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Excessive Use of Mobile Effect on Human Body

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ABSTRACT: Research indicate that more using mobile phone generate many effect on human bodies, there is many symptom such that headache, fatigue, depression. Loss of concentration. Use mobile phones are creates many types of health issues. It may affect our eyes very much. There are several problems created by using limitless mobile phones like concentration loss memory disturbance, hearing problem, eye side problems. Number of uses mobile phone increase to the last 15 year due to the development of electronic and usability of mobile phone increase around the earth .now days everything is on their phone and now they don't need to carry wallet with them and important document like driving license and voter id also now times study do on phone but creates the problems for the student who are not attending the lecture they waste time for gaming , chatting , and watching video it makes the big issue for now days. It increase the use of phone for leaning for more than two or three hours per day it may affect the eyes very much excessive use of mobile increases day by day we have to take care for that situation people can live with food but not for mobile

KEYWORDS: mobile phone, mobiledependence, depression and excessive use.

I. INTRODUCTION

Rapid risen the distribution of mobile phones in India .the rate of increasing the distribution of mobile to below 18 child are 56.6% in 2011,70% 2015 . today time most of the student have advance version is smart phone .It is able to access social network and internet chats ,play games, and movies watching 60 minute most of student use to chat, like , comment, shared convection smart phone . In 2006people useless than 2 hour per day .senior student must carry cellphone for their daily use approximately 90% student that may engaged in various activitieslike, blogging instant message and email land online gaming. Life style improved by mobile application like treating obesity ,weight control and increasing physical activities excessive use may create health issues .negative impact sleep outcome exposure to to bright from light of electric device .Disturbing sleep quality by circadian rhythm it may also contain poor sleep quality and psychological problem and addicted by mobile phone and anxiety and depression is a problem over addicted by mobile phones .Poor sleep and psychological problem may increases by using the mobile phone more now days . Study by using mobile phone may lead many problem eyes strain , focusing the eyes on a small display it may createeye problem hour spent per purpose of focusing over purpose of use senior student and small child using their many times to use phone and using YouTube ,game ,chatting and talking may taking the time waste and problem are created in body .excessive use create the insomniasystem in the body neural activity effected by using mobile data to exposure(EMF) electromotive force created by the mobile phone may hurt our body at which level it is concern public .there may carries many problem created in body like hearing ,vision, loss of concentration and migration, mobile is held close of the brain. The temperature of mobile is varies because changing radio frequency and disturbing power supply exposure concern can grow by some reason like non-thermal, electromagnetic radiation and base station of mobile nobody has give their interest to stop uses of mobile phone without reason. They just watching their mobile in every 5min -10min it is addicted and several people wasting their time for call on hours and do stupid things. The mobile is use fun for some purpose like port of business, commerce and communication. Our goal to increase the information about uses of mobile phone increases health problem, Cellular Phone Dependency Questions (CPDQ). The study of health risk using the author has exclude the risk of using mobile device. The mobile phone has extreme effect on the patient on the hospital and electronic medical device.



II. METHOD AND MATERIAL

1) Measure of limitless use : There was a meeting regarded the constitute excessive use of screen media .physical health correlated with traditional media (television or TV) hear use hour of screen but it is increase 2hr per day indicated high use . Beyond hour are done on newer media due to mobile technology and studying exam excessive a use has done quantifying problematic use or addictive due to implemented by online studying .based on (ds)diagnostic and static manual it is associated in 203 .many disorder and addicted by gaming and internet use . problem like person function or interface with life and wellbeing .It is created excessive use of screen media problem are individual indicated by how many hour are used are single person experience disturbance in working to excessive use.

2) Health difference between modern media and new media : It must support physical health correlated of traditional use ,like computer usage and TV viewing and video game play and child obesity and less sleep health .Mostly effect to the children while eating food they watch TV they don't eat properly and take less sleep .New media report are same as traditional TV programming can streamed through mobile device and advertisement are embedded streaming app, gaming app and social media .It have more traditional how sleep ,screen time is delay when children go to sleep and having screen in the bed room delay sleep on time newer media has more impact on sleep health . interactive effect of mobile media and app .Potential risk for student due to the unique feature of media and technology bring to them .the pain in musculoskeletal pain and uncomfortable using device and phone,tablet have bring to the health risk move to handling the device . Melatonin secretion has been created create and produce disturbance in addition light is emitted from smart phone.

