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CELL PHONES KEEP YOU IN CELL

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Abstract

The objective of the paper is to expose the effect of the overuse of mobile phones in the family and it also reveals how it affects the relationship among the family members. As the writer of this paper is from a typical Tamil culture in India where relationships are valued, this issue has been taken. At present, the overuse of mobile phones strangles the relationship within the family in our community and which reflects the degradation in the family and the society. It has been explained how the extended family is shattered and how it terrifically affects the young generation. The paper also explores how the family and the society are spoiled. It tends to create awareness in the young minds towards the proper use of mobile phones and to safeguard the values and virtues of our community in the family, a minor unit of society.

Keywords

Family, Seclusion, Loss of Virtues and Values, Health Issues and Disintegration within the Family

1. Introduction

Cell phones are as addictive as drugs and alcohol. Cell phones and smartphones keep you in Cell. In the present scenario, each one has his/her mobile of their own. It can't be removed from anyone. They may part or separate their own near one or dear one but they cannot part their cell

phone. Cell phone becomes a part and parcel of all people all around the world. They may forget to breathe a bit but they never forget to hold their mobile. It renders a mighty transformation in the world, in the country, society and the family and within an individual. Mobile phones have revolutionized the lives of people in the past 15 years. The ability to communicate, compute and access content via mobile phones has redefined connectivity and communication. The high-end mobile phones have become so handy device for criminals, anti-social elements and even terrorists and it is a doll and one can tune according to one's whims and fancies. It satisfies the requirements of mankind in all possible ways. It makes the essential communication possible and fast. The objective of the paper is to unfold the impacts of using mobile in the family and to project how members of the family are secluded though they live together. The disintegration in the family is a serious issue and it has to be annihilated for the welfare of the family that is one of the proponent units of the society.

2. Value of Relationship

In Tamil culture, the relationships are valued and esteemed but not underestimated. As the world is in your palm, the lethargic attitude creeps in everyone's mind and nothing is in camera. Every aspect of life is in the limelight that is to let the cat out of the bag. The secret in everyone's life is a tender thread which holds the unity knot and tied it together. When the knot is released and removed which allows channels of problems and chaos into personal and official life that have been disallowed so far in the world without mobile phone? Pigmy Mobile is an open book and it showcases the secrets of everyone's life. It is an open book reveals/showcases the secrets. While the secret is out, it spoils the relationship not only in the community but also in the family.

It is to point out that the relationship within the family is affected. The virtues of a family system such as love and compassion and adaptability are vanished from the family. Extended family is shrunk into a neutral family. If you enter as a guest into one family the host role is to serve and entertain and engage them to show their concern, love, and kindness. At present, mobile occupies everyone's life, even the guest has become uninvited guest as she/he is never welcomed at home since all are engaged themselves in social media through the mobile and they never like to give up their consistent act to entertain their guests. It is a pathetic situation, that once we are known for our hospitality. But at present, we are busy chatting, texting, playing in the mobile. Consequently, the guests, relatives or relations are made abrupt interference, intervention in their

committed activity. The host started expecting when the guest will leave and they can go on with the routine. We tend ourselves in governing the guests and we have to pass it on to the next generation. They never value relation and friend (kith & kin). If the family becomes self-centered and it is not at all a family. Self-centered and selfish attitude is so vulnerable and the families slowly move towards that pits.

3. Effects of Using Mobile Phones in Family

The mobile keeps people active in so many good and bad ways, people minds are nosy to see and listen to the number of incidents and events. Eventually, they seek it through their priority. As if spell-bounded, they never care for others, not others but their parents and children. Elders, youngsters children used to live in the world of their own, neglecting their duties to parents and parents showed indifference in the affairs of children and the society in which they live.

When the father of a family has a mobile phone with an internet connection, he is always up on Whats App, Facebook, Instagram or other Social Media platforms. After going through all the unnecessary and vulgar chats, he answers them. If he cannot recharge his mobile or if he is out of network coverage, he becomes frustrated.

He indulges himself in pornography; nude pictures, illegal contacts which entirely spoils his mind. He also shares it with his peers. Although the wives are aware of their husbands' unwanted contacts they cannot question them. If we as spouses raise our voice against our husband's misbehavior, illicit contacts, and affairs, wives will be threatened and thrown out of the family. The women will be compelled to leave their home and sometimes the children too. It happens everywhere especially in Tamil Nadu most probably in the middle class and the lower-middle-class families. In the upper class, the family could lead life in spite of all the problems as money is not a matter to them but in the lower class and middle classes, the design of the family suffers drastically due to the overuse of mobiles. It kills time and life. As no other way, some women bear everything silently, not ready to break the knots and to avoid troubles in their family.

In some families, wives are not allowed to view the details in their husband's mobile. It is always locked up to keep his privacy and secrecy. In a few places, the wife is the one who is threatened by the husband for her wrongdoings. We have to think of the children of such parents who cannot be cared for properly. The kids might indulge themselves in quarrels and watching

programs they shouldn't. It results in a broken relationship between the husband and wife. The relationship indirectly poisons the innocent minds of children.

