

Smartphones - Curse or Boon for Productivity at Work Place

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ABSTRACT

The lifestyle of people in today's society has drastically changed because of the rapid advancement of technology as well as the introduction of smartphones. The purpose of the present research is to study the positive and negative aspects of the use of smartphones on the lifestyle of people personally as well as professionally. It includes distraction in the workplace, the effect on their level of productivity, concentration levels, fast communication and employee morale. The study is based on secondary research. The paper also discusses that though smartphone's negative aspects are many, but implementing the proper policies and procedures in an organisation helps in percolating positive effect on employee morale, their efficiency and productivity. The outcome of the study is that the use of the smartphone is convenient and aids in quick and efficient communication. Smartphones are effective in timely communication and resolving the conflicts in the workplace, even if the employee is not at one's desk, enhances in communicating personal feelings while eliminating the middle person. During the work day, smartphone micro-breaks are found to increase productivity in the workplace, thus allowing the employees to refresh their minds by taking a break off from potential work stress.

KEYWORDS: Smartphones, Productivity, Communication, Workplace.

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