

Influence of Smartphones on Childhood Trauma (Behavior): A Narrative Analysis of Secondary School at Karachi



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Abstract: *The purpose of this research was to investigate the impact of smartphones on childhood trauma, particularly in the behavior of secondary school students in Karachi. The study used a qualitative approach and a sample size of ten (10) respondents, collected through snowball sampling. The data was gathered through structured interviews and analyzed using narrative and thematic analysis. The results indicated that excessive use of smartphones has negative effects on child behavior, including family and friend relationships, passions, and self-esteem. Moreover, the disproportionate smartphone use leads to reduced facial interaction, and increased loneliness, depression, stress, and anxiety among children. Children may also become disinterested in other activities due to the ease of accessing anything from anywhere through smartphones. The study recommends that parents monitor their children's social media use, be aware of the websites and games they visit, and encourage a balanced use of smartphones.*

Key Words: Smartphone, Childhood Trauma, Behavior, Karachi

Introduction

Smartphones are versatile devices that offer a range of benefits, including convenient electronic commerce, fast information sharing, cross-cultural communication, emotional support, and entertainment. According to Kraut et al. (1998), Morahan-Martin (1999), and Scherer (1997), these devices combine internet and mobile phone services, providing users with unique and high-quality services. Younger individuals often use smartphones to watch videos, express themselves, communicate with friends, and search for information. On the other hand, older individuals use smartphones to have video calls with distant children and play games. The portability and accessibility of a Smartphone make it possible to use it anywhere (Cha & Seo, 2018). Smartphones can serve a variety of useful purposes, such as safety, communication, social connectivity, personal organization, and a reduction in feelings of loneliness, boredom, tension, and sadness.

(Hawi & Samaha, 2016). The smartphone device has numerous positive functions and productive outcomes including access to information and organizational features, increasing social relationships, interpersonal connectivity, and social networking applications (Cho, 2015). The improved smartphone's mechanical and software capabilities, as well as its plethora of useful applications, all enable the user to live a more organized and effective lifestyle and increase both personal and professional productivity. (Bertschek & Niebel, 2016). Students, in high school and especially at the university level, utilize smartphone applications to access academic information and research support (Baert et al., 2020; Hawi & 2 Samaha, 2016). Experiencing trauma during childhood can lead to serious health problems that may occur early on and persist into adulthood (Chegeni et al. (2022). Childhood trauma refers to any traumatic experiences that occurred before the age of 18, including

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emotional and physical distress. Teenager users, when compared to users of other age groups, are most affected due to their innate ability to embrace new media and technology learning (Kwon, Kim, et al., 2013). Problematic Smartphone usage continues among users because of the release of dopamine, brain-based chemicals producing feelings of positivity, which the user receives from the device output (Haynes, 2018; Linnet, 2020).

Negative outcomes of Smartphone use overflow into the home and classroom, from preschool to college, but especially secondary and postsecondary classrooms including middle school, high school, and university environments, causing distractibility, interrupting the cognitive process, and isolating students from building interpersonal relationships among teachers and peers (Baert 3 et al., 2020; Balhara et al., 2018; Cha & Seo, 2018).

Purpose of the study

The purpose of this study was to gain a better understanding of smartphone use and its impact on individuals who have experienced childhood trauma. Despite prevailing biases against smartphone use, the study aimed to collect survey information to determine the prevalence of childhood trauma in smartphone users and how it relates to their cell phone usage. The study focused on secondary public school students in Karachi who have experienced a range of traumas, including mental and physical health issues, cognitive and behavioral problems, relationship difficulties, and emotional challenges.

Statement of the problem

Smartphones have become ubiquitous in today's world, and people of all ages, from young children to seniors, are using them everywhere - at home, in schools, and at workplaces. Though the use of smartphones has a positive impact, it also has negative effects, especially on children. Childhood is a crucial time when children form their perceptions and beliefs, which shape their personality and behavior. Exposure to positive content can have a favorable influence on children's attitudes, while exposure to negative content can have adverse effects, leading to the possibility of childhood trauma. After analysis by many researchers, this study aimed to find the impact of

Smartphone use on childhood trauma at secondary public schools in Karachi.

