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Priya P Wasnik
Student, Master of Business Administration, International Institute of Management Science, Chinchwad, Pune, Maharashtra, India

Akshay Shende
Assistant Professor, Master of Business Administration, International Institute of Management Science, Chinchwad, Pune, Maharashtra, India

Corresponding Author:
Priya P Wasnik
Student, Master of Business Administration, International Institute of Management Science, Chinchwad, Pune, Maharashtra, India

The effects of mobile phones on children's development and well-being

Priya P Wasnik and Akshay Shende

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Abstract
The growing extensiveness of mobile phone usage has sparked concerns regarding its potential impact on the mental health of children and teenagers. On one side, smartphones offer numerous benefits, such as enhancing academic abilities, improving reading skills, and expanding vocabulary and expressive language. Conversely, excessive mobile phone use can result in mental or behavioural issues, including poor academic performance, reduced face-to-face social interactions, neglect of personal life, relationship problems, and mood instability. Parents often struggle to manage their children's screen time, partly due to the challenge of balancing personal and professional commitments with family duties. Monitoring adolescents' mobile usage is crucial to prevent them from falling into mobile phone addiction. Therefore, it is important to reduce mobile phone exposure by implementing effective strategies. To support this, we conducted a quantitative survey involving 101 children and adolescents, which yielded some findings.

Keywords: Mobile phone, children's, adolescence, cognitive, emotional & physical development, anxiety, depression, loneliness, cyberbullying, well-being

Introduction
In our technology-centric society, mobile phones have become essential, shaping the way individuals communicate, learn, and entertain themselves. Particularly for children, these devices are a fundamental part of their everyday lives. While mobile phones offer numerous advantages, such as instant communication, access to educational resources, and interactive learning experiences, they also pose significant concerns about their effects on children's growth and well-being. The prevalent use of mobile phones among children has ignited discussions among parents, educators, and health experts. Some believe that mobile devices can enhance learning, boost problem-solving abilities, and expose children to global knowledge. Conversely, others are concerned about the adverse effects of excessive mobile phone use, including addiction, diminished social skills, decreased physical activity, and mental health issues like anxiety and depression. Moreover, extended screen time can disrupt sleep patterns and impede cognitive development, impacting academic performance and overall well-being. As mobile phones increasingly dominate children's lives, it is vital to assess their effects comprehensively. Recognizing both the benefits and drawbacks of mobile phone use can aid parents, educators, and policymakers in crafting strategies to encourage healthy and responsible usage. This discussion will delve into the various ways mobile phones affect children's cognitive, emotional, and physical development, highlighting the importance of moderation and guidance to ensure their well-being.

Literature Review
The review titled "Effects of Excessive Screen Time on Child Development: An Updated Review and Strategies for Management" by Muppalla *et al.* [1] explores the harmful effects of heavy screen media use on children's cognitive, linguistic, and social-emotional growth. It notes that excessive screen time and media multitasking can negatively affect executive functioning and academic performance. It also discusses the impact on language development due to reduced interaction with caregivers and the detrimental effects on social-emotional development, including increased risks of obesity, sleep disorders, and mental health conditions.

The review also provides strategies for managing children's screen usage.

The paper "Impact of Smartphones on Physical and Psychosocial Well-being of Children and Adolescent" by Anwar *et al.* [2] is a literature review highlighting the negative side effects of excessive smartphone usage on children's and adolescents' psychological and physical health. It emphasizes that adverse effects are mainly associated with the duration of screen time. The review discusses various issues such as postural defects, mental laziness, phubbing, and a decline in reading activity due to smartphone overuse. It concludes that smartphone addiction is a significant concern among youth.

The study "The effect of mobile phone usage on sleep quality in adolescents" by Akçay and Akçay [3] includes a review of literature that identifies factors impacting sleep, such as electronic media use. The study itself found a correlation between increased mobile phone usage and decreased sleep quality in adolescents. It also noted that a significant portion of students with poor sleep quality delayed bedtime due to phone use.

The article "Impact of Excessive Mobile Phone Usage on Human" by Suhag *et al.* [4] includes a literature review discussing the increasing prevalence of mobile phone use and its potential health consequences. The study, based on a survey of medical practitioners, suggests a high percentage of doctors believe excessive mobile phone use contributes to diseases like brain tumors, male infertility, and ear impairment.

The review article "A Review on Mobile Phone Usage and its Effects on Sleep and Psychological Health" by Mohsin *et al.* [5] examines the effects of mobile phone usage on sleep and psychological health, noting concerns about blue light exposure and hyperarousal before sleep. It highlights the association between late-night phone use and issues like insomnia, low energy, tiredness, and headache. The review also discusses the impact on psychological well-being, daytime fatigue, learning quality, and academic performance.

A number of reviews specifically address the impact of mobile phone usage. The paper by Anwar *et al.* [6] in our conversation history, "Impact of Smartphones on Physical and Psychosocial Well-being of Children and Adolescent," emphasizes the negative side effects of excessive smartphone usage on children's and adolescents' psychological and physical health, primarily linked to the duration of screen time. It discusses issues such as postural defects, mental laziness, phubbing, and a decline in reading activity.

The article by Suhag *et al.* [7] in our conversation history, "Impact of Excessive Mobile Phone Usage on Human," based on a survey of medical practitioners, suggests that many believe excessive mobile phone use contributes to diseases like brain tumors, male infertility, and ear impairment.

The review by Mohsin *et al.* [8] in our conversation history, "A Review on Mobile Phone Usage and its Effects on Sleep and Psychological Health," examines the impact on sleep and psychological health, noting concerns about blue light and hyperarousal before sleep, linking late-night phone use to insomnia, low energy, tiredness, and headache, and discussing effects on psychological well-being, daytime fatigue, learning quality, and academic performance.

The commentary by Hardell. [9] reviews evidence on the health implications of mobile phones for children and adolescents, highlighting concerns about cancer risks (glioma, acoustic neuroma) based on studies by the Hardell group and the IARC Inter-phone study. It also mentions the IARC's classification of RF radiation as a Group 2B "possible" human carcinogen. Beyond cancer, the review emphasizes the importance of considering neurological diseases, physiological addiction, cognition, sleep, and behavioral problems.

The study by Gladius Jennifer *et al.* [10] itself contains elements of a literature review in its introduction and discussion, referencing studies that show the majority of mobile users suffer from sleep deprivation and increased stress affecting cognitive and learning abilities. It also notes studies linking excessive mobile phone use to headaches, earaches, warmth sensations, and concentration difficulties. Their discussion section compares their findings with other research on mobile phone usage patterns and their effects on sleep, stress, and academic performance in students.

Ahmad. [11] provides a literature review on the impact of mobile phones on children and adolescents, noting both potential advantages like improving academic skills and vocabulary. and disadvantages such as poor academic performance, decreased social interaction, and mood dysfunction due to overuse. It also discusses the role of parental monitoring.

