



Use of Mobile Phone: An Analytical study

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Abstract

Invention is the desire of necessity and the most important and powerful instrument of present time is the mobile phone. It is also called cellular phone. The cell phone today has become the indispensable part of life. In India the use of cell phones was increased in the last ten years. Before the production of cell phones there were only landline phones available in India. When the production of cell phones was started, the mobile phones were used only for the purpose of calling sending messages only. But by the advancement of technology the software and version of mobile phones is also improved and updated. Now cell phone is used not only for the purpose of calling and messaging but also with the help of play store so many applications are used in mobile phone and people do their work of money transfer, paying bills, depositing cash and for cashless transactions, paying premium, salary transactions etc on mobile. No doubt the invention/discovery of cell phone has made the life of the people easy but simultaneously raised many problems/issues also.

Introduction

Like two sides of the coin invention/discovery of new things produces pros and con effects. The innovation and frequent use of mobile phone has made the life of the person easy and multitasking. He has to perform many tasks at one time which he is able to complete easily with the help of mobile. The person feels safe and happy in doing cashless transactions with the help of various apps. Where one side of the concept of using mobile is very appreciable the other side of this coin is equally non- appreciable. Using mobile has proved harmful also. The impact of mobile with good and bad effect can be understood easily.

1. Impact of use of mobile phone

Every instrument of technology have its own impact of merits and demerits which can be discussed as follows:

Positive impact

Continuity of work for men is his necessity for the survival of life and important works like payment of bills, online bookings etc has to be done by the use of technology such as mobile/internet/cyber space. Apart from the necessary works, the online setup has become the trend of today for saving of time and money. Like online form application, online payment of money, online shopping etc. are the online transactions which save the time as well as the money. Use of technology is also helpful for preventing some crimes also such as theft. In the present timenature of crimes and criminals have also increased and nobody feels safe while carrying money in his pocket. The person feels it safe to complete his financial transaction with the help of application through the mobile. He is of the view that carrying the mobile is easy than carrying the money in the pocket. People being social in nature always wants to be connected with others what he can do with cell phone by calling for unlimited hours with the facility of video calling. He is also busy & free to access social networking sites such as facebook, instagrametc on mobile. Mobile phone is a medium of study and entertainment also. Online movies, web series are available on mobile phone with the help of internet. Cell phones are helpful for the online study for the students also. Various online classes and notes are available on different site for which the students can access through internet. At one side the use of mobile has made the lonely life of people so entertaining and full of happiness while on the other side is equally dangerous. The use of mobile phone has proved to be harmful for the people resulting bad impact on the society also.

Negative impact

The negative impact of the technology like use of mobile phone can never be overlooked. Like the use of mobile phone for the people of different category is different, the impact is also different. The people much depending on cell phone usually store their confidential data and information in their mobile which they may lose after breakdown of lost of mobile. The important data may also be hacked by the hackers. Sometimes the online bank transactions may give shocking experience if the user lost his life earning due to silly mistakes. The children of immature age are more affected by the mobile. They are not aware to become victims of online games software. The game of blue whale is not unknown to us in which the children playing the game were forced to commit suicide in the last stage of the game. Therefore the negative impact of the use of mobile phone is very dangerous.

2. Effect of mobile phone on children/students

With the advancement of science and technology, the use of mobile phones and other gadgets are considerably increased and producing harmful effect over young generation. Students are developing a strong connection with their mobile phones, which is leading to a massive loss in their concentration and time spent in studies. Parents and teachers usually face problem in combating the distraction of students.

"Anything which is available, accessible, new, fast and related to information and technology tends to attract a lot of people. When children see their parents, family members and everybody in their surroundings using cell phones, they

adapt this as a natural phenomenon. Basically, it is the sheer presence which leads to immediate inclination towards technology¹.

Psychologist warns that children below 12 should not be allowed to use the phones or electronic gadgets. It effect childhood brain development. Kids have turned their attention to these gadgets instead of other important areas such as development, learning and behavior. Reasons in favour of handheld devices should be banned among kids are eye damage, obesity, harmful to brain development, lack of sleep, slow growth, aggressive behavior, mental illness, digital dementia, addiction, radiation etc.

