

What are the Advantages and Disadvantages of Mobile Phones

In this article, we are going to learn about **20 advantages and disadvantages of mobile phones in points** in an essay but before reading the article there are some questions you need to ask yourself with 100% honesty.

Do you use a mobile phone for more than 6 hours just for entertainment?

- Do you spend more time on social networking sites like Facebook, Twitter, and Instagram, or video-sharing websites like YouTube or Daily Motion?
- Can you leave your mobile phone just for a day?
- Do you feel restless if your cell phone is misplaced?
- Do your young ones are on mobile phones for playing games and addicted to them?

If the answer is yes keep reading the article where I am going to cover every point related to the **advantages and disadvantages of using cell phones** for long hours.

Introduction: What is Mobile Phone and its History?

Mobile phones or cell phones are small electronic devices that are extensively used and utilized for communication. They have made a revolution in the field of communication.

They have also changed the entire communication industry with a storm. They have become an integral part of our lives and I dare to say that mobile phones are extremely hard to get replaced. Advantages and Disadvantages of Mobile Phones

In this, today's world mobile phones and computer with an internet connection has become a crucial part of human society.

Today you cannot imagine your lives without **mobile phones | cell phones** we even feel very uncomfortable if our cell phone gets misplaced somewhere just for a few moments.

In this modern generation, these devices like **mobile phones, and cell phones** have made communication very easy also using these devices we can easily contact and communicate with our friends, family, and colleagues at our fingertips.

In today's generation, the mode of communication has changed rapidly because of the advancement in technology especially mobile phone technology.

Using this technology you can send text messages, send voice messages, *emails, WhatsApp*, etc., and can also directly make voice calls.

I think the invention of mobile phones and their technology is the greatest invention of human beings but as we all know there are two sides to the coin there are **some significant and major advantages and disadvantages of mobile phones**.

Nowadays, mobile phones are an essential part of our lives we are almost addicted to this technology unknowingly.

This technology is used by almost every person in society.

AT&T Bell Laboratories developed a mobile phone base station in the year 1947 and later further developed in the year 1960.

World's First Mobile Phone?

Martin Kuper an American engineer developed the first mobile phone in the year 1973

Martin Kuper built a mobile phone with the help of Motorola Company which was the leading telecom company at that time. Later martin went and was appointed as the CEO of **Motorola**.

Some silent features of cell phones | advantages of mobile phones

1. Used for communication
2. Setting alarm
3. View Calendar
4. Dictaphone
5. Playing games
6. Watching movies
7. Listening songs
8. Social media
9. Internet access
10. Used for Business
11. Used for education purposes

20 Advantages of Mobile Phones in Points

#	Advantages
1	Communication
2	Education
3	Social Media
4	Business
5	Security
6	Emergency
7	Applications
8	Entertainment
9	Fashion
10	Data Transfer
11	Photos and Video
12	Online Banking and Finance

13	Live Events
14	Crime Prevention Learning and Research
15	Technology
16	Online Shopping
17	Sports
18	Advertising
19	Newspaper
20	Marketing

Communication

The main benefit of using a mobile phone is that they are used as a mode of communication between individuals which is inexpensive and very easy to use.

Mobile phones can be purchased from the market which comes in a variety of models and price ranges which is affordable for all individuals in society.

We can contact our friends, family members, or colleagues at any time just by pressing some keys on our mobile.

Because of its cost range, it's very affordable therefore it has been a revolution in the Telecom industry where almost 95% of people are using cell phones as a mode of communication.

People can contact their fellow people with *voice calls, text messages, recorded calls, WhatsApp, etc.*

Some of the famous manufacturers of cell phones. *Apple, Blackberry, Nokia, Samsung, OPPO, VIVO, etc.*

Education.

The other major **advantage of using mobile phones** is they can be used in acquiring information, and knowledge and can be used in benefiting ourselves in education.

Nowadays many schools, colleges, and educational institutions are offering online education which can be taken place at your convenience with proper study materials which are in the format of text, images, and video.

You can also download the study material on mobile devices and learn again and again until and unless the whole topic is understood properly.

If any queries or doubts, you can contact the instructor online using a mobile phone so that the query can be resolved to your satisfaction.

Education institutions also provide their student's certificates, degrees, and diplomas after successful completion of the course.

Taking education online is the newest trend that many students are following.

Social Media

Today's generation of cell phones is not just for calling each other or texting (SMS) each other they have evolved much more than that.

The new up-gradation in mobile technology has dramatically changed the entire mobile industry upside down.

