

## THE EFFECT OF THE PHONE ON A PERSON

*Bruverys M. Y., Romanova M. S.*

*Belarusian State University of Informatics and Radioelectronics, Minsk, Republic of Belarus*

*Drobysheva A.P. – master of philology, senior lecturer of the Department of Foreign Languages*

**Annotation.** There was an analysis of many studies on the addiction of a person on the phone. In addition, the concept of nomophobia was considered. A sociological survey was also conducted among students on the topic “Nomophobia”. In addition, the negative effect of the phone on the mental and physical health of a person was considered.

**Key words:** phone, addiction, nomophobia.

**Introduction.** It is impossible to imagine our daily life without a phone. This small box has become absolutely necessary for us to effectively perform various work, household and social tasks assigned to us.

In this article, we would like to draw attention to how much a person’s life depends on the phone nowadays. We also looked at the concept of nomophobia and a few simple actions that will help to avoid it.

**Main part.** The effect of mobile phones on communication between people can be described by a quote from Steven Spielberg: “Technology can be our best friend, as well as the biggest hindrance to parties in our lives. It interrupts our own story, deprives us of the ability to think or dream in reality, to imagine something wonderful, because we are too busy overcoming the way from the cafe back to the office on a mobile phone.”

A study produced by the Kaiser Family Foundation in 2010 it is reported that people between the ages of eight and eighteen spend more time with media resources (including phones) than in any other activity except (possibly) sleep - an average at least seven and half hours a day. Why?

You can give an answer to this yourself: with the help of the phone and the Internet, you can almost instantly find any necessary information, pay bills, send an important letter, arrange a meeting, and this list can be continued indefinitely. In addition to this, the phone contains the functions of a clock, alarm clock, calendar, photo and video camera, calculator, flashlight, navigator and so on. You no longer need to memorize a huge amount of information, because all of it can be recorded in the phone, and if necessary, it will remind you when you need to start performing some important task.

But we wouldn't use the phone for so much time if we were coping with some everyday duties with it. The phone is an exciting toy. People often prefer to live their lives in social networks and messengers instead of reality. They are so afraid of being left without a phone that it literally turns into a phobia, which even came up with a name - nomophobia.

The term nomophobia (no-mobile-phone-phobia) first appeared in a YouGov study in 2010. It interviewed more than 2 thousand residents of the UK. According to the results of the survey, it turned out that slightly more than half (53%) of phone users begin to experience discomfort or anxiety if they lose their phone or end charging on it. It is also noted that men (58% of respondents) are more susceptible to this than women (47%).

We conducted our own mini-social survey, where 50 students took part in it. The study asked questions about using the phone on working days and weekends. For the most part, people used the phone from 4 to 6 hours on working days (44%), and only 22% of respondents use the phone up to 3 hours a day (Figure 1). For 56% of the survey participants, a telephone during the day is a necessity and for 40% of the respondents, its availability is desirable. Hence, the natural result is that 36% of users in case of discharge of the phone will start looking for an opportunity to recharge it, 6% will start to get nervous until they recharge the phone and 52% will recharge only if such an opportunity appears.

