

Cell Phone Addiction: Are You Worried About Your Child?

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The rise of technology is effortlessly seen in the 21st century generation. It already takes over the world for it already has everything in it including the convenience of people. It is widely used not only by the millennials but also the elderly. It has been a need for the people these days and already affects their lives making the technology as the present world.

We are known as iGeneration, because of how dependent we are on the internet and technology. The generation of this century literally has children the age of 5 or older walking around with cell phones. It's no big secret that children have a complex relationship with technology. Children are expected to use technology out of the classroom to make the grade, they manage their social lives through various apps and social media platforms, and they use technology to stay organized and on top of their many, many activities. Some researches shows that 47-50% children use internet constantly.



Phones have become a lifeline for work, leisure and social communication, and can be a great tool to help people connect with each other, but spending too much time on it can reduce concentration, decrease quality of sleep and, crucially, negatively impact academic performance especially on children and teenage. Parents are concerned for excessive mobile phone use by children that is causing Phone Addiction.

Phone Addiction:

Phone addiction is the compulsive overuse of a mobile phone, where someone fears not having their mobile phone with them or feel uncomfortable without phone. It is the obsessive use of a smartphone. The behavioral addiction is often dubbed as “nomophobia,” or the fear of being without a mobile device.

Negative Effects of Phone Addiction in Children

Chronic phone use is a recently developed form of addiction in children, and leading following negative effects:

- Sleep Deficit
- Lower Concentration
- Creativity Block
- Aggravated ADD
- Anxiety
- Reduced Cognition
- Stress
- Poor Grades
- Loneliness
- Impaired Relationship
- Insecurity



It can be difficult to distinguish between normal (or slightly elevated) daily use and problematic use. It helps to ask yourself the following questions:

- Does my child become angry, irritable, anxious, or even violent when the phone is taken away or unable to be used?
- Does my child skip or avoid social events or extracurricular activities to use the smartphone instead?
- Is my child's personal care (hygiene), friendships, family relationships, or school work negatively affected by smartphone use?
- Does smartphone use interfere with my child's normal sleep routine?
- Are there any major changes in my child's eating habits that can't otherwise be explained?
- Are there any major changes in mood that can't otherwise be explained?

How to Help Children Overcome a Smartphone Addiction

Smartphone use can be beneficial for children, it not only develops their 21st century skills but also update and empower them if used authentically. It's important to train children to take control of

their own use of smartphones and create and maintain a healthy balance. This isn't a one-time conversation. A few things we can do help provide guidance and support include the following:

Digital Fast: Talk about setting healthy limits and boundaries for the family and what checks and balances you can use to stick to them, like not allowing phone use during dinner or plan digital fast hours in the day or screen free zones.

Educate: Talk openly about the benefits and potential pitfalls of screen time. Lecturing rarely yields positive results, but asking children for input about the pros and cons can spark lively conversations.

Model healthy boundaries: When parents are glued to their phones, children learn that this is appropriate behaviour. Stick to the limits and boundaries you set.

Design a check-in policy: Phones, tablets, and laptops should be removed from the bedroom at night to curb sleep disturbance and insomnia. Develop a plan to check devices in at a certain time only.

Monitor use as a family: Children look for workarounds when they feel like they're being watched. Make monitoring a family goal so that children own up to their usage and behaviour online. There are several apps available to monitor how and when your child uses their phones.

Planning Outing and Physical Play: A good bond can be developed with children when parents spare time with children on outings and physical play. That help to balance their Bio-Chemistry.

Engage Children in daily chores: Family chores can be fun for children. Arranging toys, utensils, laundry, etc. can involves games for them like sorting, tossing, matching etc. It also trains them on important life and daily skills.

As with all technology, it is not what it is but how it is used that ultimately defines whether phones will help or hinder someone. Understanding the impact of constantly being on their phone and being reliant on it will allow students to make more informed decisions about their usage and end mobile phone addiction.

About Author:

Dr Simran Mehta is currently working in ICERT and managing the Account and Finance Division as Executive Director. She has over 11 year's professional experience in school teaching, higher education and leadership. During this time, she has gained extensive experience in teaching, team motivation, inspiring young minds, material development and curriculum development. She has completed masters from Maharishi Dayanand University. Under her dynamic leadership the ICERT family is working with enjoying the work culture. She is a passionate & enthusiastic lady. Being a keen learning attitude, she has attended more than 50 National & International seminars/conferences/webinars. As an innovator, his academic interest lies in education, human resource management, team development and finance management. She strongly believes in self-learning habits and continuously strive to add more as per contemporary challenges. She is connected with various organizations and also worked as an honorable member in various NGO, Social and educational organizations. She has been honored & awarded with Nari Asmita Award, Education Expo Best Principal Award, Guru Samman Award, Global Excellence Award in Education, Teacher Innovation Award, CV Raman Award, Best Principal Award etc.