

The Drawbacks of Using Mobile Phones for a Long Time



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There is no doubt that mobile phones have become indispensable in our daily lives, especially for teenagers. They spend hours not only playing mobile games, but also searching for information on the Internet. In this article, I am going to list some negative effects brought by mobile phones on teenagers.

Firstly, teenagers spending too much time on mobile phones and devices may lead to numerous health issues. At present, an increasing number of teenagers are wearing glasses due to shortsightedness, and the popularity of smartphones and devices undeniably is the major reason. It is unquestionable that staring at the screen for a long time will increase the risk of vision problems. Furthermore, compared to a decade ago, a much higher percentage of adolescents complain about neck pain and soreness. They usually bend their necks to focus on their phones. If they hold the same position for a long period of time, this can add extra pressure on their necks and backs, causing severe damage and affecting their development.

Secondly, spending excessive time on electronic gadgets can worsen teenagers'

communication ability and affect their academic results as well. It is easy for teenagers, most of whom are believed to lack self-discipline, to get addicted to playing mobile games and using social media apps. Such a bad habit can lead to serious consequences. Once they cannot refrain from using mobile phones and making friends in the virtual world, they may reduce the time spent on real-life social interactions. It is not uncommon to see teenagers sitting around the table, each concentrating on his individual phone when having lunch together. Moreover, most teenagers cannot manage their time properly and mobile devices can distract them from their revision, leading to poor exam results.

In conclusion, if teenagers spend too much time using their smartphones and devices, it can affect their health, communication skills and their academic results. Despite the advantages afforded by mobile phones, we should be cautious because if we do not make good use of them, their negative impact on our lives can be devastating.