



## PILOT STUDY ON SMART PHONE EFFECTS ON WORKING COUPLES

### Psychology

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### ABSTRACT

Today Smartphone became an integral part of the most individuals live. The influence of smart phones and their effects on human are still being tested and studied. By conducting this Pilot study, it's tried to bring attention to potential problems in couple's life that smart phones can cause to the life of couples. The advancements in modern technology, particularly in Smartphone are tremendous. The prolonged use of Smartphone may cause Problems and risks in couple's life. The risks are emotional, physical, social and also psychological. The increased popularization of smart phones and very little knowledge about their side effects are triggered to start research on effects of Smartphone on couple's life.

The main objective and aim of the present study was to investigate Smartphone activities are associated with Problems among couples. The research has studied and comparison made among couples. Total 50 couples are taken for the study and self developed Interview schedule was used to collect data.

Findings revealed that Smartphone activities such as using whatsapp, face book, texting, chatting, calling are significantly effects the life of couples as well as there is significant gender difference. While no significant habitat and occupation difference.

### KEYWORDS

Smart phone, couple

### INTRODUCTION:

A Smartphone is a new invention but it became an inherent part of human's life. The Smartphone has different sophisticated and complicated features. It allows people to keep pictures, memories, personal information, computing capability, such as internet communication, information retrieval, video, e-commerce and other features such as health and financial data in one place. Smartphone's are also became an important part of modern telecommunications facilities. In some regions of the world, only phones are available. Smartphone allows maintaining continuous communication without interruption of their movements and distances.

As a matter of fact Smartphone is a cell phone which has propelled highlights and conventional functionalities like making telephone calls and sending instant messages. The Smartphone are outfitted with the abilities to show photographs, play diversions, and play recordings, route, worked in camera, sound/video playback and recording, email, worked in applications for social sites and surf the Web, remote Internet and significantly more. Because of same reasons the Smartphone's currently turned into a typical decision for purchasers alongside the utilization in business as it was at first expected for business clients as it were.

The most recent reviews demonstrate that the ubiquity of Smartphone's is expanding all in all open with At first, the Smartphone's were seen for business use because of their expense and application, however, today we are in a frantic Smartphone society populated with the Smartphone's from numerous sellers giving a scope of cutting edge functionalities and administrations on a bit of equipment. Today Smartphone's empower purchasers, publicists and distributes. How, all are likely draw in, utilizing the pervasive experience this propelled stage by utilizing it's of the firm. The central point of give proclamation is on the working incomes and costs. Client gatherings of money related reports for decision-making require information identified with all simple to utilize and accessibility trademark. Because of its omnipresent nature and social acknowledgment we can discover Smartphone in instructive organizations, emergency clinics, open places and shopping centers and so on.

### Psychological Impacts

Impacts of Smartphone on human Psychology are tremendous; there are several ways that Smartphone is impacting human Psychology.

### Positive Impacts

As per an overview on utilization of Smartphone, the Smartphone gives an intend to lessen worry in occupied work life. In the present occupied calendar Smartphone empowers clients to associate with their loved ones as and when they get time. Cooperating with loved ones, while voyaging, looking out for transport stop empowers clients to use such time to advance their public activity. It empowers the

clients to interface and keep awake to-date with the most recent news and improvement in the political and groups of friends bringing about lessening work pressure. The idea of "utilization it or lose it" guideline in Psychology is old and as per this idea the way to keep your cerebrum working in its pinnacle condition for an amazing duration lies in its keen use. The brilliant utilization of Smartphone will build your mind work as opposed to utilizing the Smartphone just for excitement it could be utilized to get to valuable data, for instance, get to the news features, most recent innovation updates, and ongoing highlighted stories from regarded news outlets around the globe. This knowledge will build mental warehouse of information, and make the user a better communicator as well. It is also known that some videogames can have positive impact on people by strengthening their empathic tendencies. Social networking may build social bonds. Staying connected is easier than earlier, and keeping the social bonds active allows reducing stress and promises social support.

### Negative Impacts

Dependence on Smartphone it is otherwise called correspondence enslavement issue, is a major issue. As indicated by late research, the dependence on Smartphone is expanding quickly. The Ministry of Public Administration and Security of Korea detailed that around 8.4% of clients in Korea are dependent on Smartphone and around 10.1% of Koreans abuse informal communication destinations including Face book, Twitter and YouTube. The dependence on Smartphone can be depicted as needing to be in steady correspondence with individuals despite the fact that when there is no genuine requirement for correspondence.

As indicated by an article, Smartphone dependence isn't only a trendy expression yet analysts have perceived ongoing and impulsive conveying as a genuine clairvoyant issue. It is likewise settled that fixation on our Smartphone is additionally in charge of altogether changing our mind's recognition for the gadget. While a few research over the world have been reasserting how Smartphone reliance will be a genuine peril in future, some different examinations in UK additionally found another angle to it, demonstrating that tension and withdrawal manifestations in Smartphone clients increment when they don't get any messages or updates. Most of the time the issue isn't with the utilization of the Smartphone, yet it comes when the gadget assumes control over a capacity that human mind is fit to perform splendidly. It resembles duplicating 5 by 7, coming about the opening number cruncher in your Smartphone rather rapidly computing in your psyche and getting result 35 or trusting that a lift will take you to initially floor of structure rather than the stairs; the ride might be snappier however your muscles won't get an exercise. Cell phones can be considered as mental lifts, taking the fundamental and valuable elements of the cerebrum. Another mental effect is that clients check their mobiles practically every one of the occasions, while at work time, with family or notwithstanding when with companions. Post, a

versatile security organization led an investigation on Smartphone clients in USA and found that 58% of Smartphone clients check their telephones in any event once in an hour and another 54% of respondents said that they check their telephone even while hitting the sack to rest. A considerable lot of the general population use to take their telephone to washroom or can likewise.

