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## **Psychological Effects of Mobile Phones.**

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### **Abstract:**

The science that deals with emotions is called psychology. Healthy mind and healthy body provide maturity to our work condition. Just as material objects and environment affect our body, in the same way our mind is also affected by these things. If our mind wants to do some work again and again, then the very name of the work creates tension. There are many such tasks, which are necessary and convenient to do, but which cause harm to our brain activities.

**Keywords:** Addiction, gadgets, Mental ability, technology affects, social behavior.

### **Introduction**

Mobile phone is also a device which is having a greater mental impact on social life. Mobile phones provide more facilities in social life, every task can be completed within minutes. Time and money are also saved, but as a result of these facilities, we also suffer a lot of mental harm. This device has psychological effects in many ways. Mobile phones are now considered to be the cause of headaches, irritability, stress, disputes, discomfort, apprehension and sleep problems.

Katerina Blue (2010) studied the social and psychological impact of mobile phones and said that due to mobile phones, people are feeling more mental stress, which is making social relationships weaker.

Zulfi (2009) stated that mobile phone is making a person mentally unhealthy. The ringing of the mobile phone at odd hours creates a kind of tension in the mind and in this tension, when a person talks on the mobile phone, a situation of dispute may arise. Arrival of untimely day and wrong day also disturbs the mind. Day also affects the mind and brain of the person. Even while reading and writing, the mind begins to feel extremely disturbed. This has been confirmed by Donna Reed (2004) and Hemant and Rajendra Singh (2011), according to them, untimely dads cause irritation.

Himanshu Tyagi (2007) stated in his study that mobile phone addiction causes irritability and nervousness. Mobile phone interferes with sleep by putting more pressure on our brain. The

widespread use of new technology affects the social and psychological aspects of a person's life. Its misuse causes mental pain by creating social anxiety and distance in relationships. Mobile phones are even more dangerous for the new generation. Mobile phones encourage stubbornness. Which is a mental disorder, mobile phone has started determining the mentality of a person. If someone has an expensive mobile phone set then he becomes a high-status officer in his group and having a normal mobile phone set makes him a low status person. Our thoughts change our mindset. This also indicates the psychological aspect.

Self-Stein (2005), James G. Phillips (2005) and Robert and Smith (2012) have highlighted the above-mentioned aspects of mobile phones in their studies. Shan Mayers (2011) found in his study that mobile phone is necessary for an individual but looking at its social and psychological side effects, it is an inappropriate tool for both society and ideas. Casey Bian (2012) has stated that mobile phones are responsible for causing mental fatigue.

Psychiatrist Richard Maxwell believes that mobile phones are causing depression and making a person a lover of solitude, which is inappropriate for the society. Spending hours alone on mobile phone frustrates the mental state. Various psychologists have also described mobile phones as psychologically dangerous. Today's modern world is going to be socially incomplete because of mobile phones. In the presented study, an effort has been made to know the above facts about mobile phones. By analyzing the data received from the respondents, it will be known to what extent the mobile phone is actually affecting the psychological aspects. In this chapter, some psychological effects caused by mobile phones have been posed to the respondents in the form of questions, and their views and consent have been presented in the form of conclusions.

### **Mental stress due to mobile phone**

Stress is a state of adverse emotions accompanied by high levels of arousal. Stress is a state of mental imbalance, which affects the scope of thinking of a person. Stress is a psychological element, which affects both body and mind. Richard Lazarus (1968) believes that stress occurs when the perception of a situation exceeds the individual's coping resources. Due to stress, a person loses his power of tolerance. Even in social sciences, stress has been defined differently by different authors. Motivation (1986) has considered mental stress as the experience of unpleasant emotions related to fear, dread, anxiety, irritability, anger, rage, sadness, grief and depression. Mobile phone causes mental stress, use of mobile phone is good from the point of view of convenience but wrong use and excessive use causes mental stress. Excessive use of mobile phones for a long time, which includes receiving or making more than 30 calls, creates so much stress that there is a possibility of high blood pressure.<sup>14</sup> Lina Karpin (2009) has stated in her study that mobile phones Along with mental stress, symptoms of many mental diseases also appear. According to the research of Wilson Rothman (2012), mobile phones cause mental stress to such an extent that a person cannot hold a normal conversation and mental irritation and mental imbalance keep increasing continuously. Mental stress generated by mobile phones affects the daily life of a person. In which apart from work at home and outside, social relationships are also affected. The more a person is under mental stress. The more difficult life becomes. Mobile phones can increase stress levels. Mobile not only

increases mental stress but also reduces stress. If you are worried about something or are not able to get any information, then only mobile phone provides relief from that stressful situation. Many times, there are reports of accidents due to mobile phone stress, but researchers at the University of California said that mobile phones are helpful in relieving stress. Psychologist Adrian Aguilera says that if patients continue to receive good care, they get relief from stress, because they feel that people care about them. This has also been confirmed by Shyam Patnaik (2013).