The study by Haruna Rabiu *et al.* [12] discusses existing literature in its background section, highlighting the increasing popularity of mobile phones among young people and their presence in educational institutions. It references research suggesting that mobile phone use in schools can be problematic and can distract from academic work.

Husnain *et al.* [13] present a literature review on the role of cell phone media usage on the behaviours of toddlers, citing studies that link excessive exposure to attention problems, hyperactivity, impulsivity, emotional problems, and language development issues. They also mention concerns about non-ionizing radiation and brain tumors

Dr. Charu Wadhwa's [14] study includes a literature review that acknowledges the transformative role of smartphones and the growing concern of addiction, highlighting the advantages and disadvantages of their use. It notes the need for further research in this area. The Literature Review section specifically mentions studies on smartphone usage and addiction among middle school pupils in Korea, linking it to internet addiction. It also discusses research on the broader impact of smartphones on society, including cultural and social life, the technical environment, and various aspects of modern civilization like business, education, health, psychology, and social life. Additionally, it references a study revealing a significant percentage of university students in Iran addicted to their phones and experiencing related mental health issues.

The review article [15] focuses specifically on the impact of mobile phone usage on some health aspects of children and adolescents. It examines evidence related to eye health, suggesting potential for eye tumors and visual disturbances from prolonged use. It also covers ear problems, indicating possible auditory disturbances and even hearing damage from extended exposure. Furthermore, the review discusses neurological effects like headaches and musculoskeletal problems, psychiatric effects such as lethargy, depression, stress, and anxiety, and the potential link to brain tumors,

while acknowledging that long-term data is still needed. Finally, it addresses sleep problems, noting that increased mobile phone usage can reduce sleep quality.

The article [16] indicates a comprehensive review of the health effects of digital (wireless) technologies, including cancer, neurological illnesses, addiction, sleep, and behavioral issues. The paper then delves into the physical impact of mobile phone use, reviewing epidemiological studies and reports from the International Agency for Research on Cancer (IARC) and the National Toxicology Program, highlighting concerns about increased risk of glioma and acoustic neuroma, particularly with long-term use and early age of first use. It also discusses potential psychiatric effects based on a report to WHO, predicting issues like memory and attention disturbance, irritability, sleep issues, and increased stress sensitivity in child mobile phone users, with long-term risks including brain tumors and neurological degradation.

The Research overview [17] section of the paper in reviews domestic research on the impact of smartphones on children's socialization, noting the increasing attention this topic has received. It discusses research on the impact on personality characteristics, such as addiction to mobile games leading to loneliness and violence, and the tendency for immediate gratification leading to irritability. It also covers the impact on social interaction, mentioning the "polarization effect" where excessive use can further isolate introverted children. The review touches on the impact on moral concepts, noting both the diversification of value judgments and the potential for online culture to foster self-esteem. Finally, it briefly mentions the impact on children's sexuality and the risk of behavior anomie.

The systematic review in The Effect of Duration of Mobile Phone [18] specifically investigates the effect of the duration of mobile phone usage on sleep quality in adolescents. It analyses six studies and concludes that high mobile phone use, including bedtime use and addiction to activities like gaming and social media, increases the likelihood of sleep disturbance and poor sleep quality. The discussion section further elaborates on the findings of individual studies included in the review, highlighting the association between social network site use, nighttime media use, cell phone addiction, and reduced sleep quality in adolescents.

One systematic review aimed [19] to assess the relationship between the duration or frequency of MP/WD use and the mental health of children and adolescents. The review defined MP/WD as any mobile or portable technologies using RF-EMF to connect wirelessly, excluding non-wireless devices like TVs or handheld laptops. The authors searched multiple databases for relevant studies published before July 15th, 2019. They identified 25 observational studies that met their eligibility criteria, which included examining populations where at least 70% were under 18, measuring MP/WD use duration or frequency, reporting quantifiable measures of mental health (internalizing/externalizing symptoms, well-being), being peer-reviewed in English, Spanish, or French, and reporting inferential statistics. Due to the heterogeneity of the studies, a narrative synthesis of the quantitative data was performed. The review classified studies by MP/WD exposure (general or bedtime use) and mental health outcomes (internalizing symptoms, externalizing symptoms, and well-being). Most of the included studies relied on self-report questionnaires to assess MP/WD use. The overall risk of bias across the included studies was rated, with 16 studies having a high risk. The review found suggestive evidence supporting a negative impact of general MP/WD use on externalizing symptoms in children and early adolescents, while findings on internalizing symptoms were less consistent. Sleep disturbance related to MP/WD use appeared to influence mental health outcomes, but its specific role needed further clarification. The authors concluded that more robust and standardized measures of MP/WD use are needed to advance research in this area.

Another systematic review [20] and meta-analysis focused on the association between screen time exposure and myopia in children and adolescents. The authors searched three online databases for epidemiological studies published before June 1, 2023. They followed the PRISMA 2020 guidelines. The inclusion criteria involved studies on children and adolescents, categorical or continuous screen time exposure, studies presenting comparative effect estimates, and studies reporting the incidence or prevalence of myopia with adjusted odds ratios. Nineteen eligible studies were included in the review after screening 6,493 article. Data extraction and quality assessment using the Newcastle-Ottawa Scale were performed independently by two investigators. The review aimed to quantitatively evaluate summary effect estimates of the correlation between screen time and myopia using meta-analysis. Subgroup analyses were conducted based on screen device type, study quality, geographic region, and research period. The studies included in this review primarily used self-reported questionnaires to assess screen time exposure.

Methodology

This research proposes that the influence of mobile phone use on children's development and well-being is influenced by various factors such as usage patterns, content exposure, parental involvement, and individual differences. Overuse of mobile phones can detrimentally impact cognitive development by shortening attention spans and lowering academic performance. Exposure to unsuitable content, such as violent or explicit material or excessive social media use, can negatively affect mental health. Active parental involvement in managing mobile phone use can mitigate negative impacts and encourage balanced screen time. Individual differences, including age, gender, socioeconomic status, and personality traits like self-regulation, affect the degree to which mobile phone use impacts children's well-being. For data analysis, a mixed-method approach is employed, combining quantitative surveys through a Google Form questionnaire and qualitative interviews to gather comprehensive data.

Quantitative data

Participants - 101 children aged 1 to 18 years

Survey topics

1. Mobile phone habits, including screen time and content consumption.
2. Academic impact, such as self-reported school performance and attention span.
3. Mental health indicators, including anxiety, depression, and self-esteem.
4. Parental involvement, such as the presence of rules, restrictions, and monitoring.

Qualitative methods

Five in-depth interviews with parents and children. Themes explored in the qualitative method include feelings about mobile phone use, perceived effects on school, relationships, and emotions, and parental strategies for regulating mobile phone use. This model suggests that balanced and supervised mobile phone use can lead to positive developmental outcomes, while excessive or unsupervised use may have negative consequences. This study is conducted with ethical considerations, such as obtaining parental consent before participation, ensuring confidentiality and anonymity, and preventing psychological harm to children during data collection.