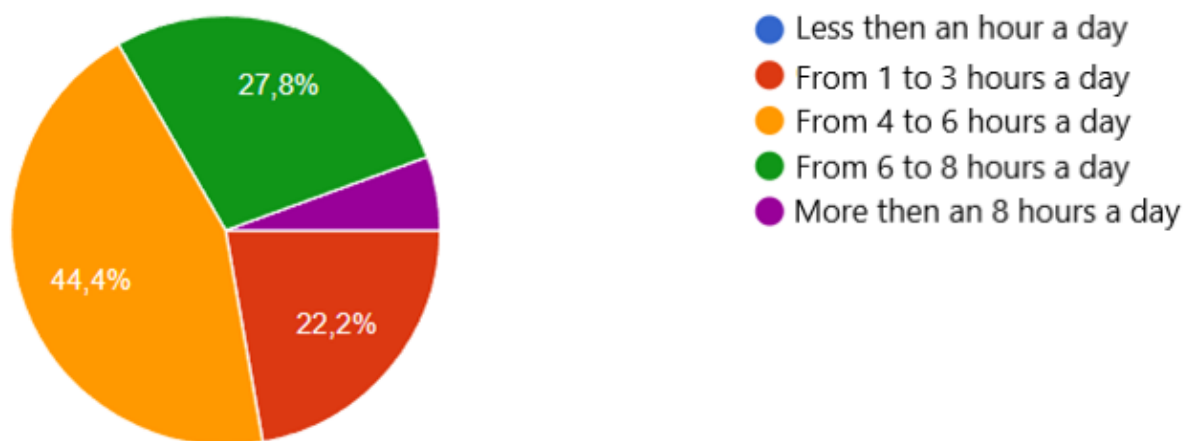


Figure 1 – The amount of time on the phone during working days

For the weekend, the following statistics were obtained: 38% of respondents use the phone from 4 to 6 hours a day, 28% - from 6 to 8, 6% - more than 8 hours and 28% - from 1 to 3 hours a day. At the same time, 78% of the survey participants will easily give up the phone if there is another way to spend time, and 18% will do it, experiencing discomfort. Among the applications most often used by respondents, Telegram is the undisputed leader, followed by YouTube and Instagram (Figure 2).

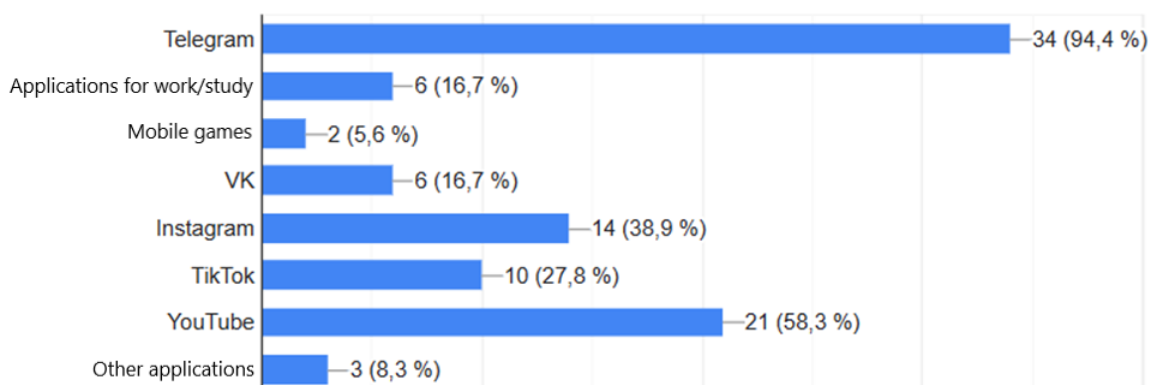


Figure 2 – The most popular applications

According to the survey results, the following conclusions can be drawn: on working days, the phone is a necessary attribute for many, which is due to its widespread and frequent use; on weekends, the phone is most often an alternative to entertainment, which is easy for most to refuse. The results on people's anxiety in the event of a phone discharge are also explained more by the need to use the phone during the working day than by the desire to enjoy using the phone.

The negative effect of the phone on a person can be divided into two parts: the impact directly on health and the impact on the psyche and social behavior.

According to the results of a study conducted by the famous British ophthalmologist David Allambi, it turned out that the number of people with myopia increased by 35% compared to 1997, and this is directly related to the fact that mobile phones have just begun to enter into habitual use. According to the expert, if this trend continues in the future, by 2035 the number of people with poor eyesight will be about 55%.

The main people's problems with smartphone addiction are observed with the organs of vision, since the distance from the eyes to the screen does not change for a long time, then there is a spasm of accommodation: the lens freezes in one position, and over time its ability to focus on other

distances weakens. And since the distance to the smartphone is usually about 20-30 cm, then myopia develops. Also, the central nervous system (CNS) and the cardiovascular system suffer from this kind of dependence. Dry eyes from a decrease in the number of blinks when viewing information from the screen, migraine-like headaches, neck pain due to constant forced head position and neck muscle tension, increased diastolic blood pressure and increased heart rate - all this is the result of excessive daily use of the phone.

