



SMART PHONE ADDICTION

INTRODUCTON: -

Our mobile phone is meant to ease things for us, it helps us to connect with our near and dear ones almost instantly. Communicating with our relatives and friends living in distant lands has become extremely easy with the introduction of mobile phones. A mobile phone with a high speed internet connection serves numerous purposes.

It helps us order food, shop online, look for just about any information online, read e-books, enjoy gaming and what not. But Alas, while a mobile phone should be a value addition to our lives, it is turning out to be something that is degrading it. Mobile phones are becoming more and more addictive with the introduction of newer applications each day. Mobile addiction is taking a toll on our lives.

IMPACT OF MOBILE ADDICTION: -

More than half of the mobile users around the world are addicted to their mobile phones. Mobile addiction is impacting us on different levels.

IMPULSIVE AND AGGRESSIVE BEHAVIOUR: -

People addicted to mobile phones are known to show impulsive and aggressive behaviour. They keep checking their mobile phone every few minutes and cannot do without it. New messages and notifications give them a high-lack of these can make them angry and depressed.

DECREASED ATTENTION SPAN: -

People addicted to cell phones aren't able to concentrate on work for long. Too much screen time impacts the brain adversely and decreases the ability to focus. Besides mobile addicts have a continuous urge to check their cell phones. Thus, they cannot focus on the work in hand.

POOR EYESIGHT AND HEADACHE: -

Mobile addicts often complain of headache. They develop migraine issues over the time. Viewing the screen for a long time also heerks the eyes and affects the eyesight.

SLEEP DISORDERS AND DEPRESSION: -

Mobile addicts use their mobile phones until late at night and often develop sleep disorders. The impact of sleep disorders is known to all. It can hamper our work and impact our healthy badly. Mobile addicts often cut ties from the real world. They are mostly busy connecting with people online, gaming and watching videos. Lack of human contact is the first step to moving towards depression.

BRAIN CANCER:-

Studies reveal that people who talk on their mobile phone for several of hours a day have a high chance of developing brain cancer. This is because mobile phones emit radio waves that damage the brain cells. Continual use of mobile phone also impacts our nervous system adversely.

PHUBBING:-

It is the term used to refer to the habit of constantly checking your mobile even when you are surrounded by people. Mobile addicts develop this habit and it is not good for their personal relationships. As they try to connect with people online, they distance themselves from their loved/closed ones who crave their love and attention. Mobile addicts thus suffer from severe relationship issues.

HOW TO BEAT AN ADDICTION TO MOBILE PHONES:-

GOING ON A CELL PHONE DIET:

Monitor your cell phone use

Create a plan for your phone use

Put your phone away

Take a cell phone holiday

Focus on the here and now

CONSIDERING ALTERNATIVES TO USING YOUR CELL PHONE:

Understand your triggers to phone use.

Engage in other mood-boosting activities.

Keep busy.

Accomplish social tasks in a different way.

CONCLUSION:-

As much as we neglect it, mobile addiction has become a big problem today. It is hampering our professional life and ruining our personal relationships. Mobile phones are causing more harm than good. People experiencing the problem of mobile addiction must make an effort to get rid of it and return to the real world.

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