Negative Effects Of Cell Phones

Cell phone use is one of the greatest inventions of the 20th -century cell phones are something we can’t live without. The fact that this technology that we call the cell phones provides us with tons of functions, among which the most valuable one is communication. What do mobile phones provide for us? Well, phones can provide us with music, access to search engines, chatting options and sometimes playing games or social media. But their students who spend time on the phone don’t realize that nowadays they became worried because the students don’t understand the negative effects mobile phones have and what the actual advantages have used.

How do mobile phones affect our health? According to researchers cell phones can cause migraines, decreased attention, temper, sleep disorders, and depression. It is nowadays that many people including the youth will experience a lack of human contact and try to compensate it with mobile phone communication which is not adequate of physical interaction. In cases of the mobile phone it can cause a possibility of becoming addicted; the real world seems to fade within comparison with long hours of chats and hundred messages. The aspects of psychological problems as people start to feel uncomfortable face-to-face communications.

The younger generation of kids or students are spending most of their time on mobile phones. They are chatting with friends and posting photos. The majority of young kids fall asleep with their phones in their hands or keep it quite close to them just in case of a phone call. Some spend hours on the phones talking to close friends, girlfriends, boyfriends, and or even checking what others may have posted on social networks such as Instagram or Facebook or etc. You can expect constant updates and or notifications that can often lead up to anxiety or depression. But according to from a study people who spend a lot of time on their phones can become easily depressed more so than others.

The cell phones may not only affect the health, but it often affects face-to-face communications. People are able to use their phones to chat with others and even see when others are doing so online and offline. Of course, this is an advantage if people are far away from each other, but students nowadays use their phones to communicate in the classroom, in the homes of where they live instead of going out with their friends. It happens that every day you may see it so often that a person can be sitting at a table with their phones in their hands and chatting away. Regardless of this situation, this prevents them from communicating with each other.

As we know it the cell phone is the most important method of communicating in today’s world. Nearly every single person has a cell phone and is using it mainly for technology. But, however, the most negative effects of phones are extremely important thing, when it comes to the students. With that being said, being addicted to the phone can lead to serious health issues, social, psychological, and even life-threatening issues. Therefore, with that being said, it is for every student needs to understand that phones are the 20th-century trait that they can be very damaging to people if they use it way too much.