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**The Effect of Cell Phones on Humans**

With the advancement in technology, a sharp change in the behavior of the people has been observed. There was a time when television was the only source of information and entertainment. However, with the introduction of computers and then cell phones people are now able to collect information and can get different sources of entertainment on their tablets and cell phones. Cell phones have made human life easier but it has a great impact on individuals both positively and negatively. The main purpose of the research is to understand the impact of cell phones on humans' life. It is crucial to learn because cell phones are becoming the necessity of today's world. Therefore, everyone should understand its role and influence.

The great impact of cell phones is observed by the researchers on the behavior and development of the children. Study indicates that cell phones affect the psychological as well as physical development of the children (Cohen). The way computer tablets and smartphones are used and the time duration of their usage tells about the psychological insight of the children. For instance, children who spend more time on video games show less interest in outdoor activities which affects their physical fitness. In addition, research indicates that video games containing violence and killing affect the psychological growth of the children. Children who play fighting video games become more aggressive and violent in the future than the children who do not play such games. Therefore, types of the game along with the time duration of those games directly affect the behavior of the children. It is not possible to stop children from using cell phones as it becomes a significant part of youth in contemporary time (Cohen). Not only for enjoyment but also for study purpose cell phones are playing its role. Children search and learn the different concepts of their academic subjects to improve their grades. Even teachers now give assignments that require online searching for information. Therefore, the use of cell phones or computer is unavoidable however; parents should understand the impact of cell phones on the physical and psychological health of their children. Therefore, they can understand how children learn and what are the factors that help form their morals.

The cell phone is one of the factors that increase the risk of irresponsible and distracted behavior of the people. Cell phones were made to improve the communication relationship between the people living far from each other. Businessmen can deal with video calls rather than traveling to other places while common people can remain in touch with their loved ones. However, excessive use of cell phones is changing the aim of cell phones. People spend their time on cell phones scrolling social media sites or watching videos. Research indicates that people who use cell phones in-store shows irresponsible and distracting behavior (Grewal et al.). Research results show that people who follow in-store mobile phone behavior are more likely to forget why they came into the store. People get distracted from cell phones and forget the essentials that they need to buy. In addition, various time people pay for their goods but then forget their materials on the counter just because they were busy on their cell phones. This highlights the fact that people are becoming irresponsible towards their duties while cell phones and its features are becoming a priority for many people. People are addicted to phones and they pay less attention to their surroundings and their own activities. In addition, the research also presents a crucial issue raised due to cell phones that is the importance of time. Time is precious and wastage of time can be risky to the professional and personal life of the people. However, due to the excessive use of cell phones, people spend hours and hours on their cell phones while ignoring other things that are present in their daily schedule. Just like children's studies get affected due to the excessive use of cell phones adults also loss their commitments and duties by losing their track of time (Grewal et al.).

Besides physical and psychological changes that a person can be observed, various other health issues are linked with the relationship between cell phones and human. There are physiological and biological effects that can cause different health issues including cancer to the individuals. Diseases that can be caused due to the excessive use of cell phones include brain tumors, lymphomas, cancer, leukaemia, acoustic neuromas and slavery gland tumor (Kim, Kabir, and Jahan, 221). One of the main factors behind these diseases is the impact radiofrequency energy on the human body. People who keep using their cell phones and data for the internet remain in radiofrequency energy which affects the tissues of the brain and other organs in different manners. This energy damages the functions of the body and causes cancer, tumor, and other disorders. Minor injuries like headache, eye pain are also linked with the use of cell phones. In addition, cell phones should not be placed near the head during the night as radiofrequency energy can affect the body even when individuals are not using it. However, research also explains that:

A line of epidemiological evidence suggests that there is no concrete association between mobile phone radiation and cancer. The evidence regarding the occurrence of cancer due to exposure to the radiofrequency energy of mobile phones is nonetheless conflicting. Consequently, long-term research in this field is necessary to account for the vital issue of this scientific research to the public in a meaningful way (Kim, Kabir, and Jahan, 221).

