded in an analysis of current statistical data, structured around the identification of independent and dependent variables. The mobile phone is designated as the sole independent variable, given its pervasive influence on various aspects of modern life. The dependent variables examined in this research include individuals' physical and mental health, social connectivity through diverse social media platforms, and academic performance.

An Entity Relationship Diagram (ERD) is used in the study to support the process of data modeling. ERD is one of the most commonly used foundational tools as it shows relationships between data entities, traditionally used within enterprise resource planning (ERP). The graphical depiction allows for quick and clear understanding of the relationship of mobile phone usage to a set of key dependent variables as well as eventually to facilitate a logical analysis of the bigger social and educational implications associated with the use of the mobile phone as a learning device.

ER-Model

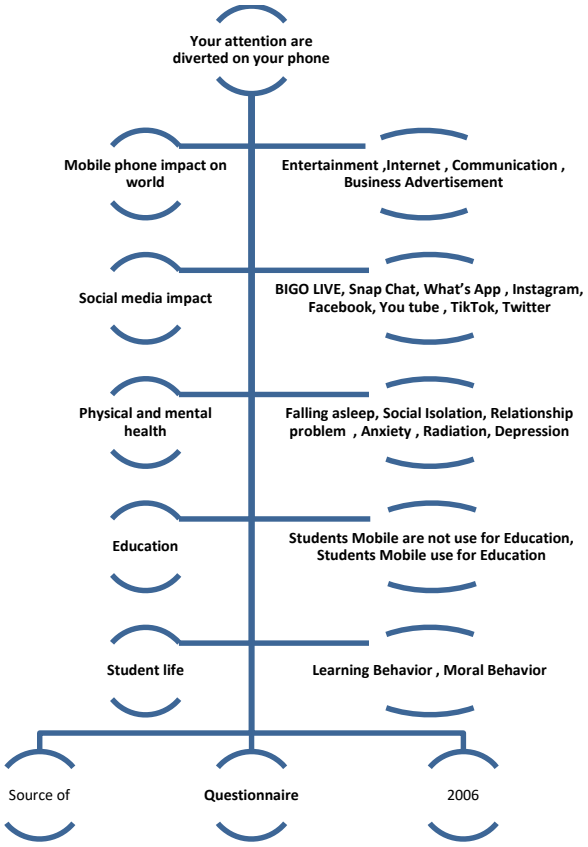

Figure1.

3. Research Methodology:

Prior to the surveys, all survey participants knew about the background and breadth of the study. There were no incentives or compensation and participation was voluntary. In order to maintain confidentiality the researcher did not collect any personal or identifiable information from participants. After data analysis and interpretation, all of the collected data stored in a secure place to maintain ethical integrity.

A self administered structured questionnaire was given to the students of educational institution in Lahore to takes the data. Complete response rate was 100%. Data entry and statistical analysis were carried out in Microsoft Excel 2016. The Our Institute Ethical Review Committee approved the study, its objectives and recommendations.

Nominal and ordinal scales were used to develop the questionnaire appropriate categorisation and sorting of variables was done and the variables were described appropriately. Descriptive methods and inferential testing (e.g., Chi-square test, where appropriate) served as statistical analyses. The sampling strategy involved convenience sampling, stratified sampling and simple random sampling (SRS). Existing literature available since 2006 such as blogs, academic articles and other online resources were used to design the questionnaire and the research framework.

4. Results and Discussion:

4.1. Analysis of the Data:

This research has included surveys taken at different academies of Pakistan, peer reviewed research papers, online articles as well as well structured questionnaires answered appropriately and in accord with the research. Based on these data, an updated Entity-Relationship (ER) model of all the important entities and their relationships is produced (see Figure 1).

Two focus group discussions were also carried out to enrich the data. The younger adolescents were aged 10–15 years and older adolescents were aged 16–21 years. The qualitative insights that were the result of these focus groups regarding participants' perceptions and experiences of mobile phone use. Additionally, the discussions helped refine two complimentary questionnaires which were developed for adolescents and parents. Parallel structure and content of both instruments was developed to ensure comparability and consistency of the analysis.

