

IMPACTS OF USING SMARTPHONES ON YOUTH

"A study among the members of Rotaract clubs in Pokhara"

A Thesis Submitted to Tribhuvan University, the Faculty of Humanities and
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RECOMMENDATION LETTER

This is to certify that the thesis submitted by **Mr. Suman Baral** entitled "**Impact of Using Smartphones on Youth: A Study among the members of Rotaract Clubs in Pokhara**" has been prepared under my supervision and guidance, therefore this is recommended for the final evaluation and approval.

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APPROVAL LETTER

The thesis presented by Mr. **Sumal Baral** entitled "**Impact of Using Smartphones on Youth: A Study among the members of Rotaract Clubs in Pokhara**" has been approved by the Thesis Evaluation Committee under the Department of Sociology, Prithvi Narayan Campus, for the partial fulfillment of academic requirements for the completion of Master of Arts in Sociology.

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LIST OF ABBREVIATIONS

IBM	: International Business Machines
LC	: Liquid Crystal Display
GB	: Giga Byte
AT &T	: American Telephone & Telegraph
HD	: High Definition
ZTE	: Zhongxing Telecommunication Equipment Corporation
GPS	: Global Positioning System
NOMOPHOBIA	: NO MOBILE PHONE PHOBIA

ABSTRACT

The main goal of this research is to identify the impacts of using smartphones on youth who are actively involved in Rotaract Club of Pokhara valley. It is believed that this research will be one of the most important study materials to know the impacts of smartphones on youths of society.

The population in this study area is the active members of Rotaract Club of Pokhara valley. Rotaract club is the social organization who works for community, leaderships, and professionalism developments. There were 11 Rotaract clubs in Pokhara valley where five clubs were selected through lottery method, simple random sampling method. Among them there were 120 active members in those five clubs where I had used Krejcie & Morgan rules to find out standard sample size and 92 respondents were also selected from simple random sampling method. Only 75 respondents had responded on given deadline i.e. 60 days. The study was completed through descriptive research design. The self-made structured questionnaire was sent to the respondents from Google form and the data was analyzed through the Google form summary. The frequency distribution charts like bar diagram, column diagram and pie-chart are used to analyze the collected data.

Most of the youth from the Rotaract Clubs had quite different response towards using smartphones. Most of the respondent's i.e., 65.33 percentages are from age group 18 to 25 years. Most of the youth has taken the smartphones for first time at the age of 16 and most of the respondents find smartphones more comfortable means of communication. The smartphone has made the world smaller as they totally depend on it.

The youth use smartphone mainly for study purpose, to get connected to their friends and relatives as well as for the entertainment purposes. Smartphones have declined the family relationship as both parents and children are busy at social sites like Facebook, Instagram, and TikTok and so on. The youths of today's time feel more comfortable in a hand device with their fingertips rather than being sociable with the people around them.

The major influencing factor of using smartphones are reliable, time saving, easy to use, easy to communicate, helps in study, entertainment etc.. The majority of the respondent rates smartphones very positive and they are thinking this will make everyone life much easier in coming future than today.

DEFINITION OF KEY TERMS

Cell phone: a portable telephone that connects to other telephones by radio through a system of transmitters each of which covers a limited geographical area.

Smartphone: a mobile phone that performs many of the functions of a computer, typically with a touch screen interface, Internet access, and an operating system capable of running downloaded applications.

Social: likely to seek or enjoy the company of others. Interaction: doings between individuals or groups.

Social connectedness: the relationship people share with others.

Social media: websites and applications that enable users to create and share content or to participate in social networking.

Rotaract: Rotaract "stands for "Rotary in Action", although the name originally comes from a combination of "Rotary" and "Interact" (International + Action), the high school level program created by Rotary International in 1962.

Rotary: Rotary International is a humanitarian service organization which brings together business and professional leaders in order to provide community service, promote integrity, and advance goodwill, peace, and understanding in the world. It is a non-political and non-religious organization.

Industrial –refers to production taking place in factories rather than in the home or small workshops. This is large scale production.

Capitalism – a system where private money is invested in industry in order to make a profit and goods are produced are for sale in the market place rather than for private consumption.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Social science especially sociology has remained in focus for nineteenth century. Previously it was considered with the same subject matter as of humanities and philosophy. Pioneers as Comte, Spencer and Marx made a conscious attempt to build a single science of society. They saw the study of society "as a unified enterprise. However, by the end of 19th century, this unified conception of social sciences gradually yielded to specialization of knowledge alternatively known by various terms such as "segmentation," "fragmentation," "sectorialization" and "polarization". Technology, media and society are interconnected and cannot be separated (Little, 2014).

Communication and information technology is considered perquisite for the development of any discipline. Several authors have emphasized the importance of communication technology in their research works. Without communication no discipline can promote. Information and communication technologies have transformed our world in many ways; yet informal scholarly scientific communication forms a socio-technical interaction network in which communication is influenced by technology but defined by the social structures of scientists and their organizations (Fu, 2013).

Smartphones are mobile phones that perform many of the same functions as a computer, typically having a touchscreen interface, Internet access, and an operating system capable of running downloaded applications. Smartphones have changed the way individuals interact and bond with the entire world around them (Drago, 2015). In most circumstances, smartphones engage individuals in many more ways than computers can. With the many social networking sites that are available and popular to younger individuals, there is a way to communicate through any medium, whether that is social networking websites, messaging, or e-mail communication. Although the social networking sites accessible to these smartphones have some positive effects, they also have their share of negative effects. The negative effects will be explored more in depth in this study (pahari, 2017).

Smartphones have changed present society in many ways and, they have a massive role in making our daily life convenient. We can now do countless things using a smartphone, which was not possible before. However, we cannot deny the negative effects of smartphones on society and our lives. Social networks have transformed marketing. Their popularity is still growing in our latest global social media. According to the global reports almost huge percent of the world's population uses social media. The average daily usage is 2 hours and 27 minutes (prajapati, 2021). We live in a world where even a newborn is smart enough to operate a smartphone, or maybe it is just the carelessness of the parents who let the newborn child near a phone, of which he clearly has no apparent need. Some parents even give their phones to the children to distract them from crying (Prajapati, 2021).

The world of telecommunication was started with discovery of telephone in 1876 A.D. by Alexander Graham Bell. The first cellphone was Motorola DynaTAC 8000X which was discovered by Dr. Martin Cooper. The introduction of the first smartphone came around in 1992 (Tweedie, 2015). Later iPhone was introduced by Apple and Google phones were manufactured by Google with their own operating system. A smartphone is considered the combination of the traditional personal digital assistant and cellular phone; they integrate mobile phone capabilities with more common features of a handheld computer (Beal, 2008).

Smartphones are quite convenient for many of our busy lives, because we can easily send a text message to relay information or swiftly send an email to accomplish the same goal as we would interacting in person. In 1992, IBM revealed a revolutionary device that had more capabilities than its preceding cell phones. This prototype smart phone was known as the Simon Personal Communicator, but it wouldn't see its way to consumers until 1994 (Southern, 2022).

The device had many of the modern elements we attribute to current smart phones and mobile devices. Highlights included Touch screen, Email, Fax, Notes and Calendar, Apps and other widgets that would become widespread decades later. While it was a bold entry into the market, it wasn't exactly the smoothest starting point for a mobile device. You could say it was ahead of its time, and most consumers didn't jump on board. The Simon was advanced for its time but has nothing on the smart phones of

today. It only had a small monochrome LCD screen and a one-hour battery life. After that, Blackberry was come (Arefin, 2017).

The first BlackBerry mobile device was the BlackBerry 5810 (InnoTech, 2021). It had most of what you think of when you hear "Blackberry": Calendar, Music, A full keyboard, Advanced security, Internet access But you had to make calls through a headset. Blackberry primarily targeted business professionals. They kept releasing more and more advanced devices and became the market leader in smart phones until the iPhone gained steam. They seemed to lose sight of their target customer, though, and bottomed out with 0% market share in 2017. And then Apple Enters race of smart phone. Apple had already begun transforming how people use portable technology with the iPod, and the stage was set for them to unveil their latest device in 2007. The iPhone was one of the most advanced consumer smart phones the market had ever seen. Priced at \$499 for the 4 GB unit and \$599 for the 8 GB model, users flocked to the device - and to the AT&T carrier it was exclusive to. Apple sold 1.4 million iPhones its first year on the market, and the device exploded to 11.6 million sold in 2008 (Techtarget, 2018).

Apple already had the iPod Video, but one large drawback was its small, 4:3 aspect ratio screen. The iPhone came with a wide LCD screen that was perfect for video. Its extended battery life allowed for 8 hours of talk time and 250 hours on standby. This battery was a huge improvement over IBM's Simon. It also made the iPhone a much more consumer-friendly device, particularly for daily use. The hardware was impressive, but the software - in the form of 3rd party apps - expanded the iPhone's capabilities and created a revolution for the industry. Millions of apps arrived on the iPhone, adding to the device's feature set daily. Before long, the smart phone market exploded, and in 2015, 84% of Americans said they couldn't go a day without their phone (Nguyen, 2022).

There's a large difference in hardware from 2007 to 2018. In short, everything is more advanced. There's way more memory, Devices are far faster and more powerful, You can use multiple applications at the same time, Cameras are HD, Music and video streaming are easy, as well as online gaming, The battery lasts for days instead of minutes or a couple hours (LAURA, 2019). The fast growth of technology has developed electronic device such as Smartphone that the function does not limit

only for messaging and call but this device allow long distance communication. Smartphone can be called as minicomputer as the features and functions provided are like computer in its mini form and it is handy. As a smart phone is the daily necessity, it is playing various roles through penetrating the general routine such as messenger, music listening, and video viewing. Especially, the smartphone users are utilizing a smart phone in order to use contents such as app and internet surfing during niche time in daily life .It is a cellular telephone with an integrated computer and other features not originally associated with telephones, such as an operating system, web browsing and the ability to run software applications (Bohatala, 2014).

According to the latest report the current number of smartphone users in the world today is 6.648 billion, and this means 83.72% of the world's population owns a smartphone. In 2022, including both smart and feature phones, the current number of mobile phone users is 7.26 billion, which makes 91.54% of people in the world cell phone owners. Feature phones are the basic cell phones without apps and complex OS systems, more prominent in developing countries. Data has showed highest number of mobile phones vendor market share was occupied by Apple (59.12%), followed by Samsung (26.44%), Motorola LG, Google and unknown. There are highest number of phones users in United State of America followed by United Kingdom, France, Germany and South Korea and this data is also similar to smartphones users (Turner, 2022). In Nepal, highest mobile phones vendor share market has occupied by Samsung with 31.54%, followed by Xiaomi 23.95%, Apple 10.22%, OPPO 8.9%, VIVO 6.72% and remaining others (Statcounter, 2022).

Latest trend of smart phone penetration in Nepal shows it grows by 10 percent in total each year. In the year 2016, the value crossed 40 percent whereas this value reaches 50 percent in 2017. With the trend, we can expect it to go much higher in 2018. The main reasons for this penetration to go up are actually two fold. First people who come from abroad either working or studying bring smartphones with them. Secondly, it is due to the availability of cheaper Chinese brand mobile phones in Nepal like Xiaomi, Huawei, Vivo, Oppo, ZTE and many more. It is also due to people's preference for different telecommunication services and better usage of social media applications in it (Nepal Telecom, 2017).There were 38.61 million mobile connections in Nepal in January 2021. The number of mobile connections in Nepal decreased by 4.0

million (-9.4%) between January 2020 and January 2021. The numbers of mobile connections in Nepal in January 2021 were equivalent to 131.3% of the total population (SIMON, 2021).

Social needs, social influences, and the convenience of the smartphone are all factors that contribute to an individual's dependence on the smartphone that they possess. People, currently are attached to their smartphones and use them to access any information they may need. Evidence was found in a study that proved there is a significant relationship between social needs and smartphone dependence. (Sapacz, 2015). Social needs are the strongest force that allows students and people in general, to be most dependent on the smartphones. This dependence on social networking sites and smartphones for facts and different issues occurring could be misleading, because there is information that is not completely reliable on these websites. Since so many individuals are so vulnerable to information they find through these mediums, it is becoming more difficult for them to distinguish what is real and what is not. Smartphones and social media that are associated with them can also serve as a "distraction" to the individuals who rely on it the most. In addition, it can "decrease productivity" among the students who are consumed by it (Al-Badi, 2014).

Smartphones have grown to be such an important part of our lives because they are constructed with communication capabilities that are extremely like that of a computer, just more convenient due to their portability. There have been several studies performed by different groups of individuals that show a correlation between individual's personalities and emotions and cell phone/smartphone usage. Social anxiety and loneliness happen to be two important characteristics that can be negatively correlated with smartphone usage. Social anxiety and loneliness are both factors that add to most poor-quality relationships or the lack thereof (Adjei, 2019).

1.2 Statement of the problem

Many researchers have done studies on the impacts of the smart phones. Youth of today's generation are much more inter-connected and dependent on smartphone. The use of smartphones has increased to high level these years. Basically, a research problem is a situation that needs a solution and for which there are possible solutions. Many researchers have conducted studies on the effects of smartphones on different age

groups. This study is completely based on the youth of Pokhara valley who are involved in Rotaract club in Pokhara valley.

Research Questions

- What are the actual impacts of smartphones in their work of its users and in their daily life??
- What are the consequences of smart phones on youth family relation and social relation?

1.3 Objectives of the Study

The **General objective** of the research is to assess the impacts of using smart phones among youth in Rotaract Clubs of Pokhara City.

Specific Objectives of the research:

- To know the impacts of smart phone on youth life and their related work.
- To find out the effects of smart phones on youth family relation and public relation.

1.4 Rationale of the Study

After only about a decade, smartphone technology is so successful that businesses and employees have trouble imagining a day without them. Besides making phone calls, nearly all smartphones today can natively provide directions through GPS, take pictures, play music and keep track of appointments and contacts. Through the installation of apps, the list of possible smartphone uses multiplies by tens of thousands and grows longer every day. Your business can make good use of this rapidly evolving technology. By this study we can know about what is better use cellphone or smartphone or telephone, how does smart phone help us, what are merits and demerits of using smartphone, does use of smartphone improve productivity, how smartphones help us, what types of problems are solved by the smartphone?

The study was conducted to know the impacts of smartphone on youths. It deals with the effects of smartphone on the Rotaractor of Pokhara valley. The study has made clear that how the youth generation perceived smartphones and use it. The study could give a way to the future researcher who aims to know the smartphones and its pros and

cons. It could be a aid to the parents to control their kids who has strong attachment with smartphones rather than the social life.

1.5 Limitation/Delimitation of the study

The researched study is an academic study as a requirement for the master's degree in Sociology from Prithvi Narayan Campus, Tribhuvan University, Nepal. The study was only limited with the members of Rotaract clubs of Pokhara valley. Only, a small group of individuals who are involved in Rotaract clubs in Pokhara valley are studied. Every type of social interaction will not be measured.

1.6 Organization of the study

The study has been organized into six chapters, which are described below for the better understanding. Chapter one is the introductory chapter which contains the background of the study and assumption along with the theme of the study. This chapter has discussed about the smartphone along with the research problems associated with the study area. Similarly, research questions are raised to achieve the goals and objective for the study. Further this chapter has described the rationale and limitation of the study. Chapter second relates to literature review that contains the impacts of smartphone on youth. In the same way, chapter three has the study methods. It consists of the rationale of the study area, research design, study population and the sampling procedure, data collection tools and techniques and method of data analysis. Chapter four contains the demographic information of the respondents. The contained information was generated from self-administered questionnaire sent to the members of the Rotaract clubs of Pokhara valley. Chapter five contains the impacts of smartphones on youth's day to day life and in their family and public relations. This chapter also carries out information about the reasons for purchasing and use of smartphone. Chapter six has the major findings of the whole study. This chapter has drawn the conclusion and recommendations for conducting further the same type of research program.

CHAPTER: TWO

LITERATURE REVIEW

The smartphones affect social lives differently. Though there are both good and bad influences of smartphones, these social aspects are steadily changing and making it more difficult to maintain regular social lives with the heavy reliance on smartphones. There are several impacts that these smartphones have on individual's lives, and will continue to have as the capabilities grow every day.

2.1 Theoretical Review

Theory of Modernization

Modernization theory emphasized economic growth as one of the most important features of development. Theorists saw the combination of social patterns and economic development. The general thought was that non-economic factors would develop with the same logic as capitalist economic growth; accordingly, there would be a high correlation between economic growth and social patterns. Economic growth would be the key factor to eliminating social problems. With economic prosperity social problems would wither away. As a modernization theory describe the concept of modern and new technology involvement in the society which brings more changes in socialization process as well as life style of the individual. This research will be trying to explore the impacts of smartphone on professional youth and their views and opinion towards the smartphone technology (falfalat, 2015).

Modernization theory explained the underdevelopment of countries in Asia, Africa and Latin America primarily in terms of cultural 'barriers' to development', basically arguing that developing countries were underdeveloped because their traditional values held them back; other modernization theorists focused more on economic barriers to development. In order to develop, less developed countries basically needed to adopt a similar path to development to the West. They needed to adopt Western cultural values and industrialize in order to promote economic growth. In order to do this they would need help from Western governments and companies, in the form of aid and investment. Modernization theory favored a capitalist- industrial model of development as they believed that capitalism (the free market) encouraged

efficient production through industrialization, the process of moving towards factory-based production. Modernization theory thought industrialization could drive development in poorer countries (Stockwell, 1981).

There was the spread of a united world communist movement. The Former Soviet Union extended its influence not only to Eastern Europe, but also to China and Korea. There was the disintegration of European colonial empires in Asia, Africa and Latin America, giving birth too many new nation states in the Third World. These nascent nation-states were in search of a model of development to promote their economy and to enhance their political independence. According to the modernization theory, modern societies are more productive, children are better educated, and the needy receive more welfare. According to Smelser's analysis, modern societies have the feature of social structural differentiation, that is to say a clear definition of functions and political roles from national institutions. Smelser argues that although structural differentiation has increased the functional capacity of modern organizations, it has also created the problem of integration, and of coordinating the activities of the various new institutions. (RGS, 2022).

The major assumptions of the modernization theory of development are: Modernization is a phased process; for example, Rostow has five phases according to his theory of economic development for a particular society. To sum up with sociological theory, the research is more based on modernization theory. One example of a Modernization Theory is Rostow's Economic Stages of Growth. This model suggests that countries go through a predefined set of five stages before becoming a fully developed nation. Rostow's first stage of theory is that the traditional societies whose economies are dominated by subsistence farming. Such societies have little wealth to invest and have limited access to modern industry and technology. Rostow argued that at this stage there are cultural barriers to development. The second stage is the preconditions for take off – the stage in which western aid packages brings western values, practices and expertise into the society. This can take the form of science and technology to improve agriculture, Infrastructure, improving roads and cities communications along with industry. These provide the conditions for investment, attracting more companies into the country. Similarly, the third stage is the take off stage in which the society experiences economic growth as new modern practices

become the norm. Profits are reinvested in infrastructure etc. and a new entrepreneurial class emerges and urbanized that is willing to invest further and take risks. The country now moves beyond subsistence economy and starts exporting goods to other countries. This generates more wealth which then trickles down to the population who are then able to become consumers of new products produced by new industries there and from abroad. Likewise, Stage fourth is the drive to maturity in which more economic growth and investment in education, media and birth control. The population starts to realize new opportunities opening and strive to make the most of their lives. The last one is the stage five which is the age of high mass consumption. This is where economic growth and production are at Western levels (Reyes, 2001).

