

## Excessive Use of Mobile Phone Creating Barriers for Involving Learners of Secondary Level in Classroom Activity

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**Abstract:** In 21<sup>st</sup> century the revolution of using mobile phone is the most significant issue in the information technology of the modern world. Bangladesh is not beyond the atmospheric. Most of the people either poor or rich use this device widely. Specially the teenagers who are the learners of secondary level are addicted to this technological device. For this reason, they are becoming lag behind from academic study/performance. The research work aims at finding out the above problems and its solutions with keen observations. It also expects to make the learners of secondary level involve in classroom study. The Research work has been done according to the quantitative or some somehow mixed method. To make this research authentic, all the information has been collected from various primary and secondary sources, such as research works, journal articles, newspaper articles etc. Questionnaire with survey method has directly been followed among the learners, teachers, guardians and concerned elites. Here in the manuscript the author has desired to make a result that learners, teachers, guardians, concerned elites, the authority of educational institutions and even the government will realize the harmful effect of excessive use of mobile phone among the learners of secondary level and try to solve this problem collectively. Finally, this study established that excessive use of mobile phone among the learners of secondary level made the quality of education very less than before in Bangladesh especially in Sirajganj district of Bangladesh.

**Keywords:** Mobile Phone, Social Media, Main Barrier, Learners of Secondary Level.

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### I. Introduction:

The mobile phone is one of the fast-developing communication medias in the world. Recently the use of mobile phone is wide spread in our society. Now a large number of learners are used mobile in various areas. Today mobile phones are available in various shapes and sizes, having different technical specifications and are used for a number of purposes like- voice calling, video calling, text messaging or SMS, multimedia messaging, internet browsing, email, video games and photography etc. But improperly use of mobile phone many learners are spending more and more hours

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2. Tarash Honours College is a graduate level educational institution that was established in 1972 soon after the liberation war of Bangladesh. It is affiliated by National University of Bangladesh is a parent university of Bangladesh that was established by an Act of Parliament as an affiliating University of the country to impart graduate and post-graduate level education to the students through its affiliated colleges and professional institutions throughout the country. It is the third largest university in the world according to enrollment. The headquarter is in Gazipur, on the outskirts of Dhaka.

Excessive use of mobile phone in social networks is considered the foremost time waster for the learners. They waste their precious time on using social media and didn't take a step for their future and professional carrier. The cell phone has also contributed to younger people becoming more financially dependent on their parents for the purchase of airtime and replacement of lost phones. (José M. García-Montes, 2006)

Excessive use of mobile phone by learners may prepare the ground for creating impulsive attachment to mobile phone and causes creating of excessive mental preoccupation and declined intermediation and finally lag behind from involving classroom. Being addicted to several crude websites through mobile phone, the

learners may go to dogs losing their morality. More learners are spending much of their valuable time in social networks neglecting their studies or duties.

The radiations of mobile phones may be dangerous to health and may cause headache, earache and blurring vision. It also may cause damage to the brain. Mobile phones on vibration mode may damage the heartbeat system causing intense heart attack.

Since excessive use of mobile phone creates psychological problem, physical problem, addiction to illegal culture, lack of concentration, filling mental frustration and many other problems of a learner, then the learner becomes unsuccessful in every sphere of life. Psychologists and researchers say that people who share personal feelings and empathize with friends through social media are both extremely addicted to Facebook or communication. Thus, they become failure in their future professional or carrier life and he is treated as a burden in our society instead of man power.

The research work is very important for developing the duty and study of learners at home and in classroom. Because the excessive use of mobile phone is destroying the proper discipline of study in the learners. So, to make the learners of our country into man power this research is very significant. The hypotheses of this research were: i) The excessive use of mobile phone is making the learners of secondary level lag behind academic performance in the classroom. ii) The excessive use of mobile phone is creating crisis for the learners of secondary level in future profession. iii) The excessive use of mobile phone among the learners causes expensive environment for the guardians. iv) The excessive use of mobile phone is the waste of precious time.

