

Parent's Perception Regarding the Effects of Excessive Use of Mobile Phone on Children's Health: A Sociological Study in City Dera Ghazi Khan

Ayesha Anwar¹

Dr. Muhammad Ali Tarar²

Ms. Sumaira Bano³

Sharjeel Saleem⁴

Zainab Akhwand⁵

Nadia Akhtar⁶

Abstract

The use of mobile phones among children has major effects on their health. Excessive and unrestricted use of mobile phones can contribute to various physical and psychological problems. Physically, children who spend excessive time on their phones often lead sedentary lifestyles, which can result in weight gain, obesity, and related health issues. Additionally, poor posture while using mobile phones can lead to musculoskeletal problems, causing discomfort and pain in the neck, back, and shoulders. The study objectives were i) to investigate the awareness level among parents regarding the potential health effects of excessive mobile phone use on children, ii) to examine the perception and attitudes of parents towards the use of children's mobile phones and its adverse effects on children's health as well as study the factors influencing parents decision regarding use of children mobile phone, and iii) to explore the knowledge gap among parents regarding the recommended guidelines for managing children's mobile phone usage. For this study, 280 parents were selected as respondents through a multistage sampling technique. At the first stage, 4 urban union councils (UC # 7 "Block-H", UC # 9 "Block-5", UC # 12 "Khayaban-e-Sarwar", and UC # 16 "Model Town") out of a total of 7 union councils were chosen using a simple random sampling method. At the second stage, 8 localities (two from each union council) were selected through a simple random sampling procedure. At third stage, 35 parents (as respondents) were selected from each locality using a purposive sampling technique. The results indicated that majority of parents (60.7%) were female, were age bunch from 31-40 years (52.5%), said their education was matriculation to

¹MPhil Scholar, Department of Sociology, Ghazi University, D.G. Khan, Punjab Pakistan,

Corresponding Author's Email: ayesharao4786@gmail.com

²Associate Professor (Chairperson), Department of Sociology, Ghazi University, D.G. Khan, Punjab, Pakistan,

Email: mtarar@gudgk.edu.pk,

³Lecturer, Department of Sociology, Ghazi University, D.G. Khan, Punjab, Pakistan, Email: sbano@gudgk.edu.pk

⁴Lecturer, Department of Sociology, Govt. Graduate College Shah Sadar Din D.G. Khan, Punjab Pakistan.

Email: nawabzada.sharjeel@gmail.com

⁵MPhil Scholar, Department of Sociology, Ghazi University, D.G. Khan, Punjab Pakistan;

Email: zainabakhwand@gmail.com

⁶MPhil Scholar, Department of Sociology, Ghazi University, D.G. Khan, Punjab Pakistan,

Email: nimranghourig636@gmail.com

upto graduation level (53.6%), were married (98.9%), and having 1–3 children (52.9%) were housewives (48.9%). The results also depicted majority (70.0%) of respondents said their household monthly income was 20,000– upto 50,000 rupees, parents' replied upto 6 hours spent their children to use mobile phone in a day (68.9%), parents sometimes allowed their children to use mobile phone in free time (77.9%) and sometimes allowed their children to use mobile phone in childhood (68.9%). Data regarding various purpose their children use mobile phone i.e. majority (71.4%) of the respondents said that children often use mobile phone for playing games; movies (47.9%); cartoons (55.0%); DIY crafts (49.6%); animated stories (54.3%); motivational content (49.3%); and educational Apps (48.9%). The results indicated that majority of parents (83.9%) were agreed that excessive mobile phone utilization cause neurological (mental health) issues in youngsters', mobile phone helped their child to stay organized (80.0%), mobile phone use likely obstruction with parent-kid association (78.2%) and empowering age-fitting substance and applications for youngsters deal with kids' cell phone utilization (85.3%). The bivariate analysis hypothesis showed that more hours spend by children on mobile phone in a day had significant relationship between more the risk of neurological (brain development) problems ($\chi^2 = 33.882$, $p < .006$). More hours spend by children on mobile phone in a day had significant correlation between more the potential interference with parent-child interaction ($\chi^2 = 30.376$, $p < .016$). Parents more allow to use mobile phone children's in free time had significant association between lower the children stay organized ($\chi^2 = 21.748$, $p < .005$). Parents more allow to use mobile phone children's in childhood had highly significant relationship between lower encourage age-appropriate content and apps to manage children's mobile phone usage ($\chi^2 = 25.726$, $p < .001$). The study was suggested that parents should be monitoring apps and games children download manage children's mobile phone usage.

Keywords: Parents' perception, children's health, behavioral changes, screen time, mobile addiction, parental concerns, children's development

Introduction

A mobile phone is a gadget that trips across a large geographic area and uses a radio link to make and receive phone calls. It finishes this by making a linking to a cellular system that a mobile phone worker has set up, giving it contact to the public phone network. The use of cell phones has increase rapidly despite some knowledge of their harmful health impacts, particularly as they have been more widely available and more reasonably priced (Acharya *et al.*, 2013). In the 21st Century, the number of mobile phone subscribers worldwide has exceeded one billion. Children and teenagers progressively depend on their mobile phones for various purposes, including entertainment, education, creativity, and message with associates and family. Parents allow their children to use mobile phones for multiple reasons, such as concerns about safety, the desire to enhance educational opportunities, the need to distract and occupy their children, or to

manage their behavior. Over time, this usage can develop into a habit or addiction, affecting not only the physical health of children but also their social and emotional well-being (Iqbal *et al.*, 2022). In the modern world, technology is crucial to communication and information transfer. One of the most significant and often used technologies across many social groups, particularly among youth, is the mobile phone (Biglu and Ghavami, 2016). Behavior, attitudes, and mental processes may be more quickly and negatively impacted by a mobile phone. The addiction to cell phones is a well-known disorder that is linked to severe anxiety and trauma. Compulsive social media use and an addiction to being online cause low productivity and negatively affect children's mental health. Long-term impacts could be more detrimental, lasting, and impacting the deeper subconscious level of behavior (Nath, 2018; Nazir *et al.*, 2022).

Mobile phones can be dangerous and troublesome, which can lead to a weakened sense of volitional regulator and obstinate mobile phone use, which can cause emotional wellbeing symptoms including restlessness, disturbed sleep, and mental tension and anxiety (Khan and Khalid, 2018). Anxiety and depression risk factors include an excessive reliance on smartphones, a negative outlook, anxiety, and a sense of unease. Overuse of smartphones caused detrimental psychological belongings. Young people often used mobile phones at night, and they stated that staying up late had a negative impact on their observed health (Shoukat, 2019). Children between the ages of two and five should use their phone for no more than one hour each day. The signs of problematic smartphone behaviors, such as compulsive online gaming, social networking site browsing, or gambling, include trying to avoid using smartphones, checking them often, and disrupting sleep patterns (Ahmad *et al.*, 2021). Overuse of smartphones can also impact the cervical angle scan, particularly if the user's posture is not neutral, which could result in increased strain on the cervical spine (Tanveer, 2023). Children who use their smartphones in class have a negative influence on both their own and their peers' kindness spans. Children that utilize modern technology extremely end up killing time. The impact that these technologies have on children's cognitive and emotional development should also be taken into deliberation (Mustafaoglu *et al.*, 2018). Children who use mobile phones face several health risks. Because mobile phone screens emit blue light, using a phone for extended periods of time can cause headaches, eyestrain, and irregular sleep patterns (Aleem, 2009). Children who use mobile phones for one to two hours a day report developing headaches and tinnitus, but students from another group who use them for three to four hours a day report developing headaches and limited high degree hearing loss (Shafique *et al.*, 2019).

