



## Mobile phone addiction and health problems among children and youngsters:

### analysis and observation on its positive side

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### Abstract

The study contains information about the addiction of mobile phones and the related health problems among children and youngsters. It also provides information about the impact of mobile phone used by unemployment youth especially in under developed countries like India, where it has posed a big threat to its future. Also, the article looks at the brighter side of the application of mobile phones in the modern era.

### Introduction

Technological revolution has provided the world with luxurious inventions. Communication channels has been so fabulously upgraded that corresponding to a persons with thousands of miles apart is just a game of seconds now. Invention of fixed telephone in 19th century was no more a wonder in 21st century when human brain invented portable “mobile phone”. Mobile phone technology has experienced a tremendous growth. In 1946, Swedish mobile used the first official mobile phone. In 1983, Motorola presented 1st truly portable cell phone ([www.tech-faq.com](http://www.tech-faq.com)).

Worldwide technology and its changes play a major role in each individual’s life. The current trend of the society is to adopt every change in the field of communication technology. The mobile phones are boon of this century. Mobile phone is considered as an important communication tool and became the integral part of the society, it is not only a communication device but it also a necessary social accessory. People are increasingly using mobile phones rather than the fixed telephones. The cell phone today is a lifeline for many. It is estimated that around 4.5 billion people use the cell phone worldwide. And it comes as no surprise that a huge chunk of this quantity consists of the youth<sup>1</sup>. The rapid technological advancement has resulted in invention of many gadgets and cell phone is one of them. Cell



phones are considered as an essential item, an integral tool necessary for communicating and connecting to families, friends and work or even used for emergencies. Cell phones play an important role in our lives. They provide us with a method to connect to important others in our lives. Cell phones not only provide a social outlet, but are a means to engage oneself in interesting activities such as surfing the internet, playing games, conducting research and taking and sharing photographs. They provide us with more flexibility compared to home telephones as they allow the user to leave home and remain connected. Cell phones also enable us to seek help in case of an emergency and enable parents to keep an “eye” on their children<sup>2</sup>. With time being the invention of smart phones have become quintessential possessions of modern youth. Smartphone has become more attractive than a regular mobile phone due to the integration of advanced features. Student communities all over the world are not exempt from the ever-increasing influence of smart phones<sup>3</sup>.

Mobile phone is one of the blessings of science which has interlinked the whole world and is used by all ages groups especially youngsters. Infact one cannot imagine life without mobile phone. Mobile phone has become the need of hour. Mobile phone is a communicative device which enables us to connect to people in any part of world and has shrink the whole world into a global village. Despite being a wonderful and a technological invention, it has pros and cons within itself.

### **Objectives**

- ❖ To analyze the positive effects of mobile phones.
- ❖ To understand the negative effects of cell phones.

### **Hypotheses**

- ❖ There is direct relationship between use of android phones and health problem.
- ❖ There is direct relationship between knowledge and use of modern cell phones.

### **Methodology**

The data for the present study has been collected from secondary sources like books, journals, newspapers, published and unpublished research work, various search engines, are also used.



## **Discussion**

Mobile phone addiction is widely prevalent and an unspoken issue among the youth. Its improper use affects the youth in a negative way. Younger generation is the future of country, but the mobile phone addiction has posed a serious challenge. Unemployed youth waste much of their time through mobile phones, this in turn affects their health. Mobile phone addiction causes various health problems especially among children group like eye problem, neck problem, depression, migraine and other psychological disorders as well. This addiction distracts one from studies and also affects family relationships goals. Now a day's children and youngsters are busy in playing latest mobile phone games and late night chats which have retarded their physical as well as mental health. According to the scientific study these cell phones emit harmful radiations that affect brain cells and many cause brain cancer or even some times hemorrhage. A new phobia has developed among the young generation, the phobia or fear of being without a phone, which is called nomophobia. Continuous usage of phones isolates them from society and as a result of it, they lag behind in all aspects. This youth does not even contribute to the human resource of the country. It can lead to lower productivity at work, compulsive use of internet services and other social applications like face book, instagram, watsApp etc can cause them to neglect all other aspects of life.

We are nowadays living in the globalization era. Internet- based technology has been developed and changed dramatically. A Smartphone is one of the most important technologies enhancing people to connect and communicate easier and faster. However, it also has various drawbacks. It causes a health problem, poor family relationship, poor social interaction, and poor academic performance. It also leads to mood disorder among high school students<sup>4</sup>. Now as the number of people who are using mobile phone are rapidly growing, so the number of people who are becoming addicted and dependent to their phones, it could be our next door person who will have an anxious condition if he forgot his phone at his office and the person who sending text message all day instead of work<sup>5</sup>. Mobile phones are known to be hugely popular among the youth. The youth are the most susceptible to developing mobile phone addiction because they are considered to be the heaviest users of information and technology<sup>6</sup>. Mobile phone has brought a lot of changes in the lifestyle of people and has made life easier and more comfortable. Anything comes to be known within no time because of cell phones. Cell phones help an individual to keep record of each and



every thing. They also assist in education, research, business, entertainment etc. mobile phone is not only a communication device, there are other uses of cell phones as well like it acts as a torch, data storage, camera feature, calculator and many other utilities. Mobile phones provide us access to the internet, it have revolutionized the whole world. It has become a part and parcel of life and is unavoidable by people. Online banking and other transactions are now possible through the use of mobile phones. Mobile phones keep us up to date about day to day life events and happenings around the globe. In short mobile phones are hailed for their various benefits to mankind. Mankind has been provided with every comfort and luxury.

Technology has evolved exponentially over the past thirty years to become an integral part of the everyday lives of people. Widespread use of cell phones for information, entertainment, business, and interpersonal communications has made cell phones one of the central technologies of the twenty-first century<sup>7</sup>. As cell phone technology continues its rapid development, the device appears capable of contributing to student learning and improved academic performance. The recent rapid increase in cell phones has influenced multiple aspects of our daily lives, particularly those of Students<sup>8</sup>. Smart phones have become an integral part of everyone's life. Smart phones can be a boon if used in correct way but if misused it can result in smart phone addiction<sup>9</sup>. At last, it can be concluded that mobile phones can be blessing or a curse depending on the way, how we use this gadget.

## **Conclusion**

Mobile phone seems to be a necessity today whether a millionaire or a sweeper carries a cell phone with him irrespective of the income earned and social status. It has its own positive side and negative side, which are depending upon the person one who use it. Recently we see during corona virus lockdown mobile phone become much helpful for shearing information and also got much influence in education sector in the form of online classes. Mostly it has been observed that the young populations use mobile phones very roughly, so it's a responsibility of elders and parents to stop them from such activities.

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