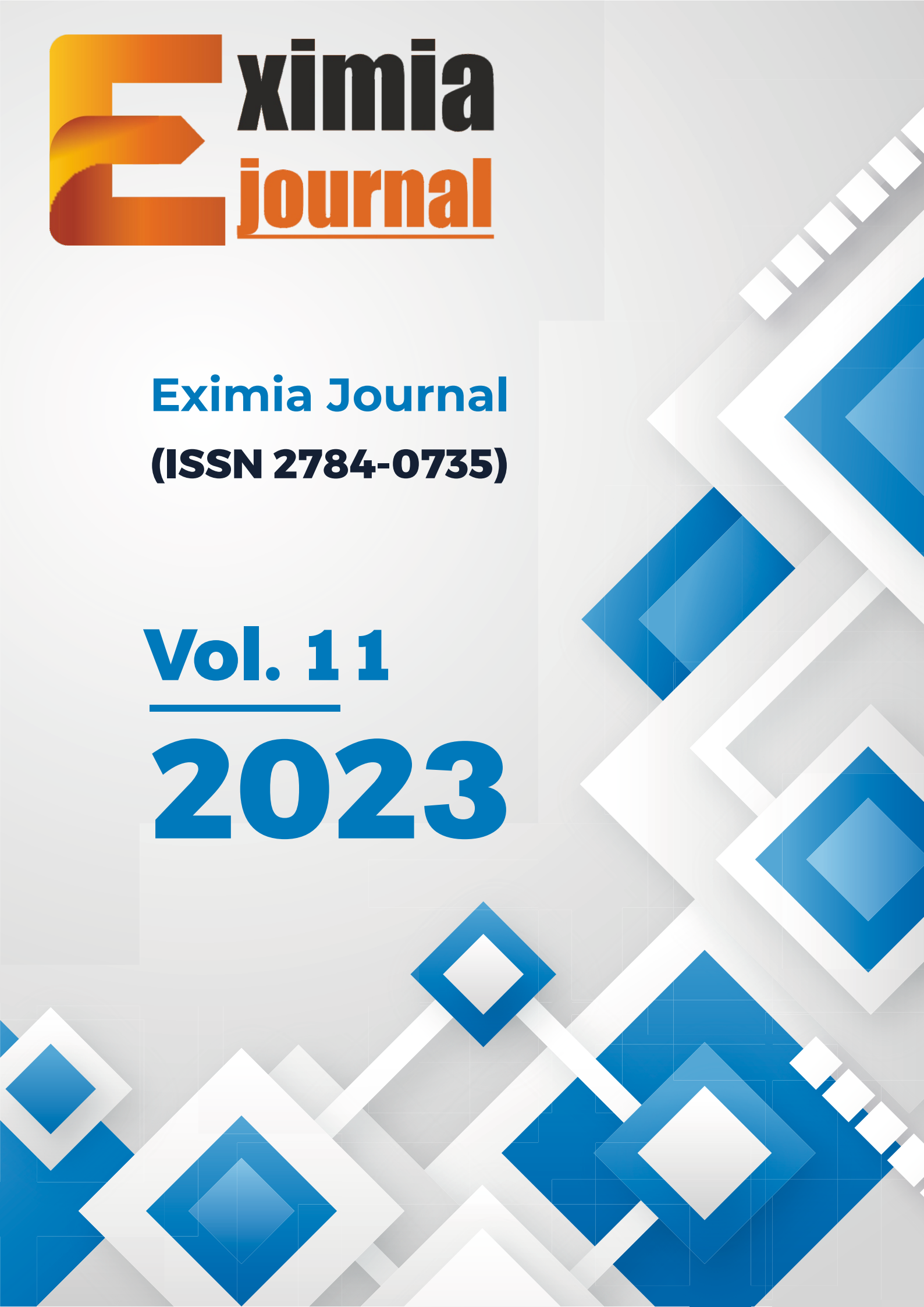




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The Impact of Mobile Phone Addiction on Education, Mental and Physical Health among University Students in Bangladesh

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Abstract. Mobile phone is a great invention of the modern science which was invented for making our life easy and comfortable, but it is not only confined into benediction side, rather it has turned into addiction and malediction as well. It has become a worldwide problem. The hitch is being so accelerated that the future of our next generation is under a massive threat. Day by day the problem is growing severe. The university students, the future of our nation as well as the ordinary people of the world are also no exception of the addiction. Therefore, this study aims to identify the prevalence and extent of mobile addiction among university students so that how long in a day they use mobile phone can be identified. Besides, the study tries to explore the factors contributing to mobile addiction among them, in consequence the positive and negative aspects towards their education, physical and mental health can be recognized. Apart from these, the study examines the impact of mobile addiction on the academic performance, mental and physical health of university students as well. For the study quantitative and qualitative components have been implemented where a cross-sectional survey design is ensured. The quantitative aspect involves conducting a survey among 12 university students (6 public and 6 private universities) in Bangladesh to investigate the current situation of mobile device addiction on educational studies and psychological sound health. The survey conducted through online. To ensure a diverse representation of participants from various faculties and academic levels, a stratified random sampling method has been utilized for participant selection. As a result, it has been found that it carries both positive and negative aspects. But most of the students are impacted negatively. Consequently they are going to lose a good career, a sound physical and mental health and better life.

