

Strong argument that smartphones have negative effect on

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Strong statements arise on both sides of the argument when it comes to impacts of smartphones on our life. In a mere decade smartphone has now become an essential part of our life and we simply cannot deny it.

Although smartphone has made communication easier, it also affects our life in un-predicted ways. Every invention has its positive and negative effects. Smartphone has its pros and cons. There is no arguing that smartphones have made our lives easier, communication barriers are broken, exchanging of data is made easier, advertising and surfing internet anytime, anywhere. Where there are people supporting smartphones, there are people who are against it. Technology writer Bob Lefsetz said that the pros of smartphone use outweigh the minuses. On the other hand, Jason Perlow, senior editor at ZDNet.com said that every second spent on the phone is every second not spent observing and usage of smartphones may be stealing most valuable moments of our life.

One thought that supports the argument that smartphones have negative effect on society is that it has taken away our focus from driving, to family, to our surroundings. Cell phones were meant to be used for communication purposes. From the time phones were first made, phones were seen as source of communication.

But on 29 June 2007, Apple released their first iPhone, which was specifically the first real smartphone by all means. The introduction of smartphone changed the way people saw cell phones and impact of phones on people lives became significant. It is a fact that smartphones are affecting people's lives and encouraging antisocial behavior. Instead of connecting us,

smartphones are making us more isolated. There was a time when while eating together, families talked to each other. This help in strengthen understanding between them but after the invasion of smart phones on families instead of having a nice chat, everyone is busy tweeting and posting images of their food on Instagram.

Research shows that extensive use of smartphone is triggering anti-social behavior. On this issue, David Engber, columnist at slate.com said that it is natural for parents to worry that smartphones are destroying kid's social skills. As it is said that excess of anything is bad. Smartphone addiction in teenagers is growing day by day. According to a survey, it has been found that college student spends an average of 10 hours on cellphones, surfing internet and sending messages. Another study conducted in 2011 called 'The world Unplugged' surveyed universities in 10 countries. Students were asked to avoid smartphones, laptops and internet for 24 hours.

In the withdrawal period, majority of students suffered mental distress, panic and confusion, failing to go full day without phones. After the survey just 21% of all the students said that they could feel the benefits. Health is also affected by extensive use of smartphones. Eyesight is affected by exposure of blue light, like one from smartphones. It can damage retina of the eye.

According to a research done by American Macular Degeneration Foundation, retina damage caused by blue light may lead to central vision. Simply talking to someone on call won't damage one's hearing but if smartphones and headphones are used for listening music for over an hour, it can cause

damage to ears. It is proved that exposure to noises above 85 decibels can cause hearing loss. Maximum decibel of headphone is 105 decibels, listening to music at this volume for more than 10 minutes will result in hearing damage. It is not proved that radiation from cell phones can cause health issues but the World Health Organization (WHO) already classifies cell phones as 'possibly carcinogenic to humans'.