

# Smartphone and its Psychological Effects on working women of Sialkot

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**Abstract:** The study aims to analyze the psychological effects of smart phones on working women. This study enhances the understanding about emerging trend of using smart phones by working women in urban areas. The researcher adopted survey method to investigate the phenomenon, while selecting the target population from Sialkot with sample size of 100 respondents. The results of the study determine that excessive usage of smart phones have more psychological effects such as stress and depression on working women. The findings of the study further confirmed that females working in different sectors of education institutions. They pay less attention on their task, class working and other activities. Also they feel relax and realize the stress and depression situation with smart phones.

**Key Words:** Working Women, Psychological, Effects, Smartphone, Depression, Mental Stress

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## Introduction:

It is generally believed in Pakistan that working women are less aware with the latest technology almost in all walks of lives. Keeping in view this mindset, the researcher tried to explore actual situation of usage of new technology in Pakistan by conducting the research in hand. Most of the research studies conducted in psychology; media and social sciences recently say that the trend of using latest technology is increasing in Pakistan and even these studies further reveal new situation that working women using smartphones are falling victims to psychological disorder.

Smartphone has provided us with enormous convenience in almost every aspect of life including education, health, business due to its more advanced computing capability and connectivity than basic feature phone which only contains few features like Calls , SMS ,and limited GPRS system while a smart phone is operated through operating system same like computers. Smart phone has become an essential part of our lives which at one side is facilitating us while on other hand its addiction is creating problems (Cheung & Wong 2011).

Although now days the Smartphone has become one of the most popular and important communication tool but its excessive usage has emerged as a social issue worldwide and has created a serious mental health concern .This addiction leads to the users into negative aspects of life which directly influence their behaviors. (Sarwar and Soomro 2013)

Like physical health psychological health is also important for life. Psychological disturbances such as Stress, depression, feeling of worthlessness, fatigue, and anxiety are the serious mental effects caused due to usage of smart phones (Sarwar, M., Soomro,T.R.,2013) U.S. Department of Health and Human Services (2015) argued depression is common among people nowadays. Everyone occasionally feels blue or sad. But these feelings are mostly short-

lived and pass with the passage of time but if they remain for a sustained period of time than it not only affects your mental health but also create problems in one's routine life functioning.

Researches indicate that smart phone addiction is just like a burden on working ladies as they have to maintain a line between their professional and domestic responsibilities due to which it becomes a source of consistent tension and worry related to work.(Balding ,R 2014). The 24/7 demand of smart phone to utilize it for job related purposes would lead to decrease mental health as it becomes a source of stress and anxiety among working ladies (Derks. et. al. 2014).

### **Objectives of the study:**

#### **The purpose of the current study is to find out:**

- To understand psychological effects of smart phones on working women.
- To determine the relationship between the excessive smart phones usage and mental stress on working women.
- To gauge out excessive use of smart phone becomes depression cause for working women.

### **Hypothesis:**

- Excessive use of smart phones would have more psychological effects on working women.
- Excessive use of smart phones would have less psychological effects on working women.

### **Literature Review:**

The current study aimed to investigate the negative relationship between smart phone usage and psychological effects. Different researches were conducted before on this topic in different dimensions. The focus of the study was to explore that how Excessive usage of smart phones would lead to negative psychological effects among working women.

Bian and Leung (2015) conducted a study to investigate the relationship between the intelligent use of telephones and psychological attributes. From 414 data related to different professions females in mainland China were collected. The results show that the use of smart phones has resulted in negative consequences, such as depression, stress, anxiety, loss of interest in the workplace fatigue consequences. Also were identified as smartphone abuse was psychological disorder predictor in the middle of the workplace.

Hong et. al. (2012) argued that the relationship between psychological characteristics and excessive use of smart phones in females. The data consists of 269 women. The results show that smartphones have adverse psychological effects on women in particular, the consistent use of smart phones (text messages, Twitter, Facebook, WhatsApp ) leads to anxiety and stress during the workday .

