

Original Research

A study to assess the knowledge on ill effects of cell phones among adolescents in selected urban community of Jaipur with a view to develop an information booklet on prevention of ill effects of cell phones

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ABSTRACT:

A mobile phone is a portable gadget used for global speech communication with those who are geographically distant. It is particularly prevalent among teens. The mobile phone has increasingly become an indispensable instrument in our everyday lives. To evaluate the awareness of negative consequences of mobile phones among teenagers in a specific metropolitan population in Jaipur, in order to create an informational pamphlet on how to avoid these negative impacts. This evaluation was conducted inside the nursing department. A Google search was conducted for this review. Based on the data, it was concluded that the Information Booklet is an excellent technique for educating teenagers about the avoidance of negative consequences associated with mobile phones, hence enhancing their understanding. The Adolescents really valued and embraced it. This study is significant not just in nursing practise but also in the fields of nursing administration, nursing education, and nursing research. This research aims to identify more favourable outcomes for the community.

Keywords: ill effects, Cell phones, Adolescents, Urban community

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INTRODUCTION

A multitude of the objects we use in the present day are a direct consequence of technological advancements. The advancements in scientific discoveries and engineering have led to the creation of many items such as mobile phones, microwave ovens, washing machines, and plastic cups. These inventions have significantly enhanced the quality of life for individuals. Technological advancements have enhanced several aspects of our lives, including our health, the quality of our food, the garments we wear, our modes of transportation, and our methods of communication. While some components of technology may have a few negatives, it is undeniable that technology has significantly enhanced several areas of daily life for the majority of people. Cell phones represent a significant advancement in telecommunications technology and have become an essential part of everyday life for many people

worldwide. The increasing significance of mobile phones stems from several factors, including the capacity to maintain communication with family members, business contacts, and the convenience of accessing email. During the first release of mobile phones to the general public, these devices were characterised by their large size, high cost, and the need of carrying a separate base unit beside the phone. Poor reception was a significant challenge, and initially, early mobile phones were limited to certain areas with excellent signal coverage. With the advancement of mobile phone technology, the challenge of utilising them diminished. Presently, the quality of mobile phone reception has significantly enhanced as a result of the utilisation of satellites and wireless services. With the advancement and user-friendliness of mobile phones, their significance has correspondingly escalated.

Effective communication is vital in all domains of existence. Irrespective of one's location, whether it at work, at college, or in a social setting, it is inconsequential. Nevertheless, it would serve as a means of communication. It encompasses a range of activities, including telephoning, emailing, presenting, and report writing. The cellular telephone system is a method of delivering mobile telephone services. Every phone is linked by a wireless connection to a central station, which in turn is connected to the telephone network, the greatest machinery on Earth. A cell phone, sometimes known as a cellular phone, is a portable and handheld device that connects to a wireless network. It enables users to make voice conversations, send text messages, and run programmes. The characteristics of cell phones and their network might vary considerably across different providers and countries. Nevertheless, the fundamental means of communication for all of these devices relies on electromagnetic microwaves sent via a cellular base station. Cell phones possess a multitude of functions in addition to sending text messages and making voice calls over short or long distances. These additional features encompass internet browsing, playing mp3 music, accessing email, managing personal schedules, incorporating built-in cameras, facilitating multimedia messaging (MMS), supporting PowerPoint presentations (PPT), maintaining call logs, offering pre-installed games, storing voice messages, enabling downloads, facilitating video calls, supporting Bluetooth and infrared connectivity, and serving as wireless modems for personal computers. Cellular devices send and receive Radio Frequency (RF) signals for the purpose of communication. Cell phones emit RF waves that belong to the microwave portion of the electromagnetic spectrum. This kind of radiation is often known as microwave radiation or electromagnetic radiation. Electromagnetic waves modify the electrical activity of the brain, leading to sleep disturbances. This may result in difficulties in focus, weariness, headaches, and increased response time, which worsen with time. They elevate the baseline blood pressure and inhibit the synthesis of melatonin. Additionally, they are involved in causing DNA strand breaks.