Many parents worry about the negative impacts of smartphones on their kids, including health risks, effects on academic performance and interests, and inappropriate behavior. Overuse of phones, according to some parents, can cause issues like social isolation and sleep disruptions. They attempt to restrict screen time and promote alternative things like reading and outdoor play because they want their kids to be happy and healthy (Akgun, 2023). These days, a child's phone

may be used for social networking, online learning, gaming, applications, and internet browsing. Given that psychological health sicknesses are amongst the most common health problems disturbing children and teenagers, the increasing usage of these technologies has sparked worries about how exposure patterns may impact their well-being (Girela-Serrano *et al.*, 2022).

In urban areas of D.G. Khan, parents are more worried about the health implications of children's high usage of mobile phones. Parents are noticing more problems like disturbed sleep, reduced exercise, trouble focusing, and emotional instability connected to extended screen use. Despite the widespread use of mobile phones in everyday life, there is a lack of understanding about how these devices affect the physical, mental, and social health of children. This sociological research aims to investigate how parents view the health challenges associated with excessive mobile phone use among children in the area, offering a glimpse into the wider social consequences.

Objectives

- ❖ To investigate the awareness level among parents regarding the potential health effects of excessive mobile phone use on children.
- ❖ To examine the perception and attitudes of parents towards use of children's mobile phone and its adverse effects on children's health as well as study the factors influencing parents decision regarding use of children mobile phone.
- ❖ To explore the knowledge gap among parents regarding the recommended guidelines for managing children's mobile phone usage.

Material and Methods

A sociological study was conducted in 2024 in the city of Dera Ghazi Khan to analyze parental views on the impact of excessive mobile phone usage on children's health with to explore parents' perceptions of how excessive mobile phone use affects their children's physical and mental health. For this study, a sample of 280 parents was selected as respondents through a multistage sampling technique. D.G. Khan Tehsil is divided into 41 Union Councils administratively, with 7 included in the Capital, D.G. Khan, and the other 34 forming the remaining Unions. At the first stage, 4 urban union councils (UC # 7 "Block-H", UC # 9 "Block-5", UC # 12 "Khayaban-e-Sarwar", and UC # 16 "Model Town") out of a total of 7 union councils were chosen using a simple random sampling method. At the second stage, 8 localities (two from each union council), namely "UC # 7 (i) Block "S" and (ii) Block "M"; UC # 9 i) Block "K" and ii) Block "N"; UC # 12 i) Khayaban-e-Sarwar Block "A" and ii) Khayaban-e-Sarwar Block "B"; and UC # 16 i) Model Town Block "X" and ii) 3 Marla Scheme, were selected through a simple random sampling procedure. At the third stage, 35 parents (as

respondents) were selected from each locality using a purposive sampling technique. Univariate (frequencies and percentage) and bi-variate (chi-square and gamma) analyses were conducted.

Results and Discussion

Gender involves the roles, behaviors, and characteristics that a society deems fitting for males and females. Socio-economic & cultural factors influence these roles, often differing between communities. Data regarding table 1 shows huge majority (60.7%) of respondents were female, while 39.3% of the respondents were male.

Age is the term of an individual's life, frequently communicated in years. It starts at the hour of birth and increments on the individual's birthday every year. As per the dimensions in the above table, 28.6% of respondents were between the ages of 31-35, 23.9% were between the ages of 36-40, and 21.1% were between the ages of 25-30. 11% of the respondents are in the long term age range, 9% were in the 46-50 year age range, and 5% were beyond 50 years of age. In contrast to other age groups, the majority of respondents (52.5%) belonged to 31-40 year age range, according to the data. Thomas *et al.* (2014) discovered similar findings, stating that age is an indicator of a person's life expectancy as of a certain date.

Education plays a crucial role in everyone's life. It is not just about attending school; it is the pathway to future success and opens up several opportunities. (Table 1) data depicted that 28.2% of the respondents said their education was upto graduation, 16.7% of the respondents mentioned their education was upto middle, 14.3% of respondents reported their education was upto intermediate, 11.8% of respondents stated their education was post-graduation & above, 11.1% of respondents said that their education was upto matriculation, 10.4% of respondents mentioned their education was upto primary school, and 7.5% of the respondent were illiterate. The result indicated that majority (53.6%) of the respondents replied their education was upto graduation. Al-Shuaibi (2014) stated that education provides people with knowledge that are essential for professional achievement. It empowers individuals to make informed decisions, contribute meaningfully to society, and improve their quality of life.

Marital status refers to the different choices that describe a person's relationship status with a significant other. The above table data depicted that huge majority (98.9%) of the respondent were married, while 1.1% of the respondents were divorced. These factors play a crucial role in how informal caregiving is provided and received among older adults, and they also impact health and mortality outcomes. The marital status can affect a person's social support network, financial stability, and well-being as they age (Robards *et al.* 2014). The data depicted that 47.1% of the respondents had 4 & above children, 21.8% of respondents' had 2 children, 19.3% of respondents' had 3 children and 11.8% of the respondents' had 1 child. The results showed that majority (52.9%) of respondents' had 1-3 children (Table 1).

The concept of a profession discussed to a group of jobs that share similar main tasks and responsibilities. The above table data depicted that large majority 48.9% of the respondents were housewives. Whereas, among 15.7% of the respondents replied their occupation was shop-keeper, 12.9% of the respondents were government servant, 12.9% of the respondents were private employees, 3.1% of the respondents were foreign labour, 2.9% were occupied as street hawking, 2.5% were occupied as daily wage labourer, and 1.1% of the respondents were farmers. Christoph *et al.* (2020) stated the a person can be associated with their current main job, a second job, a future job they plan to have, or a job they had in the past. Information about someone's occupation is very useful and versatile in quantitative data. This paper aims to give an overview of measures related to occupations across various topics. It explores how occupations are used to understand different aspects of people's lives and activities.

A person's or a household's monthly income is the amount of money they make each month. As per the data presented in the above table, 27.2% of the respondents stated that their household earned between 20,001-35,000 rupees per month; 21.4% said that their income was up to 20,000 rupees; 21.4% said that their income was between 35,001-50,000 rupees; 17.5% said that their income was between 50,001-65,000 rupees; and 12.5% said that their income was 65,001 and above rupees per month. The majority of respondents (70.0%) said that their household's monthly income ranged from 20,000-50,000 rupees, according to the data. It's an important indicator of financial stability, as stated by Smeeding and Weinberg (2001), and it may vary greatly depending on a person's employment status, place of employment, and place of residence. In order to collect data, we examine surveys that inquire about an individual's income and employ national economic modeling to comprehend changes in income.

The above tables data showed that majority (59.6%) of the respondent were fitted to joint family system and 38.3% were belonged to nuclear family system. whereas, among 2.1% of respondents were belonged to extended family system. There are different main types of families: marital families, where parents and their children live together; extended families, which include relatives like grandparents or aunts and uncles living together; and merged families, where two separate families blend into one, often through remarriage (Hernani *et al.*, 2022).

