Nowadays, cell phones have become an everyday part of life. It is very difficult to imagine our live without a cell phone as most of our work is done using cell phones. Furthermore, modern cell phones are capable of more advanced computing capability. They affect not only how people communicate but also how people run the errands. While I accept that cell phones can sometimes have a positive effect on the user, I believe that they are more likely to have a negative impact.

My cellphone usage-----

On the one hand, the most advantage of using mobile phone is the ability to communicate with loved ones, colleagues, and friends [1]. In a world made small by mobile phones, people can easily and instantly contact their friends who live abroad by just calling or sending messages. In addition, mobile devices help in education, especially in children [2]. Learning via mobile is one of the preferred methods of learning. With easy access to course materials and contents, children are not confined to a physical location or a set schedule. They can attend online classrooms at their convenience [3]. They also can have a more interactive learning content such as videos and applications. In the long term, this probably results in students feel more enjoyable by the learning process instead of just getting through the day in school.

However, I would argue that these benefits are outweighed by the drawbacks. Mobile phone overuse can harm your physical and mental health, especially teenage and children. Bad effects like dizzy, blood-brain barrier, or eye problems can be seen in those who use a lot mobile phone [4]. A lot of children spend hours a day on mobile screen and end up having a number of different physical problems such as digital eye strain, Eye fatigue, and neck problems [5]. The growing use of mobile devices may also cause the increase in mental health issues [6]. Young people who spend less time doing sports, homework, socializing with friends in real life have a higher risk for depression and suicide [7]. Those who communicate through emoticons can also become socially awkward when being so engrossed in their phones. They probably have less face-to-face time interaction and difficulty in accurately read how people are feeling in real-life [8]. Furthermore, smartphone addition, particularly texting while driving, can lead to a catastrophic accident in just a few seconds. People know it is unsafe but they believe that they can multitask and check their cell phones while driving. By doing that, the attention is away from a very difficult task for over ten seconds [9]. That means people are gambling with their life. In comparison with normal users, people who find themselves addicted to cell phones are more likely to have experienced any accidents [10].

In conclusions, it seems to me that the potential risks of cell phones are more significant than the possible benefits.

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Accident risk associated with smartphone addiction: A study on university students in Korea

Hye-Jin Kim, Jin-Young Min, Hyun-Jin Kim, and Kyoung-Bok Min