Are People Too Dependent on Mobile Phones?

Mobile phones have become a must have in our modern society. They have become a central application to a variety of aspects and not just regular conversations. After having been invented as a device that would connect people while on the move, mobile phones have become much more in the last decade. It is not possible to watch videos, listen to music, and much more. However, there is a hint that these devices are starting to occupy much bigger roles in our life so much to the point that mobile phone addiction has become a new section in our dictionary.

Reason for Overwhelming Popularity

The reason behind the tremendous growth in mobile phones have been down to a reason, as they have changed the way communication has been perceived by humans. The mobile devices permit rapid communication in all forms and they have truly made the world a smaller place.

Rather than just vocal communication from a couple of decades ago, it is not possible to use a mobile device to send location, pictures, and videos. Crucially, they have become flexible in this department with something for everyone. Mobile phones are a godsend for long-distance relationships, while they help accomplish business tasks even when the whole mass of the Earth is in between. Mobile devices have also become a crucial device in safety, as statistical data reveals that Americans use mobile devices in 74% of the distress calls.
Are We Becoming Too Dependent?

The modern society has embraced mobile phones in a big way but it has come at a cost. Today, the whole essence of socialism has been transformed into a tiny device that occupies the palm of your hand. There is an overwhelming dependence on mobile devices even for basic actions like knowing the time, as these mobile devices have become multifaceted.

The addiction with regard to mobile phones has become such a huge problem that people tend to be glued to the phones even when communication is not taking place. This is because mobile phones have become the hub for receiving entertainment at any time of the day. Content creators push through entertainment options onto the mobile phones through a variety of medium.

Problems Created by Excessive Mobile Phone Usage

A few years ago, ‘The World Unplugged Project’ decided to analyse the risk of mobile devices in our day-to-day lives. An experiment conducted to see how long an individual can go without mobile devices ended up quite badly. Participants were asked to stay away from the mobile devices for 24 hours and they ended up developing plenty of psychological symptoms, while some even displayed physical problems.

The huge impact of mobile devices can be summed up with one basic action: people checking their mobile devices for new text messages even when they have not received anything. People are subconsciously thinking only about receiving new content on the devices and it is starting to the society quite badly.

Conclusion
The mobile devices have truly made our life much more convenient, but they have also brought together plenty of health issues. Superficially, the mobile devices may appear to improve the quality of life but they are slowly consuming the society as a whole. While it is not feasible or possible to do more mobile devices from our daily life, people should start showing more seriousness to the problem that rests in our pocket. Mobile phones have become the medium through which anxiousness, irritability, depression, nervousness, loneliness, frustrations, and stressfulness spreads around us. It is of paramount importance to limit their usage.