Table 1. Frequency distribution of the respondents according to their socio-economic and demographic characteristics

Gender of respondents	Frequency	Percentage
Male	110	39.3
Female	170	60.7
Total	280	100.0
Age of respondents		
25–30	59	21.1

31–35	80	28.6
36–40	67	23.9
41–45	32	11.4
46–50	27	9.6
More than 50	15	5.4
Total	280	100.0
Education		
Illiterate	21	7.5
Upto Primary	29	10.4
Upto Middle	47	16.7
Upto Matric	31	11.1
Upto Intermediate	40	14.3
Upto Graduation	79	28.2
Above Post-Graduation	33	11.8
Total	280	100.0
Marital Status		
Married	277	98.9
Divorced	3	1.1
Total	280	100.0
Number of Children		
1 Child	33	11.8
2 Children	61	21.8
3 Children	54	19.3
4 & above Children	132	47.1
Total	280	100.0
Occupation of the respondents		
Housewife	137	48.9
Govt. Job	36	12.9
Private Job	36	12.9
Daily wage labourer	7	2.5
Shop–keeper	44	15.7
Farmer	3	1.1
Foreign labour	9	3.1
Street hawkers	8	2.9
Total	280	100.0
Household Monthly Income		
Upto 20,000	60	21.4
20,001–35,000	76	27.2
35,001–50,000	60	21.4

50,001–65,000	49	17.5	
65,001 & above	35	12.5	
Total	280	100.0	
Family Type			
Joint	167	59.6	
Nuclear	107	38.3	
Extended	6	2.1	
Total	280	100.0	
Hours spend children to use mobile phone in a day			
Less than 1 hour	59	21.1	
1-3 hours	146	52.1	
4-6 hours	47	16.8	
7-9 hours	20	7.1	
All night times	8	2.9	
Total	280	100.0	
Parents allowed their children to use mobile phone in free time			
Always	41	14.6	
Sometimes	218	77.9	
Never	21	7.5	
Total	280	100.0	
Parents allow their children to use mobile phone in childhood			
Always	44	15.7	
Sometimes	193	68.9	
Never	43	15.4	
Total	280	100.0	
Several purpose of their children use mobile phone			
Games	Always	200	71.4
	Sometimes	31	11.1
	Never	49	17.5
	Total	280	100.0
Movies	Always	134	47.9
	Sometimes	78	27.8
	Never	68	24.3
	Total	280	100.0
Cartoons	Always	154	55.0
	Sometimes	89	31.8
	Never	37	13.2
	Total	280	100.0
DIY Crafts	Always	139	49.6

	Sometimes	76	27.1
	Never	65	23.2
	Total	280	100.0
	Always	152	54.3
Animated	Sometimes	70	25.0
	Never	58	20.7
	Total	280	100.0
	Always	138	49.3
Motivation- al Content	Sometimes	85	30.3
	Never	57	20.4
	Total	280	100.0
	Always	137	48.9
Education- al apps	Sometimes	71	25.4
	Never	72	25.7
	Total	280	100.0

Data regarding table 1 also shows majority (52.1%) of parents told 1-3 hours spent their children to use mobile phone in a day. Whereas, among 21.1% were told less than 1hour spent their children to use mobile phone in a day, 16.8% were told 4-6 hours spent their children to use mobile phone in a day, 7.1% were expressed 7-9 hours spent their children to use mobile phone in a day, and 2.9% were told all night times spent their children to use mobile phone in a day. The results indicated that majority (68.9%) of the parents' replied upto 6 hours spent their children to use mobile phone in a day. Mobile phone use by young lives is dynamically drawing in the interest of social researchers, guardians, and instructive patrons, for the most part in a negative circumstance (Tomczyk and Lizde, 2023). The data showed that majority of parents (68.9%) were sometimes allowed their children to use mobile phone in childhood, whereas, among 15.7% were always allowed their children to use mobile phone in childhood, and 15.4% of the respondents were never allowed their children to use mobile phone in childhood.

Following purpose of children use mobile phone i.e. the majority of respondents (71.4%) said that their kids show games on their phones often, 17.5% stated that their kids never play games on their phones, while 11.1% of parents stated that their kids play games on their phones sometimes. Table 1 also shows 47.9% of the respondent said that their children often use mobile phone for watch movies, 27.8% said that children sometimes use mobile phone for watch movies, and 24.3% of parents said that their children never use mobile phone for watch movies. The table above data showed majority (55.0%) of the respondent said that their children often use mobile phone for watch cartoons, 31.8% said that children sometimes use mobile phone for watch cartoons, and 13.2% of parents said that their children never use mobile phone for watch cartoons. The table data showed that 49.6% of the respondents said that their children often use

mobile phone for watch DIY crafts, 27.1% said that children sometimes use mobile phone for watch DIY crafts, and 23.2% of parents said that their children never use mobile phone for watch DIY crafts. The table 1 also data shows majority (54.3%) of the respondents supposed that their children frequently use mobile phone for watched animated stories, 25.0% said that children sometimes use mobile phone for watched animated stories, and 20.7% of parents said that their children never use mobile phone for watched animated stories. Data regarding table 1 shows 49.3% of the respondents said that their children often use mobile phone for watch motivational content, 30.3% said that children sometimes use mobile phone for watch motivational content, and 20.4% of parents said that their children never use mobile phone for watch motivational content. The table data showed that 48.9% of the respondents said that their children often use mobile phone for watch educational Apps, 25.4% said that children sometimes use mobile phone for watch educational Apps, and 25.7% of parents said that their children never use mobile phone for watch educational Apps. It is crucial to examine how children interact with these modern devices, as they could significantly impact behavior, sleep patterns, cognition, and psychological dependence. There is a lack of research on how children use these devices, including their age when they first start using them, the reasons for using mobile phones in their daily activities, and their usage patterns, particularly among children and their caregivers (Reddy *et al.*, 2023).

Table 2: Frequency distribution of the respondents about awareness level among parents regarding the potential health effects of excessive mobile phone use on children

Awareness Level among parents	Frequency	Percentage
Excessive mobile phone usage is cause of obesity in children		
Strongly agree	192	68.6
Agree	51	18.2
Undecided	15	5.4
Disagree	20	7.1
Strongly disagree	2	0.7
Total	280	100.0
Excessive mobile phone usage potentially impact on children sleep duration from blue light exposure		
Strongly agree	127	45.4
Agree	124	44.3
Undecided	13	4.6
Disagree	5	1.8
Strongly disagree	11	3.9
Total	280	100.0
Excessive mobile phone usage reduced ability to retained information in children		
Strongly agree	144	51.4