Objectives of the study

- To discover the impact of Smartphone use on child development
- To reveal the impact of Smartphone use on child relationships
- To find the impact of Smartphone use on child behavior

Research questions

- What is the impact of Smartphone use on a child's development?
- What is the impact of Smartphone use on child relationships?
- What is the impact of Smartphone use on child behavior?

Keywords

Smartphone use, childhood trauma, physical health, mental health, brain development, cognition, behavior, relationship, and emotion

Literature review

Childhood trauma refers to emotionally painful or distressful events experienced by children, which can lead to lasting mental and physical effects, according to the National Institute of Mental Health (Polepally Ashok, 2018). It is worth noting that childhood trauma is a significant risk factor for the development of personality disorders (PDs). Downey and Crummy (2022) have operationalized the relationship between childhood trauma and personality disorders by evaluating personality functioning and maladaptive traits. (Bernstein et al., 2003) concluded the study that Victims of childhood trauma have low self-esteem, are depressed, and are anxious. To prevent their traumatic experiences from affecting their lives, some deny their trauma histories, while others develop false self-images and misuse alcohol and drugs (Downey & Crummy, 2022). In addition to adequate and customized treatment strategies, early interventions may reduce trauma symptoms.

Currently, around 3.77 billion individuals globally use the Internet via devices like smartphones and

computers. The developed world has 81% coverage while the developing world has 41%. Young people aged 15-24 make up 71% of the world's Internet users. Social media is becoming increasingly important in the daily lives of most individuals. Phone-based communication and social media websites are crucial for adolescents to maintain their social connections, according to Chegeni et al. (2022). However, overuse of social media can result in addiction. Nowadays, adolescents from all socioeconomic backgrounds have greater access to electronic devices, such as smartphones, at a younger age which may increase their risk of social media overuse or addiction. Nowadays, smartphones have become an integral part of human life, and mobile phones are becoming ubiquitous. In the beginning, mobile phones were only used for communication; however, over time, they have become astonishingly sophisticated and can be used for web browsing, social networking, watches, alarm clocks, games, cameras, calculators, etc. The modern world is filled with smartphones, which are gadgets that are popular with people of all ages. It has been surprising to see how popular smartphones have become among young children and students. Although, it keeps some life-changing advantages in every walk of life; however, concerns have been raised about the adverse health impacts associated with their excessive utilization (Back et al., 2021). The excessive usage of Smartphones has numerous social and health-related issues on university students like poor eyesight, depression, headaches, affects their studies, and family issues (Tariq, J. Usmani, Faraz, N., et al (2019).

Addiction to social media is a behavioral disorder characterized by teens or young adults who cannot resist the lure of online media, despite its obvious negative effects. It seems that Social Media Addiction (SMA) may relate to earlier stages of individuals' lives (Anderson & Jang, 2018). The use of social media websites is a common activity among today's adolescents (Cialdini & Goldstein, 2004). However, they may be overused or misused, which could lead to addiction. Over one-third of the participants had a social media addiction, which was equally distributed among all genders (Tariq et al., 2019). The use of social media platforms such as WhatsApp, Instagram, Facebook, Twitter, and TikTok has had a significant impact on people's daily lives (Kustijono & Zuhri,

2018). The recent data reveals that there were over 3.6 billion social media users globally in 2020, and by 2025, that number is projected to increase to almost 4.41 billion. Communication, news consumption, and internet browsing were the three most popular reasons for using SM. Nearly 50% of users cited communication as their primary motive (Maryuningsih et al. 2020). The impact of social media on our well-being is a global concern, and there is a need for current research on its role in mental health (Mahoney et al., 2018).

Methodology

The qualitative research method was adopted in this research study. The population of the study was the secondary students at the schools of Malir Karachi. The sample size of the study consisted of 10 Secondary students at the public schools in Malir Karachi. The sample was collected through a snowball sampling technique. The data was collected through personal visits.

Data analysis

The impact of smartphone usage on the academic performance of secondary school students was examined through a series of research questions. The questionnaire comprised 09 subjective questions and data was analyzed through thematic analysis. The study aimed to gather primary data through semi-structured interviews, including face-to-face and one-on-one interviews. The gathered data was read and coded thoroughly to ensure confidentiality. The themes were developed and interpreted to arrive at the study's robust findings.