Once television occupied the entire world but now the world was occupied with mobile phones. Sticking to the culture, couples live together in the same house but without interacting with his or her partner. The victims are pathetic children and the victimizers are only their parents knowingly or unknowingly. The kids start avoiding their parents and they show their disrespect and discontentment to their parents who seem to be showing indifference to them. To evade such situation, they spend most of their time and energy in playing all sorts of games and browsing nonsense things which their physic and mind get spoiled and none could channelize them in their tender age and they tend to fall for what is always in front of them. One cannot blame the misbehavior of parents but also the availability of the phone in each one's palm which could provide options for anything in the world. For parents, instead of the presence of children, mobile occupies major time whereas, for children, the presence of parents are compensated and negotiated by the Youtube videos.

4. Effects on Children

It is a pity that just born child is nursed and fed only with the help of You-tube videos, it paves the way for the obesity in the mother and also for the child. In the earlier time, the child has maximum time with its mother when it's rearing, now it's supplemented by the imaginary world instead of the real world. It never asks questions as it is one-way traffic. In the existence of mobile, children lost their critical thinking which aroused their improvised mind. Now though they are provided with an enormous chance to get to know things, they have not undergone the process of filtering through the sieve to distinguish between good and evil. They have plenty of choice which spoiled 80 % of kids. While the children are given what they required, picking the right path is easier. Now only after experience, they can rectify their mistake. The paper exposes what is observed, experienced and encountered in the personal life and the society by the author which is recorded here. It's a mental agony to watch family disintegration due to the excess use of Mobile phones or Smartphones. It happens in 75% of the families.

As the kids have the entire world in their palm through mobile phones, they tend to drop the values like respect elders, value of money and loss of virtues. They think and imagine that they can conquer the entire world (imaginary, fake) but not the real world in a good sense. They listen

and watch but speech is prohibited. It increases and ascends the vices, rudeness, rigorousness, and rashness. The love, affection, and kindness are descending in families. One could notice that there are families where father didn't talk to mother, wife won't meet husband, kids didn't even play with their parents, and parents never spend time with their kids. Each one seems to be an island. They forget that unity is strength. When there is no co-operation within the family, how can we expect it in community, society, in-country or nation? The mobile cracks everyone's life and creeps into your bedroom and destroys the unified relations.

5. Mobile Phone as Plague

Excessive use of mobile phones paved the way for the single-mindedness and the simple-mindedness that secluded all, though they are living together. 'If you can do, why can't I' is the epigram of all negativity. It collapses the trust in our family. We can't trust each other. Stress increased, alcoholic consumption increased, spending time with mobile is increased. Mobile is a dummy human/puppet all of which intervened easily to break family and even to murder and death in some situations and time.

The day begins with the mobile and ends with the mobile. Miserably, from the moment woman/man wakes up till the moment they sleep they stick with phones counting on the tones of likings. You never have to be bored as you can Chat, Post and Tweet and also you can Skype on the road while you are driving to work or get on YouTube to watch Super Singer that you missed. You may sort out your mails sometimes and post pictures of what you ate for breakfast. Everywhere selfies and now Tic Toks, battery is draining to plug in your mobile phone again. The pit is not far. Before you reach, realize and recognize the virtues in life. Let us keep ourselves away from the plague of mobile phones, use it only to communicate with others not to control ourselves and others.

6. Demerits of Technoference Reflected through Verse

Tears rolling down from the wells

Beating their breasts

Sobbing children

Weeping wives

Wailing parents

To stop the alerts of Whatsapp and Twitter and Facebook.

Husbands are nullified

Wives are deserted

Kids are abandoned

Parents are tossed in an old age homes as their last and lost resort

Stop poking yourselves in other's private life

Stop posting your status

Stop kindling the agony and pain of the have not's –you haves.

Jealousy is the green-eyed monster crept in your mind to murder each other

Brother and sister cajoled

Father and daughter cuddled

Send away the dirty nonsense

By throwing away the means that is mobile phones.

7. Revelation of Previous Research Study

Participation in physical activities decreased due to the rapidly advancing technology. Researcher Dr. Jenny Rodesky says that parents respond differently to their children when they use mobile phones. Considering the physical and mental well-being, the study published in the Journal of Social and Clinical Psychology, showed that limiting screen time on these apps could boost one's wellness. When you are not busy getting sucked into clickbait social media, you are spending more time on things that are more likely to make you feel better about your life, says Melissa Hunt from the University of Pennsylvania in the US.

According to the study conducted in New Zealand in 2016 by Hawl and Samaha- Notre Dame University:

In the study, researchers from the varsity included 143 undergraduate participants and they collected objective usage data automatically tracked by iPhones for active apps, and asked respondents to complete a survey to determine mood and well-being. The participants were randomly assigned to a control group which had users maintain their typical social- media behavior that limited time on the three social media sites: Facebook, Snapchat and Instagram to 10 minutes per platform per day. The results showed that using less social media normally would lead to a

significant decrease in both depression and loneliness. Hence, the excessive use of social media is associated with poor well-being which could lead to depression and loneliness, researchers have warned. University of Michigan surveyed 200 families and 40% of mothers and 32% fathers admitted that form of phone addiction could be traced in them such as a) thinking about incoming calls& emails& texts b) text frequently c) urge to check message (Technoference). Parent's relationship/ interaction with children was interrupted by mobile phones. Recently, in Manchester, the first Public Health Authority in the U.K. is to launch a campaign against the impact of mobile addiction on the communication between parents and children.

Prevention is better than cure. Let us provide a healthy and honest path for the next generation.

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