The data obtained from the respondents related to mental stress due to mobile phones is presented in the following table: -

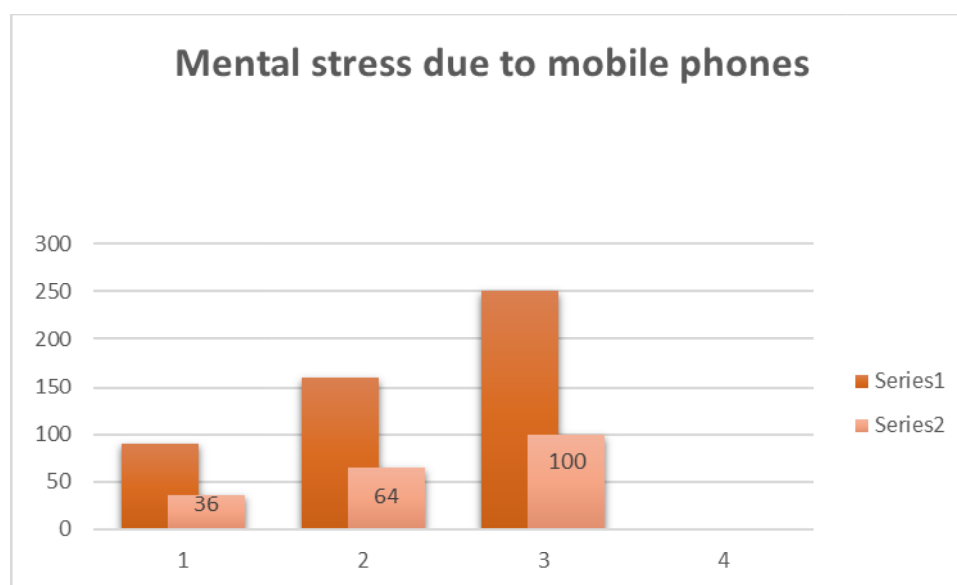
Table No. 1.1

**Mental stress due to mobile phones**

Sl.No.	mental stress	frequency	Percent
1	Yes	90	36
2	No	160	64
Total		250	100

**Figure No. 1.2**

**mental stress due to mobile phones**



Analysis of Table No. 1.1 shows that **64** percent of the respondents believe that mobile phones do not cause mental stress, but **36** percent of the respondents think that mobile phones cause mental stress. From the observation of the graph, it is clear that most of the respondents do not face mental stress due to mobile phones.

But more than a third (**36%**) of the respondents face mental stress due to mobile phones. Therefore, the study of psychologists Aguilera and Shyam Patnaik is confirmed by this study. Forms of Stress: Stress can take many forms, which hamper a person's ability to think and understand. Irritability, headache, anger and fear and depression are also caused by stress. Many types of mental stress arise due to mobile phones. Lopez (2009) has stated that excessive use of mobile phones makes a person irritable. He considered mobile phones as one of the harmful items. Bivens R (2008) has said that mobile phones are responsible for headaches. Jackson Brody (2010) has stated that apart from headache, digestive problems are also among the forms of mental stress caused by mobile phones. The stress caused by mobile phones is a problem not only for the individual but also for the family and society. It is difficult for a stressed person to live a normal life. More than one-third of the respondents in the study consider mobile phones as a cause of stress. The nature of stress reported by them is shown in the following table: -

**Table No. 1.3 Nature of Stress**

Sl.No.	Nature of Stress	Frequency Range N=90	Percentage
1	Irritability	54	60
2	Headache	36	40
Total		90	100

From the evaluation of the above table, it is known that 60 percent of the respondents feel more irritable due to stress due to mobile phones. The remaining 40 percent respondents experience headaches more due to mobile phones. Therefore, it can be said that whatever be the form of stress caused due to use of mobile phone, irritability or headache is harmful for every person. This reduces working efficiency. Nature of calls with high mental stress: All types of calls come on mobile phones. Family members also call on mobile phones, officers also call on mobile phones and there are also unnecessary callers in which mobile companies receive more calls. Talking to everyone is not the same experience. The effect of everyone's calls and the time of calling affects the person mentally. Mobile calls made by everyone do not give spiritual peace. There is more mental stress when someone calls, while there is less mental stress when someone calls.

People have more mental stress due to unnecessary calls because when the ring rings, they have to leave everything and switch on the mobile phone, but if it is not a meaningful call, it causes irritation. Getting a call from an officer at home creates tension that no work should be assigned again. According to a research magazine, working women face more stress and anxiety due to calls from family members in the office. Due to responsibilities at both places, work gets affected and worries about home make work difficult. Facilities have increased mental stress and made problems unsolvable. Neither can we give up consuming facilities nor can we ignore the problems arising from these facilities. Regarding calls coming on mobile phones, an attempt was made to find out whose calls cause more mental stress to the respondents, the data obtained from them has been compiled in the following table: -

Table No. 1.4

**Nature of calls involving high mental stress**

Sl.No.	form of call	frequency	percentage
1	from the call of the authorities	57	22.8
2	through family call	13	5.2
3	from unnecessary calls	180	72
Total		250	100

Analysis of the above table shows that 72 percent of the respondents feel more mental stress due to unnecessary calls on mobile phones, 22.8 percent of the respondents feel more mental stress when they receive calls from their officers on mobile phones, the remaining 5.2 percent of the respondents People experience more mental stress from family calls on mobile phones.

**Conclusion**

Unnecessary calls on mobile phones are responsible for excessive mental stress. Which includes company advertisements or calls from unknown people for which there is no time limit. One-fifth of the respondents feel more mental stress when receiving calls from their officers on mobile phones, as their calls cannot be ignored or unheard. The fifth part that the respondents feel more mental stress due to family calls indicates that they either worry more about their family or want to avoid their family responsibilities.

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