

# Excessive use of cell phone and its negative effect on teenagers health research ...

[Health & Medicine](#), [Cancer](#)



In the modern world, teenagers have increased their use of cell phones leading to an addiction. Teenagers are using their cell phones for texting messages, taking pictures, accessing social media, playing games, and listening to music among others. As a result, they remain glued to their phones all the time. There are various ways in which cell phones can impact negatively to the health of teenagers. Apart from adversely affecting their health, cell phones are attributed to the way teenagers behave and act around people. By contrast, cell phones can be helpful to teenagers in many ways. As a result, teenagers should be careful on how they use cell phones to mitigate problems associated with their use (Markov 2).

Cell phones have become a necessity in the current world with every person whether young or old having a cell phone. In some developed countries, it is stipulated that cell phone usage has been extended to the young ones at the age of nine years. Some individuals possess more than two cell phones for various purposes like work and the other for social purposes. According to a United Nations Conference on Trade and Development report, it is estimated that there are around 4 billion users of cell phone across the world. Saudi Arabia has been recognized with the largest population of cell phone users. According to the United Kingdom report, for every hundred residents there are 180 cell phones. Teenagers' population comprises the largest across all individuals. This shows how cell phone usage among the teenagers has drastically risen over the years.

According to a study done in Saudi Arabia by the college of medicine, cell phone usage was attributed to certain health related issues among teenagers and all persons in general. Individuals using their cell phones for

prolonged duration of time faced the risk of fatigue, tension, headaches, sleep disturbances, and dizziness among others. The research recommended that excessive and long-term cell phone use should be prevented. It also found it necessary for campaigns on the health issues related to the use of cell phones. According to medical practitioners, there are other health issues, which have been associated with excessive use of cell phones. For instance, earaches, heat, headaches, irritation in the ears, and sensitivity are some of the health issues which have links to the prolonged usage of cell phones (Julie 1).

## **Sleep**

Many teenagers are forced to sleep with their cell phones at a close range in case someone has to call them or text. Studies have shown that teenagers have been addicted to the use of cell phones to the extent that they try remaining connected around the clock due to group pressure and anxiety. Medical practitioners suggest that an individual should have an adequate and undisturbed sleep time in order to focus on routine chores such as work or school. By contrast, teenagers lose focus on such routine activities if they stay connected to their cell phone for a long time. Teenagers usually get irritated when deprived of sleep. As a result, parents should take action and employ necessary measures to ensure children get enough sleep. For instance, switching cell phone off when going to bed can help teenagers get adequate sleep thus prevent interference.

It is usually of crucial importance to allow teenagers to get adequate sleep to prevent weird waking patterns. Research studies show that teenagers suffer from insomnia if they do not get adequate sleep time. They are also more

prone to fatigue and stress as compared to teenagers who get limited time on the cell phone. It is advised that a healthy person should have 9 hours of sleep. Lack of adequate sleep among teenagers can result in to poor attention, health, and cognitive issues. There are other difficulties faced by teenagers who do not get enough sleep at night. For instance, they can have a low concentration ability while driving or at class.

## **Anxiety**

Teenagers are used to text messaging, chatting through social media, and keeping their cell phones at a close range in order to respond to any alerts. Psychologists postulate that texting produces anxiety. A connection with fellow teenagers through texting usually causes elation, thus anxiety of a response. A delayed response or no response comes with the feeling of disappointment. Text messages can be so stressful and cause a lot of anxiety for teenager entangled in a romantic relationship. Sending of text messages with inappropriate sexual photos or messages can ruin a teenager's reputation. There is a need to ensure clarity and precision of text, to avoid misrepresentation of the words. A teenager can fail to understand a text leading to anxiety and stress. It is advised that boundaries should be set in order to have a clear and precise meaning of a text. In doing so, teenagers do not have to struggle with anxiety trying to find a particular meaning to a text. This helps reduce text anxiety and stress.

## **Use of Cell Phone while Driving**

Teenagers are highly prone to car accidents while responding to calls or texts. There have been various instances when teenagers have lost their

lives driving while responding to their cell phones. Distraction is usually the main root of road accidents. Talking over cell phone has caused the loss of many teenagers' lives. According to statistics, 21 percent of teenage drivers were reported to have been involved in fatal accidents due to distraction of cell phones, in 2011. The issue of cell phones by drivers has been prohibited in many countries in an effort to reduce careless driving. It is thus advised that drivers keep their cell phone off until the destination.

