Impact Of Using Smartphone On The Development Of Social Relationships And Self-Awareness

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Abstract

Research Background: Today, our lives are not possible without science. Science is being used in every field; there is no field in which science is not being used. As part of technology, humans developed phones for communication. Smartphone technology developed soon. There are various online apps on smartphones through which information can be obtained from various fields such as puzzles, social media, banking, education, social, and political. Smartphone technology has had an impact on human development. In this research, the investigator studied the impact of smartphone use on the development of social relationships and the self-awareness of society members.

Objectives: The study objective was to find out the impact of using a smartphone on the development of social relationships and self-awareness in early adulthood. Another objective was to find out the significant difference in social relationships and self-awareness among people in urban and rural areas.

Procedure: For the study, one hundred twenty samples were selected in early adulthood from Solapur District in State of Maharashtra. The sample age range was between 21 and 30 years. The purposive sampling technique has been used for the selection of the sample. The study, social relationships scale developed by Dr. Pardeep Kumar, Faheem Nabi, and Neha Thakur and Self-awareness scale formed by Prof. Adam Paul Patteti and Prof. Sankara Pitchiah Podila has been used.

Conclusions: It was concluded that, smartphone users adulthood have found a higher level of social relationships than non-smartphone users in adulthood. The type of region does not significantly influence the social relationships of individuals. Another sides, concluded that, smartphone users and non-smartphone users in adulthood have found equal on self-awareness and, the type of region does not significantly influence the self-awareness of individuals.

Implementations: The present study findings can be beneficial for counselors, society, and psychologists to understand the impact of smartphones and regions on the social relationships and self-awareness of individuals.

Keywords: Smartphone, Social Relationships, Self-Awareness

INTRODUCTION

Today's world is full of science and technology. We have made great progress in science. The human race has made great scientific progress for the sake of happiness. The development of science has made our lives very happy and easy. Today, our lives are not possible without science. Science is being used in every field; there is no field in which science is not being used. Humans have developed various technologies based on scientific progress. Today, people are living their pleasure lives with the help of technology. Technology means the study of the conception, creation, and application of tools, machines, and systems. Human beings have been using technology since prehistoric times. Even in ancient times, humans invented the technique of lighting fire in a controlled manner. The invention of the wheel has provided humans with useful technology to cover greater distances. Humans have developed technologies ranging from printing technology to the telephone to the Internet. Advances in technology have made our lives easier. All the happiness in the world is in the hands of man.

As part of technology, humans developed phones for communication. Today, everyone has a mobile phone. Mobile phones have replaced phones, but that is no longer just a form of communication. Because smartphone technology developed soon. There are various online apps on smartphones through which information can be obtained from various fields such as puzzles, social media, banking, education, social, and political. Smartphone technology has had an impact on human development. In this research, the investigator studied the impact of smartphone use on the development of social relationships and the self-awareness of society members. It involves a comparative study of the social relationships and self-awareness of early adulthood people who use smartphones and do not use smartphones. Also, the present study compared the levels of social relationships and self-awareness among early adults in rural and urban areas.

In social psychology, the interaction between two or more individuals is called a social relationship. Sociologists analyze social relations. A relationship between two or more individuals is termed a social relationship. A social relationship is a sense of belonging that pulls them together. Social relationships can be considered the basic units of social structures in society that bind people to live and work together.

According to Haslam (1994), studying social relationships is the core area of the social sciences. Most human behavior takes place within the framework of social and interpersonal relationships. According to Wikipedia, self-awareness is the ability to perceive one's own existence, including one's own traits, feelings, and behavior. According to French sociologist Emile Durkheim, disruptions in social relationships can affect mental health. Acceptance of a person or fulfillment of social roles positively affects self-esteem. Also, socially isolated people tend to have higher levels of weed. Ngozi Obilor (2023) studied the impact of mobile phone use on social relationships in the Lagos metropolis. This study found that the use of a mobile phone aids communication and fosters social relationships. Geeteshwari, Namita Xalxo, and Shabi Deeba (2023) studied the effect of mobile technology on social interaction and interpersonal relationships. The conclusion is that mobile phones may help maintain close-range connectivity but offer little to no assistance for long-distance relationships.

OBJECTIVES OF THE STUDY
1. To find out the impact of using a smartphone on the development of social relationships in early adulthood.
2. To find out the significant difference in social relationships among people in urban and rural areas.
3. To find out the impact of using a smartphone on the development of self-awareness in early adulthood.
4. To find out the significant difference in self-awareness among people in urban and rural areas.

HYPOTHESIS OF THE STUDY
1. There will be no significant impact of using a smartphone on the development of social relationships in early adulthood.
2. There will be no significant difference in social relationships among people in urban and rural areas.
3. There will be no significant impact of using a smartphone on the development of self-awareness in early adulthood.
4. There will be no significant difference in self-awareness among people in urban and rural areas.