Q1. Do you think that Smartphones can harm their development?

During the past two decades, there has been a gradual increase in the number of people using cell phones. It is common for individuals to carry their cell phones with them at all times and use them for communication and various other activities. Consequently, children are increasingly exposed to cell phones from a young age. By the time, they are two years old, children can hold cell phones without any assistance; but before that age, they can only use them passively. Children who use their cell phones

excessively may have physiological effects like weight and sleep difficulties as well as psychological effects like addiction and anxiety.

Two of the respondents

1. Smartphones can have a detrimental effect on the mental and physical development of children. This is because, during this stage, students should prioritize their physical needs as their bones are still growing and require proper nutrition and vitamins to ensure a strong body. Additionally, this is a crucial time for children to engage in social interactions with their peer groups.
2. Excessive smartphone usage negatively impacts children's overall development by causing boredom and limiting mobility and physical activity.

Literature

During childhood and teenage years are typically several behavioral concerns typically appear (pause, keshavan & geild 2008). According to the World Health Organization (WHO), more than 13% of children aged 10 to 19 have several mental and behavioral conditions. Given the prevalence of smartphones in daily life, using a Smartphone interferes with a child's ability to grow normally in several areas, including language, cognition, and socio-emotional control (Lederer, Y., Artzi, H., & Borodkin, K. (2022). Amanda, Maria, and Silvia (2022) highlighted that the early years of a child's existence are particularly delicate, and they have a significant influence on the rest of their lives. When a child is young, everything has a greater impact on their growth. If a Smartphone causes any destruction at this time, the child's development is ruined.

Conclusion

The overuse of cell phones is detrimental to children's general development. They get bored and unable to move around or engage in physical activities which leaves them open to bad behaviors. Additionally, it hinders children's mental and physical growth by lowering their thinking skills, eroding their self-assurance, and reversing their weight-gain levels. In addition, smartphones offer internet games and apps

that are bad for children's social, physical, and mental development. However, smartphones can help children fulfill their physical requirements by enabling social interaction with their classmates.

Q2. Do you think using a Smartphone helps to maintain communication?

Generally, utilizing a mobile device widens the gap between people and spans vast distances making it perfect for long-distance communication and harming close relationships. Furthermore, Smartphone manufacturers help me stay connected to my family, friends, and coworkers and make it simpler for me to be connected.

Two of the Respondents

1. Smartphones are certainly helpful in facilitating communication, connecting people, and bridging long distances between them.
2. Yes, phone manufacturers have made it easier for me to communicate with individuals to whom I previously sent voice messages - be it my friends, colleagues, or others during my job. Additionally, they help me stay connected with my loved ones. With just a few taps, I can quickly obtain advice and solutions to any problems that I face.

Literature

There are several ways that smartphones may be utilized as communication tools (Gadziński, 2018a). (Samaha & Hawi, 2016), smartphones can enable voice conversations, text messages, emails, social media, and other apps to be used for communication. Encourage the development and reinforcement of social networks and human-to-human contact by granting access to educational resources, offering feedback, and encouraging cooperation, supporting both formal and informal learning (Amez & Baert, 2020).

However, using a Smartphone as a communication tool also comes with various difficulties and restrictions, such as Multitasking and distractions can impair focus and learning efficiency (Amez & Baert, 2020). Risks to privacy and security that might reveal private information or data to unauthorized parties,

Dependence, and addiction, which can have an impact on social skills and mental health (Health, 2020).

Conclusion

Smartphones play a key role in establishing and maintaining long-distance relationships globally. With the help of social media apps, individuals can connect with their loved ones who are far away cost-effectively and conveniently. These devices are utilized to communicate with friends, family, and relatives who are located far away, thus enabling us to uphold the essence of lasting relationships.

Q3. Do you think using a Smartphone weakens your relationship?