4.1.1. Mobile Phone Impact on the world:

Mobile technology and social media are fast growing in the developing nations including Pakistan. As per the Global Mobile Market Report released by Newzoo, Pakistan is one of the high performing countries in terms of smartphone penetration, when it comes to the ratio of the population that possesses smartphones. The report only encompasses rather large nations in order to make the international comparisons as representative as possible. To conduct the analysis within the context of this study, the data on the level of mobile phone ownership changes was analyzed with the latest data of June 2021.

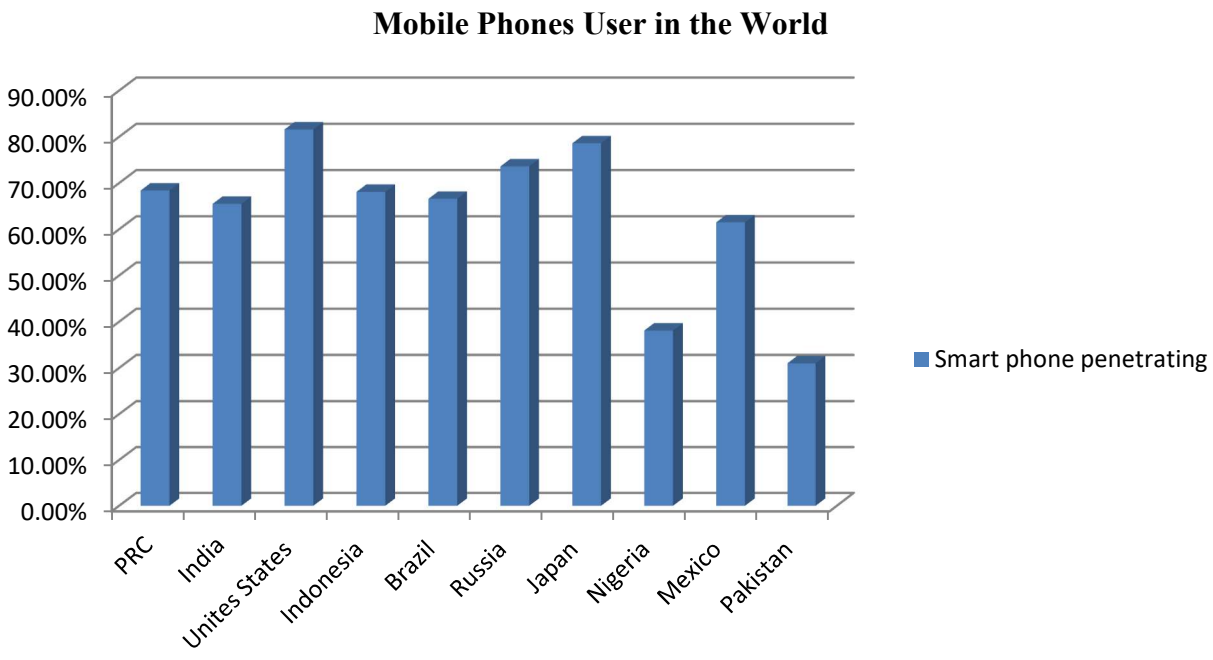

Figure2.

4.1.2. Smart phone Impact on Social Media:

The social media applications in this regard have a dual role to play although on the one hand, it can be used as learning tool, on the other hand, it is a major cause of distraction and time wastage. Students are constantly notified and ads are suggested on their devices, which can easily result in unintentional extended use in the majority of cases. A lot of students do not realize how much time they spend on their phones; they start out doing a quick look to check a message but end up spending several hours passively doing nothing. Studies show that students can spend between two and three hours in their phones everyday without undertaking any constructive tasks, which is a troubling trend of digital idleness.

