# How cell phones have changed our lives?

Mobile phones have undergone many changes over the past seventy years. The first mobile phones weighed about 1 kg and its rechargeable battery lasted about eight hours. Then they were improved and new functions appeared in phones, such as e-mail, calendar, browser, music player. It was not until the early 2000s that a mobile phone appeared that resembled what we have now. And then our life with mobile phones began to develop by leaps and bounds.

Now with smartphones in hand, you can search for restaurants, buy tickets to concerts, stay connected through Facebook , Twitter and Instagram , because we like to see what our friends are doing and look at their photos. We also love the varied mix of news articles, humor, and lifestyle articles that these various platforms provide. We use the weather app every day to see what we'll be wearing or even just plan our day. We use maps to move around the city. If there ever comes a moment that we need to capture, we can again use our mobile phone to take photos and record videos.

A Eurobarometer survey of almost 1,000 children in 29 countries found that most of them have phones after their 9th birthday. Three objects were considered important to all survey participants: keys, money and a mobile phone.

But there are also negative consequences of using mobile phones in this mode. Ohio researchers have found that frequent cell phone use by students is associated with poor academic performance, anxiety, and unhappiness. This is stated in a study published in the journal Computers . in human Behavior . Researchers at the College of Education, Health, and Human Services at Kent State University in Ohio describe how they surveyed more than 500 college students about their mobile phone use and compared their responses to their college grades and results from clinical tests they conducted to study anxiety and satisfaction. life, as well as the level of happiness. Their analysis showed that cell phone use was negatively associated with mean scores—higher cell phone use, poorer scores—and similarly associated with anxiety—more frequent cell phone use was associated with higher levels of anxiety. They also found that higher average scores tended to correlate with more happiness, while more anxiety was associated with less happiness.

Anxiety and happiness were assessed using two well-known mental health questionnaires: the Beck Anxiety Scale and the Life Satisfaction Index ( SWL ). The ubiquitous use of cell phones affects many people. This study examined the effect of eavesdropping on one-way conversation (using a mobile phone) versus two-way conversation (live) on attention and memory. Cell phone conversations can be a common source of distraction, with negative consequences in the workplace and other public places. Earlier this year, a team led by Lepp and Barkley also found a negative association between cell phone use and cardiopulmonary training.

Smartphones also affect our relationships. Many interviewees noted that there were situations in their life when their friends, being nearby, constantly checked their phones, which made the interviewees feel worthless and unimportant, and also showed that the friend had nothing to say or add to the conversation.

Today, smartphones are central to the lives of college students, allowing them to stay connected to friends, family, and the Internet at all times. Cell phones of students are rarely out of reach. As mobile phone usage continues to grow, it is worth considering whether device use is associated with important measurable outcomes. But students should be encouraged to monitor and be critical of their mobile phone use so that it does not harm their academic performance, mental and physical health, or general well-being or happiness.