The smartphones invented and launched in America is easily available in next part of the world. It has even made a huge change in the modernization of the people along with the society and nation (Thompson, 2017).

Modernization is a homogenizing process, in this sense; we can say that modernization produces tendencies toward convergence among societies. Modernization is a Europeanization or Americanization process; in the modernization literature, there is an attitude of complacency toward Western Europe and the United States. These nations are viewed as having unmatched economic prosperity and democratic stability. In addition, modernization is an irreversible process, once started modernization cannot be stopped. In other words, once third world countries meet the West, they will not be able to resist the impetus toward modernization (Giovanni, 2001).

Smartphone have come a long way since the advent of modernization of the society, as they began to shrink in size after the 1990s. Technology has advanced by the leaps and bounds, as today a mobile phone has become a media Centre with all the functions it can perform. With the passage of time, communication has evolved by such a great degree that now it is possible to stay connected with anyone, thousands of miles away with just a single tap. Indeed, Smartphone are a miraculous and unprecedented leap in technology which has directly affected the young minds, our social, trivial, economical and legal affairs. Though Smartphone has many advantages we also cannot ignore that it is a fatal machine that has negative effects on our health, the environment and out personal data (Shahid, 2022).

The matter of concern arises when the influence of technology is questioned. Is the ease of access to Smartphone really a blessing in disguise or an unapprehend dilemma? How young is too young for Smartphone? When it comes to young minds brains, they are very quick at grasping new beliefs, ideas and adapting to trends. This means that they learn about the vast concepts and versatility of ideas in the world from a very young age. Maturity reaches the pre-teens as soon as the mobile phone reaches them. Smartphone plays a pivotal role in everyday lives of people in the modern era and its use is not restricted to any age group. According to many surveys carried out young people are the most active users of smartphones. The fact cannot be denied that smart phones are irreplaceable, and they hold great importance in enriching our lives, but they can also cause thorny issues and can have daunting effects on our lives (Saxton, 2022).

One of the biggest rising issues today for the young minds is the exposure of pornographic media and fornication. Due to growing technology these sites can now be easily accessed through Smartphone and is affecting young minds terribly. It has big effects on our mental capabilities as well as our emotions and this can lead to much more bigger issues such as sexual assaults and offensive acts. Some researchers say exposure to these 5kinds of sites can also affect the natural development of a young mind. The increased use of Smartphone has worsened the situation and is one of the reasons why the next generation is going in a wrong direction (Landsberg, 1979).

A false presentation of oneself on social media and attention deviated from studies is also one of the major issues faced by young people due to increase use of smart phones. For many users it serves as the main source of internet and the most often used applications are social media sites and games. Creating and maintaining an online presence has become one of the most important parts in a youngster's life and as the social media is growing up so fast the concept of portraying ourselves as someone, we aspire versus someone who we really are, has become very common on social media. Students fail to perform well in studies because of the consistent distractions a Smartphone can offer. Be it a music playlist or an enthralling android game app, it is enough to allure teenagers into spending hours on their phones, thus they unknowingly compromise on their future careers (Jackson, 2018).

Smartphone have not only affected one's mental health but also has made youngsters the victims of physical illness due to its overuse. Studies have shown that an average youngster spend long hours on Smartphone ignoring sleep which drains out their energy and it leads to many health issues like constant headaches, vision loss, wrist problems and numb fingers. Use of smart phones have increased to such a level that there are now new terms used to describe the problems that comes with it. An example of that would be text neck which is a specific term used by doctors and physicians to describe the spinal disorder arising out of excess usage of smart phones. Blue light in every Smartphone screen hinders production of chemicals that promote sleep causing eye strain. More concerning still is the fact that a child's brain absorbs up to four times as much radiation as that of an adult, and children today are growing up with these devices in hand. Smart phone now offers all the games on its screen that children once used to play outside on the field due to which children no longer now find the need to go outside and play resulting in many issues such as laziness, weight management and fatigue. Furthermore, smartphone are not only affecting its user but also its surroundings. It has ruined relationships; youngsters now no longer value family time or even their family morals and traditions (Elia Abi-Jaoude, 2020).

To sum it all up, everything can be used in either a good or a bad way. However, there is always an appropriate time for everything, and young minds mostly need guidance and someone to direct them to the right path. Handing them smart phones at a young age can surely misguide them and can result in them choosing the wrong (shahid, 2019).

Theory of Globalization

Globalization is the spread of products, technology, information, and jobs across national borders and cultures. In economic terms, it describes an interdependence of nations around the globe fostered through free trade. On the upside, it can raise the standard of living in poor and less developed countries by providing job opportunity, modernization, and improved access to goods and services. On the downside, it can destroy job opportunities in more developed and high-wage countries as production of goods moves across borders. Globalization motives are idealistic, as well as opportunistic, but the development of a global free market has clearly benefited large corporations based in the Western world. Its impact remains mixed for workers,

cultures, and small businesses around the globe, in both developed and emerging nations. Globalization is a social, cultural, political, and legal phenomenon (KOPP, 2019).

Smart phone technology did not only improve business, but it also transformed personal relationships. Technology is one of the leading factors in the evolution of globalization. But how exactly does smart phone technology enable globalization? Here are a few facts. To begin with, I would like to point out something that may seem obvious but helps achieve a better understanding of the globalization process enabled by smartphones. Today, the use of the smart phone is closely related to the use of other modern communication technologies such as the computer, the Internet and e-mail. Technology has evolved to such an extent that mobile phones are used not only for family or business calls, but they are now a way of living. Smart phones have become an important tool we can use anytime and anywhere and enable us to do various tasks all at the same time. As a portal for communications, messaging, entertainment and information, mobile phones have become the manifestation of the “digital age” (H. MUROYAMA, 1988).

Currently, the trend is to expand the traditional cloud services to the mobile world, adapting the cloud services to meet the requirements of the mobile environment. Therefore, new programs are being created just for the smart phone technologies. In regard to this aspect, I believe that location-based cloud tools have a high potential for success.

Some major ways in which smart phone technologies enable globalization are:

- Expanding the productive opportunities of certain types of activities by enhancing social networks, reducing risks associated with employment seeking, and enabling freelance service work.
- Transforming and reinforcing the social and economic ties of micro-entrepreneurs and making local economies more efficient.
- Extending the capabilities of Smart phones to entrepreneurship, banking, e-learning, and health delivery systems.
- Increasing the frequency of people’s contact with friends, family, and existing business connections and facilitating new contacts with business partners, suppliers, and customers, no matter where they are.

- Allowing for organization of activities on the fly.

To conclude mobile technology will continue to influence and enable globalization. And with the rapid expansion of smart phone technologies, people from anywhere around the world will be able to benefit from their advantages (BOSTON, 2019).

2.2 Review of Previous Studies

The study conducted by Ramchandra Baral in 2008 in the topic ‘The use of cell phone in everyday life among teenagers in Kirtipur municipality’ aims to find out the general impressions of the teenagers about the possession and use of cell phone service with socio-economic aspects of the users and the reason for using it. The research concludes that the teenagers of Kirtipur, regardless of their age and gender, took cell phone as a useful means of communication although they report some drawbacks of its use toward the family/social relationships and culture. The main reason for their use of cell phone was their search for secrecy along with its easiness, diversity of uses. The adolescent teenagers were more aware of the social /financial impacts of cell phone, and they were more responsible users of cell phone than the pubert (younger) (Baral, 2008).

Kafle (2018), in her the study on “The accessibility of internet and parents’ response on their children” in 2018, has aimed to find out the parent’s response on use of internet by their children and the accessibility of internet in students and its impacts on study. The research concluded that the internet is one of the major tools that always support the teenagers’ socialization and facilitation process especially in the field of study (kafle, 2018)

Brandon Hokenson, Professor Wolcott (2014) opines that the technology changes so rapidly and it’s hard to keep up with it sometimes. The use of Smartphones as a research tool is very promising because it has the chance to adapt to the rapid advancement of technology. This means that this topic of how smartphones improve research can help professors, students, researchers, and even just anyone who owns a smartphone. Research tools used to rely on desktop computers and specialized operating systems for every field. With the introduction of the android operating system along with the IOS operating system, applications are widely available and easily distributed to thousands of people at an instant.

The smartphone's small form factor makes it extremely portable, allowing people to always carry it on their person. Most of the recent smartphones are more powerful than some laptops and even computers of today. This makes them a very valuable tool that can be adapted to the research environment in any field of study. Research has always been a very important aspect to universities and life in general. Research is the means by which our society progresses. There has always been a wide variety of tools that are used for research and even those tools are replaced eventually by cheaper and more precise instruments. Cell phone technology is constantly changing and evolving, sometimes so fast it's hard to keep up with the advancements that are made every day.

The smartphone is a perfect example of this; the first smartphone was introduced in 2001 by Apple and now in 2014 over 22% of people in the world own a smartphone. In the United States alone, 61% of the population uses a smartphone daily. With so many people in the world using a smartphone, it only makes sense to make it into one of the most versatile tools in the market. Smartphones are packed with many different sensors that cover multiple types of data such as accelerometers and light-sensors to GPS and gyroscopes. The operating systems that run on them are also very easy for almost anyone to use. When the multitude of sensors and data-recording devices inside of these smartphones mix with the easy to use operating system, you get a device that seems like it was created for research. The truth of the matter though is that these devices are only just beginning to be used for research purposes. The earliest study I could find about a smartphone being used as a research tool was from 2012 (Tocci, 2019).

The smartphone has been shown to be vital to research. The smartphone has the chance to revolutionize how people view research by being able to allow anyone to perform it. With only the download of an app people can do their own research on any subject they want. And with over a fifth of the world's population having access to a smartphone, the amount of scientific breakthroughs that could occur through self-guided research is staggering. Since the smartphone is only just beginning to be taken seriously in a research environment a lot more research using the smart phone can be done. College classrooms can be one of these first steps of the process. For example, an activity using the students' smartphones as a means to research a topic for an English

paper is a good starting point. From then on more complicated activities can be used, such as a periodic table app with backgrounds of all the elements or even custom apps making use of the accelerometer or other sensors. As the oldest study of using a smartphone for research purposes is from 2012, this shows that we are just at the tip of discovering what these devices can make happen in the world of research (Wolcott, 2014).

The review of literature related to the use of Smartphones by Young generation is divided under the following headings:

1. Use of Mobile phones: Overall view

Smartphones are one of the most innovative and communicative tools in the present world. N.D Linsys states that the availability of smartphones keep people entertained with various apps like play games, Music, Movies etc. (Linsys, 2022). It also facilitates users in social interaction via various platforms like Facebook, Twitter etc. But, it has negatively affected life too like it can develop compulsive behavior, can create problems like security risks, hacks or even spied upon. These devices have a sizable impact on Society. The impact of smartphones is visible in almost all sectors like Education, Business and entertainment sector. It creates miseries to the people in many ways like privacy threats, disrespectful behavior, distraction at work, etc. Similarly A. Campbell reveals that the use of mobile phones have become a global phenomenon and integral part of the Young generation, (Campbell, 2002). Young people use it in a positive way to maintain social settings, family relationships and have led to changed dynamics in family with issues of safety and surveillance. However, it has negative impact on young generation which includes Ostracism and cyber bullying. The development of smartphone technology has positively affected human civilization where people doing their tasks easily and remain busy, but it also has developed negative impact on peoples life style. It is witnessed that Teenagers remain busy in texting all the time while as adults have got remaining assignments like phone calls, e-mails and other related works. S. Bhalla believes that mobile phones are popular innovation and need of the hour (S.Bhalla, 2017).

It has both positive as well as negative impact. It can act as Instructor, Reminder, educational tool, Entertainer etc. On the other side, acts as distractor as it

may interrupt you while doing important assignments with irrelevant notification and creates nuisance at worship places like Masjids, Temples Churches Etc. The smartphones have paved way for instant communication like web surfing, Education, Entertainment etc. However, as it has negatively impacted on life of young generation like health issues, poor social interaction, and privacy threats etc. Smartphones act as a quickest communication tool, helps in contact with loved ones easily, entertainer to listen music & games and help in study. On the other hand, it has got addictive cause of ill effects especially on eyesight, lack of personal communication and even dangerous while driving a vehicle. The popularity of smartphones among young generation has increased incredibly.

They remain in contact with each other and hence track all what they can. With the result, it sometimes causes severe Back problem, Nerve pain, Anxiety, Depression and so on. Mobile phones being great and wonderful technology, everyone should enjoy its benefits in useful manner; otherwise it can lead to multiple Health Hazards such as Teen Tendonitis (pain in the hands, back and neck due to poor posture), Sleep Loss, Anxiety, Stress etc. However, identifies differently and reveals that the production rate of Smartphones has increased tremendously, and 95% Americans owns smartphones. This technology helps in identifying Disease outbreaks using things like social posts, keyword searches etc. While as, this technology has caused negative impact like Distraction and Digital Amnesia (memory dependence on these devices) (Mudasir, 2019).

So, it can be said that smartphones are wonderful technologies in the modern era, and it has influenced almost everyone especially young generation. It depends on users approach to maximize its benefits and minimize its hazards so that it can prove productive rather than destructive tool for one's life (Tavasalker, 2019).

Smart phone has come through a long way. Comparing with different sociological theory like Modernization Theory, Globalization Theory, Dependency Theory, it will exactly support and follows those theory. From one way telephone made by Alexander Graham Bell to newly manufactured highly standard phones they have follows exact most of the sociological theory.

2. Use of Smartphones: The Positive impact.

Smartphone technology a wonderful tool to support various services and the people feel better positioned with it. Smartphones with the availability of social media platforms are key factors for providing services, better way to communicate with people, Learning, business, and other Applications. Smartphones have maximum benefits pertinent to education, social life, entertainment etc. That smartphones have brought a massive change in the lifestyle of people, and they feel comfortable in offering users a vast platform for communication and access to a wide range of applications. People enjoy varied and easier services they provide like: Exposer to learn things, ways to personality development and ideas to succeed in business. Smartphones save time, offers of thousands of Apps, go hands free, e-mails, free calls, Chat, Wi-Fi etc. Felecia provides access to internet, e-mails and social networking sites and finishes multiple tasks simultaneously. Smartphones keep one connected with social networks and enable one to online shopping, latest news updates and sports (Felecia, 2019).

In the light of above studies, it can be concluded that this technology has revolutionized the people's way of life in all affairs of human development and paved the way for getting multiple features to enjoy individuals' life.

3. Use of Smartphones: The Negative impact

R. Mount states that people use smartphones at least 5 hours a day and also usage of Apps increases significantly and with the result causes degradation in Physical Social interaction, Distraction, Addiction, health problems etc. (Mount, 2012). J. Lenord has expressed a great concern and says that smartphone use has become a serious addiction phenomenon, it has been found that female college students use phones on an average of ten hours a day (Lenord, 2015). Another survey found that three out of five smartphone users can't go more than 60 minutes without checking their phones. A new phobia has been developed known as NOMOPHOBIA (fear of being without a phone) another health related issues like Nerve problem, Back problem, Anxiety and Depression are seriously concerned. M. Boumosleh, & J. Doris found that 35.9 % of students feel tired during daytime and 38.1% have decreased sleep quality as they remain addicted with smartphones till late nights (M. Boumosleh., & J. Doris, 2017). The excessive use of smartphone can exacerbate thumb arthritis by

excessive texting on mobile phones. At the same time shorter wavelength blue lights emitted by smartphones causes Health hazards like Nerve pain, back pain shoulder pain. Reading on smartphones is worse for learning and comprehension (Markley, 2019). The overuse of smartphone may lead to psychological and physiological complication. Cell phones give off Radiations and affect our brain cells and thus mutating existing cells, because Cancerous cells like brain cancer. Besides it, an increase in the number of accidents due to attention paid to the cell phones during driving. In the same line, it has been observed that Children are handling smartphones regularly for long hours playing games etc. (Parasuraman, 2017). So, continue use and exposure can lead harmful effects viz:-Tumor (radiation effects), Disturbed brain activity, Inappropriate Media and Academic Malpractice (Bhalla, 2017).

Therefore, it can be concluded from the above that smartphone addiction has developed an unavoidable place in one's life. People are so much dependent upon it that Young generation feels that life cannot run smoothly without this .With the result, numerous negative ill effects have been identified so far and much more are to be known in further research (K.J., 2018).

Research Gap

Most of the previous researches were conducted in various parts of the world including Nepal that tried to see the use of smartphone by children generally. The use of smartphones with its impacts on youth life, related work, family relation and public relation were not studied, so to fulfill this gap the study on impacts of smartphones on youth of Pokhara valley was conducted.

CHAPTER: THREE

RESEARCH METHODS

3.1 Introduction

This chapter deals with the research methods in which the researcher has collected the necessary quantitative and qualitative data for the study. This chapter especially discusses the rationale of the study, research designing, the universe and the sampling size, methods of data collection, tools and techniques for data collection, source of data and information, analysis of the data and information obtained from the field work, etc.

The research was done within the field of Rotaract and the respondents were the active members of Rotaract Clubs. Rotaract originally began as a Rotary International youth program in 1968 at Charlotte North Rotary Club in Charlotte, North Carolina, United States, and has grown into a major organization of over 10,904 clubs spread around the world and over 203,000 members in 189 countries. It is a service, leadership, professional and community service organization (often miscommunicated as a Social Service Club) for young men and women aged 18 and over (Rotary, 2022).

Rotaract focuses on the development of young adults as leaders in their communities and workplaces. Clubs around the world also take part in international service projects, in a global effort to bring peace and international understanding to the world. "Rotaract" stands for "Rotary in Action", although the name originally comes from a combination of "Rotary" and "Interact" (International + Action), the high school level program created by Rotary International in 1962. Rotaract clubs bring together people ages 18 and older to exchange ideas with leaders in the community, develop leadership and professional skills, and have fun through service (rotaract3292, 2022).

In communities worldwide, Rotary and Rotaract members work side by side to take action through service. From big cities to rural villages, Rotaract is changing communities like yours. Rotaract members decide how to organize and run their clubs, manage their own funds, and plan and carry out activities and service projects. Rotary club sponsors offer guidance and support and work with your club as partners in service (Rotaract History, 2022).

3.2 Rationale of the Study Area

As being a responsible youth and a Technology admirer it made me curious to know the impacts of smartphones in youth. The status of youth and children, their perspective on use of mobile phones, their achievement through smartphones, and the suggestion can improve and inspire the upcoming generation to be alert for the positive and negative effects of smartphones. So the research aims to find out the impacts of smartphones on youth regarding their relations with the family members and public.