Discussion (Results and Discussions)

Our research into existing literature uncovers several significant findings related to cognitive development, emotional and mental health, social skills and relationships, and physical well-being.

Cognitive Development

Using mobile phones moderately, especially for educational purposes, can improve cognitive abilities such as problem-solving and critical thinking. However, excessive use is associated with reduced attention spans and poorer academic performance, particularly when it takes the place of traditional learning methods.

A survey indicated that individuals who primarily used mobile phones for social media had lower academic success compared to those who used them for educational apps and resources.

Emotional and Mental Health

There is a correlation between excessive mobile phone use and higher levels of anxiety and depression among teenagers. Constant connectivity can result in cyberbullying and a negative self-image, worsened by comparisons on social media. A longitudinal study found that adolescents with high mobile phone usage were more prone to experiencing symptoms of depression and anxiety than those with lower usage.

Social Skills and Relationships

While mobile phones can aid communication and strengthen friendships, they may also impede face-to-face interactions, leading to reduced social skills and increased loneliness. Qualitative interviews with teenagers showed mixed feelings about mobile phone use; many appreciated the convenience of digital communication, but some were concerned about the lack of deep, meaningful interactions in their lives.

Physical Well-being

Higher mobile phone usage is linked to sedentary behavior, which contributes to obesity and other health problems. Research indicates that individuals who spend more time on their phones are less likely to engage in physical activities. A national health survey revealed that those with high screen time (over 3 hours daily) reported lower physical activity levels and higher body mass indices (BMIs) compared to those with less screen time.

Data Analysis & Interpretation

Table 1: Project Survey

Sr. No.	Category	Details	Count
1	Total Survey Count		102
2	Age	Below 5 years	30
		5-10 years	45
		11-15 years	22
		16-18 years	5
3	Gender	Male	55
		Female	47
4	Questionnaire Filler	Parents/Guardian	97
		Teacher	5
		Student (Child)	0
		Pediatrician/Child psychologist	0

Table no.1 described the survey was conducted with a total of 102 respondents. Among the children surveyed, 30 were below 5 years, 45 were aged 5-10 years, 22 were between 11-15 years, and 5 were aged 16-18 years. In terms of gender, 55 were male and 47 were female. The majority of the questionnaires were filled out by parents/guardians (97), while teachers filled 5. No responses were directly recorded from students or pediatricians/child psychologists.

Table No. 2: Demographic Chart

Sr. No.	Criteria	%
1	Yes, owns a mobile phone	14.7
2	Yes, uses a shared device	41.2
3	No, dose not use mobile phone	44.1

Table no. 2 described the demographic chart. The data shows that 14.7% of children own a mobile phone, while 41.2% use a shared device. A larger portion, 44.1% of children, do not use a mobile phone at all.

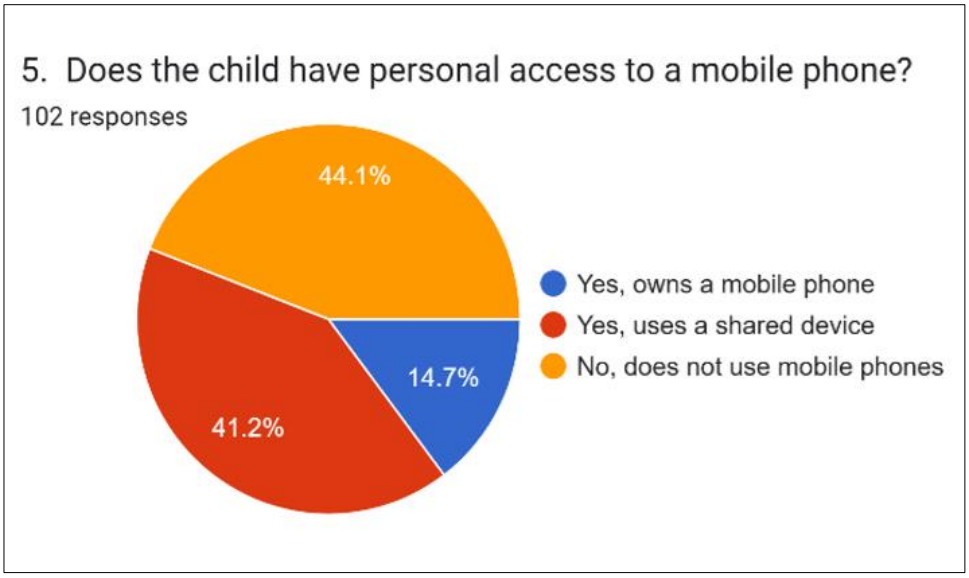

Fig 1: Access to a mobile phone

We derived three types of criteria of access of mobile phone, own use of mobile phone is 14.7%, shared device use is 41.2% and does not use mobile phone is 44.1%.

Table 3: Children use mobile phones

Sr. No.	Mobile use in Hours	Mobile use in %
1	Less than 1Hhour	42.2
2	1-2 Hour	35.3
3	3-4 Hour	14.7
4	More than five Hours	3.9
5	Not Applicable	3.9

The survey shows that 42.2% of children use mobile phones for less than 1 hour daily, while 35.3% use them for 1-2 hours. Around 14.7% spend 3-4 hours on mobile use, and a smaller share, 3.9%, use them for more than 5 hours. Another 3.9% fall under the 'Not Applicable' category, indicating no mobile usage.

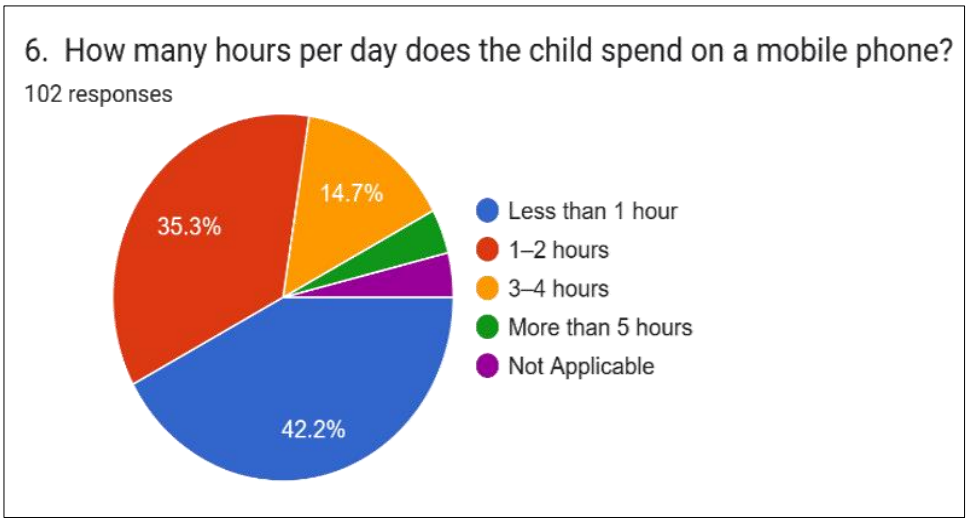

Fig 2: Spend time on Mobile Phone

Table 4: Purpose of Mobile Phone use in percentage

Sr. No.	Purpose of Mobile Phone use	Mobile Use in %
1	Watching videos (YouTube, Netflix, etc.)	61.8
2	Playing Games	34.3
3	Online Classes and Schoolwork	29.4
4	Social media (Instagram, WhatsApp, etc.)	10.8
5	Educational app and e-learning	30.4
6	Not applicable	5.9

The survey highlights that the most common purpose of mobile phone use among children is watching videos (61.8%), followed by playing games (34.3%), educational apps and e-learning (30.4%), and online classes/schoolwork (29.4%). A smaller share use mobiles for social media (10.8%), while 5.9% do not use mobile phones at all.

