



Impact of Mobile Phones on Teenagers in Trashy Yangtse: Parents' Perspectives

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Abstract

Background: In Bhutan, young people have dramatically increased their use of mobile phones.

It has been discovered to have favorable impacts on young entrepreneurs in Phuentsholing and cheese and butter traders in distant Sakteng. However, not all youths in the kingdom are affected in the same way by cell phones. Mobile phones have made life easy and inexpensive for teenagers to contact friends and access information [31]. However, the strong social setting in Bhutanese family lives has been destroyed by the widespread availability of information and the introduction of mobile phones. This study examines how mobile phones affect teens in Trashy Yangtse from the views of parents who have frequent interactions with children.

Objectives: This study was conducted to actually find out the impacts on of mobile phones on teenagers of Trashy Yangtse from the perspectives of parents. It was carried out to

- Understand the teenagers' mobile phone usage in Trashy Yangtse;
- Comprehend the impact of mobile texting messages on the communication and proper language skills of teenagers and
- Evaluate the physical safety aspects and psychological effects of excessive mobile usage by teenagers.

Methods: Quantitative method was employed to explore the research problem. The data was collected through questionnaires (13 closed questions). The questionnaires were handed out to teenager's parents in Trashy Yangtse in five different locations. The respondents had teenager's from 13 to 19 years old and they were broadly divided into seven ethnic groups. 44 parents had filled in the questionnaires and handed over to researcher personally while 36 parents emailed the filled in questionnaires.

Results: This study focused on the understanding the impact of mobile phones from parents' perspective. The findings from this study revealed that the parents' perception about the use of mobile phones by teenagers in Trashy Yangtse are significantly geared towards having immense negative impacts. The findings are briefly mentioned below:

- **Happiness rate of parents:** 58.8% of parents mentioned that they were 'Unhappy' to find their teenagers using mobile phones.
- **Safety of teenagers with mobile phones:** The results revealed that cumulatively 73.8% of teenagers' parents felt 'Unsafe' and 'Very unsafe' to let teenagers use mobile phones by their teenagers. Of all, 87.6% of teenagers' parents felt 'Unsafe' and 'Very unsafe' with teenagers falling under the age category of 15 - 16 years old.
- **Loss of proper language skills:** The results revealed that the loss of proper language skills was most common in female teenagers. 43.8% of female teenagers' parents revealed that their teenagers have lost proper language skills very much due to text language. And of all, these female teenagers were under the age category of 17 - 19 years old.

- **Interruption of personal time:** The findings revealed that the 40% parents of the teenagers said 'Very true' and 47.5% parents said 'True'. Cumulatively 87.5% parents believed that their personal time with their teenagers was interrupted because of the social bonding enabled by mobile phones.
- **Non-monitored time usage:** The results established that 48 teenagers' parents out of 80 mentioned that they felt 'Unsecured' and 'Very unsecured'. Cumulatively, 60% of teenagers' parents felt unsecured and much unsecured of the non-monitored mobile usage by teenagers. Further, categorically, parents whose teenagers were under the age of 17 - 19 years old faced greater insecurity than those of two other two categories.
- **Risk of using phone while driving and:** The cross tabulation data exposed high risk of accidents due the use of mobile phones. Cumulatively, 100% of teenagers' parents mentioned 'Very risky' and 'Risky' to the questions asked. Researchers had found out that mobile phones potentially distract drivers in four different ways such as physically, visually, auditory and cognitively [12].
- **Banning the use of phone while driving:** Cumulatively, the 92.5% of parents mentioned 'Very much' and 'Much' to the question asked. With the breakdown to numbers, there were 70 parents who said 'Fully agree' and 4 parents who mentioned 'Much'.
- **Use of mobile phone in the schools:** The results revealed that 77.2% of teenagers' parents from all seven ethnicities were not in favor of allowing mobile phones to be used in schools by teenagers. Ethnocentrically, 22.8% of parents of teenagers under sharchop ethnicity said that mobile phones should not be allowed in the school, followed by 19% of parents of teenagers from Lhotsamp ethnicity.
- **Purpose of mobile phones for teenagers:** The results revealed that teenagers only use mobile phones for social media rather than academic purpose. Of the three categories of age, 28.6% of male teenagers under the age groups of 13 - 14 and 17 - 19 years old used mobile phones for social media. Only 14.3% of male teenagers under the age group of 15 - 16 years old used mobile phones for social media. In the female teenagers' category, 34.6% of teenagers under the age group of 17 - 19 years old used mobile phones for social media, followed by 15.4% for the age groups of 13 - 14 and 15 - 16 years old. Cumulatively, 71.4% of male teenagers used mobile phones for social media and 65.5% of female teenagers used mobile phones for social media.

Keywords: Social Media; Teenagers; Mobile Phones

Chapter 1

Introduction

This paper tries to comprehend the impact of mobile phones on teenagers, from parents' perspective. The impact includes concerns and consequences that arise from the literature. This chapter also focuses on the research title, the main research question and the sub-questions. Towards the end, the significance of the study is mentioned.

Introduction to the topic

The world that we live today is very much cyber community connected by a network of wireless devices. It is indeed a flat world. Most of us today have obtained a room in cyber space through

e-mail accounts, doing online transactions and through e-learning. All these online activities can be performed through technology.

With the growing number of gadgets, mobile phones have become all-pervading. The mobile phone is an anytime and anywhere tool, boosting the tendency to do things subtly as well as openly. The internet has flattened the world removing geographical boundaries and so have mobile phones that have blurred the borders between public and private lives [8]. It is a very common sight everywhere to see people talking over mobile phones and also using the same inaudibly such as text messaging in the presence of their families and friends. The fact is, with the use of cell phones, people sometimes lose the capacity to manage the boundaries between appropriate and inappropriate usage [1]. This indicates

that the cell phones have not only distorted the boundaries of lives but have also shifted the borders of usage.

Moreover, in a family setting especially in Bhutan, there is a combination of different generations of people living. One of the factors that determine the perceptions of parents on their teenagers' mobile phone handling is the level of acceptance of technology by parents [28]. Augments that the 'teenagers of today's generation are digital natives and parents that belong to previous generations are referred to as digital immigrants'. Thus, based on the information, literatures provided a strong foundation to understand the multi-dimension usage of mobile phones and perceptions of parents in TrashiYangtse. The existing literature was reviewed to understand the ways in which mobile phone is being used and the impact it has had on account of teenagers' usage.

Parents are the direct relation to their children and they experience the first-hand impact of their teenagers' mobile phone usage. Thus, the study is to find out whether they are happy or unhappy or have a mixed opinion on the usage of mobile phones by their teenagers. Through this research, the researcher firstly will try to understand the uses and impact of teenagers' mobile phone usage and, secondly, to know the impact of mobile texting messages on the communication and proper language skills. Finally, the researcher will evaluate psychological effects and physical safety aspects of teenagers for their excessive mobile phone usage. The research problem therefore has multi-dimensional views that subsume the perceptions of parents on the overall usage of mobile phones by their teenage children. The problem, thus, is broken down into three research objectives.

Research objectives

The main emphasis of this research is to find out the perceptions of parents on their teenagers' mobile phone usage through

- Understanding the teenagers' mobile phone usage in Trashi Yangtse;
- Comprehending the impact of mobile texting messages on the communication and proper language skills of teenagers and
- Evaluating the physical safety aspects and psychological effects of excessive mobile usage by teenagers.

Research title

Impact of mobile phones on teenagers of Trashi Yangtse: Parents' perspectives.

Research question

What is the overall perception of parents in Trashi Yangtse on their teenagers' mobile phone usage?

Sub questions

- How safe do you feel your teenagers' mobile phone usage is?
- Do your children share with you if they get bullied by anyone via mobile phones?
- Do you feel that your children lose proper language skills using text language?
- Do you feel that text messaging impinges on their communication skills?
- Do you feel that your personal time with your children is interrupted because of social bonding enabled by their mobile phones?
- How secure do you feel when your children use a mobile phone during non- monitored period such as after school?
- Do you consider using a mobile phone is risky while driving?
- Should there be a ban to using a mobile phone while driving in Bhutan?
- Should teenagers be allowed to carry mobile phones to their schools?
- For what purposes do teenagers use mobile phone?

Significance of the work

This study is about teenagers' mobile phone usage in Trashi Yangtse from a parent's perspective. Mobile technology is revolutionizing a new model for communication and the society is experiencing a new pattern. Due to the technological revolution, family has become a miniature now. This study therefore looks into the social aspect of technology usage to:

- Understand the perceptions of parents on the overall usage of mobile phones by their teenagers;
- Recognize the areas of concerns where parents perceive the negative impacts are soaring;

- See whether parents consider using the phone while driving is risky and recommend a ban and
- Evaluate the purpose of using mobile phones by teenagers from the parents' point of view.