Agree	92	32.9
Undecided	30	10.7
Disagree	12	4.3
Strongly disagree	2	0.7
Total	280	100.0
Excessive mobile phone usage cause neurological (brain development) problems in children's		
Strongly agree	139	49.6
Agree	96	34.3
Undecided	22	7.9
Disagree	15	5.3
Strongly disagree	8	2.9
Total	280	100.0
Excessive mobile usage increased risk of addiction on mobile devices		
Strongly agree	131	46.8
Agree	83	29.6
Undecided	24	8.6
Disagree	30	10.7
Strongly disagree	12	4.3
Total	280	100.0
Excessive mobile phone usage cause potential impact on children language		
Strongly agree	110	39.3
Agree	96	34.3
Undecided	27	9.6
Disagree	28	10.0
Strongly disagree	19	6.8
Total	280	100.0
Excessive mobile phone usage is cause of musculoskeletal pain in children from gaming		
Strongly agree	146	52.2
Agree	60	21.4
Undecided	24	8.6
Disagree	33	11.7
Strongly disagree	17	6.1
Total	280	100.0
Excessive mobile phone usage potentially exposure to in appropriate content for children		
Strongly agree	105	37.5
Agree	86	30.7
Undecided	35	12.5
Disagree	37	13.2

Strongly disagree	17	6.1
Total	280	100.0
Excessive mobile phone usage potentially impact on social development of children		
Strongly agree	117	41.8
Agree	104	37.1
Undecided	18	6.3
Disagree	28	10.0
Strongly disagree	13	4.6
Total	280	100.0
Excessive mobile phone usage cause of anxiety symptoms in children		
Strongly agree	123	43.9
Agree	92	32.9
Undecided	26	9.3
Disagree	26	9.3
Strongly disagree	13	4.6
Total	280	100.0
Excessive use of mobile phone negatively effect on children creativity skills		
Strongly agree	129	46.1
Agree	95	33.9
Undecided	19	6.8
Disagree	19	6.8
Strongly disagree	18	6.4
Total	280	100.0
Excessive mobile phone usage cause potential risk of cyber-bullying on children		
Strongly agree	117	41.8
Agree	93	33.2
Undecided	24	8.6
Disagree	37	13.2
Strongly disagree	9	3.2
Total	280	100.0
Excessive mobile phone usage negatively impact on children face to face interaction and make them shy		
Strongly agree	149	53.2
Agree	58	20.7
Undecided	30	10.7
Disagree	21	7.5
Strongly disagree	22	7.9
Total	280	100.0

According to the statistics in table 2, majority of respondents (68.6%) strongly agreed with the assertion that children's obesity is caused by excessive mobile phone use, whereas just 18.2% of respondents agreed with this statement. In contrast, 5.4% of respondents said they were "undecided" regarding the table statement. Furthermore, the claim that excessive mobile phone use contributes to childhood obesity was strongly disagreed with by 0.7% of respondents and disagreed with by 7.1% of respondents. The majority of respondents (86.8%) agreed or strongly concurred with the statement that children's obesity is a consequence of their parents' excessive use of cell phones. It is acknowledged that childhood and teenage obesity and overweight pose serious worldwide health risks. Worldwide, it was estimated that over 340 million kids and teenagers, ages 5-19, were overheavy, and the figure has been steadily rising (Ma *et al.*, 2021). As per the information introduced in the above table, 45.4% of respondents unequivocally concurred in the proclamation that exorbitant utilization of cell phones might affect youngsters' rest span because of blue light contact, and 44.3% of respondents concurred with this assertion. Then again, 4.6% of respondents said they were "Undecided" about the table articulation. Besides, 1.8% of respondents contradicted the statement that utilizing a PDA unreasonably may abbreviate youngsters' rest because of openness to blue light, and 3.9% emphatically conflicted. Most of respondents (89.7%) concurred or firmly concurred with the statement that inordinate cell phone use might impact youngsters' rest length because of openness to blue light. As per Alam *et al.* (2024), teens and youthful grown-ups are progressively utilizing electronic devices including PCs, tablets, and cellphones.

The data also shows most of respondents (51.4%) were in concurrence with the statement that kids' capacity to hold data was decreased by exorbitant cell phone use, and 32.9% of respondents concurred with this assertion. Interestingly, 10.7% of respondents said they were "Undecided" when gotten some information about their capacity to state. Besides, 4.3% of respondents contradicted the declaration that kids' memorable ability information is decreased by exorbitant cell phone use, and 0.7% of respondents firmly clashed. Most of respondents (84.3%) concurred or unequivocally concurred with the statement that youngsters' capacity to remember knowledge was diminished by excessive cell phone use. The number of younger children using cell phones has increased noticeably. Concerns have been expressed regarding whether children may be at higher risk as a consequence of this development (Leitgeb, 2008). The data also shows 49.6% of respondents firmly concurred about the attestation that perverse utilization of cell phones causes neurological in nature (mind development) issues in youngsters, while 34.3% of respondents concurred that such issues happen. Interestingly, 7.9% of respondents said they were "Undecided" when gotten some information about the table articulation. Besides, 2.9% of respondents emphatically couldn't help contradicting the statement that youngsters' over the top utilization of cell phones causes neurological (mental health) challenges, while 5.3% of respondents clashed. Most of respondents (83.9%) concurred or firmly concurred with the

statement that kids' issues with their neurological improvement are brought about by unnecessary cell phone use.

Table 2 data also shows 46.8% of the respondents were firmly concurred, and 29.6% of the respondent were concurred that unreasonable portable utilization expanded hazard of compulsion on cell phones. Among 8.6% of the respondent were "Undecided" answered about table statement. Moreover, 10.7% of the respondents were disagreed and 4.3% of respondents were strongly disagreed with statement excessive mobile usage increased risk of addiction on mobile devices. The result indicated that majority (76.4%) of respondents were agreed with statement excessive mobile usage increased risk of addiction on mobile devices. Similarly results were found by Parasuraman *et al.* (2017), almost all participants (95%) in the study were using smartphones, and 81.7% owned at least one mobile phone. Most had been using smartphones for over 5 years. The table data showed that 39.3% of the respondents were emphatically concurred with the assertion extreme cell phone use cause likely effect on kids language, and 34.3% of the respondent were concurred that exorbitant cell phone use cause expected influence on youngsters language. Though, among 9.6% of the respondent were "Unsure" answered about table statement. Also, 10.0% of the respondents were dissented, and 6.8% of the respondent were unequivocally couldn't help contradicting statement unreasonable cell phone use cause expected influence on kids language.

The outcome demonstrated that greater part (73.6%) of the respondent were concurred and emphatically concurred with proclamation extreme cell phone utilization cause possible effect on youngster's language. Gupta *et al.* (2023) investigated the cell phone utilization has turned into a critical piece of kids' screen time. Pediatric associations prescribe restricting day to day screen time to 1-2 hours for kids matured 2-5 years and direct against any screen time for youngsters under 2 years of age. Table 2 data illustrated that greater part (52.2%) of the respondents were unequivocally concurred with the assertion unreasonable cell phone utilization is reason for outer muscle torment in youngsters from gaming, and 21.4% of the respondents were concurred that exorbitant cell phone use is reason for outer muscle hurt in kids from gaming. While, among 8.6% of the respondent were "Unsure" answer about table statement. Also, 11.7% of the respondent were differ, and 6.1% of the respondents were firmly contradicted articulation excessive mobile phone usage is cause of musculoskeletal pain in children from gaming. The result indicated that majority (73.6%) of respondents were agreed and strongly agreed with statement excessive mobile phone usage is cause of musculoskeletal pain in children from gaming. Musculoskeletal disorders occur when the body's musculoskeletal structures are damaged due to repetitive movements, forces, and awkward postures during certain activities. It found that 44% of students reported experiencing musculoskeletal pain. The most common areas of pain reported were the neck, followed by the thumb, lower back, and elbow (Walankar *et al.*, 2021).