## **II. Research Methodology**

The research work of this study used to the method of qualitative and quantitative or mixed. In this research, some questionnaires are used for the purposes taking information from the learners, teachers, guardians and concerned elites. The primary and secondary data was collected for the purposes of this study. The primary data was collected through some questionnaires and the secondary data was raised from books, magazines, journals articles, newspaper reports, concerning mobile phone usage and social interactions.

The study of this research work was conducted by means of survey method and using some questionnaires because the study designed to search the excessive use of mobile phone on academic failure of secondary level in the classroom. Another method is qualitative which gives numerous knowledge about this research. But the survey method is most important for this type of research.

Data collection was started from July to October 2020 from the different learners (especially in secondary and higher secondary level), teachers, guardians and concerned elites. It has been raised from two sources, such as primary source and secondary source. Survey or questionnaires, qualitative method and observation were used to collect primary data. Survey method is one of the most important methods to collect a large amount of data. Another method gives some grave information about the study of relevant research. After adding primary data, secondary data was collected from books, magazines, journals articles, newspaper reports, websites, concerning mobile phone usage and social interactions.

The sample for the study was guided the people of Sirajganj district in Bangladesh. The survey was administered to 300 participants (50 Teachers, 50 Guardians 200 learners) and each group was equal gender ratio. The survey was carried out from 10<sup>th</sup> to 15<sup>th</sup> October, 2020.

The questionnaires were designed in English and translated into local language (Bengali) who was the familiar for all participants. This research work was experimented with Likert Scale. The survey was conducted face to face among the participants where 8 versions of questions were provided to them to make the answer within 10-15 minutes.

Collected data was entered and analyzed by using both Microsoft Excel and the Statistical Package of Social Sciences (SPSS) version 25. Data was expressed in percentage.

## **III. Research Objectives**

The general objective is to find out how the excessive use of mobile phone assumed as the main barrier of involving learners of secondary level in the classroom.

The special objectives of this study are-

- i) To find out the main barrier of involving secondary learners in the classroom.
- ii) To establish that the excessive use of mobile phone is very harmful for the classroom.
- iii) To solve the above problems with the solutions.
- iv) To make the learners studious.
- v) To make the learners give up using mobile phone in classroom.
- vi) To save the learners from immoral culture.

#### **IV. Literature Review**

Many works have been done in the perspectives of life and literature in which the following citations are noticed:

Reynol Junco (2012) in his article named too much face and not enough books: The relationship between multiple indices of Facebook use and academic performance. Found that that time spent on Facebook and checking Facebook were negatively related to overall GPA, and time spent on Facebook is slightly negatively related to time spent studying. In addition, the ability of time spent on Facebook to significantly predict overall GPA shows that there may be negative academic effects for students who use Facebook in certain ways. (Junco, 2011)

Online social networks (OSNs) have permeated all generations of Internet users, becoming a prominent communications tool, particularly in the student community. Thus, academic institutions and faculty are increasingly using social networking sites, such as Facebook and LinkedIn, to connect with current and potential students and to deliver instructional content. (Jomon Aliyas Paul, 2012)

The excessive use of mobile phone in dependence pattern is associated with significantly higher negative psychosocial consequences. Hence, there is an urgent need to increase the awareness about this fact in general public. Further there is a need to study the mobile phone use more systematically. (Ritu Nehra, 2012)

Main application of mobile uses by students is Internet surfing. Social networking via Internet also was a major application used by students. A major portion of population believes that mobile could be used as a learning tool for increasing interest in educational settings. Cost of using internet and speed of browsing internet was average according to maximum students. (Kant, 2016)

In the present study, we experimentally manipulated numerous cell phone policies to test under what condition distractions can be reduced to optimize learning outcomes. In addition, we tested whether individual differences in emotion regulation might serve as an additional distracting influence on learning outcomes. (SEUNGYEON LEE1, 2017)