Chapter 2

Literature Review

Introduction

In this chapter, the discussions circle around the ways mobile phones are being used by teenagers and the overall impact their usage has had on teenagers and families as well. This literature review acts as the basis for the current study to understand the parents' perception about the mobile phone usage by their teenagers.

Mobile phones: Historical and social context

While the origins of mobile phone dates back to the 1950s, the technology had come of age in the 1990s with development of the GSM network in Europe, the appearance of several transmission systems in 3 the US, launching of NTT DoCoMo in Japan, and concurrent growth in the Middle East, the rest of Asia, and Africa [21]. Today's mobile phones range widely in price and functionality. Mobile telephony has invaded across cultural groups, economic strata, and age cohorts. However, since their inception, mobiles have enjoyed an especially high uptake among teenagers and young adults [21].

The invention of the fixed telephone in the late 19th century had changed the way people interacted and communicated. This has been paralleled in the early 21st century by the arrival of the mobile phone. The mobile phone was originally created for adults for business use [2]. This is extremely similar to the fixed telephone in the early 20th century, where telephone engineers explained that the telephone was made for the business world and not for social conversation [13]. The growth of mobile phone technology is demonstrated by the fact that in 2002 the number of mobile phone users worldwide, surpassed those of fixed-phone users [33]. It has been predicted that by the end of 2005, the number of mobile phone subscribers worldwide will reach 2 billion [11].

Bhutan too was a part of the bandwagon. Bhutan launched mobile services on 23rd November 2003 [5]. Since then, Bhutan had no time to reflect. In the past nineteen years, Bhutan's network

coverage has drastically increased. The newest was the rollout of 5G network services, which many nations still do not have. Today, there are many people who have mobile phone in Trashi Yangtse. But usage differs from person to person. Bhutan today has close to 100 percent of people to mobile access, which is a very huge coverage [24].

The mobile phone is a status symbol for teenagers. It is seen as a fashion accessory that satisfies the need for individualization by having choices in mobile wallpaper, ring tones, phone covers, carry bags and other accessories [34] and yet also signifies being part of the peer group [40]. Indeed, even the ownership of a mobile phone indicates that one is socially connected, accessible and in demand. It can also be seen as a symbol of independence from one's family [7].

According to [7], 'the adoption of the mobile phone by young people has been a global phenomenon in recent years. It is now an integral part of adolescents' daily lives and is for the majority, the most popular form of electronic communication. In fact, the mobile phone has turned from a technological tool to a social tool'.

Mobile phones: Usage and impact

The present world presents an exceptional array of opportunities for communication and interaction, information retrieval and data at the fingertips that was never available a couple of years ago. [29] says that it is a general understanding that mobile phones have fastened the society in various aspects through its variety of functionalities. Mobiles have also facilitated the social freedom of young people from parental authority.

The introduction of mobile phones has also made people around the world depend on it in organizing things, right from waking one up as an alarm clock to wrapping up the day with reminders about things to do networking with friends and staying in touch with family [29]. For teens especially, this technical invention has become a social fad. If teenagers have mobile phones, their parents often feel more security when their progeny travel independently outside the home.

However, studies have shown that with mobile ownership comes increase in calling and sending of messages and time spent online before sleep leading to depression [17].

Further, excessive use of mobile phones has been associated with sleep disturbances, anxiety and mental health symptoms [36]. Inattention is also one of the major problems associated with excessive mobile use in adolescents [41].

The main areas of uses and impacts focusing on teenagers are mentioned below.

Family relationships

[33] writes that the collective identity of a family or people living at the same place has been diluted through the use of member's individual mobile phones. In other words, unity has given way to a multiplicity of channels. Further, due to its addiction young people tend to neglect important activities, drift away from friends and close family, and drive attention towards mobile phone constantly when they don't have it with them [4].

Society comprises of rituals, experiences, emotions, power and relationships. All these aspects, contribute to the bonding of a society. The relationship between parent and teenager is never static. Traditions in society, the legal relational power system, familial structure and hierarchical dimensions all have an influence in a relationship between parents and teenagers. Hence, parent-teenager relationship tends to be more dynamic and matures with the age of the teenager.

Expanding on the private and public spaces, the authors say that the mobile phone is depicted as a private meeting place located inside the family because the conversation takes place exclusively between the owner of the phone and the person on the other side of the conversation [8]. In this situation, although the conversation takes place inside a home, family members are considered as unaddressed or unofficial participants [8]. Further, the use of mobile phones inside a home not only defines the status of family members but also public and private spaces. Home becomes a public space wherein the teenager makes his own private space through the mobile phone, within that public space [9].

However, a decade later, mobile phones have helped the family members to keep in touch with their extended family who have been living in different locations and different countries. Nevertheless, due to the unrestricted nature of mobile phone access, mobile phones have occupied the very intimate and private

space of a person [34]. Thus, the family feels the impact. In Bhutan, the attachment to this device, both physically and emotionally, is on a gradually increasing scale that is resulting in a dilution in the family relationships.

Networking with peers

As the teens begin to grow, they tend to increase the use of social networks and interactions. The presence of mobile phone has indeed facilitated the access to teens. [33] adds that mobile phones, especially through text messages, have provided a platform for a virtual network of peers, even late at night. Mobile phones in this regard act as a gateway for teens to release their freedom [34]. Therefore, mobile phones have become the source of identity construction device by making or receiving calls in front of peers. The main activity that takes place between friends via mobile phones is making arrangements to meet. The traditional meaning of making an appointment and meeting at a particular place has almost disappeared with the use of mobile phones.

Text messaging

Teens are keen communicators. They communicate frequently with a variety of important people in their lives: friends and peers, parents and teachers, and a myriad of other adults and institutions. However, with the advancement of mobile phones in their lives, the keenness to communicate with personal touch has lost its way to text messaging.

[32] laments that the mobile call or SMS helps to keep people in contact and maintain relationships, it has led to the problem of shrinking the relationship. But [1] say that the mobile phone text messaging has rapidly become a socially popular form of communication. It is personal and widely used. Teenagers send or receive SMS irrespective of place and time. It is known that text language is used for text messaging, where language is simplified to bring out the best meaning possible with minimum letters. It is a known fact that most teenagers are fascinated about using text language [29].

Yet [39] revealed the findings of their study that teenagers are losing the skills of communication such as eye-to-eye contact and good posture while speaking. The findings also revealed that teenagers are more affluent in answering back through text messages rather than speaking back.

Associated risks while driving

Mobile phones offer possibilities of communicating while on the move, but at the cost of dangerous distractions. According to [12], 'The mobile phone distracts drivers in two ways: it causes physical distraction and cognitive distraction. Physical distraction occurs when drivers have to simultaneously operate their mobile phone and operate their vehicle. Cognitive distraction occurs when a driver has to divert part of his/her attention from driving to the telephone conversation'. Mobile phone use while driving could therefore negatively affect driving performance. The results of epidemiological studies strongly suggest that using a mobile phone while driving can increase the risk of being involved in a road crash up to four times [12].

Chapter 3

Methodology and Method

Introduction

This chapter offers a basis for the methodology, research design and selection of method used in the research. The chapter also explains the entire research design including sampling, data collection and data analysis. Further to this, ethical concerns considered in the entire research process are mentioned.

Methodology

[16] defines 'Research methodology as a way to systematically solve the research problem'. Research methodology has several dimensions that include designing the research process with suitable research methods. The researcher formulates a methodology for any study mainly to bring in some logical reasons in the context of research such as what research methods to use in the study and why, what type of data is to be collected and from whom, and how the data to be collected is analyzed. The researcher also supports the applicability, reliability and validity of the research process wherever needed [16].

Research design

[10] defines research design as 'the plan and the procedure for research that spans the decisions from broad assumptions to detailed methods of data collection and analysis. It involves the intersection of philosophic assumptions, strategies of inquiry and specific methods'. But [6] define a research design as 'a blueprint

for conducting a study with maximum control over factors that may interfere with the validity of the findings'. However, [27] describes a research design as "a plan that describes how, when and where data are to be collected and analyzed".

