

Problematic Use of Mobile Phones and Mental Health

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Abstract

Introduction : In the technological era in current year smartphones, has increased dramatically. The various positive services and facility available in smartphones in the same time negative effects also occurs by using excessive use of smartphones such as psychological and social problems. Now it is a serious issue among all the generation regarding problematic use of mobile phones.

Smartphone's overuse associated with other behavioral patterns, such as emotional dependence, and has negative effects on the users' lives.³

Mobile phone may affect our thinking process: Long term use of mobile phone effect on brain is not clearly evident but assumption is that long use of mobile phone screen can be harmful especially in very young children. After long term excessive use may affect cognition. Modern connectedness also could be rewiring our brains to constantly crave instant gratification.

Mobile phone may affect our vision: long term use of mobile phone may increase myopia.

Mobile phone may affect our social interaction: The more time you spend looking at a screen, the less time you spend interacting in person with others. This makes it more difficult to establish interpersonal connections and strong relationships, which are important for mental health and the health of the community at large. The using more mobile phones screens and computer screen are increasing various health issues. In the recent review more negative effects find in children and adolescents.¹ Problematic mobile phone uses are more mobile phone communication, engage in more talking via audio or video mode, buying costly mobile phone, using mobile phone while situation is not appropriate such as driving or engage to care patients.²

Keywords: Mental health; excessive; uses; mobile phones

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Prevention of Excessive use of mobile phone:

More use of mobile phone and computer screen may develop certain problems including myopia, asthenopia, and ocular surface disease, especially in children. Limited screen time may prevent may prevent ocular and visual symptoms.⁵

Few are the important point to keep in mind:

- Limit screen time of mobile phone and other digital add.
- Always pay attention how much time you involve in screen.
- Use whenever necessary doesn't habitual.
- Make distance while using digital media.
- Every 20 minutes relax your eyes.
- Changes the posing and direction and hold the screen time for few minutes
- Turn off all notification.
- Keep your mobile phone while sleeping.
- Off all types of distracting apps.
- Turn on your phones greyscale

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