

Report on the data collected for the study on adolescents

It was planned that the data for the study on adolescents will be collected from Pimpri and Sangvi areas. I could complete 6 FGDs in these areas.

Similarly, I could conduct only three interviews of girls and three interviews of boys from Pimpri and Sangvi. I conducted three interviews (2 boys and one girl) from Balshikshan Manch, Gultekdi. Out of these nine interviews, 3 girls (due to poor economic condition and more focused on their studies) and two boys (they were not having access to smart phone) were not using smart phones at all.

The Community Worker from both the areas reported that the adolescent girls and boys from their area are not willing to give any more interviews, hence I had to stop taking interviews.

Mrs. Nandita Mahale, 2 Community Workers and Suresh helped me in this work.

The points covered in FGDs are noted down below:

1. FGDs with Boys

Points covered during FGD	Boys (Pimpri)	Boys (Sangvi)
Accessibility of smart phones to adolescents	The children used their parent's phones. They never faced connectivity problem.	The children used their parent's phones. Sometimes they faced connectivity problem
Time spent on smart phones	<ul style="list-style-type: none"> - The boys who have independent phone now spend 2-2.5 hours daily, one has access to Netflix also. - Others use it for 15-30 minutes 	<ul style="list-style-type: none"> - They use smart phones for one hour after school hours. - Parents do not pay for OTT as the subscription of OTTs is more.
The phone is used for	<ul style="list-style-type: none"> - To play games –PUBG, Free-fire, Call of duty, GTFO etc. - Instagram is very popular social medium because it is faster than other social media - You-tube is used to watch science experiments 	<ul style="list-style-type: none"> - To play games –PUBG, Free-fire - They watch reels on Instagram. - Two boys were interested in racing of bikes and cars, they watch videos based on racing - Two boys watch videos on travelling and photography. - One boy mentioned about blogs on daily life and K-drama - Two boys said they watch videos on science and mathematics
Time spent on watching T.V,	<ul style="list-style-type: none"> - All of them watch TV-mainly to see Marathi and Hindi movies and serials like Tarak mehtaka oolta chashma, KBC etc. 	<ul style="list-style-type: none"> - All of them watch T.V. when they have meals. - Fathers are interested in news therefore they watch news with their fathers

Reasons for spending long hours on smart phones	<ul style="list-style-type: none"> - Entertainment, to just pass time. -To get information, knowledge and updates of current affairs. - To prepare self-video on standup comedy 	<ul style="list-style-type: none"> - to avoid boredom they play games - They could not answer the question /were hesitant to answer
Perception of excessive use of smart phones	<ul style="list-style-type: none"> -The boys in 11th felt that 2-3 hours is not excessive. - They have disagreement with parents regarding use of smart phone 	<ul style="list-style-type: none"> - Use of smart phone for one hour is enough, more than that is excessive
Time spent by family members on smart phones	<ul style="list-style-type: none"> - Frequent use of smart phones by their mothers is mainly for whatsapp messages and YouTube videos. - Father's use it at night 	<ul style="list-style-type: none"> - Mothers spend more time on smart phones (whatsapp) as compared to fathers - One boy said his elder sister has separate smart phone, she spends more time on it but she shares her phone when he needs.
Health problems due to excessive use of mobile phones	<ul style="list-style-type: none"> - It affects eyes, causes squinting and headaches - Two of them mentioned about mental imbalance, stress and anxiety. 	<ul style="list-style-type: none"> - It affects eyes, causes headache - Addiction

2. FGDs with girls

Points covered during FGD	Girls (Pimpri)	Girls (Sangvi)
Accessibility of smart phones to adolescents	The girls used smart phones of their mother. There was no problem of connectivity. The phone could not be recharged immediately due to monetary issues.	The girls used smart phones of their mother or father. There was no problem of connectivity. There was a wi-fi at 2-3 homes, for the others the phone was recharged within 2-3 days
Time spent on smart phones	0.5 to 2 hours. The apps used by them are Whatsapp, Instagram, Snapchat	0.5 to 1 hour before sleeping. The apps used by them are Whatsapp, Instagram, Snapchat
The phone is used for	<ul style="list-style-type: none"> -To play games – Subway surfer, Bubbly. They knew about Free fire, Ludo etc. - Instagram is very popular social media - You–tube is used to watch K-Pop BTS. They like to watch videos. 	<ul style="list-style-type: none"> They play games like Bubble shooter, Ludo, Subway surfer, Temple run, Candy crush etc. Their mothers kept a watch on what all they used the smart phone for.
Time spent on watching T.V,	<ul style="list-style-type: none"> - They love watching cartoons and Hindi and Marathi movies. - They also watch serials on Marathi channels. 	<ul style="list-style-type: none"> - They love watching cartoons and Hindi and Marathi movies. - They also watch serials on Marathi channels as well as serials on SUB-TV---Wagle ki duniya, Tarak Mehta etc.

Reasons for spending long hours on smart phones	Parents do not allow them to go out hence they prefer to spend time on smart phones	Entertainment, getting information on various topics, career options etc.
Perception of excessive use of smart phones	- According to them anything more than 2 hours is excessive	According to them anything more than 1 to 2 hours is excessive
Time spent by family members on smart phones	The parents use phones for calling other persons but elder siblings use Instagram and Whatsapp regularly.	Mothers use it for making phone calls and watching recipes on YouTube
Health problems due to excessive use of mobile phones	<ul style="list-style-type: none"> - It affects eyes - Causes headaches and distraction 	<ul style="list-style-type: none"> - It affects eyes, - Causes headaches, distraction and mental strain. - Typing too much on the phone can affect the fingers. - They also spoke about a rule in their houses where smart phones had to be left on the table by 10:30pm after which nobody could use it.

