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Cell phone addiction and psychological and physiological health in adolescents: A review article

Sehar Shoukat

California Institute of behavioral neurosciences and psychology, USA

The rapid advancement in technology has made many gadgets; smart phone is one of them. The association of cellphone addiction and psychological and physiological health has long been studied. Many researchers have done research on cellphone addiction and psychological health in different areas and on different aspects. The increasing trend of cell phone addiction and poor psychological and physiological health of adolescents urged to write this article. Many studies have been done using different human behavior as dependent and independent variable. Some researcher examined adolescent's physical health or educational performance with smartphone addiction and others analyzed psychological behavior and social relationship with mobile. This article targeted the adolescents only because adolescence is the age where a child is at his crucial stage of life. He feels physical and emotional change in himself. There is a lot of study on this area which shows different results. Total 33 articles were collected from the year 2011 to 2018 for this review. Out

of which only 23 full length articles were selected. Data were collected from PubMed, Google Scholar, and general search.

According to different studies, it came to know that there are two schools of thoughts. Some researchers believe that there is a positive association between cellphone addiction and mental health of adolescence and other believes there is negative or indirect relation in them. It is confirmed that adolescent's mental health and physical health is directly or indirectly associated with cellphone addiction. But we cannot say it with 100% accuracy that mobile phone is only cause of poor mental or physiological health in adolescents. We cannot neglect there relation and there adverse effects on adolescents. Due to some limitations, it is concluded that more studies should be done at this area to prevent our youngsters from excessive cellphone usage and its hazards.

e: seharshoukat1991@gmail.com