

Studies on the Influence of Smartphone Usage on People's Lifestyle and Health

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Abstract: As smart phones emerge, people's lives and working modes have been greatly changed. As the current situation as concerned, smartphones have caused adverse impact while bringing convenience to people's lives, which innovated people's lifestyles on one hand and on the other hand caused some health problems. In-depth analysis of the influence of smartphone usage on people's lifestyle and health, and discussion on rational application of smart phones will undoubtedly be of great practical significance.

1. Introduction

In nowadays society, we can say that smart phones have covered people's whole life and work as it can provide good support and assistance, allow people to know outside information dynamics, support shopping, payment and communication with each other, which constantly increase people's dependence on smartphones. Under the circumstances, using smart phones has greatly influenced people's lifestyles, and affected a lot of people's health at the same time. Therefore, it is necessary to discuss smart phone usage mode and propose corresponding countermeasures.

2. Beneficial Influence of Smartphone Usage on People's Lifestyle and Health

Objectively speaking, smartphone undoubtedly as the crystallization of human wisdom is an important embodiment of the continuous development of human science and technology. Smartphones have injected new vitality into people's lives with its emergence, promoted human progress, and exerted very beneficial influence on people's life. Specifically, smartphones have beneficial influence on people's lives mainly in following aspects.

2.1 Provide Convenience for people's Life

Continuous development in the information age has brought tremendous changes to people's life. Particularly, as technologies such as the Internet of Things and blockchain improve constantly, people's life pattern in a networked world have varied greatly. Under this technological background, smartphones have gained further developed with expanded functions in virtue of Internet platform, which not only allow people to purchase at home but also guide travel with map apps, take pictures, and communicate with friends and family whenever and wherever possible. It is true that with the support of smart phones, people's life is getting more convenient and efficient, and people's living quality has greatly improved.

2.2 Enhance the Depth and Breadth of people's Social Interaction

The depth and width of people's social contact have been expanded through smartphones, which have greatly improved the effectiveness of people's social interaction. People can get to know more people by WeChat, Weibo, QQ, Tantan and other diverse apps on smartphones, get rid of the limitations of time and space, and communicate with more friends, reach people of different levels and types. At the same time, with the help of smart phones, many people can present themselves actively on the Internet. In particular, people with depression or communication disorders feel safer through network communication, and communicate actively. We cannot deny that smartphones have greatly expanded people communication modes.

2.3 Obtain Information More Quickly

In the time of underdeveloped network technology, people often obtained information through telephone, letter and TV. With the continuous development of network technology, the real-time characteristic of information becomes more and more prominent, which allows many information to be transmitted on the internet immediately for people's prompt awareness. People also can carry smartphones conveniently to know real-time dynamics anytime anywhere, know major events happened every day, and obtain massive information, greatly enhance the efficiency of information acquisition.

2.4 Form a New Industry Model

As smartphones are popularized, a new industry model has formed in current society which on the one hand further lowers the threshold for entrepreneurship so that people can start a business with just one mobile phone, micro-business, purchasing, and buying agents emerge, e-commerce has gained rapid development. E-payment has also accelerated the development of new industries, such as the emergence of sharing economy, which has greatly enriched people's life, promoted the improvement of people's living quality, and optimized people's lifestyles.

2.5 Form a Healthy Concept

When using mobile phones, with the transmission of a lot of life information, such as disease prevention measures and good living habits on the Internet, people can obtain more information to enhance their health awareness. At the same time, with the support of smart phones, various smart apps appear on the Internet, such as Miutour APP, Boohee health App, online doctors, which provide help for people's healthy life and disease treatment, and help people to develop a healthy life concept

3. Adverse Effect of Smartphone Usage on People's Lifestyle and Health

While providing sufficient convenience for people's life, smartphones also cause some adverse effects in both physical health and mental health. Specifically, these effects are mainly reflected in following aspects.

3.1 The Radiation of Smartphones Affects People's Health

Currently, mobile phones indispensable for most people have also resulted in health problems caused by higher radiation at the same time. Under the trend of continuous development of smart phones, the mobile phone screen has also evolved from the previous three-color mode to the current color screen. Other than just a single tool for answering calls, mobile phone has become an important tool for people's leisure and entertainment. But after long-term usage of mobile phone, people may feel very fatigue in eyes. Particularly in the context of ever-accelerating living and working tempo, people prefer to lie down or sit on a chair playing their mobile phones in their spare time. Teenagers love playing mobile phones very much, which makes their neck in a tense state for long and causes cervical spondylosis. And people's internal organs are often under the radiation of mobile phones, making them feel fatigue. While carrying a mobile phone, mobile phone in contact with the human body will cause radiation. If the problem is serious, it may damage blood, organs and other parts. Also, it results in mobile phone syndrome, which may greatly harm people's health.