Quantitative method

The study was done using quantitative research methods. Quantitative research, also known as traditional positivist approach, or the experimental or empiricist tradition attempts to quantify things and generalize results from a sample of the population of interest [22]. Rooted in hard sciences, researchers who work from this paradigm therefore explain in quantitative terms how variables interact, shape events and cause outcomes [38]. As a result, this approach enables researchers to summarize information in a quicker way and more straight forward way as they are able to control variables.

Data collection

The main data collection instrument - self-administered questionnaire was employed in this study. Using the self-administered questionnaire enabled the researcher to gather rich data resulting in a much greater understanding.

Survey design

Survey is the search conducted among the selected respondents. So, survey sampling is the process of collecting sample opinion of a whole group or representative sample of the population over a phenomenon [26].

A survey questionnaire was designed with 13 closed questions. Every question contained an option for the participant to answer. The questionnaire began with multiple choices that contained a verbal frequency scale and followed by demographic data viz. ethnicity, gender.

[26] mentions that the questionnaires are found to be effective for determining public opinion. Also, anonymous nature of questionnaire will lead to more candid responses from respondents. Importantly, it has been observed that independence and equality of opinion of each respondent guaranteed by questionnaire help a lot to enhance competence and reliability of data. Above all, the fact

that questionnaire can be filled and completed at the respondent's convenient time makes it popular and generally acceptable for data gathering [26].

In this study, the demographic data are considered as independent variables whereas frequency scale responses are considered as dependent variables. The questions in the questionnaire for this study contained both the types of variables. [10] says that a survey design provides a quantitative or numeric description of trends, attitudes, or opinions of a population by studying a sample of that population. From the sample results, the researcher generalizes or makes claims about the population.

Hence, a statistical survey through questionnaire was employed as an instrument of data collection in the quantitative phase.

Sampling process

Sample size

The researchers attempted to get the statistical figures of parents of teenagers in Trashi Yangtse from Bumdeling, Bayling and Trashi Yangtse, Tsenkarla, Ramjar, Kheni, Kunzangling and Tongmijangsa. Hence, a sample size of 80 participants, who were the parents of teenagers were employed using culturally appropriate data collection processes. They were provided with survey questionnaire to ensure reliability and validity of data.

Quantitative data sampling

A probability technique was used for the quantitative data collection. The procedures used for collecting data were random sampling technique.

Data collection process

Survey questionnaires

The participants, who had teenagers in 13 to 19 age groups, were targeted through:

Schools' parent-teacher meeting

The forms were distributed to parents in person and through emails. The completed forms were returned by parents themselves. Out of 80 parents, 36 parents sent the filled in forms through emails.

A Quantitative method was used to explore the research problem. Quantitative data was collected through 13 closed questionnaires. They were broadly divided into seven ethnic groups from eight different locations. 80 parents completed the questionnaires.

Data analysis methods

Organizing the data

The quantitative data was organized using the software package, 'Statistical Package for the Social Sciences (SPSS)' for Windows.

Ethical issues

Participation and withdrawal

This relates to moral standards that the researchers should consider in all research methods in all stages of the research design. The study was conducted with the parents of teenagers who were residing in Trashi Yangtse from Bumdeling, Bayling and Trashi Yangtse, Tsenkarla, Ramjar, Kheni, Kunzangling and Tongmijangsa. In each location, 20 parents were targeted. Prior to consenting to fill in the survey questionnaire, the participants were informed about the purpose and aims of study. At the same time, participants were also informed about their rights to withdraw from the study if they wish. However, none of the participants volunteered to withdraw at any stage of the study.

Anonymity and confidentiality

The participant's right to privacy was given due respect during the entire research project. Participants were assured that the information provided by them would be solely used for the purpose of study and their personal identity would not be reflected anywhere throughout the study.

The access to the information was restricted only to the researcher. Although the completed questionnaires contained information about their ethnicity, age group and also contact details a high degree of confidentiality was maintained.

Storage and destruction of study materials

All the completed questionnaires are stored safely. The researcher only has an access to it. A due respect of integrity and autonomy of the research was maintained throughout phase.

Chapter 4

Results of Quantitative Data

Introduction

This chapter presents the analyses and results of the questionnaires. This chapter also contains the information on how the data were collected and entered. Demographic data were explored along with the dependent variables. Inferential analysis was done by cross-tabulating.

Background information for the survey

The total number of 80 participants completed the survey questionnaire, consisting of 13 closed questions. Information was collected from parents of teenagers under 13 - 19 years. For the easy computation, the teenagers were grouped into three distinct age groups: 13 - 14, 15 - 16 and 17 - 19 years. Every parent was requested to use one form for each teenager he or she has. For example, if the parents had two teenagers, then, he or she completed two forms. This was mainly done to obtain tailor-made answers that were suitable to each teenager's individual mobile phone usage.

The following demographic information was considered as independent variables and was obtained from the first seven questions of the questionnaires. Options were provided in the Questionnaire:

- Ethnicity of the parents
- Gender of the teenagers
- Age group of the teenagers
- Mobile phone possession
- Recharge payment
- Relationship of parents with the teenager
- Age group of the parents.

The following nine dependent variables reflect parents' perceptions on their teenagers' mobile phone usage.

- Happiness rate
- Safety of teenagers with mobile phones
- Sharing of bullying.
- Loss of proper language skills
- Loss of communication skills
- Interruption of personal time
- Non-monitored time usage
- Risk of using of phone while driving
- Banning the use of phone while driving
- Use of mobile phone in the school.

Each dependent variable traced data to meet a particular research objective. Dependent variables and corresponding research objectives.

Dependent Variables	Research Objective
Happiness rate	To understand the teenagers' mobile phone usage in Thimphu
Safety of teenagers with mobile phones	To evaluate the physical safety aspects and psychological effects of excessive mobile phone usage by teenagers
Sharing of bullying	To evaluate the physical safety aspects and psychological effects of excessive mobile phone usage by teenagers
Loss of proper language Skills	To comprehend the impact of mobile texting messages on the communication and proper language skills of teenagers
Loss of communication skills	To comprehend the impact of mobile texting messages on the communication and proper language skills of teenagers
Interruption of personal time	To understand the teenagers' mobile phone usage in Thimphu
Non-monitored time usage	To evaluate the physical safety aspects and psychological effects of excessive mobile phone usage by teenagers
Risk of using of phone while driving	To evaluate the physical safety aspects and psychological effects of excessive mobile phone usage by teenagers
Banning the use of phone while driving	Outcome of the study
Use of mobile phone in the school	Outcome of the study

Table 1: Showing the dependent variables in line with research objectives.

Descriptive analysis of demographic data

Ethnic participation of survey participants

Parents from various ethnic groups such as Ngalops, Sharchops, Lhotsampas, Kutoeps, Bumthaps, Mangdueps and others had taken part in the survey. Parents hailing from other than the ethnic groups mentioned were grouped as 'Others'. The number of participants from all ethnic groups is reflected in the table below.

Ethnicity	Count	Percentage
Ngalops	16	20.0
Sharchops	27	33.7
Lhotsampas	16	20.0
Kurtoeps	7	8.8
Bumthaps	10	12.5
Mandueps	2	2.5
Others	2	2.5
Total	80	100.0

Table 2: Showing the Ethnic Participation.

Gender and age groups of teenagers

The questionnaire was distributed to 80 parents of teenagers of which 28 parents represented boys and 52 parents were for girls. A further breakdown analysis between boys and girls, as per their age groups, revealed that there were maximum parents for 13 - 14-year-old significantly with 35%. The second was followed by age group that fall under the category of 17 - 19years old.

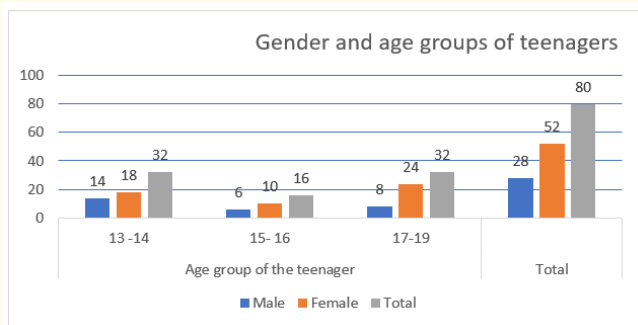


Figure 1: Showing the age group and gender of the teenagers.

Mobile phone possession

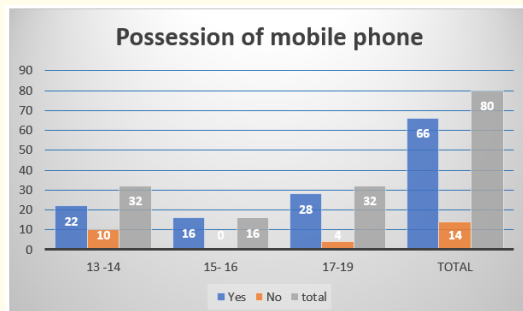


Figure 2: Showing mobile possessions by teenagers.

