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**Impact of smartphones on people’s health**

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Contents

Introduction…………………………………………………………………………………..3

I. Smartphones as a modern necessity………………………………………………………..4

II.Disadvantages of mobile phones………………………………………………………….5

1. sleep disorder………………………………………………………………..5
2. depression and anxiety………………………………………………………5
3. headache……………………………………………………………………..6
4. mood swings, aggression and nervousness………………………………….6

III.Recommendations……………………………………………………………….6

Conclusion…………………………………………………………………………..7

Bibliography…………………………………………………………………………8

**Introduction**

The object of my research is such modern means of connection as a smartphone. The subject is the impact of smartphones on our health.

The aim of my work is to characterize the impact of mobile phones. In order to achieve my aim I am to fulfill the following tasks: 1) to reveal the notion of smartphones; 2) to analyze the advantages of smartphones; 3) to examine the disadvantages of smartphones; 4) to suggest the ways out to get rid of or reduce negative impact of smartphones.

This theme is highly paid attention in our modern society as nowadays mobile phones are the most popular means of connection. I have chosen this theme because it is quite interesting and useful to discover and analyze the drawbacks of smartphones as they have become a part of our life.

The bibliography list of my work is based on the books, magazine article and internet sources. In my research I have used such methods as analysis, observation, comparison, questionnaire, survey and studying different sources of information.

**I. Smartphones as modern necessity**

Mobile phone is one of the emerging technology all over the world. They are coming with attractive features. First of all, a mobile phone is one of the basic necessity of modern life.

The invention of smartphone is astonishing. It has all the features that you have dreamed about. You can call, play games, compute your personal data, and do your office or even school work with this handed device. Everybody wants to be a proud owner of smartphone. It has so many advantages that people cannot think modern life without it. Smartphones for today’s generation has become the second shadow because just like a shadow follows us everywhere in the same way people take smartphones with them wherever they go. The smartphone is simple words refer to that touchscreen mobile which apart from performing the basic function of allowing one to talk also perform other functions like connecting to the internet, running a variety of applications and does a lot of other tasks.[[1]](#footnote-1) In order to understand more about smartphones, one should look at the advantages and disadvantages.

It is convenient means of keeping in touch with anyone at any time. It is easy to keep in contact even outdoors or in remote areas. Where there are no telephones. Young people feel safer and protected if they can reach their family and friends. Mobile phones enable us to call for help during times of emergency and save lives. In some cases the police make it possible to discover where the criminals are or where the victim is only thanks to cell phones. Mobiles are not only a great time-saving device, but they are also a source of entertainment. It is possible to use smartphones if you do not know the location or route to some place. For example, we can use Google maps to reach to your destination or as a student if you are not able to understand particular topic, or transfer funds you can use various payment applications at your fingertip. We can also go shopping without leaving home. One can book online tickets for all medium of transport whether its train or airplane or buses. You can also book movie tickets, concerts and sporting events without standing in queue on your mobiles and it is also possible instead of physical ticket.

But if we analyze the users of smartphones we will come to the conclusion that the majority of users is youngsters.

**II. Disadvantages of mobile phones.**

It is harmful for our bodies to use mobile phones more than 5 hours a day. The research reports us that usage of smartphones for so long period of time changes our lives biologically and socially. Such people face health issues. Most young people complain about mental health issues.

headache

Agression , nervousness

sleep disorder

Major health problems (слайд)

anxiety

mood swings

depression

So teenagers and even grown up persons deal with mental health issues that effect their study, work and everyday life.

1. **Sleep disorder:**

Nowadays not only grown-up persons have smartphones but also young people and even children have them. According to statistics about 72% of children and 89% of adolescent use smartphones. During the day it is not so much free time that is why a lot of people use their gadgets before going to bed. But when you use your smartphone in this way your brain is receiving a constant stream of light from the phone and this basically tells the brain to stay awake because the light from the phone actually suppresses the hormone melatonin. Only it is normally involved in sort of getting your body ready for sleep. The high energy from short wavelength light which is present in phones screens and alternatively is called blue light disrupts this by preventing their body from getting to the required state of sleep. Normally darkness would lead to the release of melatonin but the light from your screen stops that. Sleep is an important period for our brain, especially for cells of the brain and these are called glial cells but they clean up the toxins within our brains. Children who have smartphones often get 5-6 hours of sleep. Their sleep is interrupted because the notification from their phones sometimes wake them up. It happens because their phones are always beside them. So this situation effects children the next day, it impacts their mood, memory, attention, problem solving ability and even their metabolism. It is proved that technology stresses us out and it still results in an elevated cortisol level (hormone of stress).[[2]](#footnote-2) When this level is constantly high it is hard for your body to relax and fall asleep.