Table 2 data regarding 37.5% of the respondents were firmly concurred with the assertion unnecessary cell phone utilization possibly openness to in suitable substance for youngsters, and 30.7% of the respondents were concurred that exorbitant cell phone use possibly openness to in proper substance for kids. Though, among 12.5% of the respondent were "Undecided" answered about table statement. Additionally, 13.2% of the respondent were differ and 6.1% of the respondents were firmly couldn't help contradicting statement over the top cell phone use possibly openness to in suitable substance for youngsters. The outcome showed that greater part (68.2%) of the respondent were concurred and emphatically concurred with proclamation unnecessary cell phone use possibly openness to in suitable substance for kids. Out of the 248 children included in the study, (57.7%) were boys and 42.3% were girls who were exposed to mobile phones. Regarding the timing of first exposure, the majority of children (22.6%, 56 children) were exposed to mobile phones between 4-6 months of age, while 20.9% were exposed before reaching 4 months of age (Reddy *et al.*, 2023). Data also shows 41.8% of the respondent were emphatically concurred with announcement over the top cell phone use possibly influence on friendly advancement of kids, and 37.1% of the respondents were concurred that unnecessary cell phone use possibly influence on friendly improvement of youngsters. Though, among 6.3% of the respondent were "unsure" answered about table proclamation. Additionally, 10.0% of the respondent were dissented, and 4.6% of the respondent were emphatically contradicted proclamation extreme cell phone utilization possibly influence on friendly advancement of kids.

The outcome demonstrated that greater part (78.9%) of the respondents were concurred and firmly concurred with the assertion extreme cell phone utilization possibly influence on friendly advancement of youngsters (Table 2). Likewise results were found by Noaman (2019) concentrated on the utilizing cell phones influences different wellbeing viewpoints among youngsters and teenagers. Unnecessary cell phone use can prompt a few quick side effects, for example, cerebral pains, trouble focusing, and weakness. The above table information showed that 43.9% of the respondents were unequivocally concurred with the statement excessive mobile phone use reason for uneasiness side effects in youngsters, and 32.9% of the respondents were concurred that exorbitant cell phone utilization reason for nervousness side effects in kids. Though, among 9.3% of the respondent were "unsure" answer about table statement. In addition, 9.3% of the respondent were differ, and 4.6% of the respondent were firmly contradicted the statement over the top cell phone utilization reason for tension side effects in youngsters. The outcome showed that greater part (76.8%) of the respondent were concurred and unequivocally concurred with articulation exorbitant cell phone utilization reason for nervousness side effects in youngsters.

The overhead table data showed that 46.1% of the respondent were strongly agreed with the declaration excessive use of mobile phone negatively effect on children creativity skills, and 33.9% of the respondents were agreed that excessive use of mobile phone negatively effect on children creativity skills. Whereas, among 6.8% of the respondent were "undecided" respond

about table account. Moreover, 6.8 percent of the respondents were disagree, and 6.4% of the respondent were strongly disagreed with the statement excessive use of mobile phone negatively effect on children creativity skills. The result indicated that majority (80.0%) of the respondent were agreed and strongly agreed with declaration excessive use of mobile phone negatively effect on children creativity skills. Riski and Ain (2017) concluded that the rapid advancement of technology has profoundly changed human lifestyles, shifting from manual to predominantly digital practices, which has introduced new habits into people's lives (Miranda *et al.*, 2021; Trisiana *et al.*, 2019). The above table information showed that 41.8% of the respondent were firmly concurred with the assertion unreasonable cell phone use cause possible gamble of digital tormenting on youngsters, and 33.2% of the respondents were concurred that inordinate cell phone use cause likely gamble of digital harassing on kids. Among the respondents, 8.6% were Undecided about the articulation.

Moreover, 13.2% deviated, and 3.2% firmly differ that unnecessary cell phone use causes a possible gamble of digital tormenting on youngsters. In any case, the greater part (75.0%) of respondents concurred or unequivocally concurred with this assertion. Cell phone habit is normal around the world, remembering for the UAE. Female members showed more elevated levels of tension and cell phone habit contrasted with guys. While cell phone enslavement is related with psychological wellness problems like uneasiness and warning, cyberbullying, albeit not straightforwardly connected to cell phone fixation, is unequivocally connected with tension and melancholy (Al-Qaderi *et al.*, 2023). The above table information showed that greater part (53.2%) of the respondent were emphatically concurred with the assertion outrageous cell phone use adversely effect on youngsters eye to eye connection point and make them timid, and 20.7% of the respondents were concurred that unnecessary cell phone utilization adversely influence on kids up close and personal collaboration and make them bashful. Though, among 10.7% of the respondents were “Undecided” answered about table statement. Additionally, 7.5% of the respondent were differ, and 7.9% of the respondents were clearly can't help contradicting statement unnecessary cell phone utilization adversely influence on youngsters eye to eye communication and make them bashful. The outcome showed that greater part (73.9%) of the respondents were concurred and emphatically concurred with statement over the top cell phone utilization adversely influence on youngsters eye to eye association and make them timid. Riski and Ain (2021) analyzed the cellphone use without a doubt impacts understudies' personality improvement. Clear from perceptions there's an observable absence of cooperation among understudies both in school and in their environmental elements

Table 3: Frequency distribution of the respondents about the perception attitudes of parents towards use of children's mobile phone & its adverse effects on children's health

Perception attitudes of parents	Frequency	Percentage
Mobile phone as a useful tool for educational purposes for their children		
Strongly agree	175	62.5
Agree	69	24.6
Undecided	16	5.7
Disagree	13	4.7
Strongly disagree	7	2.5
Total	280	100.0
Mobile phone enhanced their children social skills		
Strongly agree	113	40.4
Agree	122	43.5
Undecided	21	7.5
Disagree	16	5.7
Strongly disagree	8	2.9
Total	280	100.0
Mobile phone helped their child to stay organized		
Strongly agree	160	57.1
Agree	64	22.9
Undecided	33	11.8
Disagree	17	6.1
Strongly disagree	6	2.1
Total	280	100.0
Mobile phone distracted children concentration from study		
Strongly agree	131	46.8
Agree	111	39.6
Undecided	20	7.2
Disagree	9	3.2
Strongly disagree	9	3.2
Total	280	100.0
Mobile phone foster independence in children		
Strongly agree	123	43.9
Agree	99	35.4
Undecided	36	12.9
Disagree	17	6.1
Strongly disagree	5	1.7

Total	280	100.0
Addictive nature of mobile phone in children		
Strongly agree	133	47.5
Agree	82	29.3
Undecided	21	7.5
Disagree	32	11.4
Strongly disagree	12	4.3
Total	280	100.0
The entertainment that mobile phone provide for children		
Strongly agree	124	44.3
Agree	75	26.8
Undecided	30	10.7
Disagree	37	13.2
Strongly disagree	14	5.0
Total	280	100.0
Excessive usage of mobile phone is a cause of migraine in children		
Strongly agree	119	42.5
Agree	78	27.9
Undecided	26	9.2
Disagree	35	12.5
Strongly disagree	22	7.9
Total	280	100.0
Excessive usage of mobile phone is a cause of headache in children		
Strongly agree	127	45.4
Agree	89	31.7
Undecided	33	11.8
Disagree	22	7.9
Strongly disagree	9	3.2
Total	280	100.0
Excessive usage of mobile phone is a cause of hearing impairment problem		
Strongly agree	121	43.2
Agree	88	31.4
Undecided	27	9.7
Disagree	28	10.0
Strongly disagree	16	5.7
Total	280	100.0
Excessive usage of mobile phone is a cause of optical/visual problems in children		
Strongly agree	122	43.6
Agree	93	33.2