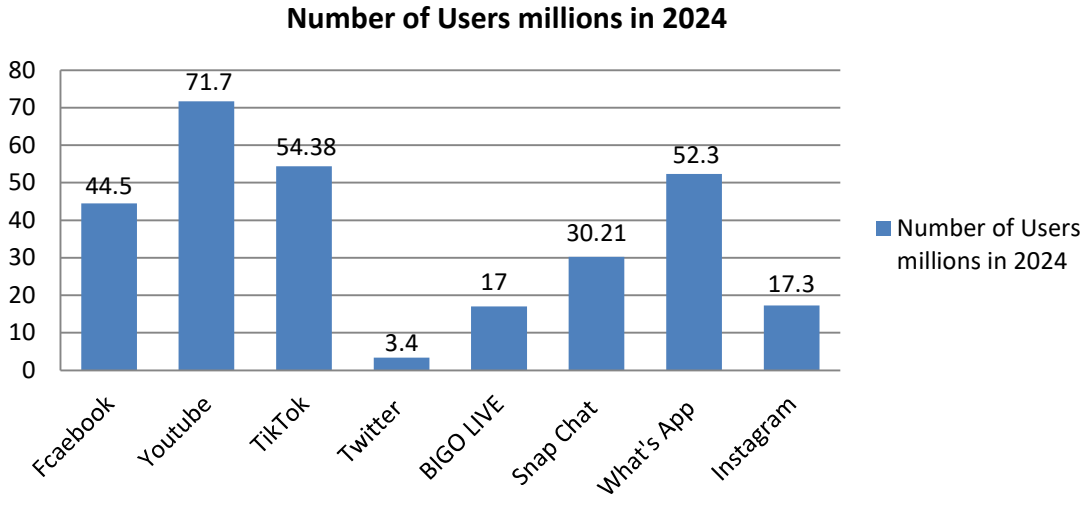

Figure3.

While it's true that these applications simplify many tasks and have their uses, the problem is that many individuals abuse them for malicious purposes and pay too much attention to them. At other times, it feels like our life would come to a standstill if these applications weren't available.

4.1.3. Smart phones effects our Mental Health:

Elevated levels of smartphone addiction, especially among young individuals, have been linked to negative psychological outcomes, including anxiety, depression, and mood disorders. Excessive mobile phone use disrupts sleep patterns, induces stress, and exhibits addictive characteristics. A study conducted by Therapy Brand highlights symptoms of digital detox anxiety, including physical manifestations such as sweating, cold shivering, heart palpitations, and bodily aches, which occur when individuals are separated from their phones for extended periods. This phenomenon is often accompanied by compulsive behaviors, such as restless hands and persistent concerns about missing social media updates or messages that require prompt responses.

Furthermore, the overuse of mobile phones not only impairs sleep quality but also contributes to social rejection and heightened depressive tendencies, often stemming from unfavorable social comparisons on networking platforms. Corroborating this, a systematic review conducted among medical students in southeastern Iran identified a significant association between cell phone addiction and declining mental health outcomes.

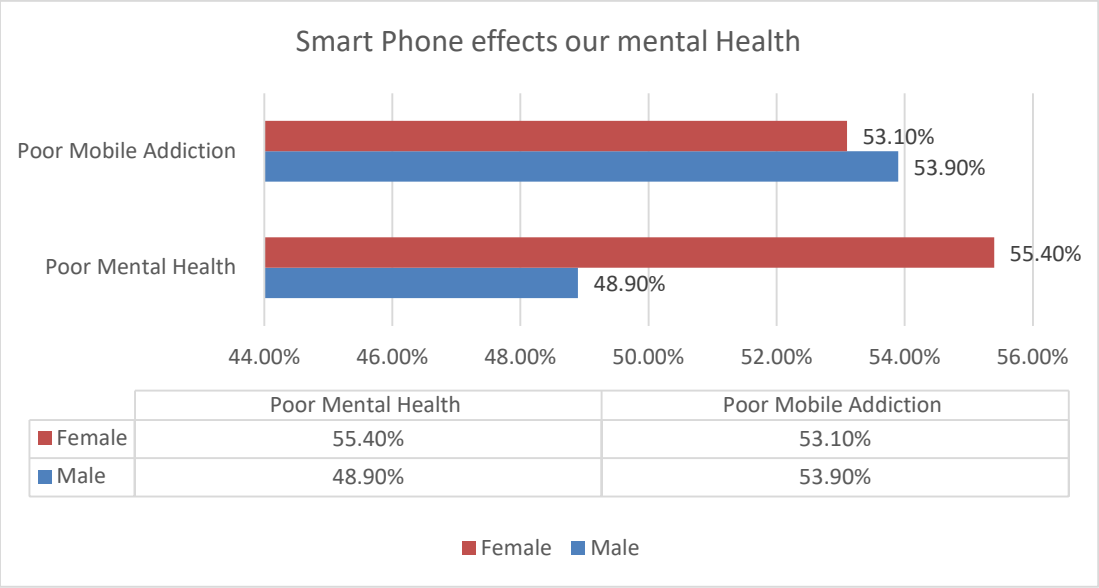

Figure4.