3) primary data base can be utilized by psycINFO by research review : Health term related with media search term (I. e phone, "media use ", "gaming", "blog", "screen media", "health", "depression", "sleep", "stess", "strain", "pain", "loss of concentration", "fatigue", "eyes", "hand", "mind",). Utilize quantitative mythology of peer reviewed sample taken from child and adult with (less than 18 year old) were case studies are researched are not included with that research 2,067 ,article were identified we least include one measure of mobile device use or app .Report on this associated between device app use and a physical outcome offer 2,068 identified.

III. DISCUSSION

3.1) Sleep health: Over the last 10 year there was measure effect on sleep health. It is review by reading least 10-12 research paper that was test the potential impact on small child and adult .the thing are measure in the sleep are sleep duration sleep on the site latency night time awake ,and overall sleep quality . Measure of and study of 30 were research that they how many hour they sleep duration. The student effect are measure are night time me use using difference method ,mainly self-report or parent report on screen media time or parent –report and either parent or youth report on screen media time using or any screen present in youth room all over studies said the night time more over child use social media ,tablet or smart phone it is associate with shorter sleep .Two studies measure that measure general use throughout media of day ,but found bad effect on bad .One study found there is no effect on sleep and another report said that it has mix condition sleep quality of some child measure by some criteria of subjective sleep quality .Other measure said that it has overall sleep quality of commonly used inventor like pits burg sleep quality bar result from that measure

Sleep disturbance: some identified measure the frequency of night light awakening for the youth the two report are said that sleep duration and problem due to social networking and another research measure that internet used addition create disturbance .one report said that most of adult taking mobile phone with them in sleep time . sleep out onset latency some research said that now long it take to fall sleep after going to bed smart phone may increase the sleep onset latency and another reason that it increase is internet addition .

3.2) physical activity and corpulence : Difference result found for mobile device used and sleep health ,research said (PA) physical activity and corpulence as outcome variable to equivalent some studies said that greater user of mobile application and their association increase the physical activity .According report positive association with (PA) .The cell phone owner not as we as particular in studying classification who are without cell phone it is co-related that we use the hour of mobile and it take 3 to 4 hour of week and another thing found that associated



between electronic communication overweight child . studies report bad effect screen time in between the physical activity the increase hour . the use of mobile phone and less the physical activity another said that access using use of mobile phone in bed will create a greater corpulence risk .Some studies specially examine excessive use of social media or gaming and found significant find with sedentary behaviour . example both problematic are social media and video gaming they use more hour than 2 hr. per day and obesity will increases it high amount .Mixed result are found for no association between cell phone and video gaming all over research the literature is limited on the excessive use of mobile and physical activity wide range to use quality mobile device use . Future reviewed in the stage self-report to quality both device and physical activity

3.3) Other indication of health : There was an high impact when we use excessive mobile device effect on health are body pain and headaches ,eyestrain and discomfort .It has high risk to increase pain in neck and back and eyes strain . youth has increases the use of mobile phone and they are addicted .some research has serious effect on health .Some study found that pain complain in investigated posture use tablet use in adult some report said that use of mobile greater than 2 hr. or more will increases the main lower back and should among the adult there was a posture difference the use of tablet and other desktop computer use will pain turned and shoulder pain. question are asking by search some studies found that phone behaviour and posture .From eyes eye to computer. Screen displaced height from screen displaced number of hour are used.Assessedregardless activity onphone ass'sphone uses and pain complaint approach the question. Posture of body by using mobile set effect day by day headache and migraine some research has serious effect on head and cause migraine to do the excessive use of mobile phone. Based on some we found that effect on head and cause symptoms of headache to classify by the frequency produced by phone it cause headache or migraine to classify by headache disorder second addition. Categories we used phone in this type like spend "time spend to call "and other report said that "time spend time using day time" it become phone addicted risk found no relation among new generation without headache and mobile phone addicted. Our literature said that studies find complain on phone used by youth should limited some articles found positive response that they used limited mobile. Daily use of mobile among student'sincreases that create diagnostic problems likedry eyes disease and studies find excessive use more than two hours and this process continuous day by day and intermittent pattern.

IV. RESULT AND CONCLUSION

The survey suggest that large proportion of youth adult in India mobile using excessive. future the excessive use is find with certain feature suggestive of psychiatric mobility ,which may cause effect of excessive mobile phone uses . Negative psychosocial higher significant association with mobile phone in dependence patter there was general need to aware everyone on this serious topic and use on this serious topic and use of mobile should be limited for everyone .

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