The teenagers who possess mobile phones outnumbered the teenagers who do not possess a mobile phone. Teenagers possessing mobile phone were 66 out of 80 respondents and remaining 14 teenagers do not possess the mobile phone. In terms of age group breakdown indicated that all the teenagers in the group 15 - 16 had mobile phones.

Recharge payment

In aspect of recharge payment for teenagers, significantly, 96.2% of parents take the responsibility for paying the mobile phone recharge for their teenager children. Only 3.8% is by others. A further breakdown of recharge payment revealed that throughout the time, parents take the responsibility of paying for recharge of teenagers. The data indicates that children fully depend on parents to pay for their recharges.

Relationship of person filling the form with teenagers

Of the 80 parents who filled in the questionnaire form, 66 (82.5%) were mothers and 8 (10%) were fathers of teenagers. The rest of the respondents fall under others category.

Age groups of the parent

Parents	Under 30	31-40	41-50	Above 50	Total
Mother	0	34	28	4	66
Father	0	2	6	0	8
Other	2	2	2	0	6
Total	2	38	36	4	80

Table 3: Showing the age group of parents/respondents.

Of the 80 parents who filled in the questionnaire form, 38 of them fall under the age group of 31 - 40 years old and 36 of them fall under the age group of 41 - 50. Further breakdown reveals that 34 of them fall under very active and promising age of between 31 - 40 years old followed by 28 of them under 41 - 50 years old.

Descriptive analysis of scale-based responses

Happiness rate

In the technologically advanced world, the responses exposed that 58.8% parents were 'Unhappy' to find their teenagers using mobile phones. It was followed by 16.3% parents opting for 'Neutral', which was an indication that they do not have any idea.

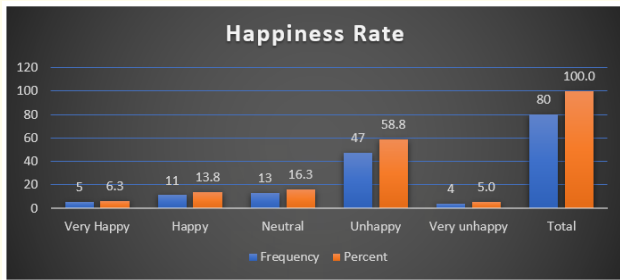


Figure 3: Showing the happiness rate of parents.

Inferential analysis and discussions

The gender of the teenagers has established a significant relationship with the perception of parents on the happiness

rate of parents about the use of mobile phone by teenagers. The cross-tabulation between the independent variable 'gender' and the dependent variable 'happiness rate' of parents revealed that significantly 58.8% of parents were unhappy, of which 30% were the parents of female teenagers. Only 17% of parents were of male teenagers.

Based on the results, it is concluded that teenagers' usage of mobile phones was not very constructive and meaningful for parents as they incurred huge bills for recharges (expressed in headings 4.3.4). Further, the results also revealed that teenagers were often bullied via mobile phones and there was also a loss of social bonding within the family circle. Thus, happiness rate of the parents was affected that showed 58.8% of parents as unhappy.

Cross-tabulation			How happy are you to see your children use mobile phone?					Total
Descriptive Scale			Very Happy	Happy	Neutral	Unhappy	Very unhappy	
Gender of your teenager	Male	Count	3	3	5	17	0	28
		% of Total	3.8%	3.8%	6.3%	21.3%	0.0%	35.0%
	Female	Count	2	8	8	30	4	52
		% of Total	2.5%	10.0%	10.0%	37.5%	5.0%	65.0%
Total		Count	5	11	13	47	4	80
% of Total			6.3%	13.8%	16.3%	58.8%	100.0%	

Table 4: Showing the Happiness rate of parents.

Feeling safety with teenagers' mobile phone usage

How safe do you feel your teenagers' mobile phone usage is?

The statistics revealed that 51.2% of parents felt unsafe of mobile usage by their teenagers. This explained that the parents felt that their teenagers are 'Unsafe' while using mobile phones. Further, 22.5% of parents felt that the use of mobile phone by their teenagers is 'Very unsafe'. Only 16.3% of parents felt safe to use mobile phone by their teenagers.

Inferential analysis and discussions

The cross-tabulation among gender of the teenagers, age group of teenagers and parents' perception on the safety of mobile phone usage by teenagers established a very substantial relationship. The

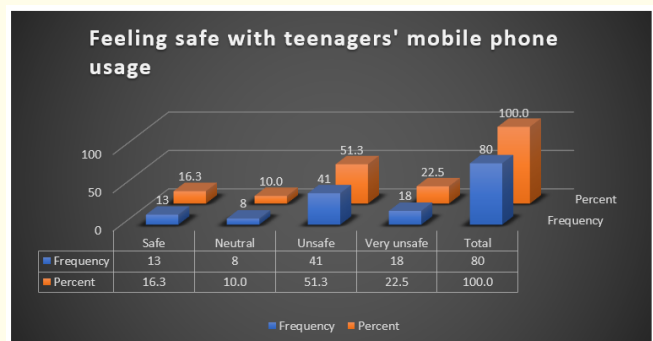


Figure 4: Showing the feeling of safety of teenagers' mobile usage.

Cross-tabulation					
Age group of the teenager Male Female			Gender of your teenager		Total
13 - 14	How safe do you feel your teenagers' mobile phone usage is?	Safe	4	4	8
			12.5%	12.5%	25.0%
		Neutral	1	2	3
			3.1%	6.3%	9.4%
		Unsafe	4	6	10
			12.5%	18.8%	31.3%
	Very unsafe	5	6	11	
	15.6%	18.8%	34.4%		
Total 43.8%			14	18	32
			56.3%	100.0%	
15 - 16	How safe do you feel your teenagers' mobile phone usage is?	Neutral	0	2	2
			0.0%	12.5%	12.5%
		Unsafe	4	7	11
			25.0%	43.8%	68.8%
		Very unsafe	2	1	3
	12.5%		6.3%	18.8%	
Total 37.5%			6	10	16
			62.5%	100.0%	
17 - 19	How safe do you feel your teenagers' mobile phone usage is?	Safe	1	4	5
			3.1%	12.5%	15.6%
		Neutral	2	1	3
			6.3%	3.1%	9.4%
		Unsafe	5	15	20
			15.6%	46.9%	62.5%
		Very unsafe	0	4	4
	0.0%		12.5%	12.5%	
Total 25.0%			8	24	32
			75.0%	100.0%	

Table 5: Showing the feeling of safety of teenagers' mobile usage.

results revealed that cumulatively 73.8% of teenagers' parents felt 'Unsafe' and 'Very unsafe' to use mobile phones by their teenagers. Of all, 87.6% of teenagers' parents felt 'Unsafe' and 'Very unsafe' with teenagers falling under the age category of 15 - 16 years old. Above all, parents felt unsafe and very unsafe with the female teenagers falling under the age category of 17 - 19 years old. It is

the stage for young people to make decisions of life ahead. [14] states that more than 750,000 young girls between aged 17 - 19 years become pregnant each year in America.

The concerns revealed by the cross tabulation significantly established the truth of feeling unsafe and very unsafe for female teenagers falling under the age category of 17 - 19 in Bhutan.

Sharing with parents if bullied

Do your teenagers share with you they get bullied by anyone via mobile phone?

The responses revealed that children do get bullied via mobile phones. It revealed that 36.3% of parents did hear their teenagers share the stories of getting bullied through mobile phones 'Sometimes'. But 25% of parents said that they don't know. Only 20% of parents said 'No'.

Further, the results revealed that more female teenagers share to their parents than male teenagers.

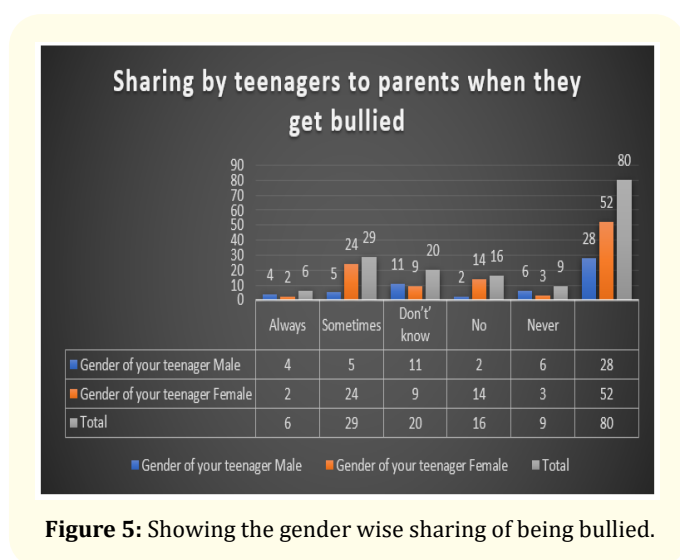


Figure 5: Showing the gender wise sharing of being bullied.