Keywords. Mobile Phone, Addiction, Advantages, Disadvantages, Better life, Frustrated life

Introduction:

Mobile phone is a great device that has been invented to make our life easy and comfortable of the modern science and mobile phones have become widespread among teenagers and young adults across the developed world. (Axelsson, 2010) The wireless technology was invented in the year 1880 by Alexander Graham Bell and Summer Tainted when first time the photo phone was invented (Ellis, 2016). In the recent era, there are dissimilar types of mobile phone devices which are utilized for communicating with each other. The mobile telephone sets are also a part and parcel of everyday life all over the globe. The Wi-Fi

devices are connected to the exchange of information and data by using the mobile telephones. (Abdul Karim Suhag, 2016). So the adoption of the mobile phone by young people has been a global phenomenon in recent years. It is now an integral part of adolescents' daily lives and is for the majority, the most popular form of electronic communication. In fact, the mobile phone has turned from a technological tool to a social tool. (Campbell, 28 October 2005). Through it, various types of benefits such as communication, entertainment, maintaining relationship, running business, studies and so on can be executed and the university students are the heaviest users of it. Sending and receiving text messages was the most popular use of the cellular phone in adolescents (Jee Hyun, Bumsu, Doo-Heum, Seung-Ho, & Jaehak, 2008). Adolescents believed that it enabled them to make broader and deeper friendships and that it felt more comfortable than face-to-face interaction (Kamibeppu & Hitomi, 2005). Therefore, the use of Smartphone is gradually becoming a compelling learning tool used to enhance teaching and learning in distance education. Its usage ensures flexible course delivery, makes it possible for learners to access online learning platforms, access course resources and interact digitally (Darko-Adjei, 2019).

Apart from these, there are some other positive issues that have also been found in using mobile phone as well. For example, there is a relationship between planning of everyday activities and car use and usage of mobile phone. A paper based on the result from survey with random sample of 2000 respondents from families with children in Norway. The analysis showed that mobile phone is very essential in everyday communication with family members. The use of mobile phone is also important for planning everyday activities and decrease waste of time.(J.Hjorthol, 2008). Nevertheless, the influence of mobile phone subscription and internet adoption on perceived corruption on the selected Asia-Pacific countries was investigated. The study found that fast internet plays an important role in eliminating corruption through communication technology system. This shows that an increase in mobile phone penetration and internet connection leads to decrease in corruption in 12 Asia-Pacific countries.(shabbir, Saleem, & Khan, 2019). But while the people use it for various negative purposes, they become dependent on it and distracted from their right tracts and the mobile radiations utilize the frequency range from 3 kHz to 300 GHz, which consists of different wireless devices. For instance, a laptop is connected to the Wi-Fi and it is placed on laps in the distance of 60 cm, it is very harmful ((Oni OM, 2011)

Besides, the fast spread of wireless mobile phone technology has changed the telecommunication world globally. A study on impact of communication technology on human brain activity was conducted which describes impact of mobile phone vs. landline phone. Mobile phone is replacing landline phones. The study result shows that GSM operated mobile phones have more effects on the temporal and occipital regions of the brain. It is 8 times greater than CDMA phones and 50 times greater when compared with landline phones.(Tyagi, Duhan, & Bhatia, 2013).

In addition, With the rapid growth of mobile phone device, the technology developed an alarming situation for the normal functioning of the biological systems of the human body and lead to serious ailments such as: diseases of brain like cancer, brain tumor, Alzheimer's disease, Parkinson's disease and so on. Also the short term effects (hormone disruption, sleep disruption, on cent ration, impairment of cognitive function, behavior, attention) and long term effects (DNA damage, Male infertility) (Cindy Sage a, 2009). Today's students are tomorrow's future. A study was done to examine the impact of mobile phone usage on student learning. It was found that students using their mobile phone frequently during a video lecture scored lower marks on a multiple-choice test than those students who were not using their mobile phone.

Students who were not using mobile phone on class lecture not only did 62% better on note taking but also recorded 93% more excellent answers in their notes. The students who were using mobile phone during lecture were highly distracted and they were poor in recalling information. (H, Kuznekoff, & Titsworth, 2013).

As a result, they cannot concentrate on studies and cut sorry figure in academic result, and then it turns into a matter of concern. It becomes more alarming when they start leading an anxious and depressed life. Even they start becoming carelessness of themselves like poor quality of sleep, taking meals untimely etc. Therefore, this study will conduct the impact of mobile phone dependency on education among university students. It will explore the positive and negative impacts of mobile phone usage on academic performance and mental health and suggest some strategies for students and educational institutions to promote responsible mobile phone use and create an environment that fosters academic success and well-being.