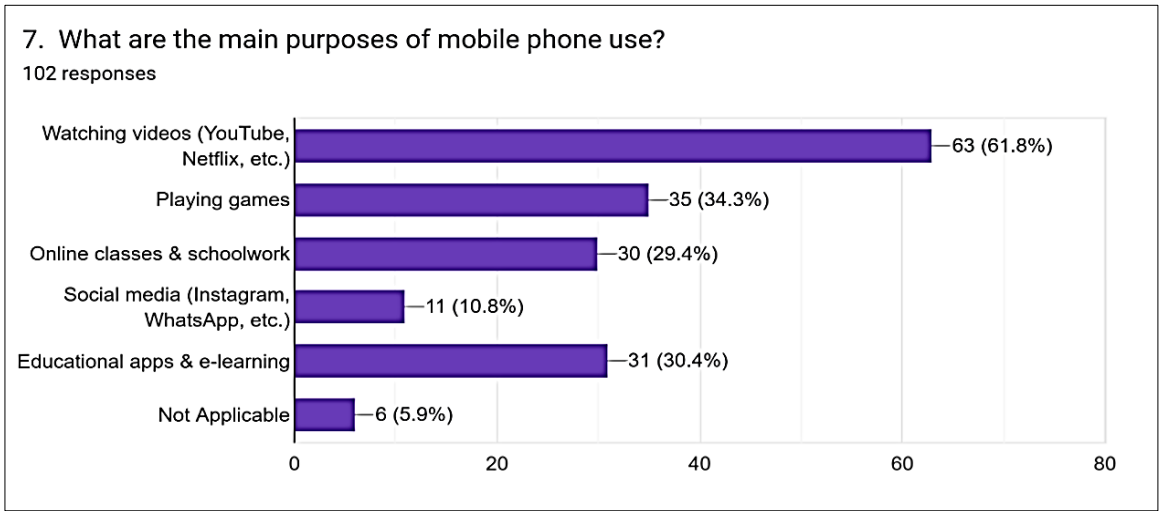

Fig 3: Purpose behind using cell

Purpose of utilizing of cell by kids' and teens daily lives and the survey did as per this is watching videos (YouTube, Netflix, etc.) 61.8%, Playing games are 34.3%, online classes and school work 29.4%, social media (Instagram, WhatsApp, etc.) is 10.8% and educational apps and e-learning is 30.4%.

Table 5: Use of mobile phone before bedtime

Sr. No.	Use mobile before bedtime	Mobile Use in %
1	Yes, regularly	17.6
2	Sometimes	34.3
3	No	48

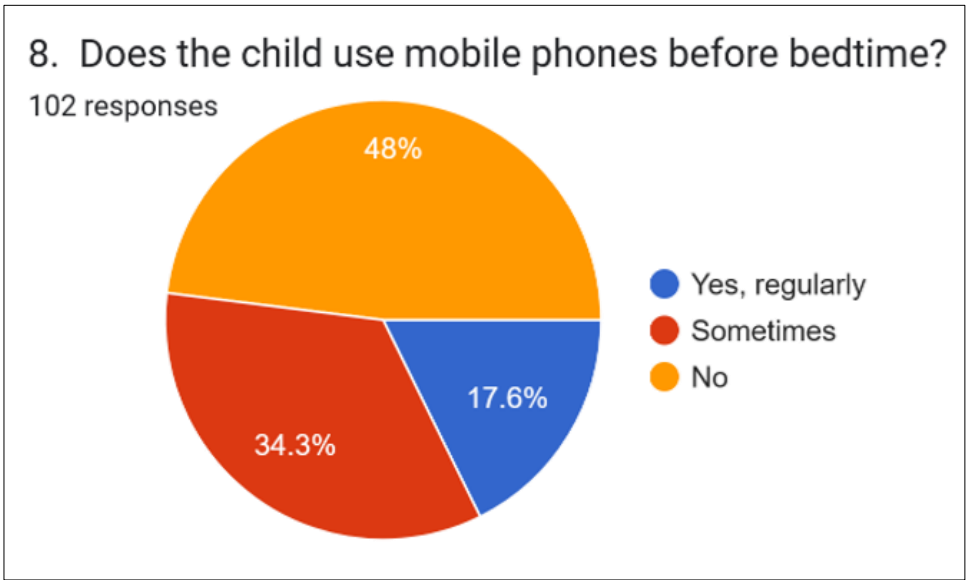

Fig 4: Use of mobile phone before bedtime

Table 6: Mobile use during meal & family time

Sr. No.	Mobile use during meal & family time	Mobile Use in %
1	Yes, always	15.7
2	Sometimes	49
3	No, never	35.3

The findings show that 15.7% of children always use mobile phones during meals or family time, while nearly half (49%) use them sometimes. In contrast, 35.3% never use mobiles in such situations.

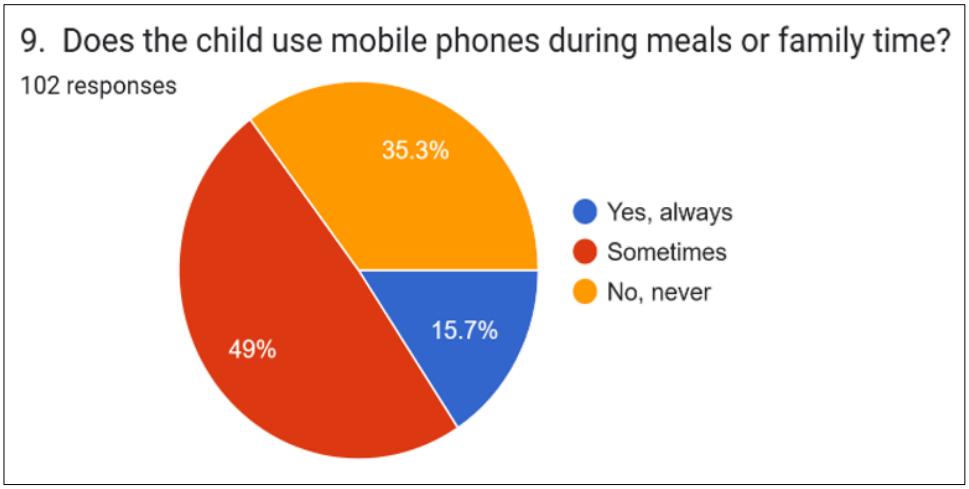

Fig 5: Mobile phone use during meal and family time

Here is the result of using mobile phone during meal and family time is 15.7% children use mobile during meal and family time, 49% sometimes and 35.3% are not used.

