

THE IMPACT OF STUDENTS' USE OF MOBILE PHONES ON THEIR ACADEMIC PERFORMANCE AND BEHAVIOR

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Abstract

This article analyzes the impact of mobile phones on students' learning and educational processes. Mobile phones provide students with access to internet resources, educational applications, and online courses, expanding their knowledge. However, improper use of mobile phones can lead to distractions, time-wasting, and negative psychological effects. The article discusses the importance of using phones effectively and their role in students' learning process.

Keywords: Mobile phones and education, learning, educational resources, education, social interactions, students.

Introduction

The President of the Republic of Uzbekistan, Shavkat Mirziyoyev, says, "The foundation of education and upbringing is the school. The force that makes a school a school is the teachers." In Tashkent region, schools that have banned the use of mobile phones by both students and teachers have been promised 300 million som. According to the regional governor, Zoyir Mirziyoyev, mobile phones corrupt both children and adults. "As long as there is the problem of mobile phones in hand, anything can happen," he says.

In order to ensure the further improvement of the effectiveness of the education and upbringing process and to create the necessary conditions for raising a well-rounded and harmonious generation, the Cabinet of Ministers of the Republic of Uzbekistan approved the resolution No. 139 dated May 21, 2012, "On measures to regulate the use of mobile phones in educational institutions of the Republic of Uzbekistan."

Modern technologies, especially mobile phones, have become an inseparable part of our lives. They have not only revolutionized our daily activities but also transformed the process of students' learning and education. Mobile phones provide students with the opportunity to absorb lessons on time, quickly access scientific information, and use online courses and educational applications. However, mobile phones also have negative effects on the educational process, such as distraction, excessive time consumption, and the development of negative behavior through social interactions. Analyzing the impact of mobile phones on students, determining how they positively and negatively affect the learning and educational process, and ensuring their rational and effective use in the education system is crucial. Teaching students how to use mobile phones correctly and purposefully creates new



opportunities for learning and improves the educational process. This article discusses the positive and negative impacts of mobile phones on students' learning and educational processes.

Positive Effects: Mobile phones provide students with the opportunity to access information anytime and anywhere via the internet. Lessons, scientific articles, video tutorials, and other educational resources offer students quick opportunities to find answers to any questions. Mobile phones make the learning process more efficient through various educational apps, interactive learning programs, and online courses. Phones also create opportunities for students to work in groups and exchange ideas. They can communicate with their classmates on online platforms, share thoughts about lessons, and collaborate on projects. By using mobile phones, students learn important skills such as digital literacy, internet security, and how to use online resources effectively.

Negative Effects: Mobile phones can cause difficulties in students' ability to focus during lessons. Social media, games, messages, and other apps distract students from their studies. This, in turn, reduces the effectiveness of learning and makes it harder for students to focus on acquiring knowledge. Mobile phones create significant competition for students' time. If students spend too much time using their phones for non-educational purposes, it interferes with their attention to studying and self-development. Prolonged use of mobile phones can also harm eye health, sleep quality, and overall psychological well-being. Spending excessive time on the phone negatively affects psychological state, stress levels, and sleep patterns. Students may also encounter harmful or inappropriate content through their phones. Exposure to negative information, upsetting messages, or cyberbullying on social media can mentally stress students. Communicating through mobile phones reduces face-to-face interaction, which hinders the development of students' social skills.

Various educators and scholars have expressed their views on the harmful effects of mobile phones on students. Below are some examples of their statements:

1. Neil Selwyn (Education Technology Specialist): "Excessive use of technology and mobile phones, especially for young children, can decrease the effectiveness of learning and education. Phones distract students, which negatively impacts their success in class."
2. Dr. Aric Sigman (Psychologist): "Excessive use of mobile phones by students can harm their psychological and physical development. It can lead to issues in their self-awareness and social relationships, especially when they use phones for prolonged periods without purpose."
3. Jean M. Twenge (Psychologist, Professor): "Spending too much time on phones and social media can intensify psychological states such as stress, anxiety, and depression in students. They constantly feel the need to be online, distancing themselves from the real world, and simultaneously experience feelings of low self-worth."
4. Gulchehra To'xtamurodova (Professor at the National University of Uzbekistan): "Mobile phones distract students, and instead of focusing on lessons, they spend more time on social media or playing games. This negatively impacts the effectiveness of education. It is essential to teach students to use phones purposefully and wisely."

Students with behavioral difficulties refer to those who face challenges in the learning and overall education process. These students often encounter moral-ethical, psychological, or



social problems, which can negatively affect their classroom activities, academic success, and social relationships. For example, during an interview with the principal of a general education school in Tashkent, it was mentioned that there are a total of 1,371 students in the school, of which 960 have mobile phones. At the school level, there are 7 students with behavioral issues, all of whom own personal phones. The principal expressed regret that these students, with their difficult behavior, are influenced by the family environment. According to the school's internal regulations, each student is required to place their phone in special boxes before entering class, and after the lesson, they retrieve it. Therefore, the presence or absence of phones does not affect the overall grades of students.

In conclusion, we believe that mobile phones provide students with new opportunities to enhance their learning and educational development. Access to information through the internet, the use of educational applications, and online learning can be very beneficial for expanding students' knowledge. Additionally, in order to support students with behavioral difficulties more effectively, teachers, psychologists, and parents must work together. Providing students with individualized approaches, psychological support, and opportunities to develop social skills will help improve their behavior and academic success. Teaching students to use mobile phones purposefully, wisely, and responsibly plays a key role in making the learning and educational process more effective.

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