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2# Contract With The Devil

4# Putting Down Your Phone

Nowadays, cell phones have become an everyday part of life. It is very difficult to imagine our lives 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 their errands. While people accept that cell phones can sometimes have a positive effect on the user, cell phones are believed to have more adverse effects. People should limit their use of cell phones as using cell phone too much could harm people physically and mentally by increasing risk of cancer, obesity, and the lack of social interaction which leads to depression.

Heavy cell phone usage is likely to increase cancer risk as cell phones emit radiation in a 3-4 feet radius. People change their lifestyle and behavior due to digital technologies. They tend to spend lots of hours on the screen watching movies or learning via mobile which has become one of the preferred methods of learning today. With easy access to course materials and contents, Students can attend online classrooms at their convenience. They also can have 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. With the fact that people get stuck in virtual world more than the real one, mobile phone overuse would harm people’s physical and mental health, especially teenage and children. Bad effects like dizzy, blood-brain barrier, and eye problems can be seen in those who use a lot mobile phone. Lennart Hardell, writer of Society for Research in Child Development, mentioned that “during use, mobile phones and cordless phones emit radio-frequency (RF) radiation. The brain is the main target organ for RF emissions from the handheld wireless phone. An evaluation of the scientific evidence on the brain tumor risk was made in May 2011 by the International Agency for Research on Cancer at World Health Organization” (n.p). People should be careful with the use of their smartphone as the risk of brain cancer increases according to the amount of cell phone usage.

Getting addicted to cell phone and barely spending time to exercise or do physical activities has also clearly been shown to be a risk of various problems physically and mentally. Many children and plenty of adults enjoy playing mobile games because it can serve for entertaining and educational purposes. Users or gamers feel as if they were in a fantasy world that is often more appealing than a real-life past time. People can be highly addictive to mobile games because cell phones can access thousands of games and convenient to carry. They can play whenever and wherever they want. Generally, a mobile game was designed to make the player want to keep playing by given new targets and frequent exclusive rewards. Some people spend hours a day trying to progress through the levels of a game, this is what happens when young people cannot turn cell phones down. Doctor Joseph F. Chandler, assistant professor of psychology at Birmingham-Southern College tells NBC News that “Any gamification platform is explicitly designed to make you want to not put it down and is designed to stimulate the reward pathway in your brain which can suppress [your perception of time](https://www.nbcnews.com/better/health/why-our-sense-time-speeds-we-age-how-slow-it-ncna936351). Your brain stops keeping track of time and instead measures units of pleasure in the game. The next level becomes the marker of the passage of time. This is why you lose an hour or three without feeling it” (qtd. in Spector n.p). This type of addiction can have effects ranging from lack of sleep to problems at school. Without enough hours of sleep, students might not be able to think clearly and loss concentration at school, eventually leading to emotional problems such as depression, anger, and anxiety. “If students do not achieve eight hours of sleep, certain cognitive functions, such as learning and memory, can start to decline in performance” (Cumberledge n.p). Moreover, the rise in obesity in recent years has also been linked in part to the sedentary lifestyle and lack of exercise that often accompany cell phones addiction. The research from the Health Sciences Faculty at the Simón Bolívar University during June and December 2018 indicated that “The risk of obesity increased by 43% if a smartphone was used five or more hours a day, as participating students were twice as likely to drink more sugary drinks, fast food, sweets, snacks and have decreased physical activity” (Hamill n.p). Thus, people cannot overlook the danger of obesity because it is a common cause of fatal diseases such as heart disease, blood pressure, and the certain types of cancer.

Excessive use of cell phones can cause conflict, negativity and social isolation leading to mental stress. Many people think that phones are bringing them closer, but they might not realize that they can have the opposite effect. Some young people never knew that they are having a problem interacting with people in real life. Cell phone addiction is distancing some people from their immediate family and close friends. They probably do not make a conversation with their loved ones even sitting side by side. According to MIT sociologist Sherry Turkle, author of the new book Reclaiming Conversation, “We lose our ability to have deeper, more spontaneous conversations with others, changing the nature of our social interactions in alarming ways” (qtd. in Suttie n.p). Taking attention away from present can suffer your relationships and friendships. It would be better if young people turn to care of people around them more than cell phones before cell phones destroy their feeling and people that surround them.

It is undeniable that cell phone addiction could put people life in danger in several ways. When experiencing unwanted feelings such as anxiety and depression, people choose to turn to cell phone rather than real people. Some people, especially young people, found themselves got caught up in futile activities on social media sites causing them to neglect other aspects of their life such as real-world relationships, hobbies, and social pursuits. We should find the right balance in the use of smartphones. A limit should be set on the amount of screen use. We also should put our smartphone down for designated periods of time each day so we can focus on what really matters.

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