Mok et. al.(2014) proposed analysis of Internet addiction and smartphones explore the relationship between the severity of the addiction to negative psychological effects on humans . 448 Korean individuals Data results showed levels of anxiety, depression and stress is increased due to an excessive use of smart phones were collected. How many people involved in the use of smart phones more than they show the negative psychological symptoms.

Thomee et al (2011) designed A study assesses using cell phone use and people across the US in 4156 on a sample of stress , to assess the relationship between anxiety and sleep disorders. Results for mobile phone users, especially the more stress when compared with non- users in the workplace, you are experiencing anxiety and depressive symptoms showed that it was serious side effects.

As Klapper (1960) argued Uses and Gratifications “Escaped” could account for the appeal of media content a “functional orientation”. “It stimulates the imagination called relaxation simple functions provide media and help give their interactions and a common basis for social relations. Another reason to join the media has also been studied as a variable in research impact (Bulmer and McQuail, 1969).Uses and Gratifications research brings a more humane approach to the theory of media. Blumer and Katz and believe that only one of the ways people use media. Instead, they believe there are many reasons to use the media as well as media users. According to the theory, how to use the media, the media and consumers have free will decide how it will affect them. Blumer and Katz Media consumers choose them and have an impact on media users believe that the thought of simply as a means to select the alternative media solutions.

**Methodology:**

Researcher selected the purposive sampling in which researcher selected working female from education sector as target population. Furthermore narrow down target population and took sample size 100 from university sector. Survey method used for data collection and data gathered from Sialkot city with using questionnaire as a tool. After data collection researcher analyzed the data in SPSS. Researcher used Ordinal Regression test to measure relationship between smart phones and psychological effects. There are two major variables in this study. The primary is Psychological effects (Dependent Variable) and the other one is Smartphone (Independent Variable). However, psychological effects itself a broad term researcher break down and selected two sub-variables that are stress and depression. Because these two sub-variables are interlinked and well determine psychological effects. Researcher developed questionnaire with the help of these selected psychological sub-variables.

**Analysis:**

**Table. 01:** Feeling good and excited while using smart phones

**Case Processing Summary**

	N	Marginal Percentage

Qualification	M.A	52	52.0%
	M.Phil	40	40.0%
	Ph.D	8	8.0%
Q1	Strongly Disagree	2	2.0%
	Disagree	6	6.0%
	Neutral	18	18.0%
	Agree	48	48.0%
	Strongly Agree	26	26.0%
Valid		100	100.0%
Missing		0	
Total		100	

**Table 1.1**

**Model Fitting Information**

Model	-2 Log Likelihood	Chi-Square	df	Sig.
Intercept Only	39.820			
Final	28.312	11.507	4	.021

Table 1.1: The significant chi-square statistic ( $p < .021$ ) indicates that respondents feel good and excitement after using the smart phone. This data show highly significant values and relationship between respondents and smart phone.

**Table. 02:** Feel confident when using smart phones

**Case Processing Summary**

	N	Marginal Percentage

Qualification	M.A	52	52.0%
	M.Phil	40	40.0%
	Ph.D	8	8.0%
Q2	Strongly Disagree	6	6.0%
	Disagree	10	10.0%
	Neutral	16	16.0%
	Agree	48	48.0%
	Strongly Agree	20	20.0%
Valid		100	100.0%
Missing		0	
Total		100	

**Table 2.1**

**Model Fitting Information**

Model	-2 Log Likelihood	Chi-Square	df	Sig.
Intercept Only	46.611			
Final	32.543	14.068	4	.007

Table 2.1: The significant chi-square statistic ( $p < .007$ ) indicates that respondents Feel confident when using smart phones. This data show significant values and relationship between respondents and smart phones.

