Mobile Phone Usage is a Reason for Family Conflict and a Barrier to Communication

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ABSTRACT

Overall, there is a rise in the use of and dependent on mobile devices due to the constant connectivity provided by phones and the social pressure to respond to messages as quickly as feasible. The likelihood of parental use of mobile devices would disrupt parent-child interactions is thereby increased. Parents are less sensitive to their children's verbal and nonverbal cues for attention when they are using their phones, which could lead to less fruitful parent-child interactions. There are a greater number of injuries among children today, which may be due to children's risky attention-seeking habits. The use of technology and how it affects families are issues that both parents and children are concerned about. It is undeniable that having a cell phone around makes it difficult to engage with your family members in person. This also explains why the coherence of family ties and the amount of time parents and kids spend together are deteriorating. Even while now seems like the ideal moment to reconnect and reevaluate what family relationships entail, that may not be the case if cell phones are involved.

KEYWORDS- Mobile Phone Usage, Family Conflict, Barrier of Communication, Social Pressure, Parent-Child Interaction, and Request For Attention.

INTRODUCTION

Let's face it: Almost all know that today's multipurpose cell phones have evolved into crucial tools for every part of our life. With the use of these cell phones, everyone may converse instantly. Despite their significance, it turns out that they can be detrimental to your family ties as well. Nowadays, it's uncommon to find someone who doesn't occasionally sneak a peek at their cell phone. Although they come in handy during these worldwide lockdowns, smartphone usage might hinder relationships and effective communication.

Some people still find it difficult to put their cell phone aside, despite the problems it brings. Regarding how often or how long they use their phone, they might notice a lack of power. Kids may feel the need to check it regularly or may become agitated if they aren't allowed to use the phone without a good reason. While a family is present, using a computer or smartphone for business can make circumstances more difficult and taxing for everyone. Cell phone users react negatively to disruptions, engage with kids they love less, and respond more slowly. Additionally, it has been discovered that having a conversation with someone else while ignoring them (a practice known as "phubbing") can lead to less satisfying results in a couple's relationship (McDaniel, 2019). When parents use smartphones when spending time with their children, it implies that they are not truly present for them, which raises the possibility that they will struggle with a wide range of emotional issues. The bigger problem arises because children model their behavior after others, particularly their parents, and learn from them. This suggests that how you act as a parent offers an outstanding role model for what their children may come to recognize as the right thing to do (Gjylbegaj and Abdi, 2019).

The kids might develop a preference for their telephones above interpersonal encounters and developing relationships. Their social care, health, and family ties may all be significantly impacted by this. Additionally, your children will exhibit poor behavior and have fewer pleasant interactions as a result of your distracted parenting caused by your usage of a cell phone. When parents actively use their smartphones while interacting with their children, it suggests that they aren't there when they are, which raises the possibility that they will struggle with a range of emotional issues (Valk et al., 2010). The bigger problem arises because children model their behavior after others, particularly their parents, and learn from them. This suggests that how you act as a parent offers a strong example of what your children may come to recognize as the right thing to do. The kids might develop a preference for their telephones above interpersonal encounters and developing relationships. Their social care, health, and family ties may all be significantly impacted by this. Additionally, your children will exhibit poor behavior and have fewer pleasant interactions as a result of their distracted parenting caused by the use of a cell phone. The common practice of making use of cell phones while eating supper together is a constant pain when it comes to preserving strong family bonds (Romero et al., 2017). It has little impact on this vital family time and downplays the importance of relationships and human welfare. The use of a cell phone takes up time, but it also leads to addiction. The obsession with

the phone may manifest as a complete lack of interest in spending even a minute with your spouse or children. This is a symptom of a cell phone addiction.

LITERATURE OF REVIEW

Basu *et al.* (2012) said that it is very obvious from the review that grown-up concentration with telephones and other electronics while near children has turned into a widespread occurrence. This is troubling since new research reveals a connection connecting this distraction and successful parenting and child development. Negative kid reactions, a loss of awareness and compassion, less verbal and nonverbal exchanges, disorganized parenting and co-parenting, discontentment with the amount of time spent together, and many other things might occur. Furthermore, although parents have been diverted in a variety of situations and ways throughout history, the current trend of gadget distraction appears more concerning because of its pervasiveness and the strong routines that have been established with our devices.

