Children's Obsession For Mobile Phone

In present days seeing smartphones in kids hands is a very common thing. For a hassle-free lifestyle, smartphones are essential for everyone, we know it also helps children with their studies in a very smart way, but when it turns into a bad habit and if they attach to the mobile all the time that can be harmful to their mental and physical health. It can bring some changes in their behavior. Many times the there are some parents who are the reasons behind the addiction because while a kid doesn't want to eat or if their child is crying then parents turn on the mobile and give them for watch cartoon in their mobile to stop the crying kid, and it becomes their habit. So sometimes parents should think about what they do.

Why they are attracted to mobile phones?

Games: Is there anyone who doesn't like to play games, I don't think that more or less everyone likes to play games or see playing games. Gaming is most popular between school-going little kids to teenagers. When they have free time they can play games but if it turns into addiction then it can bother their mental health and physical health too. It can put a bad impact on their mental growth. In this world of the internet, there are many new exciting games which attract the children's most. Mostly they like fighting games, shooting games, or a kind of war, and by continue playing those games can make a harmful impact on their mind. By playing these kinds of violent games sometimes can change their behavior. Sometimes they talk very rudely with elders and their friends too. We all know winning and losing is a part of the game but the little players take that very seriously. You believe or not by this type of gaming many times children get stressed and depressed.

Entertainments: Now day's internet is very essential for smartphones, without an internet connection this smart gadget is kind of useless. With the help of an internet connection, they can see anything at any time. The little kids to teenagers it works the same for everyone, we all know that kids love to watch cartoons, they can watch their favorite cartoons in the mobile and watch them for long hours, and it's a very hard task to take that phone back from their hands, they get so much attached to the phones that they don't want to leave that. Many times there are some parents who are the reason for starting the addiction, If their children's don't want to study then they start teaching them from mobile phones, if they see dancing dolls telling rhymes then they like to see that and want to listen to those things and from this, they are get attracted with mobile, and that's not all in mobile phones there are many types of cartoon some kids watch fighting cartoons and start fighting and pertained that character and they can hurt themselves. And not only kids there are teenagers who are also attached to mobile phones, For maximum time on roads, we see young students are crossing roads with earphones listing music we all know that's definitely not a safe option.

Social media: We all know that what the power of social media is in the twentieth century, there are any social apps where not only teenagers but also some 11-12 years kids are addicted of social surfing because of no age limitation we all see the kids are opening the social media account. They love to search people, things and they are very much in affected by other people's life style sometimes what they see in other peoples have they want that from their parents if their parents don't agree to give that then many times they get offend from their

parents. They spend lots of time by chatting on social media posting many photos they love to share their lifestyle in social media, if they do some work but on that time if any notification pops up then them left that work and start seeing the mobile because of the addiction.

Timepass: If you ask the kids of present days what do you like to do I'm sure maximum kids will tell you that they love to watch this colorful screen, if they don't have their homework, or no friends around them then they sit and start scrolling their mobile phone, they can easily spend many hours with their mobile phone, at present they think mobile phones are best option to release their boredom. They see their favorite cartoon, songs, dance, or any film anything they want they can watch. That's why this is their most favorite time pass. In between any work they are doing and if they think they need any rest then watching mobile phone is there relaxing also.

Connect with their friends: with the help of mobile phones they can make connections with their friends, they can chat with them or they really like to call and talk very long, for this they don't need to go out, they easily sit at home and do all this. With mobile phones they can play games with their friends for that they don't need to go out in the field. And not only their old friends can they also make many new friends in this, so they love to give their time for mobile phones. They make their plans on their mobile phone while talking or chatting. And in every mobile phone, there is some security option so no one can see what they do with their mobile.

What are the bad effects of addiction to mobile phones?

Bad Effect In Studies: Mobile phones can put a bad effect on their studies; they spend lots of time in using mobile phones. Or when they sit to study on that time they can't make the concentrate, on that time they continuously think about the mobile phone and the things they watch in the mobile. Many guardians think that their children watch only study material in their phones but without that their children do many more things in name of study. Mainly they start playing games, and when the exam comes they can't make a good result. While they study if any notification pops up on that time, they can't resist their selves to watch that, and after watching that they again spend few time in using a mobile phone. Mobile phones are a very big reason for time loss. In the name of the study, they spend time in social networking sites.

Misbehave: There are many things they watch on mobile which are not good for them. We all know that children learn many things from what they see and what they hear. On mobile phones they watch many types of the film there is some action which is not good for them and some bad language too. They listen to that and if they get angry about something they use that language or fight with their family or friends. And they also play many fighting games from that they learn fighting and many times they can hurt others or themselves. And not only film and games nowadays there are some cartoons too which are very offensive and full of fighting, but they also pertained that character and start fighting and that's not good for their mindset.

Eye problem: We all see the big glasses in little eyes, I know some kids have eye problems from their birth or by any other health issue. But we can't disagree with the concept of having eye problems by using mobile phones. Nowadays kids are sticking their eyes to mobile phones. And the blue rays which are coming from the smartphones are very bad for their eyes it can make permanent damage to the little eyes. And many times they use texting or playing games at night while their parents are not watching, and they turn off the lights too and that's more dangerous for their eyes.

Neck problem: By seeing your favorite cartoons for long or texting someone by bending your neck can definitely bother them by neck pain, the little ones love their time spent in watching cartoons or some singing or dancing things and maximum time they bend down and watch if it does not bother them now but this can make a big problem in future.

Road accidents: This is the very dangerous thing we heard in news many times that the student has an accident while crossing the road with earphones, in the street we all see the school going kids have their phones in their hands and they walk in street and continue texting or watching something, they don't give the attention to the road, and nowadays this is the very common news that they have an accident while crossing the road, because their eyes are in their mobile, they can't see the cares are coming forward.

What should parents do?

Concern: The parents should know what their child does on mobile. If they use mobile phone for a very long hour or watch something bad then the parents should talk to them and not scold for the first time because of scolding many children get stubborn, but if they talk to them and tell them what is good or bad for them then they may be understood. And if it does not work then they should be strict with their child. These days smartphones have some very good features like a parental guide and with the help of these features, the parents can restrict the things they should not watch, or see what they use in their mobile phone and how long they use it.

Give them time: In These days this is a very common thing that both mother and father working and they are so busy with their work they could not make time for their children, and because of that they spend their time using the mobile phones they play mobile games for long hours. This is a very essential part of growing a child to give them time and tell them what should they do and what not do otherwise the child will miss guide.

Outdoor games: Parents should encourage them to do some activity or play some outdoor games, with their friends or the parents should play with their kids, and then the kids could not make time for sit and play the mobile games, and for kids its very important to do any activity it's very important for their mental and physical growth.

Help with studies: Many kids ask for mobile for study but many times they not only study but they do many other things, so the parents should look after what they study on mobile phones. And help them too with their studies.

Know about their social account: Parents should know about which social site they use and if it's wrong then they should tell them to stop using that.

Encourage them to join some activity: They use mobile phones for a long time on that time they should part in any activity like join the singing, dancing, drawing, football, cricket, basketball, skating, or any other things they have interest so they don't make time for their mobile phone.

Ending thoughts: There is a very big role of parents who can release this mobile obsession from the children, make a friendly relationship with your child so they can share everything with you and they don't need any social platform to show their feelings, watch your children activity what they do with their phones and make it time-restricted.