

## **Advancements Lead to Benefits**

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"The march of technology is motivated by the hope that it will lead to happiness at the end of the rainbow," (1) according to Mihaly Csikszentmihalyi, who was a professor of psychology. This explains how technology has developed a lot since the first light bulb to be lit by Thomas Edison. The world keeps changing and producing more technology instead of doing everything the hard way manually, like talking person to person, people send their conversations through a device.

Cell phones are convenient to use and handy to have around. They are compact in size and fit right into the palm of someone's hand. They have gotten much smaller since the first version of the mobile device in 1983 that was huge. When a woman goes out on a date for dinner, she can always just put her cell phone into her tiny, little, evening bag because it will fit perfectly. These devices are easy to use because when someone wants to call or text a friend, they can just type in the number or letter and press the send button. No one has to remember everyone's numbers because there are contact books where people can organize their numbers by names. This feature is significant to the cell phone because each number has 7 numbers and then a three-digit area code if needed. When someone has a cell phone, it makes people easily keep in touch with everyone all the time except when there is no service. When this happens and the caller can just leave a voicemail and the unavailable person can listen to this message and call back later. "Text messaging has gained popularity for people of all ages but especially youth...." (Moseley2). These mobile devices allow people to conveniently contact anyone wherever someone may be.

Surprisingly cell phones are kid friendly, and they love them, too. When a parent feels their child is ready to have a cell phone, they could also keep in mind that the device can be used for GPS tracking. This causes the device to be thought of as a safety feature, so a parent can know exactly where their child is every second of the day. "A Cell phone can also be an important way to keep in touch with your older teen, especially if they are driving" (Inannelli 1). Kids with cell phones feel safer because they can contact their parents when in time of emergency or even if a sports practice ended early. There is a responsibility lesson taught by teens when they receive a cell phone because they have to care for it by not dropping it, not losing it, even though people can just call it so the ring tone goes off and stay in the limit of the minutes and messages. The batteries have a long life, but kids may sometimes forget to charge them; parents should make sure their teen has a spare battery that is fully charged just in case.

Cell phones help people during their career and keep them organized. "...useful professional cell phone features that allow you to work effectively while away from the office" (Moseley 2). For the clients that people work with, they can easily be kept with all of the contact information in the address book of a cell phone. There are schedule planners and calendars that automatically come with cell phones that keep people day to day planned with each activity coming up. If someone's schedule is constantly updated on their computer than they can just

always connect it with their cell phone into the USB port. While being connected to a computer people can also download video recordings and photos. Another cool feature is Bluetooth, where someone can always be available with a clip on his or her ear to talk during voice call. This is usually a feature for people, who are always on the go and get many calls throughout the day.

“According to Reto Huber, a professor at the University Children’s Hospital Zurich, cell phones may be utilized as a tool that can stimulate parts of the brain that aren’t properly functioning or interact with brain rhythms” (Groberman 1). The brain stimulation techniques from cell phones can help cure depression because after all shock therapy and transcranial magnetic stimulation is practiced involving issues with the brain. Radiofrequency (RF) energy is what is emitted from cell phones, but this is basically another name for radio waves. The amount of RF energy that is produced is too low to cause an increase in body temperature or a significant tissue heating shown from research (Cell Phones and Cancer Risk 1). Researchers are studying tumors of the brain and neck because that is typically where someone holds a phone when talking to someone. Cell phone users have no increased risk of the two most common types of brain tumor, which are meningioma and glioma (Cell Phones and Cancer Risk1). Hopefully, people never have to worry about this because a lot of research shows that cell phones benefit mankind.

The concern of many people is that this step forward of technology in communication can sometimes be dangerous. “Consider that with a cell phone, your child will simply have another way to communicate with the outside world that you will have little supervision over” (lanelli 2). Anyone who is with their parents all the time should have no need to be given a cell at such a young age. Parents are wrong to think they don’t need to supervise their kids because they have a cell phone and are safe. Strangers can contact the cell phone number and be stalked. When a parent gives a device like this to their child they need to consider that their children have the power to make prank calls or sext with other kids with cell phones. Sexting is sending or receiving nude pictures, and is a common use of the cell phone. Any student that possesses this device, while taking a test or quiz, can seek the answers to questions that they have not studied for or forgot the answer to on the Internet. Cell phones are so small that it is more difficult for a teacher to notice. There is also cyber bullying when other children can hurt someone’s child by texting offensive things. This can all be prevented if parents limit their child’s amount of time on the device; for example, it is to be used when at away sports games or a quick trip to the mall. Another option is to disable the text messaging option for the phone and limit who is allowed to call and whom the user is allowed to call.

