Your Name

Instructor Name

Course Number

Date

The Abuses of Mobile Phones

**Introduction**

Advancement in technology is a great success in the present age. It is one of the most wonderful inventions of modern science. A new communication system has been introduced to the world through this invention as it is very useful for communication and many other tasks. No doubt, mobile phones have brought a great revolution in the lives of people during the past few years. They can be used in many emergency situations to get timely help.

Along with beneficial uses, this invention also has some abuses that are very dangerous for an individual. The excessive use of mobile phone causes severe physical, mental, emotional, social, and psychological issues. An individual’s brain and hearing are affected badly. The foremost effect of excessive mobile use is poor eyesight, but another major effect is that the user feels lethargic all the time. Now days, as the access to mobile phones is cheap and easy, the youth is ruining its life, time, and career by using it excessively. Various mobile operators offer several packages i.e. the midnight packages on cheaper rates that provide opportunities to talk to others via calls or SMS, and use mobile internet. This hampers their sleep and consequently, they lose their health.

The night packages and several other packages are spoiling the lives of people. Teenagers of our society are spell-bounded by the use of these packages by talking with the opposite sex and getting engaged into illicit conversations and activities. People are getting into relationships without even seeing or knowing each other clearly. This relationship leads to having illicit conversations, sexting, or sending/receiving nudes through phones. Often they get cheated and this leads them to become psychologically weak. Stress, anxiety, sleep deficit, and depression are all caused by mobile abuse. Nomo phobia (No Mobile Phobia) is the name of a phobia that is a result of mobile phone addiction that occurs when a person feels anxiety at times of not having access to his mobile phone. It also decreases face to face interactions and causes depression in most people. Another psychological issue called Ringxiety is found in people today in which the individual keeps looking at the screen of phone to check whether he has missed any notification or alert.

Addiction to mobile phones has destroyed the social life of people. Though they are always online, uploading statuses, pictures, and socializing by making new friends, their actual social life is disturbed. They have no time for their families but for their mobile phones for example, a family of four people is sitting in the dining room having their meal. Instead of talking to each other, each of them is busy with his/her mobile phone.

**Conclusion**

The wireless connectivity and communication has been redefined by the invention of mobile phones in the world. The lives of people have become easy as everything is accessible in the palm of their hands. However, excess of everything is bad and it implies to the mobile phone addiction as well. The use of mobile phones should be controlled so that the mental, physical, social, psychological, and emotional lives of people are not ruined. Parents should supervise the use of mobile phones by their children and children should not be provided with mobile phones during teenage.

**Questionnaire**

Answer the questions.

1. Should teenagers be provided with personal mobile phones?

Yes No Uncertain

1. Do you think the effects of mobile phones are more negative and less positive?

Yes No Uncertain

1. Do you think that you are not spending quality time with your family due to excessive mobile use?

Yes No Uncertain

1. Do you use night packages?

Yes No Uncertain

1. Are you in favor of being introduced to strangers through mobile phones?

Yes No Uncertain

1. Do you think teenagers are getting away from their goals, culture, norms, values, and religion due to the excessive use of mobiles?

Yes No Uncertain

1. How much time do you spend on your mobile phone on average in a day?

4 hours 10 hours More than 10 hours

1. What is the primary purpose of your internet use on mobile phone?

To read news SMS/Calls To use online applications

1. Do you feel anxiety if you run out of credit, battery or become phoneless?

Yes No Uncertain

1. If you would not be allowed to use cellphone, how would you feel?

Depressed and complex Satisfied Full of anxiety and stress