Mushroom et al., (2019) described that employees utilize their mobile phones for a variety of work-related information processes, whether they are related to their jobs or personal lives. When employees utilize mobile devices at work, which information processes they access to achieve their personal and professional goals is determined using statistical methods such as descriptive and regression analysis. The most time-consuming activities for personal use are messaging apps and Internet information searches, whereas the most time-consuming activities for work-related purposes are phone calls and Internet information searches.

Ling and Horst (2011) illustrated that although the initiatives examined indicate that mobile devices have a good role in terms of either accessing educational resources or delivering them, additional examine the chance and cost of participating in learning in comparison to the costs and advantages of other educational sector initiatives. Likely, spending money on school supplies and equipment as well as more conventional teacher preparation programs will result in more positive educational outcomes. To ensure that elected officials have the necessary information to make informed investments, very little research has been done in the developing world to compare both the expenses and the advantages of the various technologies employed to provide educational services, whether they are more modern ones like computers and mobile devices or more traditional ones like television and radio.

William (2016) told that to continue maximizing the advantages that these technologies offer, with the increasing control of individuals and the provision of real-time access to information, it is necessary to establish a culture within the nuclear family, which is viewed as the heart of the formation of citizens, while also encouraging them to leave online environments to share their different perspectives. The dominant position that technological advances in communication and information held in the marketplace and the manner they are transforming human connection can't be ignored, it can be concluded.

Ishita et al., (2015) revealed that the use of mobile phones excessively is linked to specific characteristics that are suggestive of psychiatric illness, which may be either the cause or impact of the excessive usage. The negative psychosocial effects of excessive mobile phone use are much stronger independent patterns. Therefore, there is a pressing need to raise this fact knowledge among the general population. Additionally, a more thorough investigation into mobile phone use is required.

Honegger and Neff (2013) studied that mobile phone users today have almost constant opportunities to interact with their devices, which forces them to make choices about how to fit mobile phone usage into their daily lives regularly. While this has led to people using their phones more advantageously in several areas of their daily lives, it has additionally contributed to widespread "pushback" against technology and efforts to restrict the usage of certain gadgets or use in specific circumstances. An emerging field of HCI research is how users integrate technology and make judgments about contextualized usage and non-use. study on child development suggests that using a phone while taking care of children can be harmful, but the lack of past study in this area makes it difficult to define proper use.

Chen and Kinshuk (2005) highlighted that even when individuals happen to be present and unconstrained by devices or phones, people are neglecting to directly interact with one another. Their reliance on technology for staying in touch with family and close friends has increased. These are exacerbated in part by their observations that they spend more time online and on their mobile devices, leaving fewer minutes for social interaction with their family and close friends. It's also probable that this is the result of their ability to communicate personally with numerous people from various backgrounds throughout the globe thanks to the internet. Most participants held the opinion that using technology lowered the quality of their conversations. Furthermore,

over half of the respondents thought it was bothersome when family members and friends used computers while they were there. Both in developed and emerging countries, technology is important and necessary.

Meso et al., (2005) concluded that the use of mobile technological devices interferes with our family life and raises the chance of developing several diseases. Thus, it is advised to avoid using mobile devices excessively and to promote societal awareness through health programs. In this study, we sought to highlight the possible dangers that users of smartphones and various other devices may face and to offer some suggestions for reducing such risks by restricting the use of mobile devices. The introduction of new interface technologies and the widespread usage of smartphones and other mobile devices have increased human dependence on technology. fortunately, there are mobile apps available for schools to use to communicate with parents, there currently are no specific apps that can address both raising parental engagement and providing fidelity measures and progress monitoring to ensure that interventions for kids and families are implemented effectively.