MATERIAL AND METHODS

This evaluation was conducted inside the nursing department. A Google search was conducted for this review.

Types of ill effects on adolescents: Cell phones have several advantages, particularly in terms of communication and information accessibility. However, they may also have negative consequences for teenagers. It is crucial to acknowledge that the influence of mobile phones may differ among people, and not all teenagers may encounter identical

problems. Here are few possible adverse consequences:

Sleep Disturbances: Prolonged and frequent use of mobile devices, particularly before to sleep, might result in disruptions in sleep patterns. Screens produce blue light which may disrupt the synthesis of melatonin, a hormone responsible for regulating sleep.

Reduced Physical Activity: Adolescents may engage in prolonged phone use, resulting in a sedentary lifestyle. This decreased level of physical activity might lead to health problems such as obesity and its associated repercussions.

Social Isolation: Ironically, while mobile phones are created to facilitate communication between individuals, over use may result in social seclusion. Adolescents may allocate a greater amount of time engaging in online interactions compared to in-person interactions, which might have an effect on their social aptitude and interpersonal connections.

Cyber bullying: Adolescents might be exposed to cyber bullying due to the widespread use of cellphones and social media. This kind of harassment may result in significant emotional and psychological repercussions, impacting one's mental health.

Negative Impact on Mental Health: The continuous access and exposure to social media may lead to the development of anxiety, sadness, and poor self-esteem in teenagers. The societal expectations and the anxiety of not being included may be substantial sources of stress.

Academic Impacts: Excessive use of mobile devices during designated study periods might have a detrimental impact on academic achievement. The persistent interruption of alerts and the allure to peruse social media might hinder focus and efficiency.

Risk-Taking Behavior: Adolescents may experience an increase in exposure to unsuitable information or participation in hazardous online activities. Examples of such risks may include seeing explicit material, engaging in online dares, or partaking in potentially detrimental endeavours.

Addiction and Dependency: Certain teens may acquire a compulsion towards their smartphones, resulting in a reliance on these gadgets. This may lead to challenges in managing use, disregard for obligations, and experiencing withdrawal symptoms when separated from their mobile devices.

Physical Health Concerns: Extended use of smartphones might result in physical health

complications such as ocular fatigue, cervical and lumbar disorders, and pain in the hands and wrists.

It is essential for parents, educators, and carers to provide guidance to teenagers in the responsible utilisation of technology, establish suitable limits, and cultivate a harmonious equilibrium between online and offline pursuits.

ADVANTAGE AND DISADVANTAGE OF CELL PHONE IN ADOLESCENTS AT URBAN AREA OF JAIPUR

Increased Screen Time and Sleep Disturbances: Urban adolescents often encounter the difficulty of heightened screen use, which may result in sleep disruptions. Utilising mobile devices before to sleep might disrupt sleep patterns and exacerbate conditions such as insomnia.

Cyberbullying and Online Harassment: Adolescents in urban locations with strong internet access may see a rise in incidents of cyberbullying and online abuse. The anonymity afforded by internet platforms may sometimes empower bad behaviours.

Social Isolation and Impact on Relationships: Urban neighbourhoods provide connectedness, but conversely, teenagers may feel social isolation due to increased phone use and less face-to-face contacts. This may have an impact on the development of interpersonal skills.

Mental Health Concerns: The metropolitan setting, characterised by its rapid pace of life and heightened competitiveness, might potentially lead to elevated stress levels among teenagers. The perpetual connectedness of mobile devices and exposure to social media might exacerbate mental health issues such as anxiety and depression.

Academic Distractions: Cell phone use during study time may be a significant distraction for urban teenagers, which can negatively affect their academic performance. The need to stay current with internet trends and the desire for immediate satisfaction may disrupt focus.

