

MOBILE PHONE, USE OR ABUSE?

This article is devoted to the incorrect use of mobile phone by most people in nowadays' society, how this disrespectful action occurs in front of us and how this affects us in some punctual occasions and places.

In the last decade, the use of mobile phones has become worldwide, everyone owns a mobile phone, no matter age, sex or money, ... so the use of these devices sometimes exceeds the expectations of all of us, denoting a lack of respect to people beside you, who must hear your conversation and may bother them. Talking on the phone in a pub, in a restaurant, in the cinema or in any public place for a long time could be considered as a discourteous action. In order to avoid this annoying situation, people who are using the phone should move to a private place to keep their privacy and not to disturb people around them. Some symptoms of the cell phone abuse would be:

- inability to concentrate on what you' re doing
- severe irritability or annoyance
- sensitivity to loud ringtones

In conclusion, those ones who don't mind disturbing other people with their phone conversations should be more polite and think a little bit more about who's beside them when talking on the phone, who could feel uncomfortable having to listen to their private conversations.

Mobile phones cause stress and sleep disorders in teenagers. Nowadays, the use of mobile phones is common not only among businessmen and professionals, but also among young teenagers who have got into a virtual universe through the Internet, mobile phones, etc. Face to face communication is disappearing from our culture and this fact has worried some scientists who have made a research about which effects could appear in teenagers who overuse or make an incorrect use of mobile phones.

The research concluded that excessive use of cell phones may cause diseases like stress and sleeping problems among teenagers. It might also reduce the number of hours devoted to sleeping in teenagers which may cause stress and fatigue. Teenagers should be aware of the consequences of using the mobile phone too much which could affect their health, sleeping habits, etc., according to this research.

Summing up, teenagers should be aware and be warned about the risks of an incorrect use of mobile phones and electronic devices such as computers, etc. which could affect them badly.

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