Inferential analysis and discussions

Cross-tabulation				
Age group of the teenager		Gender of your teenager		Total
		Male	Female	
13 -14	Always	2	2	4
		6.3%	6.3%	12.5%
	Sometimes	1	9	10
		3.1%	28.1%	31.3%
	Don't know	8	5	13
		25.0%	15.6%	40.6%
	No	1	2	3
3.1%		6.3%	9.4%	
Never	2	0	2	
	6.3%	0.0%	6.3%	
Total	14	18	32	
	43.8%	56.3%	100.0%	

15- 16	Sometimes	2	7	9
		12.5%	43.8%	56.3%
	Don't know	3	0	3
		18.8%	0.0%	18.8%
No	1	3	4	
	6.3%	18.8%	25.0%	
Total	6	10	16	
	37.5%	62.5%	100.0%	
17-19	Always	2	0	2
		6.3%	0.0%	6.3%
	Sometimes	2	8	10
		6.3%	25.0%	31.3%
	Don't know	0	4	4
		0.0%	12.5%	12.5%
	No	0	9	9
		0.0%	28.1%	28.1%
	Never	4	3	7
		12.5%	9.4%	21.9%
Total	8	24	32	
	25.0%	75.0%	100.0%	

Table 6: Showing the cross tabulation of gender and age on being bullied.

The cross-tabulation among gender of the teenagers, age group of teenagers and parents' perception on the sharing of being bullied via mobile phones established a very significant relationship. The results revealed that only 18.8% of teenagers shared 'Always' to their parents about being bullied via mobile phones. Female teenagers under the age category of 15 - 16 years old sometimes shared to their parents about being bullied via their mobile phones. The cross tabulation results revealed that teenagers in Bhutan do not share to their parents.

Cyberbullying is common in among teenagers yet children refrain from sharing to parents. A report by [15] state that the cyberbullying is a growing problem because of the increasing number of teenagers using or embracing online interactivity. Further, they also say that cyberbullying can occur across a variety of avenues and mediums in cyberspace. Why do teenagers refrain from sharing about being cyberbullied to parents? In Bhutanese family context, parents are very poor listeners. Many of the Bhutanese parents fail to listen to their children. Parents in general in Bhutan often treat teenagers as minors who cannot

make decisions and whose concerns have no weight. Many a times, parents in Bhutan use forces to the children's inquisitive nature. Thus, many children remain silent. And above all, parents in Bhutan do not think of questioning their children whether or not they are being bullied. [30] share that the child refrains from sharing about being bullied because of the fear of parents or caregivers' reaction. They also mention that some parents blame the child being too weak and take on the attitude that the child deserves to be bullied.

Teenagers do not share to parents with a fear that parents will overreact and make situation worse [30]. The case applies to Bhutan as well. The results revealed that not many teenagers in Bhutan come forward to share with parents about the issue of being cyberbullied.

Mobile texting language affecting proper language

Do you feel that your children lose proper language skills using text language?

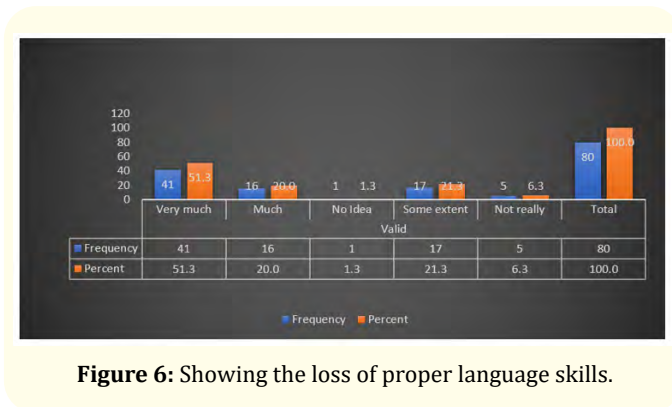


Figure 6: Showing the loss of proper language skills.

The responses showed that 41 parents (51.3%) said 'Very much' meaning that they believed that their teenagers were losing proper language skills due to mobile text language. This was followed by 16 parents (20%), who responded 'Much' and 17 parents (21.3%) said 'Some extent'.

Inferential analysis and discussions

The cross-tabulation among gender of the teenagers, age group of teenagers and parents' perception on the loss of proper language skills due to text language proved a very significant relationship. The results revealed that the loss of proper language skills was most common in female teenagers. 43.8% of female teenagers' parents revealed that their teenagers have lost proper language skills very much due to text language. And of all, these female teenagers were under the age category of 17 - 19 years old. Children at this stage

Cross-tabulation				
Age group of the teenager Male		Gender of your teenager		Total
		Female		
13 - 14	Very much	6	11	17
		18.8%	34.4%	53.1%
	Much	4	0	4
		12.5%	0.0%	12.5%
	No Idea	1	0	1
		3.1%	0.0%	3.1%
Some extent	2	7	9	
	6.3%	21.9%	28.1%	
Not really	1	0	1	
	3.1%	0.0%	3.1%	
Total		14	18	32
		43.8%	56.3%	100.0%
15 - 16	Very much	3	2	5
		18.8%	12.5%	31.3%
	Much	1	4	5
		6.3%	25.0%	31.3%
	Some extent	0	3	3
		0.0%	18.8%	18.8%
Not really	2	1	3	
	12.5%	6.3%	18.8%	
Total		6	10	16
		37.5%	62.5%	100.0%
17 - 19	Very much	5	14	19
		15.6%	43.8%	59.4%
	Much	2	5	7
		6.3%	15.6%	21.9%
	Some extent	0	5	5
		0.0%	15.6%	15.6%
Not really	1	0	1	
	3.1%	0.0%	3.1%	
Total		8	24	32
		25.0%	75.0%	100.0%

Table 7: Showing the loss of proper language skills.

tend to use and fiddle mobiles phones more than any other things. Toys and other playful things do not appeal to them.

Researchers have found out that mostly the SMS language affects two aspects of learners' language proficiency i.e. skills to

express oneself eloquently through writing and skills and ability to use words appropriately in context [3]. Teenagers are unable to differentiate the context and situation for the use of SMS language as they tend to write the spelling of some words as they are spoken and omit punctuation and overuse it in their tests, assignments and reports which sometimes hamper comprehension of the sense they want to convey [3]. However, at the same time, by some researchers, texting has been considered as a sign of creativity and proficiency. [37] call young people's use of their mobile phones as a novel and creative way of improving close relationships and existing social circles and claims that 'popular discourses about the linguistic uniqueness and incomprehensibility of this particular technologically mediated discourse appear greatly exaggerated'.

However, the results of the cross tabulations proved to be otherwise of the ideas shared by researchers such as Thurlow and Poff. The results revealed that majority of Bhutanese teenagers are losing standard and academic language skills due the frequent use of texting language or SMS.

Mobile texting messages impinging on communication skills

Do you feel that text messaging impinges on their communication skills?

Inferential analysis and discussions

The figures revealed that 20 parents said 'Yes' of which 12 were female and only 8 were male. Further, the statistics also showed that 8 parents were of the opinion that text message impinged communications skills 'much'. And 36 parents believed that text message impinged communication skills in teenagers to 'Some extent', of which 30 were female teenagers.

Inferential analysis and discussions

Options	Gender of your teenager		Total
	Male	Female	
Very much	8	12	20
Much	4	4	8
No Idea	2	4	6
Some extent	6	30	36
Not Really	8	2	10
Total	28	52	80

Table 8: Showing the gender wise loss of communication skills.

Interruption of personal time

Do you feel that your personal time with your teenagers is interrupted because of social bonding enabled by their mobile phones?

The findings revealed that the 40% parents of the teenagers said 'Very true' and 47.5% parents said 'True'. Cumulatively 87.5% parents believed that their personal time with their teenagers was interrupted because of the social bonding enabled by mobile phones.

