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IMPACT OF MOBILE PHONE ADDICTION ON TEENAGERS

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Abstract

Mobile addiction is several serious problems such as stress, sleep disorder, depression, aggressive behavior and familiar problem. Smartphone is useful for learning materials and others use. Phone addiction is lacking focus of learning, loss of study, isolation. Mental health due to the impact on social interaction, healthy relationships, suicidal problems, risk of tumors and others. Positive effect of mobile phone is convenience of mobile device gives students on edge.

Key words: Smartphone addiction, Nomo phobia, biological factors and psychological factor

Introduction

Teenagers who spend too much of their time with their cell phone are more. Research has also found that excessive use of smart phones may result in an increased risk of mental health, change of behavior, suicidal tendency self-injurious and mental distress. There are three negative effects of exercise phone usage leads to anxiety and feelings of loneliness. Smartphone can cause irritation, frustration. People addicted to mobile phone often are linked to depression, anxiety and others mental disorders Nomo phobia is psychological condition. People have fear being detached from mobile phone. This technical word is “No Mobile Phone Phobia “fear of not having phone. Convenience of mobile phone is online lectures, entertainment as movies, game and other social media. Indian population is considering that Smartphone globally occupy more than 60% and the effect social and emotional development. Nomophobia is personal insecurity is the common factors that cause of nomophobia and symptoms is fear and anxiety and psychological disorders.

Psychological factors: Smartphone addiction is involving a disorder using a before bed increases the insomnia and the decrease of sleep quality higher level of Smartphone entertainment an hour a day spent time. It can damage relationships with couple and family life harms your bond and they can also distract your end your family. Dopamine chemical in the brain that induces of happiness it released every time receive a message, alert, notification etc. Psychological impacts of Smartphone addiction are included depression, anxiety and behavioral and compulsive disorders. Brain and central nervous system have been a particular concern because hand held phone is used close to the head.

Biological factors: Biological effects of that can radiofrequency and electromagnetic exposures are mainly difficult of controlling the parameters. Radiofrequency is including child leukemia, neurological effects, immune system deregulation and some cardiovascular effects. Electromagnetic interaction a portable radio waves with human head needs to be quantitatively evaluated.

Effect of mobile phone addiction: Tunnel syndrome body ache, insomnia vision problem and weightage or weightless etc. Emotional effect may include depression, dishonesty, anxiety, social isolation and mood swing disorders. Internet availability addiction can also negatively impact of life by increasing, loneliness, and depression. Mobile phone functionalities they have tantrum or bad behavior, mental distress, self-injurious, sleep disturbances, family relationships and among of suicidal attempt. Mobile phone is effect of teen tendonitis (TTT) it causes a pain in hands, accidents, cyber bullying, anxiety, false prestige is latest developed in mobile phone have access any information, obesity and vision problems. Emotional symptoms of effect in teenagers are feeling not good, restlessness or irritability. Mobile game the decline in academic performance and relationship between playing video game is poor sleep, physical health, exhaustion, dehydration and lack of self-confidence or motivation.

Positive effects of mobile phone: Positive impact is useful for online learning, looking for materials that we can do not understand the internet and others. Improve a communication and connection is a maintain friend or family members. Email and banking become easy. Endless apps are available to make your dreams, great source of entertainment like watching movie and others. Positive effect of smart phone is convenience of mobile device gives students on edge. Positively used is provide easy access to information and technology. The changing student's interest and behavior, students engage is higher class. Mobile phone is helping teachers to stay connected with their students and they're beyond the classrooms. Increased a security and promote overall health and wellbeing. Mental health apps are promoting a person's health in society is increased awareness, political, economic, news, social issues entertainment. Mobile phone is very useful is facilitates, learning improve financial skills is handy during emergencies, built social connections and allows recording and listening to inspirational ideas.

CONCLUSION:

Mobile phone addiction is our life it is stopped on time. This difficult it is not impossible effort; mobile addiction is biggest problem and higher risk of developing habits such as grow socially awkward. It is hampering our professional life ruining and personal life or relationships. Mobile phone is very useful the web and documents to allow users and convenient technology, entertainment and mental health or wellbeing. Mobile phone is completely changed our world long distance calling, advanced technology, involving device, and watch live television show their movies or entertainment programs. Mobile phone is encouraging habits and behavior is damaging to our health and relationships, long term effects of greater than the small, daily conveniences that mobile phone. The social anxiety and others similar disorders, online communication skills and become some comfortable with social interactions, behavior. Teenagers spend too much of their time with mobile phone are more stress, depression, sleep disorder and anxiety are an increased risk of mental health problems or social networking sites is affected the children are suffered from loneliness and addicted bad habits. Mobile phone is very helpful for everyone is good impact of mobile phone is very advantaging technology or create a good thing happened in this world and prevent negatively should control or limit themselves in order to smarter than a mobile phone.

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