And we also should not forget about radiation that is emitted by our mobile phones and effects our body. We are unaware of this radiation and its results. Our brain and ears absorb more radiation as they are more often near to smartphones while calling.

1. **Depression and anxiety:**

Symptoms like anxiety and withdrawal are becoming a norm when we do not have access to our phones. Our smartphone is the last thing that we look at before falling asleep and the first thing we look at in the morning. We become absolutely addicted. We get into panic when the battery is discharged.

People use their smartphones instead of real communication. As a result, teenagers are not able to communicate, they do not know how it is possible to spend their free time, they are not aware of a variety of hobbies and activities that can be interesting and exciting. Some people have only virtual friends and cannot organize their private life so most of them get into depression.

1. **Headache**

Using a mobile phone can cause a headache or even migraines. Mobile phone use involves several factors that can contribute to headaches, including looking at the light on the screen, straining at the light on the screen, straining tour eyes, bending over in a stooped posture, using your hands and fingers to type or play games and using the phones to make phone calls.

1. **Mood swings, aggression and nervousness**

As for mood swings, they are proved by lots of scientists. People who use smartphones all the time during the day, not only do not let their brain relax or have a rest but they also load it with additional information. So as a result, at the end of the day these people feel tired and negative mood.

I should also say about aggression and nervousness which are caused by overusing of smartphones. People become absolutely addicted by their gadgets checking their accounts, sending e-mails, posting photos, putting likes and dislikes to all the pictures, looking through all the comments written to their posts. Such people focus on virtual reality. So when they are distracted from this reality by someone or something they become very angry, nervous and even aggressive. These emotions can be so intensive that people cannot take them under control. But these people can be also very dangerous for the society.

I have carried out a survey among my friends and adults who are more than 40 years old. I have asked ten persons in each age category.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Age/questions | Sleep  disorder | Depression | Anxiety | Mood  swings | Head-  ache | Nervous-ness |
| 15-25 | 100% | 80% | 70% | 90% | 100% | 100% |
| 40+ | 20% | 30% | 10% | 0% | 30% | 20% |

As you can see all young people under forty have big problems caused by smartphones, as for persons who are older than forty they are not so addicted to cell phones that is why they do not have so many problems with their health. I suppose the reason is obvious as young people have more free time and very often usage of their phones is the only way to spend time to spare. People over forty have their own families, children so they just do not have so much free time as they are absorbed by other problems.

**III. Recommendations**

So you can see that overusage of smartphones is harmful for people despite their age. That is why I suggest some recommendations following which we can reduce or get rid of harmful impact of gadgets.

The recommendations are the following: 1.Do not use your mobile phone more than 15 minutes while calling. Use the system of hands free for long calls. 2.Text messages instead of calls. 3.Do not use your phone when the battery is low. 4.Avoid using your mobile phone before going to bed. 5.Alway put your phone away from you, when you do not use it. 6. Switch off notifications on your phone. 7.Do not overuse your phone, use it only when you really need it.

**Conclusion**

Smartphones are a part of our life and nowadays we cannot imagine our life without them. Mobile phones are a modern means of connection and they are not only popular with adults but also with schoolchildren and even small kids. Smartphones have both advantages and disadvantages. But only reasonable usage of these gadgets can reduce their negative impact on our health.

The theoretical importance of my work is that perhaps teenagers and adults pay attention to my research and make useful conclusions.

The practical importance of my work is that I have made a questionnaire which can be used at the lessons of Bases of life safety and I would like to attract everyone’s attention to this burning matter.

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