Table 7: Effects of Uses of Mobile phones

Sr. No.	Effects	Effects in %
1	Eye strain or headaches	17.6
2	Sleep disturbances (trouble falling or staying asleep)	10.8
3	Increased irritability or frustration	16.7
4	Reduced attention span or focus issues	16.7
5	Decreased interest in outdoor play	24.5
6	No noticeable effects	41.2
7	Not Applicable	5.9

The survey indicates that the most reported effect of mobile use among children is a decreased interest in outdoor play (24.5%), followed by eye strain/headaches (17.6%), irritability (16.7%), and reduced attention span (16.7%). Sleep disturbances were noted in 10.8% of cases. However, a large share, 41.2%, reported no noticeable effects, and 5.9% were not applicable.

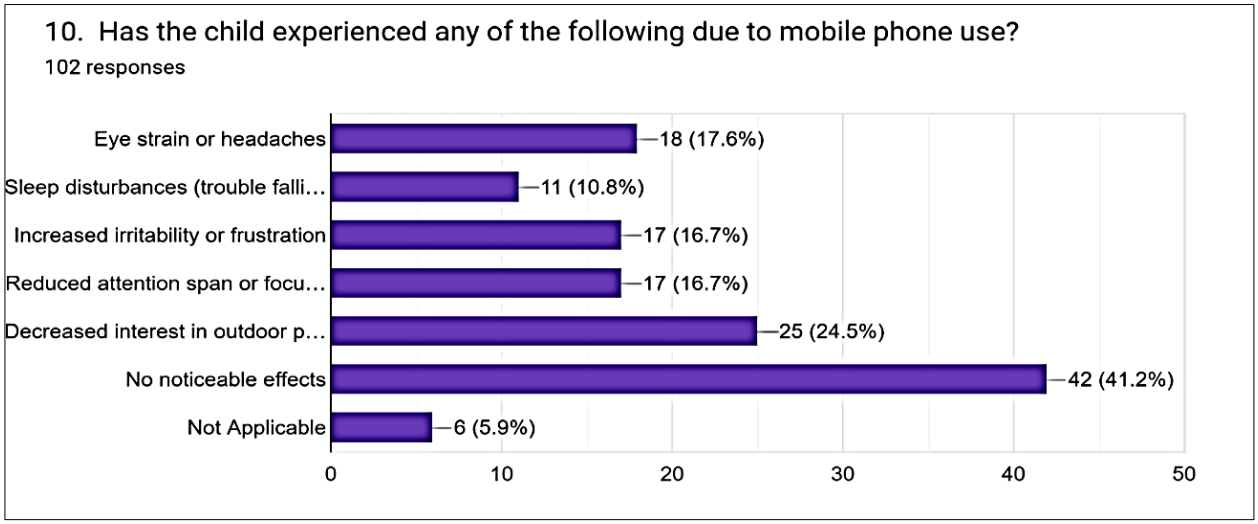

Fig 6: The consequences of using a mobile phone

We observed that kids suffered from different issues by using the mobile phones like out of 102, 18 children affect by eye strain or headaches, 11 children's affects by sleep disturbances, 17 affects by irritability or frustration, again 17 affects by reduce attention span or focus, 25 children's decreased interest in outdoor activities also 42 children's parents did not notice any noticeable effects and some below 5 years kids not applicable to use the mobile phone.

Table 8: Effects on academic performance

Sr. No.	Effects on academic performance	Child count
1	No Effects	25
2	Positive impact (helps in learning & research)	27
3	Negative impact (causes distraction from studies)	40
4	Not Applicable	10

The results show that 40 children reported a negative impact of mobile phone use on academics, mainly due to distraction. Meanwhile, 27 noted a positive impact, such as support in learning and research. For 25 children, there was no effect, and in 10 cases, it was not applicable.

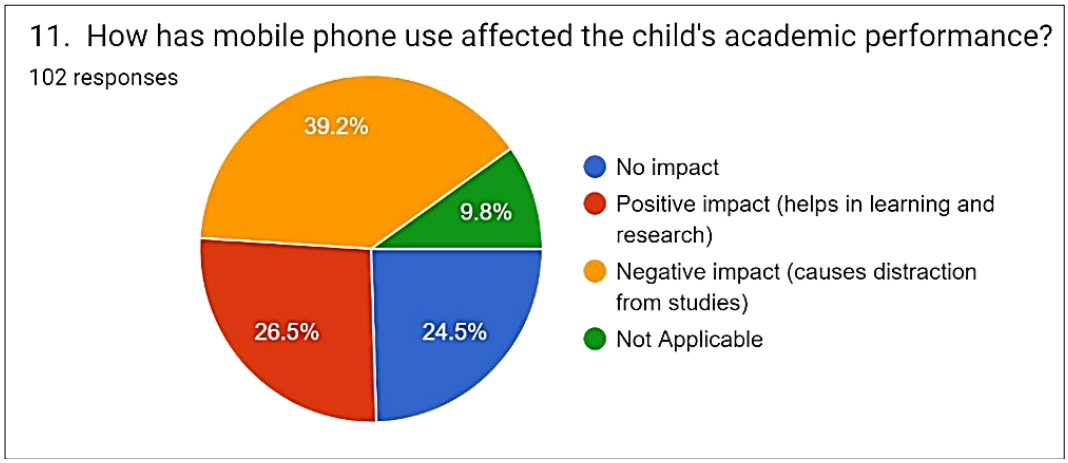

Fig 7: Mobile use impacts on child's academic performance

Here we observed that out of 102 surveyed, no effects on 25 child, positive impacts on 27 child's, negative impacts on 40 child's and 10 children are not applicable for these effects as they are not going to school yet.