As universities increasingly adopt online learning platforms and digital technologies, mobile phones have become an essential tool for students to access course materials, communicate with peers and instructors, and participate in online discussions and group projects. Therefore, it is crucial to understand the impacts of mobile phone dependency on students' education and well-being and it is more important to realize the negative impacts on students' academic performance, physical and mental health. Because this dependency can result in distraction, reduced focus, and poor academic performance, which can further lead to anxiety, depression, and poor sleep quality. Therefore it is crucial to develop strategies to mitigate negative impacts and promote responsible mobile phone use.

Objective of the study:

The objectives of the mobile phone addiction and its impact on education mental and physical health are:

- To identify the prevalence and extent of mobile addiction among university students.
- To explore the factors contributing to mobile addiction among university students.
- To examine the impact of mobile addiction on the academic performance, mental and physical health of university students.

Methodology of the study:

The study aims to gather and examine data from a group of college students using a quantitative research design. Specifically, it adopted a cross-sectional survey design, which entailed collecting data at a single time point. Employing a mixed-methods approach, the research design for this study combines quantitative and qualitative components and the respondents answered multiply. The quantitative aspect involves conducting a survey among 12 university students (6 public and 6 private universities) in Bangladesh to investigate the prevalence and consequences of mobile device addiction on academic performance and mental well-being. The survey conducted through online and encompassed inquiries regarding the frequency of mobile device usage, types of activities engaged in on mobile devices, and the impact of such usage on academic performance and mental health. To ensure a diverse representation of participants from various faculties and academic levels, a stratified random sampling method has been utilized for participant selection.

Literature Review:

This book shows how Internet and mobile technologies — including instant messaging (IM), cell phones, multitasking, social networking Web sites, blogs, and wikis — are profoundly

influencing the way we read and write, speak and listen, but not in the ways we might suppose. The book looks at language in an online and mobile world. It reveals for instance that email, IM, and text messaging have had surprisingly little impact on student writing. Moreover, as more and more people are “always on” one technology or another — whether communicating, working, or just surfing the web or playing games — we have to ask what kind of people do we become, as individuals and as family members or friends, if the relationships we form must increasingly compete for our attention with digital media? (Baron, 2008).

In Bangladesh, several studies have been conducted to assess the prevalence of mobile phone addiction among university students. A study by Hasan et al. (2020) reported that 54% of the participants were addicted to mobile phones, with addiction being more prevalent among female students. Another study by Akter et al. (2020) reported that 60% of the participants were addicted to mobile phones, with addiction being more prevalent among male students. There are two major reasons why parents allow their children to carry keitai—the need to control their children’s behavior, and to assure their bond with their children. (KIYOKO KAMIBEPPU, 2005). Several studies have reported the prevalence of mobile phone addiction among university students globally. A study by Samaha and Hawi (2016) conducted on university students in Lebanon reported that 60.4% of the participants were classified as addicted to their mobile phones. Another study conducted on Chinese university students by Liang et al. (2016) found that 30.6% of the participants were addicted to mobile phones. In the United States, a study found that 60% of university students reported high levels of mobile phone dependence (ROBERTS & PIROG, 2013).

The study results indicate that mobile phone use has displaced use of other technologies such as the television and is associated with communication and recreational activities. It was found that 99.3% of respondents use an Internet diary. The same percentage also used a smart phone diary to consult social networks. Nevertheless, only 46.5% of those surveyed reported watching the television every day and 9.3% of participants played video consoles or videogames improve the educational use of smart phone s, prevention and intervention plans must be designed which ensure correct management of this device, taking advantage of the benefits they offer, while avoiding problems derived from inappropriate use. The age of keitai owners seems to be getting younger. There are two major reasons why parents. Allow their children to carry keitai—the need to control their children’s behavior, and to assure their bond with their children (Rakow, 1993). Cell phones are a pervasive new communication technology, especially among college students. This paper examines college students’ cell phone usage from a behavioral and psychological perspective. Utilizing qualitative (focus groups) and quantitative (survey) approaches, the study suggests these individuals use the devices for a variety of purposes: to help them feel safe, for financial benefits, to manage time efficiently, to keep in touch with friends and family members, et al. The degree to which the individuals are dependent on the cell phones and what they view as the negatives of their utilization are also examined. The findings suggest people have various feelings and attitudes toward cell phone usage. This study serves as a foundation on which future studies will be built. (Kumiko Aoki, November 2003). Over usage of the mobile phone leads to physiological health hazards like headaches, earache, warmth sensation, fatigue and musculoskeletal symptoms. Usage of mobile phones during driving is one of the leading cause of accident, and some controversy still exist in the over usage of the mobile phone whether it produces tumor or not. Mobile-addicts can be seriously affected at the psychological level. They don’t show any physical and psychological symptoms, their disorder goes unnoticed by others (Goswami & Singh, 2016).

