

Impacts of excessive mobile phone usage on adults

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ABSTRACT

Aim: The aim of this study was to determine the impacts on excessive mobile phone usage on adults. **Introduction:** A mobile with access to a cellular radio system can be used over a wide area even without a physical connection to any network. The use of mobile phones may lead to number of symptoms such as headache, impaired concentration, and memory and fatigue. **Materials and Methods:** A cross-sectional questionnaire survey was planned to carry out among 100 adults. **Discussion:** The present study shows that impact of excessive mobile phone usage is increasing stress and anxiety and decreasing the mind relaxation. **Conclusion:** The public given their answers about the impact of excessive mobile usage on adults. Mobile phones are the most personal device to us, but we should make and optimal use of them. We should stop overusing the mobile and be a healthy person.

KEY WORDS: Cross-sectional questionnaire, Mobile phone, Symptoms of disease

INTRODUCTION

The mobile phone was invented in the year 1880 by Alexander Graham Bell.^[1] In the mobile phone, we are utilized for communicating with others and are the one part of human life. The mobile radiations using frequency range (electromagnetic spectrum) based on wireless devices, in the rapid growth mobile phone technology with harmfully affected by human such as brain cancer and brain tumor. The mobile radiation cannot protect the human physical structure.^[2,3] In the research, we finding impact of excessive mobile phone usage on adults. In the research, adults get problems such as negative effect such as stressed, harmful effects, radiation, eye vision, back pain, and physical problem health problem. The present study finds the symptoms of health problem by adults. At present, mobile phones are being used everywhere. The mobile radiations may give harmful effects, will give major problems also in males infertility, Ear problems, Immunity system, Eye vision problems, high blood pressure, tiredness, stress, sleep distribution and finally gets DNA problems. In

mostly, female gets back pain also. DNA damage also happens for wireless radiation.^[4,5]

History of Mobile Phone

- Alexander Graham Bell invented telephone and 1878 he made the first phone cell
- Motorola introduces some of its cell phone during 1980
- The first smartphone was developed by IBM
- It was Martin Cooper who placed at AT&T Bells labs from the streets of New York
- 1989 Motorola introduced Pocket Cellular
- 1996 Nokia had 9000 communication
- 1998 Nokia introduced the game snake
- 1999 Nokia introduced lightweight mobile
- 2000 Flip phone was introduced
- 2002 GPRS introduced
- 2004 Half Inch thin mobile introduced
- 2007 has entered into Apple Iphone
- Now modern days using smartphone and tablets.

Literature Review

Ritu *et al.*, (2012), 55 conducted a study titled. Does the excessive use of mobile phones in young adults reflect an emerging behavioral addiction? A total of 212 young adults with a mean age of 21.6 years participated in the study. Findings of the

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study suggest that on average young adults use their mobile phone for 3 h/day for making and receiving calls, sending messages, and playing games.^[6] The study suggests that excessive mobile phone use also should be looked from behavioral addiction point of view and specific criteria should be formulated for the same. The study also indicates that the mobile phone use pattern, especially in those fulfilling addiction patterns, has many harmful consequences. Thomee *et al.*, (2007), 62 studied on the prevalence of perceived stress, symptoms of depression, and sleep disturbances in relation to information and communication technology use among young adults – An explorative prospective study found a positive relationship between frequencies of sent and/or received texts and perceived stress among women, and frequency of text messaging and depression among men.^[7] For women, higher numbers of sent and/or received text messages were related to greater perceptions of prolonged stress, measured mostly in terms of restlessness, tension, or preoccupation with everyday problems to the point of nighttime sleeplessness. For men, engagement in more frequent text messaging behavior was associated with

reporting a greater number of symptoms of depression (defined in this context mostly in terms of perceived hopelessness and/or loss of pleasure or interest), as well as difficulties falling asleep at night.^[4,8]

Advantages of Mobile Phone

1. Connected to world: You are always connected to your family and friends with the help of mobile. Cell phone technology gives the connectivity to everybody in the world.^[9]
2. Student’s applications: There are a lot of learning applications for students in app store. With the help of these apps, students can learn and get the applications according to their subjects, for example, BYJUS.
3. Pay bills: We can pay almost any bill such as hotel bill and electric bill, pay in the grocery store, through a smartphone with the help of digital wallet, it’s most famous in the younger generation.^[10]
4. Route map in traveling: When we travel in new location, GPS route map always helps to find the right path and we travel without any interruption. Route map also helps to tackle traffic, we see live traffic data in the route map.