Interruption of personal time				
		Frequency	Percent	Cumulative percent
Valid	Very True	32	40.0	40.0
	True	38	47.5	87.5
	Don't know	4	5.0	92.5
	Untrue	4	5.0	97.5
	Very untrue	2	2.5	100.0
	Total	80	100.0	

Table 9: Showing the levels of interruption of personal time by mobile phones.

		Do you feel that your personal time with your children is interrupted because of social bonding enabled by their mobile phones?					Total
		Very True	True	Don't know	Untrue	Very untrue	
Ethnicity	Ngalops	6	8	0	2	0	16
		7.5%	10.0%	0.0%	2.5%	0.0%	20.0%
	Sharchops	12	10	4	1	0	27
		15.0%	12.5%	5.0%	1.3%	0.0%	33.8%
	Lhotshampas	7	9	0	0	0	16
		8.8%	11.3%	0.0%	0.0%	0.0%	20.0%
	Kurtoeps	1	4	0	0	2	7
		1.3%	5.0%	0.0%	0.0%	2.5%	8.8%
	Bumthaps	5	4	0	1	0	10
		6.3%	5.0%	0.0%	1.3%	0.0%	12.5%
	Mangdueps	1	1	0	0	0	2
		1.3%	1.3%	0.0%	0.0%	0.0%	2.5%
	Others	0	2	0	0	0	2
		0.0%	2.5%	0.0%	0.0%	0.0%	2.5%
Total		32	38	4	4	2	80
		40.0%	47.5%	5.0%	5.0%	2.5%	100.0%

Table 10: Showing ethnicity wise interruption of personal time by mobile phones.

The cross-tabulation between ethnicity and parents' perception on the interruption of personal time due to the social bonding by mobile usage is very substantial. The results established that 40% of teenagers' parents mentioned 'Very true' for the invasion by mobile phones in their personal time with their children. And further, 47.5% of parents agreed that their personal time with the children had been hampered by social bonding established through the use of mobile phone by teenagers. Cumulatively, it is 87.5% of teenagers' parents who believed that their personal time with their children was interrupted by the mobile phone usage.

With a categorical breakdown into ethnicity, 27.5% of Sharchops believed that their personal time was interrupted by the usage of mobile phone of their teenagers. It is then followed by Lhotsampas with 20.1% who fully endorsed that their time was interrupted by the social bonding enabled by mobile phones of teenagers.

Feeling of insecurity during un-monitored time usage

How secure do you feel when your teenager uses a mobile phone during non-monitored periods such as after school?

The responses revealed that 42.5% (34 parents) mentioned 'Unsecured' and 17.5% (14 parents) mentioned 'Very unsecured', which indicated that their teenagers are not secure while using mobile phones during the non-monitored periods such as after school and before parents' arrival to home. Cumulatively, the findings also revealed that only 40% of parents were feeling either 'Secured' or 'Neutral'.

Options	Frequency	Percent
Very secured	0	0
Secured	10	12.5
Neutral	22	27.5
Unsecured	34	42.5
Very unsecured	14	17.5
Total	80	100

Table 11: Showing the feeling of insecurity.

Inferential analysis and discussions

The cross-tabulation between age group of teenagers and parents' perception on the non-monitored usage of mobile phones by teachers proved very significant. The results established that 48 teenagers' parents out of 80 mentioned that they felt 'Unsecured'

and 'Very unsecured'. Cumulatively, 60% of teenagers' parents felt unsecured and much unsecured of the non-monitored mobile usage by teenagers. Further, categorically, parents whose teenagers were under the age of 17 - 19 years old faced greater insecurity than those of two other two categories.

Though mobile phone has become indispensable tools, numerous effects had surfaced due to the excessive use of mobile phones. Use of mobile phone has affected adolescents' quality and quantity of sleep, their attention span and their academic performance. It had further caused attention deficit, difficulties in focusing and a negative impact on adolescent academic achievements (Maurya., *et al.* 2014).

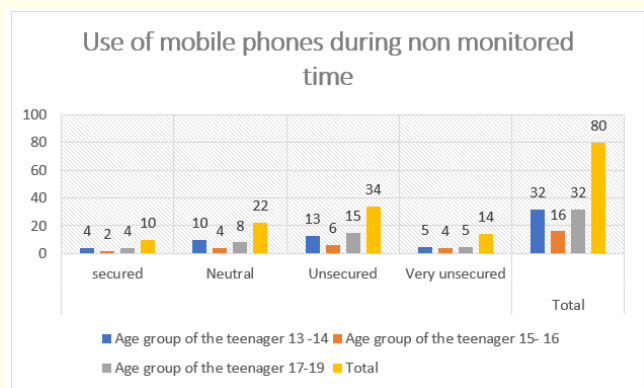


Figure 7: Showing the use of mobile phones during non-monitored time.

Mobile phone usage while driving

Do you consider using a mobile phone is risky while driving?

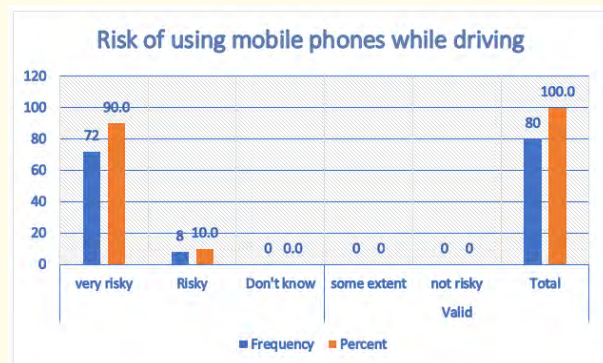


Figure 8: Showing the risk of mobile phones during while driving.

The responses revealed that 90% parents responded 'Very risky' followed by 10% parents voted for 'Risky'. Cumulatively, 100% parents believed that it is risky to use mobile phone while driving. This indicated that mobile phones posed danger to teenagers while driving.

Inferential analysis and discussions

The cross-tabulation between Ethnicity and parents' perception on the use of mobile phone while driving established very significant relationship. The cross tabulation data exposed high risk of accidents due the use of mobile phones. Cumulatively, 100% of teenagers' parents mentioned 'Very risky' and 'Risky' to the

questions asked. Researchers had found out that mobile phones potentially distract drivers in four different ways such as physically, visually, auditory and cognitively [12]. The use of Mobile phones during the driving can significantly impact the performance of the drivers. The use of phones distracts the drivers. Further, driver distraction plays a role in 20 - 30% of all road collisions [35].

Considering the findings, it is worthy to note that parents' 100% mention of 'Very risky' and 'Risky' are substantial. Of the seven ethnicity, 33.8% of sharchop ethnicity said the use of mobile phone while driving is risky, followed by 20% of parents from Ngalop and Lhotsampa ethnicities.

	Ethnicity							Total
	Ngalop	Sharchops	Lhotshampas	Kurtoeps	Bumthaps	Mangdueps	Others	
Very risky	16	21	16	6	9	2	2	72
	20.0%	26.3%	20.0%	7.5%	11.3%	2.5%	2.5%	90.0%
Risky	0	6	0	1	1	0	0	8
	0.0%	7.5%	0.0%	1.3%	1.3%	0.0%	0.0%	10.0%
Don't know	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Some extent	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Not Risky	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Total	16	27	16	7	10	2	2	80
	20.0%	33.8%	20.0%	8.8%	12.5%	2.5%	2.5%	100.0%

Table 12: Showing the use of mobile phones while driving through ethnicity.

Ban of mobile phone while driving

Should there be a ban to using a phone while driving?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very much	70	87.5	87.5	87.5
	Much	4	5.0	5.0	92.5
	Don't know	0	0.0	0.0	0.0
	Probably	6	7.5	7.5	100.0
	Should not	0	0.0	0.0	0.0
	Total	80	100.0	100.0	

Table 13: Showing the result of the ban of mobile phone while driving.

Cumulatively, the responses showed that 92.5% parents mentioned 'Very much' and 'Much' to the question asked. With the breakdown to numbers, there were 70 parents who said 'Very much' and 4 parents who mentioned 'Much'. Only 6 parents mentioned 'Probably'.

Age limit for a mobile phone

Should there be an age limit to possess a mobile phone in Bhutan?

The responses displayed that 30% parents who endorsed 'Fully agree' to the question asked and 47.5% parents mentioned 'Agree' to have age limit. Cumulatively, 77.5% of parents wanted an age limit to be set for teenagers to use their mobile phones.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Fully agree	24	30.0	30.0	30.0
	Agree	38	47.5	47.5	77.5
	Neutral	2	2.5	2.5	80.0
	Disagree	12	15.0	15.0	95.0
	Fully disagree	4	5.0	5.0	100.0
	Total	80	100.0	100.0	

Table 14: Showing the age limit for teenagers.