More than half of the subjects complained that bad temper and irritability after things told to them over phone. Listening to music also made them prickly by the end of the day (Acharya, Acharya, & Waghrey, 2013). Furthermore, a randomized controlled trial on the impact of mobile phone intervention on adherence among patients with diabetes in a rural setting in South Africa was conducted. This study finds out that there is moderate level of adherence to medication and low level of adherence to dietary and physical activity in this setting. The technology did not bring any significant improvement to the patients. (Owolabi, Goon, & Ajayi, 2020). An important study suggests that the use of cell phones by men is associated with a decrease in semen quality. The decrease in sperm count, motility, viability, and normal morphology is related to the duration of exposure to cell phones. These effects may not depend on the initial semen quality of the subjects (Agarwal, Deepinder, Sharma, Ranga, & Li, 2008).

Mobile phones are a relatively recent technology, being in popular use for just over two decades. Law makers regard some forms of use as problematic. This being so, people are prone to exhibit other problem behaviors (for example, behavioral or technological addictions) might be expected to exhibit problems with mobile phones (Adriana & G, 2005). Urgency may increase perceived dependence because mobile phone usage could be a way of satisfying certain strong impulses with the aim of relieving negative effect in the short term. In addition, low Perseverance may enhance the actual use of mobile phones because irrelevant thoughts or memories increase the potential occasions to use one (Billieux, Linden;, d'Acremont;, Ceschi, & Zermatten, 2007). The research shows an increase in the problematic use of mobile phones among secondary school students. The higher the use of the mobile phone, the greater the degree of FoMO; the adolescents' fear of missing out on their experiences reinforces their desire to use their mobile phones more frequently to feel connected and satisfy unmet psychological needs, which in turn impels them to use mobile phones in a problematic way. In adolescence, parent-child communication is still important. The mobile phone can be a tool to maintain communication and attachment. The regulated use of the mobile phone denotes appropriate parent-children communication. Technological devices such as the mobile phone should be studied as instruments that enhance family relationships. (L. Santana-Vega, 2019).

Overall, the literature suggests that mobile phone addiction is a significant issue among university students worldwide and in Bangladesh, with negative impacts on academic performance, mental health, and social lives.

Major Findings and discussion:

This article delves into the major findings of a comprehensive study conducted to understand the effects of mobile phone addiction on university students in Bangladesh. With the increasing prevalence of smartphones and easy access to the internet, mobile phone addiction has become a pressing concern affecting various aspects of students' lives. The key findings are:

Table 01: Socio - demographic information of the Respondents:

In this study, the respondents are mostly university students, some teachers and scholars. They are in different age, year of education, gender and faculty of education that have been depicted in the following table.

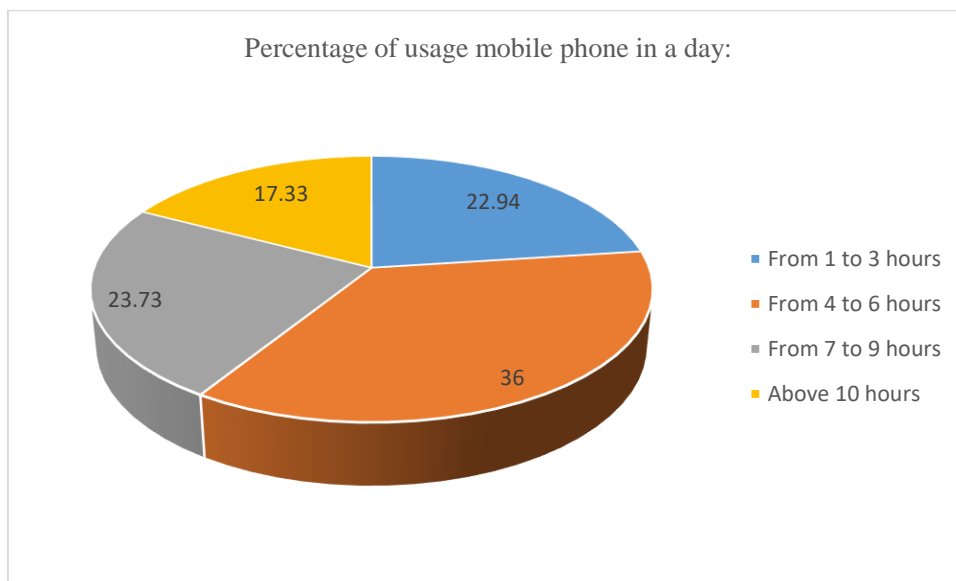
Age			Education (study year)			Gender			Faculty		
Category	Number	(%)	Category	Number	(%)	Category	Number	%	Category	Number	%
19-20	97	25.87	1st	66	17.6	Male	227	60.53	Social Science	174	46.4
21-22	205	54.67	2nd	119	31.73	Female	148	39.47	Science	82	21.87
23-24	32	8.53	3rd	132	35.2	-	-	-	Arts	71	18.93
25-26	28	7.47	4th	37	9.87	-	-	-	Business	48	12.8
27-28	13	3.47	Master s	21	5.6	-	-	-	Others	-	-
Above 28	-	-	Others	-	-	-	-	-	-	-	-
Total	375	100 %	-	375	100 %	-	375	100 %	-	375	100 %

