



**Volume: 1**

**Issue: 1**

**Jan-June 2025**

# **Nursing Innovators Journal**

**Chief-editor: Dr. Meena Ganapathy**

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**Publisher: MKSSS Smt. Bakul Tambat  
Institute of Nursing Education**

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## **From Editorial desk: "Redefining Boundaries: Recognizing Nurses as Innovators."**

"Nurses have been the frontlines of promotion, prevention, care, and rehabilitation of people and patients' health and safety. But beyond this lies a less recognized but equally powerful identity — that of the nurses as innovators, critical analytical people, and leaders of change and visionaries."

Our Nurse Innovators journal was launched to publish the research and conversations by nurses about healthcare innovations. Healthcare departments, governing agencies, and the general public have recognized nurses as agents of change; however, scholarly and research articles and practical literature highlighting nurse-led solutions are lacking. This journal aims to address that. This journal will open the space for interdisciplinary dialogue needed in nursing practice. The launch of the journal comes at a moment of critical transformation in healthcare. The challenges we face — from global health inequities and workforce shortages to digital transformation and environmental crises — demand new ways of thinking. Nurses, with their unparalleled proximity to patients and systems, are uniquely positioned to inform.

What do we mean by “nurse innovator”? We see innovation not just in technology or start-ups, but in every instance where nurses challenge assumptions, redesign systems, and imagine better ways of delivering care. It is the nurse in a rural community who adapts mobile phone technology to improve antenatal care. The ICU nurse leads a quality improvement initiative to reduce infections and medication errors. The psychiatric nurse who develops a culturally grounded mental health toolkit for the community. Innovation, in this context, is not always high-tech — it is high-impact!

In this inaugural issue and future ones, we will feature a diverse range of content: original research on nurse-led interventions, field-tested solutions from practice, reflective essays from nurse leaders, and interdisciplinary perspectives that expand our collective imagination. We welcome contributions from nurses in all sectors — clinical, academic, community-based, and entrepreneurial — as well as collaborations with designers, engineers, and policymakers who collaborate with nurses to co-create change.

We hope that this journal is more than a publication. We envision a vibrant ecosystem — a space of dialogue, mentorship, and shared purpose. Whether you are a student with an idea, a frontline nurse solving problems daily, or a scholar exploring the theory of practice-led innovation, you have a place here.

We invite you to read, contribute, critique, and connect. Let this journal be both a record of what is and a catalyst for what could be.

Because innovation is not the future of nursing — it is already here. And it begins with the nurse.

We invite you to read, contribute, critique, and connect. Let this journal be both a record of what is and a catalyst for what could be.

**Dr. Meena Ganapathy**  
**Chief Editor, NIJ**

# “The impact of mobile phone use on children and adolescents: behavioural, emotional, and academic consequences”

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## Abstract

*This review examines the impact of mobile phone use on children and adolescents, highlighting behavioral, emotional, and academic consequences. Research consistently shows that excessive screen time leads to issues such as irritability, inattention, and social withdrawal. Increased use of mobile devices is also linked to poor academic performance and mental health concerns, including anxiety and depression. Parental monitoring and balanced school policies are essential for minimizing negative effects. The review calls for further research into interventions to mitigate these outcomes.*

**Keywords:** mobile phone use, children, adolescents, behavioral changes, emotional health, academic performance, screen time, mental health, parental involvement.

## I. INTRODUCTION

The widespread use of mobile phones among children and adolescents raises concerns about their effects on development. Originally designed for communication, mobile phones now serve various functions, including gaming and social media. This review explores the effects of mobile phone usage on children's behavior, mental health, and academic performance, stressing the need for balanced use and further investigation into potential interventions <sup>[2]</sup>.

## II. METHOD

This review includes studies published from 2010 to 2025, focusing on mobile phone use among youth. Research from various countries, including India, Japan, and Iran, was analyzed. The studies investigated aspects such as screen time, content exposure, and the effects on behavioral changes, academic performance, and mental health, along with the role of parental and school involvement <sup>[3]</sup>.

## III. RESULTS

The reviewed studies consistently show that excessive mobile phone use leads to behavioral problems like irritability, hyperactivity, and social withdrawal. Research from Japan and India found that prolonged screen time negatively affects children's behavior and academic achievement. Additionally, studies in Iran and China suggest a link between mobile phone addiction and mental health issues such as anxiety and depression. Parental control and school policies that manage screen time were found to help reduce these negative effects <sup>[4][5]</sup>.

## IV. DISCUSSION

The increase in mobile phone use among children and adolescents is a double-edged sword. On the one hand, mobile phones offer educational benefits and opportunities for social interaction. However, the studies reviewed consistently highlight that excessive use contributes to various problems. Behavioral issues like irritability, hyperactivity, and inattention can be directly correlated with high screen time. In terms of academic performance, research shows a negative relationship between prolonged mobile phone use and student achievement. This suggests that while technology is an indispensable tool in modern education, excessive use can detract from academic focus and engagement.

Another critical area of concern is mental health. The reviewed studies point to an increase in anxiety, depression, and social withdrawal among children and adolescents who engage in excessive mobile phone use. The blue light emitted from screens, lack of face-to-face social interaction, and exposure to harmful content online are factors that may contribute to these mental health issues.

Despite the negative outcomes, parental monitoring and appropriate school policies can mitigate these effects. Active parental involvement, such as setting limits on screen time and monitoring content, plays a crucial role in reducing the adverse consequences of mobile phone use. Similarly, schools that enforce balanced technology policies, such as limiting mobile phone use during school hours, can help foster healthier relationships with technology.

## V. CONCLUSION

Excessive mobile phone use among children and adolescents is associated with behavioral, emotional, and academic challenges. While the link between screen time and negative outcomes is clear, further research is needed to understand the long-term effects. It is essential for parents and schools to monitor and regulate mobile phone use, promoting a balanced approach to technology that supports healthy development. Future studies should focus on effective interventions and preventative strategies <sup>[6]</sup>.

**Conflict of interest: No conflict of interest to declare.**

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