

Health Related Physical Fitness of School Students in Relation to Smart Phone Addiction in Modern Epoch: A Reviews Study

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Abstract: The fitness was although considerable fact in ancient era. But also, in modern era fitness is more allegorical and the most considered matter in the society. The school going students are very much suffering from fitness related issue basically health related physical fitness components which are much effective parameter for the school going students. Nowadays the fitness is not only physical based matter also it is based on mentally as well as socially aspect for the people. But presently in the modern era Smart Phone is a dynamic addition to the life of students and it correlates between the fitness and efficiency of work done. The study on this topic has been done to investigate the status of the components of health-related physical fitness due to the heavy influence of smart phone addiction towards school going students in the ultra-modern epoch. This has been completely done on the basis of previous related reviews of literature already established. So, this study is based on the secondary data. The researcher analyzed the same previous related review of literature and found out that there is heavily influence of smart phone addiction on the different components of health related physical fitness of school going students.

Keywords: Health, Physical Fitness, School Students, Smart Phone, Addiction

1. Introduction

The invention of telephone by A. G. Bell in 1876 and till ultra modern era with the heavily revolution of technology, people of the society have changed their environment widely. From 1876 to 2017 in between this period through evolution the nomenclature of phone has changed with the help of modern system of technology and along with that configuration of phone also changed. Presently in modern epoch, a phone is like personal as well as joint property to the people of the society and they are using it for multipurpose function of daily life, they cannot move a step without it. As the contribution of telephone by Bell to the society and Bell onwards, the multiform and function of phone has changed so people of the society also facing different problems mostly that are related to health. Minimum level of energy is required for every individual to fulfill their daily life task and

only when it is possible the individuals will follow their routine of daily life such as sleeping, dieting, exercising and playing different games. From age level 3 years to age level 60 years, the people are using android smart phone and the tendency of inactive life style is growing day after day. Nowadays in modern trend, students as a part of the society whose age level are 17 onwards they are mostly growing to the tendency of smart phone addiction, most of the time a day except their routine of study work spend behind the android smart phone and accordingly they lead inactive life style. Fitness of the physical body is an essential matter for all people, basically health related fitness of the physical body is most essential matter as compared to the performance related fitness of the physical body for all. Health related fitness consists of different components viz cardio-respiratory endurance, Muscle strength, muscle endurance, flexibility and body composition. Health related fitness of the physical

body helps to meet the demand of daily life, it provides optimal secret energy to do daily life task efficiently in a skillful way. The optimal level of health-related fitness components of the physical body is built up through regular participation in physical activities. Health related physical fitness plays great role and it also helps to develop psychological state of the individuals. Recently, it is seen at village side that the aged people are walking in the early morning along the road to maintain the minimum physical efficiency.

1.1. Gap Location of the Study

The research results regarding health related physical fitness in relation to smart phone addiction are not enough to provide fruitful information to the society and also some study investigated fitness condition in relation to smart phone addiction. So, researcher thinks that there is massive gap to investigate the below given problem of the research study.

1.2. Statement of the Problem

The statement of the problem is “Health Related Physical Fitness of School Students in relation to Smart Phone Addiction in Modern Epoch: A Review Analysis.”

1.3. Purpose

The purpose of the study is to know the full status of health-related physical fitness in relation to smart phone addiction of school students.

2. Methodology

Descriptive method has been used for this study. This study based on completely secondary data to generalize the outcome of the study.

Many researchers have investigated the influence of smart phone use on the physical activities. of respondents. Many studies are done regarding smart phone addition and basically maximum those studies are survey and cross sectional studies related. In that studies it was found that smart phone addiction effected the physical activity and it was also investigated partly physical fitness condition but in this study the researcher tried to elicit a significant area of all components of health related physical fitness in which the smart phone addiction enormously may effect the health related physical fitness components of school students. The other maximum study found that psychologically the respondents were heavily affected.

3. Discussion

In general, there are two types of fitness in the field of physical education namely health related physical fitness and performance related physical fitness. In this study, health related physical fitness has been discussed. The main purpose of the study was to analyze the status of health related physical fitness. The health-related physical fitness consists

of different components and that are cardio-respiratory, muscle strength, muscle durance, flexibility and body composition. So, for each individual the health-related physical fitness is required to struggle in the society. The researcher still now more than 30 studies reviewed and 12 studies among 30 are related to the physical activity and fitness related, the rest 18 studies are mostly related to psychological and different health hazards. As in the health related physical fitness has five components so the previous study should have cover the condition of the five components. In related 12 studies, 2 studies indicated that physical activity level is increased, 3 studied indicated that the cardio-respiratory fitness decreased and other 7 studies indicates physical activity level decreased.

