



Pros and cons of having a mobile phone: A conceptual study on Rural Youth of Jammu and Kashmir.

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ABSTRACT

Mobile Phone is an essential commodity to have in this ever changing world of Technology. There are various advantages of having a mobile phone which everyone is aware of, but at the same time there are various disadvantages also which are linked with mobile phones. In a country like India where most of the population resides in rural areas and plenty of them are young people use mobile phones for internet access, texting and voice calling. Likewise rest of India, Jammu and Kashmir also has a significant number of young mobile subscribers in rural areas and the number of mobile phone subscribers have increased enormously in recent years, This has also increased Internet penetration in rural areas in Jammu and Kashmir as majority of people in rural areas use mobile phones for internet access, This increase in mobile subscribers has proved beneficial for the youth as well as state government as various government schemes have reached far flung areas through e-governance and as far as Youth of these areas are concerned, they are getting access to various platforms related to Education, Sports and entertainment. There are many advantages of mobile phones, but various studies have indicated its negative impact on Physiological, Psychological and social well beings of young people. On the one hand, there is the prospect of enormous positive advances in education and associated improvements in young people's life ,on the other, the threat of wasted opportunity and damaged lives (Porter et al,2016).There is an urgent need to counter the negative effects of over indulgence and dependence on mobile phones (Bhutia Y & Tariang,2016). This study aims to explore various pros and cons of the mobile phone usage among the youth of rural areas of Jammu and Kashmir, as the people in these areas are new to this technology and lack of guidance and counseling can be a major reason for them getting addicted to the mobile phones. Checking of mobile phones even by waking up from sleep indicates that we are developing mobile phone dependence ,which is a bad sign (George S, Saif N & Joseph BB,2010)

KEY WORDS: *Addiction, Mobile Phones, Guidance, Rural and Technology*

I.INTRODUCTION

A mobile phone, also known as cell phone is a portable telephone that can make and receive calls over a radio frequency. Modern mobile telephone services use a cellular network and therefore mobile phones are called cellular telephones or cell phones. The first handheld mobile phone was demonstrated by John F. Mitchell and Martin Cooper of Motorola in 1973. Since then Mobile phones are used for a variety of purposes, such as keeping in touch with family members, for conducting business, and in order to have access to a telephone in the event of an emergency. In other words we can easily say that mobile phones are really an essential commodity to have in today's worlds. . It is almost impossible to deny that modern world has been improved by an increased access to communication technology. Whole world has become a global village and credit lies with



the boom in communication technology. Even the poorest parts of the planet, Mobile phones are quickly being seen as a basic commodity rather than a luxury. Today it is hard to remember a time in which we didn't have a constant access to mobile phone apps etc. China leads the data base for maximum number of mobile subscribers followed by India. According to the data released by Telecom Regulatory Authority Of India (TRAI) India's mobile phone subscriber base has already reached 1 billion user mark. According to Economic Survey 2017, India's Tele-density has increased to 92.92 at the end of October 2017. Likewise the rest of India The State of Jammu and Kashmir have also witnessed an enormous growth in mobile subscribers as the state for the very first time has crossed 1 crore mobile subscriber mark, with a tele-density of 102.51 in October 2017. India has bulk of the Internet and mobile subscribers in Urban areas, unlike rest of the India, Jammu and Kashmir has the distinction of having more internet users in the Rural areas and this is because of the increase in mobile subscribers in the said areas. As mentioned the state has been experiencing a healthy increase in mobile subscribers due to which the internet penetration has also increased considerably in the rural areas of Jammu and Kashmir which in turn presents a great opportunity for the state towards extending welfare facilities through e-governance.