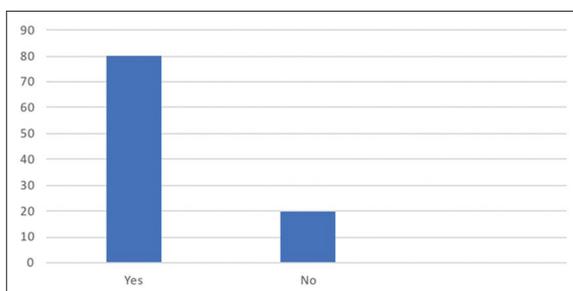


Figure 1: Do you have own mobile phone?

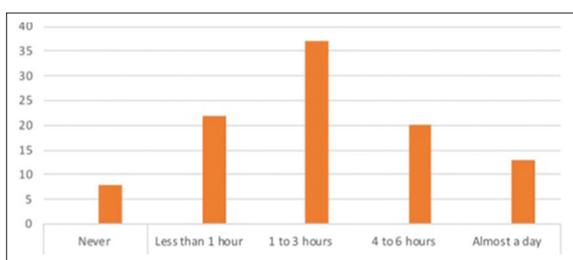


Figure 2: How much time do you spend in social media?

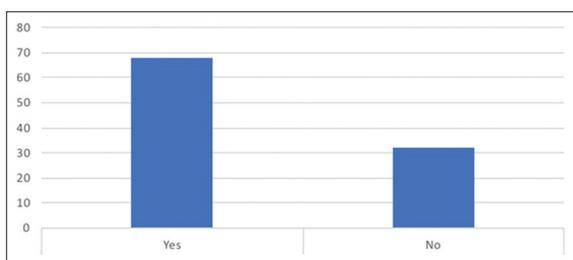


Figure 3: Have you never ever think about negative effect of mobile phone?

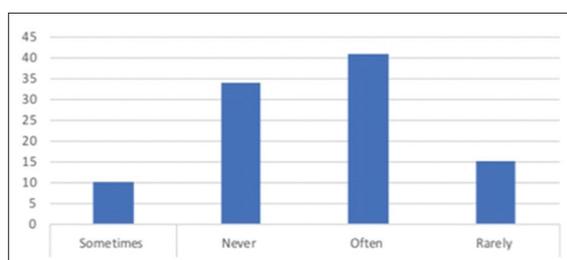


Figure 4: Do you feel stressed when you are unable to use your mobile?

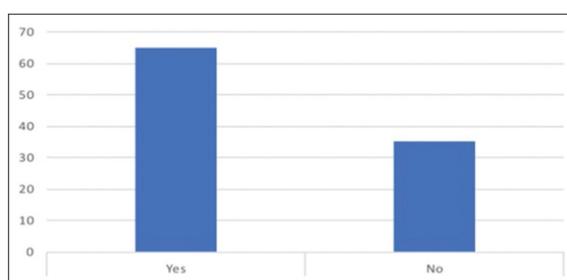


Figure 5: Do you know the harmful effect of radiation?

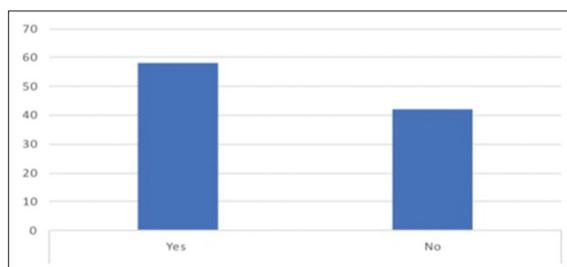


Figure 6: Have you using specs?