RESEARCH PROCEDURE

➢ **VARIABLES OF THE STUDY:**

Independent Variables		Dependent Variable	
Type of Mobile Phone Users	**Type of Region**		
a) Smartphone User People	a) Urban People	a) Social Relationships	
b) Non-Smartphone User People	b) Rural People	b) Self-Awareness	

➢ **SAMPLE SELECTION PROCEDURE:**
For the study, one hundred twenty samples were selected in early adulthood from Solapur District in State of Maharashtra. Out of this sample, sixty samples were chosen from smartphone users in early adulthood, and in the same way, sixty samples were chosen from non-smartphone users in early adulthood. In these samples, sixty samples were selected from urban region, and sixty were selected from rural region. The sample age range was between 21 and 30 years. The random sampling method has been used for the selection of the samples. In it, the purposive sampling technique has been used for the selection of the sample.

➢ **STUDY MATERIALS:**
1. **Social Relationships Scale:**
The social relationships scale was developed by Dr. Pardeep Kumar, Faheem Nabi, and Neha Thakur in 2017. The present scale has thirty-five items. This scale is appropriate for age range between 18 to 30 years. This scale is very simple to use and score. The scale coefficient of correlation reliability was found 0.93, which is significant at the 0.01 level. Also, content validity was decided by expert opinion and item analysis.

2. **Self-Awareness Scale:**
The self-awareness scale was formed by Prof. Adam Paul Patteti and Prof. Sankara Pitchiah Podila in 2020. The scale consists of sixty items. This scale is useable for age range between 18 to 30 years. The scale test-retest reliability found was 0.78 and also, and content validity was found to be adequate content validity.

STATISTICAL ANALYSIS AND RESULTS
In this section, the investigator has explained the impact of smartphone use on the development of social relationships and the self-awareness of individuals. In the present study, the investigator has analyzed the data in the following manner:

Table:1: Shows the assessing normality of the variable Social Relationships.

Variable	Descriptive Statistics		Statistic	Std. Error
Social Relationships	Mean		143.4917	1.30432
	95% Confidence Interval for Mean	Lower Bound	140.9090	
		Upper Bound	146.0744	
	5% Trimmed Mean		143.8056	
	Median		144.0000	
	Variance		204.151	
	Std. Deviation		14.28815	
	Minimum		108.00	
	Maximum		172.00	
	Range		64.00	
	Inter quartile Range		20.00	
	Skewness		-0.221	0.221
	Kurtosis		-0.361	0.438

Table 1 indicates that the trimmed mean value (143.806) is very close to the simple mean (143.492). The skewness value is negative and indicates that the distribution is somewhat negatively skewed; the kurtosis value is also negative and indicates that the distribution is flatter (Platykurtic), but the shape of the distribution is considered normal.

Graph 1: Shows the normality of the data of variable social relationships in the different plots.
Histogram   **Q-Q Plot**   **Box Plot**
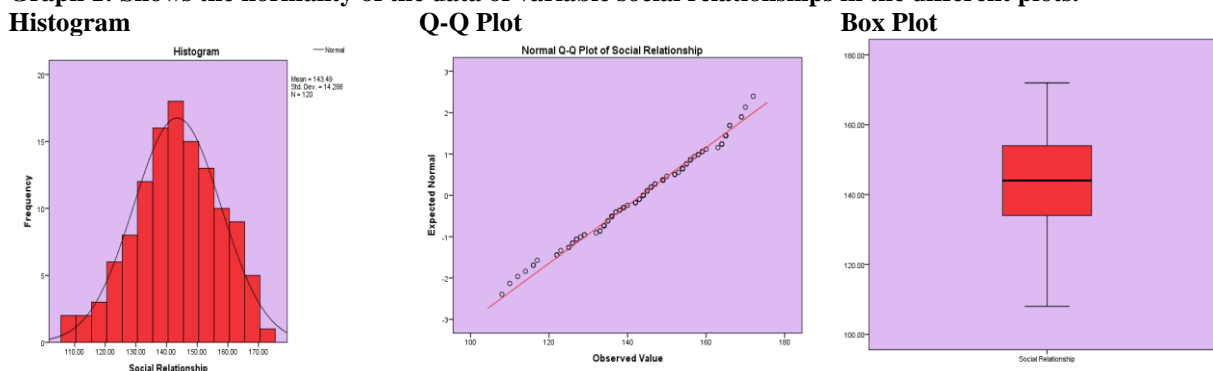
Above is a histogram, which indicates of variable social relationships. The mean value is 143.807, and the standard deviation is 14.288. The values on the vertical axis indicate the frequency of cases. The values on the horizontal axis are the midpoints of value ranges. The above-all shapes of the plot distribution are considered normal.

