

Adverse effects of excessive use of mobile phone

Muhammad Mujahid Khan

Department of Anatomy & Cell Biology, Al Imam Muhammad Ibn Saud Islamic University, Saudi Arabia

Research findings indicate that the use of mobile phones may lead to a number of symptoms such as headache, impaired concentration, memory, and fatigue. Aims: The present study was designed to investigate whether the symptoms of ill health reported by young people may be associated with the use of mobile phone and to analyze its influence on medical students' health and development. Materials and Methods: The questionnaire was designed specifically for this study and contained items on health condition and complaints as well as on frequency of mobile phone use. Out of the 330 copies distributed among the students, 286 (86.6%) were completed (73.77% of males and 26.22% of females). Results: Most of the subjects (83.57%) had some knowledge about the harmful effects of mobile phones. 76.92% of students carry one mobile phone, and 23.08% carry more than one. On average, minutes per day use of MP was found to be, less than 30 mins. 55.94 %, 30-60 mins. 27.97%, 60-90 mins. 11.53% and more than 90 mins. 4.54%. The utility charges they pay for a month long use of MP in Saudi Riyal is: 200-300: 38.46%, 300-400: 24.47%, 400-500: 19.58% and more than 500: 17.48% (1 US \$= SR 3.75). 16.08% complained of headache and 24.48% of fatigue. Impaired concentration occurred in 34.27% of respondents. Facial dermatitis in 16.78%. Memory disturbance 40.56%, sleeplessness 38.8%, and hearing problem 23.07%. Warmth within the auricle and behind/around the ear was reported by 28.32%. Out of 286 subjects who participated in this study 44.4% related their symptoms to mobile phone use. Conclusions: Findings of the present study suggest that mobile phones play a big part in the young medical students' daily life, and its impact on students, psychology, or health should be discussed among students to prevent harmful effects of mobile phone.

Biography

Muhammad Mujahid Khan MD., PhD, is a Professor at Department of Anatomy & Cell Biology College of Medicine Al Imam Muhammad Ibn Saud Islamic University, Saudi Arabia.

mujahidkhan@hotmai.com