

*Original Article*

**FACTORS COMPEL YOUNG GENERATION TO INDULGE IN CELL PHONE USE**

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**ABSTRACT**

**Background:** Cell phone is very important and wonderful communicative tools used by all age group people especially young generation. Extra sense of security and safety is probably one of the main reasons parents even consider getting a younger child a cell phone. This study was designed to assess perception of the people about young generations indulge in cell phone use.

**Methods:** This descriptive cross-sectional study was conducted among 725 respondents selected purposively from areas of Dhaka North City and Dhaka South City Corporation. Relevant data were collected through face-to-face interviews with the help of a semi-structured questionnaire. Adult literacy rate was regarded as the percentage of people ages 15 and above whom can both read and write with understanding a short simple statement about their everyday life

**Results:** Among the total 725 respondents, 63.0% were male and the rest 37.0% were female. The sex ratio is 0.98 (980 males per 1,000 females). Regarding education, most of the participants were literate (97.2%) having education from non-formal to graduation and above. Majority of the respondents (60.6%) were graduates and above and 20.8% passed higher secondary education. The literacy rate was higher in the urban area (81.28 %) than in the rural area (71.56). One fifth (20.6%) of the respondents were service holders, 17.1% were students, 15.7% were doctors, and 14.1% were businessmen. The adult literacy rate was higher among the males (76.56%) than in the females (72.82%). Factors compel young generation to indulge cell phone use included education purpose, playing purpose, nuclear family, and parents' engagement in job.

**Conclusion:** Cell phone becomes most popular in adolescence students for special feature like social networking and gaming service. Although cell phone is useful and convenient, adolescences are dependent on cell phone more and more for unnecessary communication. Considering its negative impact of cell phone over use on physical and psychosocial health, public health programs should develop preventive strategies.

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**Key words:** Cell phone; Young generation; Compelling factor; Indulge; Perception.

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**INTRODUCTION**

Cell phones are one of the most commonly used gadgets in today's world. Everyone from a child to an adult uses cell phones these days. They are indeed very useful and help us in so many ways. When we use mobile phone for more than a fixed time, it become harmful for us. Now, our lives revolve around it. We can also surf the internet using a phone. Most importantly, we also click photos and record videos through our mobile's camera. Everyone has a

chance to use social media and play music through it. Moreover, we see how cell phones have replaced computers and laptops. We carry out all the tasks through cell phones which we initially did use our computers. We can even make PowerPoint presentations on our phones and use it as a calculator to ease our work.<sup>1</sup> Cell phone are very important and wonderful communicative tools used by all age group people especially young generation. The impact of cell phone is visible in all areas of life

including business, education, health, marketing, social life etc. It has also caused various health hazards and brought miseries to people especially children which include eye strain, neck and back pain, hypertension, etc.<sup>2</sup> Around 206 published survey reports suggest that 50% of teens and 27% of parents feel that they are addicted to cell phone.<sup>3</sup> Over usage of cell phones may cause psychological illness such as dry eyes, computer vision syndrome, weakness of thumb and wrist, neck pain and rigidity, increased frequency of De Quervain’s tenosynovitis, tactile hallucinations, monophobia, insecurity, delusions, auditory sleep disturbances, insomnia, hallucinations, lower self-confidence, and cell phone addiction disorders.<sup>4</sup> In recent years, most of the global populations (especially college and university students), use cell phone, due to its wide range of applications. While beneficial in numerous ways, cell phone has disadvantages such as reduction in work efficacy, personal attention social nuisance, and psychological addiction. Currently, the addiction to cell phone among students is 24.8%–27.8%, and it is progressively increasing every year.<sup>5</sup> Cell phone is becoming an integral part to students with regard to managing critical situations and maintaining social relationships.<sup>6</sup> The signs of smartphone addiction are constantly checking the phone for no reason, feeling anxious or restless without the phone, waking up in the middle of night to check the mobile and communication updates, delay in professional performance as a result of prolonged phone activities, and distracted with smartphone applications.<sup>7</sup> A mental impairment resulting from modern technology has come to the attention of sociologists, psychologists, and scholars of education on mobile addiction.<sup>8</sup> One of the biggest benefits of cell phones is that it allow the user to stay

connected with loved ones and friends. With just a few taps on our screens, they can send messages, photos, and videos to anyone in the world and thanks to social media apps like Facebook, Twitter, and Instagram, they can keep up with what’s going on in their friends’ lives without ever having to leave their homes.<sup>9</sup>

**METHODS**

This descriptive cross-sectional study was conducted the target population were the people residing in areas of Dhaka North City and Dhaka South City Corporation. The study was conducted during from September 2023 to November 2023. People were selected purposively from different areas under Dhaka North City Corporation and Dhaka South City Corporation. People aged 15 years and above were the study population interviewed in this study. A total of 725 respondents were interviewed. About assessment of respondents’ perception on young generation’s indulge in cell phone use, they were asked to express their feeling through five statements. Relevant data were collected through face-to-face interview using questionnaire and to express their feeling through five statements. Collected data were checked, cleaned and edited to find any inconsistency, entered into computer and analyzed with SPSS software version 25. Data were presented in tables and graphs in reports.

