

Effects of Mobile Technology on Human Relationships

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Abstract: Introduction: Due to rapid expansion of technology, many individuals fear that people may be too immersed in this digital world and not present enough in real world.

Methodology: The study was conducted among 200 dental student's questionnaires was distributed to 2nd, 3rd, 4th BDS, interns and Post graduate students during their working hours 9:00 am to 4:00 pm.

Results: This study was conducted among 200 dental students, of which 36% are males ;64% are females.34.5 % of the students answered as they use mobile for 4-6 hours per day.

Conclusion: Analysis of previously conducted studies provided evidence that the rapid expansion of technology is negatively affecting face to face communication.

Keywords: mobile, technology, youth

1. Introduction

People form relationships when they are connected in networks and these networked relationships are termed as social media. Social media is a time consuming activity which makes significant inroads into the lives of people. One of the most popular social devices is the mobile phone. Mobile technology has progressed from an instrument which was used for making or receiving calls to that which allows to take pictures, send short messages.

Worldwide technology and it's changes play a major role in each individual's life. The current trend of a society is to adapt every change in the field of communication technology. Mobile phone is considered as an important communication tool and became the integral part of society, it is not only a communication device but it also necessary social accessory.

Due to rapid expansion of technology, many individuals fear that people may be too immersed in this digital world and not present enough in real world.

Technology is capable of contributing to changing behaviour of individuals. Among behaviours are health compromising behaviours which result in individuals foregoing opportunities to engage in physical activity, anti-social behaviours which result in spending less time with family and friends, neglect of important responsibilities such as academic and career

responsibilities and dis ordered eating behaviours.

2. Methodology

A cross sectional method using question was used to collect data from dental students in Khammam permission was taken from the head of the department, department of public health dentistry. Questionnaire is explained and informed consent was taken prior to the study from study population.

Questionnaires framed based on related articles are distributed among 20 students to know the reliability of questionnaires.

Inclusive criteria:

All the 2nd, 3rd, 4th year, interns and post graduate students who are present during the day of the survey were included in study.

Exclusive criteria:

Students who are absent during the day of the survey and not willing to participate were excluded.

The study was conducted among 200 students questionnaires was distributed to 2nd, 3rd, 4th BDS interns and post graduate students during their working hours 9:00am to 4:00 pm. A questionnaire consists of personal data and 16 questions based on the dental students awareness and attitude regarding effects of mobile technology on human relationships.

Statistical analysis was done by using spss25. Data was analysed using descriptive statistics chi-square test was done to known the association among the categorical variables.

3. Aim

The aim of this study is to assess the effects of mobile technology on human relationships among the dental college students.

4. Objectives

The objective of the study includes

- 1) The objective of the study includes to find out the relationship between the use of technology mobile and the ability of people to communicate face to face.

- 2) To determine whether the presence of technology affect the ability of people to communicate with individuals in a public place.
- 3) To find out whether the use of mobile technology decreases both the quantity and quality of face to face interaction.

5. Results

A. Demographic data of study population

This study was conducted among 200 dental students of which 36% are males ;64% are females the third year students who participated in the study are 25%, the fourth year was about 17.5% interns are about 40% and the post graduates are about 17.5%.

Variable		Frequency	Percentage
Year of study	3 rd year	50	25.0
	4 th year	35	17.5
	Intern	80	40.0
	Pg's	35	17.5
Total		200	100

16% of the students use mobile for 2-3 hours per day;34.5% of the students answered as, they use mobile for 4-6 hrs per day,19.5% of the students answered as they use mobile for less than 2hours per day.

30.0% of the students answered as, they use mobile for more than 6hrs per day. The statistically significant difference was observed $p= 0.024$.

53.5% of the students ask permission before they take another person's picture with their camera phone ;12.0% of the students don't ask permission before they take another picture with their camera phone ;34.5% of the students, sometimes ask permission before they take another person's picture with their camera phone. The statically significant difference was observed $p= 0.020$.

	Frequency	Percentage
Easier	41	20.5
Harder	41	20.5
No different today than before	118	59.0
Total	200	100

20.5% of the students feel that it is easier to make friends these days,20.5% of the students feel that it is harder to make friends these days,59% of the students feel that there is no different today than before, the statically significant difference observed was $p=0.003$.

6. Discussion

The present study was conducted to access the knowledge and practice of mobile technology on human relationships among dental students. Most of the participants in this study are female, out of 200 students, 64 are female, 36 are male.

In the present smartphones have become an integral part of every student's life. A survey indicated that ownership of mobile devices continues to grow and more students are using smart phones.

Hatch Posits that as one gets immersed in mobile technology, all activities associated with it become a constant distraction from other important activities. this may result in individuals focusing on many things at one time without paying full attention on single thing.

It was found that the students were using mobile devices to communicate with classmates and friends.

About 50% agreed to the fact that the excessive usage of mobile phones causes health hazards which means users as well aware of the potential health threats of excessive usage.

Students felt depressed, moody or nervous when they are away from their cell phone.

7. Conclusion

Analysis of previously conducted studies provided evidence that the rapid expansion of technology is negatively affecting face to face communication. We have understood that adolescent is more inclined towards using mobile phone for activities other than communication than older generation because in adolescence stage, people are more susceptible to changing fashion to changing fashion trends and style. Majority of students used smart phones and social media for learning purposes.

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