

## **Effect of Smart Phone on Human Health**

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**Abstract:** Smart Phones are a class of mobile phones and of multi-purpose mobile computing devices. They are distinguished from feature phones by their stronger hardware capabilities and extensive mobile operating systems, which facilitate wider software, internet (including web browser, cameras, and gaming over mobile broadband), and multimedia functionality (including music, video), alongside core phone functions such as voice calls and text messaging. Smart phone have radically changed people's lives. The unmanaged and excess use of smart phone also has a negative effect on a person's health like that Musculoskeletal Disorder (MSDs), Sleep Deprivation, Brain Cancer, increase Stress Level and vision problems etc. The purpose of the article is to provide knowledge and information of access use of mobile and suffering different types of problems like that, neck pain, shoulder, headache, visual problems etc.

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### **I. INTRODUCTION**

The Smart Phones, being a very new invention of humanity, became an inherent part of human's life. The Smart Phone combines different sophisticated features. It allows users to keep pictures, memories, person information, correspondence, health and financial data in one place. People spend more and more time on social media, internet browsing, e-mail, photography, personal texting etc. Constant usage and sort of addiction to Smart Phones has affected the people physically and psychologically by making them have aches and pains in some a disability too, lose their required number of hours sleep, get angry and scrap over trivial matters, and so on and so forth. In India, we note that the scenario is similar with people from both rural and urban areas, literate or illiterate, and belonging to almost all ages; now dependent on Smart Phone. The world is continuing research to proof whether smart phones are harmful to human health, it has been proved by many research so for that the smart phone comes out of certain types of rays (magnetic web) which is very harmful to our eyes. The many people using a mobile phone in their activity have increased continuously. Many jobs are now dependent on the use of mobile phone. Among the health issues resulting from Visual Display tasks, there are visual stress and musculoskeletal disorder (MSDs). Various risk factors (physical, occupational, ergonomic, psycho-social, and individual) interact in the development of these symptoms and disorders.

**Smart Phone share some common health effect by using of them continuously and for a long period of time, the followings are-**

**Physical health effect-** Smart Phone excessive usage has always negative influence on human life. The excessive and constant usage of Smart Phone has increased the risk of MSDs, neck pain, shoulders pain and low back pain etc.

**Musculoskeletal disorder-** Musculoskeletal disorders (MSDs) consist of minor physical disabilities. This term is used to describe a variety of conditions that affect the muscles, bones, and joints. The severity of the MSD can vary. Pain and discomfort may interfere with everyday activities. MSDs are extremely common, and your risk increases with age. Early diagnosis is the key to ease pain while potentially decreasing further bodily damage. Mobile phone related MSDs can affect shoulders, arms, elbows, wrists, hands and back they are caused by forceful or repetitive movements or a poor working posture. Symptoms include tenderness, aches and pains, tingling, stiffness and swelling.

**Visual Stress-** Visual stress is a term used to describe visual discomfort and perceptual distortions in printed text, and is suffered by many people who struggle to read. Ophthalmic diseases is the known as risk of myopia, prolonged Smart Phone play can lead to dry eyes, sore eyes, congestive, and even serious conjunctiva lesions and other eye diseases.

**Mental health effect –**

**Smart Phone Addiction-** Addiction is a dangerous psychological influence that can be caused by using Smart Phone for a long period of time, it is similar to using drugs for a long period of time. When people addicted to Smart Phone then many behavior indicate that the user of Smart Phone is addicted i.e. all time busy

on text, social media, every after 10 minutes check own phone, feeling depressed and nervous when he/she detached from own phone etc. Smart Phone addiction, sometimes known as “Nomophobia” means fear of being without a cell phone. Nomophobia is often derived by an overuse of internet overuse problem or internet addiction disorder.

#### **Some other effects-**

- **Lifestyle disease-** It is common to see people male or female they spent more time on Smart Phone, be it internet, social media, Facebook, games etc. it's effect digestion, heart rate, and breathing rate. Smart Phone have new enemy to our sleep or relaxation in terms of quality and time.
- **Problem with posture-** there are many disorder resulting from wrong postures while using Smart Phone for a long period of time. Look into your phone for long time with neck bent and arms in a fixed position pose a serious health risk. Pain, muscle spasms and restlessness are just short term effects. In the longer run permanent or chronic diseases may occur. Cervical spondylitis, golfer elbow, chronic dry eye syndrome, stiffness in thumbs, neck and back are a few diseases occurring from habituated wrong postures of using smart phones. The typical head down and neck bent position while one is engrossed in their favorite games or chat should be consciously avoided.
- **Cancer and other Tumour:** Several studies among sizeable populations have found a doubling of the risk of some brain tumour after 10 or more years' mobile phone use for about half an hour a day. Studies indicate a possible link between mobile phone use and tumours of the parotid gland (a salivary gland in the region normally highly exposed to radiation during phone use). The World Health Organization's International Agency for Research on Cancer (IARC) has classified the radiation emitted by mobile phones as “possibly carcinogenic to humans” (Class 2B).

## **II. SUGGESTION**

- **Cut off the Internet once the usage reaches the maximum data allotment-** The ideal solution is to limit access to the Internet for teenagers. People can adjust settings and apply limitation when the data reached the maximum.
- **Socialize without Smart Phones** - Encourage your family or friends to pile the phones in the middle of the table during the meal and whoever touches or grabs their phone has to pay for the table.
- **Personal development** - The best way to limit addiction is to develop some “random” plan. The device owner may proportionally allocate time for personal growth including work out, learning, reading or socializing (not on Facebook, twitter, whatsapp and instagram etc).
- Place the mobile phone away from your body when a call.
- Don't carry mobile phones in pockets of your close of heart.
- Choose a phone with a low SAR.
- When on a call, use a wired headset or speakerphone mode.

## **III. CONCLUSION**

Smartphone is not only useful to a person every time but offend it is causes of danger. The world is continuing research to proof whether smart phones are harmful to human health, it has been proved by many research so far that the Smart Phone comes out of certain types of rays (magnetic wave) which is very harmful to our eyes but the Government has not made any rule or regulation for any kind for the excess use of Smart Phone. It is very challenging task , smart phones is not under BIS Standards (in, India) so people don't know about it how much and how to use Smart Phone.

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