The upgraded mobile consists of new peripherals and ultra-modern components used in these devices which make mobile phones more appealing and beneficial for other activities like watching movies, listening to songs, playing games, etc.

They are the maximum time used for social media where one can share their thoughts, opinions, pictures, and images.

Social media is at our fingertips when these small and compact instruments are used.

The majority of people spend plenty of time on social networking just to pass their precious time.

Some famous social networking sites are **Facebook, Twitter, Instagram, etc.**

Business

Almost every businessman is connected to the internet via mobile phone they are promoting their products and services online using platforms that enable them to promote their business for better visibility and promoting the brand name.

Businessmen are connected to social sharing websites, and job sites where they can post their requirements and hire people for their business.

Many businessmen have developed online applications from software developers which enable them to take control of the business and track their stock as well as daily and monthly reports of sales and services.

Security

One of the other main **advantages of mobile phones** is that they are used for security purposes.

Nowadays people install cameras in their houses and offices which can be tracked and viewed live on mobile phones.

In some critical situations, the phone automatically calls the number assigned in the application which helps women and older persons to feel safe in uncomfortable times also these applications send messages to the known person and also transfer the exact location of the mobile phone through GPS.

Application

Mobile Applications (APP) are used in mobile phones for better facility, better functionality, and facility provided in the application.

The mobile application can be installed from Google Play there is the various app that tends to make our work in less time as compared to manual work.

They can pay bills online, book tickets, etc. within a fraction of a second, therefore, these kinds of apps are used and highly rated.

Entertainment

These cell phones are multitasking as well as good in almost every stuff that other electronic devices are capable of they can play songs, and movies, download software and chat online.

They can record videos, capture pictures also can store them in the memory almost permanently and the user can retrieve the data whenever the user demands.

Fashion

These new generation kids and youngsters even older ones go online for visiting websites like **mynta, Amazon, Flipkart**, etc. for the latest trends in fashion.

Some film stars, actresses, and actors are promoting these websites where they are displaying the latest design in the market.

Data Transfer

These devices are capable of transferring data from mobile to mobile or mobile to laptop and also to the cloud where data or information is saved almost permanently without damage.

Cell phones are capable of transferring data from one device to another free of cost using third-party software like **Xender, Shareit, etc.**

Photos and Videos

These Devices consist of high-definition front and back camera which is commonly used to take pictures, videos, and selfies that can be saved on a mobile phone.

Online Banking

According to me, this is the most important **advantage of a mobile phone** as it enables us to purchase goods online with just a few clicks.

Using online banking we can access our complete reports with statements online without visiting the bank and standing in the queue for long hours.

20 Disadvantages of Mobile Phones in Points [Tabular Form]

In this section, we are going to discuss the other side that is **disadvantages of mobile phones** as it is well known saying **with great power great responsibility comes** there are some demerits of using cell phones for long hours which we are going to learn here.

#	Disadvantages of Mobile Phones
1	Distraction
2	Expensive
3	Ears Problems
4	Eyes Sight Issues
5	Sexual Content
6	Brain Cancer
7	Stress
8	Back Pain
9	Constipation
10	less Social

11	Waste of Time
12	Sleep Disorders
13	Addiction
14	Privacy
15	Gaming
16	Social Media
17	Cyber Crimes
18	Virus and Hacking Attacks
19	Less Physical Exercise
20	Heavy Rely on Mobile Phones

Disadvantages of Mobile Phones

Distraction

The extensive use of the mobile phone can distract you from your work. S

Students can be easily distracted from their studies if they use their mobile phones in between their study time as the mobile devices contain application that attracts users to enjoy using this application software.

Mobile games are one such application once played for a couple of days people get easily addicted and hence they are distracted from their primary objectives and goals.

Expensive

Advanced cell phones are highly expensive as they are bombarded with high-quality peripherals and devices such as [Processors](#), [RAM](#), [Cameras](#), *etc.*

Mobile devices are also one of the status symbols for individuals therefore many of them purchase hugely expensive devices just to show off.

Which as result put a lot of pressure on the wallets.

Ear Problems

Using headphones and headsets for long hours while listening to songs and watching movies can damage your listening potential as research clearly stated that louder hearing sounds than ear potential can seriously damage ears and their capability to hear voices properly.

Therefore when using headphones and increase the sound there is an important warning mentioning how more volume can damage your hearing.

“High Volume Can Cause Hearing Loss”.

The human ears are designed by the almighty to hear sound less than 85 decibels (DB) any sound louder than this range is considered dangerous.

As earphones are directly connected to ears therefore, they can seriously damage your hearing potential.

The sound is louder than 120 decibels and causes serious pain.