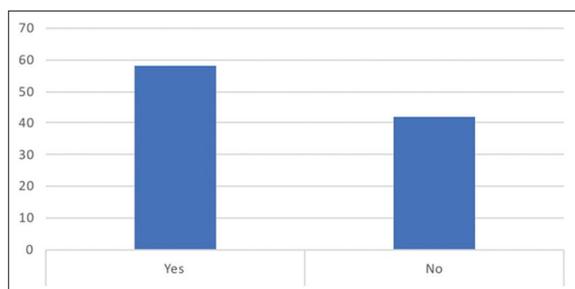


Figure 7: Did you have back pain?

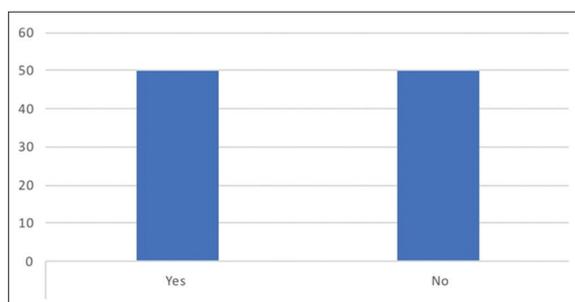


Figure 8: Do you physical problem?

Disadvantages of Mobile Phones

1. Waste of time: Time is money and money is time. Do not waste your time due to cell phones, do not use it much, always try to less use of mobile phones, and save your time and spent it on good ways.^[11]
2. Cause of diseases: Mobile phone can be cause of skin diseases, especially hand skin, cancer, eye problems, etc., and a lot of other diseases can be affect the body by its high usage.^[12]
3. Radiation: Mobile phone-emitted radiation every time when it's on and receives and send the signal from near bee mobile tower. If we use continues every time, this radiation is harmful to human being. Due to this radiation people suffer cancer problem, effect in sperm count in male, etc.^[13]

MATERIALS AND METHODS

A cross-sectional questionnaire survey was planned to carry out among 100 adults. People are given own answers in relation to the impact of excessive mobile phone usage on adults. Primary data collected from public, where the secondary collected from research, journals, and articles. The questionnaire consists of 15 questions which cover adequate information regarding mobile phone devices that cause consequence on human health and the diseases. In the outcome, each adult has given their own idea in relation to the effects of mobile phone devices on the human health by their observations.

RESULTS AND DISCUSSION

The study says that 80% of adults having mobile phone, 37% of people are 3 h time spend in social media, 68%

of people never get effect on mobile phone, 41% of people feel stressed when you unable to using mobile, 65% of people know the harmful effects of radiation, 58% of people using specs at the time mobile using, 55% of people having back pain, 50% of people having physical problem, and 58% of people known the health problem where using the mobile problem. Several dangerous use of cell phone on human health. The rays give different types of diseases, it may affect human body. An important one the frequency radiation impacts on human central nervous system also.^[14,15] In the radiation, kids may affect immune system also, hearing problem found due to the cell phone included back pain and physical problem. However, women sent and received messages, she gets more stress.^[15,16] Moreover, I strongly mention sleeping disturbances get men and depression get women.^[17] In the using mobile more affected by women only.

CONCLUSION

As we concluded, nowadays, 99% of people using mobile phones. Our survey from people, we find that mobile phone is very danger. People known the problem using about using mobile phones, but people known the minor problems such as tension, headache, eye vision problem, and ear hearing impairments. People do not know the major problems such as brain cancer, brain tumor, and male infertility and kids having lack of immune system problem also [Figures 1-8].^[18]

As our advice, using mobile phone very low, it may be possible to affect the humans. My special advised will spread awareness to public for the village areas (rural and remote).

Avoid unless mobile usage, save human and birds life...

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