



## Effects of Cell Phone Addiction in Teenagers

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**Abstract :** *Technological revolution has provided the world with luxurious inventions. Communication channels have been upgraded. Mobile phones have redefined wireless communication and connectivity for millions of users. It has emerged as the primary communication device. Remarkable growth can be seen in its users especially among the young people. The youth of today are the first new generation to have an 'anytime, anyplace, anywhere mobile communications culture.' The amalgamation of gadgets has*

*resulted in the multi-dimensional use of cell phones, hence creating problems. This study was an attempt to find out the effects of cell phone addiction in teenagers. A sample of 100 teenagers, 50 boys and 50 girls, were selected from various coaching centres in Patna town. The study revealed that excessive use of mobile phones leads to health problems, relationship problems in the family and poor academic performance among teenagers. Besides, it also adds to financial burden on the family.*

**Keywords:** *Teenager, Communication, Addiction, Nomo phobia.*

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### Introduction :

The new digital environment has presented an exceptional array of possibilities for communication, interaction and information retrieval at the fingertips that was never before available. But every technological advance that provides such dramatic benefits has consequential costs. Today's younger generation has become intolerably addicted to cellular phones. They make seamless efforts to always be in touch with their family and friends and up to date with the latest trends. Cellular phones are degrading the childhood life. Four out of five teens carry a cell