Students, while seeking and concentrate on the web, get pulled in to utilizing online networking locales and once in a while they overlook why they are using internet. Sometimes students are not able to deliver their work in the specified time frame as their time wastes. Social networking provides various benefits to the students and teachers. It is very easy to educate from others who are experts and professionals via the social media. One can follow anyone to learn from him/her and enhance his knowledge about any field. Regardless of our location and education background we can educate ourselves, without paying for it. (W.Akram1\*, 2017)

Social media addiction, defined as a psychological problem, has become important with various negative outcomes in daily life and relationships when the social media use gets out of control. The increasing use of the social media not only transformed how we work in many sectors, but it also affected our social life both positively and negatively, as it became part of our everyday life. (TUTGUN-ÜNAL, 2020)

From the above review and citation, it is obvious that most of the researchers have done their research works on the positive impact of mobile phone on learners of secondary level and some of them have done their research works on the negative impact of mobile phone on the learners of secondary level. But they hardly emphasised on the impact of mobile phone on the learners of secondary level by which they are somehow absent from their class for their addiction to mobile phone. Thus, the author of the research work eagerly intended to conduct his research on the title “Excessive Use of Mobile Phone Creating Barriers for Learners of Secondary Level in Classroom Activity.”

#### **V. Participants and settings**

As part of this study, the data were collected from 200 learners, 50 teachers and 50 guardians in Sirajganj district, Bangladesh. The learners who have participated in the survey were the students of secondary level. The study was conducted in five secondary and higher secondary educational institutions located in Sirajganj district of Bangladesh. The teachers who have participated in the survey are the teachers of secondary and higher secondary educational institutions in Sirajganj district of Bangladesh who have completed their graduation and post-graduation. The guardians who have participated in the survey are also educated.

#### **VI. Data collection and Analysis**

**Statement of students about the duration of using mobile phone per day**

	Frequency	Percent	Valid Percent	Cumulative Percent
≤ 60 min	4	2.0	2.0	2.0
61 min - 120 min	4	2.0	2.0	4.0
121 min - 180 min	4	2.0	2.0	6.0

181 min - 240 min	12	6.0	6.0	12.0
241 min - 300 min	12	6.0	6.0	18.0
301 min - 360 min	32	16.0	16.0	34.0
> 360 min	132	66.0	66.0	100.0
Total	200	100.0	100.0	

**Table- 1**

The first objective of the study was to find out the daily use of mobile phone by the learners of secondary level. In this study 200 participants from male (100) and female (100) were selected to find out the authentic result. Table- 1 shows that most of the learners of secondary level use mobile phone 360 minutes and above in a day and the percentage of this types of learners was 66. Besides, 16 percent learners use the mobile phone 301-360 minutes in a day, 6 percent 241-300 minutes, 6 percent 181-240 minutes, 2 percent 121-180 minutes, 2 percent 61-120 minutes and 2 percent 60 minutes or less than it. From the above observation it is clear that maximum learners of secondary level use the mobile phone 360 minutes or above in a day.

<b>Statement of teachers about the duration of learners' using mobile phone per day</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
≤ 60 min	1	2.0	2.0	2.0
61 min - 120 min	3	6.0	6.0	8.0
121 min - 180 min	5	10.0	10.0	18.0
181 min - 240 min	3	6.0	6.0	24.0
241 min - 300 min	4	8.0	8.0	32.0
301 min - 360 min	8	16.0	16.0	48.0
> 360 min	26	52.0	52.0	100.0
Total	50	100.0	100.0	

**Table- 2**

The main aim of the study was to find out the daily use of mobile phone by the learners of secondary level according to the statement of teachers. In this study 50 participants from male (25) and female (25) were taken to draw out the accurate result. Table- 2 indicates that most of the learners of secondary level use mobile phone 360 minutes and above in a day and the percentage of this types of learners was 52. Besides, 16 percent learners use the mobile phone 301-360 minutes in a day, 8 percent 241-300 minutes, 6 percent 181-240 minutes, 10 percent 121-180 minutes, 6 percent 61-120 minutes and 2 percent 60 minutes or less than it. From the above observation it is obvious that most of the learners of secondary level use the mobile phone 360 minutes or above in a day.