Source: "Prevalence of mobile phone addiction and poor mental health, and factors associated with mental health among medical students in southeast Iran"

4.1.4. Impact on Education Analysis:

(Cochrane, 2010), state that, using a smart phone may have a significant impact on improving student's performance because it may improve the quality of instruction and learning.

Research Hypothesis:

H_0: There has been a noticeable lack of mobile phone use in the classroom among Our Institute pupils.

H_1: There has been a noticeable lack of mobile phone are not use in the classroom among Our Institute pupils.

9th and 10th class survey result:

Table#1:

Classes * students use the smart phone for educational purpose Cross tabulation

			Yes	No	Total
Classes	**9th**	Count	5	45	60
		Expected Count	7.5	42.5	50.0
	10th	Count	10	40	50
		Expected Count	7.5	42.5	50.0
Total		Count	15	85	100
		Expected Count	15.0	85.0	100.0

Table#2:

Chi-square Test

	Value	df	Asymptotic Significance (2- sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi square	1.961[a]	1	.161		
Continuity correction	1.255	1	.263		
Likelihood ratio	1.993	1	.158		
Fisher's Exact Test				.262	.131
Linear-by-Linear Association	1.941	1	.164		
N of Valid Cases	100				

From the above table, we conclude that the *p*-value is 0.161 and the alpha is 0.05. Thus, we do not reject the null hypothesis. The ninth and tenth graders at The Our Institute do not use their phones for schoolwork. Class surveys for grades 11–12 and 13–14:

Table#3:

Classes * students use the smart phone for educational purpose Cross tabulation

			Yes	No	Total
Classes	**11th**	Count	35	10	45
		Expected Count	39.0	6.0	45.0
	12th	Count	38	15	53
		Expected Count	45.9	7.1	53.0
	13th	Count	50	2	52
		Expected Count	45.0	7.0	52
	14th	Count	52	0	52
		Expected Count	45.0	7.0	52
Total		Count	175	27	202
		Expected Count	175.0	27.0	202.0

Table#4:

Chi-square Test

	Value	df	Asymptotic Significance (2- sided)
Pearson Chi square	25.35[a]	3	0.000
Likelihood ratio	31.12	3	0.000
Linear-by-Linear Association	18.37	1	0.000
N of Valid Cases	202		

From the above table, we conclude that an alpha of 0.05 and a *p*-value of 0.000 indicate statistical significance. Consequently, we can say that the null hypothesis is not true. The Our Institute's eleventh, twelfth, and graduating classes all utilize their mobile phones for schoolwork, and the results are the same for the master's level students as well.

Mutually all classes survey result:

Table#5:

Case Processing Summary

	Valid		Case Missing		Total	
	N	**Percent**	**N**	**Percent**	**N**	**Percent**
Classes * students use the smart phone	302	100.0%	0	0.0%	302	100.0%

for educational purpose

Table#6:

Classes * students use the smart phone for educational purpose Cross tabulation

Chi-square Test

	Value	df	Asymptotic Significance (2- sided)
Pearson Chi square	160.8[a]	5	0.000
Likelihood ratio	188.0	5	0.000
Linear-by-Linear Association	141.0	1	0.000
N of Valid Cases	302		

Table#7:

Symmetric Measures

		Value	Asymptotic Satndard Error[a]	Approximate T[b]	Approximate Significance
Interval by Interval	Pearson's R	-0.684	.031	-16.25	.000[o]
Ordinal by Ordinal	Speraman Correlation	-0.681	.031	-16.12	.000[o]
N of Valid Cases		302			

Based on the above table, it is concluded that the null hypothesis was not accepted because the Chi-square value (160.756) and the p-value (0.000) are equal indicating that it is statistically significant at the level of 0.05. The findings affirm that learning in our Institute involves the use of mobile phones by students. The students in 9 th and 10 th grades however showed a less proficient use of mobile phone in academic activities, as compared to their senior counterparts, which was in line with the hypothesis of the research. The sample size was extended to make the findings more reliable.

