

# A Study to assess the Behavioral Changes Related to Mobile Phone usage Observed by Parents of School Going Children in Selected Areas of Sasaram

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**Abstract:** A mobile phone is a wireless handheld device that allows users to make and receive calls. While the earliest generation of mobile phones could only make and receive calls, today's mobile phones do a lot more, accommodating web browsers, games, cameras, video players and navigational systems. While mobile phones used to be mainly known as "cell phones" or cellular phones, today's mobile phones are more commonly called "smartphones" because of all of the extra voice and data services that they offer.

**Objectives:** To assess the behavioral changes related to mobile phone usage observed by parents of school going children. To find out association with selected demographic variables and behaviour changes. And the total sample of the research is 60.

**Methodology:** The research approach was descriptive approach and research design is a one group. The study was conducted on school going children at selected areas of Sasaram. Non-probability convenience sampling techniques adopted. Number of sample size is 60 who played the video games frequently. Data collection was done by the survey by the researcher. Data was analyzed with descriptive and inferential statistics came up with the following findings.

**Result:** The result show of the study in there 60 sample (8%) day students were having mild behavior change, (83.33%) students were having moderate behaviour change and (8.67%) students were having severe behavior change. Due to excessive time spent on the phone. Found that those participants who spent more time with phone lead to more behaviour changes. Statistically there is no any significant association was found.

**Recommendation:** The findings of the present study can be used as a guide of future research. Interventional study can be undertaken to reduce the behavior change. A study can be conducted in preventing aspect of stress. To make the recommendation to the government to arrange compulsory medical check-up on the yearly basis for the nursing personnel.

**Conclusion:** The present study was aimed at assessing the level behaviour change among school going student and its consequences. This show that these variables had influence level of behaviour change in the study.

**Keywords:** School Going Children, Behaviour Change, Physical Health.

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