

IS MOBILE PHONE USAGE ATTENTION OR DISTRACTION?

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Abstract:

The current state of technical development has made life easier. In recent years, the use of mobile phones has spread around the world. The mobile phone actually transformed from a technological tool to a social tool. One of the most significant human inventions is the mobile phone. Over 90% of people own at least one in nearly half of the nations in the world. Voice calling, video chatting, text messaging (SMS), multimedia messaging, internet surfing, email, video gaming, and photography are just a few of the

many uses for mobile phones, which come in a variety of sizes and designs and have a variety of technical specs. Like each. This paper examines the impact of cell phones and suggests solutions to overcome them.

Keywords: Smart Phone, Addiction, Physical and Mental Health, Privacy and Security.

1. INTRODUCTION

Mobile phones have become an essential part of our lives. Before, mobile phones were used only for communication. But now a days, mobile phones are used as entertainment devices. They have brought the world closer (Figure 1), made communication more accessible, and improved our connectivity with the world. Still, as with any technological advancement, mobile phones have their problems too. Mobile phones have numerous advantages, but we should use them in control. We should use our mobile phones very wisely. Excessive use of mobile phones can affect our physical and internal health. A mobile phone could be both positive and negative, depending on how we use it.



Figure 1: Uses of Mobile

2. ADVANTAGES OF MOBILE PHONES

Figure 2 shows the most common advantages of mobile phone.

Keep in touch with us: We can communicate with friends and relatives anytime through several mobile applications. Also, we can video chat with anyone just by using a mobile phone or smart phone. Besides, this mobile phone keeps us in touch with the modern world.



Figure 2: Advantages of Mobile Phone

Daily communication: Nowadays, mobile phones have made our daily lives easier. Mobile applications like Google Maps can be used to assess the traffic situation in real time and make the necessary decisions to reach the destination on time. It includes weather reports, taxi bookings, and much more.

Entertainment for all: With the advancement of mobile technology, the entire world of entertainment is now under one roof. When we are bored from routine work or during breaks, we can listen to music, watch movies

or favourite shows, or simply watch a video of our favourite song.

Management of office work: Today, mobile phones are used for various official tasks, including scheduling meetings, sending and receiving documents, giving presentations, sending alerts, making job applications, etc. Mobile phones have become an essential device for every worker.

Mobile banking: Today, mobile phones are even used as wallets for payments. Using mobile banking, one can transfer money to friends, relatives, or others almost instantly. In addition, he can easily access information about his account and know about past transactions. So, it saves a lot of time and is hassle-free too.

3. DISADVANTAGES OF MOBILE PHONES

Figure 3 shows the common disadvantages of mobile phone.

Waste of time and money: Nowadays, people are addicted to mobile phones. Although we do not need a mobile phone, we surf the web and play games that make us real addicts. The smarter cell phones have become, the dumber people have become. As the usefulness of cell phones increases, so do their costs. People spend a lot of money to buy smartphones, which can be used for more useful things like education or anything else useful in our lives.



Figure 3: Disadvantages of Mobile Phone

Making us non-communicable: The widespread use of mobile devices has led to less time to meet and chat. These days, people don't meet physically; they chat or comment on social networks.

Loss of privacy: The loss of privacy due to high cell phone usage is a big problem these days. Nowadays, anyone can easily access information like where they live, their friends and family, their profession, their hometown, etc. just by browsing their social media accounts.

4. IMPACT OF MOBILE PHONE

Mobile can be both positive and negative depending on how the user uses it. As mobile phones have become a part of our life, we should use them properly and carefully for a trouble-free life instead of misusing them and making them a virus in our lives.

Problem - Addiction

One of the main problems with cell phones is addiction. Many people, especially teenagers, are glued to their phones, checking social media, texting and playing games for hours on end. This addiction can lead to an obsession with the device, causing people to neglect their studies, work and social life.

Solution

To address this problem, awareness and education campaigns should be organized so that users understand the potential pitfalls of excessive phone use. Institutions and parents **can also use the phone's monitoring features** to set access limits to limit access to social media and other disruptive apps.

Problem - Physical and mental health

Another problem with cell phones is their effect on our physical and mental health. Prolonged cell phone use can cause eye strain, headaches, insomnia and poor posture. Cell phone addiction can also lead to anxiety, depression and low self-esteem. One solution to this problem is to take regular breaks while using the phone.

Solution

People should reserve specific times of the day when they can be there without the distraction of cell phones. In addition, exercise classes, instructional videos, and printed materials such as eye exercises or posture tips can help reduce problems associated with long-term phone use.

Problem - Privacy and security

Privacy and security are major concerns when it comes to cell phones. Malicious individuals gain access to users' personal information, location information, and sensitive information through hacking or phishing. For example, using public Wi-Fi can expose users to threats or cyberattacks.

Solution

To address this issue, users should ensure that they use strong passwords and update them regularly to protect their personal information. Additionally, they should avoid connecting to public Wi-Fi networks and always use trusted internet sources. Mobile phone manufacturers should also provide security features such as advanced encryption to improve user privacy.

5. CONCLUSION

In conclusion, cell phones are an integral part of our daily lives, but they come with problems. There are a number of possible solutions to this problem. Individuals can easily become addicted to their phones, which negatively affects their social, physical and mental well-being. However, by educating ourselves, taking breaks and taking precautions to protect our devices, we can reduce these problems and enjoy the benefits of cell phones without facing their negative effects. People should have knowledge of how to use mobile phones. Instead of people using mobile phones for everything, people need to use mobile phones only for their needs.



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