Moreover, the researcher found out that students who access their mobile phones during the examinations perform poorly. It is advisable, according to such findings, that the utilisation of mobile phones during examinations should be forbidden, in order to avoid the possible adverse effects on academic performance. The statistics indicate that there is worrying relationship between use of mobile phones during exams and low performance rates among students.

4.1.5. Mobile Usage of Student's:

Initially, mobile phones were primarily perceived as devices used solely for voice communication. For this study, our Institute selected a sample of 100 students to participate in the research. Data were collected using a structured questionnaire adapted from the "Source Questionnaire (2006)." The questionnaire was administered to the selected students, and their responses were gathered for analysis. The data collection was conducted as primary research by the investigator employing a random sampling technique. The following section presents the tabulated data derived from the completed questionnaires.

Table # 8: (Usage of time on a daily basis)

Response of item	Frequency of collecting data	Percentage%
1-20 min	45	45%
21-40min	25	25%
41-60min	20	20%
More than 1-Hour	10	10%

Source Questionnaire (2006)

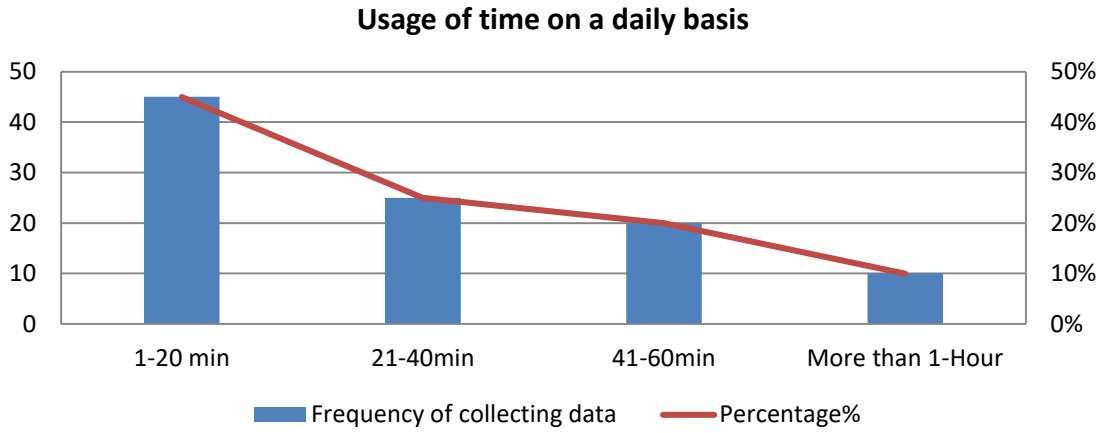

Figure5.

While most students spend between one and twenty minutes each day on their phones, those whose daily usage exceeds one hour pose a serious health risk due to the harmful effects of mobile radiation on the human body.

Table # 9: (Phases involved in purchasing a mobile phone)

Response of item	Frequency of collecting data	Percentage%
Childhood	5	5%
Teen Age	37	37%
Adulthood	55	55%

N. A	3	3%

Source Questionnaire (2006)

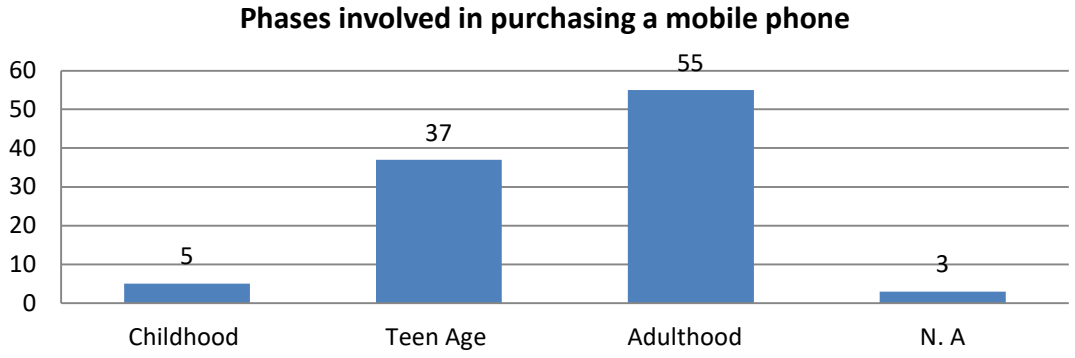

Figure6.