3.3 Research Design

The study has followed the descriptive research design. Descriptive research design enables us to make observation in a completely natural environment. It is very useful in providing fact needed for planning social action programs. It is even more useful for planning, prediction and awareness. It is one that aims at describing accurately the characteristics of a group, community or people. A researcher may be interested in studying the people of a community, their age composition, caste-wise population distribution and occupational distribution. Descriptive research design help provide answers to the questions of what, who, when, where and how associated with a particular research problem.

3.4 Population and Sampling Procedure

There are 11 Rotaract clubs in Pokhara valley. Among them only five clubs were selected randomly through simple random sampling method. There are 120 members in the selected five clubs. Among them only 92 were again selected randomly according to the random table of Krejcie and Morgan, 1970. The self-made structural questionnaire was sent to the 92 active members of Rotaract clubs of Pokhara through E-mail, SMS, Facebook and Viber. Only 75 of the total population had responded fully to it. Remaining 17 did not answer it. So the response rate is 81.52%.

3.5 Data Collection Tools

For primary data collection, self-administered questionnaire was prepared through relevant literature review and articles. There are 11 Rotaract clubs in Pokhara valley. Among them only five was selected randomly to collect the response from

92 active members of the selected clubs. The self-administered questionnaire was sent to the 92 active members of Rotaract clubs of Pokhara through E-mail, SMS, Facebook and Viber. The secondary data were collected through different published and unpublished reports, national and international journals, publications, scholarly articles, individual research report, the online website/journals, previous thesis, newspaper, website documents etc.

3.6 Methods of Data Analysis

After collecting data through various techniques in the field, effort will be given to analyze them systematically and scientifically. The collected qualitative data and quantitative data was tabulated and analyzed by using simple statistical tools like frequency, percentage, ranking, tabulation, pie chart, bar graph and column graph. The qualitative and quantitative data was interlinked in terms of various topics and subtopics to analyze them descriptively. Attention was paid to minimize data error through comparison of various data which will be interpreted sociologically.

CHAPTER: FOUR

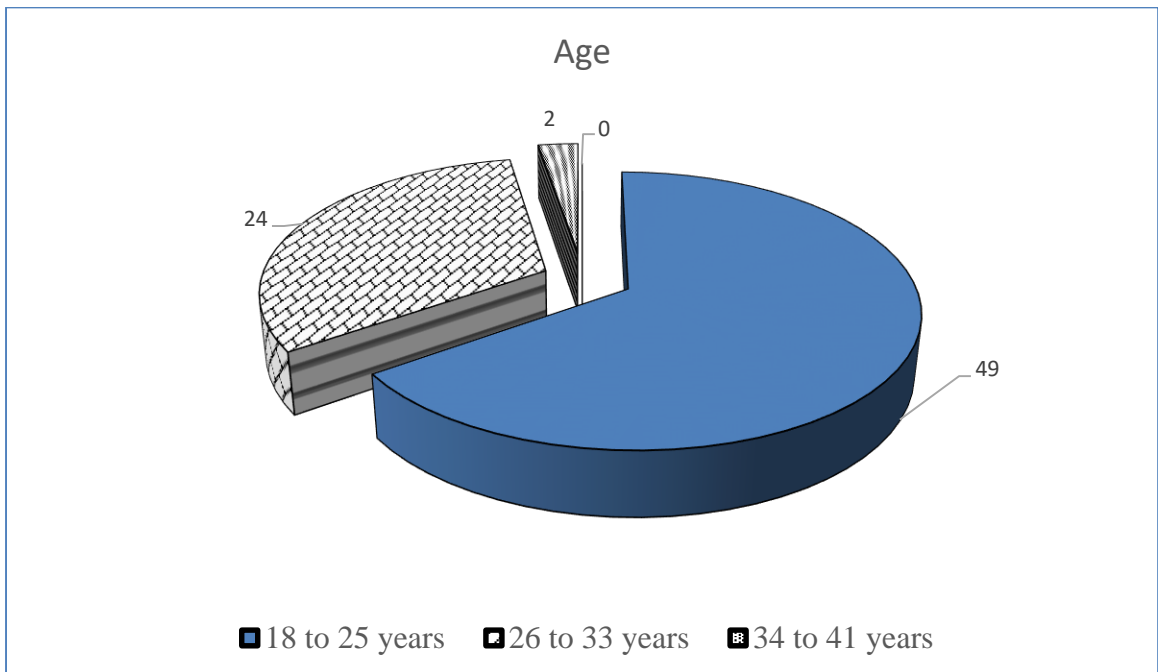
SOCIO-DEMOGRAPHIC CHARACTERISTIC OF RESPONDENTS

The presentation of the result is based on primary data that were collected from the structured questionnaires in order to get the conclusion. The presentation and analysis of the collected data are mentioned in this chapter. This chapter highlighted the socio-demographic characteristics of the respondent's i.e age composition, gender/sex composition.

4.1 Age Group Composition

Age is the demographic composition that generally reflects the experiences of people throughout their life. It is the major factor affecting the behavior of respondents for using the smartphones.

Figure 1 Age group of study population



Source: Field Survey, 2022

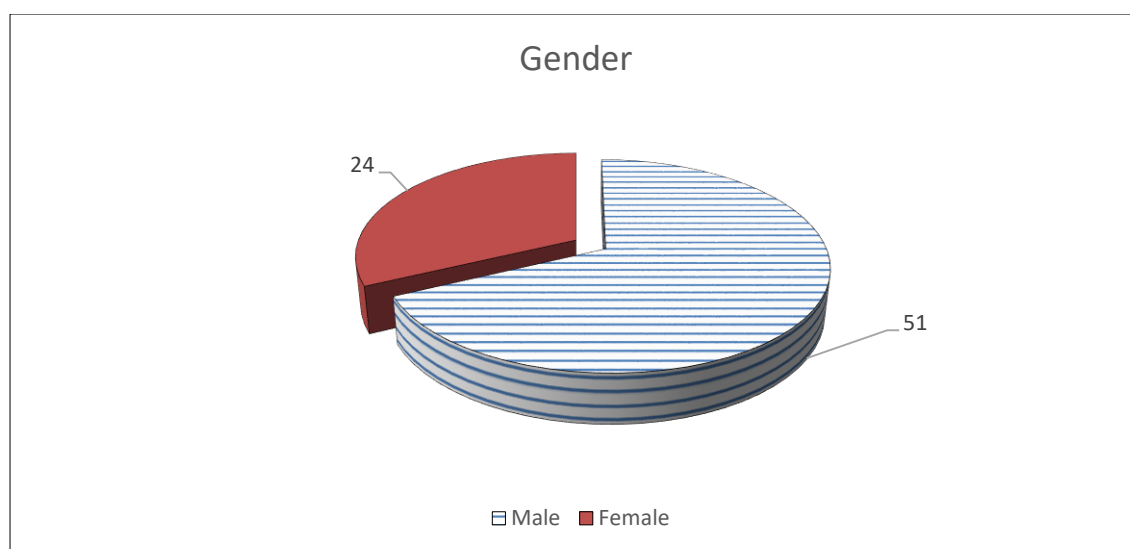
As above mentioned in figure 1, 32 percent of the respondents are from 26 to 33 years age group, 65.33 percent are from 18 to 25 years age group, and only 2.76 percent are from age group 34 to 41 years. The respondents are the member of the different Rotaract clubs of Pokhara. Rotaract clubs bring together the people ages 18 and older to

exchange ideas with leaders in the community, develop leadership and professional skills. So, the highest frequency age group is of age 18 to 25 years.

4.2 Gender/Sex composition

As a sex composition, National Census of Nepal 2078 B.S. recorded 48.96 percent male and 51.04 percent female, which shows the number of female population, is more than that of male.

Figure 2 Gender Composition of study population



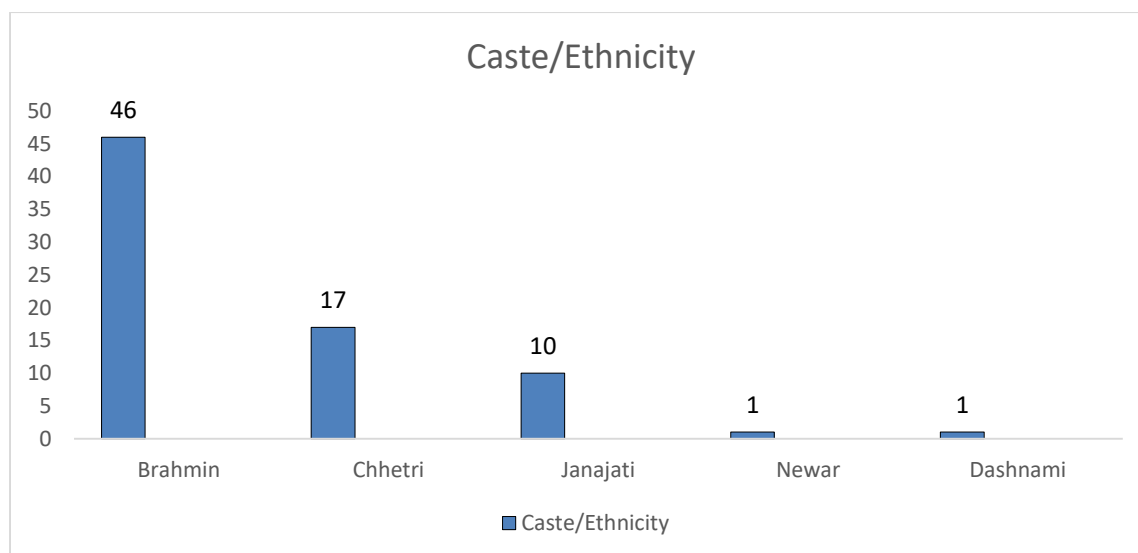
Source: Field Survey, 2022

The above chart of figure 2, explains that the study comprises of 51 male and 24 female. The respondents are the member of the different Rotaract club. This figure also illustrates that there is the less participation of female in Rotaract clubs in Pokhara.

4.3 Caste/Ethnicity

Caste is a form of social stratification characterized by endogamy, hereditary transmission of a style of life which often includes an occupation and social status.

Figure 3 Caste Ethnicity of study population



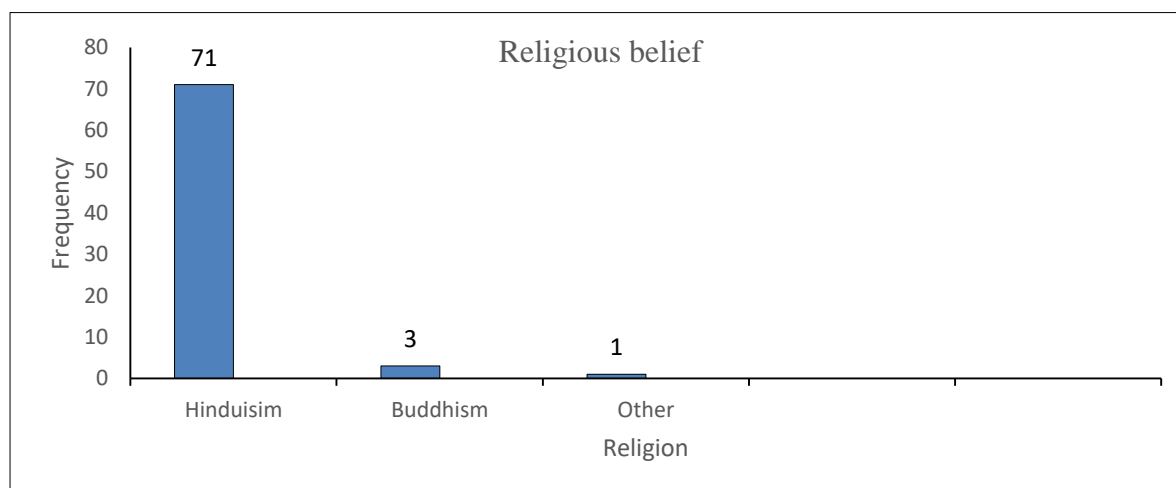
Source: Field Survey, 2022

Major 5 caste/ethnic group are identified among the rotaractors in Pokhara. The above bar graph of figure 3 implies that the majority of respondents (46) are mainly of Brahmin caste followed by Chhetri i.e 17. Similarly 10 of them are janajatis, 1 is Newar and 1 Dashnami. Caste and ethnicity based social exclusion is deeply embedded in Nepalese society.

4.4 Religious belief composition

Nepal is a multi-lingual, multi-cultural, multi-traditional, multi-ethnic and multi-religious nation. Various religion like Hinduism, Buddhism, Christianity, Islam, Bon, Prakriti, etc are followed here in Nepal.

Figure 4 Respondents by their Religious belief



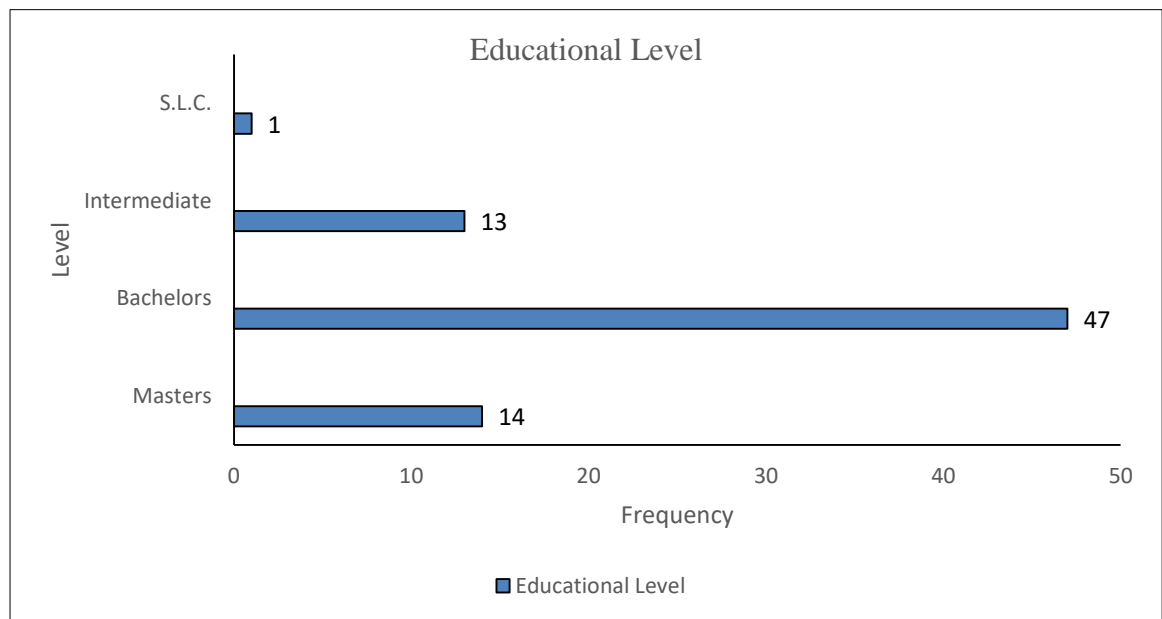
Source: Field Survey, 2022

The figure 4 shows that the majority of the respondents, 94.67 percent follows Hinduism. Buddhism is followed by 4 percent only. 1.3 percent of the respondents recorded their other religion categories but it has not been mentioned with name of religion.

4.5 Educational level

Education brightens the way to future. It helps an individual to cope with obstacles and motivates towards the path of success.

Figure 5 Educational level of the respondents



Source: Field Survey, 2022

Figure 5 highlights the educational level of the respondents. The majority of the respondents are bachelor degree holder i.e. 47 followed by master’s degree i.e. 14. Similarly, 13 respondents have passed intermediate level only and only 1 respondent is S.L.C. passed out. The students with undergraduate degree are more likely to get engaged in rotaract club of Pokhara.

4.6 Occupation

Rotaract clubs bring together people of different field to exchange the ideas, concept with leaders in the community, develop leaderships, professional skill and have fun with travel opportunities. Various youngster with various field of interest gets

connected in one platform in order to develop public relation through personal growth and aid in development of the nations.

Table 1 : Occupation of the study population

S.N.	Occupation	Frequency	Percentage
1	Student	38	50.67
2	Business	14	18.67
3	Banker	5	6.67
4	Teacher	5	6.67
5	Nurse	3	4
6	Freelancer	1	1.3
7	Graphic Designer	1	1.3
8	Media Personnel	2	2.67
9	Government job	1	1.3
10	Project Associates	2	2.67
11	Civil Engineer	1	1.3
12	Consultant	1	1.3
13	Accountant	1	1.3
Total		75	100

Source: Field Survey, 2022

The table 1 shows the diversified occupation of the respondents. The half of the respondent's i.e. 50.7 percent are students. Likewise, 18.67 percent are doing their own business while 6.7 percent are banker, 6.7 percent are teaching at college and universities. Similarly 1.3 percent are freelancer, 1.3 percent are graphic designer, 2.7 percent are media personnel, 1.3 percent are involved in governmental job, 2.7 percent are project associates, 1.3 percent are civil engineers, 1.3 percent are consultant, and remaining 1.3 percent are accountant.

4.7 Annual income

Annual income is the total value of income earned during a year. The income determines an individual way of living.

Table 2: Respondents annual income

S.N.	Annual Income	Frequency	Percentage
1	No earnings	31	41.33
2	Up to 1 lakh	7	9.33
3	1 to 3 lakhs	11	14.67
4	3 to 5 lakhs	14	18.67
5	5 lakhs and above	12	16
Total		75	100

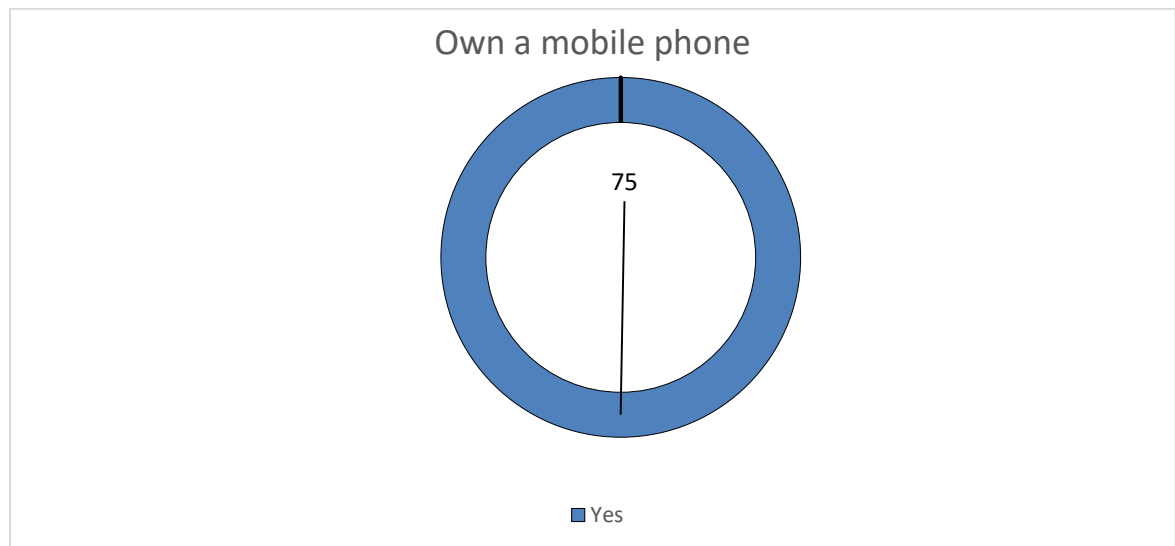
Source: Field Survey, 2022

Table 2 clarifies that majority of the respondents (41.3 percent) have no earnings as 50.67 percent of them were students. Similarly, 18.67 percent of respondents earns 3 to 5 lakhs annually, 14.67 percent earn 1 to 3 lakhs per year, 12 percent earn 5 lakhs and above while only 7 percent earns up to 1 lakh annually. The study shows that majority of the respondents are with no income and dependent on family members for their basic and all types of need.

