



EFFECT OF MOBILE PHONE ON ADOLESCENTS MENTAL AND PHYSICAL HEALTH

K.B.V. Nagalakshmi, Research Scholar, Department of Education,
Sri Padmavathi Mahila Viswavidhyalayam, Tirupathi, A.P.

Dr. Ch. Baby Prasuna, Research Supervisor, Assistant Professor, Department
of Education, Sri Padmavathi Mahila Viswavidhyalayam, Tirupathi, A.P.

Mail Id:prasunab2@gmail.com

Abstract

Mobile phone usage is so strongly integrated into young people's behavior that symptoms of behavioral addiction, such as cell phone usage interrupting their day-to-day activities. Main aim of this paper is the reviews investigate some aspects of the emerging literature on the impact of mobile phone on adolescent's life. There are several reviews addressing the definition, Mobile phone addiction symptoms, Assessment of Mobile phone addiction, Negative effect of Mobile phone addiction on adolescents and some reviews addressing the role of Mobile phone addiction on adolescent's mental and physical health.

Key Words: Adolescents, Physical, Mental, Anxiety and Depression.

INTRODUCTION:

The cell phone is popular worldwide now-a-days. It comes as no surprise that a huge chunk of this quantity consists of the youth. The cell phone is more of a necessity for them than a luxury. Umpteen number of surveys conducted on the youth worldwide have figured out that they consider cell phones an integral part of survival and some have even gone to the extent of saying that they would rather go without food for a day than without their cell phones.

According to Elliot Berkman, a psychology professor at the University of Oregon, the constant checking of phones is caused by reward learning and the fear of missing out. Berkman explains that, "Habits are a product of reinforcement learning, one of our brain's most ancient and reliable systems," and people tend, thus, to develop habits of completing behaviors that have rewarded them in the past. For many, using mobile phone has been enjoyable in the past, leading to feel excited and positive when receive a notification from phones. Berkman also iterates that people often check their smartphones to relieve the social pressure they place upon themselves to never miss out on



exciting things. As Berkman says, "Smartphones can be an escape from boredom because they are a window into many worlds other than the one right in front of you, helping us feel included and involved in society." When people do not check their mobile phones, they are unable to satisfy this "check habit" or suppress the fear of missing out, leading to feel anxious and irritable

Despite the International Agency for Research on Cancer of the World Health Organization stating in 2011 that radio frequency is a possible human carcinogen, based on heavy usage increasing the risk of developing glioma tumors, no relationship has been established. In fact, there is no definitive evidence linking cancer and phone use, nor any accepted scientific explanation for how phone usage could cause cancer. Despite this, research is continuing based on leads from changing patterns of mobile phone use over time and habits of phone users, and there been claims that low-level radio frequency radiation promotes tumors in mice.

Teenagers and young adults — ages 16 to 24 — are the most intense users of social media. Benefits of social media use include enhancing friendships and decreasing loneliness. But there is also evidence that overuse has a negative impact on self-esteem and satisfaction with their lives. And this social media use is also linked to an increase in mental health problems, including anxiety, depression and suicidality.

Lack of sleep can negatively affect teens' mood, ability to think, to react, to regulate their emotions, to learn and to get along with adults. It's a vicious cycle—lack of sleep affects mood, and depression can lead to lack of sleep. And multiple studies have found that severe sleep debt is linked to suicidal ideation.

Smart phone addition:

Smartphone addiction, sometimes colloquially known as "nomophobia" (fear of being without a mobile phone), is often fueled by an internet overuse problem or internet addiction disorder. After all, it's rarely the phone or tablet itself that creates the compulsion, but rather the games, apps, and online worlds it connects us to.

Smartphone addiction can encompass a variety of impulse-control problems, including:

Virtual relationships. Addiction to social networking, dating apps, texting, and messaging can extend to the point where virtual, online friends become more important than real-life relationships. We've all seen the couples sitting together



in a restaurant ignoring each other and engaging with their smartphones instead. While the internet can be a great place to meet new people, reconnect with old friends, or even start romantic relationships, online relationships are not a healthy substitute for real-life interactions. Online friendships can be appealing as they tend to exist in a bubble, not subject to the same demands or stresses as messy, real-world relationships. Compulsive use of dating apps can change your focus to short-term hookups instead of developing long-term relationships.

Information overload

Compulsive web surfing, watching videos, playing games, or checking news feeds can lead to lower productivity at work or school and isolate you for hours at a time. Compulsive use of the internet and smartphone apps can cause you to neglect other aspects of your life, from real-world relationships to hobbies and social pursuits.

Cybersex addiction

Compulsive use of internet pornography, sexting, nude-swapping, or adult messaging services can impact negatively on your real-life intimate relationships and overall emotional health. While online pornography and cybersex addictions are types of sexual addiction, the internet makes it more accessible, relatively anonymous, and very convenient. It's easy to spend hours engaging in fantasies impossible in real life. Excessive use of dating apps that facilitate casual sex can make it more difficult to develop long-term intimate relationships or damage an existing relationship. Online compulsions, such as gaming, gambling, stock trading, online shopping, or bidding on auction sites like eBay can often lead to financial and job-related problems. While gambling addiction has been a well-documented problem for years, the availability of internet gambling has made gambling far more accessible. Compulsive stock trading or online shopping can be just as financially and socially damaging. eBay addicts may wake up at strange hours in order to be online for the last remaining minutes of an auction. You may purchase things you don't need and can't afford just to experience the excitement of placing the winning bid.

Negative Effects of Smartphones on Youth

Over the past years, researchers have found many direct and indirect negative effects of smartphones on Youth. The children of this age group are often the most affected ones. They either use it to waste their time endlessly scrolling through social media or playing games. These findings are discussed below in detail:

Peer Pressure



Many parents notice that their children ask them for the latest smartphone in the market or the most expensive one after different intervals. It has emerged to be equivalent to smoking or using drugs under peer pressure. Children see their friends or the social circle leaders using the newest version of smartphones. To be accepted in the group, they feel the need to possess that version.

Cybercrime

It is not a hidden fact that children are being bullied, stalked, and even kidnapped using their social media accounts. It has been made easier for the bullies and stalkers when children have smartphones, and they can post their every move using pictures and Check-Ins via their social media accounts using smartphones. You may read the [negative effects of social media on teenagers](#). Our article about [Facebook stalking](#), [Instagram Stalking](#), and WhatsApp stalking may give you deep insights

CONCLUSION:

Adolescents who regularly use their smartphones get an addiction to social media every hour of every day. It may seem benign. However, it was known to cause attention deficit disorder in many. Not to forget that as children get easily addicted to smartphones, they bring them to the classrooms and lectures, which divides their attention. It is one of the significant causes why smart children have to endure bad grades. We should take positive steps to avoid the negative effects of smartphones on students. They must also agree on smartphone usage guidelines. And thus, this paper tries to pinpoint prior research by examining the links between smartphones and mental health problems related to addiction and helping us justify whether or not it is making us antisocial and unhealthy.

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