



## Impact of excessive usage of mobile phones in youth

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### ABSTRACT:

Mobile phones have become an essential part of modern life, specifically for youth, providing entertainment, education, and communication convenience. However, there are a number of drawbacks to using mobile phones excessively. Physically, extended screen use results in issues with posture, sleep difficulties, and eye strain. Mentally, it shortens attention span and focus and promotes tension, anxiety, and addiction. Distractions from social media and gaming have an impact on learning and productivity in the classroom. Socially, excessive phone use reduces relationships and in-person encounters. This study examines how excessive use of mobile phones impacts youth and offers solutions to lessen the adverse consequences. It also emphasizes the balanced ways in which mobile phones can be utilized for communication and education.

**Keywords:** Mobile phone addiction, youth, mental health, social life, education, physical health.

### Introduction:

Mobile phones have changed how young people communicate, learn, and enjoy themselves. Accessing information, keeping in touch with friends, and participating in digital activities like social media, online gaming, and streaming have all become simpler with the rise of smartphones.

However, excessive mobile phone use has raised major issues with social interactions, academic performance, and physical and mental health. The excessive usage of mobile devices, which frequently results in distraction, decreased focus, and ineffective time management, is referred to as mobile phone addiction. Many students find it difficult to manage their constant use of social media, gaming, and phone entertainment with their educational responsibilities. This addiction can therefore have a detrimental impact on study habits, participation in class, and general academic success.

The study by Smith (2019) explores the connection between college students academic performance and cell phone addiction. It looks at the effects of excessive phone use on learning outcomes, productivity, and focus. Developing ways to assist students in properly managing their mobile phone usage and enhancing their academic performance requires an understanding of these consequences. Teenagers use screens for seven to nine hours a day on average, according to research from the Pew Research Centre (2024). Overuse of mobile phones can lead to anxiety, eye strain, sleep difficulties, and decreased productivity. Moreover, excessive phone use might result in digital addiction, which impairs one's capacity to concentrate on tasks that need real-world attention.

Given the increasing dependency on mobile devices, it's critical to investigate the negative effects of excessive phone use on young people and to identify strategies for promoting a more balanced and healthy use of phones. The advantages and disadvantages of mobile phone use are examined, with particular attention paid to how it affects social life, academic performance, mental health, and physical health.

Life in a modern society cannot be imagined without modern technology. Salehan and Naghban (2013) state that modern technology has changed our lives.

### Review of Literature:

#### 1. Impact on health:

Van den Bulck (2019) explains that the blue light from mobile phone screens affects the production of melatonin, a hormone that helps regulate sleep. When people use their phones for a long time, especially before going to bed, their bodies produce less melatonin. This makes it harder for them to fall asleep and stay asleep throughout the night.

According to a study by INal et al., 60% of teenagers who use cell phones find it impossible to go more than an hour without looking at their devices. According to a 2021 study that was published in the Indian Journal of Community Medicine, 83.9% of teenagers between the ages of 16 and 19 used smartphones. According to reports, 37% of people are addicted to smartphones.

#### 2. Social and Behavioural Effects:

Przybylski and Weinstein (2017) explain that when young people spend too much time on screens instead of talking to others in person, they miss out on learning important communication skills. Face-to-face conversations help people understand body language, tone of voice, and eye contact. Although being widely utilized and offering several benefits to its users, mobile phones have given rise to a number of social problems during their adoption, such

as: using a cell phone in prohibited or hazardous situations grievances over excessive use, addiction, and public cell phone usage (Salehan & Negahban, 2013).

### 3.Importance of Mobile Phones:

While several studies have explored the potentially negative, problematic use of mobile phones, others have identified benefits of using mobile media and technologies for in high school teenagers, such as vocabulary building, second language acquisition, and classroom participation. (Seo et al, 2016).

### 4.Impact on Academic Performance:

In modern digital age, mobile phones can trade or carry multiple media possessions in a short period of time, as well as download, upload, and perform instant messaging. Mobile phones have gained popularity due to their limitless options that emphasize rapid satisfaction. (et al., 2020). Teenagers agree that using cell phones excessively has a negative impact on their academic achievement, particularly when it comes to interruptions in class, cognitive decline, the spread of pornography, reduced writing ability, anxiety, tension, and destroyed relationships. (Kodi et al., 2021).

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## Conclusion:

Youngsters who use their phones excessively suffer serious consequences to their social interactions, academic achievement, mental and physical health, and overall well-being. In addition to causing addiction, eye strain, and sleep disruptions, excessive screen use also shortens attention spans and increases anxiety. Mobile phone distractions impair learning and productivity in the classroom, which has an impact on students overall performance. Furthermore, heavy use impairs personal interaction and causes social isolation. Even while mobile phones have many advantages, it's important to use them responsibly. The negative effects of youth cell phone abuse can be minimized by supporting offline activities, establishing screen-time limitations, and encouraging digital well-being.

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