3.2 It is Easy to Cause people's Anxiety

A lot of people feel anxious under the influence of smartphones. They would go to see their phone every few minutes to check new messages or calls, and even when someone else's phone rings, they will check to see whether they are called. Under the circumstances, people under fluctuated moods get extremely sensitive and anxious, impatient and even cannot focus on their work. If getting worse, they may have neurasthenia symptoms, which not only greatly damage people's physical and mental health but also impact people's life and working modes.

3.3 Fraud Problems Are Getting Serious

Influenced by smart phones, more and more fraud messages appear in people's life. Especially with the continuous development of Internet economy, people's personal and property safety has been greatly influenced. On the one hand, some old people without enough precaution awareness and ability easily get tricked by cyber fraud, suffer losses, and then have psychological pain and pressure. On the other hand, it brings great changes in people's mentality as people do not completely trusting network information any more, and even dare not believe in others. In face of the overwhelming fraud, many people are greatly affected emotionally and even have the intention to commit suicide. We cannot deny that under the background of continuous development of smart phones, accompanying fraud problems has seriously damaged people's mental health.

3.4 Illegal and Harmful Information Increases on Internet

Under the background of rapid development of smart phones, people are exposed to various information, including pornographic, violent, reactionary, and feudal information, which seriously contaminate network environment. Particularly, some children without the ability to distinguish good and bad information lack the ability to judge right and wrong when facing malicious information, and often accept the information because of feeling cool. Some children will imitate smoking, drinking, and even serious violence in videos on the internet, some children are addicted to pornographic videos, and even step on the road of crime. We can see that under the background that smart phones with optimizing functions have caused great harm to people. By virtue of the platform of mobile phone, the bad information has been transmitted quickly, to a certain extent affecting people's life.

3.5 Addiction to the Game Affects Physical and Mental Health

With the continuous development of smart phones, some children get addicted to games and play games for a long time, which delay study, affect work, and have abnormal emotions due to bad performance in the game. At the same time, some children have no money to buy equipment in the game resort to illegal acts such as theft or extortion, which greatly affect the children's physical and mental health. in the meantime, it is same to some adults who reward game hosts crazily and participate in online gambling games, which have greatly influenced people's healthy lifestyle, worthy of people's high attention.

4. Countermeasures for Applying Smartphones Rationally, Improving Living Quality and Health Level

4.1 National Level

In the macro-environment of the development of smart phones, the government should strengthen supervision, keep perfecting legal system, strengthen strict management of mobile phone culture, and enhance the supervision and management of merchants and operators through continuously optimizing laws and regulations, provide positive guidance and help, strictly punish lawbreakers, create a cleaner space for smartphone application. At the same time, the government should further carry out optimization and perfection of mobile phone technology, keep reducing the radiation of mobile phones, develop healthier mobile phone screen to effectively protect eyes. In the meantime, to solve the current problem of children addition to games, the government should issue strict regulations, set compulsive requirements for game companies to strictly control and check minors' game time, strengthen supervision, and rationally control the children's game time. Furthermore, the government should also guide to establish a more efficient mobile phone application supervision system for malicious information filtering and blocking to reduce the negative influence of malicious information.

4.2 Social Level

The society should keep strengthening supervision by public opinions, promote to an atmosphere of social civilization and rational use of mobile phones, and set up good ethical standard for surfing Internet with mobile phones. At the same time, it is necessary to strengthen the publicity and education of the concept of healthy mobile phone usage, especially for minors, thus continuously improving their ability to differentiate network information for their rational use of mobile phones.

4.3 School Level

Schools should actively provide guidance for students to correctly use mobile phones, keep strengthening usage specification, carry forward education intensively, and include into education, and continuously promote the construction and development of civilized campus. At the same time, schools must also strengthen the management of mobile phone usage among students, such as posting warning signs in the library to instruct students to rationally use mobile phones, clarify the advantages and disadvantages of mobile phone usage, continuously improving publicity and education, and guide students to correctly know mobile phone usage. In addition, it is necessary to further intensify psychological guidance for students to get rid of “mobile phone dependence”, create good school environment, and reduce the damage caused by unnational usage of mobile phones.

4.4 Individual Level

Individuals must keep improving their comprehensive accomplishment, continuously strengthen self-protection awareness and self-control ability, and develop good habits of using mobile phone rationally, form healthy and correct lifestyle and habits, reduce dependence on mobile phones, develop correct social concepts and life entertainment concepts, develop healthy and reasonable mobile phone usage ideas, engage in healthy social contact, participate in outdoor exercise, spend more time on exercise, and spend less time on mobile application, thus improving people’s mental and physical health.

5. Summary

To sum up, smart phones undoubtedly as an important embodiment of human science and technology progress greatly impact people's lives and work, and play an important promoting role in all aspects. But we should also fully recognize the “pubbing” phenomenon caused by smartphones and the adverse effect on people's lifestyles. Therefore, when using smart phone in the future, we should develop correct and reasonable mobile phone application concept and mode, so that smart phone can play full play to its effects due role, thus enhancing people’s life and work level, promoting human progress and development, truly helping people to form good lifestyle and work modes.

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