There is a correlation between the eating habits of individuals who use smartphones and digestive system issues. Many people who use mobile phones tend to sit down while using them which can lead to lethargy and weakness, potentially resulting in illnesses. This behavior is also associated with personality traits, as some people may be more inclined to connect with strangers and the world around them while others prioritize their relationships with family.

Two of the Respondents

1. Many people lie in bed while using their smartphones which can cause their blood to stop circulating and lead to difficulties digesting food. This can result in digestive system disorders and feelings of illness. It is important to be mindful of our physical activity and not spend too much time in bed using our phones.
2. Whether someone prioritizes their family relationships or connections with people outside of their immediate circle depends largely on their personality. Some feel more connected to the wider world and known individuals, causing them to drift away from their families. Conversely, some are less interested in outside connections and prefer to maintain strong ties with their family.

Literature

If Smartphone use is excessive or unsuitable, it may erode family bonds. According to (Kim et al., 2018), using a smartphone can decrease the number and

quality of face-to-face family contact, which is critical for social and emotional bonding and interferes with parent-child interactions, which are essential for the best cognitive and emotional development of children. Reduced relationship satisfaction among couples, particularly if one spouse feels neglected or snubbed by the other partner's phone usage ("phubbing"), Increased distress and pressure on the family, especially if the Smartphone is used for business reasons during family time (Baert et al., 2020). However, if Smartphone use is reasonable and acceptable, it may also improve connections within the family.

Conclusion

The key takeaways from this text are that digestive issues can be linked to the eating habits of smartphone users and that prolonged use of phones can lead to physical inactivity and weakness. This may harm a person's health, especially in children who might become more sedentary as a result. It is important to note that a person's level of connection to the world and their relationships can also play a role in their phone use.

Q4. Do you think that using smartphones makes you more social?

It seems that smartphones have hurt socializing, especially among children and teenagers. Many of them decide to spend their time on social media rather than engaging in physical activities. However, this kind of social interaction does not necessarily lead to genuine social bonding. Some people may present fake personalities in real life that can result in feelings of mistrust and loneliness.

Two of the Respondents

1. I believe that phones are not solely responsible for students' lack of social interaction. Many people on social media platforms like Facebook and WhatsApp tend to display false personas that differ from their true selves. When meeting these individuals in person, hurt can arise, leading to feelings of mistrust and loneliness.
2. In my opinion, I do not believe that students are becoming less social due to their phones.

This is because, on social media platforms like Facebook and WhatsApp, individuals tend to portray a fake persona that differs from their real lives. As a result, when they meet in person, it can cause disappointment, hurt feelings, and ultimately lead to mistrust and loneliness.

Literature

To understand the impact of smartphone usage on children's socialization and guide, children rather fully prohibit them from using smartphones so that children may develop healthy opinions about socialization (Chegeni et al., 2022). Containing a child's social media time may alleviate negative effects (Brunette et al., 2019).

Young individuals who use social apps such as Whatsapp and Facebook are prone to experiencing tic-like attacks and developing tics. This is due to their mobility problems, which are brought on by stress and worrisome and may be exacerbated by the ongoing epidemic and the rise in young people's usage of social media (Stiawan, 2018).

Two of the Respondents

1. It is important to acknowledge that while smartphones can enhance social interactions, not all children know how to use them positively. It is worrisome that many prioritize watching funny videos, cartoons, and playing online games over meaningful activities.
2. Undoubtedly, utilizing a smartphone can enhance your social life by enabling you to connect with diverse individuals via social media platforms like Facebook, WhatsApp, and others. This is somewhat true since social media provides an avenue to meet new people, engage with society, and discuss or share societal challenges.

Literature

Children's socialization is finally incorporated into society with smartphones. In other words, the goal of socialization is fulfilled with smartphones to help children grow and become a part of society (*Social Media Usage, Perceived Team- Efficacy*, n.d.). The concern for children's socialization also reflects society

as a whole concern for future growth, which is forward-thinking and progressive (Awedh et al., 2014).

Conclusion

The use of smartphones has greatly affected the way kids and teens socialize. Many opt to spend their time on social media apps instead of engaging in physical activities or gatherings. While smartphones can facilitate social interaction, not all young people know how to use them effectively. While using a smartphone can improve communication and knowledge of society, it does not necessarily lead to social integration. Unfortunately, some students become less sociable due to the false personas presented on platforms like Facebook and WhatsApp, leading to feelings of distrust and isolation.