Table 2: Shows descriptive statistics of the social relationships on the basis of each cell.

Mobile phone User	Region	Mean	SD	N
Smartphone User People	Urban People	146.6667	15.10271	30
	Rural People	148.2333	16.06814	30
	Total	**147.4500**	**15.48036**	**60**
Non-Smartphone User People	Urban People	141.1333	10.61142	30
	Rural People	137.9333	12.94000	30
	Total	**139.5333**	**11.84285**	**60**
Total	Urban People	143.9000	13.23798	60
	Rural People	143.0833	15.36813	60
	Total	**143.4917**	**14.28815**	**120**

Table: 3: Shows summary of ANOVA of the dependent variable Social Relationship.

Source	Sum of Squares	df	Mean Square	F	Sig	Partial Eta Squared
Type of Mobile phone Users	1880.208	1	1880.208	9.814	0.002	0.078
Type of Region	20.008	1	20.008	0.104	0.747	0.001
Mobile phone Users X Region	170.408	1	170.408	0.889	0.348	0.008
Error	22223.367	116	191.581			
Total	2495077.000	120				
Corrected Total	24293.992	119				

Significant Level,   df (1,119) ---- 0.05 = 3.92   0.01= 6.82
Eta Squared effect size, 0.01= small 0.06= moderate 0.14= large effect (Cohen, 1988)

From Table 3, a two-way ANOVA was conducted that examined the effect of mobile phone users in early adulthood and the type of region on individuals' social relationships. Our dependent variable, social relationship, was normally distributed among the groups formed by the combination of mobile phone users in early adulthood, such as smartphone users and non-smartphone users, as well as urban and rural people, as assessed by the histogram, skewness, and kurtosis.

There is no significant interaction between the effects of the type of mobile phone users and region on individuals' social relationships, $F (1,119)=0.889, P >0.05$.

The main effects analysis showed that the type of mobile phone users is significant $F (1,119) = 9.814, P<0.01)$. Therefore, the type of mobile phone user significantly influences the social relationships of individuals. Smartphone users in early adulthood have found a higher level of social relationships than non-smartphone users in adulthood. Based on the description in Hypothesis No. 1, it is rejected. It means that the use of smartphones is found to be one of the most contributing factors to the development of social relationships.

The main effects analysis showed that the type of region is not significant $F (1,119) = 0.104, P>0.05)$. Therefore, the type of region does not significantly influence the social relationships of individuals. The urban and rural early adulthood peoples have found equal in their social relationships. Based on the description, Hypothesis No. 2 is accepted. It means that the type of region is not found to be a contributing factor to the development of social relationships.

Table:4: Shows the assessing normality of the variable Self-Awareness.

Variable	Descriptive Statistics		Statistic	Std. Error
Self-Awareness	Mean		126.3000	0.62562
	95% Confidence Interval for Mean	Lower Bound	125.0612	
		Upper Bound	127.5388	
	5% Trimmed Mean		126.3704	
	Median		126.5000	
	Variance		46.968	
	Std. Deviation		6.85333	
	Minimum		110.00	
	Maximum		142.00	
	Range		32.00	
	Inter quartile Range		9.00	
	Skewness		-0.080	0.221
	Kurtosis		-0.462	0.438

Table 4 indicates that the trimmed mean value (126.370) is very close to the simple mean (126.300). The skewness value is negative and indicates that the distribution is somewhat negatively skewed; the kurtosis value is also negative and indicates that the distribution is flatter (Platykurtic), but the shape of the distribution is considered normal.

Graph 1 shows the normality of the data on variable social relationships in the different plots.

Histogram	Q-Q Plot	Box Plot
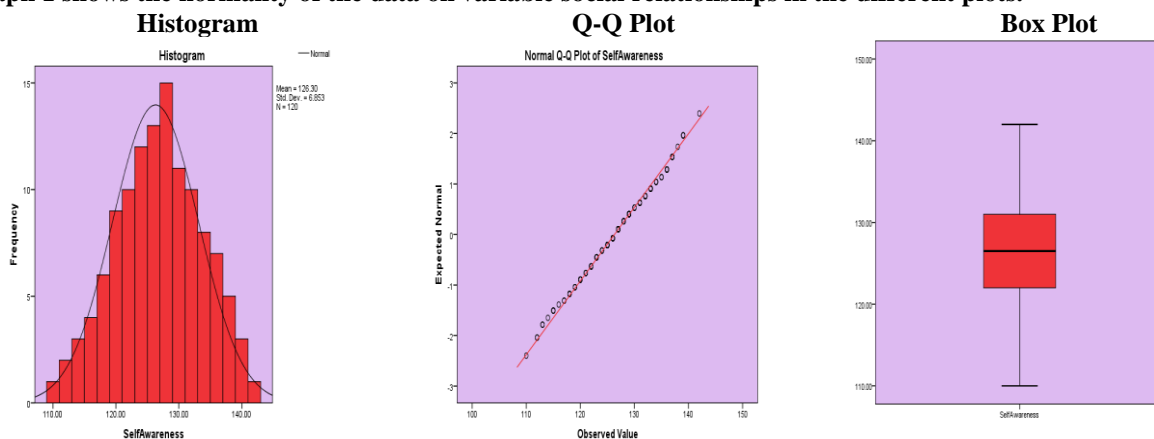
Above is a histogram that indicates variable self-awareness. The mean value is 126.300, and the standard deviation is 6.85. The values on the vertical axis indicate the frequency of cases. The values on the horizontal axis are the midpoints of value ranges. The above-all shapes of the plot distribution are considered normal.