<b>Statement of guardians about the duration of learners' using mobile phone per day</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
≤ 60 min	1	2.0	2.0	2.0
61 min – 120 min	2	4.0	4.0	6.0
121 min – 180 min	3	6.0	6.0	12.0
181 min – 240 min	5	10.0	10.0	22.0
241 min – 300 min	7	14.0	14.0	36.0
301 min – 360 min	9	18.0	18.0	54.0
> 360 min	23	46.0	46.0	100.0
Total	50	100.0	100.0	

**Table- 3**

The indication of the study was to find out the daily use of mobile phone by the learners of secondary level according to the statement of guardians. In this study 50 participants from male (25) and female (25) were selected to find out the authentic result. Table- 3 describes that most of the learners of secondary level use mobile phone 360 minutes and above in a day and percentage of this types of learners was 46. Besides, 18 percent learners use the mobile phone 301-360 minutes in a day, 14 percent 241-300 minutes, 10 percent 181-240 minutes, 6 percent 121-180 minutes, 4 percent 61-120 minutes and 2 percent 60 minutes or less than it. From the above observation it is clear that major learners of secondary level use the mobile phone 360 minutes or above in a day.

**Statement of teachers about the learners are addicted to Social Media**

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	35	70.0	70.0	70.0
Agree	11	22.0	22.0	92.0
Neutral	2	4.0	4.0	96.0
Disagree	1	2.0	2.0	98.0
Strongly Disagree	1	2.0	2.0	100.0
Total	50	100.0	100.0	

**Table- 4**

This study was to find out the statement of teachers about the learners’ addiction to social media. In this study 50 participants from male (25) and female (25) were selected to find out the authentic result. Table- 4 shows that most of the teachers strongly agreed that maximum learners of secondary level are addicted to social media and the percentage of the teachers agreeing strongly was 70, agreeing 22 percent, neutral 4 percent, disagreeing 2 percent and strongly disagreeing 2 percent. From the above observation it is clear that maximum teachers strongly agree that the learners of secondary level are addicted to social media.

**Statement of guardians about the learners are addicted to Social Media**

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	34	68.0	68.0	68.0
Agree	13	26.0	26.0	94.0
Neutral	3	6.0	6.0	100.0
Disagree	0	0.0	0.0	100.0
Strongly Disagree	0	0.0	0.0	100.0
Total	50	100.0	100.0	

**Table- 5**

This study was to find out the statement of guardians about the learners’ addiction to social media. In this study 50 participants from male (25) and female (25) were selected to find out the authentic result. Table- 4 shows that most of the guardians strongly agreed that maximum learners of secondary level are addicted to social media and the percentage of the teachers agreeing strongly was 68, agreeing 26 percent, neutral 6 percent, disagreeing 0 percent and strongly disagreeing 0 percent. From the above observation it is clear that maximum guardians strongly agree that the learners of secondary level are addicted to social media.

**Statement of teachers about the excessive use of mobile phone as the barrier of involving classroom**

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	31	62.0	62.0	62.0
Agree	11	22.0	22.0	84.0
Merely Agree	5	10.0	10.0	94.0
Neutral	1	2.0	2.0	96.0
Disagree	2	4.0	4.0	100.0
Merely Disagree	0	0.0	0.0	100.0
Strongly Disagree	0	0.0	0.0	100.0
Total	50	100.0	100.0	

**Table- 6**

This analysis of the study was to find out the statement of teachers about the excessive use of mobile phone are the main barrier of involving classroom. In this study 50 participants from male (25) and female (25) were selected to find out the authentic result. Table- 5 analyzes the teachers’ statement about the excessive use of mobile phone are the main barrier of involving classroom that the teachers strongly agree who are 62 percent, agree 22 percent, merely agree 10 percent, neutral 2 percent, disagree 2 percent, merely disagree 0 percent and strongly disagree 0 percent. From the above observation it is clear that the excessive use of mobile phone is the main barrier of involving classroom.