Source: field survey, May 2023

The above mentioned table shows Socio demographic information of the respondents. In this table, age, education year, gender and faculty have been specifically mentioned. 60.53% male and 43.47% female students were asked questions. Among them 19-20 aged respondents were 25.87%, 21-22 aged respondents were 54.67%, 23-24 aged respondents were 8.53% ,25-26aged respondents were 7.47%, 27-28aged respondents were 3.47% and out students like teachers, guardians and other professionals aged above 28aged respondents were included. In total 375 respondents replied their opinion regarding the impact of mobile phone addiction? Among them, 1st year students were 17.6%, 2nd year students were 31.73%, 3rd year students were 31.73%, 4th year students were 35.2% and maters students were 9.87%. Apart from, social science students were 46.4 %, Science students were 21.87% and Business studies students were 12.8%, the students of different year, group and faculty have opined from different angles about the impact of mobile phone addiction. From their view, a practical outlook has been come out.

Figure 01: Usage of mobile phone in a day:

The table shows how long a student use mobile phone a day. Thus it can easily be measured the right way of using mobile phone and it is an addiction.



Source: field survey, May 2023

The above mentioned figure depicts how long students use mobile phone in a day. The range hours that the highest percentage student spends mobile phone is from 4 to 6 hours and the percentages that the students confessed it are 36 percentages. Moreover, 23.73 percent students use mobile phone from 7 to 9 hours. Besides, 22.94 percent students spend from 1 to 3 hours on mobile phone. Last but not least, 17.33 percent students pass above 10 hours in mobile phone.

From the analysis of the above mentioned table, it can be stated that spending too much time in mobile phone is one kind of addiction and this addiction is as harmful as drugs.

Table 02: Sectors to use mobile phone:

The following table shows the areas or causes where the university students use mobile phone. Thus the study can measure the addiction.

Categories	Percentage (%)
Watching YouTube for educational videos	17.07
Surfing Facebook for group study	16.53
Communicating with teachers and friends	12
Group study through WhatsApp	14.93
Students banking and insurance	23.47
Making more friendship	44.27
Maintaining relationship	24.53
Entertainment through enjoying movies, drama, sports,	12
Running business through on line	6.13
On line shopping	12
Maintaining group for politics	23.2
Sharing photos, updates messages with friends and families	17.33
For taking photos and capturing videos	5.87
Google translate	11.73
Access to emergency call quickly	9.87
For different apps	

For using tiktalk, instagram, tinder, telegram	15.2
For watching porn videos	17.87
For loneliness, anxiety, depression, melancholy, anger	16.27
Others	11.73

Source: field survey, May 2023

In this table, students replied multiple answers to share the information why they use mobile phone. The reasons for using mobile phone are many. Among them the following steps are remarkable. According to students, the highest percentage of using mobile phone is in maintaining relationship. 44.27 percent students stated that they used mobile phone to keep contact and maintain the relationship with their parents, siblings, and friends and mostly with boyfriend and girlfriend. Besides, 24.53 percent students informed that they used mobile phone for entertainment through enjoying movies, drama and sports. For 23.47 percent students, mobile phone is important for making more friendship. For watching porn videos and nude photos 17.47 percent students use mobile phone. Apart from these, for taking photos and capturing videos in different issues 17.33 percent students use mobile phone. Watching YouTube for educational videos is another purpose for using mobile phone and 17.07 percent students do so through mobile phone. In addition, students use mobile phone for surfing Facebook for group study in communicating with teachers and friends in 16.53 percentages, for loneliness, anxiety, depression, melancholy and anger in 16.27 percentage, for using tiktalk, instagram, tinder, telegram in 15.2 percentages, for Students banking and insurance in 14.93 percentage, for group study through WhatsApp in 12 percentages, for running business through on line in 12 percentages, for maintaining group for politics in 12 percentages, for accessing to emergency call quickly in 11.73 percentages, for other purposes in 11.73 percentages, for suing different apps in 9.87 percentages, for on line shopping in 6.13 percentages and for Google translate in 5.87 percentages respectively. Under the analysis of the percentages, it has been seen that most of the students used mobile phone for negative issues which impact on the different areas of their lives like studies, quality of health, behavior, attitude, character and health as well.

Table 03: Comparison between positive and negative side of the usage of mobile phone on lifestyles:

The table describes the comparison between the positive sides for using the mobile phone properly and the negative sides for mobile phone addiction.

Study	Positive impact	Percentage (%)	Negative impact	Percentage (%)
Education	✓	23.2	✓	20.27
Physical health	✓	11.73	✓	42.93
Mental health	✓	27.2	✓	35.73
Relationship, solid and liquid	✓	29.26	✓	54.13
Behavior	✓	17.87	✓	23.47
Ethics	✓	22.4	✓	44.53
Social norms & values	✓	20.53	✓	38.13
Relationship with friends, family and society	✓	41.6	✓	49.6