The basic plan for cell phones can be cheap, but then it is easier to go over the strict limit on Internet use, sending too many text messages, going over the minutes, and buying ringtones and then get overcharged. When this happens, it can get pricey because then there are extra charges with each message sent out and received cost money. “At a rate that teenagers converse, it’s a good thing they like and even prefer texting since it’s a cheaper option than

voice calls” (Moseley 2). Teens complain that without a cell phone they cannot stay well connected with their friends that do have cell phones.

The energy of cell phones, rather than metabolism, is used for protection, which causes the cell membranes to harden, keeping the waste products in and the nutrients out. This creates a higher concentration of radicals, which leads to cellular dysfunction and disruption of DNA repair (Kovach 4). This is all caused by RF energy because it is the strongest in the antenna, so it is better to keep the device further away from someone’s ear when calling. Other factors that cause people to be more exposed to RF energy are using the phone a lot, the distance to the nearest cell tower because if it is further away then it uses more RF energy, and the type of phone being used because each phone gives off different amounts of energy. “[If someone uses their cell phone too much] damage occurs to proteins on the cell membrane, resulting in disruption of the intercellular communication. When cells can’t communicate with each other, the result is impaired tissue, organ, and organism function” (Kovach 4). People need to just limit their cell phone use, so none of this will occur.

It is hard to concentrate when having a cell phone, which makes them a distraction. This distraction makes it harder to stay on topic with work especially during school. “A single cell phone has the potential not only to get a student off-task, but in some instances, the entire class (Charles 1). For example, if someone’s ringtone goes off in the middle of the class the whole class will lose focus on their school curriculum and get distracted by the startling sound. When a student brings his cell phone into the classroom, he is subtly utilizing himself with a distraction to the task at hand. When other students see that one person is doing this, they too will want to participate and use their cell phones instead of doing school activities. Kids have antisocial behavior when owning a cell phone because instead of participating in the activity, they would rather be doing something else on their cell phone. “If a student has a cell phone – particularly one with an Internet connection—it reduces and, in some cases, eliminates his necessity to communicate with other students.... (Charles 1). When there are people doing an activity together, but then someone is having a whole other conversation while texting, it can be rude, especially when it is during dinner. While being with other people, everyone should socialize and make new friends.

Today, for drivers, it seems reasonably harmless and safe rather than the drivers out there, who are texting and staring at a screen. According to a Nationwide Insurance study, “An estimated 20 percent of drivers are sending or receiving text messages while behind the wheel... the number skyrockets to 66 percent when drivers 18 to 24 are isolated” (States should Try to Curb... 1). During the process of driving a vehicle, people should be cautious and concentrate on the road instead of their cell phone because one wrong move on the street can risk lives. No driver wants to live after an accident if all of his or her passengers died because the driver was being irresponsible by sending a text message. The risk of getting in an accident while the driver has a cell phone on, is dramatically increased.

The upside to cell phones is that no one ever has to be bored to death anymore because they are always entertained. There is such an enormous amount of features that can be on this portable device. While listening to someone's favorite music, they can also be typing a text message. People can also download music videos to watch on their cell phone. On most new phones there are cameras; this camera is usually pretty good quality with a flash, zoom in, and zoom out. There are also other features that can have editing effects, like changing the color to black and white or sepia making the photo have a yellow tint. People can download all their photos from their computer and display them anytime on their cell phone. Internet access is a huge addition to this device because it convinces people to pay extra for this feature to have a mini computer on the go. At the same time having Internet means that social networking is accessible and the user on the cell phone can update their status and see what other people are doing as well. Another convenient feature is instant email, so if someone is expecting an email from work or a sports team, they just have to check their email a few times every now and then, and this person doesn't have to sit at their computer. With the Internet, people can look up the current weather of their location. The clock and alarm are commonly used instead of having a watch. Games can amuse kids when they are traveling or have nothing better to do. With Internet access, kids can play their games online against real people and set high scores. In the dark, anyone can use their mobile phone as a flashlight to see because they are astonishingly bright. "[A nationwide survey of wireless phone users stated that] the findings show that more than half of wireless phone subscribers (56 percent) rely on their mobile phones for features...."(Tsai 1). The producers of cell phones might as well put all of these features in the phone to make it more ingenious.

The representation of cell phones is a positive development in technology and a huge benefit to society. This type of technology that has been used throughout the world is important to have because many inhabitants rely on these portable devices to support their lifestyle. Cell phones have already made a colossal impact on the present time and are going to continue to in the future. The producers of cell phones keep making them better and better as technology improves. However, this production of technology has done a lot of good things that will continue to be better as time goes on.

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