Mobile phones in the school

Should children be allowed to carry mobile phones to their schools?

The responses showed that 37.5% parents said 'Disagree' and 38.8% parents mentioned 'Fully disagree'. Cumulatively, 77.2% (61 parents) said that teenagers should not be allowed to carry mobile phones to their schools. Only 17.7% of parents cumulatively reflected that teenagers be allowed to carry mobile phones to their schools. Beside 4 parents who opted for 'Neutral' category, there was one respondent who did not respond to the question.

Inferential analysis and discussions

The cross-tabulation between Ethnicity and parents' perception on the issue of allowing mobile phones in the schools established substantial relationship. The results revealed that 77.2% of teenagers parents from all seven ethnicities were not in favour of allowing mobile phones to be used in schools by teenagers. Ethnocentrically, 22.8% of parents of teenagers under sharchop ethnicity said that mobile phones should not be allowed in the school, followed by 19% of parents of teenagers from Lhotsamp ethnicity.

Though mobile phones help bridge the digital divide by providing internet access to less privileged teens, most schools treat the phones as a disruptive force that must be excluded from the school and classroom [18].

Purposes of Mobile phones for teenagers

For what purposes do you think your children use mobile phone?

The responses revealed that 67.5% (54 parents) said 'Social Media' and only 15% (12 parents) mentioned 'academic purpose'.

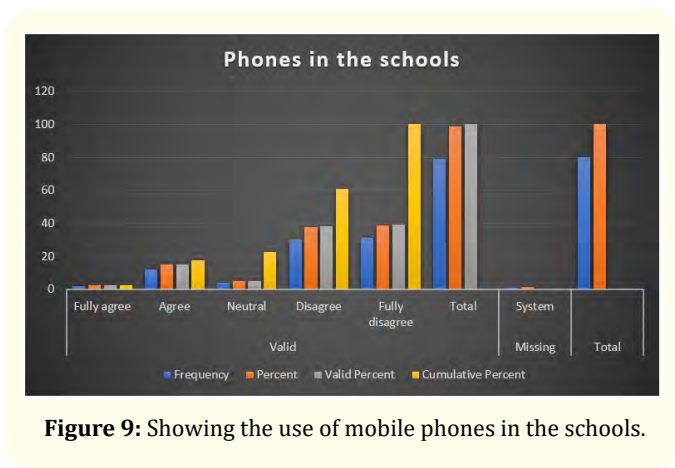


Figure 9: Showing the use of mobile phones in the schools.

Ethnicity Cross-tabulation								
Scale	Ngalops	Sharchops	Lhotshampas	Kurtoeps	Bumthaps	Mangdueps	Others	Total
Fully agree	0	2	0	0	0	0	0	2
	0.00%	2.50%	0.00%	0.00%	0.00%	0.00%	0.00%	2.50%
Agree	4	7	0	0	1	0	0	12
	5.10%	8.90%	0.00%	0.00%	1.30%	0.00%	0.00%	15.20%
Neutral	2	0	0	0	2	0	0	4
	2.50%	0.00%	0.00%	0.00%	2.50%	0.00%	0.00%	5.10%
Disagree	4	11	8	2	4	0	1	30
	5.10%	13.90%	10.10%	2.50%	5.10%	0.00%	1.30%	38.00%
Fully disagree	6	7	7	5	3	2	1	31
	7.60%	8.90%	8.90%	6.30%	3.80%	2.50%	1.30%	39.20%
Total	16	27	15	7	10	2	2	79
	20.30%	34.20%	19.00%	8.90%	12.70%	2.50%	2.50%	100.00%

Table 15: Showing the use of mobile phones in the schools.

Further, only 12.5 (10 parents) said that children use mobile phones for 'Call/voice message' and 5% (4 parents) said for 'text message'.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Call/voice message	10	12.5	12.5	12.5
	Text message	4	5.0	5.0	17.5
	Social media	54	67.5	67.5	85.0
	Academic purpose	12	15.0	15.0	100.0
	Total	80	100.0	100.0	

Table 16: Showing the purpose of mobile phones.

Inferential analysis and discussions

The cross-tabulation among gender of the teenagers, age group of teenagers and parents' perception on the purposes of mobile phone usage by teenagers proved substantial relationship. The results revealed that teenagers only use mobile phones for social media rather than academic purpose. Of the three categories of age, 28.6% of male teenagers under the age groups of 13 - 14 and 17 - 19 years old used mobile phones for social media. Only 14.3% of male teenagers under the age group of 15 - 16 years old used mobile phones for social media. In the female teenagers' category, 34.6% of teenagers under the age group of 17 - 19 years old used mobile phones for social media, followed by 15.4% for the age

groups of 13 - 4 and 15 - 16 years old. Cumulatively, 71.4% of male teenagers used mobile phones for social media and 65.5% of female teenagers used mobile phones for social media.

Social media dominates the usage of mobile phones among the teenagers of TrashiYangtse.

Chapter 5

Recommendations and Conclusion

Introduction

The final chapter summarizes the overall perceptions of parents on the teenagers' mobile phone usage. It particularly focuses on

Gender of your teenager 13 - 14		Age group of the teenager			Total
		15 - 16	17 - 19		
Male	Call/voice message	2	2	0	4
		7.1%	7.1%	0.0%	14.3%
	Social media	8	4	8	20
		28.6%	14.3%	28.6%	71.4%
	Academic purpose	4	0	0	4
		14.3%	0.0%	0.0%	14.3%
Total	14	6	8	28	
	50.0%	21.4%	28.6%	100.0%	
Female	Call/voice message	2	0	4	6
		3.8%	0.0%	7.7%	11.5%
	Text message	2	2	0	4
		3.8%	3.8%	0.0%	7.7%
	Social media	8	8	18	34
		15.4%	15.4%	34.6%	65.4%
Academic purpose	6	0	2	8	
	11.5%	0.0%	3.8%	15.4%	
Total	18	10	24	52	
	34.6%	19.2%	46.2%	100.0%	
Total	Call/voice message	4	2	4	10
		5.0%	2.5%	5.0%	12.5%
	Text message	2	2	0	4
		2.5%	2.5%	0.0%	5.0%
	Social media	16	12	26	54
		20.0%	15.0%	32.5%	67.5%
Academic purpose	10	0	2	12	
	12.5%	0.0%	2.5%	15.0%	
Total	32	16	32	80	
	40.0%	20.0%	40.0%	100.0%	

Table 17: Showing the purposes of mobile phones for teenagers.

the impacts of mobile usage. Further, alongside, the concluding remarks of the researcher are also reflected.

Recommendations for promoting better use of mobile phones to overshadow the negative impacts, are provided. In addition, some avenues for further research are identified. Strengths and limitations of the study are given, which will help the readers and evaluator to understand the value and weight of the study.

Summary and Findings

This study focused on the understanding the impact of mobile phones from parents' perspective. The quantitative method of research was employed to explore the research question. The data was collected through questionnaires from 80 parents. The participants were parents of teenagers aged 13 to 19 years old. The findings from this study revealed that the parents' perception

about the use of mobile phones by teenagers in TrashiYangtse are significantly geared towards having immense negative impacts. The findings are briefly mentioned below:

- **Happiness rate of parents:** 58.8% of parents mentioned that they were 'Unhappy' to find their teenagers using mobile phones.
- **Safety of teenagers with mobile phones:** The results revealed that cumulatively 73.8% of teenagers' parents felt 'Unsafe' and 'Very unsafe' to let teenagers use mobile phones by their teenagers. Of all, 87.6% of teenagers' parents felt 'Unsafe' and 'Very unsafe' with teenagers falling under the age category of 15 - 16 years old.
- **Loss of proper language skills:** The results revealed that the loss of proper language skills was most common in female teenagers. 43.8% of female teenagers' parents revealed that their teenagers have lost proper language skills very much due to text language. And of all, these female teenagers were under the age category of 17 - 19 years old.
- **Interruption of personal time:** The findings revealed that the 40% parents of the teenagers said 'Very true' and 47.5% parents said 'True'. Cumulatively 87.5% parents believed that their personal time with their teenagers was interrupted because of the social bonding enabled by mobile phones.
- **Non-monitored time usage:** The results established that 48 teenagers' parents out of 80 mentioned that they felt 'Unsecured' and 'Very unsecured'. Cumulatively, 60% of teenagers' parents felt unsecured and much unsecured of the non-monitored mobile usage by teenagers. Further, categorically, parents whose teenagers were under the age of 17 - 19 years old faced greater insecurity than those of two other two categories.
- **Risk of using phone while driving and:** The cross tabulation data exposed high risk of accidents due the use of mobile phones. Cumulatively, 100% of teenagers' parents mentioned 'Very risky' and 'Risky' to the questions asked. Researchers had found out that mobile phones potentially distract drivers in four different ways such as physically, visually, auditory and cognitively [12].
- **Banning the use of phone while driving:** Cumulatively, the 92.5% of parents mentioned 'Very much' and 'Much' to the question

asked. With the breakdown to numbers, there were 70 parents who said 'Fully agree' and 4 parents who mentioned 'Much'.