Q5. Do you think using a Smartphone disconnects you from the world?

This essay emphasizes the importance of smartphones as a means of connecting with the world and with each other, thereby strengthening our bonds. Additionally, smartphones play a vital role in global connectivity as they provide easy access to news channels, keeping us informed about current events. Choosing not to use a smartphone may result in a weaker sense of family and independence from material possessions.

Two of the Respondents

1. Smartphones are essential tools that connect people across the globe. They enable us to communicate with each other and solve daily issues efficiently, making them an excellent source of global connectivity.
2. I disagree because it is something special that links us to the world. Many news channels on our smartphones keep us informed about global events.

Literature

Inappropriate or excessive Smartphone use can cause a person to become disconnected from their surroundings. According to (Hartley et al., 2022), using a Smartphone can: interfere with interpersonal connections and communication, which are crucial for one's social and emotional well-being. If Smartphone

use is reasonable and suitable, a person can connect to the rest of the world as well (Tchounwou et al., 2022). Using a Smartphone can provide access to information and resources that can improve learning and awareness, allow people to communicate, and stay in touch with people who are not physically present (Albó et al., 2019).

Conclusion

Smartphones serve as a valuable tool for connecting us to the world and facilitating communication and problem-solving. However, the excessive use of these devices can lead to detachment from reality and disconnection from the outside world. Nevertheless, smartphones have brought people closer together, creating a global community and allowing for connections with diverse individuals. It is worth noting that not relying on a smartphone can strengthen family bonds and foster greater independence from technology.

Q6. Do you think that using a Smartphone is innate in your discipline nature?

Many believe that since there are no regulations regarding the use of smartphones, children cannot be subjected to disciplinary measures. Thus, it is crucial to monitor mobile phone usage on a large scale. The use of smartphones has negatively affected my ability to enforce discipline, as discipline and smartphone usage are incompatible.

Two of the Respondents

1. In my opinion, relying too heavily on technology can distance us from nature. Humans are meant to be active and engage physically, rather than being stationary in one place for extended periods.
2. I believe that without proper regulation of smartphone use, children cannot be held accountable for their actions. Therefore, it is important to implement widespread regulations on mobile device usage.

Literature

Smartphone use can be detrimental to children's behavior and discipline. The optimum cognitive and emotional development of children depends on

parent-child interactions, which studies have shown might be hampered by excessive Smartphone use (Samaha & Hawi, 2016). Additionally, using a Smartphone might interfere with other tasks including studying, exercising, and socializing with friends (Gadziński, 2018a). Furthermore, youngsters who use smartphones may develop a sense of addiction and reliance, checking them frequently and becoming nervous or unhappy without them (Elhai et al., 2017).

Conclusion

The main point of this text is that the unregulated use of smartphones can have negative effects on a child's discipline. While it may not necessarily damage one's innate nature of discipline, excessive smartphone use can conflict with it. This is because smartphones provide instant gratification and release dopamine without requiring much effort which can lead to a lack of discipline over time. Furthermore, disproportionate phone use can keep individuals away from physical activities, which are essential for human beings who are built for movement and physical work. Therefore, it is important to regulate the use of smartphones on a large scale.

Q7. Do you think that using a Smartphone puts you in an isolated state?

It is crucial to understand that the disproportionate use of smartphones can have severe consequences. The alluring content displayed on the screen can make users reliant on various websites, leading to feelings of loneliness, anxiety, and depression. Moreover, excessive smartphone usage can disconnect people from social interactions, increasing the risk of sadness, disorders, and anxiety. It is alarming that individuals who excessively use their smartphones to connect with others online may eventually lose touch with their real-world friends and become lonely. While children may use smartphones to play games that isolate them, grandparents may use them to keep in touch with their grandchildren without having to travel far.

Two of the Respondents

1. I believe that my excessive use of my mobile device has caused me to become isolated. I often find myself spending hours alone, solely

focused on my phone, and distancing myself from social gatherings and friendships.