This can also prove very useful for the students living in the far flung areas of the state as they are now getting access to many new things happening in the fields of Education, Sports and so many other sectors. An initiative launched by Our Hon'ble Prime Minister Mr Narender modi in 2015 **Digital India** has special plans to connect rural areas with high speed internet to ensure that government services are made available to every citizen by improving online infrastructure and this can online be ensured with the help of mobile phones. The state of Jammu and Kashmir has a considerable population living in Rural areas 72.62% population lives in rural areas (census, 2011) and for better ment of these people mobile phone is the need of the hour. Higher Education Department of the State has ensured setting of colleges in each tehsil of the State but to remain in the race with rest of the country, Students also need a medium other then class room setting to stay updated and here the mobile phone plays a very important role as today with the emergence of smart phones it is possible to connect everywhere in this world, there are various applications present which help in enhancing the knowledge of our college student. As it is very clear from the above discussions that mobile phone have so much to offer in this ever changing world of technology, But when we think about giving a mobile phone to a student, who is still in there adolescence, We should focus on some of the ill effects of the mobile phone as it is well known fact that technology always comes with a heavy price. People often forget how to interact face to face because we use technology as a crutch to avoid true interaction(Jones T, 2014) Today we are living in a world full of radio frequency waves, that never existed in human history, WHO has classified cell phone radiation as possibly carcinogenic to humans and very harmful to the children as well as adolescence. There has been quite enormous amount of popularity of cellular phones in younger generations within a short span of time (Hakoama & Hakoyama, 2011). Even the parents of the teens feel more sense of security when their children travel independently with their phones with them (Baron, 2010). Mobile phones have also played an important role in librating youngsters from parental control (Ling, 2004). Cell phone today is a life line for many and more popular among adolescence, In fact in a country like India where more than half of the population is below 40 years. It can be concluded that "youth drives India's mobile phone revolution" (Ahmed, 2004). Jammu and Kashmir youth living in the rural areas is not an exception when it comes to mobile phone usage as the world for



them is being limiting to the handset they are using and this is a matter of concern for their growth, as we go through the literature review there are enormous studies which are focused on the ill effects of over usage of mobile phone.

OBJECTIVES

Main objective of my study is to highlight the advantages and disadvantages of mobile phone usage by youth of rural areas of Jammu and Kashmir.

DATA COLLECTION

Secondary data has been collected with the help of Internet, Newspaper and literature review, Primary data consists of 150 young people from the rural areas of Kathua district of Jammu and Kashmir. Method of enquiry Interview.

III.RESULTS AND DISCUSSIONS

Study conducted by A. Watson of Queensland University involved more than 700 villagers of PNG Madang district and found that criminal activities are carried out with the help of mobile phones, same is frequent in India today as many people involved in nexus of looting people by calling people and getting their important details, Rural population is more prone to these kind of frauds, Recent reportage suggests sexually explicit content on young people's mobile phones is now widespread in rural areas of Africa and Asia (boss & Cocco, 2013; Cook et al.2012; UNICEF/ Intermedia, 2013) after an interaction with the youth of the rural areas of the population under study 79% of the people reported watching porn and nearly 40 % people accept of having some sort of sexually explicit material stored in their mobile phones,40 % of the youngsters in these rural areas have also reported lack of sleeping hours and frequent headaches during the interaction with these youngsters, the most frequent terms encountered were mobile phone addiction, resulting in lack of sleep, frequent headaches, difficulty to concentrate, lack of motivation ,lethargy and lack of self belongingness. Although as many 80% of the the interviewed youth of rural admitted that after access to mobile phones their life has changed altogether for good also as they got access to so many good opportunities available around the world.It is very evident from the discussions that mobile phone is an asset to have in this technology world and in a country like India where more than half of the population reside in Rural areas it has proved its worth to get these people in the main stream especially youth and like wise rest of the country Jammu and Kashmir also has proved its worth in reaching the core in terms of communication technology ,but at the same time it should be noted that over usage has drastic ill effects on psychological, physiological and social well being of the youth of the rural areas. We should keep in mind that the people especially young people residing in rural areas of Jammu and Kashmir are new to this technology and proper care should be taken while giving mobile phones to these young ones.

IV.LIMITATIONS



- Present study consists of the data mainly collected from the rural areas of Kathua district of J and K only, more thorough study needed through the state.
- Present study is conceptual in nature more empirical approach can be used for further studies.
- Data collected is mainly through the use of interview, more rigorous approach of data collection and analysis can be adopted.

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