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Mobile: As a Risk Factor for Today's Children

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Abstract

With the development of science and technology, more and more people have mobile phones. Mobile phones play an important role in our lives and are an integral part of today's life but it is becoming more harmful to our life. It quickly attracts the student's attention by its small and convenient, rich sources, and many other characteristics. Mobile phones bring convenience, entertainment and other functions, news and other information, but also produced a series of negative effects. This research is an attempt to find the significance of the negative effect of mobile use on children. The result of the light on mobile addiction and indicated that children's mind is soft and can easily accept the unrestricted or irrelevant content being served by mobile, as a result, irritability, insomnia, tumors, loss of eyesight and many other biological, behavioral, psychological problems are increasing day by day.

Keywords: Mobile addiction, Insomnia, epilepsy, obesity, Alzheimer's disease etc.

Introduction

Mobile today has become an integral part of the life not only for urban but also for rural children. The increasing craze of children towards mobile is the story of every house today. Keeping eyes on the mobile throughout the day and sticking to the mobile is becoming an integral part of their daily routine. During use, mobile phones emit radiofrequency radiation. The greater absorption of radiation per unit of time, the greater sensitivity of their brains, and the longer lifetimes risk to develop a brain tumor or other health effects. Hardwell (2017) studied on the effect of mobile phones on Children's and adolescents health and explain mobile phones and cordless phones emit radiofrequency radiation. As a result neurological diseases, physiological addiction, cognition, sleep, behavior problems like epilepsy, irritability, insomnia, stress and obesity and even cancer problems are increasing rapidly in children. The researcher attempts to through a light on the negative effect of excessive

mobile use so that parents could be aware and parents, counselors, mental health professionals, the health worker can plan strategies to make appropriate distances for mobile at a young age.

From a biological perspective, excessive use of mobile is being a risk factor for epilepsy. 300,000 people in India have become victims of epilepsy due to watching mobiles. According to experts, watching mobiles is itself an addiction. Scientists call it mobile hypnosis in which one loses track of time and responds automatically to stimuli. Olson, Veissiere and Stendel (2020) found a positive correlation between hypnotisability and smart-phone addiction. The malignancy that develops from mobiles stalls the functioning of the brain. Children's brain is unable to tolerate and once the brain becomes numb, the eyes get fixed on the screen of the mobile. In this way, the mobile takes the children under hypnosis, their energy becomes disorganized and it becomes the cause of epilepsy. Such epilepsy is called psycho motive.

According to the World Health Organization (WHO), epilepsy is a chronic disorder characterized by recurrent seizures which may vary from a brief lapse of attention or muscle jerks, to severe and prolonged convulsions. A. K. Sahani, senior consultant of Neurology at the Indian Spinal Injuries Centre (ISIC) said that radiation that emits from a mobile while used for a long duration plays an important role in increasing the risk of seizures. Such epilepsy is not easily detected because it does not cause foam in the mouth. If this disease is caught in time, its treatment is possible.

Excessive use of mobile increases the risk of obesity which is emerging among children today due to mobile addiction, they have gone away from sports and exercise, and their body fat keeps getting sour while sitting. A study cross-sectional designed to investigate the association between excessive smart-phone use on the physical activity of 110 Chinese international students aged 19–25 years old shows that smart-phone dependence may affect physical health and thus result in an increase in one's fat mass by reducing physical activity. According to experts, 2 hours of Continuous watching of mobile increases cholesterol in the blood due to which obesity increases the chances of heart disease and diabetes.

Research has proved that very dangerous radiation comes out from mobile phones. This dangerous radiation emanating from mobile phones can cause tumors in the brain of young children, which can later turn into fatal diseases like cancer. Actually, the development of the head of children of two-three years is not complete. Their head is small and the thickness of the bones near the brain is very less. The tissues inside the head are very delicate, in such a situation, more than 60% of the radiation emitted from the mobile phone has adverse effects on the brain of children and in this way causes terrible damage to the nervous system of children. The World Health Organization (WHO) has included this radiation in the possible causes of cancer.

Almost 95 percent of Americans own cell phones and 77 percent own smartphones. Around the world, smartphones were used by 1.85 billion people in 2014 which is expected to be 2.32 billion in 2017 and 2.87 billion in 2020. Cha and Seo (2018). In the context of Psychological and behaviour impact the research found that mobile phone has a significant negative impact on executive function. Addicts to certain online app show more social anxiety, emotional deficit, and impaired prefrontal cortex-related inhibitory control. (Dieter et al., 2017). Though Few researchers believe that smartphone usage and gender are not significantly associated Nishad and Rana, (2016) but Mobile has a negative impact on the subconscious mind of the children, the soft mind of the children without any argument accepts the transmitted visuals and signals of the mobile as correct and copies them. Similarly, mobile is considered to be a major reason for increasing child crimes, unabated violence, crime and sexual excitement being served on mobile, and how deadly it is affecting the child's mind. Mobile has become the most powerful medium of providing information and entertainment. Excessive use of mobile also increases insomnia and

stress at a young age. Once children start watching short videos and mobile games coming day and night without any hindrance on mobile, then they go on watching like an addiction and they think that after this, just a little and just a little. While doing this, he spends the whole night or 3 to 4 hours comfortably in the night, so that the children's Insomnia has started to flourish in me and when there is insomnia, he is not able to complete his work on time also, due to which he has to face stress. Alzheimer's disease and memory loss are also seen in children from mobile. Excessive use of smartphones paired with negative attitude and feelings of anxiety and dependency on gadgets may increase the risk of anxiety and depression Rosen et al., (2013) Thomée et al.(2011). Jones (2014) conducted a survey about Elon Students' behavior along with an online survey and found that students seemed to be addicted to their mobile phones. Nevertheless, it was concluded that the excessive smartphone use had a negative psychological effect. Reinecke et al. (2017) investigated the psychological health effects and stimulators of digital stress. He surveyed 1,557 German internet users aged 14 to 85 and reported that communication load was positively related to perceived stress and had an indirect impact on depression and anxiety too. Boumosleh & Jaalouk (2017) investigated whether anxiety and depression independently contributed to smartphone addiction. Their sample was 668 random Lebanese undergraduate students. Their cross-sectional study proposed that depression and anxiety were also a positive predictors of smartphone addiction. They also revealed that with depression scores were a more powerful predictor as compared to anxiety. Parents should be aware and take steps to prevent their children from this addiction within the modern society. The parents should involve their children in the daily work along with them, such as on any festival, the children can be given the task of decorating the house or the dusting can be given to the children or responsibilities of cleaning a special room like it is their only room, clothes responsibilities of deciding Such small tasks can be given to the children, which will keep the children busy for maximum time. If the guardians are able to maintain it cautiously, then the infants can be kept safe to some extent from the harmful effects of mobiles on their health balance and character.

Conclusion

It is confirmed that children's mental health and physical health are associated with mobile phone addiction. Mobile phone usage badly affects the mental health of children and they look anxious, depressed and angry or sometimes commit suicide. Parents, social worker and counselor should give their concerns and make strategies to overcome this problem.

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