2. Yes, too much smartphone use causes children to become addicted to different websites as they begin watching comedy videos and engaging in online gambling, among other activities. Eventually, this causes them to experience feelings of loneliness, resentment, and sadness.

Literature

If children use their smartphones too much or in the wrong ways, they may become socially isolated. The frequency and quality of in-person connections with family and friends, which are crucial for social and emotional development, may decline, as a result, of smartphone use (Hughes & Burke, 2018; Rozgonjuk et al., 2018).

Smartphone usage can also lead to feelings of isolation and disconnection from reality, especially if kids depend on them for social approval or support (Cha & Seo, 2018).

Additionally, using a Smartphone can expose kids to improper information, online abuse, or cyberbullying, all of which can undermine their mental health and sense of self (Health, 2020). Therefore, it is crucial to keep an eye on and limit kids' Smartphone use while also promoting in-person interaction.

Conclusion

A disproportionate use of smartphones can result in feelings of isolation, anxiety, and depression. This is because the phone screen offers a plethora of content that entices individuals and leads to addiction to various sites. Moreover, overusing smartphones can lead to social isolation which can exacerbate feelings of depression and anxiety. If individuals rely too heavily on making friends online, they may let go of their real-life friends, which can leave them feeling isolated. While students tend to use their phones for playing games, which can contribute to feelings of isolation, grandparents often use them to connect with family members without having to travel long distances.

Q8. Do you think using a Smartphone impacts child behavior?

Research has shown that using a smartphone can have

negative effects on a child's behavior, both physically and emotionally. When children misbehave, parents often make changes to their behavior, communication, and actions. Excessive use of smartphones can affect a child's behavior by causing them to miss out on social events and receive negative information. It is also important for parents to educate their children on responsible smartphone usage.

Two of the Respondents

1. Yes; by overuse of cell phones, youngsters can harm their general development and has become akin to giving them drugs not just physically, but also emotionally.
2. The use of smartphones by children may expose them to negative information and lead to behavior changes that distance them from their customs and traditions.

Literature

Excessive or unsuitable smartphone use by children is associated with poor behavior (Gadziński, 2018b). According to (Sarah Troll, 2020), using a Smartphone may raise the likelihood of attention-deficit/hyperactivity disorder (ADHD) that may impair a child's social skills, impulse control, and academic performance. Due to their internet exposure, youngsters who use smartphones may potentially suffer from sadness, anxiety, low self-esteem, or cyberbullying (Kim et al., 2018).

Two of the Respondents

1. It could be positive and negative behavior it's upon parents how they guide if they positively use Smartphones it wouldn't impact them negatively they can learn new things from it.
2. Yes, I think with use daily for many hours has a great impact on the behavior of the student watching a fruitful thing develop his healthy mind and if they are watching an ethical material.

Literature

If children use their smartphones responsibly and modestly, they may exhibit healthy behavior. The effectiveness and context of Smartphone usage, as well as parental and educational oversight, all play a

role in these advantages (Alotaibi et al., 2022). As a result, it is critical to educate kids on how to appropriately and securely use cell phones and to balance screen time with other activities that advance their growth and well-being.

Conclusion

Parents need to understand that inappropriate mobile phone use can have severe adverse effects on their child's behavior both physically and emotionally. Children may begin to display disrespectful behavior towards their parents, and their communication skills, mannerisms, and conduct may drastically change. Moreover, excessive smartphone use can limit their social interactions and expose them to negative information that can have long-lasting consequences. Therefore, parents must take the necessary steps to encourage their children to use smartphones positively to ensure their mental and emotional well-being.

Q9. Have you any idea that smartphones have another effect on children?

Smartphones have a significant influence on children's personalities, causing them to become irritable, hostile, and distracted leading to various personality difficulties. Furthermore, the overuse of smartphones for activities such as playing games, watching cartoons, and chatting online not only wastes time but also impairs their ability to think clearly and complete other tasks. However, it is worth noting that many children also use their smartphones positively to enhance their skills.