Raised on technology, kids are looking forward to a technological and non-sustainable world. Child won't learn the practical life lessons and skill required for survival. Overusing technology can have negative impact on child future. Studies show that one out of eleven children between 8 and 18 are suffering from addiction to technology. Media content to kid's brain may contribute to attention deficit and lack of concentration. The memory may also be affected because the brain cuts the neuron track towards the frontal cortex. Child can't learn when he can't pay attention to task in hand. Violent media can harm to child when exposed to it. It can lead to the development of aggressive behavior. Visuals which exhibits violence, including sexual and physical, shown in such games and TV shows displays murder, mutilation, torture, rape and sex should be off limits to children.

3. Advantage and disadvantage of use of cell phones

Use of mobile phones has its own advantage and disadvantages which can be discussed as under.

Advantage

1. Mobile phone keeps the people connected

The people can stay connected through mobile phones with their relatives, friends and family members during emergency situations like COVID-19. The people can know the whereabouts of their children with the help of GPS system. The people can give information about urgent matters. The people residing far away from their family members for various reasons can talk to them and can stay connected by voice call and video calls. Many apps in the smart phone help the people in the connecting/maintaining relations.

2. Connection with the world

The person taking interest about the world can get the knowledge about the world by latest updates in the mobile phones. The updates also help the people for social knowledge also.

3. Helpful in daily life

Mobile phones are helpful in daily life activities like to know about the train status, for booking cabs, booking tickets etc. The people can check the live location of status of transaction /time on the mobile phones.

4. Helpful in emergency

¹Dr. Samir Parikh, a child Psychiatrist Director, Fortis Hospital.

If any person is in any problem especially the woman or children, they can use many apps helpful for their safety. The woman can call the police if she finds no other way for her safety. The working woman can also get connected with her family members during travel if she is coming in odd hours from her duty.

5. Entertainment

Mobile phones are used for the entertainment purpose by the people. People of all the age and sex find their own apps and games for their entertainment. Children can play funny games and the woman can watch their TV serials on different apps on mobile. The people can watch the movies and web series on cell phone during the travel or free time for refreshing their mood.

6. Helpful in education

Cell phones are helpful in study of the students. Students can avail online learning at home.

After the class when they are at home they can solve their problem in study with the help of phone. The travelling time and various risk factors can be avoided by the use of mobile phones.

7. Helpful in office work

Mobile phone is also helpful in managing the office work such as scheduling the office meetings, sending important files, sending job applications and documents etc. Cell phone is helpful in online presentation and meetings also.

8. Online banking

Monetary transactions are very important for the people and so mobile is very helpful equipment in monetary transactions. Online money transfer, payment of bill and premiums, deposit of cash, payment of salary etc. is important transactions which can be done through mobile phones.

9. Helpful in emergency

Smart phones are helpful for the people in the time of emergency. As we know the whole world is fighting against the problem of Corona Virus (Covid-19) and people are in lockdown for the safety of their life. In such situations smart mobile phones are helpful for the people for completing their important work. Schools have arranged online classes for the students. People afraid for the health of their relatives can talk to them through video calling. Online meetings are arranged by the employers, employees and even cabinets.

Therefore the mobile phones possess very important place in the human life. But where there are advantages of the mobile phones some disadvantages are also attached indissolubly with it.

Disadvantage

1. Lack of concentration

Scientifically it is proved that the mobile phone users have shown the symptoms of lack of concentration. It is due to release of radiations from the mobile phones which are harmful for the memory power of the people. The children of adolescent age are more affected with this problem.

2. Stress

Though the new technology is very helpful for the children for their study but sometimes the necessity to purchase the smart phone for the children creates a pressure on the poor parents. The children of tender age want to maintain a

status among his peer group and remain in stress for maintaining that status. Sometimes the stress may also cause the break the communication between the children and their parents. Purchasing expensive smart phones also create stress upon the parents who are financially not sound. But they want to avail this facility for their children irrespective of the result

3. Low grades

The cell phones used by the children have direct implication on their study. The impact is positive or negative depends upon the use of cell phones by the students. If the student is using the cell phone for search of study material, the phone will be benefited for him and if the student wastes his time in chat for long hours it will leave a negative impact on the student. Despite knowing the apps relating to their study students waste their time in playing games, online chatting, watching movies, calling to their friends or following the social networking sites etc.