- **Use of mobile phone in the schools:** The results revealed that 77.2% of teenagers parents from all seven ethnicities were not in favour of allowing mobile phones to be used in schools by teenagers. Ethnocentrically, 22.8% of parents of teenagers under sharchop ethnicity said that mobile phones should not be allowed in the school, followed by 19% of parents of teenagers from Lhotsamp ethnicity.
- **Purpose of mobile phones for teenagers:** The results revealed that teenagers only use mobile phones for social media rather than academic purpose. Of the three categories of age, 28.6% of male teenagers under the age groups of 13 - 14 and 17 - 19 years old used mobile phones for social media. Only 14.3% of male teenagers under the age group of 15 - 16 years old used mobile phones for social media. In the female teenagers' category, 34.6% of teenagers under the age group of 17 - 19 years old used mobile phones for social media, followed by 15.4% for the age groups of 13 - 4 and 15 - 16 years old. Cumulatively, 71.4% of male teenagers used mobile phones for social media and 65.5% of female teenagers used mobile phones for social media.

Recommendations

This study reveals that the use of mobile phones by teenagers in Trashiyangtse is not very healthy. Further, the study also reveals that the impacts of mobile phones on teenagers are more of negative impacts than positive purposes. There aren't any silver bullet solutions to refute the negative impacts created by mobile phones to teenagers. And it is beyond the scope of this study to recommend to manufacturing companies but at best some recommendations for parents and teenagers, and other stakeholders of TrashiYangtse are that: The media houses must take a leading role in creating awareness of negative consequences of mobile phone usage to general public and provide tips to tackle such consequences. The parents must set a minimum age limit to use mobile phones by teenagers in their homes and make teens understand the negative impacts and provide the best ways to deal with them. The children should not be allowed to use mobile phones while driving either through education or through legislation. The parents and teachers must provide educational seminars (talks on academic usage of mobile phones) to teenagers at home and in the

schools to sensitize students to use mobile phones for academic purposes and The parents must share quality time with teenagers either by organizing family picnic or going out together for outings to establish close social bonding within the family.

Limitations

This study reconnoitered the impact, consequences and concerns of teenagers' mobile phone usage from the perspectives of parents in Trashy Yangtse. In doing so, there were many limitations the researcher faced. One of the chief limitations was the absence of statistical information of the parents of teenagers although attempts were made, which in turn made the researcher set a sample size without a basis. Secondly, the findings are entirely based upon the research conducted in four locations in Trashy Yangtse and hence may not be applicable directly to other places in other districts.

There was higher participation from certain ethnic groups (Sharshops and lhotsampas) and minimal numbers from certain ethnic groups (others) which was purely a coincidence.

Further Research

The findings of this research suggest that parents of teenagers perceive that negative impacts outweigh positive purposes from teenagers' mobile phone usage. Further, many parents perceive that there is a huge risk of leaving teenagers with mobile phones. This gives a new focus for the study. Some areas for the future research could be on the:

Annexure I

Kuzuzangpo la

We are Tashi Dorji and Sonam Jamtsho, working as Principals of schools in Trashy Yangste.

As a school Principal, it is our duty to assist our enrolled students in laying a solid foundation for a bright future. Therefore, we made the decision to conduct this straightforward study in order to ascertain the effects of one of teens' most popular behaviors, teenagers' propensity for using their phones. This behavior has significantly escalated. We've therefore decided to write about "Impact of Mobile Phones on Teenagers in Trashy Yangtse: Parent's perspective" for the same reason. Our study aims to comprehend how mobile phones affect teens in Trashy Yangtse from the perspective of their parents. We are conducting this study to gain a deeper understanding of the subject so that we can suggest some remedies to limit any unfavorable effects.

To this end, we would like to sincerely request you to spare some time to answer the questionnaire attached herewith. Every answer of yours will add value not only to my work but also to the future research. By consenting to answer my questionnaire, you will be helping me

- Social implications of teenagers' mobile phone usage (particularly focusing on the loss of social bonding within the family due to mobile phone usage);
- School Policy and Students' mobile phones for pedagogy purposes.

Conclusion

The study has found out that the parents expressed both positive and negative impact towards teenagers' mobile phone usage. However, the negative impacts outweighed the positive purposes.

Positively, the parents of the teenagers perceived that mobile phones are very useful devices for communication and coordination of activities. However, on the negative side, parents revealed that the teenagers are addicted and obsessed with social media, which ultimately made their children lose the strength of social bonding within family. Further, the parents also felt that the usage of mobile phones distracted their teenagers from the study time and other important activities.

The overall findings from this study revealed that parents' perceptions of teenagers' mobile phone usage are very much worrisome that need immediate attention of parents, teachers and law makers. A very high number of respondents expressed the view that negative impacts outweighing positive purposes with teenagers' mobile phone usage.

to understand the social consequences being faced and/or anticipated on account of mobile phone usage by teenagers in TrashiYangtse. This will enable us to find some practicable solutions for the problems, if any.

Your support in this regard will not only allow us to complete our current research work on time but also inspire us to continue researching on socials themes and issues that require our attention.

Thank you for your invaluable time and encouragements.

(Tashi Dorji)

Principal, Tongmijangsa Primary School

TrashiYangtse

(Sonam Jamtsho)

Principal, Ramjar Middle Secondary School

TrashiYangtse

Annexure II

Questionnaires

1	How happy are you to see your children use mobile phone?	Very Happy	Happy	Neutral	Unhappy	Very unhappy
2	How safe do you you're your teenagers' mobile phone usage is?	Very safe	Safe	Neutral	Unsafe	Very unsafe
3	Do your children share with you if they get bullied by anyone via mobile phones?	Always	Sometimes	Don't know	No	Never
4	Do you feel that your children lose proper language skills using text language?	Very much	much	No Idea	Some extent	Not really
5	Do you feel that text messaging impinges on their communication skills?	Very much	Much	No Idea	Some extent	Not really
6	Do you feel that your personal time with your children is interrupted because of social bonding enabled by their mobile phones?	Very true	True	Don't know	Untrue	Very untrue
7	How secure do you feel when your children use a mobile phone during non - monitored period such as after school?	Very secured	secured	Neutral	Unsecured	Very unsecured
8	Do you consider using a mobile phone is risky while driving?	Very risky	Risky	Don't know	Some extent	Not risky
9	Should there be a ban to using a mobile phone while driving in Bhutan?	Very much	much	Don't know	Probably	Should not

10	Should there be an age limit to possess a mobile phone?	Fully agree	Agree	Neutral	Disagree	Fully disagree
11	Should children be allowed to carry mobile phones to their schools?	Fully agree	Agree	Neutral	Disagree	Fully disagree
12	How much time do your children spend on mobile phones?	0 - 2	3 - 5	6 - 8	9 - 11	More than 12 hours
13	For what purposes do you think your children use mobile phone?	Call/voice message	Text message	Social media	Academic purpose	Emails

Demographic Information							
1. Ethnicity	Ngalop	Sharchop	Lhotshampa	Kurtoeps	Bumthaps	Mangdueps	Others
2. Gender of your teenager	Male			Female			
3. Age group of the teenager	13 - 14	15 - 16	17 - 19		13 - 14	15 - 16	17 - 19
4. Does your teenager possess mobile phone?	Yes No	Yes No	Yes No		Yes No	Yes No	Yes No
5. Who pays for his or her voucher recharge?	Parent Teenager Others	Parent Teenager Others	Parent Teenager Others		Parent Teenager Others	Parent Teenager Others	Parent Teenager Others
6. Relationship of the person filling the form (with the teenager)	Mother Father Other						
7. Age group of the parent	Mother						
	Under 30	31 - 40		41 - 50	Above 50		
	Father						
	Under 30	31 - 40		41 - 50	Above 50		
	Other						
	Under 30	31 - 40		41 - 50	Above 50		

Thank you for your time.

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