4.8 Respondents with mobile phone

Mobile phone is a telephone with access to a cellular radio system so it can be used over a wide area. It is a portable device for connecting to a telecommunications network in order to transmit and receive code, video or other data. Its main purpose is to keep people connected, regardless of the distance that separates them.

Figure 6 Own a mobile phone



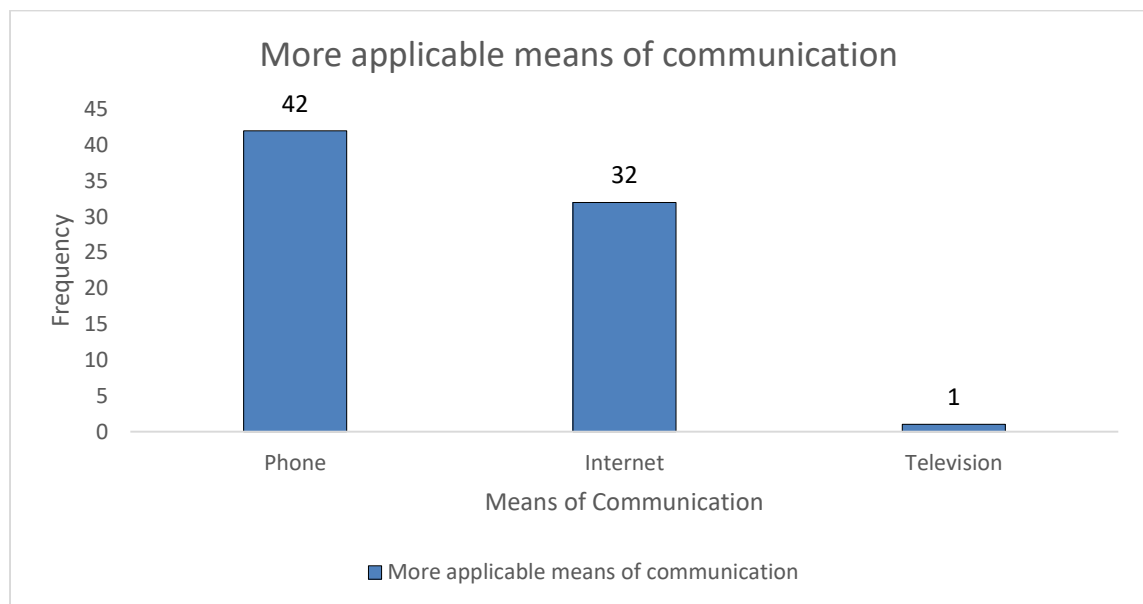
Source: Field Survey, 2022

Among 75 respondents, all of them owned a mobile phone. As mobile phone is used mainly for a voice call, it is almost present in everyone's hand. With the help of the mobile phone, one can easily talk or video chat with anyone across the globe by just moving fingers. Present technology advancement has made life different from that of last few decades.

4.9 More applicable means of communication

Communication is the act of transferring information from one place or person to another. Communication helps to share and exchange information within people resulting to the social and cultural change. It is a process by which information is exchanged between individual through a common system of symbols, sign or behavior.

Figure 7 Means of communication



Source: Field Survey, 2022

The figure 7 indicates the views of respondents regarding the more applicable means of communication. Among 75 respondents 42 of them find mobile phone, 32 finds internet and only 1 finds television as an important means of communication. The advancement in science and technology had made world a global village. The study shows that the youth finds everything within their mobile phone.

4.10 Mobile Company and Model

Generally, a phone model is a type or design of smartphone that manufacturers typically release in a series. The income source, the need of smartphone for different purpose etc. makes youth more concern towards the latest technology. Apple, Samsung, Huawei, OnePlus, Xiaomi, L.G., Oppo, Vivo, Nokia, etc are the mobile phone company. Among this, Apple is an largest American multinational technology company that specializes in consumer electronics, software and online services.

Table 3: Respondents' mobile company and model

S.N.	Name of company	Model	Frequency	Percentage
1	Samsung	Galaxy, A series, M series, J series	21	28
2	MI	Note,	7	9.33
3	Apple	Iphone(6,7,8,10,11,12,13 series)	22	29.33
4	One plus	T series, Note series,	3	4
5	Motorola	g9	1	1.33
6	Red Mi	Note series	8	10.67
7	Vivo	Y95	2	2.67
8	Real me	RMX2151	1	1.33
9	Others	-	10	13.33
	Total		75	100

Source: Field Survey, 2022

The maximum respondents i.e. 22 are using Apple company phones while 21 of them are Samsung users. 8 of the respondents are using Red MI, 7 are using MI, 3 are One plus users, 2 are Vivo users, 1 is Motorola user, 1 in Real me user and other 10 respondents are user of other different mobile company. Most of the respondents are using popular brands of mobile phones also of high cost. From the analysis it was found that this is the social trend and people nowadays are aware of different smart technology and system so they want to purchase big brands phone with high cost.

4.11 Respondents got mobile phones from

The table 4 shows that the respondents got mobile phones by themselves or is gifted by some other.

Table 4: Respondents got mobile phones from

S.N.	From	Frequency	Percentage
1	Self	40	53.3
2	Father/Mother	27	36
3	Relative(<i>Mama/Fhupu</i>)	2	2.7
4	Company	2	2.7
5	Sister/Brother	2	2.7
6	Spouse	2	2.7
Total		75	100

Source: Field Survey, 2022

Majority of the respondents have bought mobile phones by themselves. 53.33 percentage responded on self. 36 percent got mobile from their parents, 2.67 percent got from relatives (Mama/Fhupu), 2.67 percent got from company, 2.67 percent got from sister/brother and 2.67 percent got from their spouse.

CHAPTER V

IMPACTS OF SMARTPHONES ON YOUTH

Smartphone has been proved as a helpful tool those who are able to use it wisely. It has helped the youth and every human to make their life easier also. The reason behind the use of smartphone depends upon the people. The following details have been collected to know the reason behind the use of smartphone by youth of Rotaract family.

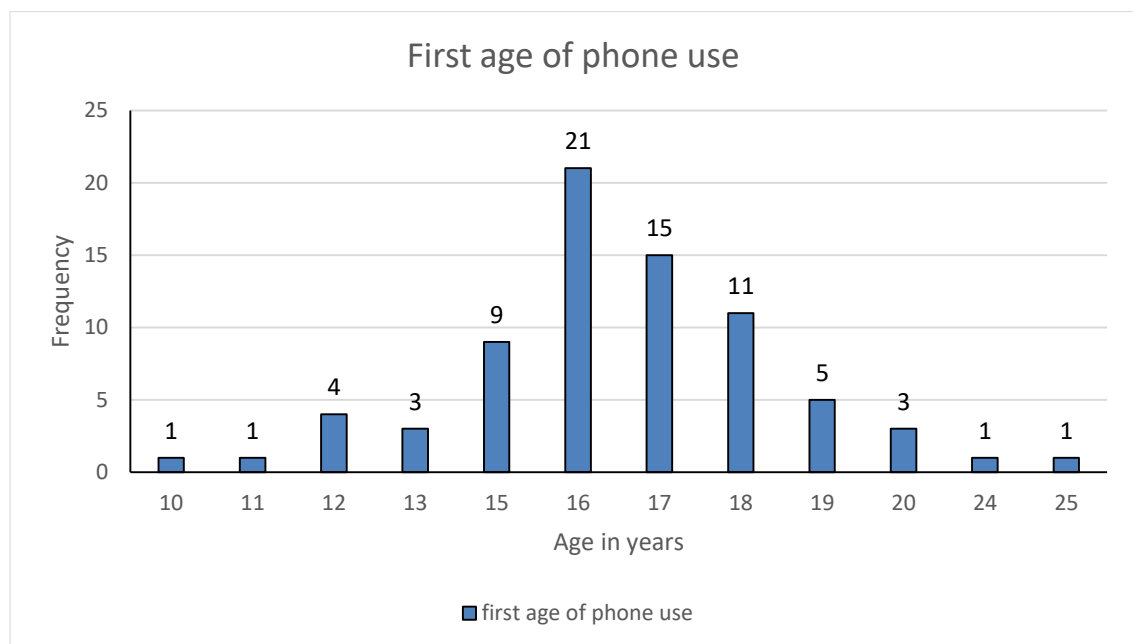
5.1 Reason behind the use of smartphone

A smartphone is a need for everyone as it helps users to connect with each other and keep them busy. The most common use of smartphone is for messaging for both business and leisure purposes. It is very important and wonderful communicative tools used by all age group people especially young generation.

5.1.1 Age at using a first mobile phone

The use of technology has become more common in today's time. It has become quite normal to see smartphone in children's hand after the breakdown of Covid-19.

Figure 8 Respondents age of using a first mobile phone



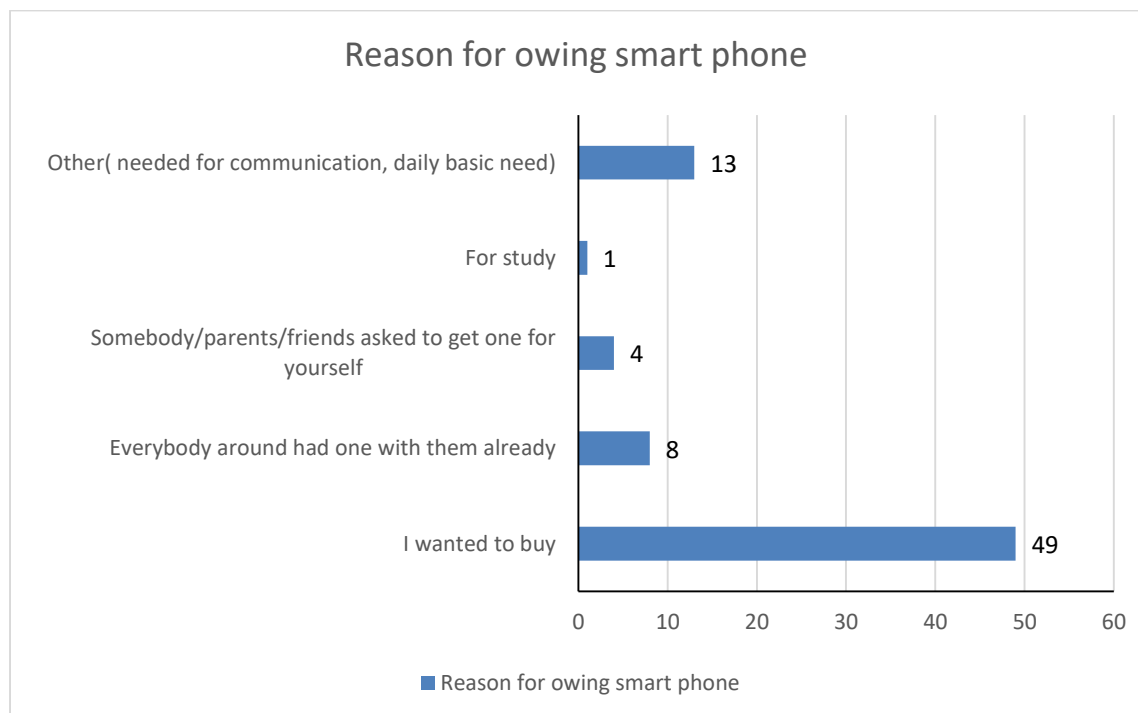
Source: Field Survey, 2022

The graph of figure 8 shows that the majority of the respondents started using mobile phone at the age of 16. 21 respondents use mobile phone at the age of 16 years, 15 use at age of 17, 11 use at the age of 18, 5 at age of 19, 4 at age of 12, 3 at age of 13, 3 at age of 20, 1 at age of 10, 1 at age of 11 and 1 at age of 24. As respondents are all youth and all age above 18, the two decades earlier time was in the phase of developing information and technology. The Covid-19 has influenced all things around the society. Every kid needs a smartphone or computer for online classes during lockdown. The kids before two decades has access to mobile phone after the age of 10 while majority got at age of 16 years. There was another reason of purchasing smartphone on age of 16. Most of the parents had brought phones to them after completing their secondary education. At the time of entering intermediate level there age was around 16.

5.1.2 Reasons for owing smart phone

Smartphone is a portable device that combines mobile telephone and computing functions into one unit. All the youth prefer mobile phone as it makes and keeps everything around fingertips. Youth have distinct views on owing a smartphone.

Figure 9 Reasons for owing smart phones



Source: Field Survey, 2022

The figure 9 reflects that the majority of respondents (49) had submitted their reason, as they wanted to buy smartphone so they bought it. 13 of them mentioned that they need smartphone for communication and other daily basic needs. 8 respondents found everybody around them had one with them already so they took one. Likewise, 4 took mobile phone as they are inspired by their parents and friends. Only 1 respondent took smartphone for study purpose. Smartphone is the need of today's world. It is almost like impossible to the youth of city area to move without mobile phone. It is a very easy and somehow affordable planning tool, learning tool and communication tool.

5.1.3 Most important reason to purchase smart phone

Smartphone is the need of today's world. It is almost like impossible to the youth of city area to move without mobile phone. It is a very easy and somehow affordable planning tool, learning tool and communication tool.

Table 5 : Most important reason to purchase smartphone

S.N.	Most important reason	Frequency	Percentage
1	It makes easy accessible to other people.	47	62.67
2	It is easy to communicate with friends.	15	20
3	It gives convenience of calling anytime.	9	12
4	No landline, so preferred a mobile.	1	1.33
5	Ease to learn new things.	1	1.33
6	Communication, camera, entertainment, etc.	1	1.33
7	For convenience in daily life and daily activities.	1	1.33
	Total	75	100

Source: Field Survey, 2022

The table 5 consists of most important reason of respondents to purchase the smartphone. More than half of the respondents i.e. 62.67 percent purchased smartphone as it makes easy accessible to other people. 20 percent purchased it because it is easy to communicate with friends. Similarly, 12 percent purchased it as it gives convenience of calling anytime. 1.33 percent prefers smartphone due to absence of landline phone at home and 1.33 percent purchased it to learn new things.

5.2 Youth views and opinion on use of smartphones in day to day life

5.2.1 Respondents use smartphones for

A smartphone is a mobile phone that can also be used as a computer but are small enough to fit in a user's hand. It has become an integral part of modern life over the years and can be great use to everyone.

Table 6: General uses of smartphones

S.N.	Uses of smartphones	Frequency	Percentage
1	Entertainment	2	2.67
2	Calling your friends	1	1.33
3	Calling home whenever you are out	2	2.67
4	Business/office related work	9	12
5	Study purpose	7	9.33
6	Trend	1	1.33
7	Communication, study and for work essentials	1	1.33
8	All of above	52	69.33
	Total	75	100

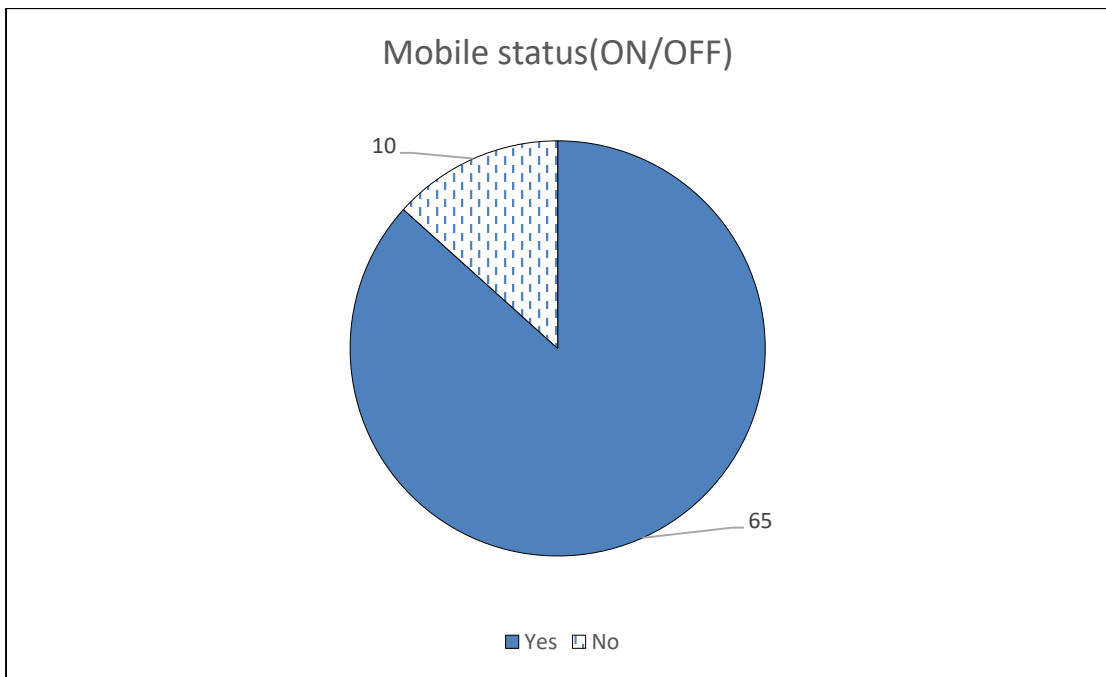
Source: Field Survey, 2022

The table 6 consists of different uses of smartphones. Majority of the respondents (52) agreed on all use of smartphones like, for entertainment, calling friends, calling home, business/office related work, study purpose, trend, communication, study and so on. 9 of the respondents use smartphone basically for business/ office related work, 7 for study purpose, 2 for calling at home whenever they are out of home, 1 for communication, study and work and 1 for calling friends. To sum up respondents use smartphone to access local information, search information, participate on social media/networking sites, reading news, entertainment, local services, and so on.

5.2.2 Mobile phone status (switch ON/OFF)

Smartphones are extremely convenient. They allow us to communicate in multiple ways. Switching off mobile phone at night reduces personal radiation exposure, adds phone's battery life, reduces energy consumption, and extends the overall lifespan of the phone. Respondents were asked about their phone status.