**RESULTS**

**Table 1:** Shows the socio demographic characteristics of the respondents:

**Table 1: Socio demographic Characteristics of the Respondents (n=725)**

Socio-demographic Characteristics		Frequency	Percent (%)	Statistics
Age Group (Years)	15-30	328	45.2	Mean: 35.37 Years: Median:32.00 Years Mode: 25.0 years Standard Deviation ±11.775 Years Minimum: 15 Years Maximum: 70 Years
	31-45	254	35.1	
	46-60	117	16.1	
	61-70	26	3.6	
	<b>Total</b>	<b>725</b>	<b>100.0</b>	
Sex	Male	457	63.0	
	Female	268	37.0%	
Education	Illiterate	20	2.8	
	Non-formal education	9	1.2	
	Class I to Class V Equivalent	8	1.1	
	PEC Pass / Equivalent	22	3.0	
	JSC Pass / Equivalent	19	2.6	
	SSC Pass / Equivalent	57	7.9	
	HSC Pass / Equivalent	151	20.8	
	Graduate and above/ Equivalent	439	60.6	

	<b>Total</b>	<b>725</b>	<b>100.0</b>	
<b>Occupation</b>	Service	149	20.6	
	Business	102	14.1	
	Doctor	114	15.7	
	Engineer	21	2.9	
	Teacher	52	7.2	
	Garment Worker	23	3.2	
	House Wife	84	11.6	
	Students	124	17.1	
	Others	56	7.7	
<b>Family Size (Persons)</b>	2-4 Person	360	49.7	Mean: 4.96 Median:5.00 Mode: 4.0 Standard Deviation ±1.968 Minimum: 2 Maximum: 21
	5-7 Person	297	41	
	8-10 Person	56	7.7	
	>10 Person	12	1.7	
	<b>Total</b>	<b>725</b>	<b>100</b>	
<b>Family Type</b>	Nuclear Family	517	71.3	
	Joint/ Extended Family	208	28.7	

**Table 2:** Illustrated the statement ‘For education purpose when the young children stay far away from their parents, for their social security and rapid communication with them, parents give them cell phone to use’, majority of the respondents 351 (48.4%) were strongly agreed, 326 (45.0%) were

agreed, 20 (2.7%) were neither agreed nor disagreed, 23 (3.2%) were disagreed and 5 (0.7%) were disagreed strongly. (Table 2)

**Table 2: Respondents’ responses on the statement “For education purpose when the young children stay far away from their parents, for their social security and rapid communication with them, parents give them cell phone to use”**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Strongly agree	351	48.4
Agree	326	45.0
Neither agree nor disagree	20	2.7
Disagree	23	3.2
Strongly disagree	5	0.7
<b>Total</b>	<b>725</b>	<b>100.0</b>

**In table 3:** Showed the statement ‘Now a day’s parts of the education of our young adults are internet dependent (e.g., distance learning / literature review). So, situation bound them to use cell phone’, 230 (31.7%) of the respondents were strongly agreed, 376 (51.9%) were agreed, 35 (4.8%) were

neither agreed nor disagreed, 76 (10.5%) were disagreed and 8 (1.1%) were disagreed strongly (Table 3).

**Table 3: Respondents’ responses on the statement “Now a day’s part of the education of our young adults are internet dependent (e.g., distance learning / literature review). So, situation bound them to use cell phone”**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Strongly agree	230	31.7
Agree	376	51.9
Neither agree nor disagree	35	4.8
Disagree	76	10.5
Strongly disagree	8	1.1
<b>Total</b>	<b>725</b>	<b>100.0</b>

**In table 4:** Stated about the statement ‘When our beloved sons & daughters come back from school and college, to spend their leisure time they want to play, but due to lack of playground they gradually indulge in cell phone use to utilize their leisure time’,

173 (23.9%) of the respondents were strongly agreed, 283 (39.0%) were agreed, 51 (7.0%) were neither agreed nor disagreed, 162 (22.3%) were disagreed and 56 (7.7%) were disagreed strongly. (Table 4)

**Table 4: Respondents’ responses on the statement “When our beloved sons & daughters come back from school and college, to spend their leisure time they want to play, but due to lack of playground they gradually indulge in cell phone use to utilize their leisure time”**

Response	Frequency	Percent
Strongly agree	173	23.9
Agree	283	39.0
Neither agree nor disagree	51	7.0
Disagree	162	22.3
Strongly disagree	56	7.7
<b>Total</b>	<b>725</b>	<b>100.0</b>

**Table 5:** Illustrated about the statement ‘In our society, majority of the families are nuclear, so our young adults in their leisure time are not getting closest one for conversation, sharing thoughts and emotion. So, to avoid loneliness they gradually

indulge in cell phone use’, 162 (22.3%) of the respondents were strongly agreed, 322 (44.4%) were agreed, 63 (8.7%) were neither agreed nor disagreed, 142 (19.6%) were disagreed and 36 (5.0%) were disagreed strongly. (Table 5)