3. FGDs with Mothers

Points covered during FGD Points	Mothers (Pimpri)	Mothers (Sangvi)
Accessibility of smart phones to adolescents	<p>They did not have smart phones at home. They took almost a month to arrange for the phone and the internet connectivity. The mothers share their mobile phones with the children</p> <p>In households where siblings comprised of a boy and a girl, in all cases, the boys got the mobile phones for their online classes whereas the girls could not attend any online classes. The girls managed with borrowing notebooks, studying from text books and did reasonably the best they could in their academics.</p>	All the families except two have independent smart phones as well as wi-fi for their son/daughter (studying in 10 th or above)
Time spent on smart phones	<ul style="list-style-type: none"> - The children use social media platforms like WhatsApp, Facebook, Instagram, - The school has created WhatsApp groups to convey information. - Instagram seems to be the most used social 	<ul style="list-style-type: none"> - Boys spent more time (1 to 2 hours) on smart phones as compared to girls. - The girls behave responsibly, there is no need to tell them not to spend more time on smart phone

	<p>media platform. The children play games like PUBG, Free Fire, Ludo.</p>	
The phone is used for	The children take the phone for about 20 to 30 minutes after coming from school and before sleeping.	<ul style="list-style-type: none"> - The boys studying in 8th or 9th std. always play games like Free-fire and the elder boys get attracted towards body-building, new fashions etc. - The girls opt for new fashions and some of them are interested in cartoons, jokes etc. one girl is interested in politics/current affairs. - The boys and girls are very close to their friends. Interaction with friends is more as compared to relatives. - The boys put passwords for the games they are using so that no other person can enter in it
Time spent on watching T.V,	Most of the children like watching matches on T.V. and watch some serials, movies along with their parents. No specific names of programmes mentioned.	<ul style="list-style-type: none"> - Mothers watch T.V. serials on smart phones. - Fathers watch news channels - Children watch movies and serials like Tarak Mehtaka Uta Chasma, Wagle ki duniya - One mother said we give limited data to our son- he watches videos on various crafts and prepares it at home.
Reasons for spending long hours on smart phones	<ul style="list-style-type: none"> - Most of the mothers felt that their children spent time watching YouTube videos or searching on Google – many times for their homework, school needs. - However they also said that they sometimes preferred giving their phones to the children so as to prevent them from becoming noisy or going out and fighting with others. 	<ul style="list-style-type: none"> - To use Instagram to watch funny videos, videos on how to do make-up, shopping etc. - Once father of one boy scolded him for putting up reels on Instagram, then he stopped doing it

<p>Perception of excessive use of smart phones</p>	<ul style="list-style-type: none"> - The mothers also said that they were aware of what all the children used the smart phones and the children did not switch off the phones when the parent peeped. - About 6 mothers complained of the children using smart phones excessively. In general, the boys seem to be more on phones as compared to girls. Many children have the habit of using the smart phone while eating. 	<ul style="list-style-type: none"> - Could not tell specific hours or time. - They opined that whenever they get time they start using smart phone - Two mothers mentioned about their sons lagging behind in studies due to time spent on the phone.
<p>Time spent by family members on smart phones</p>	<ul style="list-style-type: none"> - Most of the mothers do not use mobile phones. Some use in the evening. - They watch YouTube videos for recipes. Check people's status on WhatsApp and school messages, shopping sites like Meesho. None of them use Facebook. - One mother mentioned playing games on the phone in the evenings – Balloons. - The mothers mentioned Facebook as the app used by the fathers. 	<ul style="list-style-type: none"> - Mothers spend minimum 1 to 2 hours daily as they watch TV serials on smart phone - Fathers use it whole day on holidays. - One mother said she spends whole day on phone as she likes to do sketches/drawings etc.
<p>Health and other problems due to excessive use of mobile phones</p>	<ul style="list-style-type: none"> - It affects eyes - Causes headaches and distraction - It can cause anger issues, games addiction and also create mental health issues. - It can also make the child distracted and the children may find it difficult to concentrate on their studies. It can create a sense of insecurity or a fear of missing out. 	<ul style="list-style-type: none"> - It affects eyes - Causes headaches - Excessive use of headphones leads to ear problems - Children undergo suicide due to PUBG game - Distraction from reading/writing and studies - It causes cyber crimes -

Highlights from the data

- The response received for FGDs was quite good. The participants seemed happy to be part of this discussion and also expressed that similar session needs to be held with the children to make them aware of the negatives of the excessive usage of smart phones.
- Once schools started in person, the use of smart phones went down considerably in many cases.
- In general, the boys seem to be more on phones as compared to girls. Where the girls were older, they were more understanding and let their brothers have the phone and when the girls were younger; the brothers fought with them and took away the phones.
- Mothers also reported the fights amongst siblings for the phone and they got agitated and destructive if the phone was snatched from them while they were playing games.
- It seems that the children are more in fear of their fathers and keep the phones away if reprimanded by them. One boy said that he was beaten up by his father for watching Free-fire game. After that he has stopped playing it.
- The adolescent boys and girls are not very much worried about the (excessive or otherwise) use of the smart phone by them as compared to mothers.
- Many parents are confused as what can be done to reduce the time spent on the phones since prior to COVID, children hardly used smart phones. The parents are concerned about the use of the smart phones as they have positives and negatives linked to them. Mothers said that something is to be done for the appropriate use of smart phones by the children.

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