Undecided	15	5.4
Disagree	35	12.5
Strongly disagree	15	5.3
Total	280	100.0
Excessive usage of mobile phone is a cause of stress in children		
Strongly agree	137	48.9
Agree	86	30.8
Undecided	13	4.6
Disagree	31	11.1
Strongly disagree	13	4.6
Total	280	100.0
Excessive usage of mobile phone increased exposure to electromagnetic radiation on children		
Strongly agree	123	43.9
Agree	92	32.9
Undecided	22	7.9
Disagree	33	11.7
Strongly disagree	10	3.6
Total	280	100.0
Excessive mobile phone usage increased risk of neck and back pain from poor posture		
Strongly agree	115	41.1
Agree	87	31.1
Undecided	32	11.4
Disagree	36	12.8
Strongly disagree	10	3.6
Total	280	100.0
Excessive mobile phone usage potential interference with parent-child interaction		
Strongly agree	118	42.1
Agree	101	36.1
Undecided	23	8.2
Disagree	26	9.3
Strongly disagree	12	4.3
Total	280	100.0
Inappropriate age of child influence parent's decision regarding the use of children mobile phone		
Strongly agree	129	46.1
Agree	88	31.4
Undecided	23	8.2
Disagree	26	9.3

Strongly disagree	14	5.0
Total	280	100.0
Communication need influence parent's decision regarding the use of children mobile phone		
Strongly agree	118	42.1
Agree	95	33.9
Undecided	32	11.5
Disagree	23	8.2
Strongly disagree	12	4.3
Total	280	100.0
Parent beliefs regarding technology influence parent's decision regarding the use of children mobile phone		
Strongly agree	111	39.6
Agree	112	40.0
Undecided	16	5.8
Disagree	25	8.9
Strongly disagree	16	5.7
Total	280	100.0
Competitive educational environment influence parent's decision regarding the use of children mobile phone		
Strongly agree	125	44.7
Agree	95	33.9
Undecided	19	6.8
Disagree	32	11.4
Strongly disagree	9	3.2
Total	280	100.0
Parents for their own free time allow children to use mobile phone in childhood		
Strongly agree	140	50.0
Agree	79	28.3
Undecided	25	8.9
Disagree	20	7.1
Strongly disagree	16	5.7
Total	280	100.0

Table 3 data also shows majority (62.5%) of the respondent were strongly agreed, and 24.6% of the respondents somewhat agreed that cell phone as a helpful device for instructive drives for their kids. Though, among 5.7% of the respondent were "undecided" answered about table statement. Moreover, 4.7% of the respondents were disagreed, and 2.5% of the respondents were strongly disagreed mobile phone as a useful tool for educational purposes for their children.

The result indicated that majority (87.1%) of the respondents were agreed that mobile phone as a useful tool for educational purposes for their children. Mobile communication is increasingly being integrated into formal education globally and locally. Despite this trend, some educational institutions have resisted incorporating mobile phones, which has led teachers to stick to traditional teaching methods (Gabor and Peter, 2015). The table data also revealed that 43.5% of the respondents were agreed, and 40.4% were strongly agreed that cell phone improved their kids interactive abilities. While, among 7.5% of the respondent were "undecided" answered about table explanation. In addition, 5.7% of the respondents were disagreed, and 2.9% of the respondent were strongly disagreed that cell phone upgraded their kids interactive abilities. The outcome demonstrated that majority (83.9%) of the respondent were agreed that cell phone improved their kids interactive abilities. Ralph and Nunez (2021) found that a few teenagers battle in friendly circumstances and may favor online connections on the grounds that communicating feelings through composed words feels more straightforward. A huge majority of parents (57.1%) were strongly agreed, and 22.9% of the respondents somewhat agreed that cell phone assisted their kid with remaining coordinated. While, among 11.8% of the respondent were "undecided" answered about table explanation. Also, 6.1% of the respondent were disagreed, and 2.1% of the respondents were strongly disagreed that cell phone assisted their youngster with remaining coordinated.

The outcome demonstrated that larger part (80.0%) of the respondent were disagreed that cell phone assisted their kid with remaining coordinated. Gabor and Peter (2015) inferred that the portable correspondence is presently a basic piece of learners' lives and will continue to grow in importance. Modern phones are as powerful as personal computers, portable enough to carry in a pocket, and provide access to vast amounts of information globally. In table 3, data shows 46.8% of the respondent were strongly agreed, and 39.6% of the respondents somewhat agreed that cell phone occupied kids focus from study. Though, among 7.2% of the respondents were "undecided" answered about table statement In addition, 3.2% of the respondents were disagreed, and 3.2% of the respondent were strongly disagreed that cell phone divert youngsters focus from study. The results showed that majority (86.4%) of the respondent were agreed that cell phone occupied kids fixation from study. Attia *et al.* (2017) announced that understudies view of the fundamental interruptions in homerooms, taking into account seventeen interruptions that understudies themselves create and 24 interruptions brought about by outside factors. The above table information showed that 43.9% of the respondents were strongly agreed, and 35.4% of the respondents were agreed the cell phone cultivate freedom in youngsters. Though, among 12.9% of the respondent were "undecided" answered about table explanation. Furthermore, 6.1% of respondents were disagreed, and 1.7% strongly disagreed that cell phones cultivate autonomy in kids. The results indicated that majority of parents (79.3%) were agreed that cell phone cultivate freedom in youngsters. For instance, Kabali announced that 28.2% of 2-year-olds and 42.9% of

4-year-olds didn't require help. Another investigation discovered that out of 325 youngsters, 21 could utilize a cell phone freely, and 37 even had their own gadget (Shah and Phadke, 2023).

The above table information showed that 47.5% of the respondent were strongly agreed, while 29.3% of respondents somewhat agreed that habit-forming nature of cell phone in youngsters. While, among 7.5% of the respondents were "undecided" answered about table proclamation. Also, 11.4% of the respondents were disagree, and 4.3% of the respondents were strongly disagreed that habit-forming nature of cell phone in youngsters. The outcome showed that greater part (76.8%) of the respondents were agreed that habit-forming nature of cell phone in kids. Shoukat (2019) determined that extreme cellphone use can adversely affect teenagers' psychological wellness, prompting sensations of tension, discouragement, outrage, and now and again, even self-destruction. The table data also shows 44.3% of the respondents were strongly agreed, and 26.8% of the respondents were agreed that the diversion that cell phone accommodate their youngsters. While, among 10.7% of the respondent were "undecided" answered about table explanation. Additionally, 13.2% of the respondent were disagreed, and 5.0% of the respondents were strongly disagreed that cell phone accommodate their kids. The outcome demonstrated that larger majority (71.1%) of the respondent were agreed that cell phone accommodate their youngsters.

