

## The Effect of Mobile Phone Radiation on Humans

*Mukhidova Gulmira Hasanovna*  
*Bukhara State Medical Institute, Uzbekistan*

**Abstract:** The article examines the components of the influence of telephony, the specifics of the impact of mobile phones on humans. The main ailments associated with the phone have been identified, the causes of diseases and their consequences have been identified.

**Keywords:** mobile addiction, human, addiction, protection.

**Introduction.** The debate about the impact of mobile phones on human health has been raging for many years. Since the 90s, for every scientific study proving that their use can cause health changes and not for the better, there is a rebuttal prepared by no less reputable scientists.

A study conducted over the course of a year on 11,000 volunteers by the Swedish National Labor Institute and the Norwegian Radiation Protection Authority showed that even people who use the phone for less than two minutes a day experience discomfort and side effects. According to the data obtained, 84% of mobile phone users feel the skin heating behind the ear when talking, and some claimed about the appearance of burns. They also talked about cases of memory lapses, dizziness, headache, and increased fatigue. Almost 25% have memory problems, half suffer from headaches, 65% experience drowsiness or insomnia. Subscribers using cell phones four or more times a day complained of impaired concentration during or immediately after a conversation. However, the scientists themselves doubt the objectivity of the data obtained. Firstly, subscribers who use the phone especially often may lead a less healthy lifestyle. In addition, since the study was based on the messages of the subscribers themselves, the effect of suggestion could tell on the results.

They increase a person's blood pressure. Such a flaw in cell phones was discovered by German researchers from Freiburg. For the experiment, ten volunteers had cell phones operating in the 900 MHz range fixed on the right side of their heads, in about the same way as during a conversation. The phones were switched on so that the subjects did not know about it, which made it possible to exclude subjective factors that could affect blood pressure, and with the help of special monitors, blood pressure was constantly measured in the participants of the experiment. The conclusion is as follows: a conversation for 35 minutes led to an increase in pressure by 10 mmHg due to a spasm of the vessels supplying blood to the right hemisphere.

Pediatric neurologists unanimously advise parents to delay the purchase of a mobile phone for their child. For those who have already bought their child a mobile phone, the doctor recommends following several rules, which, by the way, also apply to adults:

- ✓ the duration of communication by cell phone, and, consequently, radiation exposure, should not exceed 120 minutes per day;
- ✓ instead of the mobile device itself, it is better to use a special headset;

since the effect of high-frequency radiation on a person increases precisely at the moment of dialing or at the time of a call, it is recommended to turn the phone on to the connection mode and bring it to your ear only when the receiver is picked up on the other end

Just a few years ago, medical dictionaries "accepted into their ranks" a new disease - "mobilomania". From the name itself, it can be seen that it, that is, the disease, is closely related to mobile phones, and, consequently, to their impact on society. For the first time, cell phone addiction was diagnosed in 1984 in England by a gentleman who went broke on phone bills. No one will deny the obvious - the cell phone has become an integral part of our lives and plays a very important role in it.

Psychologist Sergio Chaparro from New Jersey conducted an experiment in which 220 people turned off their cell phones for what was supposed to be 72 hours. However, only three people actually endured 72 hours in a "mobile blackout"! The rest got off at half the distance. According to Chaparro, the voluntary subjects who were disconnected from the phone experienced discomfort, excitement, anxiety and even panic, their self-esteem decreased, and the level of nervousness, on the contrary, increased, many became depressed, some even threatened suicide. Today, most of the population of our country can have a mobile phone, with the exception of infants and animals.

People affected by mobile mania

- ✓ do not let the "mobile phone" out of sight, even when washing or eating;
- ✓ they get nervous when the battery runs out at the "rescue tube" and there is no way to charge it;
- ✓ when they go to bed, they put the phone under the pillow and sometimes they can't sleep, they wait: suddenly an SMS will come;
- ✓ never turn off the cell phone;
- ✓ suffer from auditory hallucinations - they hear a bell, although in fact it is not there;
- ✓ when they get into an uncomfortable situation, they grab the phone and pretend that they are busy with something very important;
- ✓ the mobile phone model, as well as accessories for it, screen savers, ringtones and tariffs are often changed;
- ✓ they call and send SMS without a reason for this;
- ✓ if mobile addicts receive an SMS, they respond to it immediately, even if they have to distract themselves from more important things for this;
- ✓ participate in SMS quizzes, get acquainted by SMS, subscribe to SMS services, download ringtones and pictures;
- ✓ they do not remember any numbers and store them only in the memory of the cell phone;
- ✓ they do not save money on mobile phone conversations and do not monitor the balance too much;
- ✓ they are happy to talk about cell phones, keep an eye on new products;
- ✓ it is believed that where the coverage area of the mobile operator ends, civilization ends!
- ✓ they own several SIM cards and several devices.

The use of mobile phones affects human psychology, becoming a means of self-censorship - a person decides how he will communicate with the outside world, how other people will see him. The cell phone participates in creating the image of its owner, builds and controls his relationship with the world.

There are several types of mobile fans.

Firstly, these are people who depend on the opportunity to always be in touch and up to date. It is a tragedy for them to forget their phone and charger.