Table 9: Mobile based entertainment over outdoor activities

Sr. No.	Results	Child counts
1	Yes, always	16
2	Sometimes	46
3	No	40

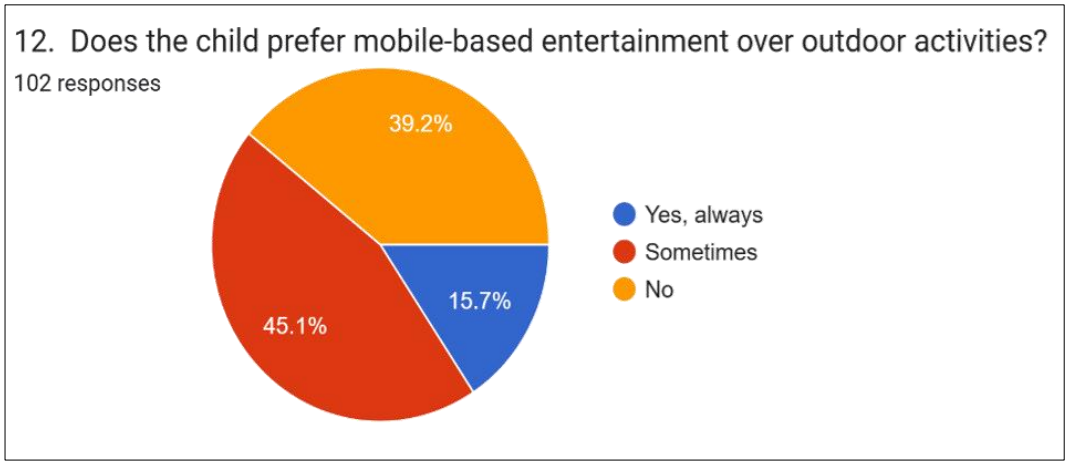

Fig 8: Child preference of mobile based entertainment over outdoor activities

In this graph we observed that out of 102 children's, 16 children are preferred mobile phone entertainment over outdoor activities, 46 children sometimes preferred mobile phone and 40 children not preferred mobile entertainment.

Table 10: Child social behavior due to mobile usage

Sr. No.	Child Social Behaviour	Child Counts
1	Less interaction with family & friends	26
2	Prefers online communication over in person communication	11
3	No significant changes	58
4	Not applicable	7

The data shows that 26 children displayed reduced interaction with family and friends, while 11 preferred online communication over face-to-face interaction. A majority, 58 children, showed no significant changes in social behavior, and for 7 children the category was not applicable.

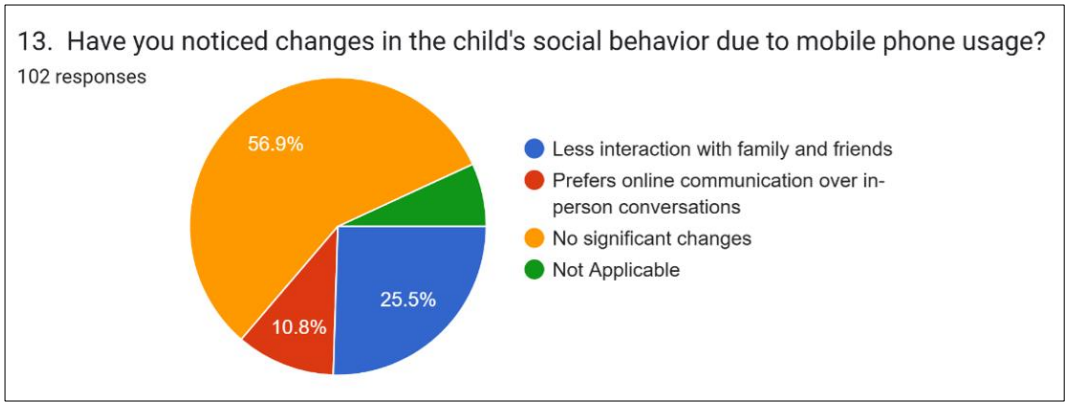

Fig 9: Child social behavior due to mobile usage

Here we observed that not much changes happened in social behavior in the children's like out of 102 only 37 children's behavior noticed not good in social behavior but 58 children's are good in social behavior but we can't avoid that 37 children's and 7 children's are not applicable for these effects.

Table 11: Social scam issue

Sr. No.	Issues	Child Counts
1	Cyberbullying	2
2	Inappropriate content	13
3	Online scams or security threats	1
4	None of the above	86

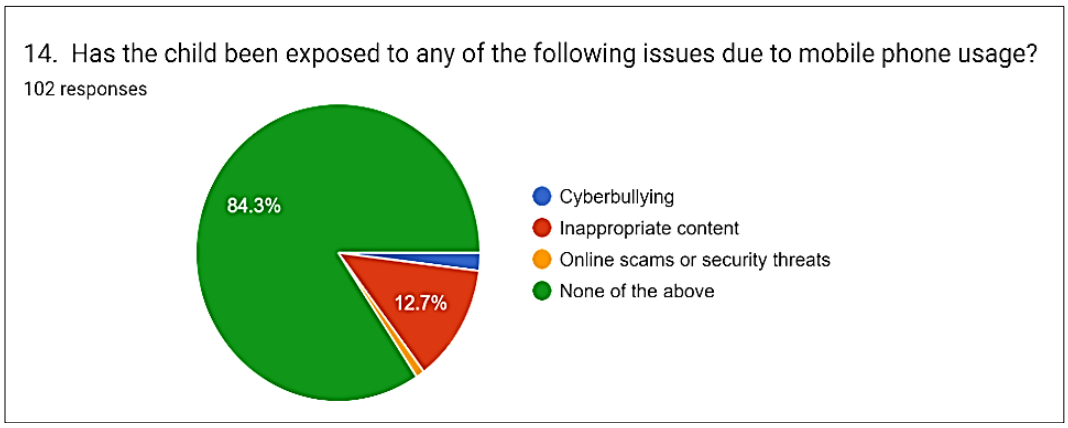

Fig 10: Social scam issues due to mobile use

Table 12: Monitor the use of mobile phones

Sr. No.	Mobile use monitor	Child counts
1	Yes, strictly	58
2	Yes, but not strictly	38
3	No, they use it freely	6

The findings reveal that mobile use is strictly monitored for 58 children, while 38 have some level of monitoring but not strict. Only a small number, 6 children, use mobile phones freely without any monitoring.

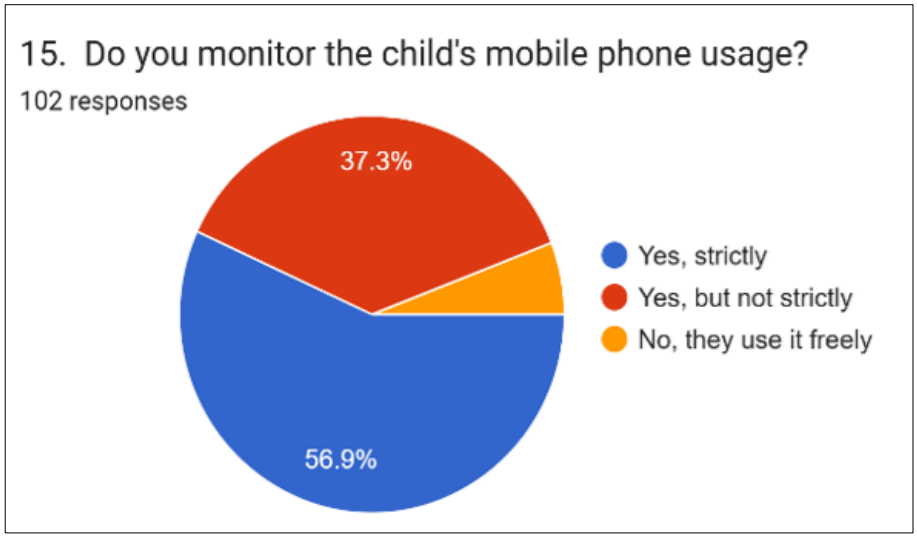

Fig 11: Monitor the use of mobile phones by children

Table 13: Restrictions on mobile use

Sr. No.	Restrictions on mobile use	Child counts
1	Screen time limits	58
2	Content filtering (blocking inappropriate websites/apps)	35
3	No mobile phone use during meals	38
4	No mobile phone use before bedtime	49
5	No restrictions	6
6	Not applicable	3

The survey shows that the most common restriction is no mobile phone use before bedtime (49 children), followed by screen time limits (58) and no use during meals (38). Content filtering is applied for 35 children, while 6 have no restrictions and 3 fall under not applicable.

