



# The Effects of Smartphone on Human Lives

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**Abstract:** Smart phone are necessary as oxygen is necessary for life we cannot imagine life without them. They can work without us but we cannot live without them. They are good but everything has dark side and smart phone has too. May they are more harmful then they are useful. Though we cannot imagine toady society without these technology but we can limit the harm they do to our social, physical and mental health.

**Keywords:** Smartphone, Cyberbullying,electromagnetic impulses,family life,Insomnia.

## I. INTRODUCTION

Smart phone is very familiar word to everyone from a small child to the experienced old man. Everyone has use of smart phone in daily life no matter what their job is. We can do almost all the thing using smart phone like listening music to recording music everything we can think almost can be done by the pocket size electronic device called smart phone.

As we have a very good use of smart devices we also have to pay some price too. Price may be in any form from health issue to mental and social relation.

We have to face many problems in our life directly or indirectly due to these smart devices. Our physical activity have become very less that even we are commanding our smart assistant to on and off light and fan we don't want to do physical work.

We have done study problem mainly caused by smart devices directly or indirectly to our physical, mental and social health

## II. LITERATURE REVIEW

Smartphone addiction is taken into account because the inability to regulate the Smartphone use despite negative effects on users. The use of a Smartphone not only produces pleasure and reduces feelings of pain and stress but also results in failure to regulate the extent of use despite significant harmful consequences in financial, social, psychological, physical aspects of life (Shaffer, 1996; Van Deursen et al., 2015; Young, 1999).

Life satisfaction pertains to the traditional evaluation of one's surroundings, and subjective happiness or personal contentment (Diener et al., 1985; Scheufele and Shah, 2000). Gender, specifically, being male, may be a risk factor for pathological Internet use (Frangos et al., 2011). Smartphone addiction is additionally considered a technological addiction that involves human-machine interaction (Griffiths, 1995). The Internet is extremely useful for a spread of purposes, like convenient electronic commerce, rapid sharing of data,and contact with other cultures, emotional support, and entertainment (Kraut et al., 1998; Morahan-Martin, 1999; Scherer, 1997)

## III. ACTUAL PROBLEM

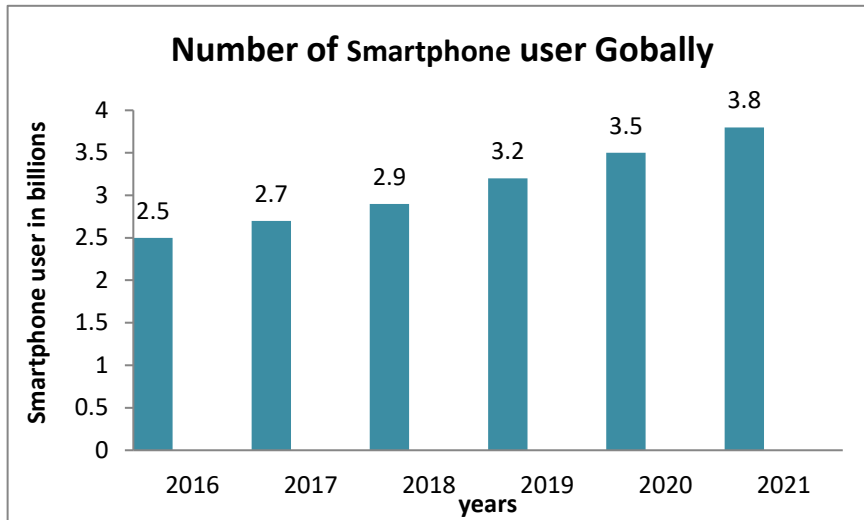
It is such a device by which our whole life can be ruined by just a small device called Mobile phone. The study, done by handset maker Vivo and CMR(Cyber Media Research and Services Ltd.), said "*the average time spent on smart phones in a day has been on the rise with average usage growing Eleven percent to 5and half hours in March 2020 (pre-COVID) from about 5 hours(approx) on average in 2019. This has grown by another 25 percent to 7hours (approx) April onwards (post-COVID).*

## IV. SMARTPHONE: GROWTH AND USAGE

Basically Smartphone was invented in 1992 and for user it is launch in 1994. In 2001- Smartphone meets the internet. In these time video conferencing and sending mail with its large attachment is possible, but at very higher price tag. In 2007- the biggest evolution of Smartphone. Feature like web surfing, picture clicking, video gaming, audio recording are now accessible. In 2019-the world is diving in the ocean of Smartphone and internet. As Smartphone is growing year by year it will becoming curse to the human life.