Figure 10 Mobile status (switch ON/OFF)



Source: Field Survey, 2022

Among 75 respondents, 65 of them keep their phone switch on during night too. Only 10 of them switch off at night. The collected response summarized that smartphone has become an important part of youth's life. Respondents also replied that they fall asleep with the help of the mobile phone. They know being much more dependent on the technology might affect their health seriously but also they are completely dependent on it.

5.2.3 Social Media Account

Social media accounts means any websites, applications and similar electronic means by which users are able to create and share information, ideas, personal messages, and other content (including, without limitation, text, photos and videos) or to participate in social networking. Facebook, Youtube, WhatsApp, Instagram, TikTok, Viber, Imo, Twitter, Club house, etc. are the examples of social media which are most popular among youngster at present context in world.

Table 7: Respondents social media account

S.N.	Social Media	Frequency	Percentage
1	Facebook	68	90.67
2	Twitter	40	53.33
3	Instagram	68	90.67
4	Youtube	68	90.67
5	LinkedIn	32	42.67
6	Viber	61	81.33
7	Google+	44	58.67
8	Pinterest	27	36
9	Snapchat	38	50.67
10	Whatsapp	63	84
11	Tiktok	44	58.67
12	Imo	14	18.67
13	Clubhouse	3	4
14	Hangout	1	1.33

Source: Field Survey, 2022

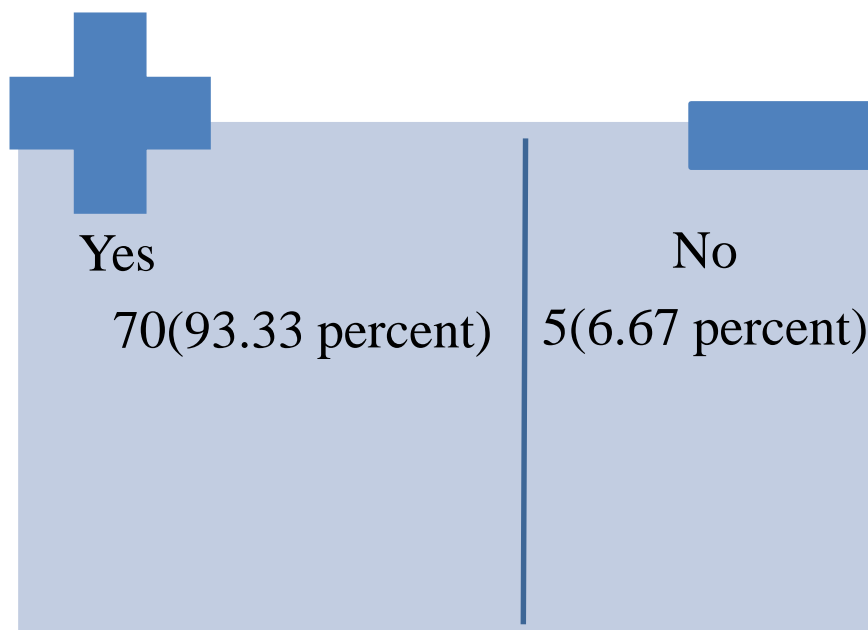
The above table consists of the frequency and percentage of respondents in accordance to the use of different social media. Among the Rotaractors of Pokhara valley, Facebook, Instagram and Youtube are more popular as 90.67 percent of respondents use it. 84 percent of respondents use WhatsApp, 81.33 percent use Viber, 58.67 percent use Google+ and Tiktok while 53.33 percent use twitter. Likewise, 50.67 percent uses Snapchat, 42.67 percent use LinkedIn, 36 percent use Pinterest, 18.67 percent use Imo, 4 percent use club house and only 1.33 percent use Hangout. Today's generation are the slave of the social media. Everything they do, see or whatever went has to be updated on the social media for the whole world to see. The majority of the respondents use smartphone more than 5 hours in a day using different social media.

5.2.4 Cultural exchange

Culture is the ideas, customs, belief and social behavior of a particular people or society. It is the way of life including arts, beliefs and instructions of a population that were passed down from generation to generation. It is the way of life for the entire

society as it includes codes of manners, dress, language, religion, art, rituals, traditions and many more. Smartphones are influencing culture of day-to-day life in different ways. The technology advancement has made better way to meet new people, move to a new place and exchange the way of living. It has altered the way people live, communicate, interact, and connect with others. The invention and rising popularity of the smartphone has completely transformed our culture of socialization and interaction.

Figure 11 Smartphone as a means of cultural exchange



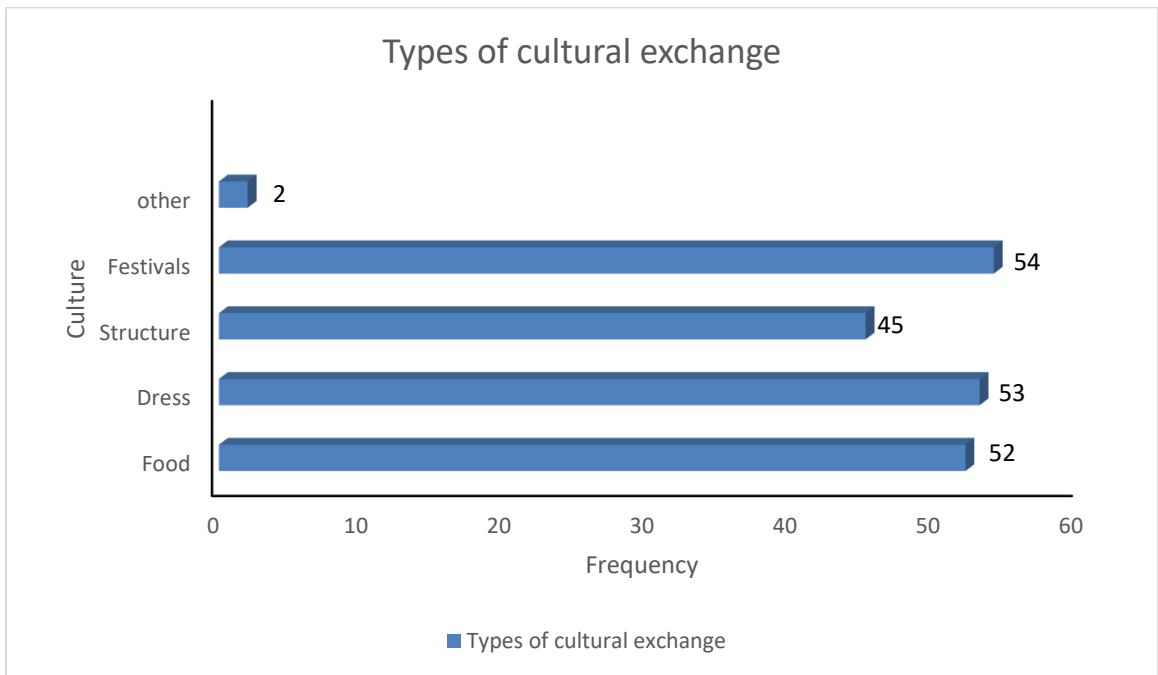
Source: Field Survey, 2022

Out of 75 respondents, 70 of them (93.33 percent) have agreed that smartphone is a means of cultural exchange while 5 of them (6.67 percent) didn't agree on it.

5.2.5 Types of cultural exchange

The food we eat, the structure of society we live in, the dress we wear, the festivals we celebrate, the traditions we continues, the manners we follows all are culture. It is a set of patterns of human activity within a community or social group and the symbolic structures that give significance to such activity. Customs, law, dress, architectural style, social standards, traditions are all examples of cultural elements.

Figure 12 Types of cultural exchange



Source: Field Survey, 2022

The figure 12 comprises of the respondents view on different types of cultural exchange. 54 respondents reported exchange and change in festivals can be seen as influence of the smartphone. 53 respondents also agreed on smartphone helps in dress or costume exchange. The people active in social media has access to other's culture customs and many more thus resulting to the cultural change. Likewise, 52 found change in food culture, and 45 found changes on social structure. The food recipe uploaded on TikTok, YouTube and other social sites has made possible to people to try new taste at home. Directly or indirectly smartphone is responsible for the different change and exchange of culture.

5.2.6 Smartphone aided in improving everyday life

The importance of smartphones is evident from the fact that it is present in the pocket of almost every individual. It has been proven as the highly ubiquitous computing devices with millions of smartphones are in use around the globe. The available smartphones' applications typically defines users' daily life activities such as audio/video calling, SMS/MMS messaging, web browsing, music listening, video watching, social networking, e-shopping, gaming, locations visiting, and many more.

Table 8: Smartphone aid in improving everyday life

S.N.	Smartphone aided in improving everyday life	Frequency	Percentage
1	Yes	73	97.33
2	No	2	2.67
	Total	75	100

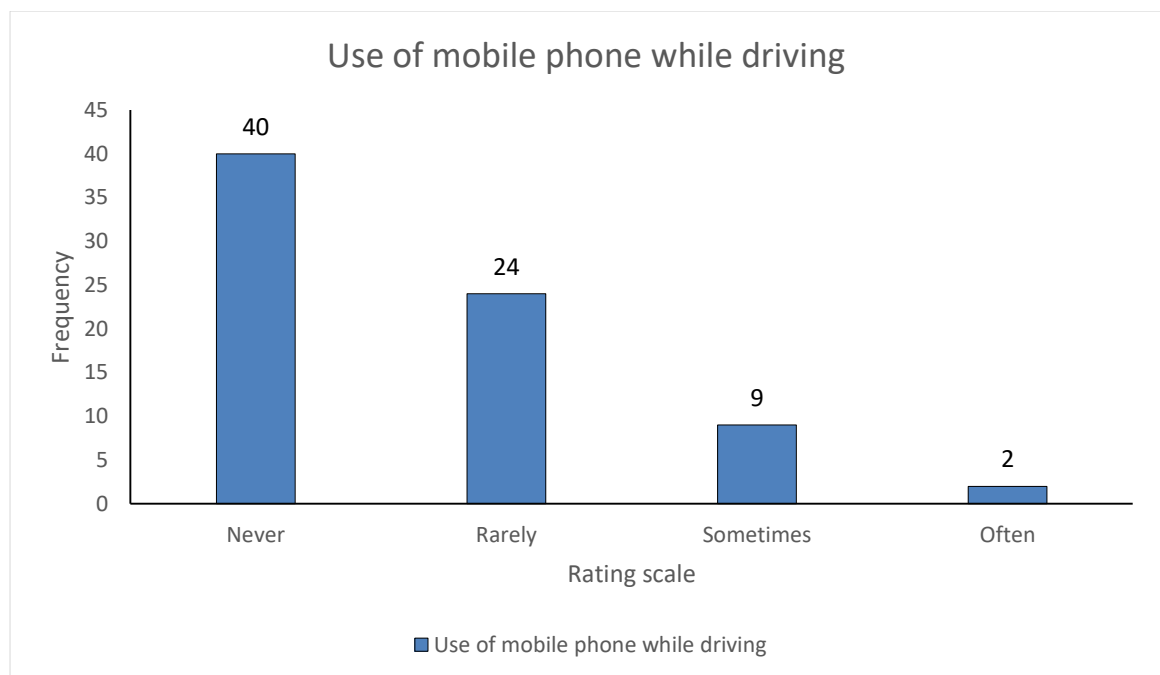
Source: Field Survey, 2022

The table 8 shows the respondents view on smartphone aided in improving everyday life. 97.33 percent respondents agreed on the statement that smartphone helped in improving everyday life but 2.67 percent denied on it.

5.2.7 Use of mobile while driving

It's illegal to hold and use a phone or any device that can send or receive data, while driving or riding a motorcycle. Using a mobile phone while driving leads to distraction. It falls under traffic rules violation and leads to a heavy penalty too.

Figure 13 Use of mobile phone while driving



Source: Field Survey, 2022

The figure 17 illustrates that the majority of the respondents i.e 40 never use phone while driving and 24 of them use rarely. Likewise, 9 of them uses phone

sometimes and only 2 confirmed that they often use phone while driving. Though its illegal and can lead life to risk the youth are ignoring it. The use of cell phone while driving makes risk of causing a crash and may seriously affect the traffic safety. The ignorance and negligence of the youth can spread negative impression and news among the teenagers that leads to disorder in the society.

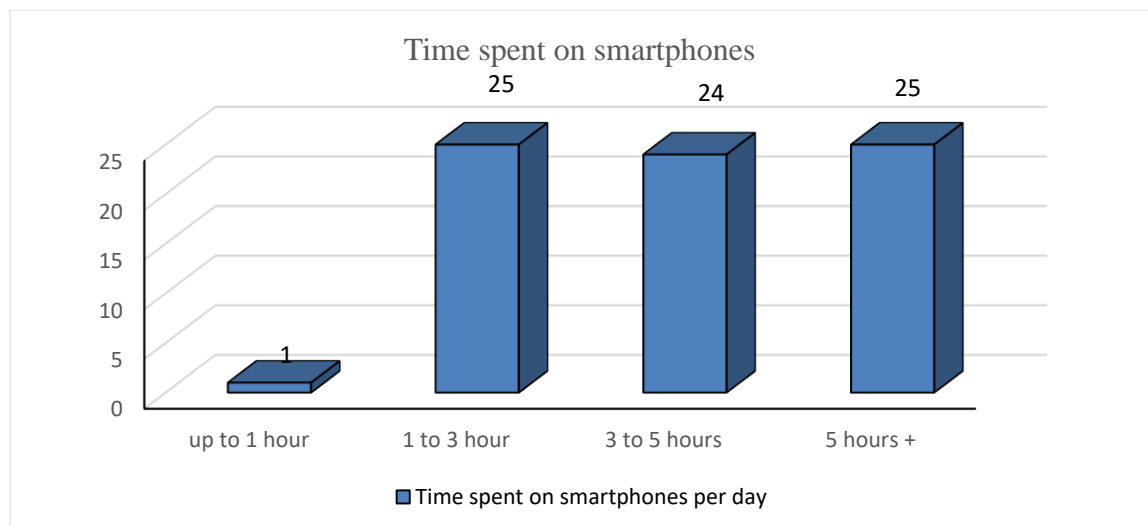
5.3 Effects of smartphones on youth family relation and public relation

As we all know that smartphones are directly connected with our daily life activities. This research was mainly focused on findings different types of effects on youth family and public relation.

5.3.1 Time spent on smartphone

The youth of this era are all based and dependent on the smart phones. Smart phones are something that we can see everywhere today, among children, students, senior citizens, laborers and workers of every kind. It helps us to communicate with our relatives, friends who are not near physically. More than this people use smartphone to learn and earn in these days. High proportions of youth engage in heavy smartphones use and media multitasking, with resultant chronic sleep deprivation, and negative effects on cognitive control, academic performance and socio-emotional functioning (Elia Abi Jaoude, 2020).

Figure 14 Time spent on smartphones



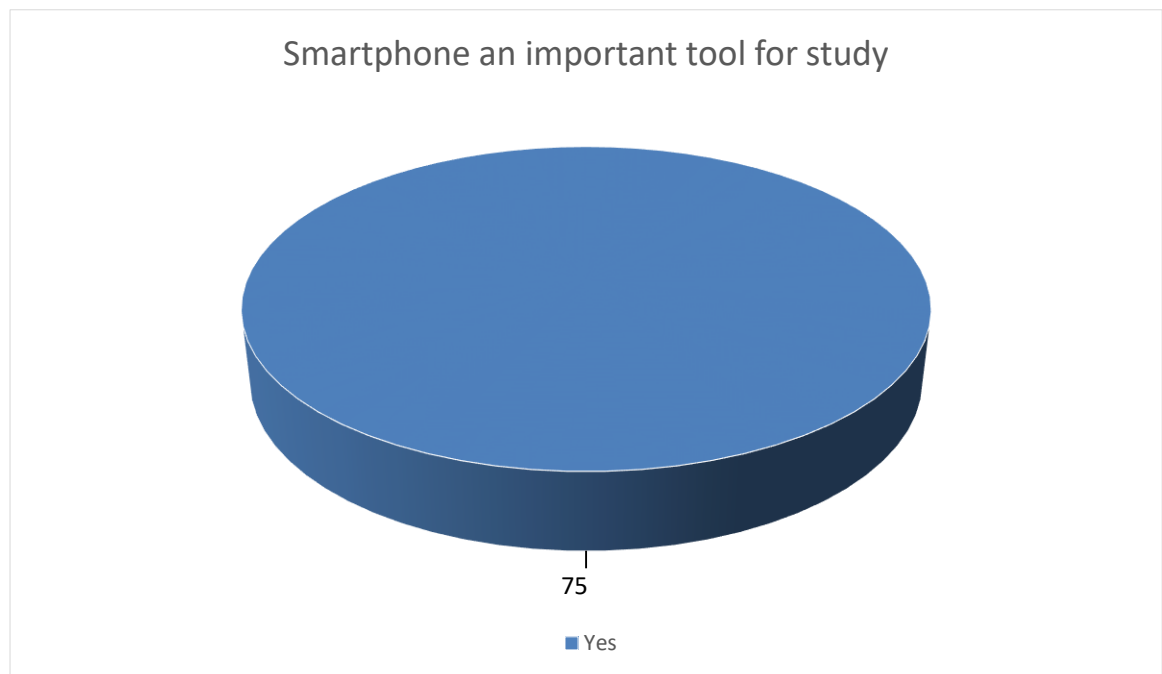
Source: Field Survey, 2022

The research conducted among the rotaractors of Pokhara came with the result that majority of them use their smartphones more than 5 hours a day. Out of 75 respondents, 25 of them use smartphone more than 5 hours in a day while other 25 uses it 1 to 3 hours. Similarly, 24 of them uses smartphone 3 to 5 hours a day and only 1 use it up to an hour a day. The people of this time have become slave of the smartphone. High proportions of youth engage in heavy smartphones use and media multitasking.

5.3.2 Views on smart phone becoming an important tool for study

The emerge of Covid-19 has collapsed the physical presence of people in public for certain period. It has made people limited to their home. All the organizations and public places remained closed. The advancement in technology made smartphone that helps schools and colleges to conduct online classes so that the study did not get affected. The use of smartphone is gradually becoming a compelling learning tool used to enhance teaching and learning in distance education.