**Idea of Smart telephone:**

Merriam-Webster word reference characterizes the Smartphone as "a wireless that incorporates extra programming capacities (as email or an Internet program)".

**Objectives:**

1. To assess the effect of smart phones on couples.
2. To verify the significant gender difference.
3. To assess the significant habitat and occupation difference

**Hypothesis:**

1. Smart phone has impact on couple's life.
2. There is significant difference among male and female.
3. There is significant difference among rural and urban couples.
4. There is significant difference among teaching and banking professions.

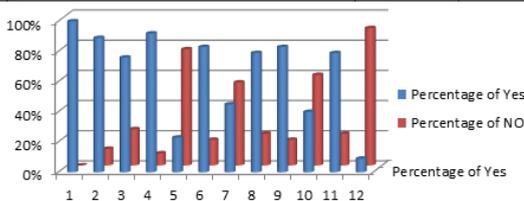
**Sample:**

The sample was randomly selected. Total 50 respondent of 25 male and 25 female. Average age range is 28 to 32. Here the samples were only married and workings are selected from teaching and banking professions from Belagavi.

**RESULTS AND DISCUSSION:**

**Table No 01 shows the results of Effects of smart phones on couples**

S. NO	Questions	Percentage of Yes	Percentage of No
1	Do You Use smart phone	100%	--
2	Do Your spouse use smart phone	89%	11%
3	Do you use Face book on your Smartphone?	76%	24%
4	Do You Use Whatsapp on your Smartphone?	92%	8%
5	Do you use other social media like tweeter we chat snap chat...etc on your Smartphone	23%	77%
6	Do you feel neglected when your spouse is on their phone?	83%	17%
7	Does your time disrupted by texts, emails or games?	45%	55%
8	Has phone interrupted on your romantic relationships?	79%	21%
9	Smart Phone enables for Staying connected with others is easier than earlier.	83%	17%
10	Use of Smartphone will increase brain function.	40%	60%
11	Smartphone reduce stress in busy scheduled work life.	79%	21%
12	Could you stop using your smart phone?	9%	91%



**Chart shows the respondents responses in percentage.**

Type of respondents : The sample was selected from 100% are users of Smartphone and 89% spouse also use Smartphone and 11% respondents were not using smart phones .seventy six percent are users of the face book in their phone. 92% sample uses the whatsapp. Different types of social media users are 23%.

Responses from sample: 83% of spouse feel neglected from their

partner because of the involved on their phone instead of spending time with them. 45% of respondents feel that the message and text disturb them. Seventy nine percent respondents reported that because of Smartphone their romantic relationship is interrupted. 83% respondents feel that through Smartphone it is very easy to stay with people than earlier. 20% respondents reported that due to use of smart phone brain capacity increases where as remaining 80% of the respondents said it will not increase the capacity of brain. Seventy nine percent of respondents feel that involvement in Smartphone decreases their stress level. They feel entertained due to use of Smartphone. 21% respondents feel that Smartphone increases the stress. Many times they use to lie to their people to avoid some situations.

Only 9% of respondents are ready to leave their Smartphone. But 91% of respondents are not ready to stop their smart phone use.

On the basis of above percentage of respondents clearly indicate that they are addicted to use of smart phone they are absolutely not ready to stop use of smart phone and maximum respondents are totally dependent on smart phone and not agree to stop their Smartphone use.

**Table No 02 shows the mean, sd, t-value and f value of couples**

Indicators	N	Mean	Std. Deviation	F	Sig.	t	df
<b>Smart Phone Use</b>							
<b>sex</b>	Male	25	10.21	2.351	.514	.474	327
	Female	25	12.07	2.353			
<b>Habitat</b>	Rural	25	11.00	0.000	15.001	.000	1.746
	Urban	20	10.21	2.308			
<b>Occupation</b>	Teaching	30	10.20	2.325	7.798	.005	-1.339
	Banking	20	10.62	1.658			

The mean score shows those females are less involved in smart phone usage and male are more involved in smart phone use. Among male and female the t- value is 0.47 so this shows there is a significant difference in gender.

The mean, sd t and f- value of rural and urban couples are found no significant difference among the impact of smart phones. Teaching and banking employees also found no significant difference

**CONCLUSION:**

Above results clearly shows that use of smart phone have a negative impact on them. Maximum couples reported that it has many side effects on their personnel and professional life. Still they are not ready to leave it and use a simple cell phone. They agreed that they are addicted to smart phone and if they don't check it again and again they became panic. Smart phone has so many benefits with number of hazards, its left to the user to how much and when to use it.

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