Religion	✓	47.73	✓	17.06
Emotion	✓	25.6	✓	42.13

Source: field survey, May 2023

The table shows the areas where mobile phone addiction impacts are multiple choice tables. This table compares both positive and negatives side with a same issue. The students replied from both positive and negative aspects multiply. In this table the students opined that the usage of mobile phone helps in result and career and the percentage of this opinion is 23.2. On the contrary, 20.27 percent students replied that it impacts on result and career negatively. Besides, 11.76 percent students replied that the usage of mobile phone is good for physical health but 42.93 percent students said that it impacts on physical health negatively. Moreover, 27.2 percent student orated that the usage of mobile is good for mental health; on the other hand 35.73 percent students stated that mobile phone addiction is very harmful to their mental health. It creates depression, frustration, helplessness and so on. In context of Relationship, solid and liquid, 29.26 percent student think mobile phone helps them to maintain, but 54.13 percent student stated that for the mobile phone they face a massive problems in relationship. They don't find any solidity in relationship for mobile phone. Rather they feel that for mobile phone relationship gets liquid. Besides mobile phone is the cause of behavioural change as well. 17.87 percent student believes that from mobile phone they learn how to behave with others-junior and seniors respectively, on the other side, 23.47 percent student think that due to mobile phone addiction behaviour gets abnormal like impatient, irritating, anger and so on happen. In term of ethics, 22.4 percent student replied that for mobile phone they can develop ethics through surfing internet and knowing many ethical issues but 44.53 percent student said that due to mobile phone and internet usage they are losing respect over themselves. As a result, they are losing ethics as well. Besides, in social norms and values 20.53 percent student agrees that they are improving their social norms and values through using mobile phone, on the contrary 38.13 percent student opine that the excessive surfing internet through mobile phone deteriorates social norms and values. In addition, 41.6 percent student thinks that mobile phone is important to keep contact and maintain relationship with friends, family and society, but 49.6 percent students opine it's opposite. They think that it is responsible for creating chaos and disorder in relationship with friends, family and society. Furthermore, 47.73 students state that through mobile phone and internet they can learn many issues about their religion but 17.06 percent students replied that it is a threat for their rituals and instructions of their religion. Last but not least, 25.6 percent student thinks that when they feel alone, through mobile phone they can enjoy drama, movie and contact with their dearest persons. It helps their emotion but, 42. 13 percent students think that mobile phone harms their soft emotion. When they want to talk with their beloved and lover, they get their phone busy and engaged. As a result, it impacts on their soft emotion. In short, about the analysis of the above mentioned table it has been compared between the good and the bad side of using mobile phone and it has been found that the bad side is comparatively more than that of good side of the impact of using mobile phone.

Segments 01: Negative impact of mobile phone addiction on Education, Mental Health and Physical Health:

The following segment the dreadful areas when the respondents are addicted in using mobile phone. The respondents answer separately, but through the following chart the most important areas like education, mental and physical health have been shown specifically.

Topic	Negative Impact
Education	Decreased academic performance
	Reduced information retention
	Limited critical thinking skills
	Diminished problem-solving abilities
	Reduced participation in class
	Limited engagement with course material
	Reduced motivation to learn
	Lack of effective study strategies
	Impacted creativity and innovation
	Decreased academic performance
	Reduced information retention
	Limited critical thinking skills
	Diminished problem-solving abilities
	Reduced participation in class
	Limited engagement with course material
Reduced motivation to learn	
Mental Health	Increased stress and anxiety levels
	Reduced mental well-being
	Depression and loneliness
	Social isolation and FOMO
	Negative impact on self-esteem
	Escapism and avoidance behaviors
	Impaired emotional regulation
	Cognitive overload and mental fatigue
	Reduced face-to-face interactions
	Comparison and negative self-comparison
	Increased risk of addiction disorders
	Increased stress and anxiety levels
	Reduced mental well-being
	Depression and loneliness
	Social isolation and FOMO
	Negative impact on self-esteem
	Escapism and avoidance behaviors
	Increased stress and anxiety levels
	Reduced mental well-being
	Depression and loneliness
	Social isolation and FOMO
Negative impact on self-esteem	
Escapism and avoidance behaviors	
	Physical inactivity
	Sedentary lifestyle
	Increased risk of obesity
	Musculoskeletal issues
	Eye strain and vision problems

