

The Negative Impacts Of Smartphones

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Introduction

In recent years, smartphones have transformed into one of the most important elements in our lives, even if they bring some damage with unintended consequences. A smartphone is a very small device that we can utilize to be connected with the world, as well as to be organized and entertained. Smartphones can register our shopping lists, consumption habits, and the details of our intended travels. These devices are no longer just limited to making or receiving calls; they have the capability of tracking our sleeping patterns, our diet, and our exercise and fitness objectives. They changed our way of life, provided comfort and improved our lives, but their negative influences have an adverse effect on our social communication, exchanges, and the overall performance of the student in their education. Indeed, it can be said that the adverse effects of smartphones on our daily lives far outweigh the benefits they offer.

The Effects Of Smart Phone

Among all the negative impacts of smartphones on human lives, the worst can be regarded as social isolation and loneliness. The rapid rise in technology has transformed our lives in numerous ways, with intermediary communication surrounding them. Instead of physical interaction, people have started relying on social networking platforms to interact and virtually meet. The media provides multiple platforms for communication. However, that makes us feel lonely, and the relationships among people weaken. Independently, people are seeking comfort with these devices, but as they connect to these devices, the reliability of the actual relationship is lost. For example, when school violence appeared, some children became crazy about virtual world PC games. They will find themselves and try to use the virtual world with confidence. But in real life, they become isolated and lose the relationship based on love with their parents and the friends who actually care for their well-being. The same can be said about smartphones, as people become obsessed with them, forsaking their physical and real interactions with society.

Furthermore, the negative effects that smartphones have on family life can also not be discounted. Family can be regarded as the building block of society, yet, in the context of family, the effect is getting worse. Yes, it can be said that smartphones amplify families' unity by promoting interaction and solving problems among families, but at the same time, research shows that these devices have a profound impact on reducing the cohesiveness of the family unit through the promotion of individualization and stimulation. (Sohn et al., 2019) Ever since the popularity of smartphones increased and they became readily available to the masses, they have become one of the major

factors responsible for disputes among the members of the family. In the past, all the members of the family ate together, and this proved to be an excellent platform for discussing issues among family members. This activity enhanced the bond among the family members as they discussed their daily lives and routines with one another. They talked to each other before food was offered and before it was eaten. However, when smartphones arrived, they constantly used them. Today, when families have meals, they just say empty words on the table. Today, we talk and socialize on social networks using mobile phones. Due to this personalization and the appearance of the phone, family unity has weakened.

Moreover, another important segment of society adversely affected by the rise of smartphones is the students. The students invest a major portion of their energy in socializing on social networks, such as Twitter, Facebook, Instagram and LinkedIn, among many others. Instead of focusing on physical interactions, they consider virtual relationships to be necessary. Therefore, they lack the understanding of the emotions, feelings and attitudes of people in the real world. In addition to making these students socially incompatible, smartphones also impact their academic lives in an undesirable fashion. As a result of their addiction to smartphones, students like to send messages and chat and talk. Thanks to smartphones, they may end up indifferent to meeting with teachers.

In addition to this, smartphones promote the function of accessing the Internet and exacerbate the problem. For example, if students are having trouble studying, they will not question the instructor. Rather, they use online search engines such as Google to get the answer. They neglect the fact that the digital space answers may not be the correct solution for their question. In this way, smartphones influence students both socially and mentally. Ultimately, from a social point of view, they become mentally weak, begin to lose interest in physical communication and choose loneliness with family and friends. In the context of mental effects, they lose the ability of curiosity and the desire to research and find the best solution to an academic problem.

Although there are numerous negative effects on smartphones, at this time, there is no doubt that it is one of the best inventions of the modern era. If it is used with caution, we can reduce its negative impact. There is no doubt that smartphones have reduced distance manifolds. Communicating with loved ones, even if they are residing in other corners of the world, has become convenient and possible within the blink of an eye. Therefore, the proponents of smartphones state that it is a positive invention and should be treated that way. (Council on Communications and Media, 2016) In addition, students have also greatly benefitted from this device, as nowadays, most educational institutions use online resources to assist in teaching. Students stay connected not only with their fellows but with their teachers as well, and this greatly helps in their educational process.

Due to smartphones, educational resources are available 24/7 to students, and they have a much better understanding of educational concepts than in the past. However, in order to fully reap its benefits, it is imperative to reduce its addiction through personal development. To restrict dependence on smartphones, we need to start by recognizing which parts of the digital technology we need. The next step is to make minor changes, such as refraining from using the phone during a

meal or conversation with a friend. Also, it would prove to be very beneficial to remove unnecessary applications, like social networking applications and game applications.

Conclusion

In conclusion, the negative impact that smartphones have on families, society, and students can be overcome with positive effects. Smartphones have actively eliminated the important virtues in our lives, such as communication, social exchange, education and self-regulation. Smartphones have already played the most important role in our lives, and there are long-term impacts among them. However, this does not mean that there are no positive influences, as they have indeed improved communication, and that one should not use mobile phones to make her life easier. One should Judge herself to see what's wrong and understand how to use it for our benefit and how to use it for others. Therefore, after learning about these undesirable invasions with smartphones in our lives, it is prudent to think about how we use them and to understand the impact it has on society. It is not the smartphones themselves that are negative, it is their wrong use that lead to their undesirable impacts.

References

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