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Mobile Phone Addiction may Cause Psychological Problems



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.

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Francisca

Lopez

Torrecillas,
a lecturer
at the

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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.

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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.

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