



STUDY OF USAGE AND IMPACT OF CELL PHONE IN FIRST YEAR MEDICOS OF NMCH, PATNA

Physiology

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ABSTRACT

Excessive usage and dependence on cell phone affects our health. It is important to know these effects in young medicos who are the future of our health system. This study was aimed to assess any change in efficiency of the first year medicos based on their cell phone usage time. Questionnaire regarding that was provided to the first year medicos selected for study. Out of 50 students selected for study, 46% used cell phone during class hours and 94% during normal sleeping time. They showed symptoms like fatigue daytime sleepiness, etc. When students gave up their phone for a day they showed signs of possible addiction like anxiety, restlessness, etc. Thus cell phone usage during class hours and normal sleeping time may contribute to daytime sleepiness and affects the cognitive and learning abilities of young medicos.

KEYWORDS

Cell phone, medicos, excessive usage, efficiency, addiction

INTRODUCTION

Cell phone is very important part of our life. It is a quick source of information and also quick mode of communication. It is also a major source of entertainment today. But excessive usage and dependence on cell phone affects our health. Thus, it is important to know these effects occurring in young first year medicos who are the future of our health system.

AIMS AND OBJECTIVE

To assess any change in efficiency of first year medicos based on their time of usage of cell phone.

MATERIALS AND METHOD

Questionnaires containing detailed information about cell phone usage were given to all first year medicos of NMCH, Patna. Those who used cell phones >4 hours/day for >1 year were selected for study. They were then asked to give up their cell phones completely for a day. Again a questionnaire was given to the selected students and on the basis of their answers, effects were noted. The study was approved by the ethical committee of the institute.

Exclusion criteria

1. Non medicos and medicos beyond first year MBBS are excluded.
2. Medicos who are using cell phone for <1 year are excluded.
3. Medicos who are using cell phone for <4 hours/day are excluded.

Limitation

1. The study depended on answers to questionnaires, so individual variations and exaggeration or underassessment of clinical features may occur.

OBSERVATION AND RESULT

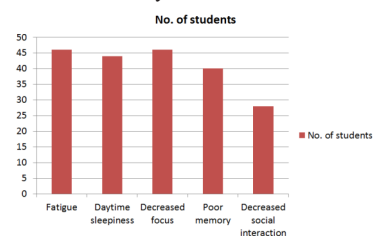
1. Out of 120 first year medicos 50 medicos used cell phone >4 hours/day for >1 year.
2. Out of the 50 medicos selected for study, 20 used cell phones both during class and sleeping hours. 47 used cell phones during sleeping hours and 23 during class hours.
3. Out of 50 medicos, 46 showed fatigue and decreased focus, 44 showed daytime sleepiness, 40 showed poor memory and 28 showed decreased social interaction.
4. After not using mobile for 24 hours, 15 students showed signs of addiction. 14 showed anxiety, 13 showed restlessness and 11 showed emotional changes. 8 medicos showed all 3 symptoms.



1. Venn diagram showing number of students with excessive cell phone usage chosen as study sample



2. Venn diagram showing usage hours of cell phone amongst 50 students selected for study



3. Graph showing various clinical features in 1st year medicos on excessive cell phone use



4. Venn diagram showing features of mobile addiction in 15 students after not using it for 24 hrs

DISCUSSION

Cell phone addiction is a disorder involving compulsive overuse of mobile devices usually quantified as the number of times users access their devices and/or the total amount of time they are online over a specified period. As easily carried and due to availability of cheap data plans and wi-fi, they are prone to be overused.

Usage of cell phones during class hours and excessive usage during sleeping hours have affected the quality and behaviour of first year medicos. Fatigue, daytime sleepiness, decreased focus, poor memory and decreased social interaction personally was seen in students.

Anxiety, restlessness and emotional changes like irritability, anger etc. was seen when their cell phones were taken from them even for a day which shows possible addiction and nomophobia (fear of losing cell phone).

CONCLUSION

Our study showed that the usage of cell phone during class hours and normal sleeping time for long may contribute to daytime sleepiness and affects cognitive and learning abilities in young medicos who are the future of our health services.

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