Eyes Sight Issues

Working on mobile phones for long hours can seriously damage your eyesight due to the harmful rays emitted by the screen which keep our eyes dry and restrict the motion of the eyes which sometimes becomes rigid.

The muscles of the eyes need exercise to function properly but while watching movies, and playing games we are so focused that we do not blink our eyes more often which results in dryness and later causes redness and itching.

Therefore it is highly recommended to take a break often while working and keep your eyes moist while working.

Pornography | Sexual Content

This is the biggest disadvantage of mobile phones as the reach of this content gets easier when mobile phones are used.

Small children are getting addicted to porn videos, and nude images, and losing all their moral values.

Pornographically content is so easily available on the internet that anyone with a mobile phone and internet connection can access them freely without any restrictions, of course, our government is banning some of these applications and websites still there are many which are out of the range of these government officials.

The number of people using these websites and applications is growing day by day which is hampering the traditional values and respect for the other sex.

Brain Cancer

This is a controversial topic as there is no such evidence that can prove that a person is likely to have a cancerous cell when cell phones are used for more than 20 years.

But no one can deny the fact as they may be some facts running around.

Therefore I thought to include this in the topic.

Stress

Many kinds of research have proved that using and working with mobile phones for a long time can call up the stress factors in your life.

We as humans need some physical exercise to reduce certain stress-producing hormones these hormones are produced when we are sitting in an ideal position for days and days without any physical activities.

While feeling stressed or depressed I would love to share some of the tips which I personally follow

1. Play with your pets this reduces stress significantly.
2. Practice Yoga.
3. Meditation.
4. Don't be alone.
5. Laughing is considered to be the best medicine.
6. Just take a nap or ask someone to massage you.

Constipation

Lack of physical activities results in constipation sitting in front of mobile and cell phones can increase the chances of constipation heavily.

Therefore it is advisable that we must need yoga and a gym for better health conditions.

Also, it is highly recommended that such people increase fiber in their diet which reduces the problem and is considered to be good for the human body.

The primary reasons for constipation are dairy foods, lack of physical exercise, medicines, pregnancy, and lack of liquid in your body.

Foods that contain fiber can help you in curing this disease such as fruits, nuts, yogurt, etc.

Waste of Time

I agree mobile phones are amongst the best invention of humans despite that they have been killing our precious time which can be used for some productive work or getting some quality time with our friends, colleagues and family members.

People are so engaged in their cell phones as soon as they leave their bed the first thing they do is check their mobile phones which I considered to be an addiction just like taking some highly toxic drugs which contaminate you.

People are fooling themselves are living their lives like robots or non-living things.

I came across many teenagers who are destroying their precious time on social networking sites, dating sites, online games, and videos which will surely hamper their future if not understood the demerits of using mobile phones as early as possible.

Sleep Disorders

Mobile phone users work on their devices late at night which somehow restricts their daily schedule as this type of routine is followed day by day it becomes second nature or habit.

These habits when prolonged become a disease which is called Insomnia.

This is a disease that is caused due to improper sleeping habits. Therefore one should use a mobile phone to a limit where it can not harm your body and mind.

Privacy

This is one of the biggest ***disadvantages of using mobile phones and cell phones*** you may know that as you are installing any mobile applications on your devices the application prompts the user to accept all the terms and conditions but the user doesn't bother to read the entire clause and falls into the trap.

In this term, it is clearly mentioned that the application will use all your contact numbers and your social account details for further promotion which indulges you in the danger of misusing your identity online.

Once this is done one can lose privacy which sometimes can hurt individuals badly.

Sharing personal stuff online can also hurt your privacy.

Cyber Crimes

The term cybercrime is a well-known term to everybody this is done using the internet when a piece of suspicious malware code is injected into your mobile device which in turn captures all the important information and data and sends it to the person who has injected that virus into your device.

Imagine all your passwords and credit, and debit card details are stolen therefore it is highly recommended to use [legal antivirus](#) and anti-hacking software on your mobile devices.

A computer virus is nothing but a combination of codes that are written for a specific purpose.

They are dangerous code that harms our devices when comes to contact.

Virus Attacks

These viruses are spread online as well as offline when contaminated files and folders are copied from one location to another location without a pre-scan of those documents.

The [computer virus](#) can be stopped by some precautionary measures like do not open or download any suspicious files, and always scan devices before performing any operations.