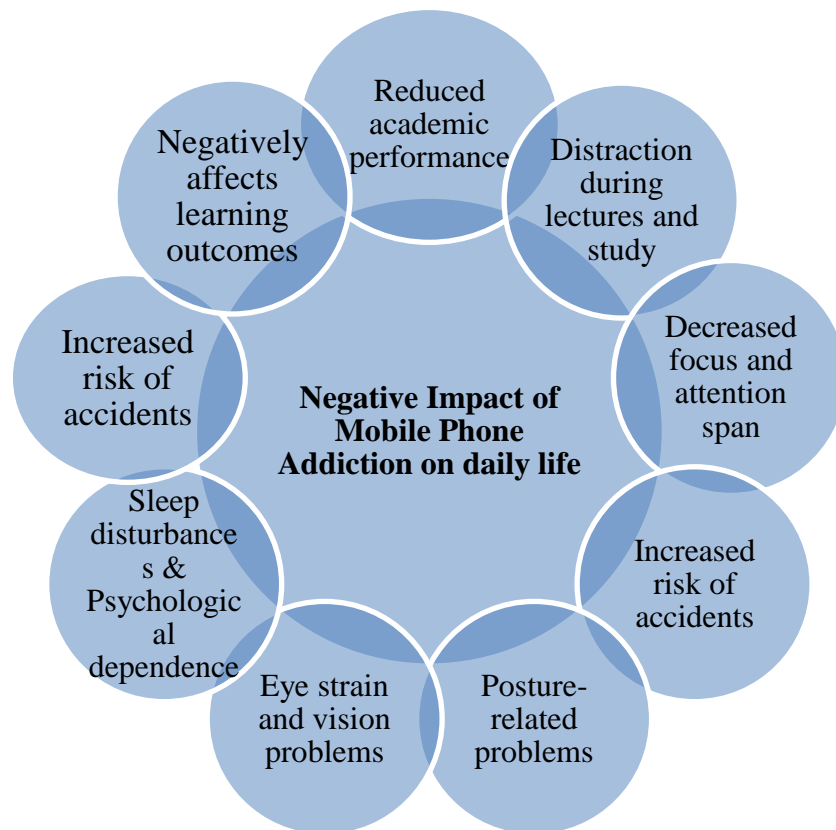
Impact on Physical Health	Headaches and migraines
	Sleep disturbances
	Impaired immune system
	Increased risk of chronic diseases
	Radiation exposure
	Text neck syndrome
	Increased risk of accidents
	Posture-related problems
	Physical inactivity
	Sedentary lifestyle
	Increased risk of obesity
	Musculoskeletal issues
	Eye strain and vision problems
	Physical inactivity
	Sedentary lifestyle
	Increased risk of obesity
	Musculoskeletal issues
	Eye strain and vision problems
	Headaches and migraines
	Sleep disturbances

The segments depict the negative impact of the mobile phone on education, mental and physical health. This is a multiple choice open question answered by respondents. From their opinions the points have been aggregated are mentioned in the table. Education is the backbone of a nation. But when a student is addicted in using mobile phone, the student becomes careless in his or her academic performance and career. As a result, various problems are seen among the students. As a result, they cannot perform expected result and become decreased academic performance, reduced information retention ,inadequate critical thinking skills, lose the power of problem-solving abilities , reduced participation in class ,Limited engagement with course material ,reduced motivation to learn , lack of effective study strategies ,impacted creativity and innovation ,decreased academic performance ,reduced information retention ,limited critical thinking skills ,diminished problem-solving abilities ,Reduced participation in class ,limited engagement with course material ,reduced motivation to learn so on. If these problems cannot be minimized and tackled, the student may turn into a burden of the nation, instead of asset. Apart from education, Health is wealth. Especially mental health is also very important for a student to concentrate on studies and perseverance. But if the students of universities suffer from various difficulty for the excessive use i mobile phone, they cannot make their dream come true and become problems for the nation. For this addiction, Increased stress and anxiety levels, Reduced mental well-being ,depression and loneliness , social isolation and FOMO , negative impact on self-esteem , escapism and avoidance behaviours , impaired emotional regulation ,cognitive overload and mental fatigue ,Reduced face-to-face interactions ,Comparison and negative self-comparison ,Increased risk of addiction disorders ,increased stress and anxiety levels, reduced mental well-being ,depression and loneliness ,Social isolation and FOMO ,Negative impact on self-esteem ,Escapism and avoidance behaviours ,increased stress and anxiety levels ,reduced mental well-being ,depression and loneliness, Social isolation and FOMO , negative impact on self-esteem , escapism and avoidance behaviours and so on

may happen in human psychology. In addition, like mental health, the significance of physical health cannot be denied for wellbeing. Yet, if this health is hampered for mobile phone addiction, the suffering of university students know no bound. For mobile phone addiction several physical problems may appear. Among them, Physical inactivity, sedentary lifestyle, increased risk of obesity, musculoskeletal issues, eye strain and vision problems, headaches and migraines, sleep disturbances, impaired immune system, increased risk of chronic diseases, radiation exposure, text neck syndrome, increased risk of accidents, posture-related problems, physical inactivity, sedentary lifestyle, increased risk of obesity, musculoskeletal issues, eye strain and vision problems, physical inactivity, sedentary lifestyle, increased risk of obesity, musculoskeletal issues, eye strain and vision problems, headaches and migraines, sleep disturbances and what more are remarkable. Education, mental health and physical health of a student of university are all. It is related to their dream, hope and activities. Therefore, it is high time to take initiative to focus on those.

Figure 02: Negative impact of mobile phone addiction on daily life:

The future and career of a student of universities depend on his or her lifestyle and quality of life. According to the respondents, mobile phone addiction also hampers the lifestyle and quality of life.



The above mentioned figure is also a multiple choice answer and it shows the negative impact of mobile phone addiction on lifestyle. The respondents have stated that the mobile addiction impacts on over all lifestyle as well. It may impact on reduced academic performance, distractions during lectures and study, decreased focus and attention span; negatively affect learning outcomes, increased risk of accidents, financial burden. Sleep disturbances and psychological dependence, eye strain and vision problems, posture related problems and so on.