Three of the Respondents

1. Smartphones have a major negative psychological effect on children. Sadly, a lot of parents and adults ignore and mistreat their children. As a result, they begin to rely on smartphones as their sole source of entertainment and a way to pass the time. This can lead to negative personality traits such as short temper, aggressiveness, lack of focus, and other issues.
2. Giving smartphones to children can have a detrimental impact on their future as they tend to prioritize device usage over studying. This hinders their development and potential

success. It is crucial to consider the potential consequences of providing children with access to technology and to promote a balanced approach to device use.

3. Based on my observations, it is clear that smartphones are highly advantageous for students. Countless students have improved their learning and skills through the use of these devices.

Literature

If a Smartphone is utilized dishonestly or incorrectly, it might make it easier to cheat in academic contexts. Using a Smartphone can: allow pupils to use unauthorized sources or material during tests or quizzes Encourage pupils to interact with one another and exchange solutions or answers during tests or quizzes (Gikas & Grant, 2013). Making pupils aware of dangers to their privacy and security, such as hacking or data theft affects pupils' academic achievement, learning efficiency, and development of their moral character (Nami, 2019).

However, if a Smartphone is utilized ethically and sensibly, it may also improve learning and academic integrity. According to (Amez & Baert, 2020), using a Smartphone can: Give students access to educational resources, feedback, and collaboration; support formal and informal learning by providing different instructional and assessment modalities; make it easier to coordinate and plan academic activities and schedules; and provide those who require it with online mental health resources and therapy (Health, 2020). Therefore, it is equally important to use smartphones carefully and wisely and to abide by any applicable academic regulations and guidelines.

Conclusion

The use of smartphones can significantly impact the personalities of children, causing them to exhibit traits such as short temperament, aggression, and lack of focus, among others. Additionally, the overuse of smartphones can lead to problems with eyesight and impact thinking ability as well as interfere with other assignments and behaviors. It may also disrupt both sleep and mental health, reducing learning skills and overall academic performance. However, it is worth noting that smartphones can also be used to enhance

knowledge and skills, and many students take advantage of this opportunity.

Findings of the study

- I. Smartphones can harm or help children's development depending on how they are used and regulated.
- II. Smartphones can ruin or enhance socialization, depending on how people present themselves and interact online.
- III. Smartphones can cause or prevent digestive problems depending on the eating habits and personality of the users.
- IV. Smartphones can affect children's behavior negatively or positively depending on the guidance and support of the parents.
- V. Smartphones can help people sustain long-distance relationships by allowing them to communicate easily and cheaply.
- VI. Smartphones can connect or disconnect people from the real world depending on how they balance and use them.
- VII. Smartphones can affect children's personalities and behaviors in various ways depending on their level of addiction and learning.

Some of the positive effects of smartphones are:

- I. They can help children develop self-sufficiency, digital literacy, and access to emergency services.
- II. They can enable children to communicate and learn with their distant friends, relatives, and teachers.
- III. They can provide children with educational and entertainment content that can benefit their minds.

Some of the negative effects of smartphones are:

- They can harm children's physical, mental, and emotional health by making them bored, lazy, isolated, anxious, and depressed.

- They can ruin children's socialization and behavior by making them rude, disrespectful, and distracted.
- They can affect children's personalities and cognition by making them angry, addicted, and unfocused.

The implications of the study are:

- Parents and teachers should be aware of the potential benefits and drawbacks of Smartphone use for children, and guide them to use them wisely and effectively.
- Children should be educated to balance their Smartphone use with other activities that promote their physical, social, and emotional well-being.

Conclusion

The above-mentioned summaries discuss the impact of smartphones on various aspects of life, including physical, mental, and emotional development, socialization, behavior, relationships, health, and personality. While some positive effects are mentioned, such as enabling social interaction with distant friends and relatives and maintaining long-distance relationships, negative effects are also highlighted, such as boredom, laziness, isolation, anxiety, and depression. Moreover, excessive smartphone use can result in digestive problems, rude and disrespectful behavior, and unhealthy habits. It is acknowledged that smartphones can be a powerful tool for communication, and learning, but it is equally important to regulate and balance their use to avoid negative consequences. Overall, the summaries present both positive and negative perspectives on smartphone use emphasizing the complexity of this technology and its effects on individuals depending on how they utilize it.

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