

To Assess the Frequency of Health-Related Problems Due to Excessive Usage of Mobile Phones in Medical Students



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Submission: June 18, 2018; Published: July 17, 2018

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Abstract

Review of Literature: The cell phone usage expanding worldwide and its consequences for the health of human because of its radiation, electromagnetic radiation in the cell phone is excessively perilous and its range is around 450-2100MHz of the microwave range. Other information correspondence systems like computerized system creates a similar damage on human wellbeing in view of its radiation, now days it's an image marker for interpersonal organization examined in connection to it.

Method and Material:

Study Design: It's a Retro prospective survey based study done in private and government sector of hospital in Karachi.

Data Entry: Data entry was done by using SPSS 22 version.

Duration of Study: It was a 6month study starting date from 1 Dec 2016 to 1 June 2017.

Sample Size: we enrolled around 410 all medical students house officers post graduates and consultants after proper consent, initially sample of 500 peoples were given question are out of which 410 filled question are were returned.

Inclusion Criteria: 1.M.B.B.S students, 2 Students, 3 House officer, 4 Post Graduates. 5. Consultant.

Exclusion Criteria: Non medical professions, 2 any disease ear ache, depression.

Result: In our study we enrolled 410 peoples both male and female from both sectors private and government sectors. Number of people enrolled in our cases our Medical students 246 and post graduates 83,42 house officers and others (consultants, supervisors). The highest usage was in the medical students.

Conclusion: Highest percentage of data enrolled were medical students with most frequently use for internet followed by messages and then calling, and most frequent symptoms were headache and disturbed sleep.

Keywords: Mobile phone; Cell phone; Depression; Headache; Hazards of phone

Introduction

The cell phone usage expanding worldwide and its consequences for the health of human because of its radiation. The quantity of cell phone is expanding overall this ought to be the enthusiasm of subject now a days¹. Around 7.4 billion individuals are being subscribed all through around the world [1]. The electromagnetic radiation in the cell phone is excessively perilous and its range is around 450-2100MHz of the microwave range. Other information correspondence systems like computerized system creates a similar damage on human wellbeing in view of its radiation, now a days it's an image marker for interpersonal organization examined in connection

to it. Including the likelihood of a diminishing shame about dysfunctional behavior, enhanced screening for maladjustment, and expanded help-chasing practices [2-4]. Another part of presentation is ergonomics. Musculoskeletal manifestations because of serious messaging on a cell phone have been accounted for [5], and methods utilized for content entering have been examined regarding creating musculoskeletal indications [6]. Not with standing, our viewpoint is overwhelmingly psychosocial.

In light of the past reviews, we needed to concentrate on a few parts of cell phone presentation other than negligible

amount of utilization. For instance, requests on being accessible or rechargeable, paying little heed to time and space, could be contended to be a stressor independent of real recurrence of utilization. Another key determinant might be the degree to which a man really sees there particular availability as unpleasant. Besides, availability infers the likelihood to be aggravated at painfully inconvenient times, even at evening time. Having one's rest intruded on more than once can effectly affect recuperation and wellbeing. In a review among Finnish youths, escalated cell phone utilize was connected to poor saw wellbeing among young ladies, both specifically and through poor rest and waking-time tiredness [7]. Another range of concern could be dependence on the cell phone. Serious cell phone utilize has been related with reliance on the cell phone [8,9]. Rationale: Mobile telephones are by and large excessively utilized by teenage, we need to survey the Health risks in restorative understudy by the ued of cell phones they are confronting in everyday life.

Research and Methodology

- a) Study Design: It's a Retro prospective survey based study done in private and government sector of hospital in Karachi.
- b) Data Entry: Data entry was done by using SPSS 22 VERSION.
- c) Duration of Study: It was a 6month study starting date from 1 Dec 2016 b to 1 June 2017.
- d) Sample Size: we enrolled around 410 all medical students house officers, post graduates and consultants after

proper consent, initially sample of 500 peoples, but some data missing so 410 people we enrolled for the study.

