

Causes and effects of using mobile phones

Technology



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Causes and effects of using too much of mobile phones With the advent of technology and the endeavor to bring out the best in technology is becoming a threat for the individuals. Without giving the slightest hint it has some adverse effects as well as some uses too. The mobile phones or smart phones are the product of this technology that has paved its way in to the lives of every individual. Not only adults but many youngsters own this device and cherish the moments without realizing that they are wasting most of their time.

No doubt this device has many uses. It helps to keep track of your work. In the business world it is considered impossible to work without cell phones, it helps to determine the location of your dear ones and many more. But still it carries many negative effects that can endanger the lives of individuals.

It decreases the social interaction and people find it awkward to initiate any discussion because they are too busy with their cell phones. It has completely taken away the ability of humans to talk face to face. University of Essex in U. K conducted this research in which 37 pairs of strangers were seated in the secluded area and were asked to talk about recent events. Half of them were given mobiles while the other half were without it. The results showed that who had mobiles exhibited negative vibes while the result was vice versa with those who did not have themobiles (Borrelli). So this shows that the absence of mobiles can improve the social behavior of people.

It increases the stress level. A lot of people will oppose this statement but this is true. The vibration, ringtone, reminders and alarms work to increase the stress level. The anticipation makes it a lot worse and results in the increase in stress level. It affects digestive system, can lead to depression, heart disease, weight problems and sleep disturbance. In this state the body

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fails to function properly.

It also affects your vision. The continuous use of mobile and the screen can damage the vision. It can cause severe headache that can lead to the long-sightedness or short-sightedness.

So it can be seen that mobiles have more negative effects than positive. An excessive use of this device can lead to the number of problems. So make the minimal use of this device in order to prevent yourself from danger. Any sort of impairment can lead to lifetime regret. The users must realize the importance of the world that exists outside the phones. So use them when you are in dire need otherwise rely on the sources that existed before this invention.

Reference

Borreli, Lizette. " 5 Reasons Why Cellphones Are Bad For Your Health." Medical Daily. 12 July 2013. Web. 29 Apr. 2015.