From the above mentioned, chart it has been known that the mobile phone addiction affects overall lifestyle and quality of life negatively.

Table 04: Steps to remove negative impacts:

The following table demonstrates some steps to minimize the mobile phone addiction. According to the respondents, if the students of university follow and maintain these steps, the addiction can be brought under control.

Categories	Percentage (%)
Strengthening socialization	73.6
Maintaining social norms, values and culture	62.4
Following religious rules, regulation and guidelines	75.2
Time management	23.47
Removing porn websites from the country	50.4
Launching seminars to inform the negative sides of mobile phone by institution	54.13
Enhancing co-curricular activities	32.27

Source: field survey, May 2023

The above mentioned table is also multiple choices and indicates several steps through which the negative impacts can be minimized and kept under control. Regarding it, the maximum respondents replied that following religious rules, regulation and guidelines were very effective steps and 75.2 percent student conceded with the statement. Besides, strengthening socialization is also an important issue. About this point 73.6 percent students replied that environment and socialization are crucial fact that can control our intuition to use mobile phone in a right way. Moreover, 62.4 percent students believed that maintaining social norms, values and culture can guide us to use mobile phone properly. Furthermore, to make the ordinary people conscious launching seminars to inform the negative sides of mobile phone by institution plays a vital role and lead students right tracts to move ahead to their goal in life. But the saddest issue is approving some sites like porn and nude website, if these sites were banned from the country, the students could be healthy physically and mentally. About it, 50.4 percent students opined. In addition, 30.27 students replied that enhancing co-curricular activities can remove negative tendency to abuse mobile phone. Last but not least, 23.47 percent students replied that time management and a daily routine are crucial not only for the using mobile phone but also other activities as well. From the analysis, it has been recognized that it is we who are mainly responsible. If we use mobile phone in a right way, it is beneficial for our life and wellbeing.

Discussion from the findings:

Mobile phones have become an integral part of modern life. For the university students, it is the most important apparatus for various issues. Especially for social media, instant messaging apps, and online learning platforms, goggle translate, different kinds of educational apps, tool for communication, information sharing, on line class, education and so on. The positive impact of mobile phones on education is undeniable. Mobile phones allow students to access information and online resources, communicate with their peers and instructors, and participate in online discussions and group projects. Moreover, mobile phones can increase students'

engagement and motivation by providing personalized learning experiences and enabling flexible and convenient access to course materials.

But, excessive and negatively use of mobile phone dependency can have harmful impacts on students' academic performance and overall well-being. Research has shown that excessive mobile phone usage can lead to distraction, reduced focus, and poor grades. Moreover, students who spend more time on their phones are more likely to experience anxiety, depression, and poor sleep quality, which can further impact their academic performance negatively.

To address these negative impacts, it is important for students to develop healthy habits and set limits on phone usage. For example, students can turn off notifications during class or study sessions, limit their social media use, and take regular breaks from their phones. Additionally, educational institutions can develop policies and programs that promote responsible mobile phone use and create an environment that encourages focus and academic success.

Overall mobile phones can be a valuable tool for education, but excessive and negative dependency can have negative impacts on students' academic performance, physical and mental health. It is essential for students to develop healthy habits and for educational institutions to promote responsible mobile phone use to mitigate these negative impacts and create an environment that fosters academic success and well-being. From the following chart, the positive and negative sides of using mobile phones can easily be clear.

Conclusion:

Mobile phone dependency has become a prevalent issue among university students, and its impact on education is significant. The findings of recent research studies suggest that mobile phone addiction is associated with reduced academic performance, decreased attention span, increased distraction, procrastination, and decreased productivity in academic tasks. Additionally, mobile phone use may lead to sleep deprivation, which can negatively impact cognitive function and academic performance. Moreover, mobile phone addiction is associated with higher levels of stress and anxiety, which can further impact the mental health and well-being of students.

Given the negative impact of mobile phone dependency on education, it is essential for universities and educators to recognize and address this issue. Increasing awareness, setting boundaries, providing alternatives, promoting healthy habits, and offering supports are some of the steps that can be taken to address this problem. By taking these steps, universities can help students develop healthy mobile phone habits, optimize their academic success, and improve their overall well-being. It is crucial to acknowledge the detrimental effects of mobile phone dependency and work towards promoting responsible mobile phone usage among university students to ensure that they achieve academic excellence while maintaining good mental health. It is important to recognize that mobile phones can also be used as a tool for learning and education. Universities can encourage the development of mobile apps and educational content that students can use to supplement their learning experience. This can help students use their mobile phones in a more productive and constructive manner, which can lead to better academic performance and improved mental health.

Overall, the issue of mobile phone dependency among university students is complex and multi-faceted. While it is important to recognize the negative impacts of mobile phone addiction on education, it is equally important to acknowledge the potential benefits of mobile phone usage in a learning environment. By taking a balanced approach and promoting responsible mobile phone usage, universities can help students achieve academic success and maintain good mental health.

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