Figure 15 Respondents view on smartphone as an important tool for study



Source: Field Survey, 2022

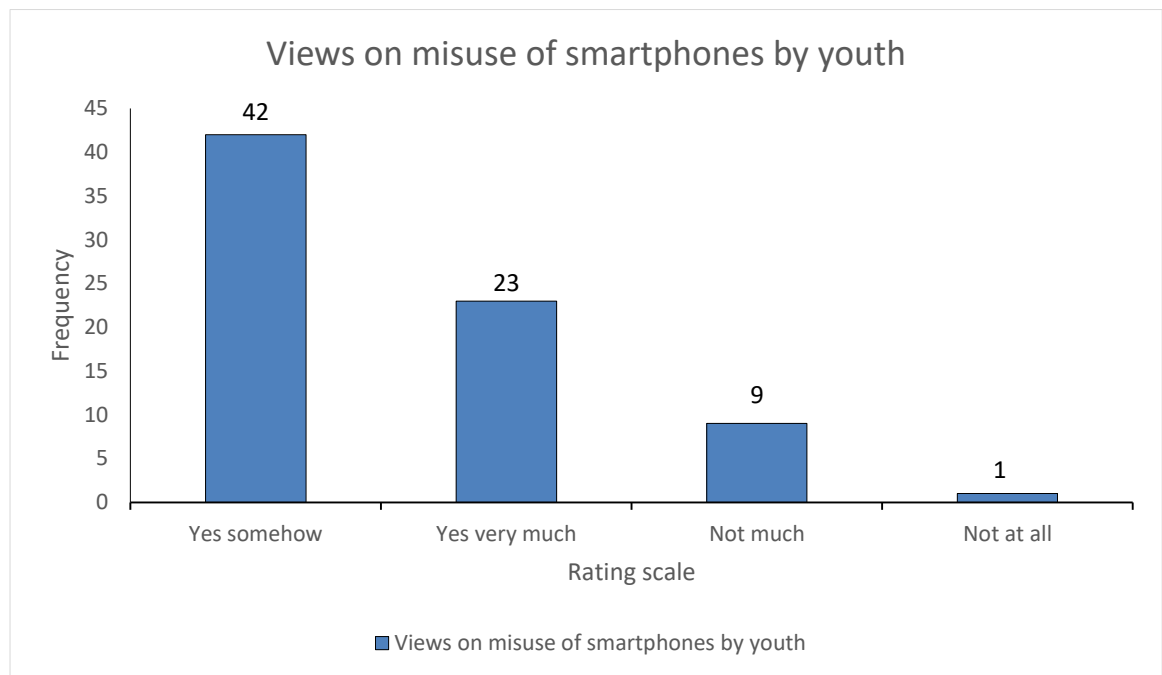
The respondents were the Rotaractors of Pokhara valley. As more than 50 percent of respondents are students all the respondents agreed on the statement that smartphone is important tool for study. Smartphone helps to find up-to-date

information, increases searching and learning skills and teaching. All the respondents finds smartphone a important tool for study.

5.3.3 Views on misuse of smartphones by youth

The smartphones went viral faster than any other plague in the history of the world. It has become an important part of the human life. It has made their transformations from one form to another. Teenagers and students are greatly affected by the evil side of smartphones. However, it depends on an individual either to go with positive side or be ruined by the negative part of the smartphone.

Figure 16 Views on misuse of smartphones by youth



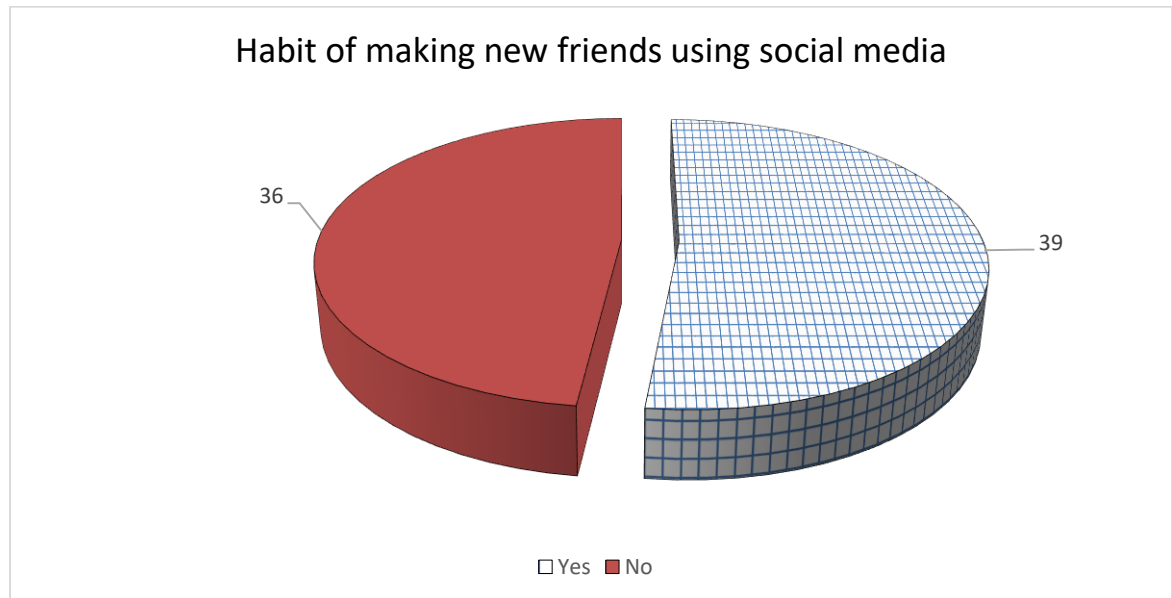
Source: Field Survey, 2022

The figure 15 illustrates that the high number of respondents i.e 42 agreed on smartphone are somehow misused by youth and 23 said that youth have very much misused the smartphones. Similarly, 9 responded on not much misuse of smartphone by youth and only 1 said youth not at all misused smartphones. Mobile phone itself has no disadvantages. The biggest aspect behind the misuse of phone is the social media.

5.3.4 Habit of making new friends using social media

Social media sites including Facebook, Instagram, TikTok, Viber, WhatsApp etc remain the most popular meeting grounds for teens and youths. Making friends is a part of socialization. The habit of making new friends sometimes keep people in trouble.

Figure 17 Respondents habit of making new friends using social media



Source: Field Survey, 2022

Among the 75 respondents, 36 of them have the habit of making new friends using social media while 39 of them do not have habit of making new friends using social media applications. People are interested to carry out their business and professions linked with the social account with the use of smartphones. Youths are actively activated with smartphones and are able to be familiar and create good public relations.

5.3.5 The relation between the members of the family

Using a smart phone for work purpose during family time can increase distress and strain on a family. Mobile devices distracted parents from responsiveness and sensitivity toward children during family interactions (Kildare & Middlemiss, 2017). Smartphone use in non-working hours could lead to poor work-family balance and induce family conflicts (Derks, van Duin, Tims, & Bakker, 2015)

The respondent also founds the chance of negative effects of using smartphones on the relation between the members of the family. All the respondents believe that being busy in smartphone might cause distance between the members of the family. They put forward their view that smartphones have both positive and negative effects. It would be benefits to those who use it wisely and harmful who misuses it. The smartphone helps the respondents to get connected to their family members and friends who are physically far from them. The smartphone and the developed technology has made life easier and made a world a global village. It has also brought distances in close relationships due to the more prioritization of smartphone rather than having interacting quality time. The respondents also felt that the spent more time on smartphone rather than being involved in family talks and gathering. The respondents found smartphone more addictive. They spent more time on phone leading themselves to depressions and anxiety problems. The respondents found that the intimacy and care is disappearing between the members of the family. The games, movies, entertainment packages and the internet had made people attracted towards the smartphones leading to distraction in social life. The availability of the internet and smartphones had decreased the bond between the family members and made youth enjoy in virtual world.

5.3.6 Negative impacts and activities created through the rapid use of smart phone

The respondents found different types of negative impacts due to the rapid use of smartphone. They had faced eye problem and scam issues. They felt that they had wasted their time on smartphone, procrastination, fake and misleading information.

5.3.7 Statements regarding smartphones and it uses.

Respondents were asked about the statements regarding the smartphones and its uses with linear scale (rating scale).

Totally agreed =TA

Somewhat agreed=SA

Neither agreed nor disagreed=N

Somewhat disagreed=SD

Totally disagreed=TD

Table 9: Statements regarding smartphones and it uses.

S.N.	Statement	TA	SA	N	SD	TD	Mode
1	The mobile has become a necessity today.	58	9	4	2	2	Totally agreed(58)
2	The mobile 'Model' you take tell you how fashionable you are	9	31	20	9	6	Somewhat agreed (31)
3	It's ok to use a mobile while driving	7	1	6	14	47	Totally disagreed (46)
4	Long conversation on a mobile are 'Okay'	7	15	24	18	11	Neither agreed nor disagreed (23)
5	My family has complained about how much I use my phone	16	23	19	12	5	Somewhat agreed(22)
6	If I lost my phone, I would order a replacement the same day if possible	25	23	18	6	3	Totally agreed (25)
7	My friends have complained about how much I use my phone.	5	15	18	19	18	Somewhat disagreed(19)
8	I don't go anywhere without my phone.	36	19	9	6	5	Totally agreed (36)
9	I would not interrupt social interactions to answer my phone	11	18	22	15	9	Neither agreed nor disagreed (Neutral-22)
10	My colleagues have complained about my phone use in meetings	3	13	15	11	33	Totally disagreed (33)

Source: Field Survey, 2022

The table 9 consists of different statement related to the smartphone uses. Among 75 respondents 58 of them totally agreed on the statement that mobile has become a necessity today and 9 of them are somewhat agreed, 4 of them are neutral, 2

of them are somewhat disagreed and 2 of them are totally disagreed. Figure 13 illustrates that all respondents find smartphone as an important tool for study. They use the smartphones for calling purposes, entertainment, to learn, to earn, business purpose and trend (Table 7). Figure 7 shows that majority of the respondent's find phone as more applicable means of communication.

31 of the respondents believe that the mobile 'Model' they take tell how fashionable they are and 20 stays neutral to it 9 are totally agreed, 9 are somewhat disagreed and only 6 are totally disagreed. As the smart phones influence the today's generation the youth are updated to its latest version. The modernization and more advancement of the technology had made updated to fashion trend.

Though the respondents use the mobile phone sometimes while driving 47 of them had totally disagreed to use mobile while driving, 14 are somewhat disagreed and 6 are neutral on it. Similarly, 7 are totally agreed and 1 is somewhat agreed on the use of mobile while driving. Use of mobile phone while driving is the violation of traffic rules and the risk of crash.

Highest number of respondents i.e. 24 recorded their view as neutral on statement ' Long conversation on a mobile are Okay', 18 are somewhat disagreed, 15 are somewhat agreed, 11 are totally disagreed and only 7 are totally agreed. As respondents are youth they know the effects that smartphone could bring to them.

Among 75 respondents 23 of them are somewhat agreed on the statement that their family has complained about how much they use their phone, 19 of them stays neutral, 16 of them totally agreed, 12 of them are somewhat disagreed and 5 of them are totally disagreed. The figure 14 explains that the maximum of the respondents spent more than 5 hours in a day using smartphones. The youth gets too busy in their smartphones that also ruins the family time. So maximum respondent's parents complained them about their long time use of smartphone.

If the respondent lost their phone, 25 would order a replacement the same day if possible. Likewise, 23 of them somewhat agreed on it, 18 stays neutral, 6 somewhat disagreed and 3 totally disagreed. The dependency and attachment to the technology has increased so much that today's youth find world within it.

The majority of the respondents agreed on their parents complain on their excessive use of mobile phone. Only 5 respondents totally agreed on their friends complain on their use of mobile phone, 15 somewhat agreed, 18 of them are neutral, 19 somewhat disagree and 18 strongly disagree on it.

The smartphone phone is an integral part of the youth as everyone had it. Out of 75 respondents 36 of them will not go anywhere without phone. 19 of them are somewhat agreed on it, 9 stays neutral, 6 are somewhat disagreed and 5 of them totally disagreed on it. Smartphone has been so addictive to today's youth. People loves to stay at home, go through smartphones rather going to public places, and interact with other people.

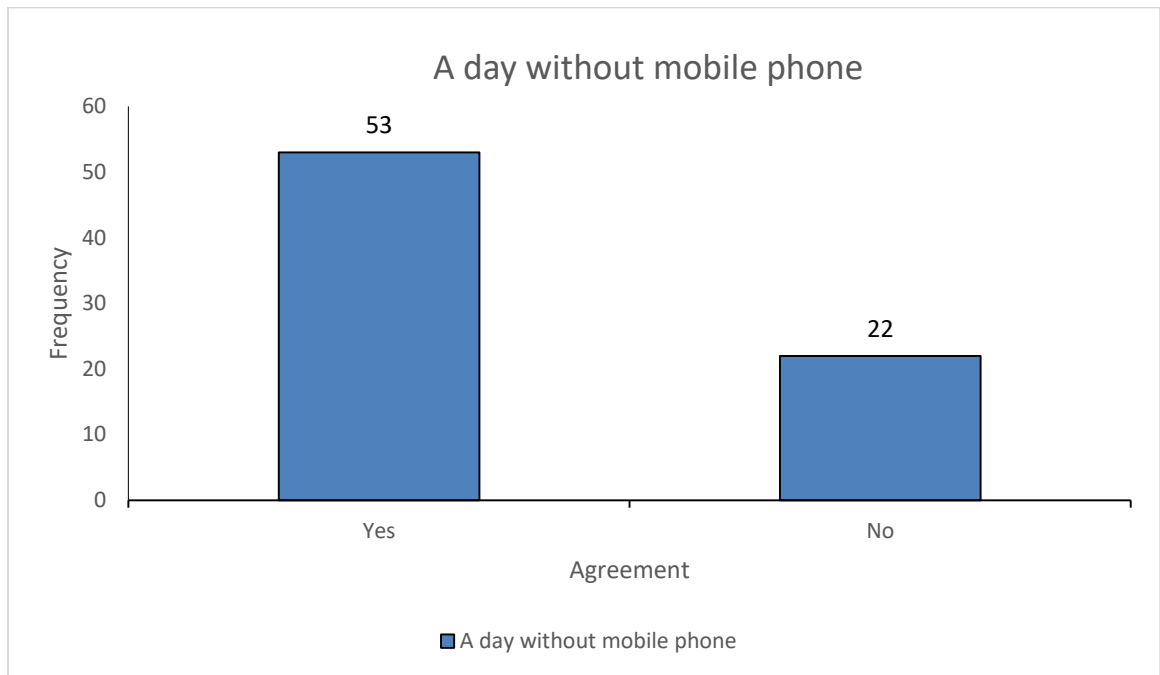
The development of science and technology has made world smaller but we can feel the physical distance among the members in the society. The social relationships resulted from social interactions and social structure can make a society bond stronger. Majority of the respondents are neither agreed nor disagreed in the statement that they would not interrupt social interactions to answer their phone. Only 11 are totally agreed, 18 are somewhat agreed, 15 somewhat disagreed and 9 are strongly disagreed on it.

Among 75 respondents, only 3 of them are strongly agreed to the point that their colleagues have complained about their phone use in meetings, 13 are somewhat agreed, 15 are neutral to it, 11 are somewhat disagreed and majority 33 of them are totally disagreed on this. The rotaract members frequently need to be participated in different meetings and seminars.

5.3.8 A day without mobile phone

Without phones, life would have been the same as a few decades ago, where people used letters to communicate. A study by global tech protection and support company Asurion found that the average person struggles to go little more than 10 minutes without checking their phone.

Figure 18 A Day without a mobile phone



Source: Field Survey, 2022

Figure 18 comprises of the data of respondents' view on their day without their mobile phone. 53(70.67 percent) respondents said that they can do without a mobile phone for a day but 22 (29.33 percent) of respondents said they cannot stay without a mobile for a day. The youth are much more dependent on the information and technology. Though the majority of the respondents can stay without a mobile phone for a day 29 percent of them said that it would require inner strength and willpower to keep phone far from them. Too much addiction with phone causes many problems to users.

5.3.9 Relationship with family

The excessive use of smartphones in young people has caused deterioration in family relationships. Smartphone has become an addiction for many. Instead of youth concentrating their life goals or any other activities, they are spending lots of time looking through social media. Playing games, seeing videos and listening music, on smartphone through internet. Smartphones have changed present society in many ways and, they have a massive role in making our daily life convenient. We can now do countless things using a smartphone, which was not possible before. However, we cannot deny the negative effects of smartphones on society and our lives.

5.3.9.1 The intimacy, closeness with family members

Table 10: Affects the intimacy, closeness with family members

S.N.	Rating Scale	Frequency	Percentage
1.	Totally Agrees	27	36
2.	Somewhat Agrees	32	42.67
3.	Neither Agree nor Disagree	13	17.33
4.	Somewhat Disagree	1	1.33
5	Totally Disagree	2	2.67
	Total	75	100

Source: Field Survey, 2022

The table 10 shows that the majority of the respondents somewhat agrees and 27 totally agrees on the statement that smartphones affects the intimacy, closeness with family members. Likewise, 13 stays neutral, 2 totally disagrees and only 1 somewhat disagreed on it.

5.3.9.2 The feeling of insecurity

Table 11: Increases the feeling of insecurity

S.N.	Rating Scale	Frequency	Percentage
1.	Totally Agrees	20	26.67
2.	Somewhat Agrees	22	29.33
3.	Neither Agree nor Disagree	24	32
4.	Somewhat Disagree	4	5.33
5	Totally Disagree	5	6.67
	Total	75	100

Source: Field Survey, 2022

The majority of the respondents that is 24 stays neutral to the point that the smartphone increases the feeling of insecurity, 22 somewhat agreed, 20 totally agreed, 5 totally disagreed and only 4 somewhat disagreed on it.

5.3.9.3 Mutual commitment & support

Table 12: Reduces mutual commitment & support

S.N.	Rating Scale	Frequency	Percentage
1.	Totally Agrees	11	14.67
2.	Somewhat Agrees	31	41.33
3.	Neither Agree nor Disagree	18	24
4.	Somewhat Disagree	12	16
5	Totally Disagree	3	4
Total		75	100

Source: Field Survey, 2022

Among 75 respondents, 31 of them somewhat agreed, 18 stays neutral, 12 somewhat disagreed, 11 totally agreed and only 3 totally disagreed on the statement that smartphone reduces mutual commitment and support. The majority agreed that smartphone directly or indirectly affects in the mutual relationships of the people.