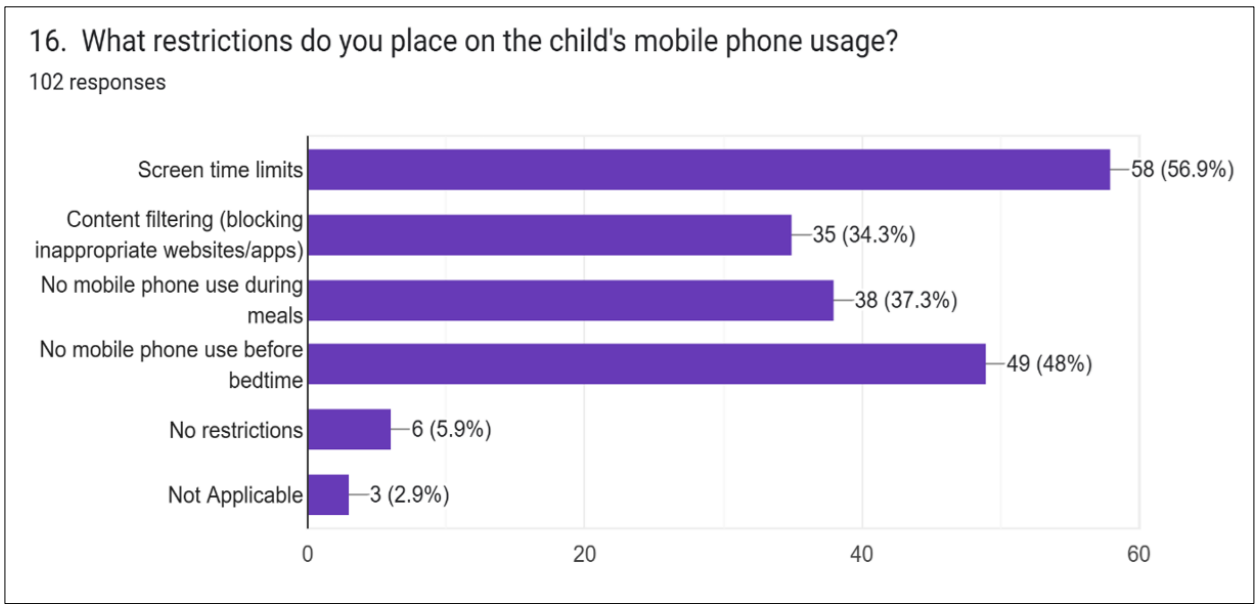

Fig 12: Restrictions on kids' cell phone use

In this bar graph we are observing the restriction of child's mobile phone using and we observed that parents restricts, 58 parents restrict screen time limits, 35 are restricts contents filtering, 38 parents restrict no mobile phone use during meal, 49 parents restrict no mobile phone use before bedtime, 6 parents not restrict their child to use mobile use and 3 child's not applicable for these effects as may be they are very small in age and not uses a mobile phone.

Table 14: Steps to balance use of mobile phones

Sr. No.	Balancing mobile phone usage	Child Counts
1	Digital literacy programs in schools	10
2	Encouraging outdoor activities &hobbies	64
3	Stricter parental control tools	15
4	Government policies to regulate harmful content	7
5	Other (Please specify)	1
6	Not Applicable	5

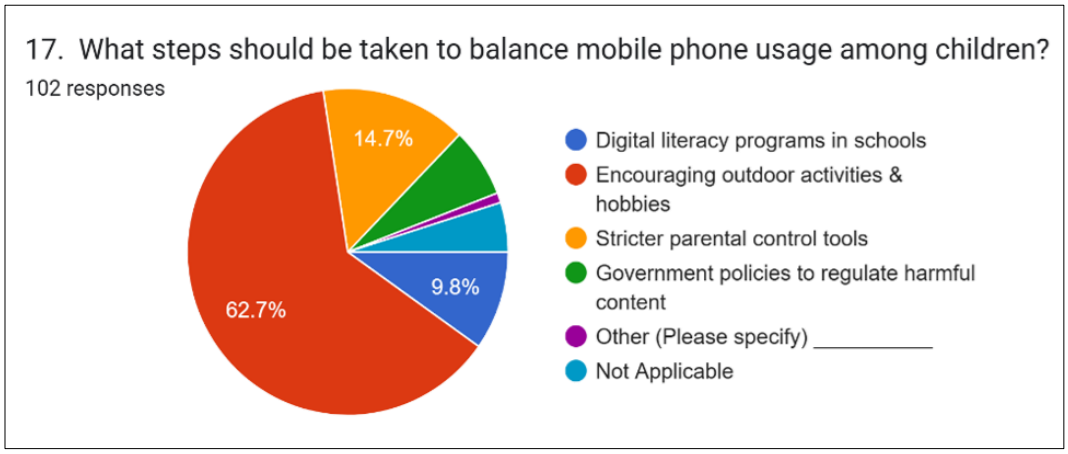

Fig 13: Steps to balance use of mobile phones by kids

Here derived that the steps to balancing the mobile phone usage among children's and Ten parents suggested digital literacy program in schools, 64 parents encouraging outdoor activities, 15 parents suggest stricter parental control, 7 parents suggested government policies to regulate harmful content, 1 parent suggested other than these steps and 5 parents even not suggested anything.

Table 15: Positive or negative effects on the development of children

Sr. No.	Positive/Negative Impact	Child counts
1	Mostly positive	4
2	Mostly negative	20
3	Mixed impact	73
4	Not applicable	5

The results indicate that the majority, 73 children, experienced a mixed impact of mobile phone use. A smaller portion reported it as mostly negative (20 children), while very few saw it as mostly positive (4 children). For 5 children, it was not applicable.