Below graph showing number of the people using Smartphone over the world from 2016 to 2021 (approximately).



According to statistics there are 3.8 billion people over the world that is currently using Smartphone i.e. 48.33% of the world's population using Smartphone.

In 2023, projected number of Smartphone user will continue to increase and hit 4.3 billion over the 8 billion world's population. i.e. 53.8% of the people having Smartphone.

In upcoming years more than half of the world's population using Smartphone.

## V. EFFECT OF SMARTPHONE IN HUMAN HEALTH

According to a Study by CMR "One in every four users has experienced some health problem arising from excessive usage of Smartphone. Though this is a small cohort of Smartphone users, it indicates a worrisome trend, especially amongst those in the age group of 18 to 25 years. 22% of women experienced weak eyesight. Smartphone and Human Health."

Beside health problem there are some social and mental problems too. Like excessive use of the phone keep busy and user become isolated from the physical world and most time spent is on virtual world. This causes a great loss to social harmony as people relationship become weak as they spent less time in the family. The value of member is decreased in family and later this causes many quarrel and affect the children mentality badly. While other hand using phone in bed and continuously staring the screen increase the chances of insomnia, because our brain think that it is day and did not produce enough dopamine so user cannot sleep peacefully.

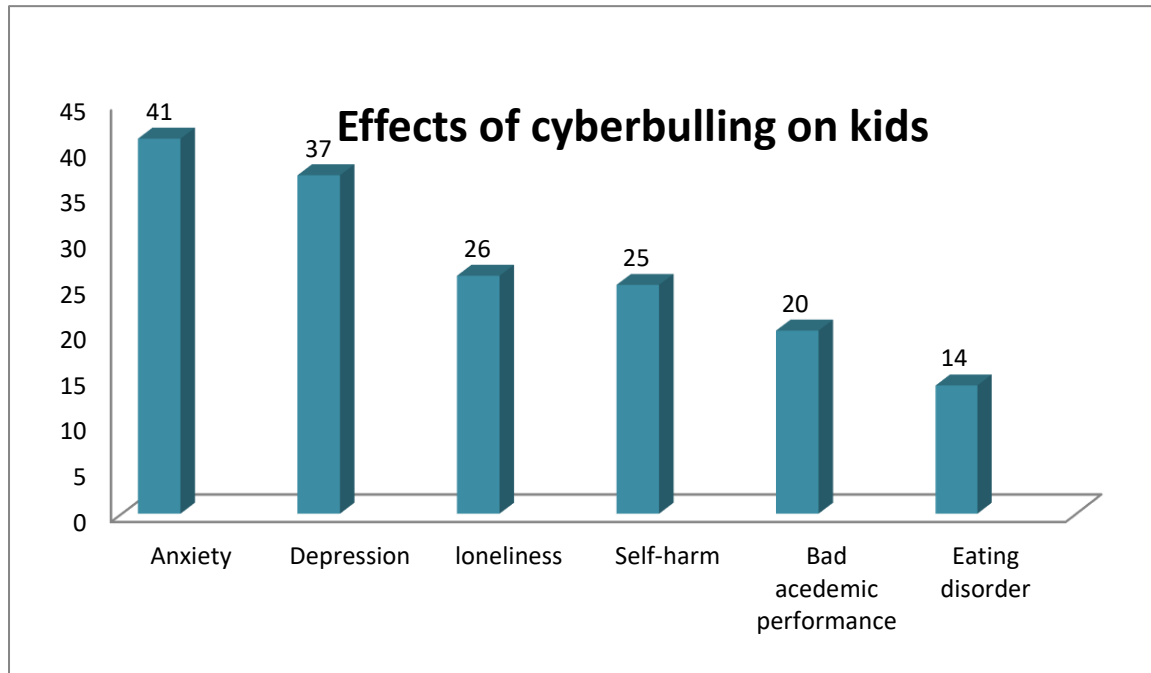
According to modern researches, "the most menacing problem is connection between cell phones and cancer. Albeit the info remains controversial, most scientists agree that there's a particular threat from using cell phones an excessive amount of. It's reported, that folks who talk on the phone for several hours each day are 50% more likely to develop brain cancer. The rationale is radio waves which are produced by mobile phones. A study shows that each minute the human brain receives about 220 electromagnetic impulses, which aren't necessarily harmful, but which definitely affect the brain in cases of prolonged impact. Recent studies report two sorts of brain cancer may occur – glioma and acoustic neuroma. Aside from cancer risk, they also influence humannervoussystem."