**Table 5: Respondents’ responses on the statement “In our society, majority of the families are nuclear, so our young adults in their leisure time are not getting closest one for conversation, sharing thoughts and emotion. So, to avoid loneliness they gradually indulge in cell phone use”**

Response	Frequency	Percent
Strongly agree	162	22.3
Agree	322	44.4
Neither agree nor disagree	63	8.7
Disagree	142	19.6
Strongly disagree	36	5.0
<b>Total</b>	<b>725</b>	<b>100.0</b>

**In table 6:** Stated that regarding the statement ‘Now a days the parents are so busy with jobs and business, resulting in fail to spend enough time with their beloved sons & daughters. So, to avoid loneliness they are gradually indulge in cell phone use, 175

(24.1%) of the respondents were strongly agreed, 346 (47.7%) were agreed, 52 (7.2%) were neither agreed nor disagreed, 109 (15.0%) were disagreed and 43 (5.9%) disagreed strongly. (Table 6)

**Table 6: Respondents’ responses on the statement “Now a day the parents are so busy with jobs and business, resulting in fail to spend enough time with their beloved sons & daughters. So, to avoid loneliness they are gradually indulge in cell phone use”**

Response	Frequency	Percent
Strongly agree	175	24.1
Agree	346	47.7
Neither agree nor disagree	52	7.2
Disagree	109	15.0
Strongly disagree	43	5.9
<b>Total</b>	<b>725</b>	<b>100.0</b>

## DISCUSSION

This descriptive cross-sectional study was conducted among People aged 15 years and above. A total of 725 respondents were interviewed. About assessment of respondents' perception on young generation's indulge in cell phone use, they were asked to express their feeling through five statements. Maximum number (45.2%) of the respondents were in the age group 15-30 years. Mean age was 35.37 years with standard deviation  $\pm 11.775$ . Among the total 725 respondents 63.0% were male and the rest 37.0% were female i.e., the sex ratio being 1.71 (male per female). In Bangladesh the sex ratio is 0.98 (980 males per 1,000 females).<sup>10</sup> The study finding does not match with the national figure because of the fact that sample were not taken at random. Regarding education it was seen that most were literate (97.2%) having education from non-formal to graduation and above. Majority of the respondents (60.6%) were graduates and above and 20.8% passed higher secondary education. The literacy rate of Bangladesh in the urban area is 81.28 percent while in rural area it is 71.56. The rate is higher among the male population which is 76.56%, while among female population it is 72.82%. Adult literacy rate is the percentage of people ages 15 and above who can both read and write with understanding a short simple statement about their everyday life.<sup>11</sup> The rate of the study is not consistent with the national literacy rate, because in the study convenience sampling technique was used and data were collected in the urban affluent area where literacy rate is high. Regarding the statement 'For education purpose when the young children stay far away from their parents, for their social security and rapid communication with them, parents give them cell phone to use', majority (48.4%) of the respondents were strongly agreed, 45.0% were agreed, 2.8% were neither agreed nor disagreed, 3.2% were disagreed and 0.7% were disagreed strongly. Cell phones have radically altered the way that people work, socialize, organize, and entertain themselves. There are several benefits of cell phones. Among those, communicating with other is the most important one.<sup>12</sup> Perception of the respondents go in favour of this statement. About the statement 'Now a day's part of the education of our young adults are internet dependent (e.g., distance learning / literature review). So, situation bound them to use cell phone', 31.7% of the respondents were strongly agreed, 51.9% were agreed, 4.8% were neither agreed nor disagreed, 10.5% were disagreed and 1.1% were disagreed strongly. The teachers and the students use the mobile phones to establish a virtual discussion group, sending voice messages and video messages, and delivering study. Cell phones, if used for learning, have a two-way advantage; they bring community resources into the classroom and take education out from the classroom into the community.<sup>13</sup> Most of the respondents were in favour

of cell phone use in the cases with learning. An emerging line of research, from the broader social science and technology literature, is investigating the influence of cell phone use on college students' behavior. Researchers suggest that cell phone use may influence leisure as well. Regarding the statement 'In our society, majority of the families are nuclear, so our young adults in their leisure time are not getting closest one for conversation, sharing thoughts and emotion. So, to avoid loneliness they gradually indulge in cell phone use', 22.3% of the respondents were strongly agreed, 44.4% were agreed, 8.7% were neither agreed nor disagreed, 19.6% were disagreed and 5.0% were disagreed strongly.

## CONCLUSION

Cell phones play a critical role in increasing human-machine interactions, with many advantages. However, the growing popularity of cell phone use has led to cell phone overuse and addiction. There are consistent associations between cell phone addiction and physical and mental health, especially mental health. Social awareness campaigns about cell phone addiction and its impact on physical and mental health are needed. Cell phone becomes most popular in adolescence students for special feature like social networking and gaming service. Studies have proven that teens who spend too much of their time with their cell phones are more prone to stress, anxiety, and depression. Research has also found that excessive use of cell phones may result in an increased risk of mental health problems.

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