- e) Location: Private and govt sectors hospital Karachi.
- f) Inclusion Criteria: 1. M.B.B.S students, 2. Students, 3. House officer, 4. Post Graduates, 5. Consultant.
- g) Exclusion Criteria: Non-medical professions, 2, any disease ear ache, depression.

Result

In our study we enrolled 410 peoples both male and female from both sectors private and government sectors. Number of people enrolled in our cases our Medical students 246 and post graduates 83,42 house officers and others (consultants, supervisors). The highest usage was in the medical students. The frequency of mobile phone usage is for multiple purposes. Starting from highest to lowest that is social internet 24 percent, SMS for 16 percent, call is 15 percent, for study purpose 12 percent, entertainment (music 11 percent, gaming 9 percent, movie 7 percent) and fashion purpose 6 percent. Facts and figures shown in Figure 1. The frequency of mobile phone usage is for multiple purposes. Starting from highest to lowest that is social internet 24 percent, sms for 16 percent, call is 15 percent, for study purpose 12. percent, entertainment (music 11 percent, gaming 9 percent, movie 7 percent) and fashion purpose 6 percent (Figures 2 & 3). Number of people enrolled in our cases our Medical students 246 and post graduates 83,42 house officers and others (consultants, supervisors). The highest usage was in the medical students (Figure 4).

Frequency of Phone Use

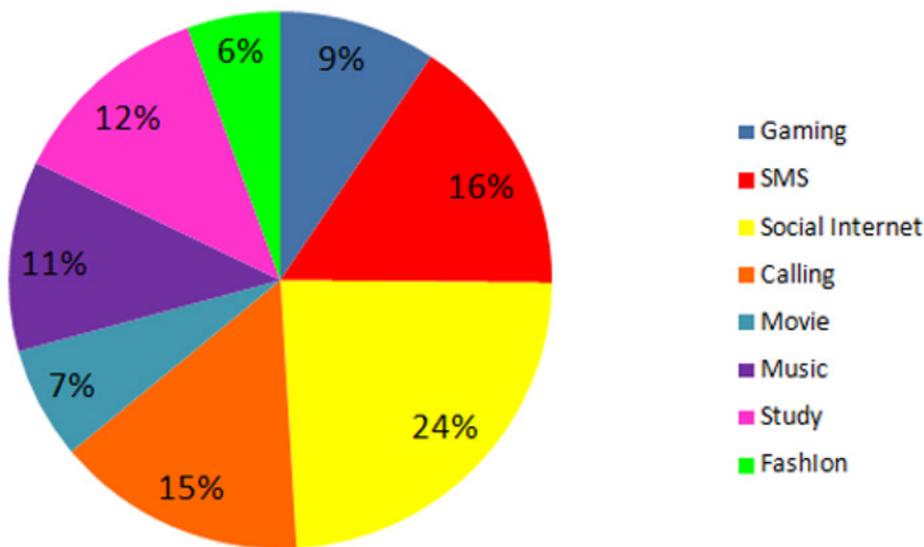


Figure 1.

Active

Frequency of Symptoms

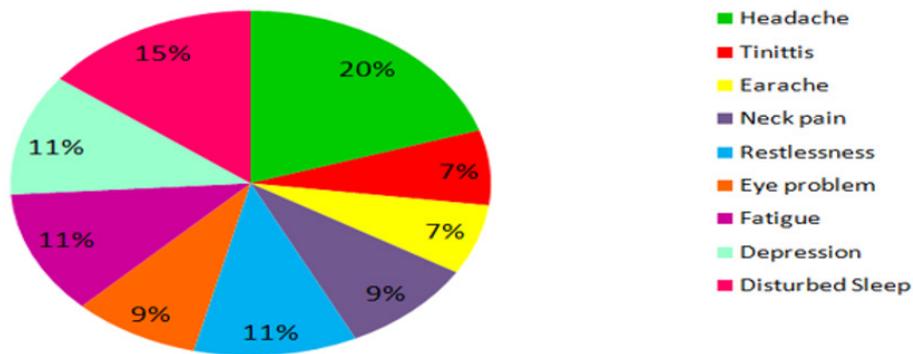


Figure 2.

