

# Cell phone addiction



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Over the years, cell phone addiction has gained public attention. There are several reasons why this case can attract some many researchers to study this.. First of all, mobile phone is new technology and some people have curiosity. They try to understand what will happen when they download new cell phone application. Studying in this field would allow business corporation to earn much money. Second, certain mobile phone behaviors are considered to be problematic, such as using a hand-held cell phone while driving, or violating privacy accident due to cell phone.

Some countries have legislative control to ban cell phone in a variety of settings, including hospitals, planes, and pertol station, because of cell phone has radiation to the environment. Above all, cell phone has great advantage on technology to communicate, but people still need to focus on cell phone addiction. By Birdwell on his article” Addicted to Phones” makes me have interested in this field of social and technological area. He tells me what’s the cell phone addiction, it’s happening all over the world.

From another author Carr, has an article ” Does the Internet Make You Dumber”, he believes Internet and cell phone will influence human beings lives in some sides is good and in some sides is bad. From “ Psychological Predictors of Problem Mobile Phone Use” Bianchi and her colleagues make plenty of surveys about psychological mechanisms that how to induce to cell phone addiction. They also provides some examples about how to identify someone is addicted, all the surveys build on data and questionnaires. From Aducci and his colleagues’s study, we can learn something about hyperconnected connectivity.

People now have addiction to share information every moment of every day. Is it good for business, is the critical problem to his paper. As you can see, there are several negative effective sides on cell phone usage. Many investigations are about the negative effectiveness of addicted to phones. In the Birdwell article, he totally believe it is true. We should “ Turn off your cell phones and pagers”, because much evidence shows us that we lose our happy day and lose important things like jobs or good emotions to other people when we focus on cell phones. We become more anxious, sometimes lose ability to control ourselves.

Another author Bianchi also tries to convince us addicted to cell phones is dangerous. Some people incur considerable debt, harass others. Someone drives car with mobile phone have great potential dangers. However, Carr writes something adverse, he thinks we return to our native state of distractedness, at the same time we get more confused feeling than our ancestors, but we get progress on other abilities like scanning and skimming, and doing dual tasking. With different opinions about this addiction, some researches have done verified what’s the most important factor here which decides to why we are addicted to cell phones.

From Bianchi, she thinks self-esteem plays an important role to people who are addicted. When we seek self-esteem, we find a good way to escape self-awareness and finally escape the situation we should face. It’s logical method to argue this idea makes us know. Another important reason comes from Birdwell’s article, he says people use cell phone to seek something to make them feel better. At last, Carr says we can not stop, cell phone and Internet never stop to keep our eyes. So you have no choice but keep eye

contact with your cell phone, and that's the reason you are addicted to mobile phone.

It's an era of Internet and web 3.0. As a result, we should know what's the positive side to this addiction. In fact, Carr believes that cell phone makes us smarter not more dumber. He has enough experiments from other researchers to explain his idea. In one of his experiments, researchers find people improve their abilities after they use cell phone and the new technology shapes the way we think. In that experiment people deal with dual tasking after finishing, comparing the test they do before, they have progress.

From scanning and skimming content from cell phone and Internet, people learn more than their ancestors. Aducci writes from his study, enterprises around the world are now facing a process that called culture exploding. The workforce begins to be "Hyperconnected," more than 36% people take part in this movement. The workforce will use new devices like cell phone to communicate with other, it's a new method to business process. So we can say although workforce takes much time on hyperconnected, it's good to help company to make good decision and create new kinds of communications-imbedded products to customer's.

Scientists spend much time on studying what happens on our brain when we are addicted to mobile phones. Like Carr, although they don't get an exactly result, they find someone has similar situation which could make them uncomfortable if they lose their phones. Birdwell also writes some researchers have found cell phone addiction makes our brain change, it's

difficult to measure or identify how different between drugs and alcohol effects our brains. It has same effects on our brain. So in future, Birdwell says scientists will take much time on this kind of study.

The situation becomes worse after people find another things, young people they are addicted to cell phone. From Bianchi's paper, the young embrace new technology easily, they prefer to spend much time on the cell phone. From Birdwell's article, he says the problem is growing now to spread this addiction to the young. He provides one quarter of adolescents owned multiple phones and most of them claimed to be somewhat addicted to them in Japan, and the same situation also happens on other part of world, 36 percent of college students can not live without phones now in British.

In Aducci's paper, he also agrees with Birdwell's idea, teenager adopts new devices and application easier than other, he or she sends instant message, uses eBay auction, and has co-worker with five windows open on. Teenager sometimes need to have better interactive to each other, that's why they send message to Twitter. com every time than Facebook. They are easily to addicted to some application to make them have good feeling of interactive. In conclusion, I discuss four different papers about mobile phone addiction.

In Birdwell's paper he believes people will lose themselves by cell phone. He provides many examples to prove his idea. From Carr's article, he totally thinks when we use cell phone, we get a better future. The new technology brings us change and gives us new ability to be fit to future. In Bianchi's paper, she makes many different kinds of surveys to find the mechanisms of addiction. She finds negative effectiveness when we use cell phone, it will be

dangerous if you drive a car. People who are addicted to the cell phone may be easy to lose job.

She try to make us convinced to use much data and statistics method. In Aducci's paper, we get an new idea about hyperconnected, and it's pretty good way to the future business. Scientists have study a lot about what will happen about this. So I think especially parents should take their attention to this problem. Not only for themselves but also for their child or children. Because we don't know what will happen in future for this new technology, and what's cell phone, don't make them addicted to cell phone.