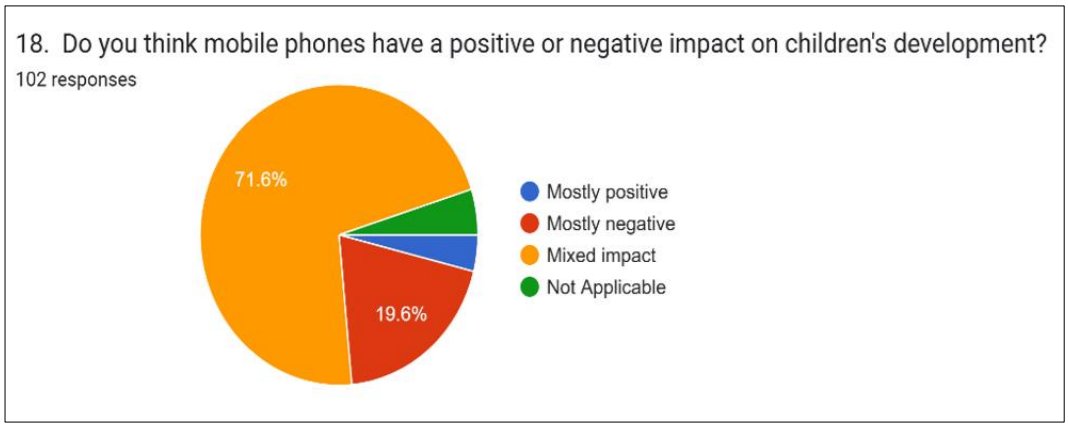

Fig 14: Positive or negative effects on the development of children

In this graph we observed that positive, negative or mixed effects of cell phone use on kids developments and that are, only 4 parents said positive impacts by use of mobile phones by kids, 20 parents said negative impacts, 73 parents said mixed impact (positive & negative) and 5 parents said this is not applicable for their child.

Table 16: Biggest concern regarding the use of mobile phones

Sr. No.	Biggest concerns	Child counts
1	Screen addiction	31
2	Exposure to inappropriate content	9
3	Negative impact on physical & mental health	31
4	Reduced social interactions	24
5	No major concerns	3
6	Not Applicable	4

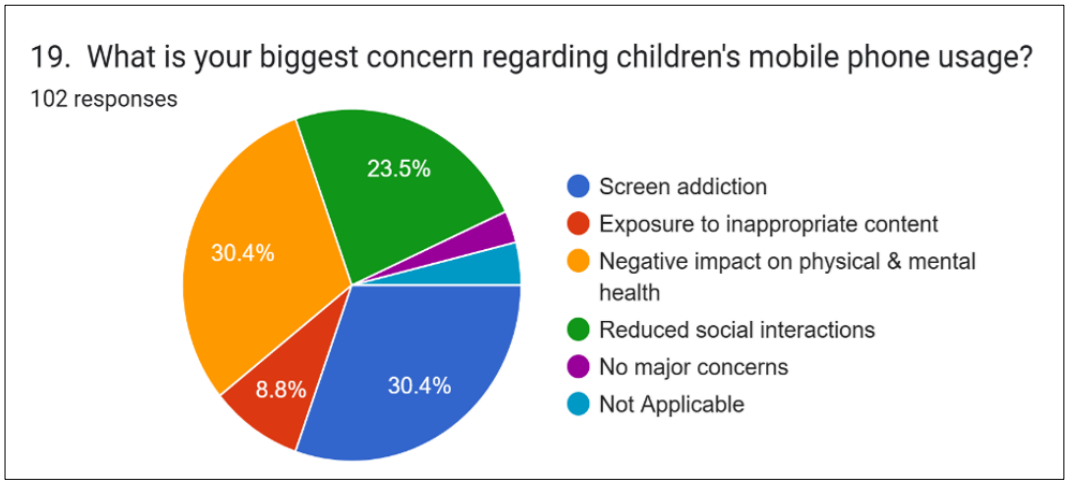

Fig 15: Biggest concern regarding the use of mobile phones by kids

Here we surveyed biggest concern about the kids' use of cell phones & the results are 31 children's have screen addiction, 9 children's have exposure to inappropriate content, 31 children's have negative impact on physical and mental health, 24 children's reduced their social interactions, 3 children's have no major concerns and 4 children's are not applicable for these concerns.

Table 17: Tighter guidelines for kids' screen time

Sr. No.	Stricter rule on children's screen time	Counts
1	Yes	82
2	No	10
3	Not sure	10

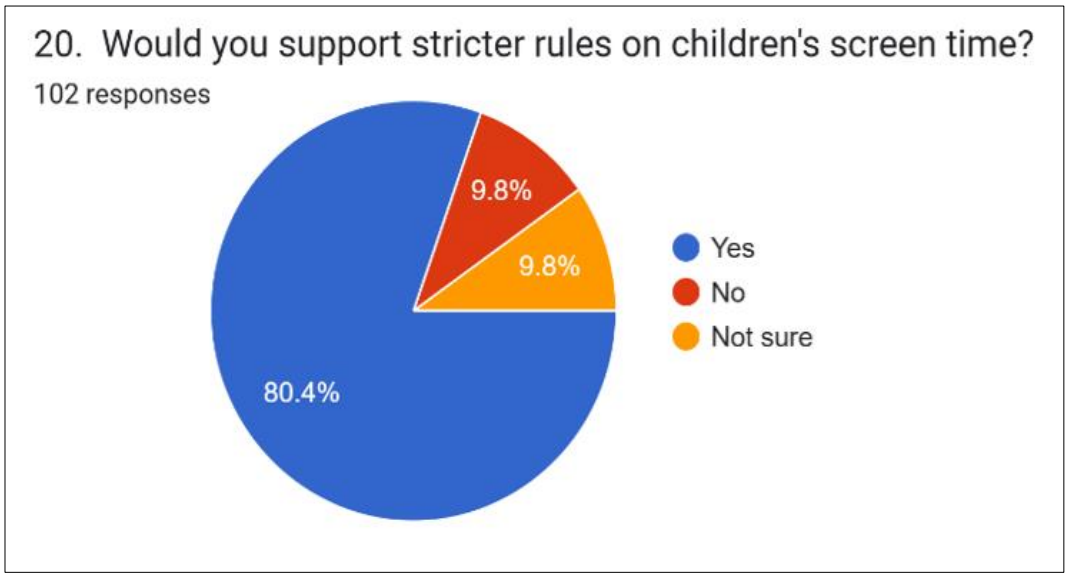

Fig 16: Tighter guidelines for kids' screen time

Here we discussing that would we support to stronger guidelines for kids' screen time & the parent's suggestions are as 82 parents are saying for stricter rules and in other hand 10 parents are not supporting to the stricter rules and 10 parents are not sure what should they do.

Conclusion

Mobile phones have become an integral part of children's everyday lives, presenting both opportunities and challenges. They can be effective educational tools and help build social connections, but excessive or inappropriate use can negatively impact various aspects of development and well-being. It is crucial for parents, educators, and policymakers to work together to create guidelines that promote responsible use, ensuring that children benefit from mobile technology while minimizing potential risks.

Limitations

The limitations of this study stem from its dependence on existing literature, which might not accurately capture the fast-paced changes in mobile technology and its applications. Furthermore, the majority of research conducted so far is correlational, making it difficult to establish a causal link between mobile phone usage and developmental outcomes. To gain a deeper understanding of these connections and to develop evidence-based guidelines for children's mobile phone use, future longitudinal studies are essential.

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