Table 9 shows that some people used their mobile phones for gaming, while others used them for school or work.

Table # 10: (The Primary purpose of Mobile Phones)

Response of item	Frequency of collecting data	Percentage%
For general purpose / For Friendship	48	48%
To contact with parents	26	26%
For Business	8	8%
For Study	15	15%
N. A	3	3%

Source Questionnaire (2006)

There are additional results of using mobile phones for commercial purposes if we consider all the data in the world.

Table # 11: (Monthly mobile phone expense)

Response of item	Frequency of collecting data	Percentage%
RS 100-250	35	35%
RS 250-600	45	45%
More than 600	17	17%
N. A	3	3%

Source Questionnaire (2006)

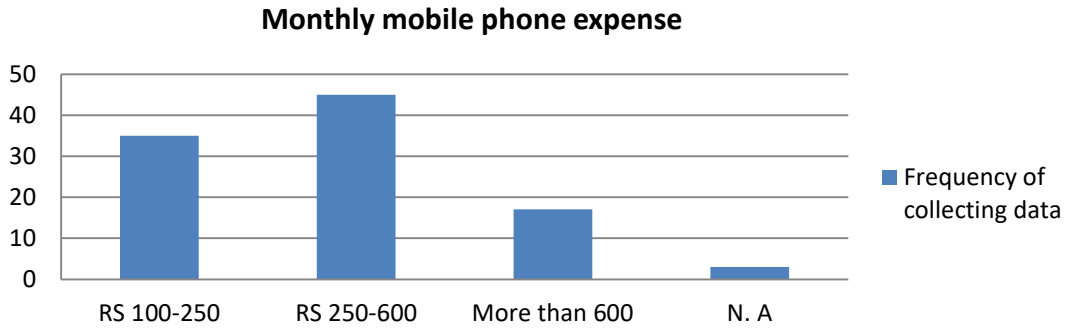

Figure7.

According to Table 11, students should expect to pay between RS 250 and RS 600 for their mobile phone plans, with the higher tiers offering greater data, voice, text, and app bundles.

Table # 12: (Mobile phone costs are paid by)

Response of item	Frequency of collecting data	Percentage%
Pocket money	30	30%
Parents	50	50%
Friends	2	2%
Illegal way	15	15%
N. A	3	3%

Source Questionnaire (2006)

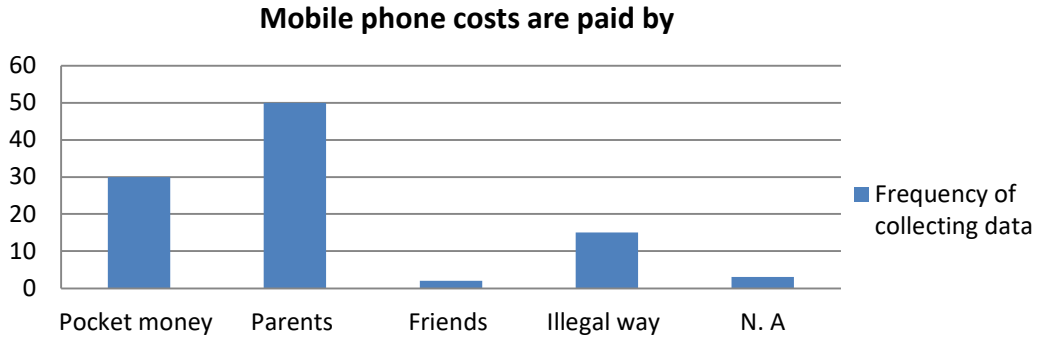

Figure8.

Parental funding is accounts for half of students' mobile expenses, as shown in Table 12. This is the way desi mothers do it: if you have any spare cash, you pay off your own debt.