This study indicated that smart phone addiction is very much prevalence among medical students. 78% students were not associated to the physical activity, 2% was normally associated to the physical activity and 20% was totally not active to the physical activity and also this study indicated that sleeping hour was high of the medical science students [1].

This study conducted in 2016. The study explored that male students were addicted for communicating with others and shopping purpose. The female students were low addicted as compared to male students [2]. The study expressed as per their study, participation in physical activity highly 65.3 is adequate, 32.7% is low, 2% is inactive and the other side 42% is addicted on smart phone adduction [3]. The study included 147 students and this study expressed that lower age level of students are much more addicted to the smart phone as compared to the higher age level of students and also affect the socio-demographic set up of the society [4]. The researcher stated that the situational use of cell phone effectively improved sedentary life and maximally connected with no physical activity. The adult people basically during sitting condition maximally use the cell phone [5]. In this study 113 students were considered to conduct this study. This study expressed smart phone addiction and sleeping are correlated. This study 0.473% showed that positively correlation between smart phone addiction and sleeping and 0.335% showed that negatively moderate correlation between smart phone addiction and physical activity. Finally, it indicated the increase of lacking of sleep and physical activity because of addiction to the smart phone [6]. This study indicated that 15-16 years adults are highly low tendency to the physical activity and suffers from stress because of smart phone addiction [7]. The study was conducted including 337 students for this study. This study indicated that the students who are with high use of internet and cell phone suffer from anxiety and also lacking of sleep [8]. Researcher indicated medical student spending more time on smart phone addiction & internet addiction. They are spending time 93.6% maximally on addiction of smartphone and internet whereas 21.6% time spending on physical activity [9]. This study expressed that the addicted student can be prevented from becoming addicted to the smart phone and for that three types of physical activities

such as moderate physical activity five days a week, vigorous activity three days a week and strength exercise two days a week [10]. This study indicated that high risk smart phone user students are with low physical activity and this addiction effects the body composition components such as muscle mass and fat mass which is seriously notorious effect to the health of the students [11]. The study expressed that cell phone users are positively affected to anxiety and they are with less satisfaction life. Mental health and academic performance are affected by the cell phone use [12]. This study indicated cell phone study showed that the problematic mobile phone use and burnout both are independent and this situation is mediated with the help of physical activity [13]. The study showed that 37.7% female 27.9% male are highly with less physical activity [14]. The study indicated that the mobile phone is nowadays more powerful, useful and helpful to have personal health care service and it also admits many hurdles are there in use of mobile phone [15]. This study showed the smart phone is prevalent all over the world. In this study it is found that Thailand students are more in use of smart phone per day as compared to physical activity than U.S. The study also indicated that smart phone may be a technique to promote physical activity as well as barrier to physical activity [16].

Researcher expressed that adolescent students are physical inactive and they are with disturbed mood, also increasing depression because of smart phone addiction [17]. This study indicated electronic media very much influenced to lead sedentary life and cardio-respiratory fitness is shown low in children basically game show through electronic media is mostly influential matter to be attraction to the electron media [18]. This study indicated that irrational procrastination correlation with physical activity and smart phone addiction. Due to addiction to the smart phone the irrational procrastination and lack of physical activity both are promoted [19]. This study indicated that smart phone use effects the cognitive function of brain, make imbalance state in mental health. So the adolescent young adults facing problems in front of awkward situation [20].

4. Conclusion

Considering the above all reviews' analysis it is concluded that smart phone addiction effects on cardio-respiratory fitness and body composition as health related physical fitness condition and other three components' effect due to smart phone addiction namely muscle strength, muscle endurance and flexibility is not clear although cardio-respiratory and body composition effect them comparatively, besides smart phone addiction mostly effects psychological aspects of the individuals. It is also found that college level students are mostly affected by the addiction of smart phone but it is also under discussion significantly about school students' tendency towards smart phone. Here, it is not enough for this study to get new information, further research are required for getting

fruitful facts and knowledge.

Conflict of Interest

The authors declare no conflicts of interest.

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