



HARMFUL EFFECTS OF MOBILE PHONES ON CHILDREN

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Article history:	Abstract:
Received: November 20 th 2023 Accepted: December 14 th 2023 Published: January 24 th 2024	This article tells about one of the most common and global problem- the impact of mobile phones on children’s health and harmful effects on children’s development, especially the radiations from these devices are harmful for their developing brains, the article also discusses the advantages and disadvantages of mobile phones in our life.

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Do you think it is safe to give a mobile phone to your children? Think twice before you do so. Excessive use of mobile phones can affect their life. Having a mobile phone can benefit children to a certain extent but it can also affect their physical and mental health.

To begin with, mobile phones have numerous benefits. Presently, it is not merely a simple device, which allows an easy connectivity between people. It is supporting a number of other programs such as calculators, alarm clocks, voice recorder and so on. these programs boost their academic performances, if they use it cleverly. For instance, alarm clocks in mobile phones are useful for them to woke up early in the morning or adjust the time duration to do any important tasks. The easy accessibility of parents and friends make them comfortable and enable them to meet any emergency or unexpected conditions. Parents also will be much relaxed, as they know their children are safe.

But on the other hand, these wonderful devices have negative sides also. Most importantly, the radiations from these devices are harmful for their developing brains. Researches proved that, these radiations might lead to cancers. The destruction of studies is another matter of concern. The games in the mobile phones create additions to children. Chatting and telephonic conversations with anonymous people may result in insurmountable impacts to their young minds. These contacts may indulge them in bad company and mafia especially drug and sex, spoil their future. Furthermore, easy connectivity to internet attracts them to unhealthy web sites and their total character may change. Additionally, children can effortlessly cheat their parents by convincing a false. To illustrate, if they are enjoying a television program at his friends home, they can make to believe their parents that they are on the way to their tuition class.

Human life changes constantly over time. Mobile phones were previously seen only among few high-class people and were considered as something lavish. Then slowly, even the average or the common men on the street like a cobbler or vegetable vendor could be seen having a cell-phone. In the world today, even young kids and school going children are found busily chatting away on their mobile phones. Now kids as young as seven and eight too have started owning a mobile phone. Welcome to the new age world!

Listed below are some of the factors that parents can consider to decide if their children are ready to use mobile phones.

Not only for adults but also for children, smart phone addiction has become a serious problem. In fact, many kids spend so much time on their smart phones that they don’t want to do anything else.

This can cause serious issues because your child’s healthy development requires that he or she engage in a variety of activities rather than staring at his or her smart phone all day.

As a result, if you want to buy your child a smart phone, make sure you limit the amount of time he or she is allowed to spend with it in order to avoid smart phone addiction.

CHILDREN HEALTH DISORDERS

Children have started carrying mobile phones to their schools, which is causing indiscipline in the class. The environment in the class is disturbed as they talk on the phone and send messages during school hours. Some children are also caught playing games on their mobile phones during class hours. The addiction to mobile phones is affecting their attention span. They fail to concentrate on what is being taught in class as they are more interested in their mobile phones.



Fatigue



Headaches



Loss of sleep



Memory loss



Ringing ears



Joint pains

Studies recommend that mobile phones should only be given to children above sixteen years of age. Children below the age of sixteen should not be given mobile phones since their brain is too sensitive to withstand the effects of mobile radiation. Since the tissues in the brain and body are still developing, these radiations can cause cell damage. Due to the absorption of radiation, children can have severe health issues. Although, adults also get affected by these radiations it will be more severe in children because of increased absorption of these radiation levels. Experts also believe there is a link between childhood cancer and mobile phone usage among children.

Some children consider modern, expensive and stylish mobile phones which are introduced in the market frequently as their status symbols. Mobile phones have a major effect on children and can bring about undesirable changes in their lifestyles. These children become so obsessed with the phone. They are constantly checking messages and their social media accounts and do not do the important things that they are supposed to do. Instead of spending time playing sports in the fresh air and engaging in other creative activities and hobbies, they spend most of their time on the phone. According to scientists, keeping in continuous contact with people can get addictive.

In recent years, the negative effects of smart phone use on children have gotten a lot of attention. There has been growing concern in journalism, academia, and other popular forms of media about how children have increased their access to smart phone technology.

Scholars from all over the world have been studying the behavioural consequences of smart phone addiction in children.

We live in a world where dangers are lurking at every step. So, many incidents of crime against children can

be marked every day. Parents of children having mobile phones must take some steps to ensure the safety of the child. Parents should warn and keep children aware of various mobile phone crimes. Sometimes, a child can get stalked by strangers over the phone.

Parents of young children who have a mobile phone must get a post-paid connection and check the cell phone bill when it arrives. They must use parental control features to keep their children safe. Nowadays, social media websites are providing a lot of security features that help parents to ensure their children's safety. Providing children access to safe downloaded media can enable parents to prevent them from using the internet on their mobile phones.

CHILDREN LOSE CONCENTRATION

Children who own a smartphone, on the whole, have a serious lack of attention in various aspects of their lives. While this may seem harmless if your child sits on the couch and plays with his or her smartphone, it could result in dangerous traffic situations.

If your child no longer pays attention while crossing the street, there's a good chance he or she will be involved in a traffic accident sooner or later, which would not have happened if your child didn't have a smartphone. As a result, make certain to teach your kid about the threats of smartphone use in order to protect him or her from these hardships.

LOW SCORE

Many parents also report that their children's grades have deteriorated as a result of purchasing a smart phone. This is frequently due to children's excessive use of their smart phones for entertainment rather than for educational purposes. As a result, getting your child a smart phone can have negative consequences for their



education if the smart phone is not used for educational purposes and is instead used to play video games all day.

CONCLUSION

To conclude, mobile phones are beneficial devices, if we use it sensibly. Children, as they are not mature to handle it effectively, it may leave drastic disadvantages on them. Hence, I believe that mobile phones are not favorable for children, especially if it is used uncontrolled without proper guidance and time limit. As we are moving towards digitalization, it is important for the parents to make kids aware and teach them the difference between real and virtual, because these two are slowly coinciding.

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