5.3.9.4 Mutual understanding

Table 13: Reduces mutual understanding

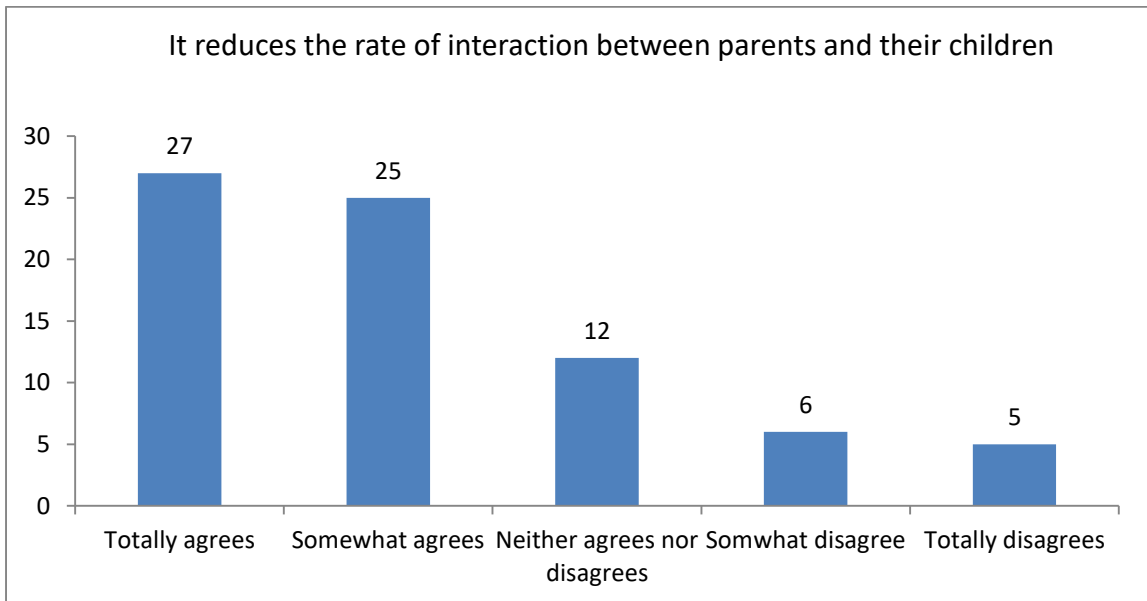
S.N.	Rating Scale	Frequency	Percentage
1.	Totally Agrees	14	18.67
2.	Somewhat Agrees	21	28
3.	Neither Agree nor Disagree	22	29.33
4.	Somewhat Disagree	15	20
5	Totally Disagree	3	4
Total		75	100

Source: Field Survey, 2022

The research has find out that only 14 of the respondents totally agrees, 21 somewhat agreed, 22 stays neutral, 15 somewhat disagreed and 3 totally disagreed on the statement that smartphone reduces mutual understanding. The respondents have been through the condition and phase of misunderstanding due to the phone.

5.3.9.5 The rate of interaction between parents and their children

Figure 19 It reduces the rate of interaction between parents and their children

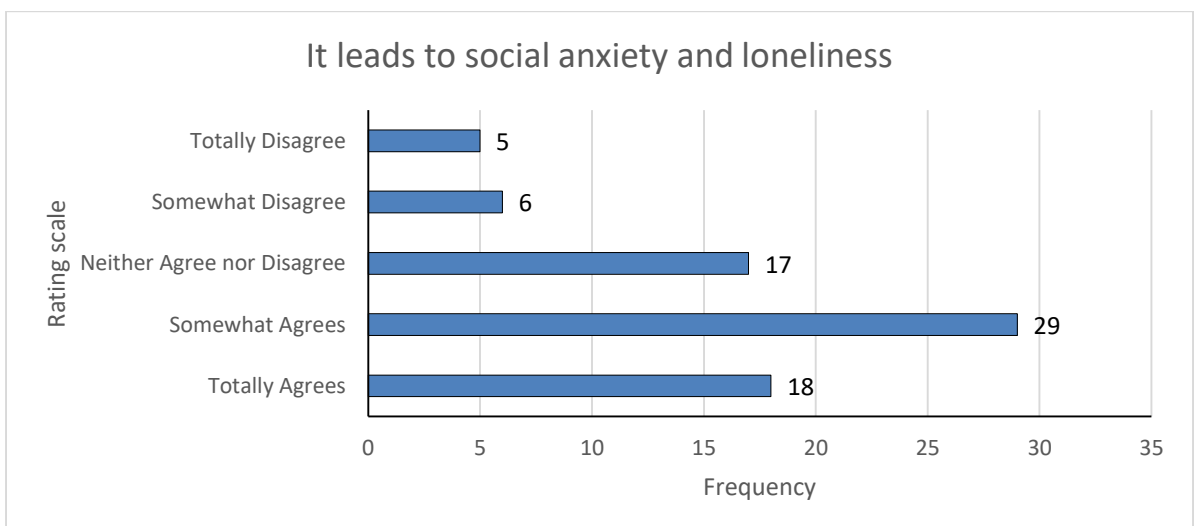


Source: Field Survey, 2022

The above figure 23 shows that the majority of the respondents that is 27 totally agreed with the statement that smartphone reduces the rate of interaction between parents and their children. Likewise, 25 of them somewhat agreed, 12 stays neutral, 6 of them somewhat disagreed and only 5 totally disagreed on it. Being more actively engaged in the smartphones has let the young generations have gap in the relationships with their parents.

5.3.9.6 Social anxiety and loneliness

Figure 20 It leads to social anxiety and loneliness



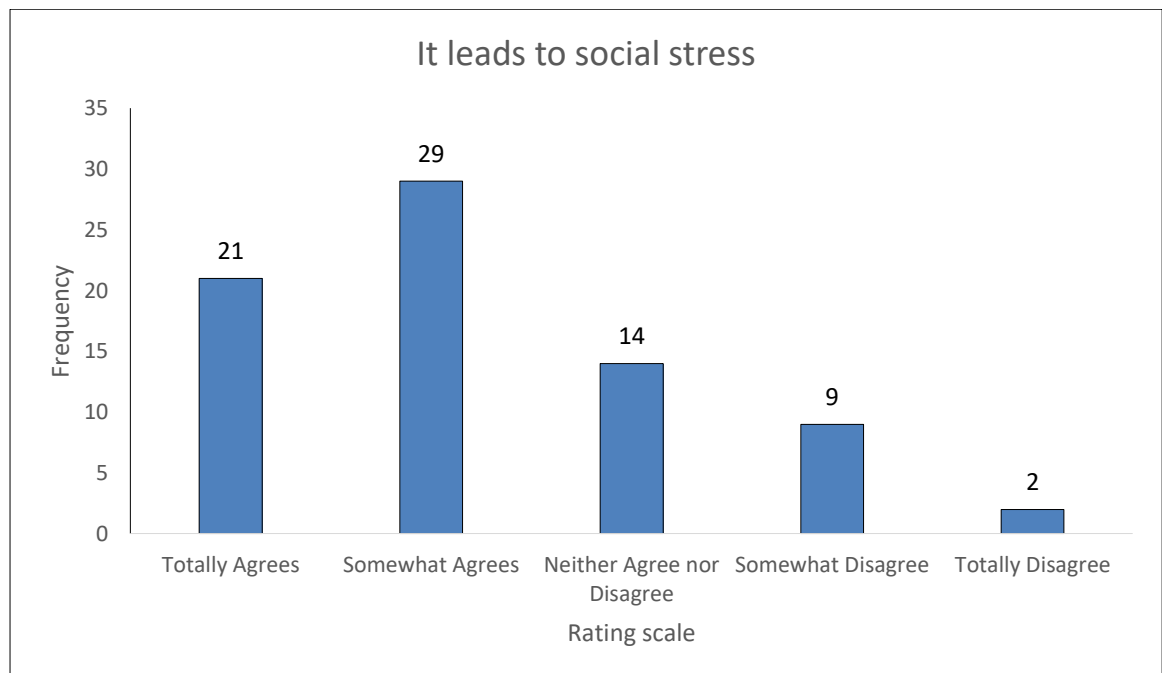
Source: Field Survey, 2022

Among 75 respondents, the majority that is 29 of them somewhat agreed on the statement that smartphone leads to social anxiety and loneliness. Likewise, 18 of them totally agreed, 17 of them stays neutral, 6 of them are somewhat disagreed and only 5 of them totally disagreed. Hence, the majority of the respondents somewhat agreed with the statement that it leads to loneliness and social anxiety if they depend too much on the smartphones.

5.3.9.7 Social stress

According to NBC Washington, “Research now points to smartphones-driven social media as one of the biggest drivers of stress.” (Washington, 2019). Social stress is said to come from an over excessive use of smartphones, too. Because there are so many individuals who use smartphones to communicate so frequently, certain maladaptive habits are or can be formed. (M Sapacz, G. Rockman & j clark, 2016) Since, overusing smartphones can lead to addictive behavior, emotions come into play. Because so many individuals are devoted to their smartphones, it is possible for them to develop anxiety or social stress when the phone is not in clear sight or reach. It is evident that it is harder for individuals to interact in social settings, if the smartphone is not there to guide them, in a way.

Figure 21 It leads to social stress



Source: Field Survey, 2022

The study conducted found that 29 of the respondents somewhat agrees to the statement that the smartphones lead to the social stress. Similarly, 21 of them totally agreed, 14 of them are neutral, 9 of them somewhat disagreed and only 2 of them totally disagreed on it. The respondents agree that being concerned or busy with the smartphones in a daily basis has led them to social stress.

5.3.10 Social experiences in public settings with other individuals

Smartphones have grown to be such an important part of our lives because they are constructed with communication capabilities that are extremely like that of a computer, just more convenient due to their portability. (Gladden D. , 2018). Social needs, social influences, and the convenience of the smartphone are all factors that contribute to an individual's dependence on the smartphone that they possess. People, currently, are attached to their smartphones and use them to access any information they may need. Evidence was found in a study that proved there is a significant relationship between social needs and smartphone dependence (Sapacz et al., 2016).

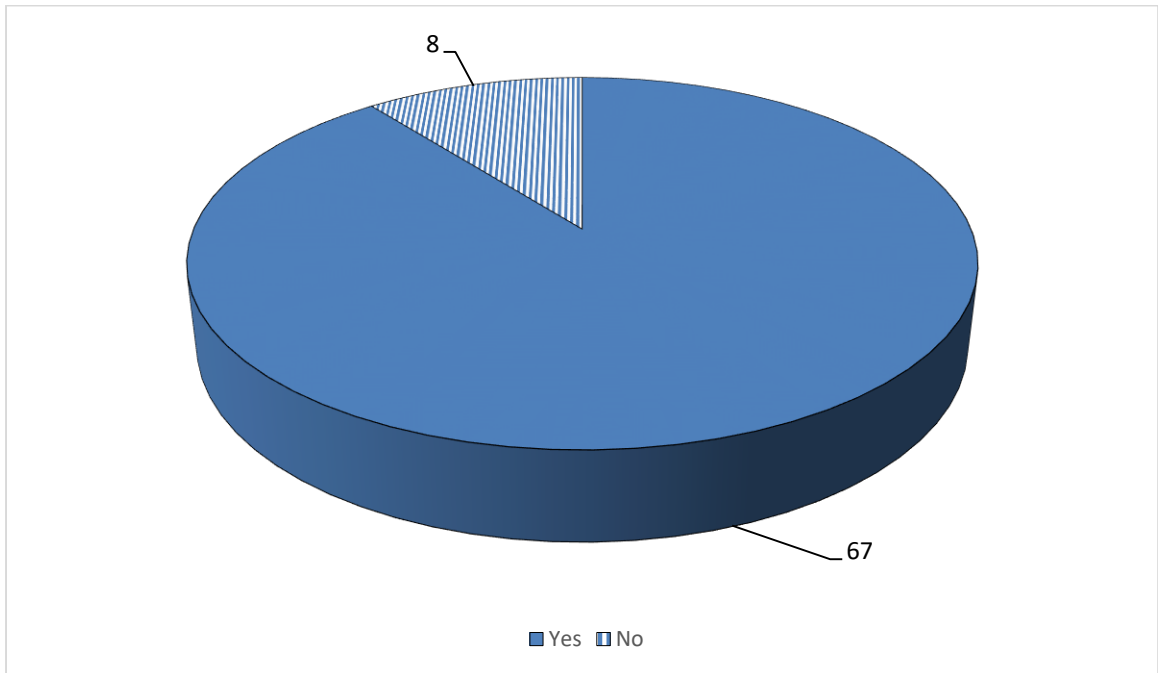
The respondents reflect that being distracted by your screen during conversation with friends and family can put ways in a relationships. They also found that the children also engaged more with the phone and got addicted to the online games like free fire and PUBG.

5.3.11 Phubbing and pulling out Mobile Phones

Below is the one of the response from respondents from respondents where he has confessed about his nephew habit of using smartphones while someone is come to visit his house. He has no any interest to talk with their relatives because he is busy to play game.

I have one sister. Sometimes, I visit her home to meet her. Her husband goes to office and she becomes busy in kitchen. Her son is 18 years old. He is addicted to free fire whenever I tried to interact with him he feels disturbed and irritated. So that made me feels a kind of weird. He does not feel good to enjoy with the people and outside world. The smartphone has made him far from the outside world.

Figure 22 Phubbing and pulling out cell phone at the dinner table or in the middle of a conversation is just bad cell phone etiquette



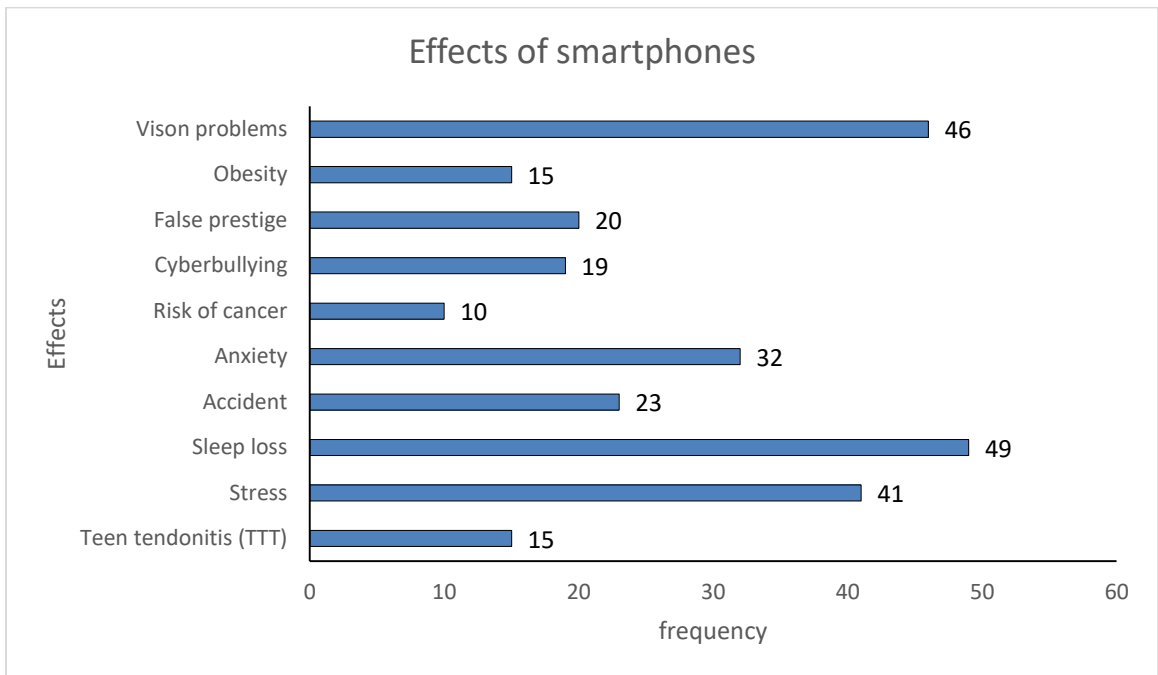
Source: Field Survey, 2022

The figure 22 reflects that majority of the respondents that is 67 agreed and only 8 of them disagreed that phubbing and pulling out cellphone at the dinner table or in the middle of a conversation is just bad cell phone etiquette. They also find this action hurt relationships as well as distract everyone around that lead to people around feel ignored or snubbed.

5.3.12 Effects of smartphones on respondents

Smartphones are an integral part of our lives, but scrolling and staring at screens long time results in negative impacts. With smartphones we have a whole encyclopedia and beyond of information at our fingertips at any point in time. The more time youth spend at a screen, the less time they spend interacting in person with others. This makes it more difficult to establish interpersonal connections and strong relationships, which are important for mental health and health of community at large.

Figure 23 Effects of smartphones



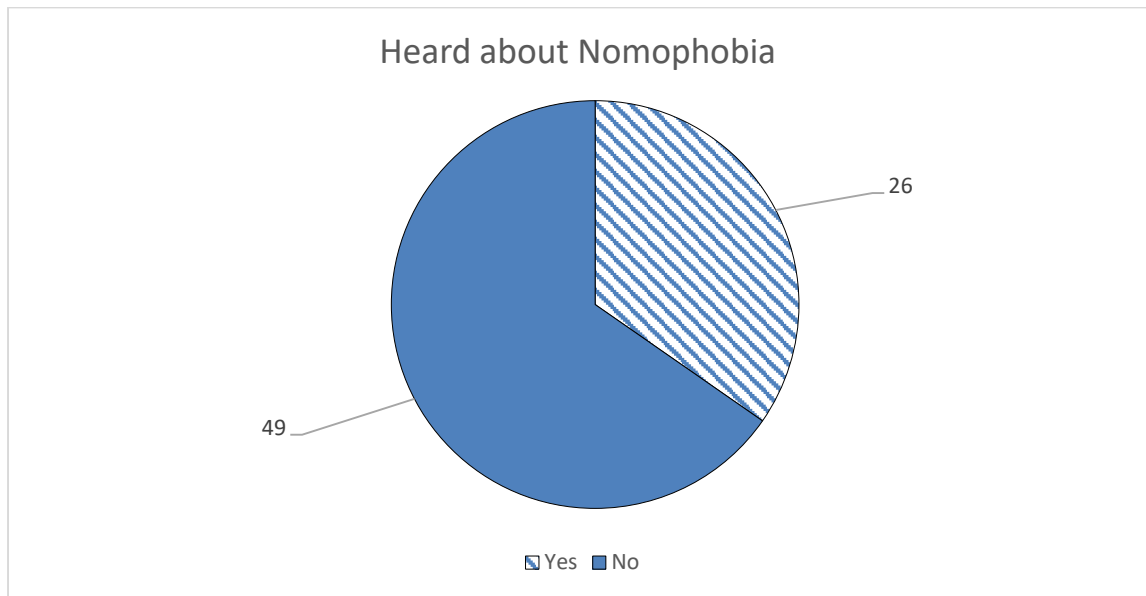
Source: Field Survey, 2022

Among 75 respondents, 46 of them gets visual problem from the continuous use of smartphones, 15 got Obesity, 20 were in false prestige, 19 get cyber bullying, 2 also get risk of cancer and 32 get anxiety. 23 respondents meet an accident due to the use of smartphone while driving. They also reported it was a minor accident but the smartphone use make them far from the interactive world. 49 respondent feel sleep loss, 41-get stress due to phone and 15-get teen tendonitis too. Along with these various effects felt by the respondents, the smartphone also leads to the mental laziness.

5.3.13 NOMOPHOBIA

The term 'NOMOPHOBIA' or No Mobile Phone Phobia is used to describe a pshycological condition when people have a fear of being detached from mobile phone connectivity. The smartphone addiction is so prevalent that it is already considered to be like any other addiction to harmful substances. Nomophobia promotes the developmental of mental disorders, personality disorders, as well as problems in people's self-esteem, loneliness and happiness.

Figure 24 Heard about Nomophobia



Source: Field Survey, 2022

Among 75 respondents, 65 percent had not heard about the term Nomophobia while only 35 percent had heard about it. The state of Nomophobia leads an individual to a great health impact with repercussions on study and work. It also influences the relationships and interactions between individuals, producing a distance and isolation from the physical and social world.