In 1996, the term "Internet addiction" appeared, psychiatrist Ivan Goldberg initially jokingly posted an announcement about the opening of a support group for people with such a disorder on the World Wide Web. Dependence manifests itself in replacing the satisfaction of real needs with the satisfaction of new virtual needs.

All processes of social behavior on the Internet are much easier than in real life. And since it is easiest to get access to the Internet using a phone, then addiction on the phone is formed.

As in the basis of any other addiction in this case, the pathogenesis consists of the release of a portion of dopamine, which in turn causes positive emotions from a sense of pleasure to euphoria. Thus, when reinforcing behavior using a smartphone from portions of a neurotransmitter, a connection is formed aimed at the anticipation of receiving positive emotions, supported by interest and curiosity from each new alert on the gadget. Social networks also contribute to the consolidation of addiction due to their unpredictability and receiving rewards in the form of "likes" and "reposts". The reward system is present in some applications and games installed on a smartphone.

The results of the dependence on the phone are clearly visible in the research of the Canadian Medical Association Journal. In their research, they studied the effect of the phone on the psyche of children and adolescents (children did NOT play online games). The result of the study turned out to be frighteningly predictable: the use of smartphones and social networks leads to an increase in the number of mental disorders, self-destructive behavior and suicidality among young people. Also, excessive use of smartphones and mobile Internet leads to chronic sleep deprivation and negatively affects cognitive control, academic performance and socio-emotional functions.

Scientists also assessed the impact of social networks, in which teenagers mainly spent time while using the phone. It turned out that social networks can influence teenagers' self-esteem and their relationships with each other due to social comparison and negative interaction.

The reason, as scientists explain, is increased irritability of the brain during the day. The brain literally cannot rest, as it is constantly waiting for a message or notification. Because of this, the quality of sleep worsens, and as a result, problems with the psyche and social behavior begin to develop.

**Conclusion.** What is the result? It is impossible to overestimate the use of the phone in everyday life, this device has become really indispensable for us. However, if you do not want to run the risk of becoming addicted to the phone and have problems with physical and mental health, then the use of the phone as a source of entertainment must be tightly controlled. You can try the following: use silent mode; set a standard ringtone for the alarm; put your phone away when doing something; strictly control the time you spend on the phone; use long passwords. These simple actions may be enough to still use the phone for its intended purpose, but not be dependent on it.

### References

1. Smartphones, social media use and youth mental health | CMAJ [Electronic resource]. – Mode of access: <https://www.cmaj.ca/content/192/6/E136>. – Date of access: 04.03.2023.
2. Электромагнитные поля и общественное здравоохранение: мобильные телефоны [Электронный ресурс]. – Вид доступа: <https://www.who.int/ru/news-room/fact-sheets/detail/electromagnetic-fields-and-public-health-mobile-phones>. – Дата доступа: 04.03.2023.
3. Березина Н.О., Степанова М.И. Влияние цифровых средств обучения на самочувствие обучающихся средних классов // *Здоровье населения и среда обитания - ЗНУСО*. – 2020. – Т.329. – №8. – С. 20-25. – doi: 10.35627/2219-5238/2020-329-8-20-25.
4. Новикова И.И., Зубцовская Н.А., Лобкис М. А. и др. Оценка динамики психоэмоционального состояния детей в условиях ограничения использования мобильных устройств связи в школе // *Наука о человеке: гуманитарные исследования*. – 2020. – Т.14. – №3. – С. 100-108. doi: 10.17238/issn1998-5320.2020.14.3.12.
5. Шарапов А.Н., Догадкина С.Б., Кмиль Г.В. и др. Влияние компьютерных технологий обучения на вегетативную регуляцию сердечного ритма сердечно-сосудистую и эндокринную системы организма школьников. Аналитический обзор современной зарубежной литературы // *Новые исследования*. – 2019. – Т.57. – №1. – С. 36-48.
6. Fischer-Grote L., Kothgassner O.D., Felnhofer A. Risk factors for problematic smartphone use in children and adolescents: a review of existing literature // *Neuropsychiatr.* – 2019. – Vol.33. – №4. – P. 179-190. doi: 10.1007/s40211-019-00319-8.