Health and Well-being: extended engagement in sedentary activities, such as excessive mobile phone usage, including extended screen time and less physical activity, may lead to health problems such as obesity. Urban settings may provide limited prospects for engaging in outdoor pursuits.

Access to Inappropriate Content: Urban adolescents may have more accessibility to a diverse array of internet materials, which may include unsuitable or explicit material. This may result in early exposure to information that may be inappropriate for their age.

Dependency and Addiction: Urban living often entails a significant dependence on technology, leading teenagers to potentially develop a dependence on their mobile devices. Excessive reliance on smartphones might negatively impact individuals' daily schedules and general state of health.

PREVENTION OF ILL EFFECTS OF CELL PHONES

To mitigate the potential ill effects of cell phones among adolescents, it's essential to implement preventive measures and promote responsible usage. Here are some strategies to consider:

Establish Screen Time Limits: Promote a harmonious use of mobile devices by establishing daily or weekly restrictions on screen time. Several smartphones are equipped with integrated functionalities that enable parents to monitor and regulate the duration of use on different apps.

Promote Healthy Sleep Habits: To mitigate the effects of blue light on sleep, it is advisable to discourage the use of mobile phones before to bedtime. Implement a "digital curfew" and motivate teens to establish a nightly routine that excludes the use of electronic devices.

Encourage Physical Activity: Highlight the significance of engaging in physical exercise and participating in outdoor recreational activities. Restrict the amount of time spent on screens for activities that are not educational and promote the engagement of teenagers in sports, hobbies, or other forms of physical activity.

Educate About Cyberbullying: Promote awareness on the perils of cyberbullying and foster transparent communication with youth. Instruct individuals on how to identify and address instances of online harassment, and reassure them that it is acceptable to seek assistance if they encounter or see such conduct.

Foster Face-to-Face Interactions: Promote and foster face-to-face relationships among teenagers with their friends and family. Achieve equilibrium between virtual correspondence and face-to-face interaction in order to cultivate and sustain robust interpersonal connections.

Promote Positive Online Behavior: Provide teenagers with instruction on how to engage in internet activities in a responsible and courteous manner. Instruct them in the practise of analysing the stuff they distribute and the possible repercussions of their online behaviour.

Set Device-Free Zones: Allocate distinct zones or periods within the household when the using of mobile phones is prohibited, such as during meal

times or family-oriented engagements. This facilitates the establishment of limits and promotes high-quality family bonding.

Teach Time Management: Urge them to give precedence to academic obligations, household tasks, and other activities conducted outside of the digital realm prior to engaging in prolonged phone use.

Model Responsible Behavior: Adults, including both parents and educators, have to exemplify appropriate use of mobile devices. Exhibiting sound digital practises serves as a constructive model for teenagers to emulate.

Provide Guidance on Content: Examine the significance of engaging with information that is suitable for one's age and using privacy settings on social media sites. Provide teenagers with information on the possible hazards associated with disclosing personal information on the internet.

Encourage Digital Detox: Establish a consistent routine of taking breaks from electronic devices, such as dedicating a certain day or weekend to completely disconnecting from digital technology. Adolescents are able to detach, replenish their energy, and participate in different activities.

Stay Informed: Stay updated on the most recent advancements in technology and social media. Gaining comprehension of the platforms and applications that teenagers use empowers adults to provide knowledgeable counsel and assistance. To foster the development of healthy and responsible habits in teenagers' use of mobile phones and other digital gadgets, parents, educators, and carers may use these preventative steps and ensure ongoing communication.

CONCLUSION

Based on the data, it was concluded that the Information Booklet is an excellent technique for educating teenagers about the avoidance of negative consequences associated with mobile phones, hence enhancing their understanding. The Adolescents really valued and embraced it. This study is significant not just in nursing practise but also in the fields of nursing administration, nursing education, and nursing research. This research aims to identify more favourable outcomes for the community.

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