 People face issues of migraines after using cell phones for hours. Not only gets this, but eyesight of the people also affected by using cell phones especially during the night. People who use cell phones at night without a light on or while lying on the bed face issues of low eyesight and dark circles. Pimples, acne and oily skin are some other problems that can have a correlation with the cell phones use. Therefore, it is important to measure how much mobile is required for daily use and people should avoid excessive use of cell phones.

The impact of cellphones is more on the younger generation than adults and older adults. The younger generation is unable to develop a proper schedule between their studies and free time for mobile use. A research-based group test highlighted the fact that cell phones lower the learning power of the children. For the purpose experiment was developed by taking exams of the group of the children with and without cellphones. Findings show that children get less marks when they had their cell phones with them. On the other hand, they performed well in their tests when they did not have cell phones with them. It shows that when children own cell phones they spend more time on them (Mendoza at al., 52-60). The time for studies and attention towards courses get affected by cell phones. Children waste time on cellphones and end up with bad grades in academia. Therefore, it is important for the parents to keep an eye on their children and their daily schedule. It is crucial to develop a productive routine in which they can use cell phones by ignoring their studies. However, it is not effective to stop children from using cell phones. This is because research results found that people get fear of losing cell phones when they were asked to study without keeping cell phones with them. The fear of losing a cell phone is known as Nomophobia. Nomophobia also affects the younger generation as they get constant fear of losing cell phones which lower their learning power (Mendoza at al., 52-60). They put all their attention towards cellphones due to which studies' timing gets affected. Therefore, people should be lenient with their children and help them to avoid excessive use of cellphones. Excellent communication between parents and children is necessary for the cause.

Another harmful effect of cellphones is the increase in accident incidence. With the increase in the use of cellphones, accident percentage is also increased all around the world. There are unlimited researches are present that shows that when a person uses cellphones while driving it to deviate its attention from driving to cellphones. The distraction due to cellphones becomes the main cause for the driver to experience an accident. All around the world, the use of cellphones is prohibited while driving but people still use cellphones for call and texting while driving. It is because the performance of drivers get reduces when they focus on something else during driving. This harmful act can become a cause of death. Every year numbers of drivers lose their life due to cellphones (Oviedo-Trespalacios et al., 360-380). Therefore, it is crucial for people to get awareness regarding driving rules and the impact of cellphones use while driving. It is an individual's duty to take care of lives as well as other people because most of the time when the driver loses control over his car, it can hit people around. It shows that the use of a cellphone is not only harmful to the driver but also for the people sitting in the vehicle or walking around it.

The direct impact of the cellphones is on the cognition of the people. There is no doubt in the fact that cellphones are powerful technological tools and have brought a lot of advancement to the world, but that does not mean they are all safe. The influence of cellphones is really high on the people that their cognitive development gets affected by it. The way people use cellphones and the content that they use through it affects the thinking of the individuals. For instance, people who use social media much change their ability to think. They start thinking and feeling according to the material they watch on social media (Wilmer, Sherman and Chein, 605). Therefore, cellphones directly influence the attention, movement, emotions, and action of the individuals. Cognitive performance of youth is highly dependent on cellphones as they use it for relaxation and time pass more than the youngsters and older adults. Hence, it is true to say that the personality of individuals is an impact of the cellphones.

After analyzing the different impacts of cellphones it can be concluded that the influence of cellphone is negative in contemporary time. The main purpose of the cellphones cannot be seen in the present time instead it is affecting the physical and psychological health of the individuals. Studies and grades of children get affecting due to the excessive use of cellphones. On the other hand, cognitive behaviors or youth is highly dependent on the material they use through cellphones. In addition, cellphones cause diseases like cancer, tumor, and migraine due to radioactive energy. Therefore, it is necessary for the present generation to learn about the harmful impact of cellphones. Awareness regarding the influence of the cellphones can reduce negative impacts like accidents of drivers and psychological disorders like Nomophobia.

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