

PHYSICAL AND MENTAL HEALTH RISKS OF EXCESSIVE MOBILE USE

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ABSTRACT

Excessive mobile use has become increasingly common in recent years due to the widespread availability of smartphones and the internet. Many people rely on their phones for work, communication, and entertainment, and may find it difficult to disconnect. Social media and other apps are designed to be addictive, and can keep people engaged for hours at a time. Excessive mobile use can have negative effects on both physical and mental health. Some of the physical health problems associated with excessive mobile use include eye strain, poor posture, and repetitive strain injuries. Mental health problems can include anxiety, depression, poor sleep, decreased attention span, and addiction. To manage excessive mobile use, it's important to set boundaries and practice self-awareness. You can also use tools like Data Saver mode or screen time tracking apps to help manage your phone use.

Key words: physical and mental health, excessive mobile use, nomophobia, self-awareness.

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INTRODUCTION

Teenagers spend their lives immersed in electronic media. While doing homework on internet, they do instant messaging to their friends. They have television in background and listen to music on i-pod at the same time. Furthermore, time spent with media decreases the amount of time available for pursuing other more healthy activities such as sports, physical activity, community service, cultural pursuits, reading and family time. Background Television interferes with the children's ability to focus on play, they do not discriminate between Television and real-life events.

Mobile use can have many benefits, including:

1. Increased access to information: With the internet at your fingertips, you can quickly and easily access information on just about any topic.
2. Improved communication: Mobile phones allow you to stay connected with friends, family, and colleagues, no matter where you are.
3. Increased productivity: Mobile apps and tools can help you stay organized and get things done more efficiently.
4. Entertainment: Mobile devices offer a wide range of entertainment options, from streaming video to playing games.
5. Emergency communication: Mobile phones can be a lifeline in emergency situations, allowing you to call for help or access important information quickly.

Mobile devices are designed to be addictive.

App developers use a variety of techniques to make their apps engaging and keep users coming back for more. These techniques include:

1. Push notifications: Apps can send push notifications to your phone, alerting you to new content or updates.
2. Reward systems: Apps can use reward systems, such as badges or points, to encourage users to engage with the app.
3. Social pressure: Social media apps can create a sense of social pressure to check in and keep up with friends.
4. Infinite scrolling: Apps can use infinite scrolling to keep users engaged and scrolling through content for long periods of time.
5. Personalization: Apps can use personalization to create a unique experience for each user, encouraging them to continue using the app.

It's important to be mindful of these techniques and to set boundaries for yourself to avoid becoming addicted to your phone or specific apps. It's important to balance the benefits of mobile use with the potential risks, such as the negative effects on mental and physical health that excessive phone use can cause. By setting boundaries and practicing mindfulness, you can enjoy the benefits of mobile use while minimizing the risks. Excessive dependence on mobile has led to Nomophobia, or the fear of being without your mobile phone. It is a growing concern among adults. With the increasing reliance on smartphones for communication, entertainment, and productivity, many people feel anxious or distressed when they are separated from their devices.

Excessive mobile use can have negative effects on physical health, including:

1. Eye strain: Looking at a phone screen for extended periods of time can cause eye strain, headaches, and dry eyes.
2. Poor posture: Holding a phone for long periods of time can lead to poor posture, which can cause neck and back pain.
3. Insomnia: The blue light emitted by phone screens can interfere with sleep, making it difficult to fall asleep and stay asleep.
4. Increased risk of accidents: Using a phone while driving or walking can increase the risk of accidents.
5. Repetitive strain injuries: Excessive phone use can lead to repetitive strain injuries, such as carpal tunnel syndrome.

To minimize the physical health risks of excessive mobile use, it's important to take regular breaks, practice good posture, and avoid using your phone in situations where it could cause an accident. You can also use tools like blue light filters or screen time tracking apps to help manage your phone use.

Excessive mobile use can have negative effects on mental health, including:

1. Anxiety: Constantly checking your phone or social media can lead to feelings of anxiety and stress.
2. Depression: Excessive phone use can lead to feelings of isolation and loneliness, which can contribute to depression.
3. Poor sleep: The blue light emitted by phone screens can interfere with sleep, which can lead to feelings of fatigue and irritability.
4. Decreased attention span: Excessive phone use can lead to decreased attention span and difficulty focusing.
5. Addiction: The constant stimulation and reward cycles of social media and other apps can lead to addiction-like behaviors.

It's important to be mindful of your phone use and to take breaks when needed. You can also use tools like screen time tracking apps to help manage your phone use and set boundaries. If you're struggling with mental health issues, it's important to reach out for help and support.

Studies have shown that nomophobia can have negative effects on mental health, including increased anxiety and stress levels. It can also lead to physical symptoms such as headaches, muscle tension, and insomnia.

To combat nomophobia, experts recommend taking breaks from your phone throughout the day, setting aside designated times for phone use, and engaging in activities that don't involve screens, such as exercise or spending time outdoors.

CONCLUSION

It's important to find balance in life and to take care of both your physical and mental health. While mobile devices can be helpful and entertaining, it's important to set boundaries for yourself and to avoid becoming addicted. You can try limiting your phone use, setting specific times of day to check your phone, or using tools like screen time tracking apps to help manage your phone use. It's also important to engage in activities that make you happy and promote your well-being, such as spending time with loved ones, exercising, or pursuing hobbies.