

Effects Of Using Mobile Phones Too Much

In today's fast-moving and globalised world it is almost impossible to imagine our day-to-day life without mobile-[phones](#). It is one of the most successful inventions of the 20th century, which has become a convenient means of communication. Modern mobile phones perform many other functions as well; they can substitute for such devices as music players, cameras and organizers. Most of them also provide Internet access and texting. According to the U.N. Telecom agency, there were almost 6 billion cell phone users in the world, with almost 86 gadgets for every 100 people. There is nothing strange in this fact, as modern people need phones in all spheres of their lives – professional and personal. But we do not notice how much we depend on cell phones and what effects their excessive use might bring.

There are certain harmful health effects, which might be caused by the immoderate use of cell phones. According to modern researches, the most menacing problem is connection between cell phones and cancer. Even though the data remains controversial, most scientists agree that there is a certain threat from using cell phones too much. It is reported, that people who talk on the phone for several hours a day are 50% more likely to develop brain cancer. The reason for this is the radio waves produced by mobile phones. It is calculated, that every minute the human brain receives about 220 electromagnetic impulses, which are not necessarily harmful, but which definitely affect the brain in cases of prolonged impact. Recent studies report two types of brain cancer may occur – glioma and acoustic neuroma. Apart from cancer risk, mobile phones influence our nervous system.

They may cause headaches, decreased attention, shortness of temper, [sleep disorders](#) and depression, mostly among teenagers. Radio waves are not the only reason for such symptoms. It is the sad reality, that nowadays many people, especially youth, experience lack of human contact, and they try to compensate it by mobile-phone communication, which is not an adequate substitute for personal intercourse. Adolescence is not an easy period of life, and at that time a young person is especially vulnerable. In cases of excessive mobile phone use there is a possibility of becoming addicted to the phone; the real world seems to fade in comparison with hours-long chats and hundreds of messages. These aspects cause psychological problems, as people start to feel uncomfortable in face-to-face communication.

There are also other effects that should be mentioned. There is certain risk for pregnant women and their children, so they are strongly recommended to reduce usage of cell phones. Some studies provide

information about harmful effects of cell phones on the male reproductive system, so men should not carry phones in the pockets of their trousers.

Most research reports that texting and playing games on mobile phones is also harmful for eyes. Regarding games it also worth mentioning, that sometimes they cause irritability and aggressiveness, especially among children and teenagers.

Today's world is a world of technology and inventions, and there are many tools which essentially facilitate our life. Mobile phones play an important role in the development of human civilization, but their excessive use brings severe problems. To reduce their harmful effects, one should always remember that mobile phone is a friend, not a master, and it should never be used too much.

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