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A Study on the Impact of the Cell Phone Usage on School Going Children

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ABSTRACT

The introduction and adoption of the mobile phones has led to various adjustments in a range of social institution. The adoption of mobile phones by young people has been a global phenomenon in recent years. It is being found that most of the teenagers are using cellular phones. This paper explores the effect of the mobile phones on the life of the young people. This also described the health risk that occurs in the teenagers using cellular phones.

KEYWORDS: Electro Magnetic field, RF Spectrum

1] Introduction

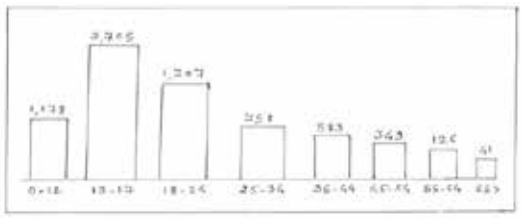
The invention of the fixed telephones in the late 19th Century in the United States changed the way that people interacted and communicated. This has been paralleled in the 21st Century by the advent of mobile phone. The mobile phone has originally created for adults for business use. Telephone Engineers has explained that the telephone was made for the business world and not for the social conversation. Nowadays mobile phones have become status symbol for young people. However there is a controversy about the actual age when children first need a mobile phone, when the mobile phones are given in the hands of young people. The majority of researchers have found that the mobile phone leads problematic use in school. Gesser (2004) says that mobile phones have the power to undermine the school's authority and weaken their control over student. With many mobile phones now incorporating a digital camera or video, there is danger in schools that the portability and discrete nature of the camera. Pictures can be taken quickly without the knowledge of the persons being photographed.

2] Radiofrequency exposures from cell phone

It is very dangerous to use cell phones particularly for teenagers. All cell phone emit a type of radiation called an Electromagnetic field (EMF) composed of waves of electric and magnetic energy moving together through space. RF (radio frequency) energy is used in telecommunication services including radio and television broadcasting, mobile communication.

Consumers are using cell phones instead of landlines evidenced by the fact that nearly 30 percent of households were wireless only by the end of 2010.

Fig 2.1
Cell Phone Use Patterns Total by age January 2011



Source: The Nielsen Company www.onlinemarketingtrends.com

A statistical study of the cell phone use pattern says that most of the people using cell phones are teenagers i.e. in the age group 13-17.

In the 1980s RF spectrum was only used for radio and television broadcasting, Today RF spectrum users includes mobile phones, wireless computers and many other wireless devices.

A person who is text messaging accessing the internet or using a hand free device will have lower exposure to RF energy than someone holding the phone against his or her head. Someone who stores the phone in a briefcase or purse will have far lower exposure than one who carries the device in a pocket. Seven out of 10 children in the United States aged 10-14 have cell phones. These devices are now the dominant source of radio frequency exposures in preteens and teens.

3] Health risks

The department of health issues guideline on the use of mobile phones by young people under 16. Decades of research demonstrates that even low doses of ionizing radiation can increase the risk of cancer. The thyroid and bone marrow are particularly sensitive to ionizing radiation, especially in children. Leukemia which arises in the bone marrow is the most sensitive radiation induced cancer and may appear as early as few years after radiation exposure.

The majority of studies examining biological and health effects of cell phone radiation have focused on the potential of cell technologies to cause cancer nervous system disorders and adverse reproductive effects. IARC's (International agency for research on cancer) interphone study, the largest cell phone health study conducted found "Suggestion of an increased risk of glioma at the highest exposure levels" but notes "biases and error prevent a casual interpretation"

The Sweedish researcher Dr. Lennart Hardell et.al has conducted six independently funded studies on cell phone. For people who have used these devices for 10 years or longer and when they are used mainly one side of the head the risk of malignant brain tumor is doubled for adults and is even higher for persons with first.

4] School policies on the mobile use

With the explosion of youth owning mobile devices of all types (smart phones, ipads & tablet computers) schools are struggling with managing their use in campus. The use of mobile phones and similar electronic devices in class can be disruptive to the learning environment of students and should be discouraged. Every school should have a clear policy on use of mobile phones on its premises and make it clear that any abuse - such as using these phones to bully and humiliate- will be dealt with severely. The widespread ownership of mobile phones among young people requires that school administrator, teachers, students, parents and caretakers take step to ensure that mobile phones are used responsibly at schools. The acceptable use policy should be designed for the use of mobile phones in schools. Students, parents and carers must read and understand the acceptable use policy. For personal safety and security to protect the children from everyday risk. Parents can give their children mobile phones providing a child with mobile phones give parents reassurance that they can contact their child if they need to speak to them urgently. Schools should be designed policy to inform the students that mobile phones should not be used in any manner or place that is disruptive to the normal routine of the school. Mobile phones should not be used to make calls, sending sms messages, surfing the internet, take photos or use any other applications during school lessons and other educational activities. Using mobile phones to bully and threaten other students is unacceptable and will not be tolerated. In some cases it can constitute criminal behavior.

School management had to take serious actions against the student who are misusing the mobile phones. Any student caught using a mobile phone to cheat in exams or assessments will have to face disciplinary action as sanctioned by the head teacher or pupil council. Any student who uses vulgar or obscene language will using mobile phone will have to face disciplinary actions.

5] Effect of cell phone on the society

Cell phone is a bless of science and technology if we utilize it properly. Just like coin have two faces there are gifts and curse of the mobile phones too. In retrospect today's cellular device can be very negative at times and may cause some problems, but when used properly they may be very wonderful device.

These days phones are life source to some people. They can be used for games, talking to relatives sending out important informations or even running a business. The line between work and personal time has particularly been eradicated because phones are enabling us to be contacted at any time. Stories are common place of people having an accident because they have distracted while driving and talking on a mobile phone. Mobile phones have brought the world in hand. This device makes tidy relationships between parents and child, teacher and student. Teen people can get the pornography through mobile phones easily. We should stop this. Sometimes mobile phones are disturbing in public places e.g. listening music in loudspeaker or private talking over phones.

Nowadays in the market mobile aps available which are helping hands to the society. In the emergency cases one can use these applications for us security. By using fight back application we can send SMS for help also we can message through facebook. NGO social organizations prepare an application whypoll through which we can send message for help. Eye watch application is used in smart phones. We can download an application of life 360 family locator in iphone and ipad through which family can track our location. Through the application of mobile tracker 20 catch me and one to watch location our location can be tracked by our family or friends. These applications can be used in emergency cases. Due to various application in smart phones mobile can prove to be our bodyguard.

6] Conclusion

Consumers are becoming more and more comfortable with the use of their mobile phones as a device for communicating. The majority of studies examining biological and health effects of cell phone on the teenagers. Too much use of cell phone increase health risk and cause many diseases which are very dangerous. Hence it is very much important to use mobile phone within a framework of time. As per the study of telephone patterns according to age have studied that most of the teenagers are using cell phones. Hence it is needed to adopt some school policies by the school institutions to avoid the use of mobile phones in the campus. It is exciting to be a part of growing technological world and all should enjoy its benefits but in moderation children need to have agreed boundaries for using cell phone. If the mobiles are used in a proper way they are like a boon otherwise they can be curse to the society. Many studies have shown talking continuously on cell phone (as today's young people do) can lead to diseases like cancer, glioma and impotency etc.

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