**Table. 03 :** It's hard to concentrate in class, at the time of assignment, or while working due to the use of smart phones

**Case Processing Summary**

		N	Marginal Percentage
Qualification	M.A	34	34.0%

Q4	M.Phil	34	34.0%
	Ph.D	32	32.0%
	Strongly Disagree	10	10.0%
	Disagree	22	22.0%
	Neutral	16	16.0%
	Agree	32	32.0%
	Strongly Agree	20	20.0%
Valid		100	100.0%
Missing		0	
Total		100	

**Table 3.1**

**Model Fitting Information**

Model	-2 Log Likelihood	Chi-Square	df	Sig.
Intercept Only	73.703			
Final	46.632	27.071	4	.000

Table 3.1 The significant chi-square statistic ( $p < .000$ ) indicates that respondents feel It's hard to concentrate in class, at the time of assignment, or while working due to the use of smart phones. This data highly show significant values and relationship between respondents and smart phone.

**Table. 04:** Experiencing dizziness or blurred vision caused by excessive use of smart phones.

**Case Processing Summary**

		N	Marginal Percentage
Qualification	M.A	34	34.0%

Q5	M.Phil	34	34.0%
	Ph.D	32	32.0%
	Strongly Disagree	6	6.0%
	Disagree	16	16.0%
	Neutral	24	24.0%
	Agree	38	38.0%
	Strongly Agree	16	16.0%
Valid		100	100.0%
Missing		0	
Total		100	

**Table 4.1**

**Model Fitting Information**

Model	-2 Log Likelihood	Chi-Square	df	Sig.
Intercept Only	55.099			
Final	44.917	10.182	4	.037

Table 4.1: The significant chi-square statistic ( $p < .037$ ) indicates that respondents have Experiencing dizziness or blurred vision caused by excessive use of smart phones. This data show significant values and relationship between respondents and smart phones.

**Table. 05:** Feeling irritated and nervous when I do not hold a smart phone

**Case Processing Summary**

	N	Marginal Percentage

Qualification	M.A	52	52.0%
	M.Phil	40	40.0%
	Ph.D	8	8.0%
Q7	Strongly Disagree	12	12.0%
	Disagree	32	32.0%
	Neutral	30	30.0%
	Agree	14	14.0%
	Strongly Agree	12	12.0%
Valid		100	100.0%
Missing		0	
Total		100	

**Table 5.1**

**Model Fitting Information**

Model	-2 Log Likelihood	Chi-Square	df	Sig.
Intercept Only	38.589			
Final	28.189	10.400	4	.034

Table 5.1: The significant chi-square statistic ( $p < .034$ ) indicates that respondents feel irritated and nervous when they do not hold a smart phone. This data show highly significant values and relationship between respondents and smart phone.

**Table. 06:** Feel the calm and relaxed while using smart phones.

**Case Processing Summary**



		N	Marginal Percentage
Q9	Qualification M.A	34	34.0%
	M.Phil	34	34.0%
	Ph.D	32	32.0%
	Strongly Disagree	2	2.0%
	Disagree	16	16.0%
	Neutral	28	28.0%
	Agree	52	52.0%
	Strongly Agree	2	2.0%
Valid		100	100.0%
Missing		0	
Total		100	

**Table 6.1**

**Model Fitting Information**

Model	-2 Log Likelihood	Chi-Square	df	Sig.
Intercept Only	65.207			
Final	52.993	12.214	4	.016

Table 6.1: The significant chi-square statistic ( $p < .016$ ) indicates that respondents Feel the calm and relaxed while using smart phones. This data show highly significant values and relationship between respondents and smart phone.

**Conclusion:**

Smart phones have become very important in human lives and play very crucial role in daily life. The current study based on two hypothesizes less or more psychological effects due to excessive use of smart phones. Results indicates that use of smart phones is most important in planning of work, without smart phones problems creates during planning of work and also creates hurdles in academic task. Furthermore findings clear that excessive use of smart phones leads towards blurred vision and feels tired and depress without smart phones. Due to excessive use of smart phones working women feel more comfortable and relaxed this indicates that smart phones have negative influence on working women. This study highlighted the negative psychological effects among working women. Due to smart phone usage most of the people feel anxious at their workplace setting due to excessive networking and social relationships. Due to smart phone usage most of the people feel anxious at their workplace setting due to excessive networking and social relationships (Balding , R . 2012).

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