Secondly, SMS lovers who send them around the clock. A survey conducted in Europe among 1,100 young people aged 14 to 19 showed that four out of ten students sent and received SMS messages during classes. About the same amount is sent up to 1000 messages per month. A third of the respondents said they get nervous if they forget to take their mobile phone from home. A fifth of teenagers reported that they put their phone nearby, even when taking a bath. Many people check their "mobile phones" too often, some cannot take their eyes off the screen even while walking, which promises to get run over by a car.

Thirdly, there are mobile fans who appreciate the phone for its coolness and additional features and change the handset monthly. Such activities are mainly carried out by people aged 12-20 years, often older. This is due to the process of personality formation. Teenagers, being shy, shy, and insecure somewhere, try to compensate for their own shortcomings through a fashionable and stylish cell phone, attract the attention of others and fit into society. Often, young people, being at a meeting with a beautiful girl, do not let go of the "tube", carefully showing her this indispensable attribute of the information technology age. When they get embarrassed, they pretend that they need to make a call of extreme importance.

And fourthly, addicts, for whom the phone is entertainment. They order pictures, download music, news, participate in various quizzes and voting, and these are people, most often imperfectly summer, who do not have the right to engage in such activities at all. They order services, do not inquire and often do not even know about its real cost.

To date, it is impossible to separate a teenager and a mobile phone, which, as British scientists have found out, is a good alternative to smoking, which means they save the younger generation from it. Smoking is a kind of time-killing device. However, with the advent of multimedia phones, it is much more interesting for teenagers to spend a couple of minutes at recess with their mobile friend. For teenagers, a mobile phone game Just needs to tell a teenager how to really properly "play" with an indispensable attribute of modernity. But if the situation turned out to be more complicated than expected, then it is worth contacting a psychotherapist - a specialist will always find a way out of a difficult situation.

If you want to heal from addiction on your own, you need to:

- learn to be distracted - arrange a "workout" for yourself: go for a walk to some crowded place on the weekend: a park or a shopping center, and "accidentally forget" your mobile phone at home. Just walk around, look at passers-by and do not forget to warn relatives and friends in advance so that they do not call in vain;
- remember that there was a time when there was no Internet or cell phone, and the world did not turn upside down!
- think about how much time will be saved if SMS messages are not constantly dialed or calls are checked. These minutes would be more than enough to prepare for the test or clean the room.;
- calculate how much time it takes to communicate via a mobile phone and with the phone itself. Identify the most necessary functions of a small "friend" and those mobile entertainment that you can safely abandon. For example, stop downloading pictures today, and tomorrow - sit in a dating service and finally switch to "live" communication.
- calculate how much such a hobby costs, sum up the money spent on unnecessary SMS messages, services and endless conversations. This money is probably enough to buy something really necessary and useful.

And the most determined are recommended to go on a phone diet. To do this, you need to limit one of the three:

- ✓ number of calls and SMS (maximum 5 calls and 10 SMS per day);
- ✓ the number of hours when the phone is turned on (maximum 5 hours per day);

**In conclusion**, Mobilomania is a problem of a lonely person in a huge and cruel light, and a mobile phone is a whole world that fits in your pocket, there are almost no people willing to part with it. So the phone is at the plate during lunch, on the shelf in the shower, not turned off in class or in the theater. But if adults, as already formed personalities, are able to somehow control their attachment to such a necessary attribute, then for teenagers at the time of personality formation or in the so-called "transitional age", a mobile phone becomes an object that they worship, without which they cannot live an hour and which, as a result, has a huge and, often, detrimental effect on them.

For many, a cell phone is another way to assert themselves, the embodiment of the desire to "merge with the mass", where everyone owns a vital, as they believe, item. That is, the "tube" becomes such an integral part of life that when the phone is turned off, young people experience not only psychological, but also physical discomfort (doctors even note digestive disorders, not to mention a weakening of mental activity and attention).

Mobile addiction is the fear of live communication and the lack of something in the real world that causes positive emotions. And the teenager is trying to compensate for this absence. A teenager may lack attention in the family, or, on the contrary, he tries to hide from the excessive care of relatives and parents, to escape from the problems that more and more fall upon him during his entry into adulthood. For a teenager, calls and SMS messages on a "mobile phone" are an indicator of demand among peers. In general, this dependence is the result of social changes that have occurred in the last decade.

Universal "mobilization", providing an invaluable opportunity to be in touch always and everywhere, made a person defenseless in front of a rapid flow of information. The brain can hardly cope with its flows, which is why a person is overcome by depression, insomnia, a feeling that he does not have time for something. The problem of "youth - mobile phone" requires attention from parents - they should be the first to pay attention to the strange behavior of children, the strange fascination with mobile phones. An important role in overcoming "mobile addiction" is played by teachers and psychologists, who, together with their parents, should help the "mobileaholic" child "fit in" with a group of peers, develop qualities that increase his self-esteem. But the main thing is that a teenager, who is also a reasonable being, must himself admit his inability to give up using a mobile phone, to "get on the right path" himself, because it is possible to correct the existing state of things only with his participation. Otherwise, neither psychotherapists nor the horrifying statistics and results of research and experiments aimed at detecting the influence of a mobile phone on a person will help.

"Mobilomania" is not a typical SARS or chickenpox: it does not cause a sore throat, and a rash does not fall out. No one pays much attention to mobile phones in the hands of teenagers, and mobile addiction, as a threat to health, is not recognized by society, only in rare cases by its representatives.

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