Table # 13: (Many features of mobile phone to disturbing)

Response of item	Frequency of collecting data	Percentage%
Unknown missed calls	10	10%
Unknown messages	22	22%
Network problem	42	42%
Different companies' messages	26	26%

Source Questionnaire (2006)

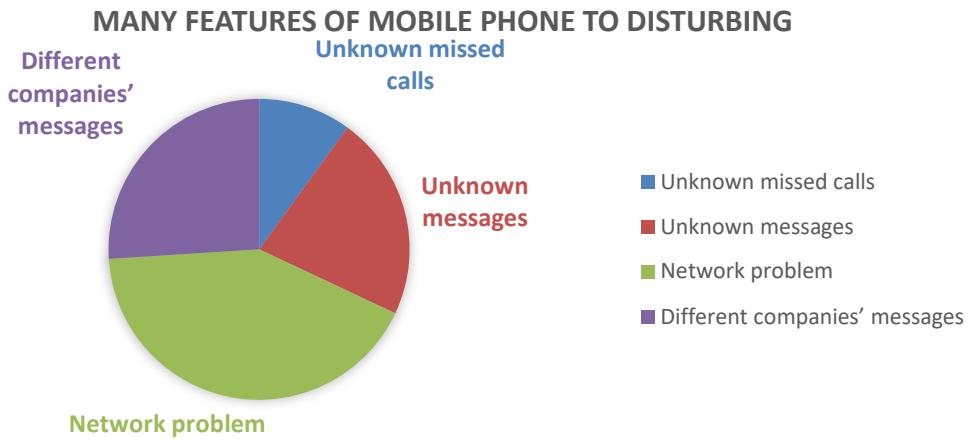

Figure9.

The majority of students (42%) have mentioned the network difficulty as the reason why mobile phone signals cannot reach this area due to the narrow streets.

Table # 14: (During the study used the cell phone)

Response of item	Frequency of collecting data	Percentage%
Silent	61	61%
Off	34	34%
On	5	5%

Source Questionnaire (2006)

Table #14 displays much information, including the fact that 61% of students think their phones must be silent throughout the study.

Table # 15: (Cell phone with Time Usage)

Response of item	Frequency of collecting data	Percentage%
Morning	10	10%

Afternoon	25	25%
Evening	28	28%
Night	37	37%

Source Questionnaire (2006)

Table 15 shows that 37% of persons or students use their mobile phones at night, while they are not actively working. Everyone in the globe is taking a break right now.

Table # 16: (Cell Phone is used for internet purpose).

Response of item	Frequency of collecting data	Percentage%
Study	32	32%
Entertainment	68	68%

Source Questionnaire (2006)

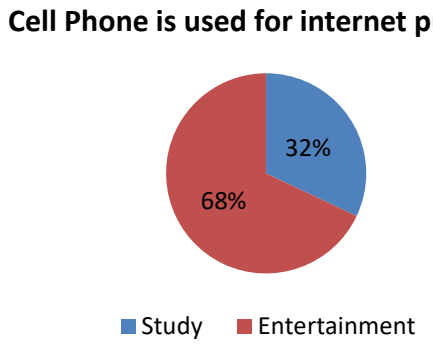

Figure10.

Table 16 indicates that the primary use of cell phones among students is for entertainment purposes, accounting for 68% of usage.

This is not surprising, given how easily knowledge can be transmitted these days thanks to mobile phones and the internet. No one else in the world has access to as much information as you have. The data is displayed in the table.

Suggestion:

- The use of the social media application must be done in a responsible way whereby the application does not impact negatively on the physical and mental health of the individual.
- Overuse smart phone has effects on day to day lives like recreational games, physical exercises, sleeping habits, social lives, psychological disorders, and education.
- Delivery of lectures, among other academic information through mobile phones, can interfere with the concentration and learning ability of students. It is thus advisable that school or educational institutions control or limit the use of mobile phones in the lecture time. Furthermore, parents need to observe their children in case of any hint about the obsessive compulsive behavior concerning the use of mobile phone.