Useful Video On: Advantages and Disadvantages of Mobile Phone

Pros & Cons of Mobile Phones

Advantages and Disadvantages of Mobile Phones & Cell Phones

#	Advantages	Disadvantages
1	Communication	Distraction
2	Education	Expensive
3	Social Media	Ears Problems
4	Business	Eyes Sight Issues
5	Security	Sexual Content
6	Emergency	Brain Cancer
7	Applications	Stress
8	Entertainment	Back Pain
9	Fashion	Constipation
10	Data Transfer	less Social
11	Photos and Video	Waste of Time
12	Online Banking and Finance	Sleep Disorders
13	Live Events	Addiction
14	Crime Prevention Learning and Research	Privacy
15	Technology	Gaming
16	Online Shopping	Social Media

17	Sports	Cyber Crimes
18	Advertising	Virus and Hacking Attacks
19	Newspaper	Less Physical Exercise
20	Marketing	Heavy Rely on Mobile Phones

9+ Advantages and Disadvantages of Mobile Phones for Students in Points

1	Text messages, emails, and internet access can be very useful in studies.
2	Important events and exam dates can be stored on mobile phones for notification.
3	Students away from home can easily get connected with family members and loved ones.
4	Students can be updated with the latest news and current happening around the globe.
5	Using mobile phones can be used in research work.
6	Keeping the track of your daily time-table.
7	Using social media sites for connectivity and mind people for the purpose of sharing skills and knowledge.
8	Can be used in case of emergency.
9	Studies cannot be discontinued in case of traveling.

Top 10 Advantages and Disadvantages of Mobile Phones in Business

Advantages

1. Better communication with employees and customers.
2. Enhanced and improved productivity.
3. Track your business using the phone.
4. Can perform online marketing to promote your business.
5. Can make recruitment using mobile phones.
6. Job vacancies can be posted over the internet using mobile phones.
7. Use of software to improve business and maintain records of employees.
8. Customer service is used to improve service quality.
9. Toll-free numbers are used and utilized for inquiries and complaints.

10. Better coordination using *emails, text messages, voice calls, video calls, and social network websites* for improvement in business.

Disadvantages

1. Overly dependent on mobile phones.
2. Mobile phones are compact and can get easily be misplaced.
3. Mobile phones need an internet connection to use social media websites and video calls.
4. Data and information security can be an issue.
5. Mobile phones are expensive.
6. Coverage problems are also one of the concerning factors.
7. The latest software cannot be installed on old mobile phones as they require more [memory](#) and storage capacity.
8. Speed can be an issue that can hamper business where the instant result is needed.
9. Mobile phones are bounded by territories.
10. Continues use of mobile phones in business can make you addicted to them.

What are the 3 Advantages of a Smartphone?

#	Smartphone Advantages
1	Easier Mode of Communication.
2	Cheaper than the Conventional Method.
3	Entertainment.

3 Disadvantages of a Smartphone

#	Smartphone Disadvantages
1	Health Issues.
2	Time Waste.
3	Distraction.

5 Uses of Mobile Phones?

1. Easier communication like text messages, video calls, voice calls, etc.
2. Using GPS for tracking location.
3. Play videos and songs.
4. Taking pictures and videos is far more easily using mobile phones.
5. Can store important data and information.

6 Main Features of a Smartphone?

1. Using Internet Connection to Acquire Information and Knowledge.
2. [Internal & External Storage](#).
3. Capabilities of Storing Data & Information Almost Permanently.
4. Can Process and Handle Operations and Tasks with Amazing Speed & [Accuracy](#).
5. Can be Used in Watching Educational Videos to acquire skills and knowledge.
6. Smartphones can be used and utilized in accessing Spreadsheets and Word Processors.

7 Main Parts of a Mobile Phone?

#	Parts
1	LCD Screen [Liquid Crystal Display] .
2	Battery.
3	Motherboard.
4	Antenna.
5	Charger Slot.
6	Speaker .
7	MIC.

Famous Mobile Brands

#	Brands
1	Apple
2	Samsung
3	Vivo
4	Google Pixels
5	OnePlus
6	Motorola

Frequently Asked Questions [FAQs]

Who Invented Mobile Phones

Martin Cooper of Motorola.

Who Spoke First on the Telephone

Alexander Graham Bell.

What was the First Mobile Name?

Motorola DynaTAC 8000X

How Many Hours is Safe to Use Phone?

Less than 3 hours.

How Can I Protect My Eyes From My Phone?

Take breaks while using mobile phones.

Is Dark Mode Good for Eyes?

Yes, Dark Mode lessens the eyes strain.

What Color is Relaxing for Eyes?

BLUE

For more information please do visit

<https://www.chtips.com/computer-fundamentals/advantages-and-disadvantages-of-mobile-phones/>