## **Cancer and Brain Tumors**

There are more chances that teenagers will be exposed to brain tumor risks and cancer as compared to adults. Usage of cell phone emits radiations harmful to the brain thus leading to the tumor and cancer. According to conclusive research studies on this issue, electromagnetic radiation emitted by cell phones is absorbed by body tissues. The National Cancer Institute research findings show that cell phones are attributed to brain cancer. The research also postulated that children were at a higher risk of getting brain cancer compared to adults. This is as a result of the developing nervous system among teenagers and is thus more susceptible to brain cancer caused by cell phones. Exposure to prolonged electromagnetic radiations increases chances of breaking the DNA. As a result, new cells cannot repair the breaks in the DNA leading to cancer. It is thus advisable for teenagers limiting the amount of time of conversing on their cell phones to around 20 minutes per day. The use of landline is also advocated for extension of conversations.

## **Risky Behaviors**

There is a correlation between excessive use of cell phones and risky behaviors with the teenagers. Teenagers have been associated with lack of moral behaviors such as drug abuse, and smoking. Excessive use of cell phones can be associated with this kind of behaviors. It is postulated that teenagers who frequently use their cell phones are prone to engage in bad behaviors. Such behaviors like smoking and drug abuse can lead to health complications and alcohol addiction among teenagers. A large number of teenagers have a tendency of sending provoking pictures, videos, and texts that involve bad sexual behaviors. Such teenagers are likely to indulge in risky sexual acts thus increasing chances of being infected with sexually transmitted diseases. In such instances, teenagers are advised to limit their access to various website pages and report those who send them such pictures and messages to the relevant authorities.

## **Hearing Problems**

Teenagers use cell phones to listen to music during leisure time. In the modern times, teenagers download music through their phones and listen to their favorite songs. Loud music from cell phones can lead to hearing loss. According to studies, 12 percent of children below the age of 19 years usually have a hearing problem attributed to listening to loud music on their cell phones. A hearing problem can also be associated with receiving or making phone calls for more than the stipulated time per day. Hearing loss resulting from cell phone usage increases with an increase in age. Prolonged usage of cell phones leads to a further damage of ears and other related

health issues. Exposure to the electromagnetic radiation produced by cell phones leads to a persistent damage of the hearing system. It is advised that teenagers should avoid listening to loud music over their phones in order to minimize chances of contracting hearing problems.

## **Loss of Sight**

Most cell phone gadgets are equipped with various games giving teenagers a variety of games to play. A lot of concentration on the cell phone while playing games can adversely affect the eyesight. It is thus advisable to avoid prolonged use of cell phones in order to avoid eye problems in the future. Some studies have also postulated that cell phones have a harmful effect on the male reproductive system. As a result, it is safe to carry cell phones away from trousers' pockets to avoid its adverse effects.

## **Measures to Avoid Health Problems**

The use of Speakerphone

Teenagers can sometimes opt to use of speakerphone in order to maintain a safe distance away from the body. This is usually helpful in reducing the electromagnetic radiations being absorbed in the body. Reduction of electromagnetic radiation can also be done through the use of a wired headset. As a result, brain cancer and tumors are prevented among teenagers. It is advised that teenagers should acquire a wired headset in order to prevent health problems.

## **Phone Signal**

It is usually advisable to avoid making calls when the cell phone signal is weak. This is because the electromagnetic radiation tends to increase as a search for a signal is continuing. It is also advisable to keep phone calls as short as possible. As a result, contact between the body and the phone is avoided to minimize absorption of electromagnetic radiations. This allows prevent health problems like development of tumors and brain cancer among the teenagers.

## **Alternating between both sides of the Head**

When receiving or making calls, it is important to alternate both ears in order to minimize contact with one ear. Exposure in one year of prolonged phone calls is thus limited through alternating. As a result, it minimizes chances of contracting brain cancer on the side where the phone is normally held.

## **Use of Cell Phone by Drivers**

Teenagers have a reputation of responding to calls or texts while driving. This is a very risky behavior since it causes distractions and thus increases the chances of causing an accident. The use of cell phone can be mitigated through government rules and regulations. The implementation of certain rules and regulations prohibiting the use of cell phone by drivers while driving can effectively work. Campaigns against reckless driving can also help to improve drivers' caution while driving (Julie 1).



## Conclusions

The use of cell phone by teenagers has been of concern in the current world. There has been excessive usage of cell phones by teenagers in playing games, sending texts, taking pictures, and browsing through the internet. Most teenagers have become addictive with their gadgets leading to adverse effects on their health, and social aspects. As a result, some teenagers are faced with a brain tumor, cancer, hearing problem, and some risky behaviors among others. According to medical practitioners, there is a dire need to prevent teenagers from using their cell phones excessively. Even though cell phones have been helpful to teenagers in the modern world, there are adverse effects resulting from their prolonged use.

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