- It is shown that student who access mobile phones during the examinations are likely to perform poorly than those who do not carry phone gadgets, and this implies that the use of mobile phones during assessment should be prohibited strictly.
- The usage of cell phones poses great threats to students because it reduces their ability to make self-regulation decisions; therefore, individuals should be very keen and follow the standard instructions.
- It is recommended that the parents should closely monitor the usage of the mobile phones by the children and inform them about the advantages as well as the harm such gadgets can have.
- It is advisable for parents to ensure that students keep their mobile phones switched on during appropriate times to facilitate necessary communication, while also setting clear boundaries for usage.
- In cases where children experience harassment or bullying via mobile phones, parents should provide supportive environments for open communication and timely intervention.
- Limiting the duration of mobile phone usage is essential to prevent negative outcomes related to overexposure.
- Smartphones in bed should be discouraged to promote better sleep hygiene and overall health.

5. Conclusion:

Everyone in the world is in connection with a mobile phone as it easy communication like sending messages, Phone calls, taking pictures, playing games, recording videos, having an access to the internet, etc. They are used in several occasions these are some of the uses of these mobile phones include the following. Dependence on the constantly increasing number of applications provokes in people communication issues as well as negatively affecting the performance of their job. The providers and their clients are able to identify the symptoms of addiction which necessary for treatment by the providers to be taken towards the condition. Some efforts and some effort can indeed be made to reduce smartphone addiction and set the pace for the usage of technology and reality.

Generally speaking, in the eyes of the students, the applications of social media are rather open, but not always with the teachers, but they enable us to express ourselves. That is certainly familiar to the creators of social media apps, you spend the majority of your time there. So when you are answering something, etc. will be awaiting you under the imputation. On the one hand, it is clear that there are many students with beneficial and helpful meanings of using different applications, on the other, they destroy the lives of other students. The consequences of utilizing it in the wrong manner are the most important factors that contribute to diversion of attention. These social media applications as they are so called are extremely horrible and consume a considerable percentage of your attention.

This paper highlights the negative consequences of the excessive use of mobile phones on family relationships and the increased risk of developing health issues related to the use of smart devices. It stresses the fact that one must discourage excessive use and campaign on health awareness. The author seeks to elaborate to users about the potential health hazards of using smartphones and other devices, even presenting the ways of alleviating the effects of these gadgets and devices through moderation. The paper emphasizes the necessity of usage to ensure

the mental and physical health status remains stable against the harmful exposures, including mobile phone radiation.

Technology has taken the element of science fiction of few years back and made it fit in our palms. The more we know about students and the fact they can use the phones in their life; we get to focus more on the scope since we can have the results that are more specific about how they use their power source in their daily lives. Furthermore, in his life, it is practical, particularly in the minds of students or any other person, who attempts to study a subject by his/her own.

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Manuscript Review Form

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Evaluation Criteria	Yes	No	Comments
Title of the manuscript appropriate?	**Y**		
Does abstract accurately reflect the content?	**Y**		
Is theoretical and practical content of the study clearly identified?	**Y**		
Is the literature cited correctly and up-to-date?	**Y**		
Is the Method clearly stated and appropriate?	**Y**		
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Are the tables and Figures as per APA Guidelines?	**Y**		
Are the findings concluded in appropriate manner?	**Y**		
Are the findings appropriately interpreted in discussion section?	**Y**		

Is the overall writing, Clear and unambiguous?	**Y**		
Is the manuscript written according to APA?	**Y**		

Final Comments and Recommendations:

Please do proof reading.

Dr. Khalid Naveed
Cambridge University, UK

Manuscript Review Form

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Evaluation Criteria	Yes	No	Comments
Title of the manuscript appropriate?	✓		
Does abstract accurately reflect the content?	✓		
Is theoretical and practical content of the study clearly identified?		✓	
Is the literature cited correctly and up-to-date?	✓		
Is the Method clearly stated and appropriate?	✓		
Is the procedure Clearly and appropriately stated	✓		
Are the ethical guidelines followed?	✓		
Are the results appropriately described?	✓		
Are the appropriate statistical procedures used?	✓		
Are the tables and Figures as per APA Guidelines?		✓	
Are the findings concluded in appropriate manner?	✓		
Are the findings appropriately interpreted in discussion section?	✓		

Is the overall writing, Clear and unambiguous?	✓		
Is the manuscript written according to APA?	✓		

Final Comments and Recommendations:
AI generated content may be removed. Paper may be revised for APA style format.

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