SDHPRC مرکز تحقیقات عوامل اجتماعی موثر بر سلامت

Social Development & Health Promotion Research Center

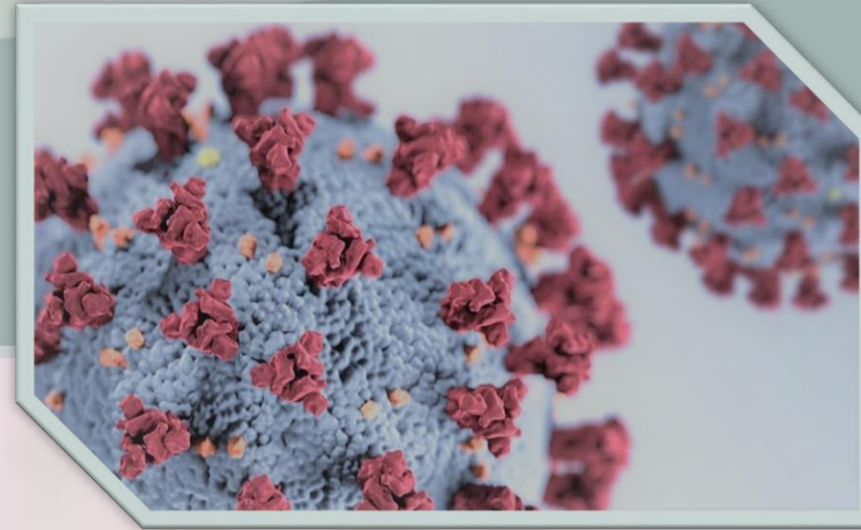Bohlool Hospital Clinical Research Development Unit

Where the Societies Go in the Era of Information Technology Mostly Smartphones and World Wide Web

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Background

The world development is one of the most aim of the people living on the planet and this needs technology to enforce and speed up the process we wish and want to be put into practice and form the idea. Using technology is a coin with two different sides of positive and may negative that should be cared not to make something worse than it is, then we should be aware of the advantages and disadvantages of the things we use to decrease the possible damages that can be appeared. Then, we aimed to survey Where the Societies Go in the Era of Information Technology Mostly Smartphones and World Wide Web.

Method

It is a Short communication research that was conducted by using and searching on data banks and information resources related to the subject of novelty searches and the necessary texts as well as the subject of research. Since this is a simple review, No methodology was used to be explained. It was based on an opinion emerged due to the crisis we are faced with.

Results

A smartphone is a cellular telephone with an integrated computer and other features not originally associated with telephones, such as an operating system, web browsing and the ability to run software applications.

Worldwide smartphones producers market share

Source	Date	Samsung	Huawei	Apple Inc.	Xiaomi	Oppo	Others	Reference
Huawei	Q2 2018	19.3%	13.3%	11.9%	8.8%	7.6%	39.0%	[1].
Apple Inc.	Q2 2018	21.0%	15.9%	12.1%	9.5%	8.6%	32.9%	[2].

The studies show that excessive mobile phones use can be associated with different aspects or problems of mental health.

A 2012 University of Southern California study also found that unprotected adolescent sexual activity was more common among owners of smartphones and also through Internet communication or any backlit devices, overdose of using them improperly also can seriously affect sleep cycles, anxiety when separated from the devices.

Conclusion

People's smartphone addiction could be causing an important imbalance in the brain and the way their brain works, severe anxiety and tiredness. Some other symptoms are also typical of online addicts such as: Feelings of guilt, anxiety, depression, dishonesty, euphoric feelings when in front of the computer, unable to keep schedules, no sense of time, Isolation, defensiveness, avoiding doing work, agitation, backache, headaches, weight gain or loss, disturbances in sleep, carpal tunnel syndrome, blurred or strained vision, RF-EMFs via wireless, changes in brain activity, reaction times, and sleep patterns, tired and stinging eyes [6]. But it should be considered and a big concern for human being to be aware of using IT today and we should educate and train people and mostly Youth to get the best of IT usage and keep it away from our children access when and where it must be so, and also we should not neglect the necessary and the varieties of IT useful applications to make a healthy and developed society based on IT power and ability.

References

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