The table data demonstrated that 42.5% of the respondents were strongly agreed, and 27.9% of respondent were agreed that unnecessary use of cell phone is a reason for headache in youngsters. Though, among 9.2% of the respondents were "undecided" answered about table explanation. Besides, 12.5% of the respondents were disagreed, and 7.9% of the respondents were strongly disagreed that excessive usage of mobile phone is a reason for headache in youngsters. The outcome demonstrated that majority (70.4%) of the respondent were agreed that excessive utilization of cell phone is a reason for headache in youngsters. Wang *et al.* (2017) explored the public worries about potential wellbeing takes a chance from the electromagnetic fields discharged by cell phones have been tended to by logical exploration, minor secondary effects like cerebral pains, trouble dozing, inconvenience centered, memory issues, headaches, dazedness, ringing in the ears, exhaustion, and slight warmth in the ear (Table 3). The table information showed that 45.4% of respondents strongly agreed, and 31.7% concurred that agreed that cell phone use causes migraines in kids. Among the respondents, 11.8% were undecided about this proclamation. Also, 7.9% disagreed, and 3.2% strongly disagreed that excessive mobile phone use causes cerebral pains in youngsters. This shows that the larger part (77.1%) of respondents concurred with the assertion. Wang *et al.* (2017) determined the joined chances proportion and 95% certainty span to sum up the relationship between cell phone use and cerebral pains.

The table data showed that 43.2% of respondents strongly agreed, and 31.4% agreed that excessive cell phone use causes hearing impedance in youngsters. Among the respondents, 9.7%

were undecided about this explanation. Furthermore, 10.0% disagreed, and 5.7% strongly disagreed that excessive cell phone use causes hearing disability in youngsters. This shows that majority (74.6%) of respondents were agreed that excessive cell phone use causes hearing impedance in youngsters. Table 3 data illustrated that 43.6% of the respondent were strongly agreed, and 33.2% agreed that unreasonable cell phone use leads to optical or visual issues in kids. Among the respondents, 5.4% were undecided about this articulation. Moreover, 12.5% disagreed, and 5.3% strongly disagreed that exorbitant cell phone use creates optical or visual issues in youngsters. This demonstrates that majority (76.8%) of respondents were agreed that extreme cell phone use is a reason for optical or visual issues in youngsters, is a reason for optical/visual issues in kids. Comparatively results were found by Wang *et al.* (2020) expressed that investing more energy in cell phones might expand the possibilities encountering eye side effects, for example, nearsightedness, eye strain, and dry eyes, especially in kids.

Despite this table data also shows 48.9% of the respondents were strongly agreed, and 30.8% of the respondent were agreed that unreasonable utilization of cell phone is a reason for pressure in youngsters. Though, among 4.6% of the respondent were "undecided" answered around table statement. Besides, 11.1% of the respondents were disagreed, and 4.6% of the respondents remained strongly disagreed that utilization of cell phone is a reason for pressure in youngsters. The outcome showed that majority (79.7%) of the respondents were agreed that extreme utilization of cell phone is a reason for pressure in youngsters. The above table data showed that 43.9% of the respondents were strongly agreed, and 32.9% of the respondents were agreed that unnecessary use of cell phone expanded openness to electromagnetic radiation on youngsters. While, among 7.9% of the respondents were "undecided" answered about table articulation. Besides, 11.7% of the respondents were disagreed, and 3.6% of the respondents were strongly disagreed that extreme utilization of cell phone expanded openness to electromagnetic radiation on youngsters. The outcome demonstrated that majority (76.8%) of the respondents were agreed that use of cell phone expanded openness to electromagnetic radiation on youngsters. As indicated by Leitgeb (2008) revealed that portable broadcast communications advances have quickly acquired far reaching ubiquity. Table 3 data determined that 41.1% of the respondents were strongly agreed, and 31.1% of the respondents were agreed that unreasonable cell phone use expanded take a huge risk and back torment from unfortunate stance. Though, among 11.4% of the respondents were "undecided" answered about table explanation. In addition, 12.8% of the respondents were disagreed, and 3.6% of the respondents were strongly disagreed that excessive usage of mobile phone expanded take an enormous risk and back torment from unfortunate stance. The outcome demonstrated that majority (72.2%) of the respondent were agreed that exorbitant cell phone utilization expanded take an enormous risk and back torment from unfortunate stance. Comparatively results were found by Shabbir *et al.* (2022) investigated the higher presence of outer muscle and constant agony in ladies can be made sense of by a few variables.

The table information showed that 42.1% of the respondent were strongly agreed, and 36.1% agreed that exorbitant cell phone use can disrupt parent-youngster cooperation. Among the respondents, 8.2% were undecided about this explanation. Also, 9.3% disagreed, and 4.3% strongly disagreed that unnecessary cell phone use obstructs parent-kid communication. This shows that the greater majority (78.2%) of respondents agreed with the assertion. In this regard, 46.1% of the respondents were strongly agreed, and 31.4% of the respondents were agreed that unseemly period of kid impact parent's choice in regards to the utilization of kids cell phone. Though, among 8.2% of the respondent were "undecided" answered about table explanation. In addition, 9.3% of the respondents were disagreed, and 5.0% of the respondents were strongly disagreed that inappropriate age of child influence parent's decision regarding the use of children mobile phone.

The result indicated that majority (77.5%) of the respondents were agreed that inappropriate age of child influence parent's decision regarding the use of children mobile phone. Similarly results were found by Johnson and Hertelein (2019), parental involvement in a child's development has a greater impact than how children use technology. The table data showed 42.1% of the respondent was strongly agreed, and 33.9% agreed that correspondence needs impact guardians' choices in regards to their kids' cell phone use. Among the respondents, 11.5% were undecided about this explanation. Also, 8.2% disagreed, and 4.3% strongly disagreed that correspondence need impact parent's choice with respect to the utilization of youngster's cell phone. The outcome demonstrated that greater majority (76.0%) of the respondents were agreed that communication need influence parent's decision regarding the use of children mobile phone. The table data demonstrated that 40.0% of respondents agreed, and 39.6% strongly agreed that guardians' convictions about innovation impact their choices in regards to their youngsters' cell phone use. Among the respondents, 5.8% were undecided about this explanation. Additionally, 8.9% disagreed, and 5.7% strongly disagreed. This indicates that the majority (79.6%) of respondents agreed that parent beliefs regarding technology influence parent's decision regarding the use of children mobile phone. Similarly results were found by Karimullah (2023) examined the technology affects parent-child interactions in families.

The above table data depicted that 44.7% of the respondents were agreed, and 33.9% of the respondents were strongly agreed that cutthroat instructive climate impact parent's choice in regards to the utilization of kids' cell phone. While, among 6.8% of the respondent were "undecided" answered about table explanation. Moreover, 11.4% of the respondents were disagreed, and 3.2% of the respondent were strongly disagree with the statement competitive educational environment influence parent's decision regarding the use of children mobile phone. The result indicated that majority (78.6%) of the respondents were agreed that competitive educational environment influence parent's decision regarding the use of children mobile phone. The table information showed that 50.0% of respondents agreed, and 28.3% strongly agreed with this assertion. Also, 8.9% of respondents were undecided. Additionally, 7.1% disagreed, and

5.7% strongly disagreed the assertion. This recommends that the greater part (78.3%) of respondents concurred or unequivocally concurred that guardians let kids utilize cell phones in youth to have their own extra energy. Shah and Phadke (2023) concentrated on the cell phones have turned into a major piece of day to day existence, in any event, for small kids. They are more famous than different media gadgets since they are little, convenient, can stream content, have intuitive highlights, and are sensibly valued.