<b>Statement of guardians about the excessive use of mobile phone as the main barrier of involving classroom</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	35	70.0	70.0	70.0
Agree	8	16.0	16.0	86.0
Merely Agree	5	10.0	10.0	96.0
Neutral	1	2.0	2.0	98.0
Disagree	1	2.0	2.0	100.0
Merely Disagree	0	0.0	0.0	100.0
Strongly Disagree	0	0.0	0.0	100.0
Total	50	100.0	100.0	

**Table- 7**

This analysis of the study was to find out the statement of guardians about the excessive use of mobile phone are the main barrier of involving classroom. In this study 50 participants from male (25) and female (25) were selected to find out the authentic result. Table- 5 analyzes the guardians' statement about the excessive use of mobile phone are the main barrier of involving classroom that the guardians strongly agree who are 70 percent, agree 16 percent, merely agree 10 percent, neutral 2 percent, disagree 2 percent, merely disagree 0 percent and strongly disagree 0 percent. From the above analysis it is clear that the excessive use of mobile phone is the main barrier of involving classroom.

<b>Statement of learners about the daily usage of different types of Social Media</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
Facebook	173	86.5	86.5	86.5
Instagram	1	0.5	0.5	87.0
LinkedIn	1	0.5	0.5	87.5
Messenger	7	3.5	3.5	91.0
Games	5	2.5	2.5	93.5
You Tube	4	2.0	2.0	95.5
WhatsApp	3	1.5	1.5	97.0
Tik Tok	2	1.0	1.0	98.0
Imo	2	1.0	1.0	99.0
Skype	1	0.5	0.5	99.5
Twitter	1	0.5	0.5	100.0
Total	200	100.0	100.0	

**Table- 8**

This table shows the daily usage of different types of social media by the learners of secondary level. In this study 200 participants from male (100) and female (100) were selected to find out the authentic result. Table- 8 describes that the percentage of Facebook users was 86.5, Messenger users 3.5, games users 2.5, You Tube users 2.0, WhatsApp users 1.5, Tik Tok users 1.0, Imo users 1.0, Instagram 0.5, LinkedIn users 0.5, Skype users 0.5 and Twitter users 0.5. So, it is clear that maximum learners of secondary level use Facebook that hinders the attendance of the learners in their class.

## **VII. Findings and Discussion**

The usage and abuse of a mobile phone, an exclusive technological device depends on the views and opinions of the users. The analysis of the results of this research shows that the learners are busy most of the time by using mobile and social media. So, they become absent from their class. Because of the excessive use of mobile phones, they are lagging behind in education and careers. Huffington Post in a report of his research works says that the users of mobile phones are facing many physical and mental disorders due to excessive use of it. Unless the learners are careful in this respect, they will not be turned to a better life in future. Group study

may be done to avoid the addiction to mobile phones. Finally, it is said that learners should avoid excessive use of it that is causing harmful effects on their study.

### **VIII. Recommendations**

The research work demonstrates the following recommendations:

- i) Learners should be motivated by both school and family in this respect.
- ii) Consciousness among the guardians should be raised.
- iii) Government should create law on learners' usage of mobile phone and implement it.
- iv) Educational sites and apps in mobile device should be increased for the learners.
- v) Closing harmful sites and apps in mobile device for the learners must be done.
- vi) Creating deep relationships among the learners and his family members is compulsory.
- vii) the learners should maintain routine task life style.
- viii) Physical exercise for mental freshness is needed for them.
- ix) teachers should make their lessons more attractive than mobile attraction.

### **IX. Conclusions**

From the above research work, it is concluded that this manuscript is very significant for making the learners of secondary level involve in their classroom. Although mobile phone is very useful device for human being, it is also very harmful for the secondary level learners who use this device uncontrollably and without routine-wise in social media so addicted and emotionally that their study is being hampered and they are remaining absent from their classroom study. For this reason, this attitude of the learners of secondary level is making the barrier for the development of education along with the development of nation. If this situation is not controlled, Bangladesh will face challenges to build up perfect man power in professional field in future.

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