Table 5 shows descriptive statistics of self-awareness on the basis of each cell.

Mobile phone User	Region	Mean	SD	N
Smartphone User People	Urban People	126.3000	8.31347	**30**
	Rural People	126.4333	7.13748	**30**
	Total	**126.3667**	**7.68218**	**60**
Non-Smartphone User People	Urban People	126.3333	6.67643	**30**
	Rural People	126.1333	5.29628	**30**
	Total	**126.2333**	**5.97556**	**60**
Total	Urban People	126.3167	7.47536	**60**
	Rural People	126.2833	6.23302	**60**
	Total	**126.3000**	**6.85333**	**120**

Table:6: Shows summary of ANOVA of the dependent variable Self-Awareness.

Source	Sum of Squares	df	Mean Square	F	Sig	Partial Eta Squared
Type of Mobile Phone Users	0.533	1	0.533	0.011	0.916	0.000
Type of Region	0.033	1	0.033	0.001	0.979	0.000
Mobile Phone Users X Region	0.833	1	0.833	0.017	0.896	0.000
Error	5587.800	116	48.171			
Total	1919792.000	120				
Corrected Total	5589.200	119				

Significant Level,   df (1,119) ---- 0.05 = 3.86   0.01= 6.70
Eta Squared effect size, 0.01= small 0.06= moderate 0.14= large effect (Cohen, 1988)

From Table 6, a two-way ANOVA was conducted that examined the effect of mobile phone users in early adulthood and type of region on individuals' self-awareness. Our dependent variable, self-awareness, was normally distributed among the groups formed by the combination of mobile phone users in early adulthood, such as smartphone users and non-smartphone users, as well as urban and rural people, as assessed by the histogram, skewness, and kurtosis.

There is no significant interaction between the effects of type of mobile phone users and region on individuals self-awareness, *F (1,119) = 0.017, P > 0.05.*

The main effects analysis showed that the type of mobile phone users is insignificant *F (1,119) = 0.011, P > 0.05*. Therefore, the type of mobile phone users does not significantly influence the self-awareness of individuals. Smartphone users and non-smartphone users in adulthood have found equal on self-awareness. On the basis of the description in *Hypothesis No. 3, it* is accepted. It means that the use of smartphones is not found to be one of the most contributing factors to the development of self-awareness.

The main effects analysis showed that the type of region is not significant *F (1,119) = 0.001, P > 0.05*. Therefore, the type of region does not significantly influence the self-awareness of individuals. The urban and rural early adulthood people have found equal on self-awareness. On the basis of the description, *Hypothesis No. 4 is* accepted. It means that the type of region is not found to be a contributing factor to the development of self-awareness.

IMPLEMENTATIONS

The present study findings can be beneficial for counselors, society, and psychologists to understand the impact of smartphones and regions on the social relationships and self-awareness of individuals. Also, these study findings can be beneficial for national and international research scholars.

CONCLUSIONS

1. The smartphone using found significantly impact to development of social relationship of individuals. Smartphone users in early adulthood have found a higher level of social relationships than non-smartphone users in adulthood. It means that the use of smartphones is found to be one of the most contributing factors to the development of social relationships.

2. The type of region does not significantly influence the social relationships of individuals. The urban and rural early adulthood people have found equal in their social relationships. It means that the type of region is not found to be a contributing factor to the development of social relationships.

3. The smartphone using found insignificantly impact to development of Self-Awareness of individuals. Smartphone users and non-smartphone users in adulthood have found equal on self-awareness. It means that the use of smartphones is not found to be one of the most contributing factors to the development of self-awareness.

4. The type of region does not significantly influence the self-awareness of individuals. The urban and rural people have found equal on self-awareness. It means that the type of region is not found to be a contributing factor to the development of self-awareness.

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