Hypothesis Testing

Hypothesis – 1: More hours spend by children on mobile phone in a day vs. more the risk of neurological (brain development) problems

Table – 4: Association between children spend hours to use mobile phone in a day and excessive mobile phone usage cause neurological (brain development) problems in children's

Children spend hours to use mobile phone in a day	Excessive mobile phone usage cause neurological (brain development) problems in children's $\chi^2 = 33.882$, (p-value = 0.006); $\gamma = 0.117$, p-value = 0.156					Total
	Strongly agree	Agree	Undecided	Disagree	Strongly disagree	
< 1 hr	31	21	3	1	3	59
1-3 hrs	73	54	8	8	3	146
4-6 hrs	26	9	9	1	2	47
7-9 hrs	7	9	0	4	0	20
All night times	2	3	2	1	0	8
Total	139	96	22	15	8	280

In this table Chi-Square (33.882) esteem in table investigates a genuinely exceptionally critical (probability = 0.006) relationship between the factors. The Gamma esteem (0.117) shows a positive connection between the factors. The connection between hours spend kids to involve cell phone in a day about unreasonable cell phone utilization cause neurological (mental health) issues in youngsters' however huge (p=0.006). Remembering got speculation quantitative figures the specialist can say that assuming youngsters spent from 1 hour to upto 6 hours to involve cell phone in a day, so the extreme cell phone use cause neurological (mental health) issues in kids'. Thus, remembering these got results presents speculation named "more hours spend by youngsters on cell phone in a day; more the gamble of neurological (mental health) issues". In this way, the speculation is statically acknowledged and (not exactly at ≤ 0.01) level of significant.

Hypothesis – 2: More will be hours spend by children on mobile phone in a day; more will be the potential interference with parent-child interaction

Table – 5: Association between hours spend children to use mobile phone in a day about excessive mobile phone usage potential interference with parent-child interaction

Children spend hours to use mobile phone in a day	Excessive mobile phone usage potential interference with parent-child interaction $\chi^2 = 30.376$, (p-value = 0.016); $\gamma = 0.014$, p-value = 0.861					Total
	Strongly agree	Agree	Undecided	Disagree	Strongly disagree	
< 1 hr	23	21	8	4	3	59
1-3 hrs	66	56	6	13	5	146
4-6 hrs	12	19	5	7	4	47
7-9 hrs	14	4	1	1	0	20
All night times	3	1	3	1	0	8
Total	118	101	23	26	12	280

In this table Chi-Square (30.376) esteem in table investigates a genuinely huge ($p = .016$) relationship between the factors. The Gamma esteem (.014) shows a positive relationship between the factors. The connection between hours spend youngsters to involve cell phone in a day about extreme cell phone use likely obstruction with parent-kid collaboration yet critical ($p = .016$). Remembering got speculation quantitative figures the scientist can say that assuming kids spent from 1 hour to upto 6 hours to involve cell phone in a day, so the exorbitant cell phone utilization expected obstruction with parent-youngster collaboration. Subsequently, remembering these got results presents speculation named "more hours spend by kids on cell phone in a day; more the possible impedance with parent-youngster collaboration". In this way, the speculation is statically acknowledged and (not exactly at ≤ 0.05) level of significant.

Hypothesis – 3: More will be allow to use mobile phone children's in free time; lower will be the children stay organized

Table – 6: Association between parents allowed their children to use mobile phone in free time about mobile phone helped their child to stay organized

Parents allowed their children to use mobile phone in free time	Mobile phone helped their child to stay organized $\chi^2 = 21.748$, (p-value = 0.005); $\gamma = 0.002$, p-value = 0.986					Total
	Strongly agree	Agree	Undecided	Disagree	Strongly disagree	

Always	24	9	7	1	0	41
Sometimes	122	52	26	15	3	218
Never	14	3	0	1	3	21
Total	160	64	33	17	6	280

In this table Chi-Square (21.748) esteem in table investigates a genuinely exceptionally critical ($p = .005$) relationship between the factors. The Gamma esteem (.002) shows a positive relationship between the factors. The connection between guardians permitted their kids to involve cell phone in spare energy about cell phone assisted their youngsters with remaining coordinated yet critical ($p = .005$). Remembering acquired speculation quantitative figures the analyst can say that assuming guardians once in a while permit youngsters to involve cell phone in spare energy, so cell phone assisted their kid with less remaining coordinated. Subsequently, remembering these acquired outcomes presents speculation named "more permit to utilize cell phone youngsters' in available energy; bring down the kids stay coordinated". Thus, the speculation is statically acknowledged and (not exactly at ≤ 0.01) level of significant.

Hypothesis – 4: More will be allow to use mobile phone children's in childhood; lower will be encourage age-appropriate content and apps to manage children's mobile phone usage

Table – 7: Association between parents allowed their children to use mobile phone in free time about encouraging age-appropriate content and apps for children manage children's mobile phone usage

Parents allowed their children to use mobile phone in free time	Encouraging age-appropriate content and apps for children manage children's mobile phone usage $\chi^2 = 25.726$, ($p\text{-value} = 0.001$); $\gamma = 0.331$, $p\text{-value} = 0.001$)					Total
	Strongly agree	Agree	Undecided	Disagree	Strongly disagree	
Always	35	5	3	1	0	44
Sometimes	104	63	8	13	5	193
Never	20	12	8	1	2	43
Total	159	80	19	15	7	280

In this table Chi-Square (25.726) esteem in table investigates a genuinely huge ($p = .001$) relationship between the factors. The Gamma esteem (.331) shows a positive relationship between the factors. The connection between guardians permitted their kids to involve cell phone in available energy about empowering age-fitting substance and applications for youngsters deal with youngsters' cell phone use however critical ($p = .001$). Remembering got speculation

quantitative figures the specialist can say that assuming guardians now and again permit youngsters to involve cell phone in available energy, so uplifting age-suitable substance and applications for kids deal with youngsters' cell phone use. Thusly, remembering these got results presents theory named "more permit to utilize cell phone youngsters' in adolescence; more empower age-fitting substance and applications to deal with kids' cell phone use". Thus, the speculation is statically acknowledged and (not exactly at ≤ 0.01) level of significant.

Conclusion

In urban areas of D.G. Khan, parents are more worried about the health implications of children's high usage of mobile phones. Parents are noticing more problems like disturbed sleep, reduced exercise, trouble focusing, and emotional instability connected to extended screen use. The bivariate analysis hypothesis showed that more hours spend by children on mobile phone in a day had significant relationship between more the risk of neurological (brain development) problems ($\chi^2 = 33.882$, $p < .006$). More hours spend by children on mobile phone in a day had significant correlation between more the potential interference with parent-child interaction ($\chi^2 = 30.376$, $p < .016$). Parents more allow to use mobile phone children's in free time had significant association between lower the children stay organized ($\chi^2 = 21.748$, $p < .005$). Parents more allow to use mobile phone children's in childhood had highly significant relationship between lower encourage age-appropriate content and apps to manage children's mobile phone usage ($\chi^2 = 25.726$, $p < .001$).

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