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Effects of Mobile Phone on Human Volunteers

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ABSTRACT

Introduction: - The study was undertaken to investigate a link between the use of mobile phones and their adverse health effects. Some negative consequences associated with mobile phone use are headache, fatigue, exposure to electromagnetic fields, facial dermatitis.

Objective:

To find out the duration of mobile phones used among the society. To find the time invested for the development of different apps like entertainment, work, social apps. To observe the effect like headache, eyestrain, impaired concentration, memory disturbances. To assess the adverse effects of mobile phone usage.


Materials and methods: - A cross-sectional study was conducted via an online platform (Google forms), the sample received is 331. Data is collected through questionnaires prepared in google forms which are circulated through social media platforms. The questionnaire comprises questions like symptoms experienced due to mobile phone use, time spends on different apps, general awareness regarding effects of mobile phones on health, Age group, Gender, the profession of participants, self-rating personal health condition, and their views regarding excessive use of mobile phone affecting health.

Result: - It was found that 70.7% of participants were aware of the adverse effects of mobile phone use. The study showed that younger age groups are at higher risk as 70.6% of participants respondent were between 20-30 years age group. 69.8% of participants self-rated their health condition as good. Most of the participants are from student backgrounds. 38.4% of participants experienced headaches due to mobile phone usage. 32% of participants' sleep was affected by mobile phone usage. 71.6% of

participants are worried about losing their MP. The study also compared gender with symptoms and profession with symptoms. 42.6% of participants spent time between 30-60 mins on entertaining and gaming apps. 35% of participants spent time between 30-60 mins on work-related apps. 37.8% of participants spent time between 30-60 mins on social apps.

Conclusion: - The study was concluded that excessive use of mobile phones affects in health. Mobile phone plays a large part of the role in individual daily life. The study found that most mobile phone users are of young age group. Most of the participants are aware of the adverse effects of mobile phones despite that, ignorance is observed. The most experienced symptom was a headache.

Keywords: - Effects, Mobile phone, Cross sectional, Excessive

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