

## **The effects of mobile phone use among women: A sociological Perspective based on Batticaloa district**

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### **Abstract**

This study investigates the sociological effects of mobile phone use among women in the Batticaloa District of Sri Lanka. Emphasizing the intersections of gender, technology, and social transformation. The central objective is to examine how mobile phone usage influences women's daily lives, with a particular focus on empowerment, communication, education, and economic participation. The research addresses key questions: How do women in Batticaloa engage with mobile technology? What socio-cultural and economic factors shape their usage? What barriers limit their access to and use of mobile phones? The study identifies core problems such as the gender digital divide, limited digital literacy, and patriarchal norms that inhibit women's full digital inclusion. A mixed-methods research design was employed, combining quantitative data from 200 structured surveys with qualitative insights from in-depth interviews and focus group discussions. Quantitative data were analyzed using SPSS for statistical correlations, while thematic analysis was used for qualitative interpretation. Findings reveal that mobile phones have significantly enhanced women's access to information, social connectivity, and self-agency, particularly among younger and urban users. However, older women and those in rural settings remain disadvantaged due to affordability, literacy barriers, and cultural constraints. The study recommends targeted digital literacy programs, affordable access initiatives, and gender-sensitive ICT policies to promote inclusive technological empowerment.

**Keywords:** digital, mobile phone, ICT policies, gender, empowerment.