

Adverse Effects of Excessive Mobile Phone Use

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ABSTRACT

The study of adverse effects of excessive mobile phone use were conducted as a questionnaire method in order to evaluate its effects faced by peoples due to excessive use of it. The study found that most of the people face an adverse effects of mobile phone at an early stage of their life (16-20). People face many problems such as headache, eye problems, impaired concentration and memory and also fatigue. The health problems faced by them. The respondents suggested that one should decide the time-limit for using cell phones and use glasses while working which blocks the blue light coming from it.

KEYWORDS: Smart phone usage, mental health, pros and cons of phone, pandemic, mental health

I. INTRODUCTION

Now-a- technology is getting advanced and it's becoming an important part of our day-to-day life. The most important rapidly growing technology is smart phone or mobile phone which contains video games, internet browser, etc. Which makes life easier and hence it attracts lots of people towards itself. Few years ago, mobile phones are used for only calling purpose but now it is use for chatting, for studying purpose, for clicking pictures, etc. Which made peoples life very easy and thus it becomes an important part of our life.

But, every good thing when abused can be harmful, so is mobile phone. It is not only useful but its excessive use is very harmful for our health. If we use excessive mobile phone adversely affects our physical as well as mental health. Excessive mobile phone use leads people physically lazy and mentally crazy. In 2020-2021 due to d Covid-19 pandemic schools, colleges and offices were totally closed, so all the students attend online lectures and working person doing work from home though their respective computing devices. Due to this most of the people suffer from eye problems, headache, impaired concentration and memory and also fatigue which adversely affects their normal function of life. Research found that in year 2020-2021 most of the children's and working persons suffer from eye problem and headache. Thus study of excessive mobile phone used is the most important part of knowing about the problem faced by the people. Information collecting method is the process of determining and analyzing of information searching about the adverse effects of excessive mobile phone use.

II. CONCEPT AND IDEOLOGY

It is the prompt use pattern which are used for searching and seeking information of the people.

Following factors are used in process:

1. Determine objective
2. Select respondents
3. Creating data analysis
4. Develop survey
5. Pre-test the survey
6. Conducting the survey
7. Data analysis
8. Results
9. Feedback related data

Purpose/objective of the survey:

To assess adverse effects of excessive use of mobile phone following objective have been set in this study.

- Assess opinion about the usage of mobile phones
- Find out if people facing any adverse effect of it
- Determining which problems they face
- Determining if people taking measures to reduce the adverse effects of it

III. METHODOLOGY

There are many types of methods used by researchers for the study but most of the researchers used "QUESTIONNAIRE METHOD" as it is easy and time consuming method of collection of data. About 72 people participated in this survey. Almost **77.8%** of people finding o that they suffers from various types of problem related to health because of using excessive mobile phones.

IV. DATA ANALYSIS

Here is the statistical information of opinion of people about the excessive mobile phone use.