5.4 Suggestions

We live in a world where even a newborn is smart enough to operate a smartphone, or maybe it is just the carelessness of the parents who let the newborn child near a phone, of which he clearly has no apparent need. Some parents even give their phones to the children to distract them from crying (Prajapati, 2021).

The respondents have suggested every youth to use smartphone smartly. The proper use of the smartphone would lead to the success while being much more attached and dependent with it lead to mental stress and different health and social problems. Everything has its pros and cons. In general, smartphone plays vital role in youth's life. It is the source of knowledge, information and a medium to make life easier. Using smartphones and being totally addicted to it sometimes creates misunderstanding in social setting and leads to serious health problems as well. The youth should not let the smartphone to take anyone space. Being social and more interactive in social world is more important than being online every hours.

CHAPTER VI

SUMMARY, CONCLUSION AND RECOMMENDATIONS

In this chapter, the overall summary is presented to give a bird eye view to this research work. The succeeding section presents the major findings in detail where the results of the study are discussed. The data was obtained through methods of data extractions i.e. structured questionnaires is integrated. The globalization has made easy access of international brand of mobile phones on everyone's hand. The world is a single village now due to the availability of smartphones and internet. The modernization has changed the world a lot in the present context. People has changed a lot from traditional culture of 'Katuwal' (a person who gives information about the news of any events to the villagers by shouting from the peak of the village) to multimedia message.

6.1 Summary

Smartphone has become an addiction for many. Instead of youth concentrating their life goals or any other activities, they are spending lots of time looking through social media. Playing games, seeing videos and listening music, on smartphone through internet. The study has the objective to see the impact of smartphone on today's youth. In order to fulfill the purpose of study, a structured questionnaire was developed as a data collection tools and techniques. Thus, the data collected for the study are primary resources.

The respondents of the questionnaires were youth of different Rotaract Clubs of Pokhara city. Similarly youth are engaged in different organization and some of them are student as well. The collected data have been analyzed by using different tools like Word, Excel, Pie-Chart, Graph Chart etc. and qualitative data have been analyzed manually. Result of the data has been analyzed by using various tables and diagrams.

- The respondents are youth member of the different Rotaract clubs of Pokhara. Among 75 respondents, 65.33 percent are from 18 to 25 years age group, 32 percent are from age group 26 to 33 years, , and only 2.76 percent are from age group 34 to 41 years. So, the highest frequency age group is of age 18 to 25years.

- It is recorded that 48.96 percentage male and 51.04 percentage female, which shows the less number of female.
- Major 5 caste/ethnic group are identified among the rotaractors in Pokhara. They are Brahmin (46), Chhetri (17), Janajatis (10), Newar (1) and Dashnami (1).
- 94.67 percent follows Hinduism, 4 percent follows Buddhism, 1.3 percent of the respondents recorded their other religion categories.
- The majority of the respondents are bachelor degree holder i.e. 47 followed by master's degree i.e. 14. 13 respondents have passed intermediate level only and only 1 respondent is S.L.C. passed out.
- Out of 75 youth, the half of the respondents i.e. 50.7 percent is students, 18.67 percent are doing their own business while 6.7 percent are banker, 6.7 percent are teaching at college and universities. Similarly, 1.3 percent are freelancer, 1.3 percent are graphic designer, 2.7 percent are media personnel, 1.3 percent are involved in governmental job, 2.7 percent are project associates, 1.3 percent are civil engineers, 1.3 percent are consultant, and remaining 1.3 percent are accountant.
- Majority of the respondents (41.3 percent) have no earnings, as 50.67 percent of them were students. Similarly, 18.67 percent of respondents earns 3 to 5 lakhs annually, 14.67 percent earn 1 to 3 lakhs per year, 12 percent earn 5 lakhs and above while only 7 percent earns up to 1 lakh annually. It shows that majority of the respondents are with no income and dependent on family members for their basic and all types of need.
- All respondents owned a mobile phone. Among 75 respondents, 42 of them find mobile phone, 32 finds internet and only 1 finds television as an important means of communication. The advancement in science and technology had made world a global village. The youth finds everything within their mobile phone.
- The maximum respondents i.e. 22 are using Apple company phones while 21 of them are Samsung users. 8 of the respondents are using Red MI, 7 are using MI, 3 are One plus users, 2 are Vivo users, 1 is Motorola user, 1 in Real me user and other 10 respondents are user of other different mobile company

- Majority of the respondents have bought mobile phones by themselves. 53.33 percent responded on self. 36 percent got mobile from their parents, 2.67 percent got from relatives (Mama/Fhupu), 2.67 percent got from company, 2.67 percent got from sister/brother and 2.67 percent got from their spouse.
- That the majority of the respondents started using mobile phone at the age of 16. 21 respondents use mobile phone at the of 16 years, 15 use at age of 17, 11 use at the age of 18, 5 at age of 19, 4 at age of 12, 3 at age of 13, 3 at age of 20, 1 at age of 10, 1 at age of 11 and 1 at age of 24.
- The majority of respondents (49) had submitted their reason, as they wanted to buy smartphone, so they bought it. 13 of them mentioned that they need smartphone for communication and other daily basic needs. 8 respondents found everybody around them had one with them already, so they took one. Likewise, 4 took mobile phone as they are inspired by their parents and friends. Only 1 respondent took smartphone for study purpose.
- More than half of the respondents i.e., 62.67 percent purchased smartphone as it makes easily accessible to other people. 20 percent purchased it because it is easy to communicate with friends. Similarly, 12 percent purchased it as it gives convenience of calling anytime. 1.33 percent prefers smartphone due to absence of landline phone at home and 1.33 percent purchased it to learn new things.
- Majority of the respondents (52) agreed on all use of smartphones like, for entertainment, calling friends, calling home, business/office related work, study purpose, trend, communication, study and so on. 9 of the respondents use smartphone basically for business/ office related work, 7 for study purpose, 2 for calling at home whenever they are out of home, 1 for communication, study and work and 1 for calling friends. To sum up respondents use smartphone to access local information, search information, participate on social media/networking sites, reading news, entertainment, local services, and so on.
- Among 75 respondents, 65 of them keep their phone switch on during night too. Only 10 of them switch off at night. The collected response summarized that smartphone has become an important part of youth's life. Respondents also replied that they fall asleep with the help of the mobile phone. They know being much more dependent on the technology might affect their health seriously but also they are completely dependent on it.

- Among the Rotaractors of Pokhara valley, Facebook, Instagram and YouTube are more popular as 90.67 percent of respondents use it. Today's generations are the slave of the social media. Everything they do, see or whatever went has to be updated on the social media for the whole world to see. Most of the respondents use smartphone more than 5 hours in a day using different social media.
- Out of 75 respondents, 70 of them (93.33 percent) have agreed that smartphone is a means of cultural exchange while 5 of them (6.67 percent) didn't agreed on it.
- Among 75 respondents, 54 respondents reported exchange and change in festivals can be seen as influence of the smartphone. 53 respondents also agreed on smartphone helps in dress or costume exchange. The people active in social media has access to other's culture customs and many more thus resulting to the cultural change. Likewise, 52 found change in food culture, and 45 found changes on social structure.
- The food recipe uploaded on TikTok, YouTube and other social sites has made possible to people to try new taste at home. Directly or indirectly, smartphone is responsible for the different change and exchange of culture.
- As more than 50 percent of respondents are students all of the respondents agreed on the statement that smartphone is important tool for study. Smartphone helps to find up-to-date information, increases searching and learning skills and teaching. All the respondents find smartphone an important tool for study.
- The respondents view on smartphone aided in improving everyday life. 97.33 percent respondents agreed on the statement that smartphone helped in improving everyday life but 2.67 percent denied on it.
- The research conducted among the rotaractors of Pokhara came with the result that majority of them use their smartphones more than 5 hours a day. Out of 75 respondents, 25 of them use smartphone more than 5 hours in a day while other 25 uses it 1 to 3 hours. Similarly, 24 of them uses smartphone 3 to 5 hours a day and only 1 use it up to an hour a day. The people of this time have become slave of the smartphone. High proportions of youth engage in heavy smartphones use and media multitasking.
- The high number of respondents i.e. 42 agreed on smartphone is somehow misused by youth and 23 said that youth have very much misused the

smartphones. Similarly, 9 responded on not much misuse of smartphone by youth and only 1 said youth not at all misused smartphones. Mobile phone itself has no disadvantages. The biggest upset behind the misuse of phone is the social media.

- Among the 75 respondents, 36 of them have the habit of making new friends using social media while 39 of them don't have habit of making new friends using social media applications.
- The respondents also found the chance of negative effects of using smartphones on the relation between the members of the family. All the respondents believe that being busy in smartphone might cause distance between the members of the family.

6.2 Conclusions

Smartphones are wonderful navigational tools and facilitates the world of information resources on one's fingertips. Smartphones have brought a massive change in the Lifestyle of people, and they feel comfortable in offering user a vast platform for communication and access to a wide range of applications anything, anytime and anywhere happens /happening in the world comes to be known within no time.

Smartphones with the interesting features and services have made individual's life enjoyable and keeps record of each moment. The new cult of taking selfish have become trending in the present world. The technological power of the smartphone is tremendous and it is quite a learning tool for all especially youth. These technological gadgets have made our life very comfortable. As it facilitates one to do a lot of work pertinent to Education, Research, Business, Entertainment, and Sports etc.

Most of the respondents are the students, so they had used their phone for the study purpose. The youth are too dependent on the phone as they become too much dependent on the smartphones. Many respondents replied that they do their work through phones too. The students earn from a part time job using smartphones. It has become a medium to contact, for entertainment, and a tool for income as well/ smartphones have made everything easier and smarter. The excessive use of mobile (smart) phones in young age people has caused deterioration in family relationships (Amir, 2015)

The research shows that most of the respondents that is 49 have taken mobile phone because it's their own wish and desires to get it. The smartphones make easy accessible to other people so 62.7 percent are attracted towards phone. Likewise, 20 percent found smartphone as an easy tool to communicate with friends. Every people around us have one smartphone. The life is difficult without smartphone. The research found that youth use smartphone and they are active on social media like, Facebook, YouTube, Twitter, Instagram, Viber, TikTok, and so on.

The respondents have submitted their view that smartphone is really a helpful means of communication. They use it for study purpose, entertainment purpose, earning purpose and so on. The majority of the youths have started using mobile phones at the age of 16. The youth have found that the adverse effect of smartphones and its positive effects all depend upon the users. The more smartly we can use smartphone the more benefits we can get from it. Majority of the respondents found that the youth are misusing the smartphones. There is the relationship between the use of the smartphone with family relationships, evidencing the deterioration of the face to face interaction between parents and children, poor compliance with family functions of socialization, recreation and affection that young people lack and the communication styles they participate at home are mostly passive.

Besides it, smartphones keep one connected with social networks and enable one to online shopping, latest news updates and sports. However, it has also proved negative effects when not used properly. Especially, Teenagers are mostly addicted to it and causes negative results on them both health's problems (like Eyesight problems, neck and back pain, Alienation, Brain tumor) and financial issues. A new phobia has been developed known as NOMOPHOBIA (fear of being without a phone) is very common problem found among teen ages. Further, health related issues like Nerve problem, Anxiety and Depression are other seriously concerns. Overuse of smartphones may lead to psychological and physiological complication (researchgate, 2019). However, keeping things in moderation and restricting usage hours goes a long way in ensuring their well-being as well as inculcating good behavioral habits, moral values, and education (research gate, 2019). The youth must regulate the proper use of the smartphone in family spaces, avoiding the deterioration of family relationships (Chaffey, 2022).

At last we can clearly say that smartphones may bring social anxiety. Social anxiety is characterized by an intense, pervasive fear of negative evaluation or of acting in a manner that is potentially embarrassing while under the scrutiny of others (Blumenthal, 2011). A recent study showed that the Big Five personality traits (extraversion, agreeableness, openness, conscientiousness, and neuroticism) are displayed through smartphone usage. In a study done by several contributors, participants were separated into different groups based on the levels of social anxiety or loneliness that they displayed (K.Cherry, 2017). The Wilcoxon-Mann-Whitney test was used to evaluate the factors of social anxiety and loneliness brought about by smartphone usage and dependence (Gao, 2016).The factors that contributed to individuals with high levels of social anxiety were the ones making outgoing calls in the evening and barely receiving incoming calls. This demonstrated that the individuals basically avoided confrontation with others, based on their smartphone usage. As far as loneliness, the individuals barely received any incoming calls under any circumstance.

6.3 Suggestions for smartphone users from respondents

- Use smartphone for your work, study and sometime for entertainment.
- Before purchasing you should know about all the secure procedure of using it.
- All the people should know about the cybercrime and its effects on society which can be created by smartphones and social networking site which are installed on it.
- Avoid giving smart phones to children to the minimum as young children are vulnerable to effects of the radiation.
- It is advised to take extra care if there is a mobile phone tower on your building or nearby or even close to the child's school since their exposure to radiation is more than usual.
- Don't use Smart phones for long time to avoid various eye infection and diseases in future.
- Keep your mobile phones safely with you and out of sight of your kids at night.
- Children may quietly try to get a hold of it and use it without you finding out.
- Parents should monitor whatever their wards watching on such devices.
- Every youth need to analyze on the use of smart phone as they are wasting time on unnecessary things or not.

- Students must use smartphone for academic purpose rather than other like gaming and entertainment.
- Proper use of smartphone always be helpful to the students but the misuse of smartphone always disturbs the society and may bring social and family conflict.
- Today's youth should follow the all the rules while using it and should know about various cybercrimes that can be happen from misusing of smartphones.

Obligation to educate their government about pros and cons of Smartphones. (Gladden D. , 2016)

6.4 Recommendations

- The further researcher can conduct research on the methods to prevent the effects of smartphones.
- The respondents put forward the view that the smartphones have been an addiction to the youth and teenagers and adult. So, the further researcher can study the teenagers'' use of smartphone.
- This research only includes the impacts of smartphone on the rotaractor of Pokhara valley. More youths and high-level school students could be included in the study.
- To know the impacts of smartphones on youth, the respondents could be the youth parents as well as it would help to know parents-children or family relationships in details.

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APPENDICES

Impacts of using smart phone on youth

(A study among members of Rotaract Clubs of Pokhara City)

Questionnaire

Namaste!

I am Suman Baral, student of sociology. I am conducting a study on impacts of smart phones in everyday life among youth. You are invited to participate in this study by filling out survey. The survey will ask a few demographic questions to begin, and then ask questions that revolve around your daily smartphone usage and your own personal experience with the technology. The survey will offer a section where you can free write about any significant experience that relates to the study. All the information you provided would be kept secure. If there are any questions or concerns, I can be contacted at baralbandhulef@gmail.com

<https://www.facebook.com/baralbandhuu>

Viber/Contact no.:9856004862

1. Name:-

2. Age:-.....

3. Sex

a) Male [] b) Female [] c) Other []

4. Caste/Ethnicity

a) Bhramin[] b) Chhetri [] c) Janajati[]

d) Dalit [] e) Other (Please specify).....

5. Religion

a) Hindu [] b) Buddha [] c) Christian []

d) Islam [] e) Kirat [] f) Other (Please specify) []

6. Qualification

a) SIC[] b) +2/Intermediate [] c) Bachelor []

d) Masters [] e) Ph.d []

7. Contact number:-.....

8. Father's occupation:-.....

9. Personal Occupation:-.....

10. Your average yearly income:

a) no earning b) up to 1 lakh c) 1 to 3 lakhs

d) 3 to 5 lakhs e) 5 lakhs and above

11. Name of Rotaract club you are involved in:

.....

12. Rotaract club joined year

.....

13. Your designation in club?

Yes [] No []

14. Do you own a mobile (i.e. a smart phone?)

Yes [] No []

15. In your opinion which means of communication is more applicable for you?

- a) Phone b) Radio c) Television
d) Internet e) Newspaper f) Other

16. Currently you own a mobile of: Mention Company, Model and Purchased (in year)

17. Who bought the mobile for you?

- a) Father b) Self c) Company d) Other

18. You took a mobile because

- a) Everybody around you already had one with them.
b) You wanted to buy it.
c) Somebody (friends/parents) asked you to get one for yourself
d) Other

19. What is the most important reason to you for purchasing the smart phone?

- a) Give you the convenience of calling anytime
b) It makes you easily accessible to other people. i.e. It is a better medium to get messages
c) It is easy to communicate with friends.
d) No landline, so preferred a mobile
e) Other

20. At what age did you start using a mobile phone?

21. Is your mobile (cell phone) always On (i.e. at night also)?

- a) Yes b) No

22. Do you agree today's youth are misusing the smart phone? Mark only one oval.

- a) Yes very much b) Yes somehow
c) not much d) not at all

23. How many hours a day do you spend using your smartphones ? (social media, texting, talking, email communication, etc)

Up to 1 hour []

1hour to 3hours []

3hours to 5hours []

5 hours + []

24. How many social media accounts do you use? Select all that apply.

Facebook[] Twitter[] Instagram[] LinkedIn[]

Youtube [] Viber[] Google+[] Pinterest[]

Snapchat[] Whatsapp[] Tiktok[] Imo[]

Others (Please Mention).....

25. Do you have a habit of making new friends using social media?

Yes []

No []

26. Do you think the smartphone is becoming an important tool for study and work?

Yes []

No []

27. If the answer of question 26 is Yes, than how? If No than How?

28. Generally, you use the smart phone for

a) Entertainment(Games/ Internet)[]

b) Calling your friends[]

c) Calling home whenever you are out[]

d) Business/office related work[]

e) Study purpose

f) Trend

g) All of the above

h) Others

29. Does the use of smart phone affect the relation between the members of the family?

Why?

.....
.....
.....

30. Do you think the smartphone is means of cultural exchange?

yes[]

No []

31. If the answer of question 30 is Yes, than what type of cultural exchange?
 Food [] Dress [] structure [] Festivals []
 any other(please specify)

32. Do you think the smart phones have really improved your everyday life and help in your daily work?
 Yes [] No []

33. What negatives activities can be created through the rapid use of smartphone?

34. Do you use your mobile while driving?
 Always [] Often [] Sometimes []
 Rarely [] Never []

35. Below listed are some of the statements about smart phones. Kindly tick mark the statement to what extend you Agree or Disagree to each one of these statements. 1. Totally Agrees 2. Somewhat Agrees 3. Neither Agree nor Disagree 4. Somewhat Disagree 6. Totally Disagree

	1	2	3	4	5
The mobile has become a 'necessity' today					
The mobile 'model' you take tell you how fashionable					
It's okay to use a mobile phone while driving.					
Long conversation on a mobile are 'okay'					
My family has complained about how much to use my phone					
If I lost my phone, I would order a replacement the					
My friends have complained about how much I use					
I don't go anywhere without my phone					
I would not interrupt social interactions to answer my phone					
My colleagues have complained about my phone use in meetings					

36. Can you do without a mobile for a day?
 a) Yes b) No

37. Why?