4. Waste of time

Not only the students of tender age other people also waste their precious time on mobile phone. The candidates preparing for competitive exams after their study use the mobile for refreshing their mood but become addict of the mobile. They keep on using mobile for continuous hours which results in wastage of an important slot of time.

5. Lack of vision

Low vision is other effects of continuous using mobile phones. The mobile screen affects the eyes of human beings and especially of the children. It is not hidden that the eye sight of teenagers has now affected and the number of children using contact lenses is exceeded than the others.

6. Problem of depression

Mobile users have also developed the symptoms of depression. The teenagers used to use the mobile in night for continuous chats and calling and taking less sleep in night causes the depression. The people working in the offices may not be able to talk their friends during their duty hours and they call their friends in night at the place of taking sound sleep. This causes the depression in them.

7. Loss of money

Possessing expensive mobile phone has become a sign of standard. Therefore people and especially the teenager posses the mobile phone irrespective of their capacity to purchase it. Using mobile phones may cause wastage of money for those who do not need the mobile .

8. Crime and criminality

By the increasing use of mobile phones the crime and criminality has also increased. Such type of material may also be available on internet which may tend the person towards criminality. The children of tender age are in the category of such person who may be mislead by such material. Very recent incident of boys locker room chat revealed in news disclosing the fact of preparing for committing gang rape of a girl by teenager students in south Delhi was very shocking. Therefore the use of mobile has increased the crime rate also.

4. Safety tips for decrease the misuse of mobile phone

Always when there is anything benefitted for the people the thing may also proved to be harmful if not used properly. Like in the matter of mobile phone also, if not used with proper care and caution it may turn to be harmful. Therefore the cell phones must be used with due safety. Some measures for the careful use of mobile phones are as follows.

1. The children below the age of 16 years should not have access to the mobile. That age is the age of growth and development of body, skill and protective tissues of brain. The use of mobile in this may affect the intellectual power of the children through its radiation.
2. While using mobile phone due to important reason, keep an eye upon what the child is searching in the phone.
3. As an adult it is important for parents and other people living with him to restrict him in the matter of use of mobile phone. It is necessary for minimizing the effect of radiation as well as to avoid the development of criminal behavior in him.
4. Impose complete restriction on carrying the mobile phone by the child/student in the school and if necessary to do so inform the school management about this fact. Apart from this the use of mobile phone in the night should be avoided.

5. Reasons for not imposing ban on use of mobile phone

Among other devices and tools, mobile phone is a double edged sword. This can be used for by the children for his safety and it may cause loss to the children. But if the technology is used in proper and restrictive manner, it will be proved to benefit for all. Mobile phone is a learning tool for the children and if this tool is handled by care and safety it will give maximum benefit to the children in his growth. At the place of watching useless and obscene things on mobile if the children watch the learning stories and study material helpful in their education the students can inculcate good habits in them and they can become healthy by mind and morals. But this task can't be completed by the children alone. It is the duty of the parents or guardians to keep a watch on the activity of the children and control his behavior. Misuse of mobile may be a big problem but putting complete ban on using the mobile phone is not the solution of this problem. The problem can be easily solved by the little awareness of the parents and the children. The children should try to avoid the company of those friends who are involved in bad activities through mobile phones and must also inform their parents about their activities so that they may be corrected in time. The children should not be left unattended by the parents in their teen age and more affection and knowledge should be given by the parents about the features of his developing age. The attention of the children should be focused for their career.

Conclusion & suggestion

Everybody wants to make his life as easy as possible. For that purpose he has innovated many things including the mobile phone. No doubt mobile phone has proved to be useful for making the life of the people easy as well as fast. The things which were difficult to think in last two decades have now the play game of the children. Online talks, GPS tracking, transferring of files and data and so many works can be easily done. But always there are two sides of

a coin. Mobile phones if proved helpful in the daily life of the people in various ways, it has proved to be dangerous also. But it is not argued that total ban should be imposed upon the use of mobile. However it is suggested that like other things, mobile phones should be used with most care and caution. The parents at home and teachers at the school must be careful about the students possessing mobile and strict guidelines should be made for possessing and using mobile phones at school by the management so that the mobile should not be misused by any student. Parents must be aware at home while the children using mobile phones at home. They must check whether the children are using phones for study purpose or otherwise. Everyone has to keep in mind that caution is better than cure. With the little efforts and awakening mind we can avoid the misuse of mobile phones.