Studies have proved that there is certain risk to the pregnant women as well as to their children, so they are not advised to use smart phone too much. Men's have also problem in their reproductive system so they should not carry the smart phone in their pocket for long time. Teenager are also facing problem because of their excessive use like decreased attention ,headaches, sleep disorders ,depression, and shortness of temper.

Study show that people who are using Smartphone for their studying purpose is worse for learning and comprehension. Staring continuously at screen make eye sight weak and make learning exhausting.

According to a research conducted on 13–18-year-olds by Cox Communications, "15% of children had been bullied online, 10% had been cyber bullied by cell phone, and 5% had cyber bullied another person through a cell phone." It is difficult to identify cyber bullying as the perpetrators can hide behind the anonymity offered by the internet.

Cyberbullying is broadly often by Smartphone and internet, cyberbullying is as pensive as cancer. In these sufferers endure the psychological and emotional complication alike anxiety, loneliness, low self-confidence, bad academic performance, depression.



The above graph indicating some of the serious effect caused by cyberbullying on kids using Smartphone.

## VI. RESULT

Consistent with other studies (Alijomaa et al., 2016; Torrecillas, 2007), we found that the danger group for Smartphone addiction spent longer on the Smartphone, mobile messenger, and SNSs than the traditional user group did. Oulasvirta et al. (2012) reported that though Smartphone addicts used a Smartphone more frequently and for a shorter duration as compared with nonaddicts, the sum of the duration of use during a day was longer for addicts as compared thereupon for nonaddicts. Another study that analyzed an outsized data assail actual Smartphone usage revealed that the users typically spent almost 1 hour per day on the Smartphone, but the duration was one minute at each instance of use (Boehmer et al., 2011). This study reported the differences in app usage duration. News apps were accessed most often within the morning, whereas communication apps were used throughout the day. employing a data assail Smartphone use, Lee et al. (2012) showed that a risk group for Smartphone addiction spent longer on Smartphone use per day as compared with the nonrisk group, and their use was greater within the morning and evening. The usage sessions initiated by the push notifications were longer for the danger group, which demonstrated that notifications acted as external cues associated with problematic usage patterns. Additionally, the danger group consumed significantly more online content which will provide instant gratification (e.g. pass time, entertainment, and knowledge seeking).

## VII. CONCLUSION

Medicines are life saving drugs but if taken in excess they become deadly like poison. So everything has limit. Smartphone are boon in human life but excessive use is not recommended because it becomes curse to human nature. And Smartphone should be used by us, we should not be used by the Smartphone proper use is the only solution. Many app are available which track how much you are spending time on your mobile phone by using these app we can reduce the screen time.

## ACKNOWLEDGMENT

This project is made possible with the guidance of our mentor Professor **Savita Sahu** (Assistant professor, Department of Computer Science & Engineering). We are thankful to our respected Head Of the Department Professor **Santosh Dabadghao** (Department of Computer Science & Engineering) for providing us with all the necessary facilities and also grateful to our Head Of Institute **Dr. B S Chawla Sir** (Principal, Government Engineering College, Bilaspur) for his motivation and encouragement for this research to be successful.



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