Data Population

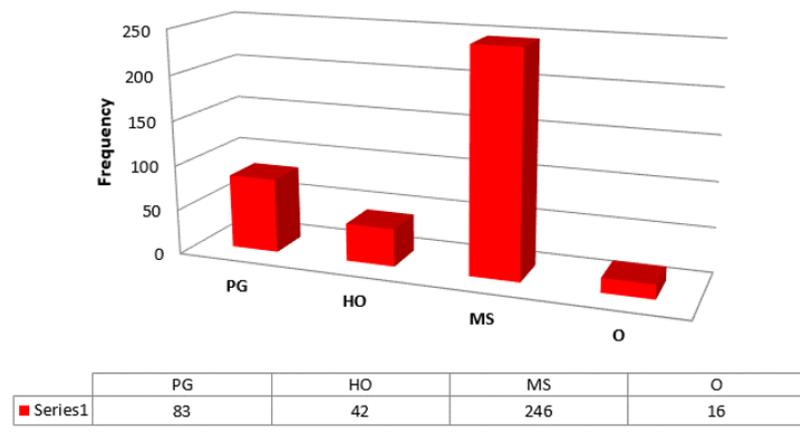


Figure 3.

Male to Female Ratio

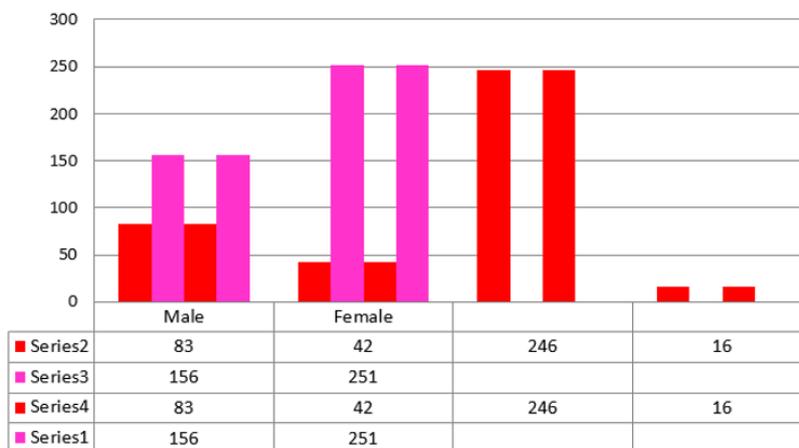


Figure 4.

Discussion

Risky cell phone utilize has been a concentration in the writing concerning mental parts of cell phone utilize, where criteria for substance dependence analyze or behavioral addictions [10,11] have been utilized to characterize dangerous utilize [12-18] including enthusiastic short informing administration (SMS) utilize [14]. In this unique circumstance, substantial or issue cell phone utilize (abuse) has been related with physical dissensions, uneasiness, and sleep deprivation [15], misery [15,18], mental trouble [16], and an unfortunate way of life [19]. Be that as it may, conceivable beneficial outcomes of cell phone use on emotional well-being can likewise be theorized, for example the simplicity of contacting somebody to converse with when in need, suggesting access to social support. Social bolster cradles negative impacts of stress [20], while low social support is a hazard consider related with emotional well-being side effects [21].

Conclusion

Highest percentage of data enrolled were medical students with most frequently use for internet followed by messages and then calling, and most frequent symptoms were headache and disturbed sleep.

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DOI: [10.19080/JOJPH.2018.03.555624](https://doi.org/10.19080/JOJPH.2018.03.555624)

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