

Safar 12, 1428 Hijri March 02, 2007

Archives

Weather

Entertainment

Classifieds

Lower Graphics

Discussion Forum


Granada Airport car hire

Ford Ka from £53 week Car Hire of the year 2006

Ofertas alquiler Granada

Consigue las mejores ofertas haciendo tus reservas online



KSE at a glance

News Ticker :: Newsletter :: News Alerts :: **Pakistan News Wire** :: My Paktribune**Ads by Google**
 Home Page
 Ads by Goooooogle
Property in Granada

Andalusia's last secret. Culture of white-washed villages.
www.quality-sol.com

Vuelo Granada

Precios increíbles en tu oferta de vuelo a Granada
lastminute.com

50 Hotels in Granada

Book your hotel in Granada online. Find your hotel on a city map!
www.bookings.es

Granada

Sitio que informa sobre Granada
www.granartes.com

 Home Page

- Health
- Sports
- Business
- Tribune Corner
- Kashmir
- Afghanistan
- Features & Articles
- Interviews
- Capital Watch
- Fence Sitters view
- Power Point

Exclusive

- Hockey World Cup 2006
- Polo World Cup
- EarthQuake 2005
- Asia Cup 2004
- War on Terror
- 12th SAARC Summit
- Karakoram Highway
- Pakistan Day

Karachi Pakistan

India Pakistan

Pakistan Cricket

Pakistan Airlines

Mobile phone addiction may cause psychological problems

Thursday March 01, 2007 (0917 PST)

ISLAMABAD: Teenagers who use mobile phones for many hours a day - talking and sending messages or missed calls - may develop psychological disorders, says a study that advises "a reasonable use" for positive effects.

Francisca Lopez Torrecillas, a lecturer at the department of personality and psychological assessment and treatment of the University of Granada, surveyed several 18 to 25-year-olds from the city of Granada in Spain, said the health portal News Medical.

Torrecillas said this addiction was the result of social changes that occurred in the last decade. The main difference between this kind of addiction and alcoholism or drug addiction is that mobile phones do not apparently cause physical effects - only psychological ones.

"Mobile-addicts can be seriously affected at the psychological level but, as they don't show any physical symptoms, their disorder goes unnoticed to others," she said.

About 40 percent of young adults admit using their mobiles for more than four hours a day. Most of them say they spend "several hours a day" on their phones. Many of these people are "deeply upset" if their missed calls or messages do not elicit a response.

Mobile addicts tend to neglect important activities (job or studies), drift away from friends and close family, deny the problem and think about their mobile constantly when they do not have it with them, the study says.

"Most mobile-addicts are people with low self-esteem, have problems with developing social relations and feel the urge to be constantly connected and in contact with others," the study says.

Torrecillas says these people "can become totally upset when

 [Email](#)[Most Popular](#) [Print](#)[Add to Favorite](#)[Ads by Goooooogle](#)[Advertise on this site](#)**Raising Drug-Free Kids**

Parent Manual From Toddlers to Teen What to do & what not to do
www.kidsdrugfree.com

Alhamavillages.com

properties in inland Andalusia and mountain villages south of Granada
www.alhamavillages.com

Related Links

- [IG directs DSP Women Police to investigate harassment of F-6 women](#)
- [Court orders I-9 police to produce record in a case of violence against woman](#)
- [Law and order has to be maintained at all costs: PM Aziz](#)
- [National crisis grown worse since 12 Oct 1999: Zafar-ul-Haq](#)
- [Benazir concerned over lack of civic facilities in country](#)

 Web paktribune.com
Photo Search

Speak Out

America's Ultimatum



Excavation of AL AQSA

[More..](#)

Professor M.R Ray
Famous Astrologer & Palmist



Know your Future Today
[Click Here...](#)

healthzone.pk



HEALTH ZONE


[Parihar & Co charged with murder](#)

[Baluchistan at the Crossroads](#)

Shadi Raabta
Jobs/Resumes
Baithak
Headline News
Sports News
Classifieds
...many many more

eZone
Pakistani Entertainment



- Defence Day
- Saf Games 2004

Paktribune.com

- Privacy Policy
- Copy Rights
- About Us
- Disclaimer
- Contact Us
- Advertising Info



Cartoon Coverage



No American dictation - Foreign Office
All related cartoons.



deprived of their mobile phones for sometime, regardless of the reason".

"Switching off their phones causes them anxiety, irritability, sleep disorders or sleeplessness, and even shivering and digestive problems," she added.

However, Torrecillas said that making "a reasonable use" of mobile phones can be even positive for teenagers, "since it enables them to keep their friends near and feel backed by their peers", but misusing this device "can have irreversible effects on the development of teenagers' personality".



☒ Web ☐ paktribune.com

[Back to Top](#)

[Archives](#)

For In depth Analysis and Coverage of Political & Social Affairs

Read Weekly Pulse

Available on all news stalls every Friday

Please Email us at: contributionspulse@gmail.com

Capital Watch

•The riddle of Kashmir

•The 'real' question facing political parties

[More..](#)



? [Bhanvani Sarai Graveyard](#)

[More..](#)

Quick Vote

Question: "Where do you see Musharraf in next Pakistan assembly? "

- ☐ President in uniform
- ☐ President without uniform
- ☐ None of above

[Vote](#)

[Show Results](#)