Objective of the Study

- To measure the impact of mobile phone usage on for family conflict and a barrier to communication

Methodology

This investigation employed a structured questionnaire as a means to conduct a survey. The collected responses from 177 participants were analyzed using statistical techniques, including the calculation of means and t-tests. The sampling technique employed in this study was convenience sampling, which involved selecting individuals based on their accessibility and voluntary participation.

Table 1 Mobile Phone Usage

Serial No.	Statement of Survey	Mean Value	t-value	p-value
1	Mobile phone usage can often become a source of	4.19	8.882	0.000

	family conflict, as its pervasive presence can lead to disagreements and misunderstandings within the household.			
2	Excessive reliance on mobile phones can create a barrier to effective communication among family members, hindering meaningful interactions and fostering disconnect.	4.35	10.290	0.000
3	Family conflicts may arise when individuals prioritize their mobile phones over engaging in face-to-face conversations with their loved ones.	4.20	8.264	0.000
4	Mobile phone distractions during family gatherings or meals can impede the quality of communication and prevent genuine connections from forming.	4.04	5.445	0.000
5	Misuse or overuse of mobile phones within the family can lead to feelings of neglect or being ignored, causing tension and conflict.	3.99	5.185	0.000
6	Differences in opinions regarding appropriate mobile phone usage within the family can spark disagreements and contribute to strained relationships.	4.47	11.576	0.000
7	Engaging with mobile phones instead of actively listening and engaging in conversation can result in misunderstandings & miscommunication among family members.	4.30	9.920	0.000
8	The constant presence of mobile phones can create a sense of detachment and hinder emotional closeness within the family unit.	4.42	12.617	0.000
9	Family members may feel frustrated or neglected when their attempts at communication are repeatedly interrupted by mobile phone	3.76	3.393	0.000

	distractions.			
10	Overcoming the negative impact of mobile phone usage on family dynamics requires open and honest discussions.	4.23	9.588	0.000

Table 1 presents the mean scores for each statement in the study examining the impact of mobile phone usage on family conflict and communication barriers. The statement with the highest mean score of 4.47 states that disagreements and strained relationships can arise from differences in opinions regarding appropriate mobile phone usage within the family. Following closely behind is the statement with a mean score of 4.42, suggesting that the constant presence of mobile phones can hinder emotional closeness and create a sense of detachment within the family unit. With a mean score of 4.35, another statement highlights how excessive reliance on mobile phones acts as a barrier to effective communication, hindering meaningful interactions and fostering disconnect among family members. Additionally, the statement expressing that engaging with mobile phones instead of actively listening and conversing can lead to misunderstandings and miscommunication receives a mean score of 4.30. The importance of open and honest discussions for overcoming the negative impact of mobile phone usage on family dynamics is emphasized by a mean score of 4.23. Furthermore, the statement suggesting that prioritizing mobile phones over face-to-face conversations can cause family conflicts receives a mean score of 4.20, closely followed by the statement indicating that mobile phone usage can often lead to disagreements and misunderstandings within the household, with a mean score of 4.19. On the lower end, the statement highlighting how mobile phone distractions during family gatherings or meals can impede communication quality and hinder genuine connections receives a mean score of 4.04. Finally, the last two statements fall into the lowest category, as they discuss the feelings of neglect, tension, and conflict that may arise from the misuse or overuse of mobile phones within the family, with mean scores of 3.99 and 3.76, respectively. The significance of the t-values for each statement indicates a significant relationship between mobile phone usage and family conflict or communication barriers, as the t-values were positive, and their significance value was less than 0.05.

CONCLUSION

The study "Use of Mobile Phones and Change Family Collaboration Organization Amongst Middle-Class Family of Migrants," conducted in the city and previously presented, demonstrates how the use of mobile phones has caused the customary and conservative ways of interacting with one another to change in those urban families who, ten years ago, were a part of old-fashioned and feudal set-ups. Spending quality time together makes families more resilient. regardless of their age, race, marital status, or mood, people say that the quality of their interactions is "significantly higher" when cell phones are not around. Children can spend more time outside and engaging in physical activity when they use their phones less frequently and spend less time watching screens. Teenagers tend to set greater academic goals when they spend greater amounts of time actively engaging with their parents.

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