TABLE 1: Analysis of various age group of people

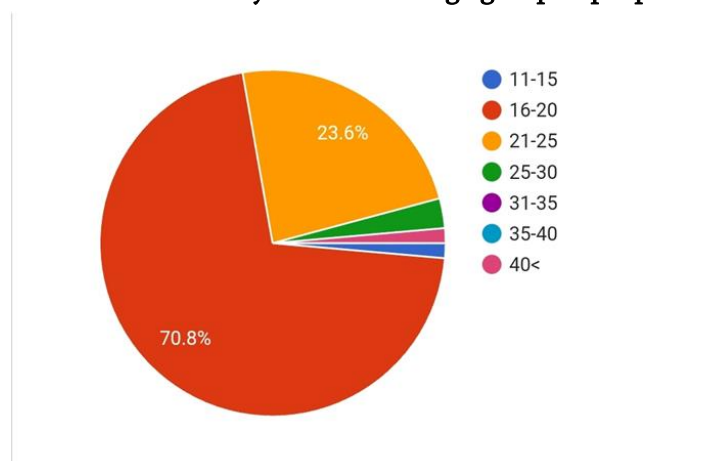


TABLE 2: Analysis of the age when they started using mobile phone

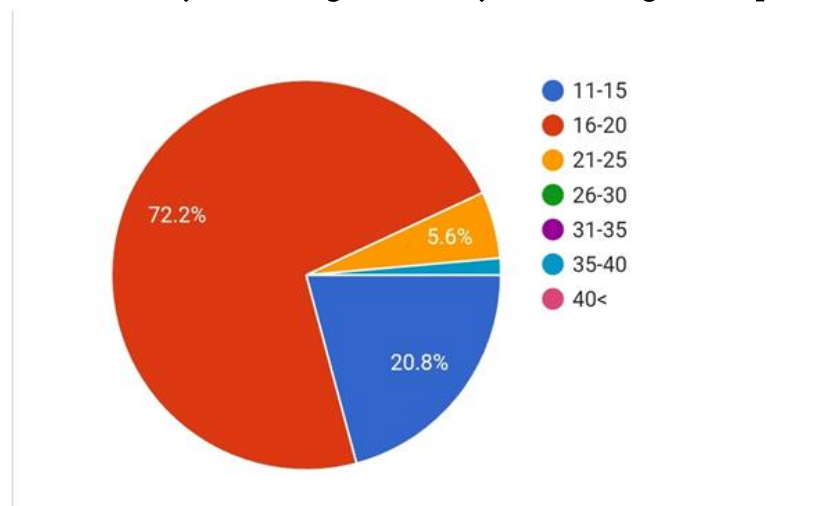
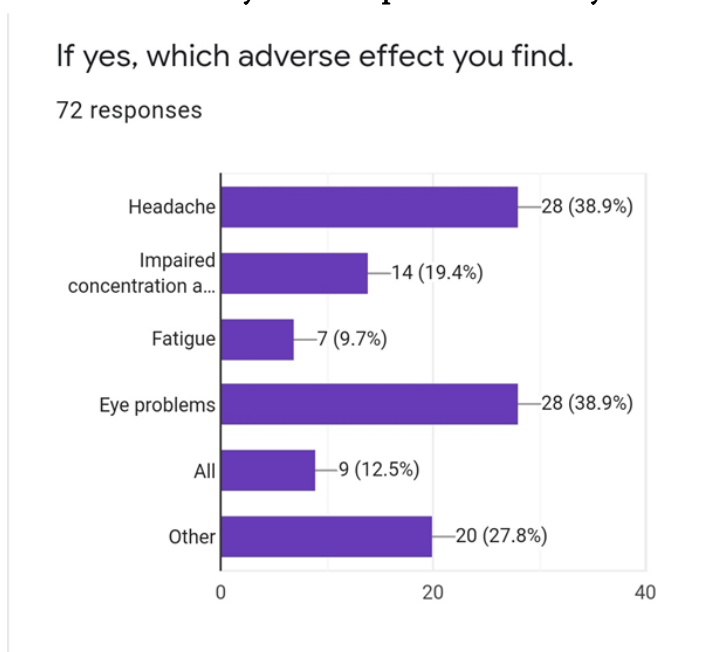


TABLE 3: Analysis of the problems faced by them



V. RESULTS AND CONCLUSION

Research finding indicate that the use of mobile phone may lead to a number of symptoms such as headache, impaired concentration and memory and also fatigue. The response rate is **77.8%**. Students between age group 16-20 and 21-25 used mobile phones at a large extent. Almost many peoples i.e. 72.2% starts using cell phones at the age of 16-20. Some people use mobiles at an early stage i.e. 11-15 which is 20.8%. Study also found that among 72 peoples almost 77.8% of people facing the adverse effects of mobile phones. In which 77.8% of people reported the symptoms of ill- health. 38.9% of people facing the problem of headache, 19.4% of impaired concentration and memory, 9.7% of fatigue, 38.9% of eye problems, 12.5% of facing all the above problems and 27.8% of facing other problems.

The health problems were also compared between males and female on the basis of the problem faced by them. Below is the table showing percentage of the problem faced by them.

Health problems	Male	Female
Headache	10	18
Impaired concentration and memory	08	06
Fatigue	04	03
Eye problems	11	17
All	05	04
Other	09	11

VI. DISCUSSION

Government or health professional should conduct a camp for aware the adverse effects of mobile phone use. There should be organized the camp of eye check-up for people. To avoid the radiation of mobile phones during calls there should be used wired-ear piece/ microphone hand free accessory. Using the phone on speaker mode, texting rather than speaking, keeping the phone on some distance from our body (as recommended in phone's user manual), even placing your thumb between the phone and ear while calling. Using a phone for long time calls adverse effects to avoid such effects best practice we can do is using mobile for less time and try to avoid using it in dark light as it can cause more bad effects on your eyes.

In today's world mobile is definitely very important in everyone's life but using it wisely with taking care of our self is best practice we all can do to avoid the adverse effect. High resolution screen and keeping the sensible distance can protect us from harmful radiation and adjusting screen setting can help a lot. Must try to reduce the use of cell phone. Switching of the wi-fi when not required or use airplane mode for gaming. Avoid using cell phone in moving car, train, bus. Limit calls in low network area, sleep without mobile phones.

For study purpose we must preferred books rather than using mobile phones which helps to increase our reading interest also. One should decide time limit for using mobile also it should use on less extent and only for some reasonable purpose. When there is no need of computing devices switching off this which helps to break the addiction. Mobiles should not given to children below the age 15. At least after completing high school. Use glass which blocks the blue light coming from cell phone or laptops screen to avoid entering our eyes. Avoid conversation in lift, basement and limit our exposure.

VII. REFERENCES

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